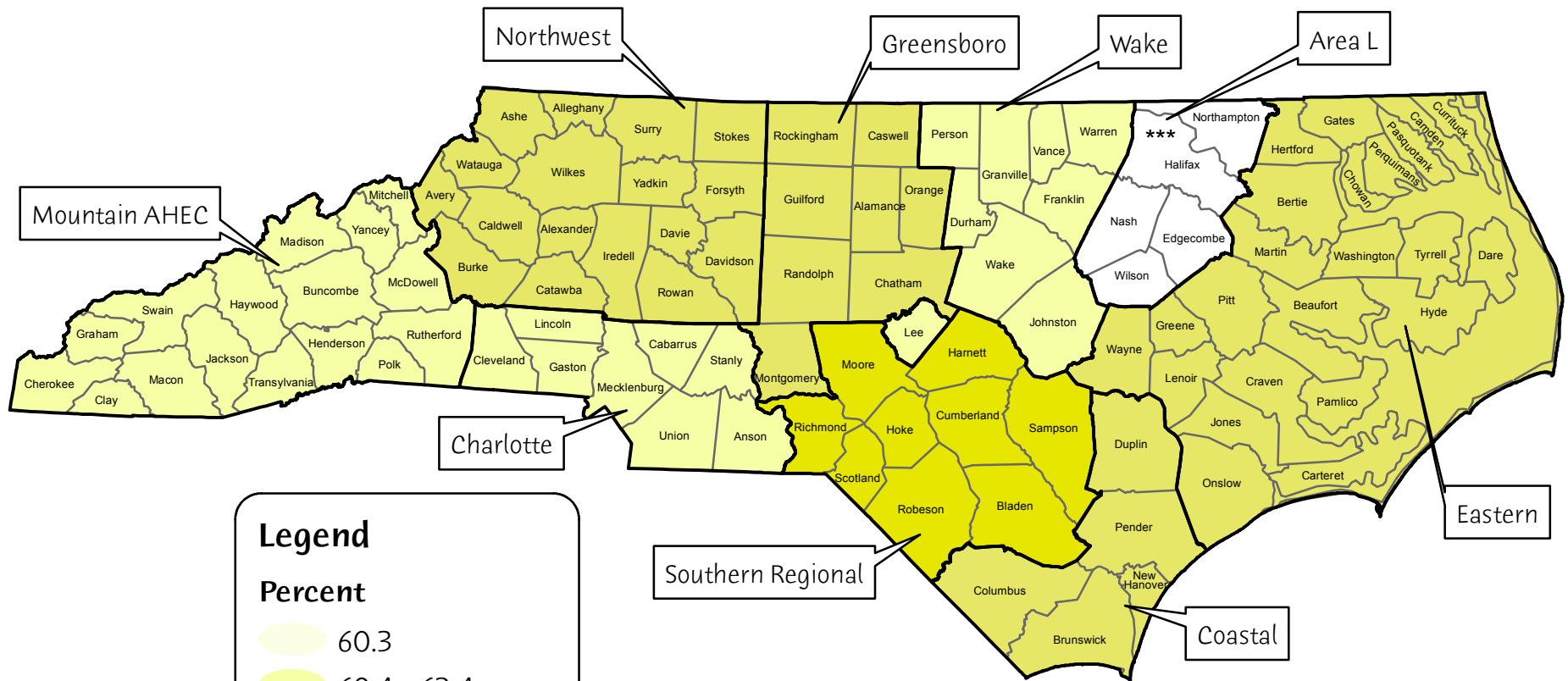


Percent of North Carolina Adults Who Are Overweight or Obese BMI* ≥ 25 by Area Health Education Center (AHEC) Regions, 2011



Source: 2011 Behavioral Risk Factor Surveillance System (BRFSS)

*Body mass index is computed as weight in kilograms divided by height in meters squared: (kg/ m²). 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=BMI 25.0 to 29.9 and Obese= BMI greater than 30.0.

***The estimate was suppressed because it did not meet statistical reliability standards.