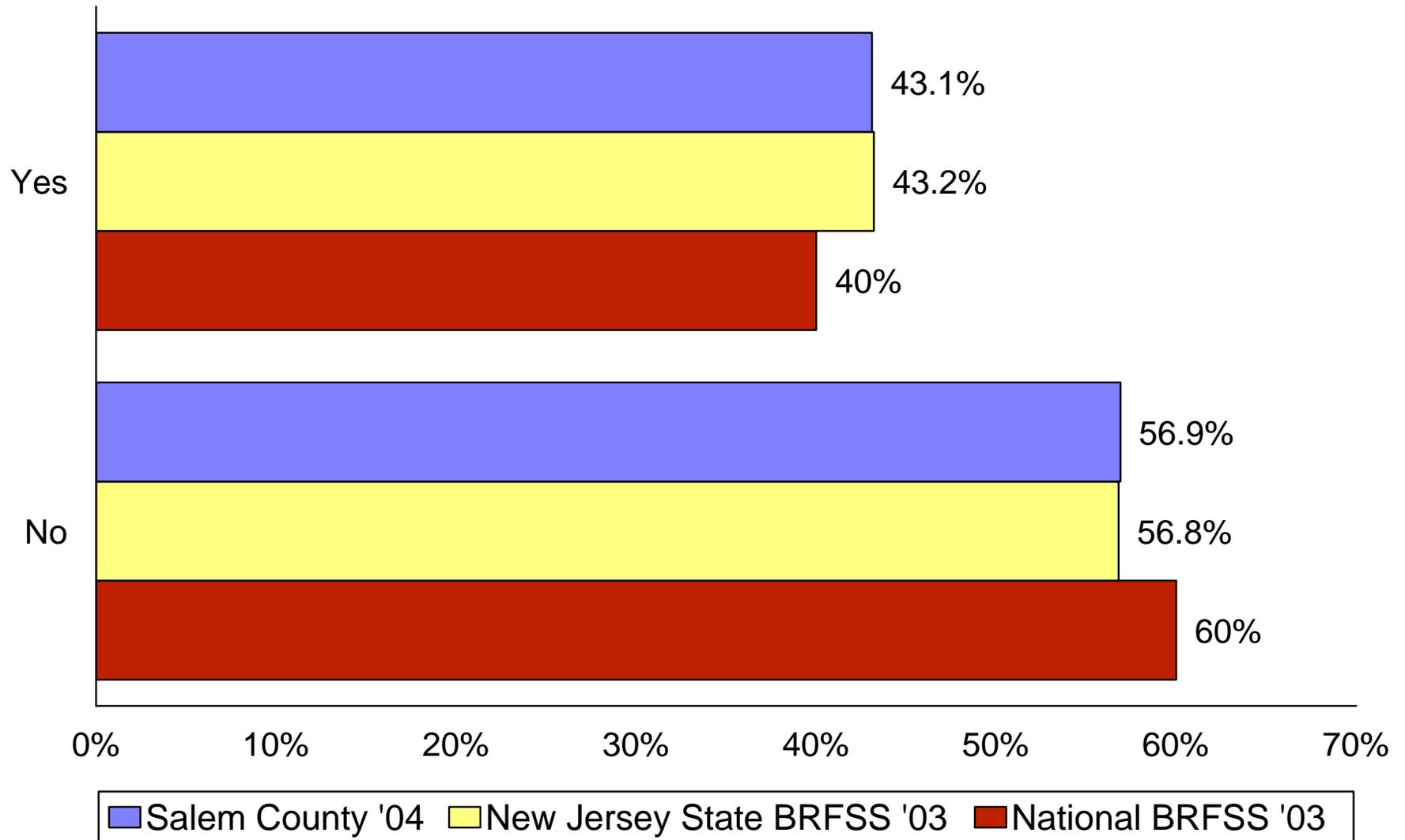


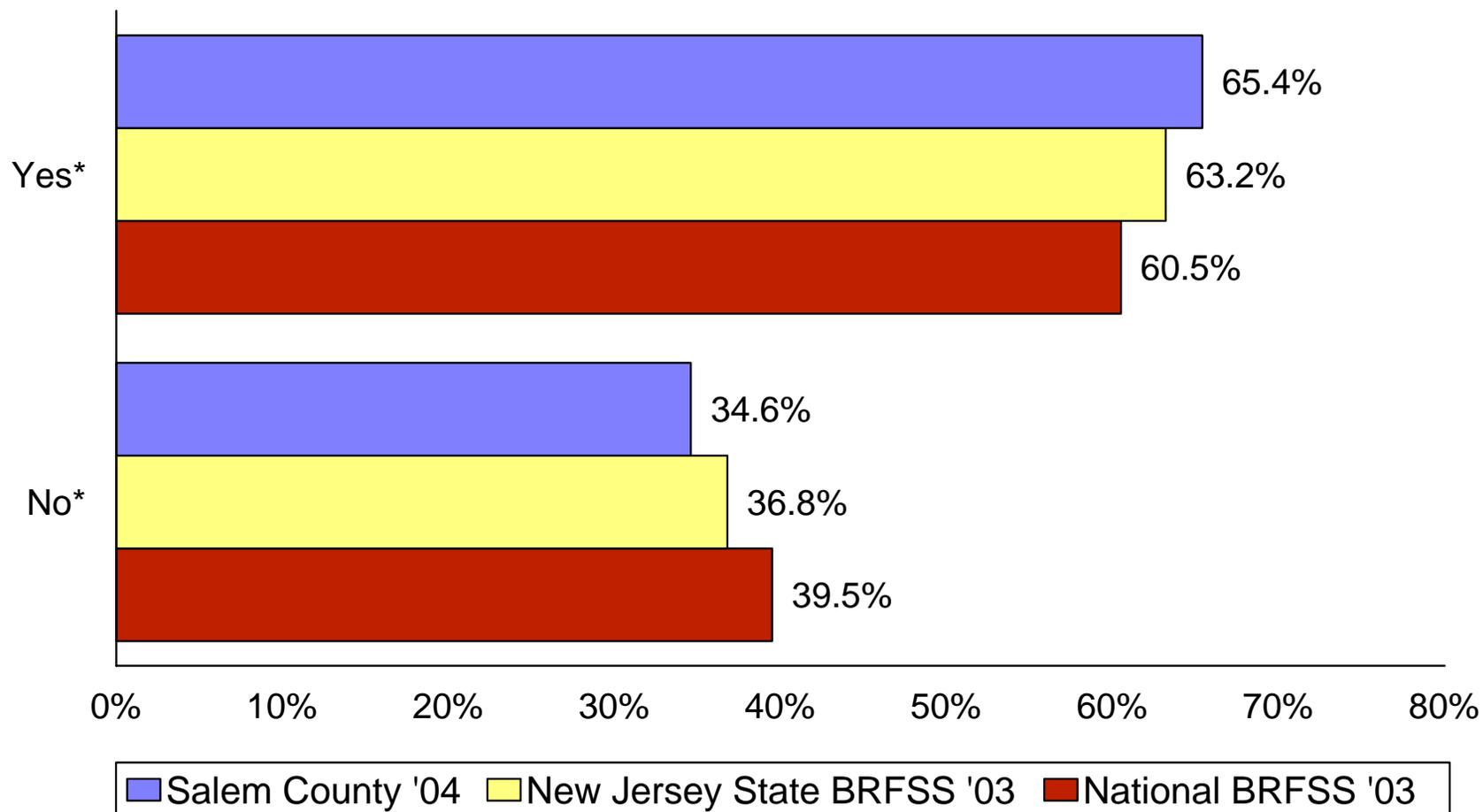
Weight Control

Are you now trying to lose weight?



Are you now trying to maintain your current weight, that is, to keep from gaining weight?

