



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

Virginia BRFSS Online Reporting  System		During the past 30 days, did you participate in any physical activities other than regular job?							
		Yes				No			
		Sample Size	Weighted Counts	Weighted Percent (%)	C.I. (95%)	Sample Size	Weighted Counts	Weighted Percent (%)	C.I. (95%)
*Virginia	*State Total	5724	4325687	74.5	73.2 -75.8	2045	1480553	25.5	24.2 -26.8
Central	*Region Total	1116	728249	75.1	72.4 -77.9	406	241211	24.9	22.1 -27.6
	Chesterfield	222	207121	82.6	77.6 -87.6	53	43664	17.4	12.4 -22.4
	Chickahominy	144	81340	80.5	73.9 -87.1	40	19733	19.5	12.9 -26.1
	Crater	147	73671	70.4	61.2 -79.6	60	30979	29.6	20.4 -38.8
	Henrico	205	159873	75.2	69.0 -81.5	69	52620	24.8	18.5 -31.0
	Piedmont	134	66471	63.7	55.7 -71.6	77	37932	36.3	28.4 -44.3
	Richmond City	148	89727	73.9	66.3 -81.6	61	31636	26.1	18.4 -33.7
	Southside	---	---	---	---	---	---	---	---
Eastern	*Region Total	1371	945906	72.3	69.4 -75.3	521	361862	27.7	24.7 -30.6
	Chesapeake	---	---	---	---	---	---	---	---
	Eastern Shore	---	---	---	---	---	---	---	---
	Hampton	142	94366	72.1	62.7 -81.6	48	36466	27.9	18.4 -37.3
	Norfolk City	159	89986	69.5	60.7 -78.2	71	39581	30.5	21.8 -39.3
	Peninsula	191	183040	71.3	64.8 -77.8	78	73586	28.7	22.2 -35.2
	Portsmouth	---	---	---	---	---	---	---	---
	Three Rivers	147	95617	70.7	62.7 -78.7	60	39643	29.3	21.3 -37.3
	Virginia Beach	207	226199	77.9	71.5 -84.2	60	64207	22.1	15.8 -28.5
	Western Tidewater	159	80709	74.6	67.2 -82.0	52	27500	25.4	18.0 -32.8
Northern	*Region Total	1077	1160725	82.4	79.4 -85.5	209	247152	17.6	14.5 -20.6
	Alexandria	---	---	---	---	---	---	---	---
	Arlington	176	107252	86.6	79.3 -94.0	27	16559	13.4	6.0 -20.7
	Fairfax	390	599130	83.6	79.0 -88.2	71	117478	16.4	11.8 -21.0
	Loudoun	183	172089	83.3	78.1 -88.4	41	34532	16.7	11.6 -21.9
	Prince William	188	228881	82.3	76.2 -88.5	40	49150	17.7	11.5 -23.8

(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	5724	4325687	74.5	73.2 -75.8	2045	1480553	25.5	24.2 -26.8
Northwestern	*Region Total	914	702535	72.0	68.7 -75.4	315	272802	28.0	24.6 -31.3
	Central Shenandoah	208	152088	72.2	65.8 -78.6	72	58550	27.8	21.4 -34.2
	Lord Fairfax	178	138748	73.9	66.5 -81.3	57	49069	26.1	18.7 -33.5
	Rappahannock	186	170329	74.3	67.1 -81.6	57	58882	25.7	18.4 -32.9
	Rappahannock/Rapidan	155	96504	65.3	56.2 -74.5	66	51198	34.7	25.5 -43.8
	Thomas Jefferson	187	144867	72.4	64.8 -80.1	63	55103	27.6	19.9 -35.2
Southwestern	*Region Total	1246	788272	68.8	66.2 -71.4	594	357526	31.2	28.6 -33.8
	Alleghany	209	118422	72.8	66.6 -79.0	82	44166	27.2	21.0 -33.4
	Central Virginia	174	146669	73.9	67.5 -80.4	68	51753	26.1	19.6 -32.5
	Cumberland Plateau	110	60995	69.5	61.9 -77.0	58	26775	30.5	23.0 -38.1
	Lenowisco	105	47315	55.6	46.4 -64.7	75	37858	44.4	35.3 -53.6
	Mount Rogers	133	102682	63.1	55.4 -70.7	74	60119	36.9	29.3 -44.6
	New River	180	117640	75.1	68.7 -81.5	64	38978	24.9	18.5 -31.3
	Pittsylvania/Danville	119	63998	63.3	55.3 -71.3	75	37167	36.7	28.7 -44.7
	Roanoke City	---	---	---	---	---	---	---	---
West Piedmont	101	74639	64.2	54.9 -73.5	60	41536	35.8	26.5 -45.1	

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