

## Life in Hampton Roads Survey Press Release #3

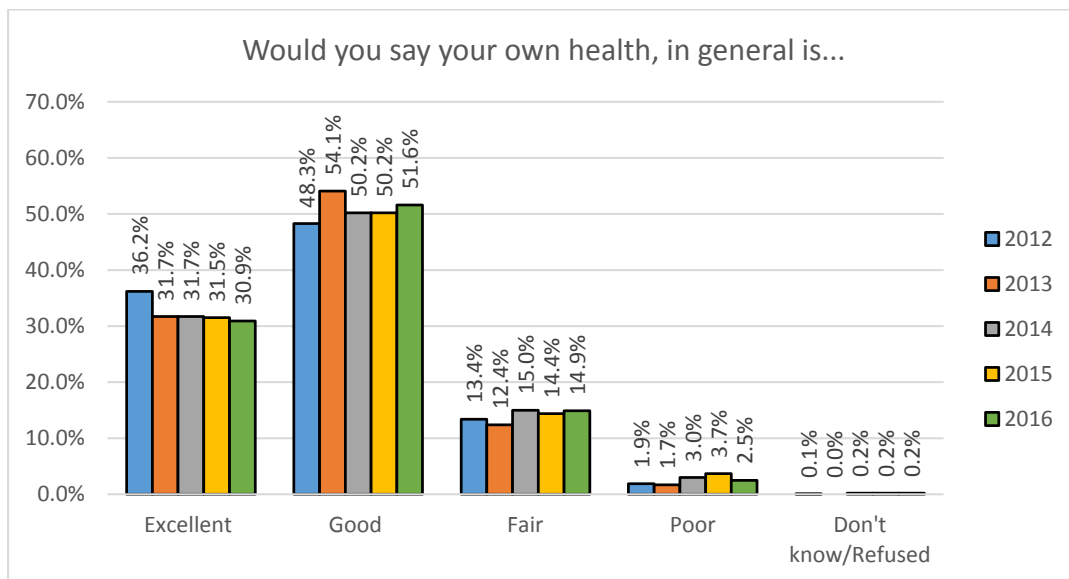
### Health and Education

*This report examines regional and sub-regional measures of health and education perceptions from the 2016 Life In Hampton Roads survey (LIHR 2016) 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](http://www.odu.edu/ssrc).*

The health and education of Hampton Roads residents are vital to ensuring that the community thrives. The 2016 Life in Hampton Roads survey asked 962 residents of the Hampton Roads area about their general health, exercise, immunizations, and opinions about local public school systems.

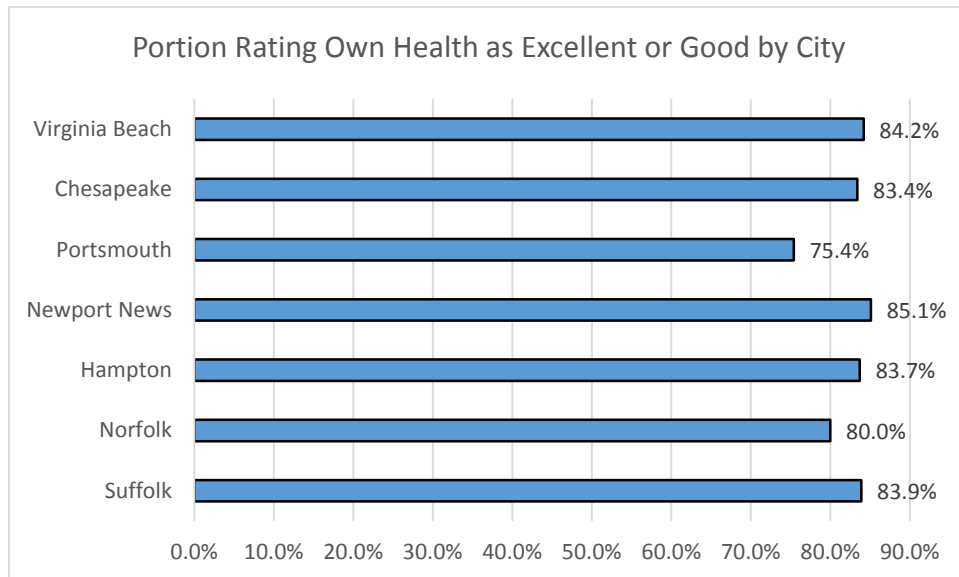
### General Health and Exercise

Survey respondents were asked to rate their own health. A majority of residents (82.5%) considered their health to be good or excellent (51.6% and 30.9%, respectively). This is slightly higher than the percentage reported in 2015 (81.7%). Less than one in five Hampton Roads residents rated their health as fair or poor (14.9% and 2.5%, respectively).