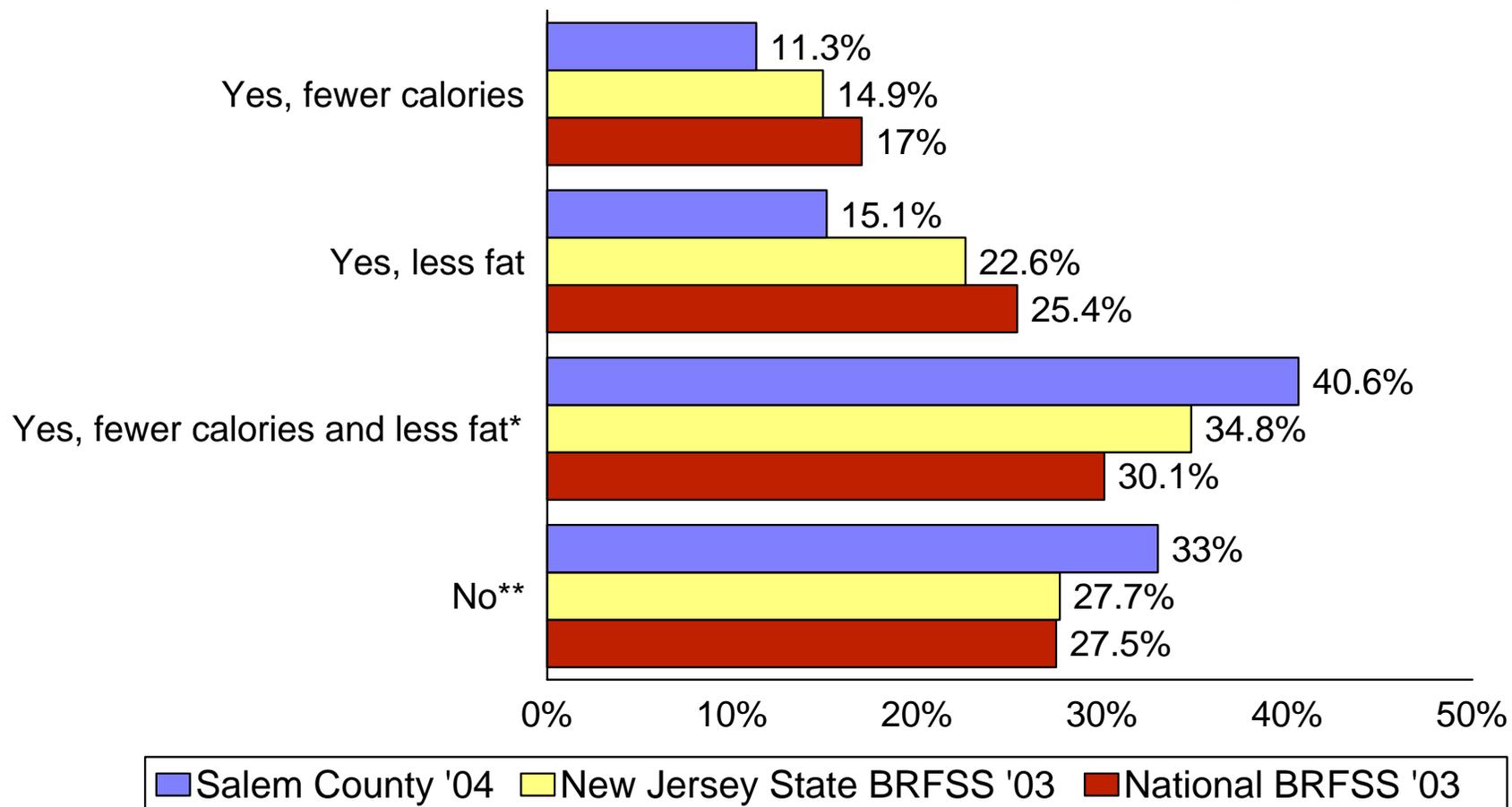
Respondents not trying to lose weight



*Salem County is significantly different than National.

Are you eating fewer calories or less fat to lose weight or keep from gaining weight?

