


Physical Activity at the State, Health Region, and Health District Levels, 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
Central	*Region Total	344	310464	32.2	28.2 - 36.3	822	652635	67.8	63.7 - 71.8
	Chesterfield	59	94478	34.7	25.4 - 44.0	114	177800	65.3	56.0 - 74.6
	Chickahominy	---	---	---	---	---	---	---	---
	Crater	37	41670	29.7	20.8 - 38.6	152	98713	70.3	61.4 - 79.2
	Henrico	---	---	---	---	---	---	---	---
	Piedmont	38	22190	23.1	13.8 - 32.5	119	73781	76.9	67.5 - 86.2
	Richmond City	---	---	---	---	---	---	---	---
	Southside	---	---	---	---	---	---	---	---
	Eastern	*Region Total	445	464596	34.2	30.3 - 38.1	1109	892894	65.8
Chesapeake		---	---	---	---	---	---	---	---
Eastern Shore		26	5127	13.9	8.1 - 19.6	123	31865	86.1	80.4 - 91.9
Hampton		48	33405	26.7	17.1 - 36.4	122	91513	73.3	63.6 - 82.9
Norfolk City		---	---	---	---	---	---	---	---
Peninsula		---	---	---	---	---	---	---	---
Portsmouth		---	---	---	---	---	---	---	---
Three Rivers		---	---	---	---	---	---	---	---
Virginia Beach		64	114293	38.0	28.6 - 47.3	110	186798	62.0	52.7 - 71.4
Western Tidewater		37	26476	21.0	13.4 - 28.7	127	99312	79.0	71.3 - 86.6
Northern	*Region Total	434	580369	43.1	38.8 - 47.4	669	765167	56.9	52.6 - 61.2
	Alexandria	---	---	---	---	---	---	---	---
	Arlington	82	74859	50.4	41.3 - 59.4	105	73725	49.6	40.6 - 58.7

	Fairfax	158	305302	45.7	38.7 - 52.6	236	363227	54.3	47.4 - 61.3
	Loudoun	---	---	---	---	---	---	---	---
	Prince William	73	91136	33.4	25.1 - 41.8	131	181615	66.6	58.2 - 74.9
Northwestern	*Region Total	251	251948	29.7	25.3 - 34.1	557	596304	70.3	65.9 - 74.7
	Central Shenandoah	38	46489	20.9	12.5 - 29.3	133	176087	79.1	70.7 - 87.5
	Lord Fairfax	45	44047	25.6	17.4 - 33.8	102	128190	74.4	66.2 - 82.6
	Rappahannock	50	61348	30.4	20.5 - 40.2	118	140590	69.6	59.8 - 79.5
	Rappahannock/Rapidan	---	---	---	---	---	---	---	---
	Thomas Jefferson	---	---	---	---	---	---	---	---
Southwestern	*Region Total	341	305286	25.3	22.0 - 28.6	1133	902355	74.7	71.4 - 78.0
	Alleghany	51	42076	28.9	19.0 - 38.9	167	103400	71.1	61.1 - 81.0
	Central Virginia	47	64532	31.3	21.5 - 41.1	129	141684	68.7	58.9 - 78.5
	Cumberland Plateau	---	---	---	---	---	---	---	---
	Lenowisco	21	13168	15.2	7.7 - 22.6	128	73671	84.8	77.4 - 92.3
	Mount Rogers	35	28575	15.1	9.5 - 20.8	142	160075	84.9	79.2 - 90.5
	New River	---	---	---	---	---	---	---	---
	Pittsylvania/Danville	47	36270	31.0	21.6 - 40.5	126	80628	69.0	59.5 - 78.4
	Roanoke City	25	14606	16.4	8.2 - 24.7	94	74247	83.6	75.3 - 91.8
	West Piedmont	35	23043	19.6	12.2 - 26.9	100	94714	80.4	73.1 - 87.8

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).