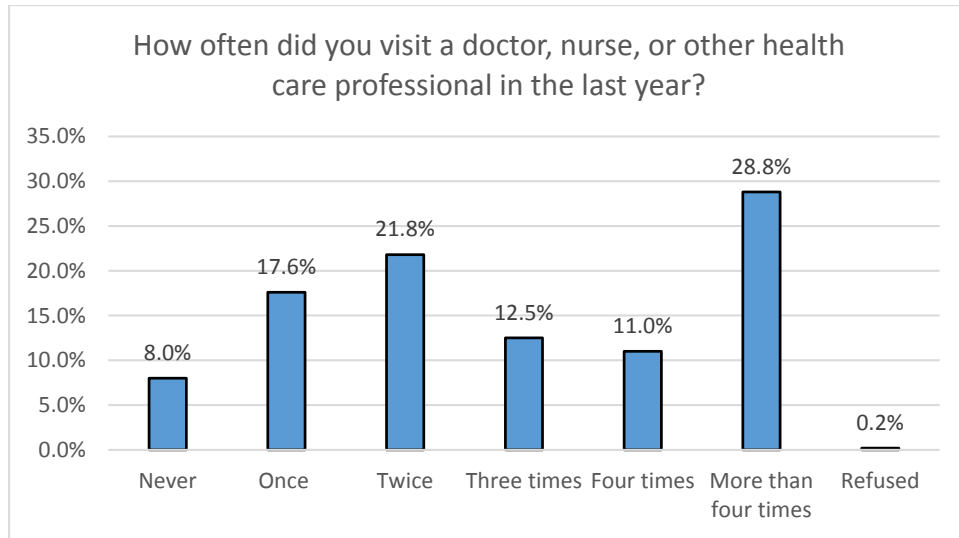


When looking at respondents' perception of personal health by city, Newport News (85.1%), Virginia Beach (84.2%), Suffolk (83.9%), Hampton (83.7%), and Chesapeake (83.4%) rated the highest

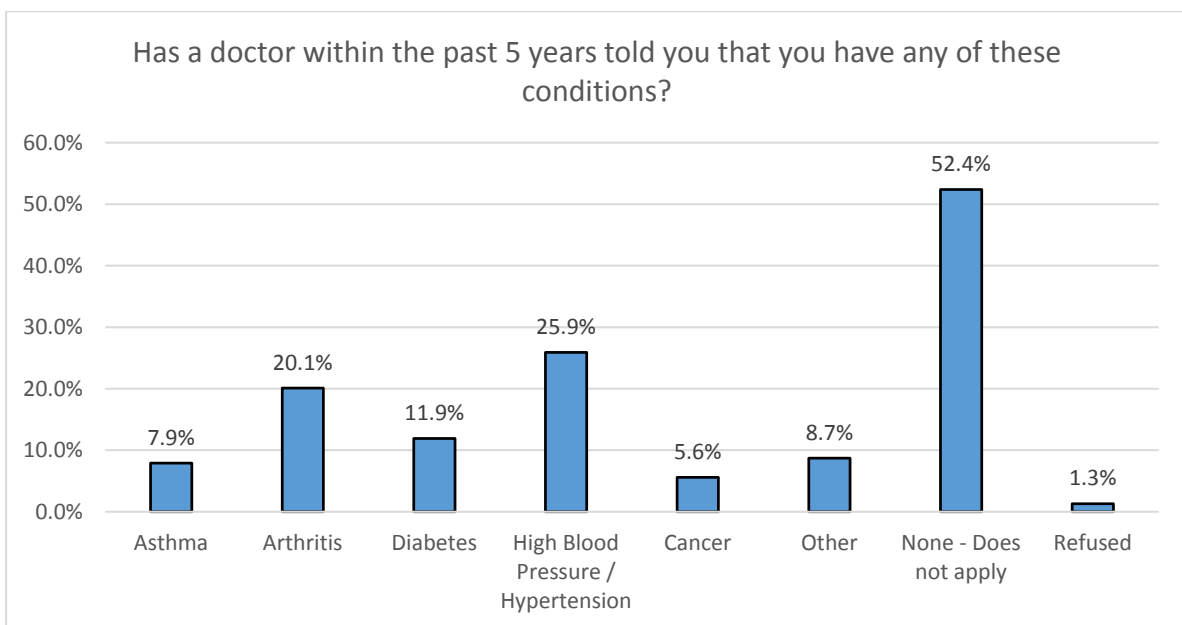
with very similar percentages of excellent and good responses. While still reporting high percentages of excellent and good, Norfolk (80.0%), and Portsmouth (75.43%) reported slightly lower percentages than the other four cities.