Respondents trying to lose or maintain weight

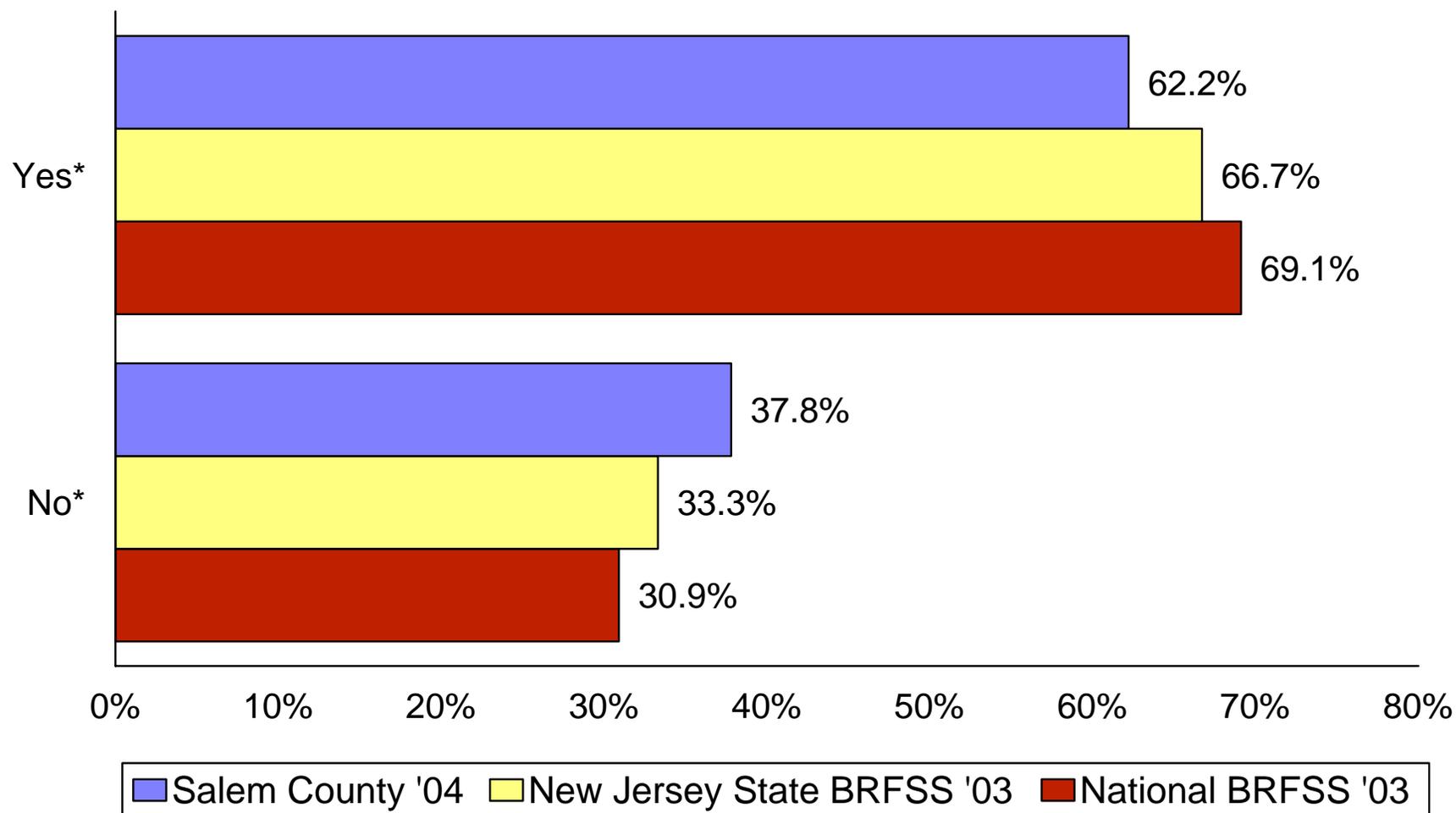


*Salem County is significantly different than National.

