

Chronic Disease Indicators by Health District, Virginia: Risk Factors



Health District	Arthritis ¹		Asthma		Diabetes		No Physical Activity	
	Percent (%)	95% CI	Percent (%)	95% CI	Percent (%)	95% CI	Percent (%)	95% CI
VIRGINIA	27.2	26.1 - 28.4	8.4	7.7 - 9.0	7.4	6.9 - 7.9	21.6	20.7 - 22.5
Alexandria	19.0	15.2 - 23.5	8.8	6.2 - 12.2	3.3	2.0 - 5.4	15.1	11.6 - 19.3
Alleghany	36.1	30.4 - 42.2	7.7	5.2 - 11.3	8.5	6.3 - 11.4	23.7	19.7 - 28.2
Arlington	16.6	13.0 - 20.9	9.4	6.6 - 13.2	4.2	2.8 - 6.2	11.9	9.2 - 15.3
Central Shenandoah	27.5	22.7 - 33.0	9.5	6.7 - 13.5	7.2	5.3 - 9.8	24.7	20.3 - 29.6
Central Virginia	26.0	21.0 - 31.7	10.2	6.9 - 14.9	7.8	5.5 - 11.0	23.7	19.3 - 28.6
Chesapeake	27.6	21.6 - 34.5	8.0	4.7 - 13.4	7.9	5.3 - 11.7	20.4	15.7 - 26.0
Chesterfield	25.5	20.6 - 31.1	7.6	5.0 - 11.5	8.0	5.7 - 11.2	21.1	17.1 - 25.8
Chickahominy	22.3	17.4 - 28.0	4.2	2.7 - 6.6	6.9	4.8 - 9.6	17.7	14.0 - 22.2
Crater	39.1	32.6 - 46.0	9.2	6.2 - 13.5	13.2	9.9 - 17.4	34.4	29.3 - 40.0
Cumberland Plateau	41.5	35.2 - 48.2	10.8	7.6 - 15.0	12.4	9.3 - 16.3	34.1	29.3 - 39.3
Eastern Shore	42.3	36.0 - 48.8	6.4	4.3 - 9.7	11.9	9.1 - 15.5	32.2	27.2 - 37.6
Fairfax	23.5	18.5 - 29.4	7.1	4.8 - 10.3	4.5	2.6 - 7.8	13.5	10.0 - 18.1
Hampton	31.5	25.7 - 37.9	7.6	5.0 - 11.4	6.8	4.9 - 9.4	19.6	15.6 - 24.2
Henrico	25.2	19.7 - 31.7	7.1	4.4 - 11.2	3.9	2.5 - 6.0	20.0	15.7 - 25.0
Lenowisco	44.0	37.3 - 50.9	12.4	9.0 - 16.8	12.9	9.8 - 16.8	29.2	24.5 - 34.4
Lord Fairfax	30.6	25.0 - 36.9	7.9	5.4 - 11.3	11.0	8.3 - 14.5	21.9	17.4 - 27.1
Loudoun	19.0	15.0 - 23.8	8.0	5.5 - 11.6	3.1	2.0 - 4.7	16.3	12.7 - 20.7
Mount Rogers	36.1	30.2 - 42.4	9.0	6.5 - 12.5	11.2	8.6 - 14.3	29.8	25.2 - 34.9
New River	34.3	28.1 - 41.0	9.2	6.4 - 13.2	10.2	7.8 - 13.3	23.8	19.3 - 29.0
Norfolk	28.5	22.8 - 35.0	10.0	6.3 - 15.5	10.1	7.2 - 14.1	22.0	17.5 - 27.3
Peninsula	23.4	18.5 - 29.2	10.5	7.2 - 15.0	5.6	3.7 - 8.3	17.8	13.7 - 22.7
Piedmont	32.8	27.4 - 38.8	11.0	7.7 - 15.5	11.3	8.6 - 14.7	29.8	25.2 - 34.8
Pittsylvania-Danville	32.4	26.7 - 38.6	9.4	6.5 - 13.3	12.1	9.1 - 16.0	33.9	28.5 - 39.8
Portsmouth	25.7	21.2 - 30.9	5.9	3.9 - 8.7	9.9	7.7 - 12.5	23.4	19.7 - 27.5
Prince William	19.0	15.2 - 23.6	6.2	4.4 - 8.8	6.5	4.8 - 8.7	20.1	16.1 - 24.9
Rappahannock	22.4	17.7 - 27.9	7.8	5.4 - 11.2	6.0	4.2 - 8.4	22.2	18.0 - 27.1
Rappahannock/Rapidan	28.0	22.8 - 33.8	7.6	5.3 - 10.9	7.1	5.1 - 9.9	24.9	20.3 - 30.0
Richmond City	22.5	17.8 - 28.1	11.5	8.4 - 15.7	9.8	7.2 - 13.2	22.1	17.3 - 27.7
Roanoke City	30.4	24.6 - 36.9	8.9	6.3 - 12.4	8.9	6.6 - 12.0	27.5	22.2 - 33.5
Southside	33.3	27.5 - 39.6	11.0	8.1 - 14.9	12.2	9.5 - 15.6	31.1	26.3 - 36.3
Thomas Jefferson	20.7	16.4 - 25.8	12.3	8.4 - 17.7	6.6	4.6 - 9.3	17.2	13.4 - 22.0
Three Rivers	39.4	33.0 - 46.3	6.0	3.8 - 9.2	8.8	6.4 - 12.0	23.9	19.6 - 28.9
Virginia Beach	28.5	22.8 - 34.9	7.2	4.6 - 11.1	6.4	4.7 - 8.8	19.9	15.9 - 24.7
West Piedmont	32.3	26.7 - 38.5	10.3	7.1 - 14.8	8.3	6.2 - 11.0	31.6	26.6 - 37.1
Western Tidewater	30.7	25.0 - 37.0	5.0	3.2 - 7.7	7.5	5.4 - 10.3	23.4	19.1 - 28.2

