



| 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 | 5014 | 1839894 | 58.9 | 57.5 -60.3 | 1864 | 705454 | 22.6 | 21.4 -23.8 | 1760 | 578757 | 18.5 | 17.4 -19.6 |
| Central | *Region Total | 986 | 301337 | 57.5 | 54.3 -60.6 | 356 | 118748 | 22.6 | 20.0 -25.3 | 348 | 104245 | 19.9 | 17.3 -22.5 |
| | Chesterfield | 180 | 79399 | 58.9 | 52.3 -65.4 | 68 | 30748 | 22.8 | 17.1 -28.5 | 57 | 24700 | 18.3 | 13.1 -23.6 |
| | Chickahominy | 117 | 31268 | 62.8 | 53.9 -71.8 | 38 | 12470 | 25.1 | 16.6 -33.5 | 29 | 6021 | 12.1 | 7.0 -17.2 |
| | Crater | 127 | 34345 | 56.5 | 47.3 -65.8 | 42 | 12675 | 20.9 | 13.4 -28.3 | 60 | 13722 | 22.6 | 14.6 -30.6 |
| | Henrico | 175 | 63332 | 52.3 | 45.7 -58.8 | 80 | 29293 | 24.2 | 18.6 -29.7 | 68 | 28583 | 23.6 | 17.6 -29.6 |
| | Piedmont | 131 | 29572 | 59.9 | 51.0 -68.8 | 49 | 10996 | 22.3 | 14.8 -29.7 | 45 | 8808 | 17.8 | 11.2 -24.5 |
| | Richmond City | 142 | 44242 | 59.7 | 50.7 -68.7 | 49 | 16252 | 21.9 | 14.7 -29.2 | 41 | 13578 | 18.3 | 11.2 -25.5 |
| | Southside | --- | --- | --- | --- | 30 | 6314 | 18.4 | 10.3 -26.5 | 48 | 8833 | 25.7 | 17.5 -34.0 |
| Eastern | *Region Total | 1191 | 412464 | 57.8 | 54.8 -60.7 | 442 | 164406 | 23.0 | 20.4 -25.7 | 428 | 137325 | 19.2 | 17.0 -21.5 |
| | Chesapeake | 166 | 61170 | 63.8 | 56.8 -70.7 | 58 | 17784 | 18.5 | 12.9 -24.2 | 56 | 16995 | 17.7 | 12.7 -22.7 |
| | Eastern Shore | --- | --- | --- | --- | 44 | 6987 | 26.9 | 17.5 -36.3 | 48 | 5536 | 21.3 | 12.1 -30.5 |
| | Hampton | --- | --- | --- | --- | 41 | 16414 | 24.8 | 15.2 -34.4 | 40 | 13737 | 20.8 | 12.8 -28.7 |
| | Norfolk City | 161 | 46246 | 65.4 | 56.7 -74.1 | 54 | 16742 | 23.7 | 15.3 -32.0 | 44 | 7722 | 10.9 | 6.5 -15.3 |


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4. *** Use caution in interpreting sample sizes less than 50.
5. CI= 95% confidence interval.
6. *** This table excludes 9,298 interviews where respondents did not indicate any poor physical or mental unhealthy days.

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| *Virginia | *State Total | 5014 | 1839894 | 58.9 | 57.5 -60.3 | 1864 | 705454 | 22.6 | 21.4 -23.8 | 1760 | 578757 | 18.5 | 17.4 -19.6 |
| Eastern | Peninsula | 168 | 77095 | 57.4 | 50.4 -64.4 | 73 | 33657 | 25.1 | 18.7 -31.4 | 54 | 23594 | 17.6 | 12.2 -22.9 |
| | Portsmouth | --- | --- | --- | --- | --- | --- | --- | --- | 34 | 7413 | 21.1 | 12.6 -29.6 |
| | Three Rivers | 127 | 41135 | 54.6 | 45.9 -63.4 | 40 | 13270 | 17.6 | 11.2 -24.1 | 54 | 20880 | 27.7 | 19.3 -36.2 |
| | Virginia Beach | 146 | 87655 | 55.3 | 47.9 -62.6 | 70 | 42634 | 26.9 | 20.3 -33.5 | 52 | 28301 | 17.8 | 12.6 -23.1 |
| | Western Tidewater | 127 | 29000 | 55.7 | 46.9 -64.5 | 35 | 9920 | 19.1 | 11.5 -26.6 | 46 | 13148 | 25.3 | 17.6 -32.9 |
| Northern | *Region Total | 827 | 444385 | 62.7 | 59.1 -66.2 | 380 | 189112 | 26.7 | 23.5 -29.9 | 154 | 75539 | 10.7 | 8.4 -12.9 |
| | Alexandria | --- | --- | --- | --- | --- | --- | --- | --- | 25 | 7986 | 16.6 | 7.5 -25.7 |
| | Arlington | 130 | 44247 | 60.5 | 50.8 -70.3 | 71 | 21666 | 29.6 | 20.6 -38.7 | 25 | 7192 | 9.8 | 4.4 -15.3 |
| | Fairfax | 285 | 205431 | 63.0 | 57.4 -68.6 | 131 | 86527 | 26.5 | 21.6 -31.5 | 49 | 34266 | 10.5 | 6.8 -14.2 |
| | Loudoun | 144 | 71687 | 64.3 | 56.7 -71.9 | 63 | 27878 | 25.0 | 18.3 -31.7 | 27 | 11942 | 10.7 | 5.9 -15.5 |
| | Prince William | 167 | 96529 | 64.3 | 56.5 -72.1 | 66 | 39527 | 26.3 | 19.0 -33.6 | 28 | 14153 | 9.4 | 5.4 -13.4 |