**Salem County is significantly different than New Jersey and National.

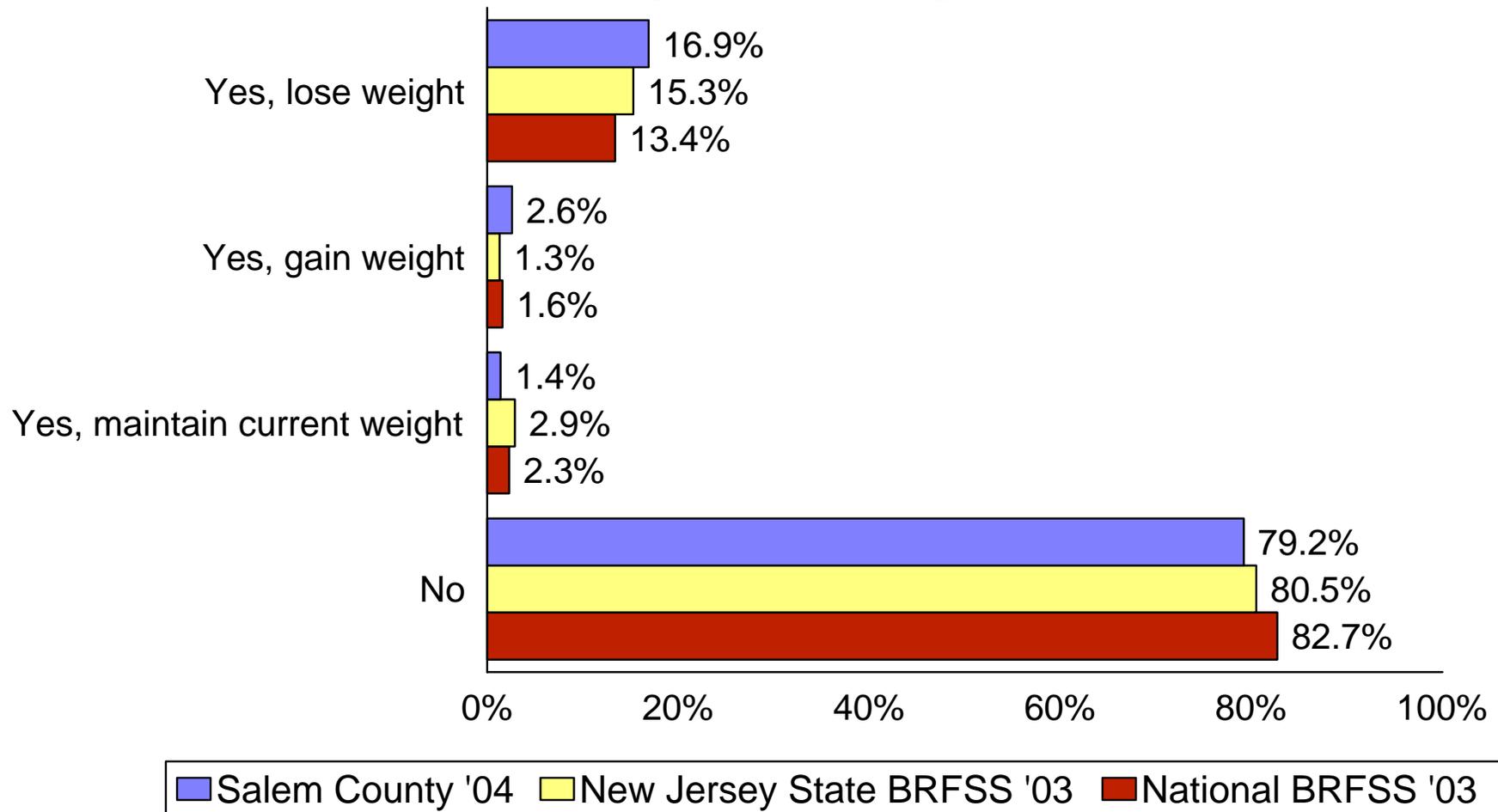
Are you using physical activity to lose weight or keep from gaining weight?