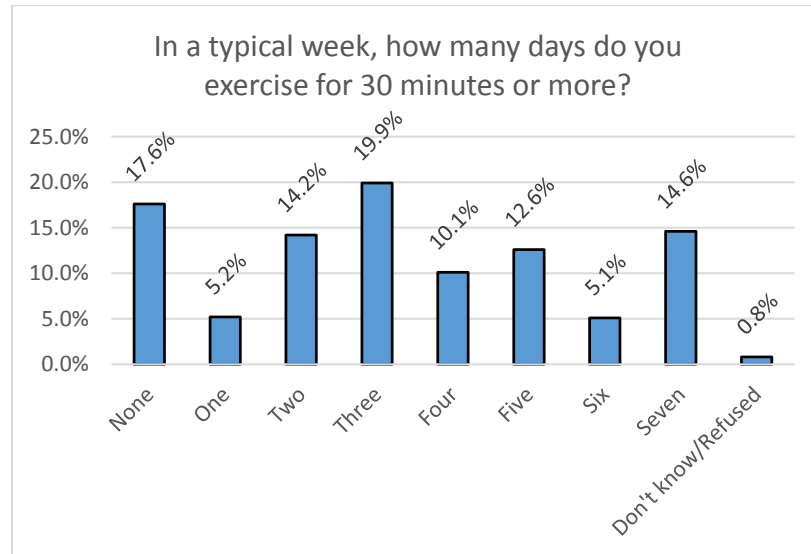
Respondents were asked if they visited a doctor, nurse, or other health care professional in the last year, excluding visits for other family members. Almost thirty percent said they had visited a doctor, nurse, or other health care professional more than four times in the last year (28.8%). Another 39.4 percent said they had visited a doctor, nurse, or other health care professional either once (17.6%) or twice (21.8%) in the last year. Only 8 percent of respondents said they had never visited a doctor, nurse, or other health care professional.



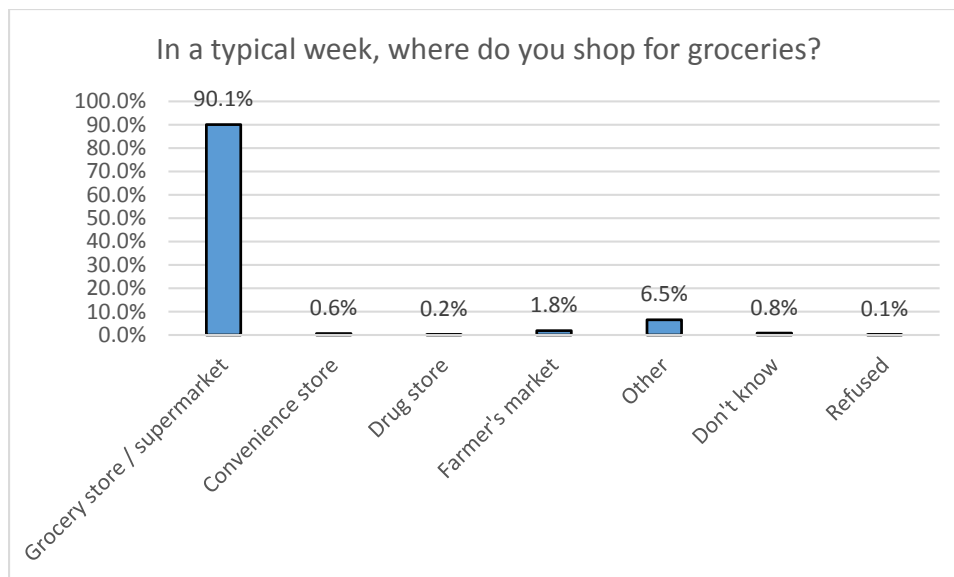
Respondents were also asked if a doctor had informed them of any conditions they had within the past five years. Over half of respondents said they had not been told they had any conditions by a doctor in the past five years (52.4%). More than one-fourth of respondents said a doctor had told them they had high blood pressure or hypertension within the past five years (25.9%) and 20.1 percent said they had been told by a doctor they had arthritis. Another 11.9 percent said they had been told by a doctor they had diabetes in the past five years.