Source: Virginia Behavioral Risk Factor Surveillance System. Percentages are weighted and based on 2005-2007 data (exceptions noted in Data Notes).

Chronic Disease Indicators by Health District, Virginia: Risk Factors



Health District	Overweight		Obese		High Blood Pressure		High Cholesterol	
	Percent (%)	95% CI	Percent (%)	95% CI	Percent (%)	95% CI	Percent (%)	95% CI
VIRGINIA	61.6	60.4 - 62.8	25.2	24.1 - 26.2	28.0	27.0 - 29.0	38.1	36.9 - 39.4
Alexandria	49.6	44.4 - 54.9	17.5	13.8 - 22.0	20.1	16.4 - 24.4	30.5	25.9 - 35.5
Alleghany	61.3	55.7 - 66.6	24.6	20.3 - 29.5	39.3	34.2 - 44.7	47.6	42.1 - 53.1
Arlington	43.6	38.6 - 48.8	11.8	9.3 - 14.9	21.3	17.8 - 25.4	32.4	28.0 - 37.1
Central Shenandoah	67.7	62.3 - 72.6	28.7	23.9 - 34.1	27.8	23.7 - 32.4	38.5	33.1 - 44.1
Central Virginia	64.8	59.3 - 70.0	28.5	23.6 - 33.9	28.9	24.2 - 34.0	42.3	36.7 - 48.1
Chesapeake	62.8	55.6 - 69.5	26.7	21.0 - 33.3	25.9	20.8 - 31.8	33.6	27.3 - 40.5
Chesterfield	64.2	58.3 - 69.6	28.5	23.8 - 33.7	30.9	26.2 - 36.0	35.7	30.7 - 41.0
Chickahominy	63.1	57.4 - 68.4	23.3	18.8 - 28.6	28.0	23.5 - 33.0	40.1	34.7 - 45.8
Crater	69.3	63.6 - 74.5	34.5	29.1 - 40.3	35.8	30.8 - 41.1	45.5	39.7 - 51.6
Cumberland Plateau	69.0	63.5 - 74.1	33.5	28.4 - 38.9	39.4	34.3 - 44.6	46.8	41.1 - 52.5
Eastern Shore	70.0	64.5 - 74.9	33.1	28.2 - 38.4	36.0	31.2 - 41.2	40.1	34.6 - 45.8
Fairfax	58.0	51.9 - 64.0	16.1	11.7 - 21.7	22.9	18.5 - 28.0	40.1	34.1 - 46.4
Hampton	65.7	59.5 - 71.4	33.5	28.0 - 39.6	30.5	25.7 - 35.7	34.6	29.1 - 40.5
Henrico	53.9	47.8 - 59.9	19.7	14.9 - 25.5	25.1	20.8 - 30.0	41.3	35.2 - 47.7
Lenowisco	69.1	63.6 - 74.2	34.7	29.4 - 40.4	36.2	31.1 - 41.6	39.2	33.6 - 45.1
Lord Fairfax	64.5	58.5 - 70.2	26.9	22.2 - 32.2	28.6	24.3 - 33.4	45.3	39.4 - 51.3