Respondents trying to lose or maintain weight

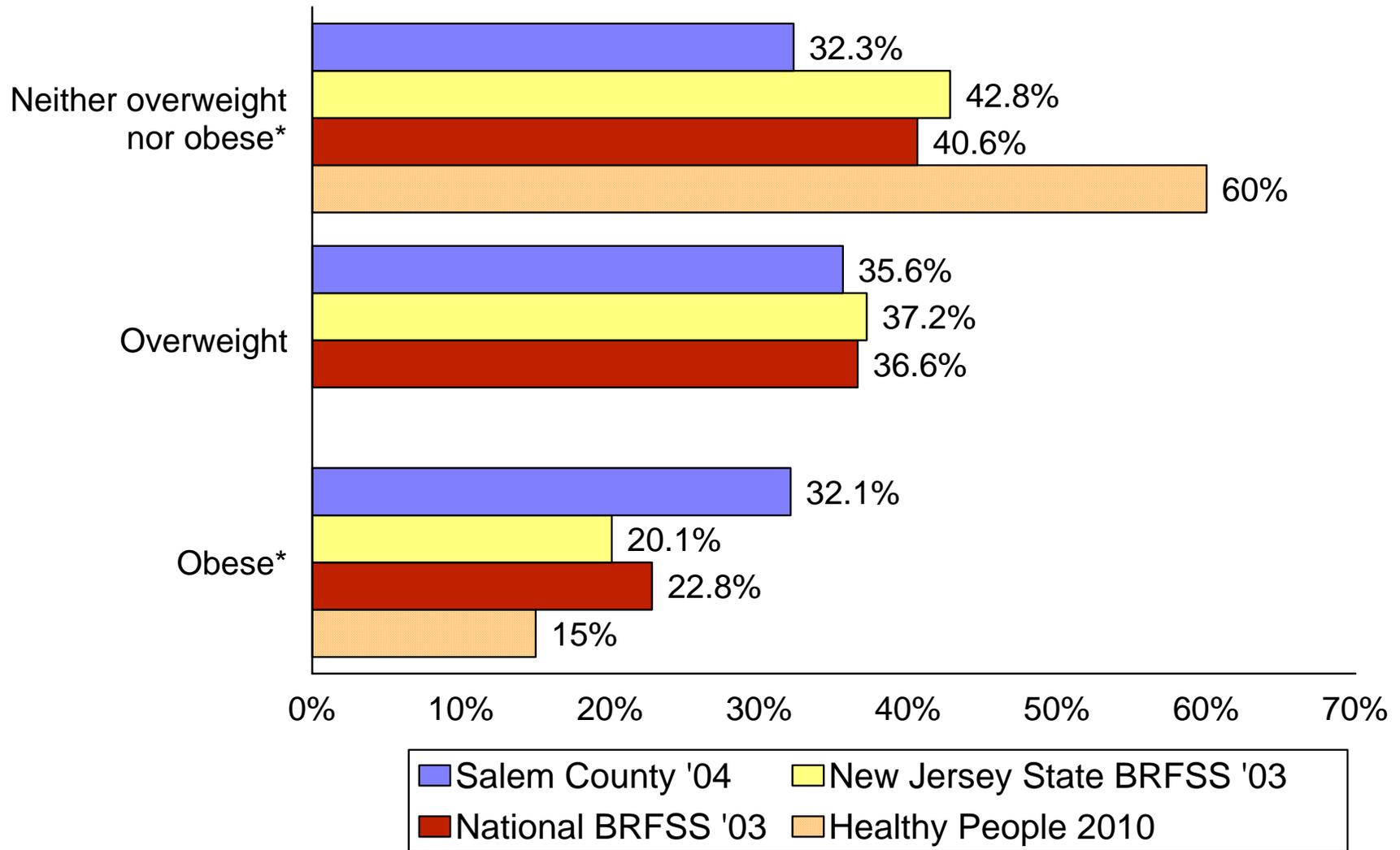


*Salem County is significantly different than New Jersey and National.

In the past 12 months, has a doctor, nurse, or other health professional given you advice about your weight?

