


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

		During the past 30 days, did you participate in any physical activities?							
		Yes				No			
		Sample Size	Weighted Counts	Weighted Percent (%)	CI	Sample Size	Weighted Counts	Weighted Percent (%)	CI
*Virginia	*State Total	4588	4354337	75.0	73.3 - 76.6	1611	1454964	25.0	23.4 - 26.7
Central	*Region Total	863	713022	73.9	70.0 - 77.7	313	252126	26.1	22.3 - 30.0
	Chesterfield	136	207091	75.9	66.4 - 85.4	37	65733	24.1	14.6 - 33.6
	Chickahominy	122	84553	76.2	68.2 - 84.1	45	26479	23.8	15.9 - 31.8
	Crater	124	97231	68.8	61.3 - 76.4	67	44009	31.2	23.6 - 38.7
	Henrico	139	137136	80.5	72.6 - 88.3	37	33263	19.5	11.7 - 27.4
	Piedmont	---	---	---	---	---	---	---	---
	Richmond City	---	---	---	---	---	---	---	---
	Southside	---	---	---	---	---	---	---	---
	Eastern	*Region Total	1142	1033574	74.9	71.6 - 78.2	435	346026	25.1
Chesapeake		147	105955	79.7	71.0 - 88.4	39	26922	20.3	11.6 - 29.0
Eastern Shore		---	---	---	---	---	---	---	---
Hampton		---	---	---	---	---	---	---	---
Norfolk City		146	129394	74.9	65.8 - 84.1	60	43281	25.1	15.9 - 34.2
Peninsula		152	195311	80.3	73.5 - 87.2	41	47821	19.7	12.8 - 26.5
Portsmouth		88	41197	81.3	73.8 - 88.8	35	9491	18.7	11.2 - 26.2
Three Rivers		149	137830	75.8	66.5 - 85.2	53	43924	24.2	14.8 - 33.5
Virginia Beach		131	218638	72.6	63.6 - 81.7	43	82453	27.4	18.3 - 36.4
Western Tidewater		109	93073	69.3	61.3 - 77.2	62	41271	30.7	22.8 - 38.7
Northern	*Region Total				76.8 -				16.0 -

		920	1098101	80.4	84.0	198	267349	19.6	23.2
	Alexandria	---	---	---	---	---	---	---	---
	Arlington	166	129143	85.7	78.3 - 93.1	25	21591	14.3	6.9 - 21.7
	Fairfax	325	549160	80.8	75.0 - 86.6	72	130658	19.2	13.4 - 25.0
	Loudoun	137	137727	81.7	74.9 - 88.4	38	30927	18.3	11.6 - 25.1
	Prince William	163	208424	74.9	66.7 - 83.1	46	69823	25.1	16.9 - 33.3
Northwestern	*Region Total	635	664436	76.5	72.3 - 80.7	190	204182	23.5	19.3 - 27.7
	Central Shenandoah	126	168622	74.6	65.0 - 84.2	47	57322	25.4	15.8 - 35.0
	Lord Fairfax	117	134825	74.7	65.2 - 84.2	33	45599	25.3	15.8 - 34.8
	Rappahannock	131	157730	76.5	67.8 - 85.2	40	48461	23.5	14.8 - 32.2
	Rappahannock/Rapidan	125	92057	75.3	66.7 - 83.9	40	30259	24.7	16.1 - 33.3
	Thomas Jefferson	136	111201	83.1	74.9 - 91.4	30	22540	16.9	8.6 - 25.1
	*Region Total	1028	845204	68.7	65.4 - 72.0	475	385280	31.3	28.0 - 34.6
Southwestern	Alleghany	152	98618	66.8	57.1 - 76.5	71	49032	33.2	23.5 - 42.9
	Central Virginia	124	151618	71.7	63.2 - 80.3	57	59703	28.3	19.7 - 36.8
	Cumberland Plateau	---	---	---	---	---	---	---	---
	Lenowisco	---	---	---	---	---	---	---	---
	Mount Rogers	119	133707	68.9	59.6 - 78.1	62	60387	31.1	21.9 - 40.4
	New River	134	105485	76.7	67.7 - 85.8	40	31970	23.3	14.2 - 32.3
	Pittsylvania/Danville	124	76424	65.2	55.5 - 74.8	51	40870	34.8	25.2 - 44.5
	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.