

# VIRGINIA BEACH, VA

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

## Total Score = 57.5; Rank = 15

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

- Lower percent of days when mental health was not good during the past 30 days
- Higher percent of city land area as parkland
- More acres of parkland per capita
- More farmers' markets per capita
- Higher percent bicycling or walking to work
- 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

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

- Lower percent consuming 3+ vegetables per day
- Higher percent currently smoking
- Higher percent obese
- Higher percent with asthma
- Higher percent with diabetes
- Higher death rate for diabetes
- Lower percent using public transportation to work
- Lower Walk Score®
- Fewer dog parks per capita
- Fewer recreation centers per capita
- Fewer swimming pools per capita
- Lower level of state requirement for Physical Education classes

### Description of Virginia Beach-Norfolk-Newport News, VA-NC MSA

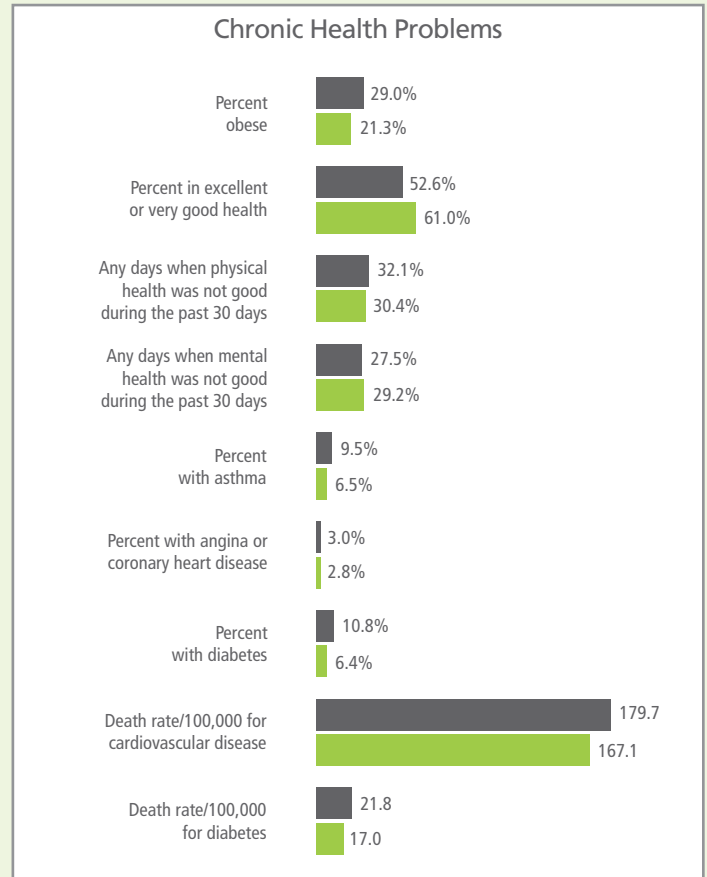
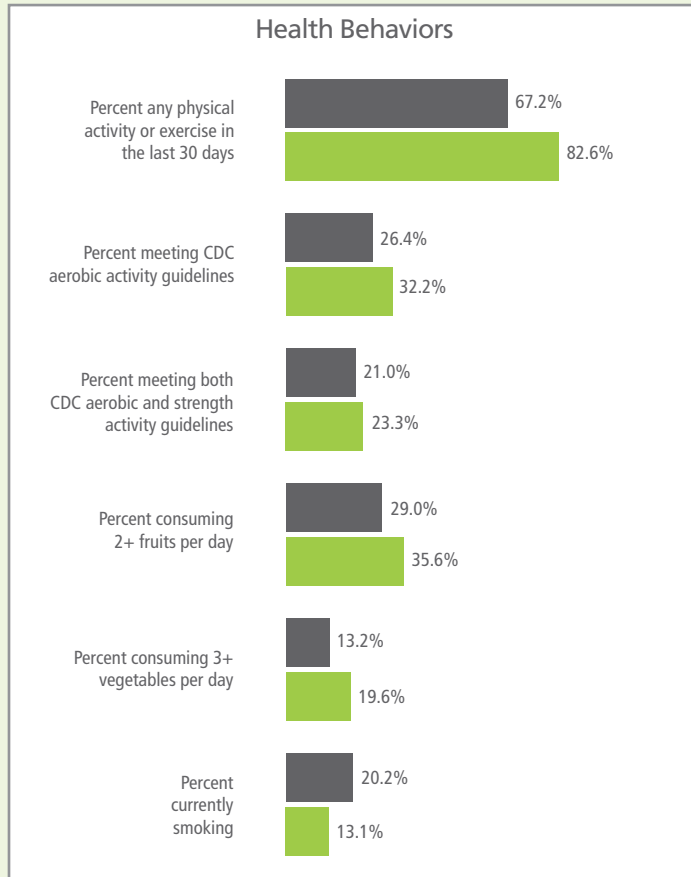
Population	1,707,369
Percent less than 18 years old	22.7%
Percent 18 to 64 years old	64.8%
Percent 65 years old and older	12.6%
Percent male	49.3%
Percent high school graduate or higher	90.7%
Percent White	60.5%
Percent Black or African American	30.7%
Percent Asian	3.7%
Percent Other Race	5.1%
Percent Hispanic/Latino	6.1%
Percent unemployed	7.9%
Median household income	\$56,161
Percent of households below poverty level	9.5%
Violent crime rate/100,000*	303.5
Percent with disability	11.4%