Loudoun	57.8	52.5 - 62.9	21.0	16.9 - 25.7	21.0	17.4 - 25.0	28.4	23.9 - 33.3
Mount Rogers	63.4	57.9 - 68.6	27.5	23.1 - 32.3	37.1	32.2 - 42.3	42.0	36.6 - 47.7
New River	59.2	53.2 - 64.9	24.1	19.5 - 29.4	28.7	24.0 - 34.0	39.4	33.7 - 45.3
Norfolk	62.4	56.0 - 68.5	28.9	23.6 - 34.8	30.0	25.3 - 35.2	37.3	31.7 - 43.3
Peninsula	57.7	51.5 - 63.5	27.2	21.9 - 33.2	26.9	22.2 - 32.2	33.2	27.9 - 39.0
Piedmont	66.8	61.2 - 72.0	32.4	27.4 - 37.8	33.5	28.9 - 38.5	42.5	36.9 - 48.3
Pittsylvania-Danville	66.9	61.0 - 72.3	32.3	26.8 - 38.4	35.4	30.3 - 40.9	45.3	39.6 - 51.3
Portsmouth	65.7	60.7 - 70.4	29.3	25.2 - 33.8	31.7	27.6 - 36.1	36.5	31.8 - 41.3
Prince William	62.7	56.9 - 68.1	26.6	22.3 - 31.4	25.6	21.5 - 30.1	38.2	32.8 - 43.8
Rappahannock	64.5	58.3 - 70.2	26.0	21.4 - 31.3	25.7	21.4 - 30.6	32.2	27.1 - 37.8
Rappahannock/Rapidan	64.8	59.6 - 69.8	30.0	25.3 - 35.3	28.0	23.8 - 32.8	38.4	33.2 - 43.8
Richmond City	58.7	52.7 - 64.5	27.7	22.9 - 33.2	23.3	19.3 - 27.9	32.0	26.7 - 37.7
Roanoke City	62.1	56.0 - 67.8	26.7	21.9 - 32.1	30.1	25.3 - 35.3	37.1	31.6 - 43.0
Southside	67.8	62.1 - 73.0	32.0	27.1 - 37.3	40.1	35.0 - 45.5	37.5	32.4 - 43.0
Thomas Jefferson	54.5	48.4 - 60.6	19.8	15.6 - 24.8	28.0	23.4 - 33.1	37.4	32.0 - 43.2
Three Rivers	69.9	63.9 - 75.3	28.2	23.4 - 33.6	32.8	27.8 - 38.1	39.4	33.9 - 45.3
Virginia Beach	62.4	56.1 - 68.2	23.4	18.7 - 28.8	23.6	19.1 - 28.9	35.7	29.9 - 41.8
West Piedmont	59.7	53.7 - 65.3	26.2	21.4 - 31.6	29.2	24.8 - 34.1	40.1	34.5 - 45.9
Western Tidewater	62.8	56.9 - 68.4	30.6	25.4 - 36.5	28.7	24.1 - 33.8	36.1	30.6 - 42.0

Source: Virginia Behavioral Risk Factor Surveillance System. Percentages are weighted and based on 2005-2007 data (exceptions noted in Data Notes).

