Muscle Strengthening Exercise at the State, Health Region, and Health District Levels, Virginia, 2013

Virginia BRFSS Online Reporting System

		Do you participate in muscle strengthening exercises more than twice 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	2278	1851540	32.4	30.9 -33.9	5387	3863252	67.6	66.1 -69.1
Central	*Region Total	456	323017	33.6	30.4 -36.8	1050	637854	66.4	63.2 -69.6
	Chesterfield	100	101652	39.9	33.2 -46.7	177	152951	60.1	53.3 -66.8
	Chickahominy	63	37661	38.5	29.9 -47.2	117	60042	61.5	52.8 -70.1
	Crater	47	28796	28.3	18.7 -37.9	155	73028	71.7	62.1 -81.3
	Henrico	86	67918	32.2	25.2 -39.1	186	143084	67.8	60.9 -74.8
	Piedmont	52	29227	28.5	20.9 -36.1	155	73386	71.5	63.9 -79.1
	Richmond City	67	35877	30.2	21.0 -39.4	140	82879	69.8	60.6 -79.0
	Southside	41	21887	29.4	19.7 -39.2	120	52483	70.6	60.8 -80.3
Eastern	*Region Total	561	434495	33.7	30.6 -36.9	1305	854227	66.3	63.1 -69.4
	Chesapeake	89	56752	35.9	26.4 -45.4	142	101192	64.1	54.6 -73.6
	Eastern Shore	35	9681	21.3	13.9 -28.8	134	35685	78.7	71.2 -86.1
	Hampton	50	34912	27.4	18.3 -36.5	133	92485	72.6	63.5 -81.7
	Norfolk City	64	46757	36.9	27.5 -46.4	164	79799	63.1	53.6 -72.5
	Peninsula	85	82197	32.3	25.3 -39.3	180	172136	67.7	60.7 -74.7
	Portsmouth	- - -	- - -	- - -	- - -	- - -	- - -	- - -	- - -
	Three Rivers	52	38289	28.5	20.5 -36.6	154	95925	71.5	63.4 -79.5
	Virginia Beach	93	112971	39.6	31.8 -47.5	170	171986	60.4	52.5 -68.2
	Western Tidewater	62	36791	34.1	24.6 -43.6	148	71080	65.9	56.4 -75.4
Northern	*Region Total	467	531827	38.6	34.8 -42.4	798	847157	61.4	57.6 -65.2
	Alexandria	- - -	- - -	- - -	- - -	- - -	- - -	- - -	- - -
	Arlington	- - -	- - -	- - -	- - -	- - -	- - -	- - -	- - -
	Fairfax	186	312102	44.3	38.3 -50.3	269	392067	55.7	49.7 -61.7
	Loudoun	71	69151	33.9	26.4 -41.4	149	134866	66.1	58.6 -73.6
	Prince William	60	71256	26.5	19.4 -33.6	164	197576	73.5	66.4 -80.6

(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. *** Muscle strengthening activities should work all the major muscle groups of your body (legs, hips, back, chest, abdomen, shoulders, and arms).

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*Virginia	*State Total	2278	1851540	32.4	30.9 -33.9	5387	3863252	67.6	66.1 -69.1
Northwestern	*Region Total	379	291409	30.5	27.4 -33.7	830	662846	69.5	66.3 -72.6
	Central Shenandoah	70	54295	26.0	19.9 -32.1	207	154690	74.0	67.9 -80.1
	Lord Fairfax	75	57907	31.8	24.9 -38.7	158	124133	68.2	61.3 -75.1
	Rappahannock	83	76556	34.6	27.0 -42.1	153	144821	65.4	57.9 -73.0
	Rappahannock/Rapidan	68	41959	28.5	21.5 -35.5	152	105399	71.5	64.5 -78.5
	Thomas Jefferson	83	60692	31.2	24.2 -38.2	160	133803	68.8	61.8 -75.8
Southwestern	*Region Total	415	270792	23.9	21.4 -26.4	1404	861168	76.1	73.6 -78.6
	Alleghany	70	36735	23.1	17.0 -29.3	216	122120	76.9	70.7 -83.0
	Central Virginia	75	60844	30.7	23.9 -37.6	166	137088	69.3	62.4 -76.1
	Cumberland Plateau	38	18514	21.5	14.4 -28.6	128	67685	78.5	71.4 -85.6
	Lenowisco	28	13684	16.1	9.0 -23.1	151	71549	83.9	76.9 -91.0
	Mount Rogers	37	32928	20.7	13.6 -27.8	165	126324	79.3	72.2 -86.4
	New River	73	48580	31.4	23.9 -38.8	170	106204	68.6	61.2 -76.1
	Pittsylvania/Danville	32	18448	18.5	11.7 -25.3	160	81279	81.5	74.7 -88.3
	Roanoke City	36	19706	26.4	16.4 -36.3	115	55069	73.6	63.7 -83.6
	West Piedmont	26	21352	18.5	10.4 -26.7	133	93850	81.5	73.3 -89.6

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