

Physical Activity by Demographics (Race/Ethnicity, Education, Income, Age, and Gender), Virginia, 2011

		Do you participate in muscle strengthening exercises more than twice per week?							
		Yes				No			
		Sample Size	Weighted Counts	Weighted Percent (%)	CI	Sample Size	Weighted Counts	Weighted Percent (%)	CI
*Virginia	*State Total	1815	1912664	33.4	31.6 -35.3	4290	3809355	66.6	64.7 -68.4
Race/Ethnicity	Black/Non-Hispanic	234	314807	31.3	26.6 -36.0	621	692112	68.7	64.0 73.4
	Hispanic	67	113390	30.7	22.3 -39.1	162	256421	69.3	60.9 77.7
	Other	105	163674	41.0	33.0 -49.0	185	235778	59.0	51.0 67.0
	White/Non-Hispanic	1384	1303074	33.6	31.5 -35.7	3262	2575189	66.4	64.3 68.5
Education	< H.S.	80	141662	19.2	14.3 -24.2	451	595942	80.8	75.8 85.7
	H.S. or G.E.D.	397	429050	28.3	25.0 -31.7	1253	1085741	71.7	68.3 75.0
	Some College	428	575702	34.8	31.0 -38.5	1068	1079792	65.2	61.5 69.0
	College Graduate	905	758559	42.3	39.3 -45.2	1503	1036478	57.7	54.8 60.7
Income	\$15,000 or less	106	124646	30.4	23.3 -37.4	373	286008	69.6	62.6 76.7
	\$15,000 to less than \$25,000	197	215976	26.2	21.5 -30.8	707	609500	73.8	69.2 78.5
	\$25,000 to less than \$35,000	126	124709	24.4	19.1 -29.7	437	386137	75.6	70.3 80.9
	\$35,000 to less than \$50,000	213	190880	28.3	23.5 -33.0	541	484358	71.7	67.0 76.5
	\$50,000 or more	970	1049037	40.6	37.9 -43.4	1647	1532785	59.4	56.6 62.1
Age	Age 18 to 24	114	353248	48.8	41.5 -56.1	120	370432	51.2	43.9 58.5
	Age 25 to 34	270	384514	39.2	34.5 -44.0	433	595183	60.8	56.0 65.5
	Age 35 to 44	259	339641	32.0	27.9 -36.2	576	721067	68.0	63.8 72.1

	Age 45 to 54	355	360385	31.8	27.9 -35.6	815	774315	68.2	64.4 - 72.1
	Age 55 to 64	416	254915	28.7	25.6 -31.9	1015	632981	71.3	68.1 - 74.4
	Age 65 or older	401	219960	23.5	20.8 -26.2	1331	715377	76.5	73.8 - 79.2
Gender	Female	944	806441	27.4	25.2 -29.7	2701	2132744	72.6	70.3 - 74.8
	Male	871	1106223	39.8	36.9 -42.6	1589	1676612	60.2	57.4 - 63.1

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