

**Aerobic Physical Activity at the State, Health Region, and Health District Levels, Virginia, 2011**

Virginia BRFSS Online Reporting  System		Do you participate in 300 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%)
<b>*Virginia</b>	<b>*State Total</b>	2086	1855312	33.6	31.8 -35.4	3751	3660363	66.4	64.6 -68.2
<b>Central</b>	<b>*Region Total</b>	390	298024	32.4	28.3 -36.5	718	621562	67.6	63.5 -71.7
	Chesterfield	57	79136	30.5	21.6 -39.4	107	180501	69.5	60.6 -78.4
	Chickahominy	53	32011	30.0	20.6 -39.4	102	74633	70.0	60.6 -79.4
	Crater	---	---	---	---	---	---	---	---
	Henrico	---	---	---	---	---	---	---	---
	Piedmont	---	---	---	---	---	---	---	---
	Richmond City	---	---	---	---	---	---	---	---
	Southside	---	---	---	---	---	---	---	---
<b>Eastern</b>	<b>*Region Total</b>	511	418359	32.4	28.6 -36.2	958	873802	67.6	63.8 -71.4
	Chesapeake	---	---	---	---	---	---	---	---
	Eastern Shore	44	9718	27.5	18.7 -36.3	96	25650	72.5	63.7 -81.3
	Hampton	49	31112	27.2	17.5 -36.9	108	83285	72.8	63.1 -82.5
	Norfolk City	---	---	---	---	---	---	---	---
	Peninsula	69	84982	35.9	26.8 -45.0	119	151810	64.1	55.0 -73.2
	Portsmouth	---	---	---	---	---	---	---	---
	Three Rivers	---	---	---	---	---	---	---	---
	Virginia Beach	38	55246	19.3	12.2 -26.5	123	230367	80.7	73.5 -87.8
	Western Tidewater	52	50587	39.6	30.2 -49.0	106	77161	60.4	51.0 -69.8
<b>Northern</b>	<b>*Region Total</b>	396	461116	35.0	30.8 -39.1	677	857014	65.0	60.9 -69.2
	Alexandria	---	---	---	---	---	---	---	---
	Arlington	68	59068	40.5	31.3 -49.7	113	86698	59.5	50.3 -68.7
	Fairfax	135	217693	33.2	26.7 -39.7	247	438682	66.8	60.3 -73.3
	Loudoun	---	---	---	---	---	---	---	---
	Prince William	78	95421	35.6	27.0 -44.2	125	172336	64.4	55.8 -73.0

(Continued)

1. Data source: Virginia Department of Health, Division of Policy and Evaluation, Behavioral Risk Factor Surveillance Survey, 2011. 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.

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<b>*Virginia</b>	<b>*State Total</b>	2086	1855312	33.6	31.8 -35.4	3751	3660363	66.4	64.6 -68.2
<b>Northwestern</b>	<b>*Region Total</b>	318	301381	36.6	32.0 -41.1	458	522896	63.4	58.9 -68.0
	Central Shenandoah	---	---	---	---	---	---	---	---
	Lord Fairfax	60	63153	38.5	29.0 -48.1	80	100738	61.5	51.9 -71.0
	Rappahannock	59	59938	30.0	21.5 -38.5	106	139773	70.0	61.5 -78.5
	Rappahannock/Rapidan	---	---	---	---	---	---	---	---
	Thomas Jefferson	---	---	---	---	---	---	---	---
<b>Southwestern</b>	<b>*Region Total</b>	471	376431	32.4	28.9 -35.9	940	785090	67.6	64.1 -71.1
	Alleghany	79	47235	33.1	23.8 -42.3	133	95685	66.9	57.7 -76.2
	Central Virginia	51	61413	30.6	20.9 -40.3	120	139167	69.4	59.7 -79.1
	Cumberland Plateau	41	29638	25.4	15.7 -35.0	103	87247	74.6	65.0 -84.3
	Lenowisco	43	25043	30.0	20.9 -39.1	102	58489	70.0	60.9 -79.1
	Mount Rogers	---	---	---	---	---	---	---	---
	New River	---	---	---	---	---	---	---	---
	Pittsylvania/Danville	58	33411	29.1	20.6 -37.7	110	81309	70.9	62.3 -79.4
	Roanoke City	---	---	---	---	---	---	---	---
	West Piedmont	43	30395	27.4	18.5 -36.2	83	80722	72.6	63.8 -81.5

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