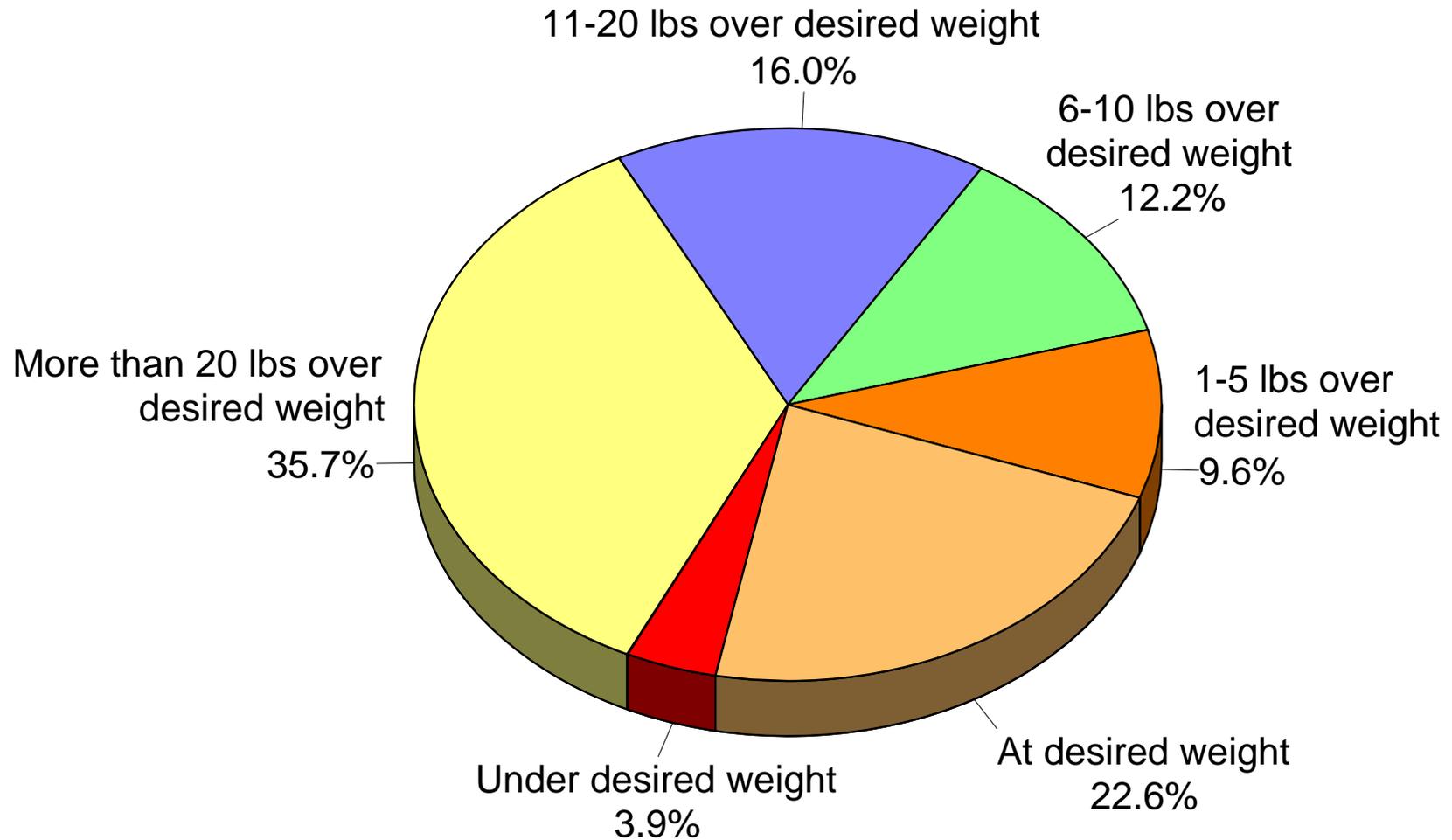


Body Mass Index



*Salem County is significantly different than New Jersey and National.

Difference between actual and desired weight



N=583

Statistically Significant Differences

By Gender and Race

BMI and Weight

- ① African American respondents were more likely than other races to be obese.
- ① Female respondents were more likely than Male respondents to be more than 20 lbs. over their desired weight.
- ① Male respondents were more likely than Female respondents to be overweight, according to BMI calculation.

Statistically Significant Differences

By Race and Gender
Weight Control

- ① Females are more likely than Males to be trying to lose weight.