



Poor Physical or Mental Health by Health District, Virginia, 2012-2013

Virginia BRFSS Online Reporting  System		Poor physical or mental health kept them from doing their usual activities, such as self-care, work, or recreation among those that reported at least one physical or mental unhealthy day during the past 30 days											
		0 day				1-7 Days				8-30 Days			
		Sample Size	Weighted Counts	Weighted Percent (%)	C.I. (95%)	Sample Size	Weighted Counts	Weighted Percent (%)	C.I. (95%)	Sample Size	Weighted Counts	Weighted Percent (%)	C.I. (95%)
*Virginia	*State Total	4505	1844596	58.7	57.2 -60.2	1680	713014	22.7	21.4 -24.0	1572	585804	18.6	17.5 -19.8
Central	*Region Total	847	310218	58.3	54.8 -61.7	313	126072	23.7	20.6 -26.7	293	95854	18.0	15.5 -20.5
	Chesterfield	163	87391	61.2	54.1 -68.2	65	33689	23.6	17.3 -29.8	52	21812	15.3	10.4 -20.2
	Chickahominy	---	---	---	---	31	13022	21.3	12.0 -30.5	22	7079	11.6	5.6 -17.5
	Crater	102	31053	55.0	45.6 -64.3	41	12718	22.5	14.5 -30.6	46	12716	22.5	14.8 -30.2
	Henrico	150	56958	52.8	45.2 -60.4	64	30092	27.9	20.7 -35.1	51	20798	19.3	13.3 -25.2
	Piedmont	112	30382	59.6	51.0 -68.3	35	8769	17.2	10.1 -24.3	41	11801	23.2	16.1 -30.2
	Richmond City	123	43459	55.9	45.9 -65.8	50	22820	29.3	20.1 -38.5	40	11500	14.8	8.5 -21.1
	Southside	---	---	---	---	27	4962	14.2	8.5 -19.9	41	10147	29.0	19.6 -38.5
Eastern	*Region Total	1027	398782	56.9	53.8 -60.1	418	174500	24.9	22.0 -27.8	379	127141	18.2	15.9 -20.5
	Chesapeake	150	58890	66.3	58.2 -74.3	49	14962	16.8	11.2 -22.5	41	15016	16.9	9.9 -23.9
	Eastern Shore	---	---	---	---	32	5266	22.1	14.6 -29.6	37	3958	16.6	9.4 -23.8
	Hampton	---	---	---	---	33	12072	20.7	11.0 -30.3	32	11877	20.3	11.6 -29.1
	Norfolk City	134	41871	55.1	45.8 -64.4	62	23376	30.8	21.5 -40.1	48	10687	14.1	8.8 -19.4

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4. \*\*\* Use caution in interpreting sample sizes less than 50.
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6. \*\*\* This table excludes 7,896 interviews where respondents did not indicate any poor physical or mental unhealthy days.

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<b>*Virginia</b>	<b>*State Total</b>	4505	1844596	58.7	57.2 -60.2	1680	713014	22.7	21.4 -24.0	1572	585804	18.6	17.5 -19.8
<b>Eastern</b>	<b>Peninsula</b>	159	75494	58.2	51.0 -65.4	66	30767	23.7	17.5 -29.9	61	23559	18.1	12.7 -23.6
	<b>Portsmouth</b>	---	---	---	---	---	---	---	---	---	---	---	---
	<b>Three Rivers</b>	105	39570	53.7	44.3 -63.0	42	17135	23.2	15.3 -31.1	42	17044	23.1	15.1 -31.1
	<b>Virginia Beach</b>	153	93907	58.0	50.7 -65.3	72	45518	28.1	21.0 -35.2	54	22439	13.9	9.7 -18.1
	<b>Western Tidewater</b>	83	25513	45.2	35.4 -55.0	39	15055	26.7	17.4 -36.0	40	15880	28.1	19.3 -36.9
<b>Northern</b>	<b>*Region Total</b>	952	466232	62.8	59.5 -66.1	401	190603	25.7	22.8 -28.6	192	85171	11.5	9.3 -13.6
	<b>Alexandria</b>	---	---	---	---	43	13107	24.6	15.2 -34.0	25	8626	16.2	8.0 -24.4
	<b>Arlington</b>	135	45035	56.2	47.3 -65.0	65	25031	31.2	22.8 -39.6	30	10093	12.6	6.9 -18.3
	<b>Fairfax</b>	407	230670	64.4	59.4 -69.4	150	83720	23.4	19.1 -27.7	77	43738	12.2	8.6 -15.8
	<b>Loudoun</b>	133	65731	65.2	57.4 -72.9	64	27634	27.4	20.2 -34.6	22	7463	7.4	3.5 -11.3
	<b>Prince William</b>	182	93325	62.3	55.2 -69.5	79	41111	27.5	20.6 -34.3	38	15251	10.2	6.4 -14.0


(Continued)

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*Virginia	*State Total	4505	1844596	58.7	57.2 -60.2	1680	713014	22.7	21.4 -24.0	1572	585804	18.6	17.5 -19.8
Northwestern	*Region Total	669	296356	59.7	56.2 -63.3	229	100244	20.2	17.4 -23.0	227	99401	20.0	17.1 -23.0
	Central Shenandoah	154	61462	61.4	54.3 -68.5	49	19144	19.1	13.5 -24.7	46	19482	19.5	13.5 -25.4
	Lord Fairfax	125	60094	59.0	50.8 -67.2	53	23134	22.7	16.1 -29.3	35	18611	18.3	11.3 -25.3
	Rappahannock	137	69892	58.5	51.1 -66.0	57	28585	23.9	17.5 -30.4	50	20908	17.5	12.3 -22.7
	Rappahannock/Rapidan	123	45620	62.4	53.2 -71.6	25	9628	13.2	7.3 -19.1	46	17863	24.4	16.0 -32.9
	Thomas Jefferson	130	59287	58.4	50.4 -66.4	45	19753	19.4	13.0 -25.9	50	22538	22.2	15.4 -29.0
	Southwestern	*Region Total	1010	373008	55.4	52.5 -58.4	319	121595	18.1	15.8 -20.4	481	178236	26.5
Alleghany		151	48599	59.1	51.3 -66.9	48	14314	17.4	11.8 -23.0	52	19339	23.5	16.4 -30.6
Central Virginia		143	68582	65.1	57.8 -72.4	41	17595	16.7	11.3 -22.1	50	19148	18.2	12.3 -24.1
Cumberland Plateau		88	29927	45.3	36.5 -54.1	21	8192	12.4	7.2 -17.6	73	27945	42.3	33.2 -51.4
Lenowisco		100	24969	45.7	37.4 -54.1	40	11366	20.8	13.4 -28.2	76	18273	33.5	25.8 -41.1
Mount Rogers		116	58493	55.2	46.1 -64.3	33	16320	15.4	9.1 -21.7	59	31230	29.5	20.7 -38.2
New River		140	56324	62.7	55.1 -70.2	41	15173	16.9	11.5 -22.3	43	18382	20.5	13.8 -27.1

(Continued)

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Southwestern	Pittsylvania/Danville	101	31446	52.0	43.0 -61.0	33	12814	21.2	13.7 -28.7	56	16252	26.9	19.2 -34.5
	Roanoke City	---	---	---	---	---	---	---	---	37	11082	26.2	17.1 -35.2
	West Piedmont	91	33642	51.1	41.4 -60.9	34	15551	23.6	14.6 -32.7	35	16585	25.2	16.4 -34.0

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