


VIRGINIA BEACH

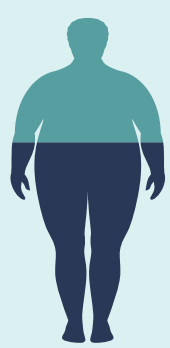
HEALTH DISTRICT

+ 2019 HEALTH SNAPSHOT +

Overview

453,373 are residents of Virginia Beach  Most residents are between the ages of **25 AND 34**

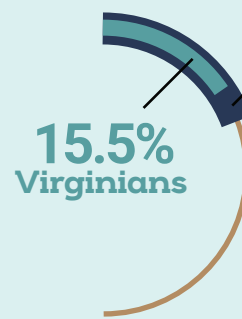
Health Factors



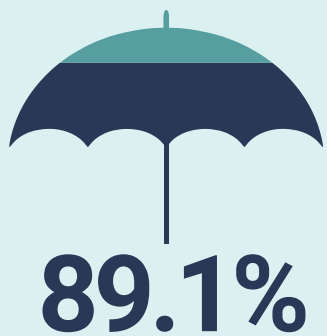
68.3% of Adults in Virginia Beach are **overweight or obese**, vs. **66.3%** in the state of Virginia.



3.4 **poor mental health days** are experienced by Virginia Beach residents and Virginians alike.



17.8% of Virginia Beach adults reported that they **engaged in binge drinking** during the past 30 days.



89.1%

of Adults in Virginia Beach **have health insurance**, vs. **87.9%** in the state of Virginia.

Virginia Beach's **adult smoking rate**, and the state of Virginia are both

21.9%



3

census tracts in the city of Virginia Beach **meet the definition of a food desert**.



Social & Economic



\$78,203

is the **median household income** for Virginia Beach vs. \$73,579 for the state of Virginia.



34.8%

of Virginia Beach residents **25 and older** have a **bachelor's degree or higher** compared to **37.6%** in Virginia

Youth



29 Percent

of Virginia Beach students **qualified for free lunch program** compared to **35 percent** of all Virginian students.

12.8%



percent of children in Virginia Beach were **living below the poverty level** compared to **16.2%** in Virginia.

Sources:

U.S. Census Bureau
Virginia Behavioral Risk Factor Surveillance Survey (BRFSS)
County Health Rankings; CDC's BRFSS
U.S. Census Bureau, Small Area Health Insurance Estimates (SAHIE)
United States Department of Agriculture Economic Research Service
U.S. Census Bureau, Small Area Income and Poverty Estimates
American Community Survey 1-Year Estimates
Virginia Department of Education
U.S. Census Bureau, Small Area Income and Poverty Estimates (SAIPE) Program

Data from 2019 VB Community Health Assessment: www.vdh.virginia.gov/virginia-beach/population-health/