



Aerobic Physical Activity at the State, Health Region, and Health District Levels, Virginia, 2013

Virginia BRFSS Online Reporting  System		Do you participate in 300 minutes or more of aerobic physical activity per week?							
		Yes				No			
		Sample Size	Weighted Counts	Weighted Percent (%)	C.I. (95%)	Sample Size	Weighted Counts	Weighted Percent (%)	C.I. (95%)
*Virginia	*State Total	2335	1673866	31.6	30.2 -33.1	4732	3616139	68.4	66.9 -69.8
Central	*Region Total	449	283754	32.1	28.9 -35.3	938	600696	67.9	64.7 -71.1
	Chesterfield	85	80820	35.1	28.1 -42.1	167	149252	64.9	57.9 -71.9
	Chickahominy	60	34673	37.9	29.0 -46.7	109	56886	62.1	53.3 -71.0
	Crater	60	28306	29.9	20.8 -39.0	127	66312	70.1	61.0 -79.2
	Henrico	78	60501	31.9	24.6 -39.3	163	128942	68.1	60.7 -75.4
	Piedmont	66	32254	33.2	25.6 -40.7	134	65035	66.8	59.3 -74.4
	Richmond City	45	22945	20.8	12.1 -29.4	142	87615	79.2	70.6 -87.9
	Southside	---	---	---	---	---	---	---	---
Eastern	*Region Total	589	381365	32.1	28.9 -35.3	1140	805690	67.9	64.7 -71.1
	Chesapeake	---	---	---	---	---	---	---	---
	Eastern Shore	38	8824	20.3	13.4 -27.2	120	34651	79.7	72.8 -86.6
	Hampton	55	29374	23.6	15.5 -31.6	123	95241	76.4	68.4 -84.5
	Norfolk City	74	47164	40.6	30.7 -50.6	139	68956	59.4	49.4 -69.3
	Peninsula	85	75998	32.6	25.3 -39.9	159	157076	67.4	60.1 -74.7
	Portsmouth	---	---	---	---	---	---	---	---
	Three Rivers	83	46869	37.9	29.6 -46.2	110	76700	62.1	53.8 -70.4
	Virginia Beach	86	84606	32.8	25.2 -40.4	154	173383	67.2	59.6 -74.8
	Western Tidewater	73	30862	31.9	23.5 -40.2	120	66017	68.1	59.8 -76.5
Northern	*Region Total	372	379800	30.1	26.4 -33.8	777	881175	69.9	66.2 -73.6
	Alexandria	52	16809	22.6	14.0 -31.1	99	57717	77.4	68.9 -86.0
	Arlington	61	31324	28.8	19.5 -38.2	117	77295	71.2	61.8 -80.5
	Fairfax	119	197831	30.9	24.9 -36.8	293	443382	69.1	63.2 -75.1
	Loudoun	73	58521	31.1	23.1 -39.2	127	129556	68.9	60.8 -76.9
	Prince William	67	75314	30.3	23.1 -37.5	141	173225	69.7	62.5 -76.9

(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.
6. *** Physical Activity excludes that which is a part of a normal work day.

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*Virginia	*State Total	2335	1673866	31.6	30.2 -33.1	4732	3616139	68.4	66.9 -69.8
Northwestern	*Region Total	415	314550	35.0	31.7 -38.3	705	584095	65.0	61.7 -68.3
	Central Shenandoah	90	65096	33.7	26.8 -40.6	162	127995	66.3	59.4 -73.2
	Lord Fairfax	95	72563	41.0	33.2 -48.8	123	104376	59.0	51.2 -66.8
	Rappahannock	75	67365	33.3	25.9 -40.6	138	134994	66.7	59.4 -74.1
	Rappahannock/Rapidan	68	38635	28.3	20.6 -36.0	136	97825	71.7	64.0 -79.4
	Thomas Jefferson	87	70891	37.4	29.6 -45.1	146	118905	62.6	54.9 -70.4
Southwestern	*Region Total	510	314397	29.7	26.9 -32.4	1172	744483	70.3	67.6 -73.1
	Alleghany	84	49084	32.4	25.2 -39.6	174	102495	67.6	60.4 -74.8
	Central Virginia	68	55209	30.6	23.2 -38.0	150	125096	69.4	62.0 -76.8
	Cumberland Plateau	41	21091	25.5	17.8 -33.2	119	61600	74.5	66.8 -82.2
	Lenowisco	36	17861	22.4	13.6 -31.1	130	62027	77.6	68.9 -86.4
	Mount Rogers	65	53652	35.5	27.5 -43.5	126	97272	64.5	56.5 -72.5
	New River	76	41829	29.2	22.6 -35.8	151	101370	70.8	64.2 -77.4
	Pittsylvania/Danville	53	26450	28.0	19.0 -36.9	124	68156	72.0	63.1 -81.0
	Roanoke City	42	16214	25.0	15.6 -34.3	92	48770	75.0	65.7 -84.4
	West Piedmont	45	33008	29.8	20.1 -39.5	106	77697	70.2	60.5 -79.9

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