

RANK
27

VIRGINIA BEACH, VA

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

Total Score = 50.7

Areas of Excellence (at or better than target goal):

- Higher percentage of parkland as city land area
- More acres of parkland per capita
- Higher percentage bicycling or walking to work
- More ball diamonds per capita
- More park playgrounds per capita
- More basketball hoops 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

Improvement Priority Areas (worse than 20% of target goal):

- Lower percentage consuming 2+ fruits per day
- Lower percentage consuming 3+ vegetables per day
- Higher percentage currently smoking
- Higher percentage obese
- Higher percentage with asthma
- Higher percentage with high blood pressure
- Higher percentage diagnosed with a stroke
- Higher percentage with diabetes
- Higher death rate for cardiovascular disease
- Higher death rate for diabetes
- Fewer farmers' markets per capita
- Lower percentage using public transportation to work
- Lower Walk Score®
- 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

Population	1,724,876
Percent less than 18 years old	22.2%
Percent 18 to 64 years old	64.3%
Percent 65 years old and older	13.5%
Percent male	49.4%
Percent high school graduate or higher	90.7%
Percent White	59.8%
Percent Black or African American	30.5%
Percent Asian	3.9%
Percent Other Race	5.9%
Percent Hispanic/Latino	6.4%
Percent unemployed	6.8%
Median household income	\$60,093
Percent of households below poverty level	9.3%
Violent crime rate/100,000*	309.3
Percent with disability	12.4%

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

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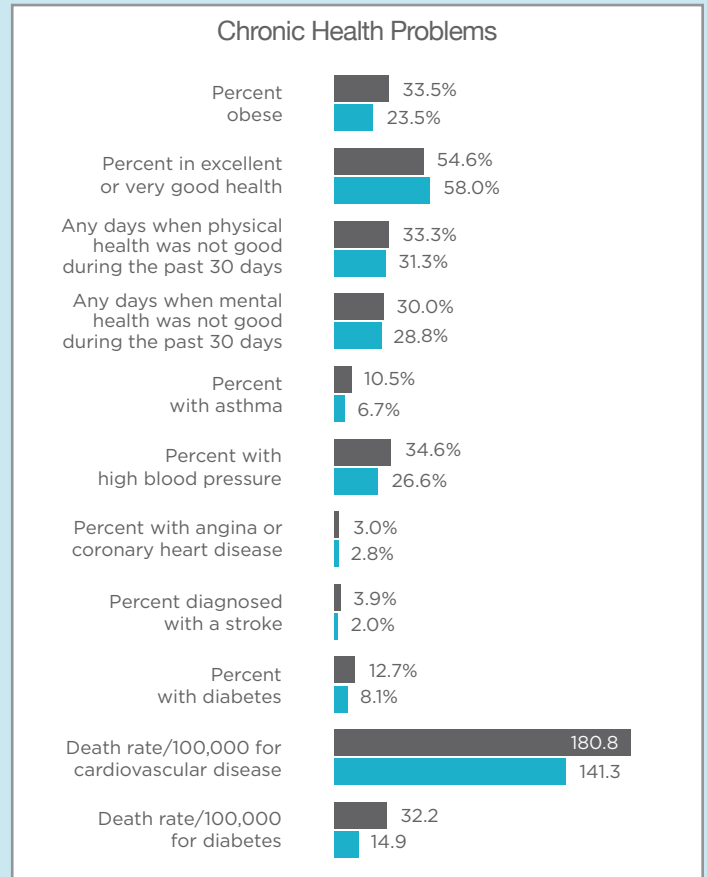
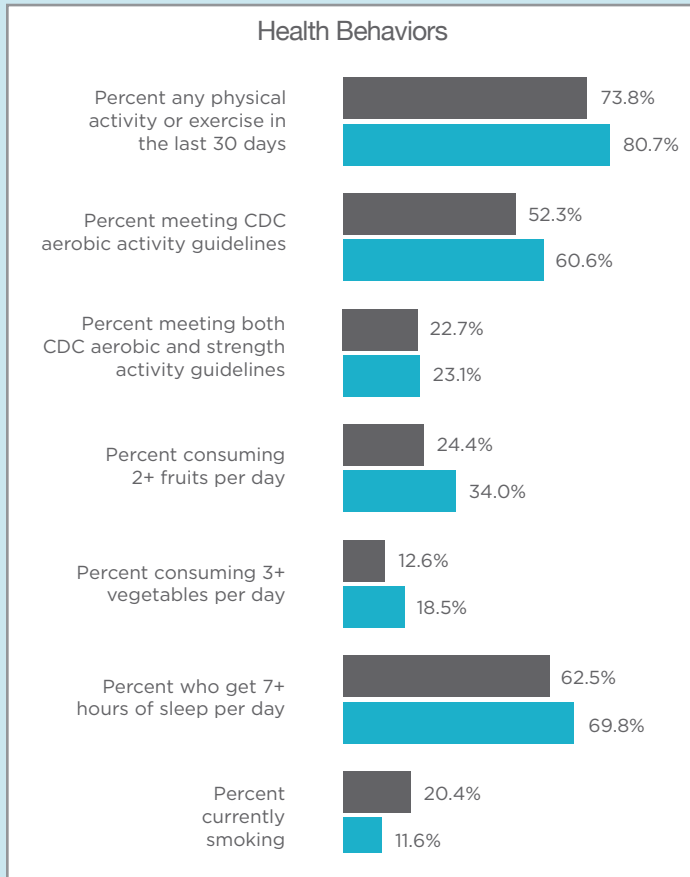


