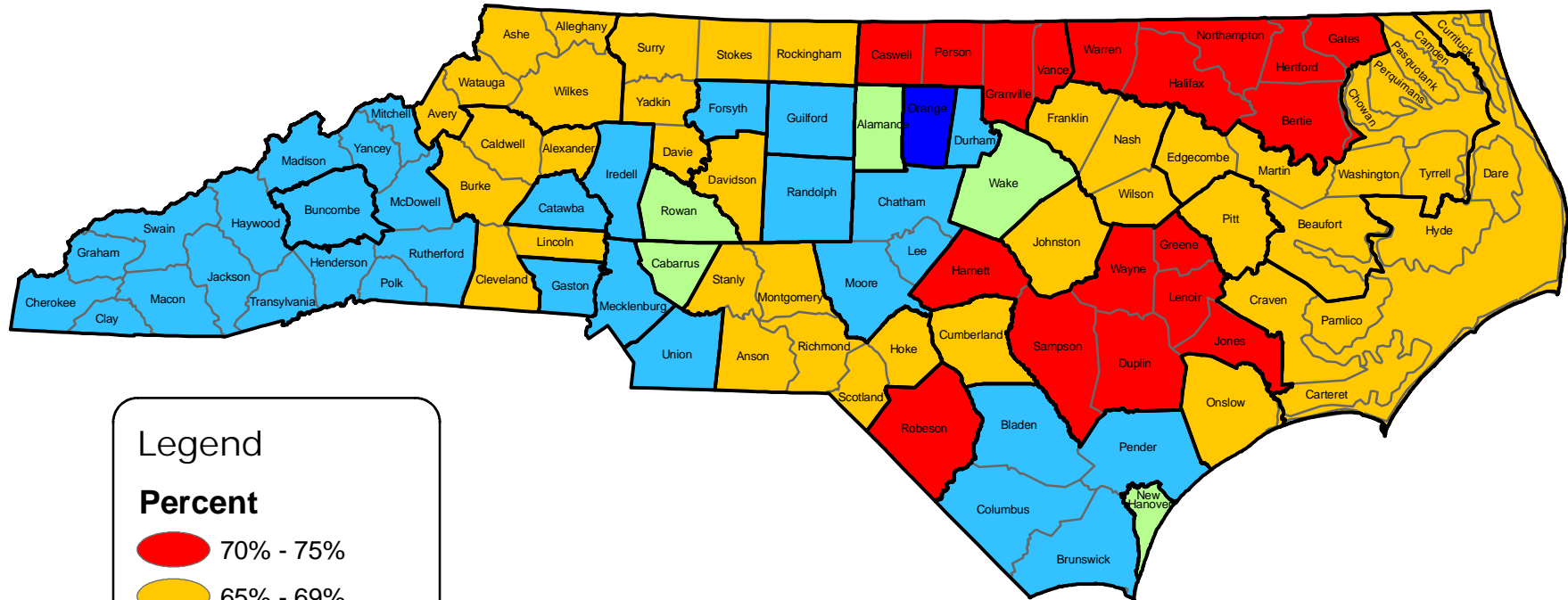




# Percentage of North Carolina Adults Who Are Overweight or Obese

BMI\*  $\geq 25$



**Legend**

**Percent**

- 70% - 75%
- 65% - 69%
- 62% - 64%
- 57% - 61%
- 47% - 56%
- BRFSS Regions
- County Boundary

Source: 2006 Behavioral Risk Factor Surveillance System (BRFSS)

\*Body mass index is computed as weight in kilograms divided by height in meters squared: (kg/ m<sup>2</sup>). BMI is an intermediate variable used in defining overweight and obesity. Underweight=BMI less than 18.5, Recommended Range=BMI 18.5 to 24.9, Overweight=B MI 25.0 to 29.9 and Obese= BMI greater than 30.0