Instructions for creating a map with the World Health Organization's Global Infobase

1) Under **Step 1**:
- *Select an Indicator:* "Global Comparable Estimates, Risk Factors" → "BMI/Overweight/Obesity" → "Body Mass Index: Mean BMI (kg/m^2)"

2) Under **Step 2***:*
- *Select a Region:* "All WHO Regions"
- *Sex*: "Males" or "Females"
- *Age group*: "15-100"
- *Year*: Select the most recent year available.

3) Under **Step 3**:
- *Classification Method*: "Quantiles"
- *Number of Classes*: "6"
- *Map Size*: "2400 x 1440"
- *Map Labels*: "Country Name"

4) Click "Go"

5) When the map appears, scroll to the bottom of the page. Click "View Table on Single Page" beneath the data table.