

Life in Hampton Roads Survey Press Release #3

Health and Education

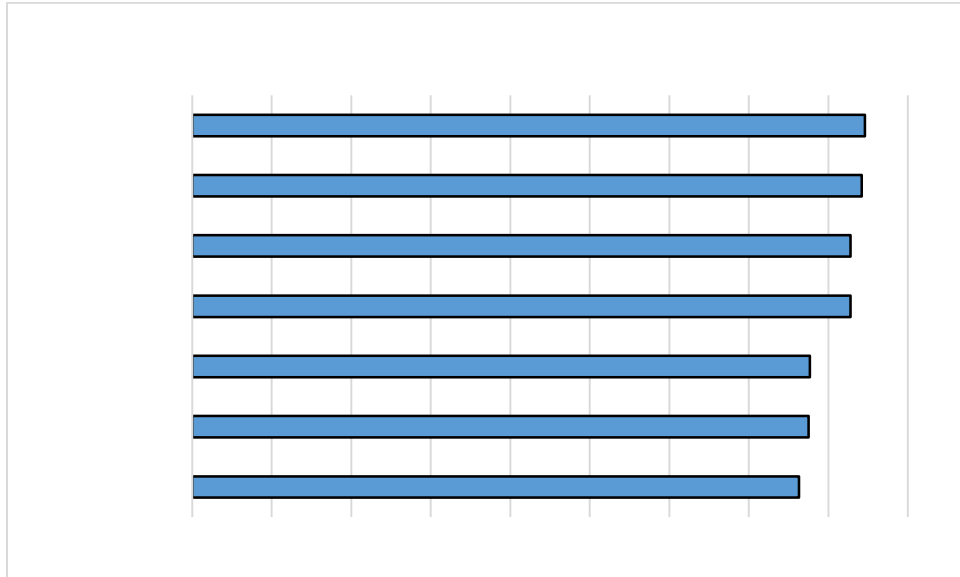
This report examines regional and sub-regional measures of health and education perceptions from the 2015 Life In Hampton Roads survey (LIHR 2015) conducted by the Old Dominion University Social Science Research Center. Data from prior years is also provided when available to show comparisons in responses over time. Responses were weighted by city population, race, age, gender, and phone usage (cell versus land-line) to be representative of the Hampton Roads region. For additional information on survey methodology, and analyses of other issues, please see the SSRC website at www.odu.edu/ssrc.

Hampton Roads is made up of seven independent cities full of people whose health and education are vital to ensuring that the community thrives. The 2015 Life in Hampton Roads survey asked 883 residents of the Hampton Roads area about their general health, tick exposure, dental care, exercise, immunizations, and opinions about local public school systems.

General Health, Dental Care, and Exercise

Survey respondents were asked to rate their own health. A majority of residents (81.7%) considered their health to be good or excellent (50.2% and 31.5%, respectively). This has been relatively consistent over the past five years (81.9%). A minority of

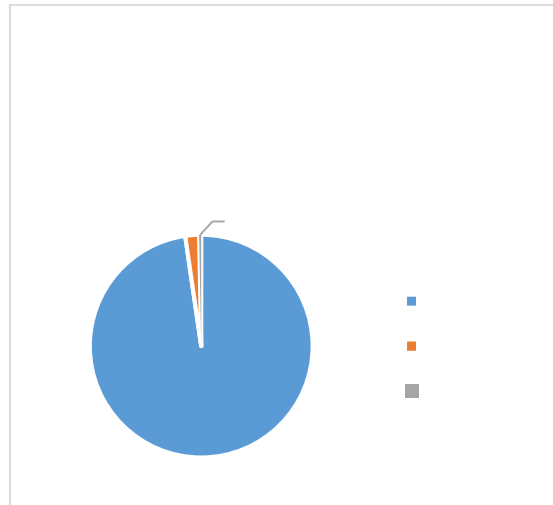
perception of personal health by city, Virginia Beach (84.6%), Chesapeake (84.2%), Portsmouth (82.8%), and Newport News (82.8%) rated the highest with very similar percentages of excellent and good responses. While still reporting high percentages of excellent and good, Hampton (77.7%), Norfolk (77.5%) and Suffolk (76.3%) reported slightly lower percentages than the other four cities.



Respondents were asked how often they visited a dentist or dental hygienist in the last year. Almost half of respondents said they had been to a dentist or dental hygienist twice in the last year (47.1%). Another 20.7% said they had been once in the last year and 18.8% said they had not been to a dentist or dental hygienist in the last year.

Respondents were also asked how many days they typically exercise for 30 minutes or more in a typical week and where they usually exercise. About one-fifth of respondents said they exercise three days a week for more than 30 minutes (20.7%). Another 14.9 percent said they exercise seven days a week for more than 30 minutes. Only a minority (18.4%) said they do not work out for 30 minutes a day or more in a typical week. About two-thirds of respondents reported that they usually either exercise outdoors (33.9%) or at home or in a home gym (32.9%).

