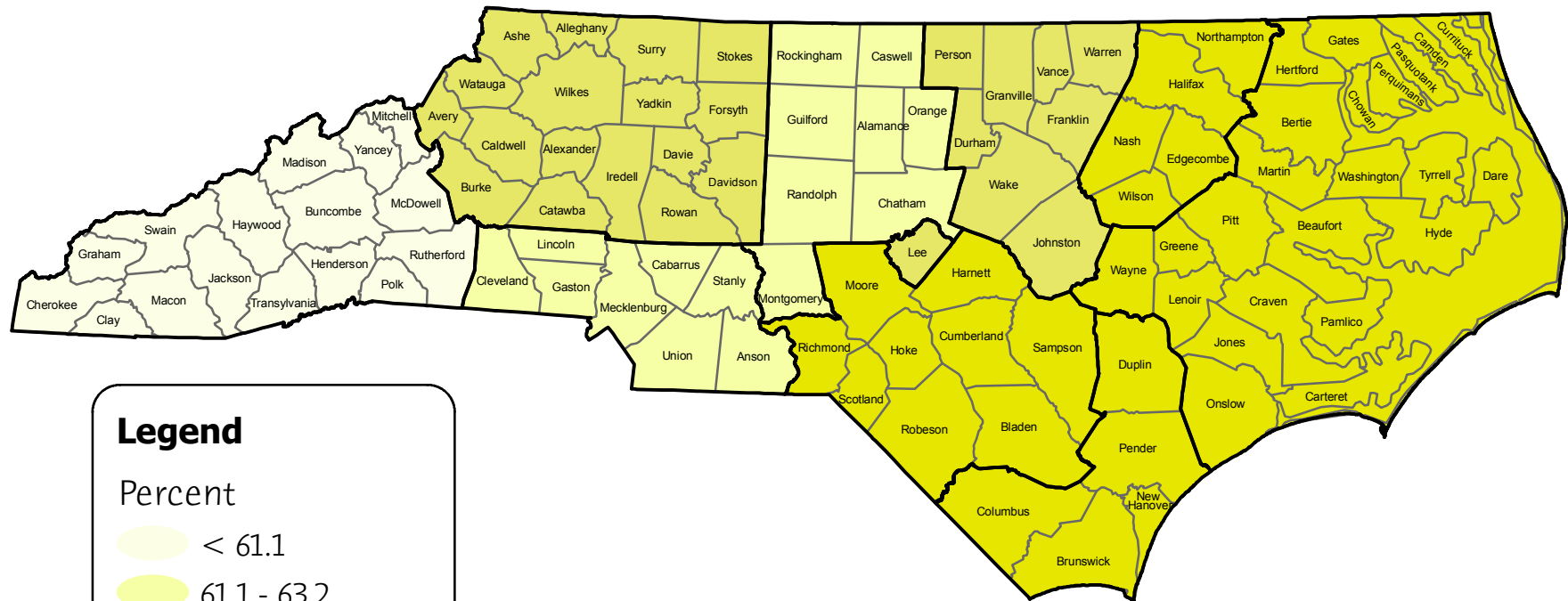




Percentage of North Carolina Adults Who Are Overweight or Obese* by Area Health Education Center (AHEC) Regions



Legend

Percent

- < 61.1
- 61.1 - 63.2
- 63.3 - 66.0
- > 66.0
- AHEC Regions
- County Boundary

Source: 2009 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=B MI 25.0 to 29.9 and Obese= BMI greater than 30.0

