

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

		Do you participate in 150 minutes or more of aerobic physical activity per week?							
		Yes				No			
		Sample Size	Weighted Counts	Weighted Percent (%)	CI	Sample Size	Weighted Counts	Weighted Percent (%)	CI
*Virginia	*State Total	3192	2923006	52.4	50.5 - 54.3	2723	2652741	47.6	45.7 - 49.5
Central	*Region Total	608	484692	51.9	47.4 - 56.3	517	450046	48.1	43.7 - 52.6
	Chesterfield	---	---	---	---	---	---	---	---
	Chickahominy	---	---	---	---	---	---	---	---
	Crater	---	---	---	---	---	---	---	---
	Henrico	---	---	---	---	---	---	---	---
	Piedmont	---	---	---	---	---	---	---	---
	Richmond City	---	---	---	---	---	---	---	---
	Southside	---	---	---	---	---	---	---	---
Eastern	*Region Total	789	660726	50.4	46.4 - 54.5	705	649326	49.6	45.5 - 53.6
	Chesapeake	---	---	---	---	---	---	---	---
	Eastern Shore	---	---	---	---	---	---	---	---
	Hampton	---	---	---	---	---	---	---	---
	Norfolk City	---	---	---	---	---	---	---	---
	Peninsula	---	---	---	---	---	---	---	---
	Portsmouth	---	---	---	---	---	---	---	---
	Three Rivers	---	---	---	---	---	---	---	---
	Virginia Beach	77	121638	41.8	32.3 - 51.3	89	169211	58.2	48.7 - 67.7
	Western Tidewater	77	70867	55.0	45.9 - 64.1	84	57999	45.0	35.9 - 54.1
Northern	*Region Total	643	771932	58.3	54.0 - 62.6	438	552125	41.7	37.4 - 46.0
	Alexandria	---	---	---	---	---	---	---	---
	Arlington	111	87956	60.1	51.0 - 69.1	72	58512	39.9	30.9 - 49.0
	Fairfax	231	399228	60.7	53.6 - 67.7	152	258924	39.3	32.3 - 46.4
	Loudoun	---	---	---	---	---	---	---	---
	Prince William	117	141406	52.4	43.5 - 61.3	89	128508	47.6	38.7 - 56.5

Northwestern	*Region Total	457	454607	54.3	49.4 - 59.2	331	382805	45.7	40.8 - 50.6
	Central Shenandoah	---	---	---	---	---	---	---	---
	Lord Fairfax	---	---	---	---	---	---	---	---
	Rappahannock	---	---	---	---	---	---	---	---
	Rappahannock/Rapidan	---	---	---	---	---	---	---	---
	Thomas Jefferson	---	---	---	---	---	---	---	---
Southwestern	*Region Total	695	551049	47.1	43.4 - 50.8	732	618438	52.9	49.2 - 56.6
	Alleghany	---	---	---	---	---	---	---	---
	Central Virginia	---	---	---	---	---	---	---	---
	Cumberland Plateau	---	---	---	---	---	---	---	---
	Lenowisco	57	33957	40.4	30.5 - 50.2	90	50156	59.6	49.8 - 69.5
	Mount Rogers	---	---	---	---	---	---	---	---
	New River	---	---	---	---	---	---	---	---
	Pittsylvania/Danville	92	53149	46.2	36.4 - 56.1	77	61813	53.8	43.9 - 63.6
	Roanoke City	---	---	---	---	---	---	---	---
	West Piedmont	---	---	---	---	---	---	---	---

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.