Chronic Disease Indicators by Health District, Virginia: Risk Factors



Health District	Sunburn in Past Year) ²		Current smoker		Binge Drink		Have Frequent Distress	
	Percent (%)	95% CI	Percent (%)	95% CI	Percent (%)	95% CI	Percent (%)	95% CI
VIRGINIA	33.2	32.2 - 34.3	19.5	18.5 - 20.4	12.9	12.0 - 13.8	9.5	8.8 - 10.2
Alexandria	35.9	31.0 - 41.2	14.7	10.7 - 19.8	20.6	16.4 - 25.5	5.3	3.6 - 7.6
Alleghany	34.0	29.0 - 39.3	16.1	12.3 - 20.7	9.4	6.8 - 12.8	8.7	6.2 - 12.2
Arlington	33.0	28.1 - 38.3	15.3	11.2 - 20.6	17.7	14.0 - 22.0	6.5	4.3 - 9.7
Central Shenandoah	40.1	34.8 - 45.6	17.0	13.3 - 21.4	9.4	6.6 - 13.2	10.2	6.9 - 14.8
Central Virginia	30.8	25.9 - 36.1	17.0	13.2 - 21.6	10.0	7.1 - 14.1	8.6	5.6 - 12.9
Chesapeake	34.3	28.6 - 40.4	16.2	11.3 - 22.6	15.9	10.9 - 22.6	8.2	4.9 - 13.2
Chesterfield	33.8	29.0 - 38.9	20.9	16.2 - 26.3	13.7	10.2 - 18.1	15.0	10.7 - 20.6
Chickahominy	43.4	38.0 - 49.0	21.9	17.2 - 27.6	13.7	10.1 - 18.4	7.7	5.2 - 11.2
Crater	26.4	21.5 - 31.9	31.1	26.0 - 36.6	8.2	5.5 - 12.1	9.7	6.6 - 13.9
Cumberland Plateau	35.0	29.9 - 40.4	27.8	23.2 - 33.0	6.1	3.8 - 9.6	20.4	16.4 - 25.1
Eastern Shore	24.9	20.2 - 30.3	22.1	17.8 - 27.2	14.0	10.2 - 18.9	9.3	6.6 - 13.0
Fairfax	27.6	22.9 - 32.8	11.2	7.9 - 15.7	13.5	9.8 - 18.2	4.3	2.3 - 7.9
Hampton	29.1	23.9 - 34.8	20.1	16.0 - 25.1	13.3	9.4 - 18.6	9.9	6.6 - 14.5
Henrico	31.7	26.6 - 37.4	13.7	9.6 - 19.1	16.2	11.9 - 21.8	10.1	6.6 - 15.1
Lenowisco	35.1	30.0 - 40.7	32.7	27.4 - 38.5	7.2	4.6 - 11.0	16.0	12.2 - 20.8
Lord Fairfax	38.8	33.4 - 44.4	21.4	17.1 - 26.5	10.9	7.7 - 15.3	10.8	7.6 - 15.2
Loudoun	40.8	35.7 - 46.1	12.7	9.7 - 16.4	15.5	12.0 - 19.9	5.3	3.7 - 7.7
Mount Rogers	42.5	37.1 - 48.1	30.2	25.3 - 35.7	7.6	5.0 - 11.3	12.9	9.6 - 17.1
New River	42.1	36.6 - 47.9	20.4	16.1 - 25.6	9.7	6.4 - 14.3	14.0	10.1 - 19.0
Norfolk	22.7	17.7 - 28.6	19.9	15.4 - 25.3	14.7	10.8 - 19.8	12.4	9.0 - 16.9
Peninsula	34.7	29.2 - 40.8	18.5	14.3 - 23.7	15.8	11.7 - 21.0	8.0	5.2 - 12.2
Piedmont	28.9	23.8 - 34.7	24.9	20.3 - 30.2	10.2	6.9 - 14.8	10.7	7.6 - 14.7
Pittsylvania-Danville	27.4	22.6 - 32.9	30.3	24.6 - 36.7	11.2	7.7 - 16.1	11.9	8.3 - 16.8
Portsmouth	26.5	22.4 - 31.0	17.9	14.5 - 21.8	13.2	10.2 - 16.8	7.2	5.2 - 10.0
Prince William	36.5	31.7 - 41.5	19.8	15.6 - 24.9	13.5	10.4 - 17.4	6.9	4.7 - 10.1
Rappahannock	42.5	36.5 - 48.7	22.7	17.4 - 28.9	12.7	8.0 - 19.5	9.3	6.5 - 13.0
Rappahannock/Rapidan	38.5	33.5 - 43.6	22.0	17.9 - 26.8	11.8	8.7 - 15.8	11.5	8.4 - 15.7
Richmond City	22.4	17.8 - 27.8	21.0	16.5 - 26.3	14.0	10.6 - 18.4	14.4	10.6 - 19.3
Roanoke City	26.9	22.0 - 32.4	25.7	20.8 - 31.3	9.4	6.5 - 13.6	9.3	6.3 - 13.5
Southside	26.0	21.1 - 31.6	25.6	20.7 - 31.2	11.8	8.2 - 16.7	12.0	8.5 - 16.8
Thomas Jefferson	34.3	29.2 - 39.8	18.3	13.6 - 24.1	10.0	6.9 - 14.2	9.0	5.8 - 13.8
Three Rivers	29.4	24.4 - 34.9	23.3	18.5 - 28.8	13.6	9.9 - 18.5	12.3	8.4 - 17.8
Virginia Beach	30.0	25.1 - 35.4	20.4	15.9 - 25.7	19.2	14.6 - 24.8	9.3	5.9 - 14.4
West Piedmont	34.6	29.5 - 40.1	27.4	22.4 - 33.1	10.1	7.2 - 13.9	12.0	8.8 - 16.1
Western Tidewater	30.5	25.4 - 36.1	18.7	14.4 - 23.9	12.6	9.1 - 17.2	8.8	6.1 - 12.6