\*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 = 53.4; Rank = 20

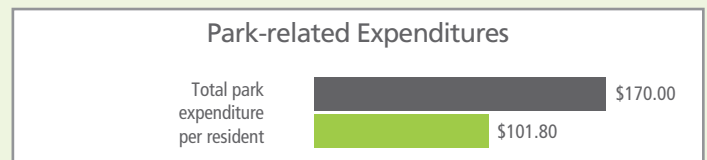
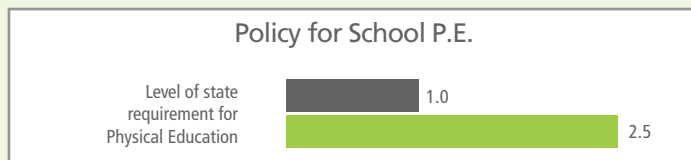
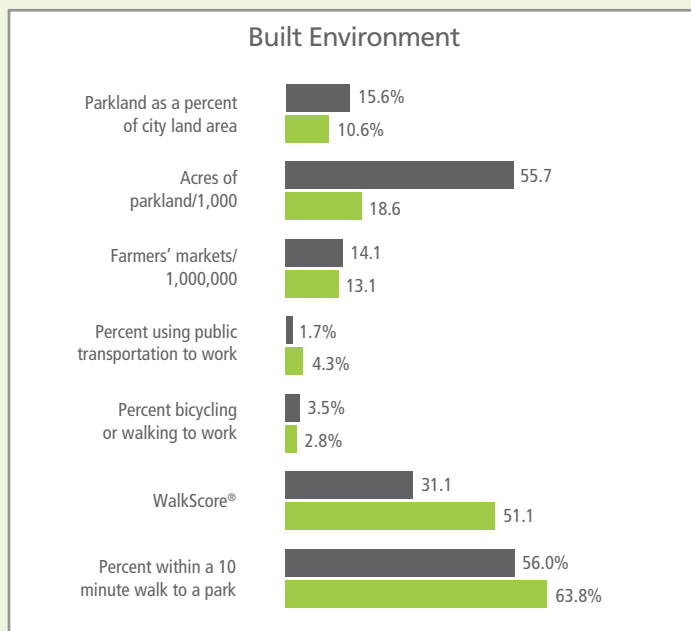
■ Virginia Beach ■ Target Goal\*



Community/Environmental Indicators – Score = 61.6; 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 that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.  
 \*\*The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.