**Virginia Beach Health Snapshot, 2017**

### Overview

- **452,745** Residents
- **Most residents** Ages 25-44

### Health Factors

#### Poor Mental Health Days
Average number of mentally unhealthy days reported in past 30 days.

- VA Beach: **3.0**
- Virginia: **3.3**

#### Adult Smoking Prevalence

- VA Beach: **22%**
- Virginia: **19.5%**

#### Overweight or Obese

- VA Beach: **68%**
- Virginia: **65%**

#### Uninsured

- VA Beach: **11.2%**
- Virginia: **12.4%**

#### Overweight or Obese in Virginia Beach meet the definition of a food desert*

- **8 census tracts**

### Social and Economic

- Median Household Income: **$67,032**

### Youth

- **36%** of children are eligible for free or reduced price lunch

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**Sources:**

1. U.S. Census Bureau
2. U.S. Census Bureau, 2015 American Community Survey 1-Year Estimates
3. County Health Rankings; CDC’s BRFSS
4. U.S. Census Bureau, Small Area Health Insurance Estimates (SAHIE)
5. U.S. Census Bureau, Small Area Income and Poverty Estimates (SAIPE) Program
6. U.S. Census Bureau, 2015 American Community Survey 1-Year Estimates
7. U.S. Census Bureau, Small Area Health Insurance Estimates (SAHIE)
8. U.S. Census Bureau, Small Area Income and Poverty Estimates (SAIPE) Program
9. U.S. Census Bureau, Small Area Health Insurance Estimates (SAHIE)
10. U.S. Census Bureau, Small Area Income and Poverty Estimates (SAIPE) Program
11. U.S. Census Bureau, Small Area Health Insurance Estimates (SAHIE)
12. U.S. Census Bureau, 2015 American Community Survey 1-Year Estimates

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* A low-income census tract where either a substantial number or share of residents has low access to a supermarket or large grocery store.