Source: Virginia Behavioral Risk Factor Surveillance System. Percentages are weighted and based on 2005-2007 data (exceptions noted in Data Notes).

Chronic Disease Indicators by Health District, Virginia: Risk Factors



Health District	Have Disability	
	Percent (%)	95% CI
VIRGINIA	17.8	17.0 - 18.6
Alexandria	10.2	7.9 - 13.2
Alleghany	24.2	19.8 - 29.3
Arlington	18.7	14.9 - 23.2
Central Shenandoah	14.6	11.4 - 18.5
Central Virginia	20.0	16.2 - 24.3
Chesapeake	17.4	13.0 - 22.8
Chesterfield	16.5	13.0 - 20.6
Chickahominy	14.7	11.5 - 18.6
Crater	23.2	18.9 - 28.2
Cumberland Plateau	28.7	24.3 - 33.5
Eastern Shore	23.5	19.6 - 27.8
Fairfax	13.9	10.4 - 18.3
Hampton	16.6	13.2 - 20.6
Henrico	16.2	12.3 - 21.0
Lenowisco	29.7	24.8 - 35.0
Lord Fairfax	17.3	13.7 - 21.4
Loudoun	13.3	10.4 - 16.9
Mount Rogers	22.1	18.1 - 26.7
New River	23.3	19.0 - 28.2
Norfolk	21.1	17.2 - 25.6
Peninsula	18.8	14.9 - 23.6
Piedmont	19.8	16.0 - 24.2
Pittsylvania-Danville	19.7	15.9 - 24.0
Portsmouth	18.2	14.9 - 22.1
Prince William	12.9	10.2 - 16.2
Rappahannock	17.5	13.9 - 21.7
Rappahannock/Rapidan	17.9	14.4 - 22.0
Richmond City	15.6	12.3 - 19.6
Roanoke City	23.8	19.3 - 28.8
Southside	24.6	20.2 - 29.6
Thomas Jefferson	18.6	15.1 - 22.7
Three Rivers	20.0	16.1 - 24.6
Virginia Beach	17.0	13.4 - 21.4
West Piedmont	21.0	17.0 - 25.7
Western Tidewater	15.8	12.3 - 20.0