



Fruits and Vegetables Consumption at the State, Health Region, and Health District Levels, Virginia, 2013

Virginia BRFSS Online Reporting  System		Adults who have consumed fruits and vegetables five or more times per day							
		Consume 5 or more times per day				Consume less than 5 times per day			
		Sample Size	Weighted Counts	Weighted Percent (%)	C.I. (95%)	Sample Size	Weighted Counts	Weighted Percent (%)	C.I. (95%)
*Virginia	*State Total	1359	979547	17.8	16.6 -18.9	6005	4534813	82.2	81.1 -83.4
Central	*Region Total	246	150190	16.3	13.9 -18.7	1200	770111	83.7	81.3 -86.1
	Chesterfield	53	40463	16.8	11.9 -21.7	210	200145	83.2	78.3 -88.1
	Chickahominy	25	13563	13.9	7.7 -20.0	151	84270	86.1	80.0 -92.3
	Crater	25	11359	11.4	6.2 -16.6	171	88215	88.6	83.4 -93.8
	Henrico	46	34140	16.9	11.3 -22.4	220	168421	83.1	77.6 -88.7
	Piedmont	27	14689	15.4	9.7 -21.1	169	80891	84.6	78.9 -90.3
	Richmond City	45	27947	24.7	16.0 -33.3	154	85280	75.3	66.7 -84.0
	Southside	25	8029	11.3	6.3 -16.4	125	62890	88.7	83.6 -93.7
Eastern	*Region Total	335	218388	17.7	15.3 -20.0	1442	1017867	82.3	80.0 -84.7
	Chesapeake	39	22763	15.1	8.9 -21.2	180	128335	84.9	78.8 -91.1
	Eastern Shore	33	7258	17.1	9.0 -25.1	122	35257	82.9	74.9 -91.0
	Hampton	28	20317	16.3	8.7 -23.8	154	104578	83.7	76.2 -91.3
	Norfolk City	36	16678	13.9	7.9 -19.9	182	103454	86.1	80.1 -92.1
	Peninsula	47	46096	18.4	12.6 -24.3	213	203830	81.6	75.7 -87.4
	Portsmouth	21	7740	18.3	8.3 -28.3	80	34547	81.7	71.7 -91.7
	Three Rivers	36	24983	19.5	12.3 -26.7	160	103187	80.5	73.3 -87.7
	Virginia Beach	59	53725	19.4	13.8 -24.9	195	223561	80.6	75.1 -86.2
	Western Tidewater	36	18828	18.8	11.7 -26.0	156	81119	81.2	74.0 -88.3
Northern	*Region Total	274	290796	21.6	18.4 -24.7	956	1058301	78.4	75.3 -81.6
	Alexandria	40	14063	19.0	10.7 -27.4	117	59766	81.0	72.6 -89.3
	Arlington	45	24785	21.8	13.7 -29.9	145	89005	78.2	70.1 -86.3
	Fairfax	103	159788	23.3	18.2 -28.4	339	525329	76.7	71.6 -81.8
	Loudoun	50	47958	23.6	16.7 -30.4	170	155524	76.4	69.6 -83.3
	Prince William	36	44202	16.2	10.7 -21.7	185	228678	83.8	78.3 -89.3

(Continued)

1. Data source: Virginia Department of Health, Division of Policy and Evaluation, Behavioral Risk Factor Surveillance Survey, 2013. 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.

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*Virginia	*State Total	1359	979547	17.8	16.6 -18.9	6005	4534813	82.2	81.1 -83.4
Northwestern	*Region Total	233	165883	17.9	15.3 -20.5	948	759543	82.1	79.5 -84.7
	Central Shenandoah	45	30867	15.6	10.5 -20.6	220	167466	84.4	79.4 -89.5
	Lord Fairfax	30	24890	14.4	8.9 -20.0	192	147366	85.6	80.0 -91.1
	Rappahannock	52	41543	18.9	13.1 -24.7	184	177945	81.1	75.3 -86.9
	Rappahannock/Rapidan	47	28539	19.6	13.2 -26.0	168	116871	80.4	74.0 -86.8
	Thomas Jefferson	59	40044	21.1	15.1 -27.1	184	149895	78.9	72.9 -84.9
Southwestern	*Region Total	271	154290	14.2	12.2 -16.2	1459	928989	85.8	83.8 -87.8
	Alleghany	47	24132	15.6	10.3 -20.9	227	130617	84.4	79.1 -89.7
	Central Virginia	40	28923	15.5	10.1 -20.9	190	158078	84.5	79.1 -89.9
	Cumberland Plateau	25	12452	14.6	8.3 -20.8	136	73105	85.4	79.2 -91.7
	Lenowisco	21	8211	10.3	4.3 -16.3	144	71591	89.7	83.7 -95.7
	Mount Rogers	33	26259	16.8	10.5 -23.1	166	129937	83.2	76.9 -89.5
	New River	38	19742	13.5	8.6 -18.3	189	126836	86.5	81.7 -91.4
	Pittsylvania/Danville	30	12425	13.1	7.3 -18.9	151	82383	86.9	81.1 -92.7
	Roanoke City	---	---	---	---	129	65618	92.3	87.5 -97.2
	West Piedmont	23	16707	15.5	8.4 -22.6	127	90826	84.5	77.4 -91.6

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