

BMI Levels for Black AHS-2 Study Members

$$\text{BMI} = \frac{\text{weight in kg}}{(\text{height in m})^2}$$

Body Mass Index (BMI) is a good indicator of healthy weight. BMI correlates with body fat and is a tool used to assess general risk of health problems associated with body size.

N = Normal Weight

BMI of less than 24.9

Female Male

OW = Overweight

BMI of 25 – 29.9

Female Male

OB = Obese

BMI of more than 30

Female Male

These graphs show what percentage of Black/African American AHS-2 participants fall into three body mass index (BMI) categories across six geographic regions of the U.S.

Overall, female Blacks showed higher levels of obesity than male Blacks in every region, with the exception of the West.

The highest levels of being overweight or obese for female Blacks was in the Midwest (74.4% OW or OB) and for male Blacks in the West (81.7% OW or OB).

The Mountain region showed the highest levels of normal weight for both sexes.