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ACSM American Fitness Index® Components

Personal Health Indicators – Score = 41.3; Rank = 34

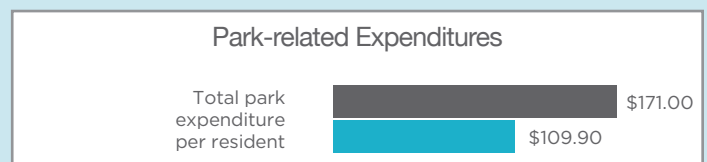
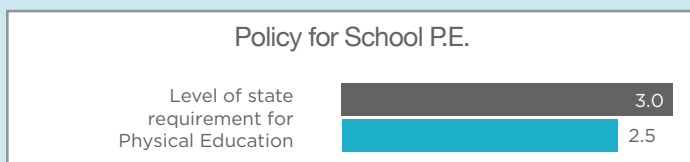
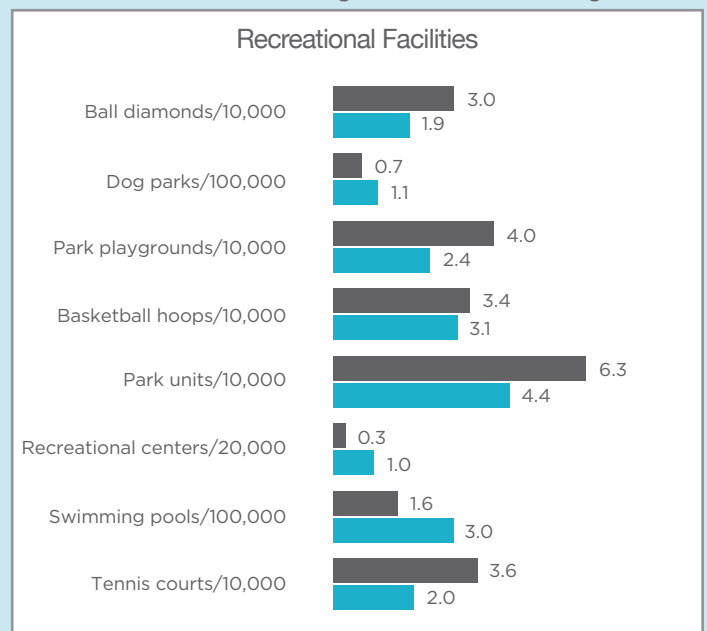
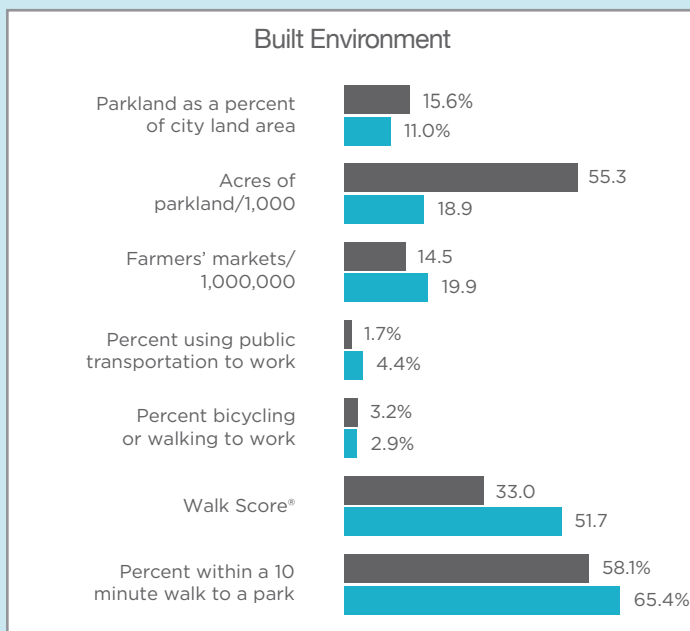
■ Virginia Beach ■ Target Goal*



Community/Environmental Indicators – Score = 62.0; Rank = 14

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

■ Virginia Beach ■ Target Goal**



*The target goal for the Personal Health Indicators was the 90th percentile from the most recent three years, 2015 to 2017. For the newly added personal health indicators the target goals were 90% of the 2017 values.
 **The target goal for the Community/Environmental Indicators was the MSA average for 2015 to 2017. New or recently changed community indicators target goals were an average of the 2017 values.