

# VIRGINIA BEACH, VA

(Virginia Beach-Norfolk-Newport News, VA-NC MSA)

## COUNTIES

Currituck NC, Gloucester VA, Isle of Wight VA, James City VA, Mathews VA, Surry VA, York VA, Chesapeake City VA, Hampton City VA, Newport News City VA, Norfolk City VA, Poquoson City VA, Portsmouth City VA, Suffolk City VA, Virginia Beach City VA, Williamsburg City VA

## Ranking: Total Score = 65.8; Rank = 9

### STRENGTHS/ADVANTAGES

- Lower percent unemployed
- Lower percentage of households below poverty level
- Higher percentage eating 5+ servings of fruits/vegetables per day
- Lower percent with angina or coronary heart disease
- Higher percent of city land area and parkland
- More acres of parkland per capita
- More ball diamonds per capita
- More park playgrounds per capita
- More golf courses per capita
- More park units per capita
- More tennis courts per capita
- Higher park-related expenditures per capita
- Higher level of state requirement for Physical Education classes

### OPPORTUNITIES/CHALLENGES

- Higher percent currently smoking
- Fewer farmers' markets per capita
- Lower percent using public transportation to work
- Fewer dog parks per capita
- Fewer recreation centers per capita
- Fewer swimming pools per capita

## DESCRIPTION OF VIRGINIA BEACH-NORFOLK-NEWPORT NEWS, VA-NC MSA

	Virginia Beach MSA	U.S. Value	MSA Average	MSA Range
Population	1,674,498	307,006,550	3,325,885	1,123,804 – 19,069,796
Percent less than 18 years old	24.2%	24.3%	24.6%	20.2% – 29.4%
Percent 18 to 64 years old	64.3%	62.8%	63.6%	60.5% – 66.9%
Percent 65 years old and older	11.5%	12.9%	11.8%	7.9% – 17.2%
Percent male	48.9%	49.3%	49.2%	48.1% – 51.1%
Percent high school graduate or higher	89.4%	85.3%	86.7%	77.6% – 92.5%
Percent White	61.3%	74.8%	72.3%	49.8% – 88.6%
Percent Black or African American	31.2%	12.4%	15.0%	1.7% – 44.5%
Percent Asian	3.2%	4.5%	5.1%	1.2% – 30.2%
Percent Other Race	4.3%	8.3%	7.6%	1.9% – 24.5%
Percent Hispanic/Latino	4.5%	15.8%	15.1%	1.2% – 53.4%
Percent unemployed	7.9%	9.9%	9.8%	6.4% – 16.3%
Median household income	\$55,209	\$50,221	\$55,331	\$43,633 – \$85,168
Percent of households below poverty level	7.8%	10.5%	9.5%	4.9% – 15.1%
Violent crime rate/100,000*	N/A‡	429.4		
Percent with disability	10.5%	12.0%	11.0%	7.4% – 14.5%

‡This measure was not available.

\*Due to differences in jurisdictional definitions and reporting, the FBI recommends that these rates not be compared across areas

# ACSM AMERICAN FITNESS INDEX™ COMPONENTS

## Personal Health Indicators – Score = 67.1; Rank = 11

	Virginia Beach MSA	U.S. Value	MSA Average	MSA Range
<b>Health Behaviors</b>				
Percent any physical activity or exercise in the last 30 days	81.0%	76.2%	77.2%	70.4% – 85.9%
Percent physically active at least moderately	52.5%	51.0%	48.7%	36.4% – 58.1%
Percent eating 5+ servings of fruits/vegetables per day	30.0%	23.4%	24.4%	15.8% – 30.0%
Percent currently smoking	18.9%	17.9%	17.0%	8.8% – 25.3%
<b>Chronic Health Problems</b>				
Percent obese	24.1%	26.9%	25.9%	18.1% – 34.3%
Percent in excellent or very good health	58.7%	56.0%	56.8%	46.4% – 66.6%
Any days when physical health was not good during the past 30 days	32.1%	35.5%	35.3%	29.5% – 40.3%
Any days when mental health was not good during the past 30 days	32.9%	33.7%	34.4%	23.8% – 41.9%
Percent with asthma	8.8%	8.8%	8.3%	4.5% – 11.9%
Percent with angina or coronary heart disease	3.2%	3.8%	3.6%	2.4% – 5.6%
Percent with diabetes	8.3%	8.3%	8.3%	5.4% – 11.6%
Death rate/100,000 for cardiovascular disease	208.8	206.7	201.0	131.7 – 268.6
Death rate/100,000 for diabetes	21.9	22.5	21.9	9.9 – 31.4
<b>Health Care</b>				
Percent with health insurance	88.5%	85.6%	86.3%	77.3% – 94.4%

## Community/Environmental Indicators – Score = 64.7; Rank = 8

(note: most of these data were available only for the main city in the MSA)

	Virginia Beach	MSA Average	Range of all Cities
<b>Built Environment</b>			
Parkland as percent of city land area	21.2%	10.6%	2.5% – 25.3%
Acres of parkland/1,000	77.6	18.9	2.3 – 94.1
Farmers' markets/1,000,000	10.7	14.8	1.0 – 41.0
Percent using public transportation to work	1.4%	4.3%	0.4% – 30.5%
Percent bicycling or walking to work	2.8%	2.8%	1.2% – 6.7%
<b>Recreational Facilities</b>			
Ball diamonds/10,000	3.2	2.0	0.3 – 5.7
Dog parks/10,000	0.5	0.9	0.0 – 5.7
Park playgrounds/10,000	4.8	2.3	0.9 – 4.8
Golf courses/100,000	1.2	1.0	0.0 – 5.0
Park units/10,000	6.9	4.2	1.2 – 10.9
Recreation centers/20,000	0.3	1.1	0.1 – 2.6
Swimming pools/100,000	1.4	3.1	0.6 – 9.2
Tennis courts/10,000	3.7	2.1	0.8 – 6.9
Park-related expenditures per capita	\$142	\$101.5	\$12.0 – \$259.0
Level of state requirement for Physical Education classes**	3	2.5	0 – 3
Number of primary health care providers per 100,000	85.6	93.2	46.8 – 133.7

\*\*3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level