Parents of school aged children were also asked if their children had received all required immunizations prior to beginning school. The vast majority of respondents said their children did receive all required immunizations prior to beginning school (97.7%). Of those who said their children did not receive all required immunizations prior to beginning school, parents shared concern about potential side



Tick Exposure

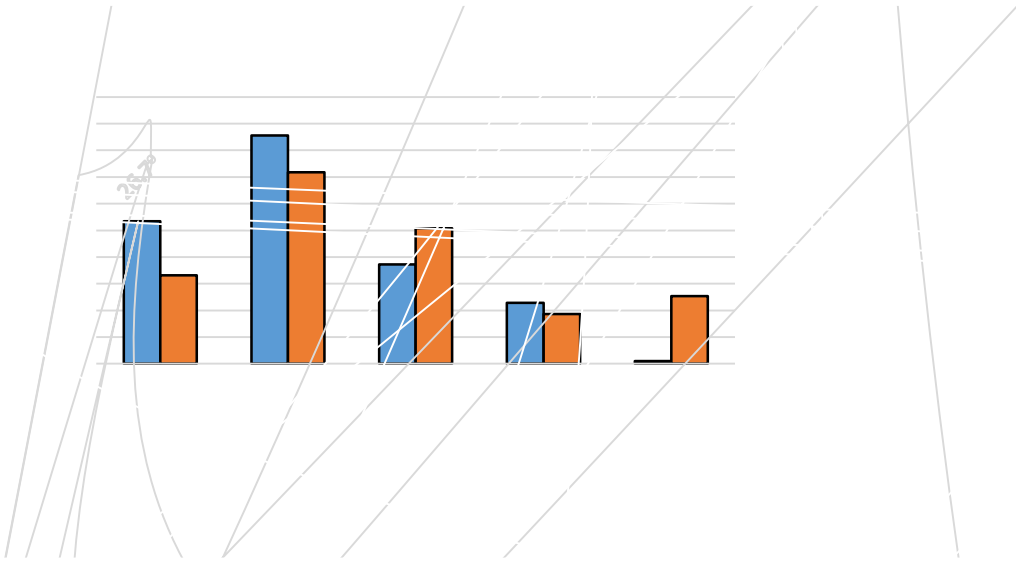
One of the faculty members at Old Dominion University submitted survey questions to gauge how Hampton Roads residents have been affected by ticks. Respondents were asked if any people or pets in their household had been bitten by a tick in the past 12 months. Most of the respondents (83%) reported that no one in their household had been bitten by a tick in the past 12 months. Only 8.8 percent of respondents reported being bitten by a tick in the past 12 months and 7.8 percent of respondents said they knew of other people in the household who had been bitten. Additionally, 6.2 percent of residents said they had pets that were bitten by ticks in the past 12 months. Less than one percent of respondents reported being diagnosed with a tick-borne disease within the past 12 months (.9%).

Data from the Life in Hampton Roads survey also provided estimates of tick exposure by city. There is a significant difference in tick exposure across the Hampton Roads region ($p < .05$). People and pets residing in the Portsmouth (6.5%) households were the least affected by ticks followed by Norfolk (8.5%) and then Hampton (14.6%). Virginia Beach (16.4%) and Newport News (20.9%) households encountered ticks to a fairly substantial degree, while Chesapeake (23.4%) and Suffolk (28.0%) faced the highest rates of tick encounters. In the past 12 months, Suffolk respondents (18.0%) and pets (12.0%) were most likely to be bit by a tick.

Tick Exposure by City**	Chesapeake	Hampton	Newport News	Norfolk
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Perception of Local School Systems

Another goal of the 2015 Life in Hampton Roads survey was to measure the perception of the quality of the local public schools. For 2015, 57.3 percent of those surveyed rated the quality of the



To summarize, the 2015 Life in Hampton Roads survey describes a region with a high percentage of people with good to excellent general health. When looking at individual cities it appears that Suffolk (28.0%) and Chesapeake (23.4%) residents have been exposed to ticks more often than residents elsewhere in Hampton Roads. On the other end of the spectrum, the more heavily urbanized Norfolk (8.5%) and Portsmouth (6.5%) residents were the least affected by ticks. Analysis related to local public schools shows a slight decrease in perceived quality by residents. In fact, the data recorded for 2015 was the lowest since 2011. Out of all of Hampton Roads, Chesapeake (77.3%), Virginia Beach (74.7%), and Suffolk (56.0%) residents reported being the most satisfied with the quality of their local public schools.

All Life in Hampton Roads Data Analyses will be placed on the Social Science Research Center website as they are released ([_____](#)). Follow-up questions about the 2015 Life in Hampton Roads survey should be addressed to:

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