

Aerobic Physical Activity at the State, Health Region, and Health District Levels, Virginia, 2013

Virginia BRFSS Online Reporting  System		Do you participate in 150 minutes or more of aerobic physical activity per week?							
		Yes				No			
		Sample Size	Weighted Counts	Weighted Percent (%)	C.I. (95%)	Sample Size	Weighted Counts	Weighted Percent (%)	C.I. (95%)
*Virginia	*State Total	3762	2759459	51.2	49.6 -52.8	3448	2629661	48.8	47.2 -50.4
Central	*Region Total	730	468749	51.9	48.5 -55.3	681	435122	48.1	44.7 -51.5
	Chesterfield	148	133643	55.7	48.8 -62.7	114	106181	44.3	37.3 -51.2
	Chickahominy	96	52609	57.3	48.5 -66.1	74	39252	42.7	33.9 -51.5
	Crater	---	---	---	---	---	---	---	---
	Henrico	128	100648	52.0	44.2 -59.7	118	93001	48.0	40.3 -55.8
	Piedmont	96	46578	47.9	39.7 -56.1	104	50711	52.1	43.9 -60.3
	Richmond City	---	---	---	---	---	---	---	---
	Southside	---	---	---	---	---	---	---	---
Eastern	*Region Total	934	621612	51.4	48.0 -54.8	829	588364	48.6	45.2 -52.0
	Chesapeake	---	---	---	---	---	---	---	---
	Eastern Shore	68	16625	38.2	28.9 -47.5	91	26908	61.8	52.5 -71.1
	Hampton	---	---	---	---	---	---	---	---
	Norfolk City	113	63560	53.9	44.2 -63.7	103	54265	46.1	36.3 -55.8
	Peninsula	129	120435	50.6	42.9 -58.4	121	117357	49.4	41.6 -57.1
	Portsmouth	---	---	---	---	---	---	---	---
	Three Rivers	109	67322	54.3	45.6 -63.1	85	56546	45.7	36.9 -54.4
	Virginia Beach	139	142805	53.9	45.9 -62.0	108	122021	46.1	38.0 -54.1
	Western Tidewater	100	47170	48.5	38.8 -58.1	95	50151	51.5	41.9 -61.2
Northern	*Region Total	646	677778	52.9	49.0 -56.8	528	603491	47.1	43.2 -51.0
	Alexandria	---	---	---	---	---	---	---	---
	Arlington	---	---	---	---	---	---	---	---
	Fairfax	225	356816	55.0	48.9 -61.1	193	291481	45.0	38.9 -51.1
	Loudoun	114	93890	48.9	40.4 -57.4	93	98125	51.1	42.6 -59.6
	Prince William	122	140713	55.4	47.2 -63.6	91	113241	44.6	36.4 -52.8

(Continued)

1. Data source: Virginia Department of Health, Division of Policy and Evaluation, Behavioral Risk Factor Surveillance Survey, 2013. Weighted counts and weighted percents are weighted to population characteristics.
2. "-" replaces estimates when the unweighted sample size for the denominator was < 20 or the CI half width was > 10 for any cell.
3. Responses of don't know/not sure, refused, or missing were removed from the numerator and denominator in all estimates.
4. *** Use caution in interpreting sample sizes less than 50.
5. CI= 95% confidence interval.
6. *** Physical Activity excludes that which is a part of a normal work day.

Virginia BRFSS Online Reporting 		Do you participate in 150 minutes or more of aerobic physical activity per week?							
		Yes				No			
		Sample Size	Weighted Counts	Weighted Percent (%)	C.I. (95%)	Sample Size	Weighted Counts	Weighted Percent (%)	C.I. (95%)
*Virginia	*State Total	3762	2759459	51.2	49.6 -52.8	3448	2629661	48.8	47.2 -50.4
Northwestern	*Region Total	624	480921	52.4	48.8 -56.1	518	436217	47.6	43.9 -51.2
	Central Shenandoah	136	98326	50.3	43.0 -57.5	120	97210	49.7	42.5 -57.0
	Lord Fairfax	123	95342	53.7	45.5 -61.8	97	82284	46.3	38.2 -54.5
	Rappahannock	125	112817	52.7	44.9 -60.6	99	101058	47.3	39.4 -55.1
	Rappahannock/Rapidan	101	58700	42.6	33.7 -51.5	105	79147	57.4	48.5 -66.3
	Thomas Jefferson	139	115735	60.2	52.1 -68.3	97	76519	39.8	31.7 -47.9
Southwestern	*Region Total	828	510399	47.4	44.4 -50.3	892	566467	52.6	49.7 -55.6
	Alleghany	150	91918	59.2	52.1 -66.3	117	63313	40.8	33.7 -47.9
	Central Virginia	104	80148	43.7	35.6 -51.7	118	103448	56.3	48.3 -64.4
	Cumberland Plateau	73	38861	46.0	37.4 -54.6	90	45638	54.0	45.4 -62.6
	Lenowisco	65	29856	36.9	27.5 -46.4	103	51016	63.1	53.6 -72.5
	Mount Rogers	86	67303	44.3	36.4 -52.3	107	84487	55.7	47.7 -63.6
	New River	120	73746	50.9	43.0 -58.9	111	71072	49.1	41.1 -57.0
	Pittsylvania/Danville	81	43775	45.2	37.0 -53.4	102	53019	54.8	46.6 -63.0
	Roanoke City	---	---	---	---	---	---	---	---
	West Piedmont	---	---	---	---	---	---	---	---

1. Data source: Virginia Department of Health, Division of Policy and Evaluation, Behavioral Risk Factor Surveillance Survey, 2013. Weighted counts and weighted percents are weighted to population characteristics.
2. "- - -" replaces estimates when the unweighted sample size for the denominator was < 20 or the CI half width was > 10 for any cell.
3. Responses of don't know/not sure, refused, or missing were removed from the numerator and denominator in all estimates.
4. *** Use caution in interpreting sample sizes less than 50.
5. CI= 95% confidence interval.
6. *** Physical Activity excludes that which is a part of a normal work day.