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| *Virginia | *State Total | 5014 | 1839894 | 58.9 | 57.5 -60.3 | 1864 | 705454 | 22.6 | 21.4 -23.8 | 1760 | 578757 | 18.5 | 17.4 -19.6 |
| Northwestern | *Region Total | 796 | 315728 | 59.9 | 56.6 -63.1 | 296 | 114698 | 21.7 | 19.0 -24.4 | 259 | 97056 | 18.4 | 15.9 -20.9 |
| | Central Shenandoah | 183 | 69733 | 62.6 | 56.2 -69.1 | 62 | 22292 | 20.0 | 14.7 -25.3 | 54 | 19362 | 17.4 | 12.5 -22.3 |
| | Lord Fairfax | 159 | 60724 | 59.9 | 52.7 -67.0 | 60 | 22314 | 22.0 | 15.9 -28.1 | 44 | 18392 | 18.1 | 12.4 -23.8 |
| | Rappahannock | 162 | 84844 | 63.4 | 56.6 -70.3 | 58 | 25906 | 19.4 | 14.1 -24.7 | 51 | 22969 | 17.2 | 11.9 -22.5 |
| | Rappahannock/Rapidan | 149 | 46853 | 57.3 | 50.0 -64.7 | 50 | 19437 | 23.8 | 17.1 -30.5 | 58 | 15429 | 18.9 | 13.4 -24.4 |
| | Thomas Jefferson | 143 | 53575 | 54.0 | 46.2 -61.8 | 66 | 24749 | 24.9 | 18.3 -31.6 | 52 | 20904 | 21.1 | 14.5 -27.6 |
| | Southwestern | *Region Total | 1214 | 365981 | 56.4 | 53.7 -59.1 | 390 | 118491 | 18.3 | 16.2 -20.4 | 571 | 164592 | 25.4 |
| Alleghany | | 204 | 65165 | 67.8 | 61.6 -73.9 | 53 | 12884 | 13.4 | 9.2 -17.6 | 69 | 18109 | 18.8 | 13.7 -24.0 |
| Central Virginia | | 153 | 60526 | 66.5 | 59.4 -73.5 | 39 | 14185 | 15.6 | 10.2 -20.9 | 48 | 16368 | 18.0 | 12.4 -23.5 |
| Cumberland Plateau | | 104 | 23849 | 44.1 | 36.1 -52.1 | 43 | 10231 | 18.9 | 13.6 -24.3 | 76 | 20023 | 37.0 | 28.9 -45.1 |
| Lenowisco | | 126 | 25891 | 44.0 | 36.4 -51.6 | 47 | 11080 | 18.8 | 12.5 -25.2 | 86 | 21837 | 37.1 | 29.4 -44.8 |
| Mount Rogers | | 145 | 61587 | 55.4 | 47.7 -63.1 | 44 | 20429 | 18.4 | 12.7 -24.1 | 71 | 29187 | 26.2 | 18.8 -33.7 |
| New River | | 165 | 48151 | 61.2 | 54.0 -68.5 | 49 | 14386 | 18.3 | 12.9 -23.7 | 58 | 16082 | 20.5 | 14.8 -26.1 |

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| *Virginia | *State Total | 5014 | 1839894 | 58.9 | 57.5 -60.3 | 1864 | 705454 | 22.6 | 21.4 -23.8 | 1760 | 578757 | 18.5 | 17.4 -19.6 |
| Southwestern | Pittsylvania/Danville | 125 | 31420 | 55.5 | 46.5 -64.5 | 35 | 8602 | 15.2 | 9.3 -21.1 | 62 | 16592 | 29.3 | 20.3 -38.3 |
| | Roanoke City | --- | --- | --- | --- | 37 | 11191 | 25.5 | 15.6 -35.5 | 46 | 12478 | 28.5 | 19.6 -37.4 |
| | West Piedmont | 100 | 29202 | 49.8 | 40.9 -58.7 | 43 | 15503 | 26.4 | 18.3 -34.6 | 55 | 13915 | 23.7 | 16.3 -31.2 |

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