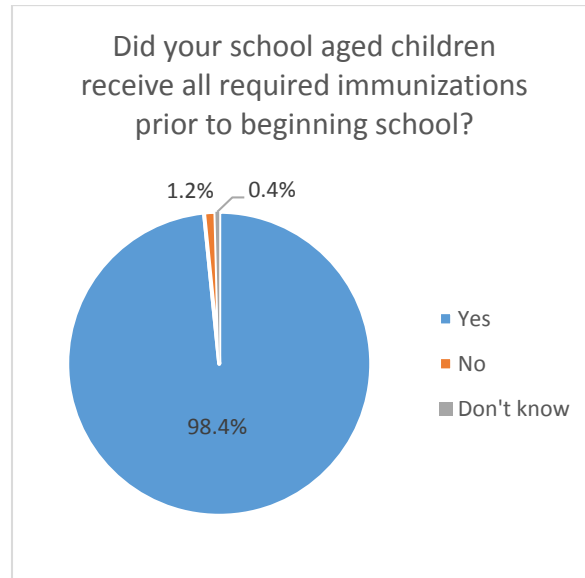
Respondents were asked how many days they typically exercise for 30 minutes or more in a typical week. Roughly one-fifth of respondents said they exercise three days a week for more than 30 minutes (19.9%). Another 14.6 percent said they exercise seven days a week for more than 30 minutes and 17.6 percent said they do not work out for 30 minutes a day or more in a typical week.



Respondents were also asked where they shop for groceries in a typical week. The vast majority of respondents said they shop for groceries at a grocery store or supermarket (90.1%). Additionally, 1.8 percent said they shop for groceries at a farmer's market in a typical week.

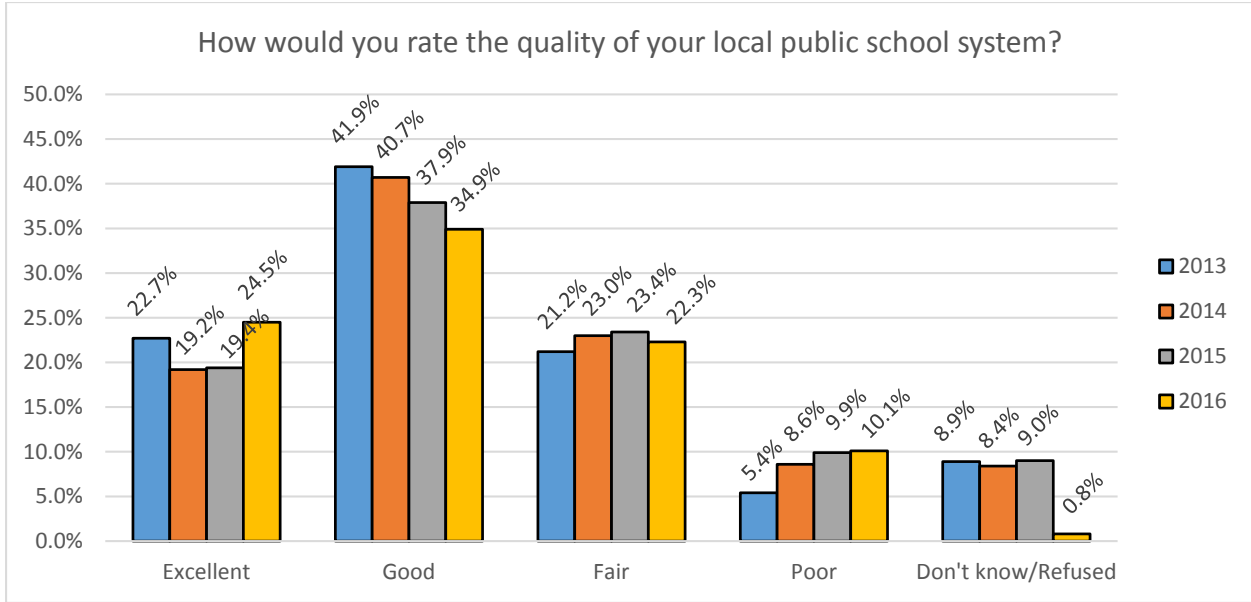


Parents of school aged children were asked if their children had received all required immunizations prior to beginning school. The vast majority of respondents said their children did receive all required immunizations prior to beginning school (98.4%). This year's percentage is slightly higher than last year's percentage of 97.7 percent.



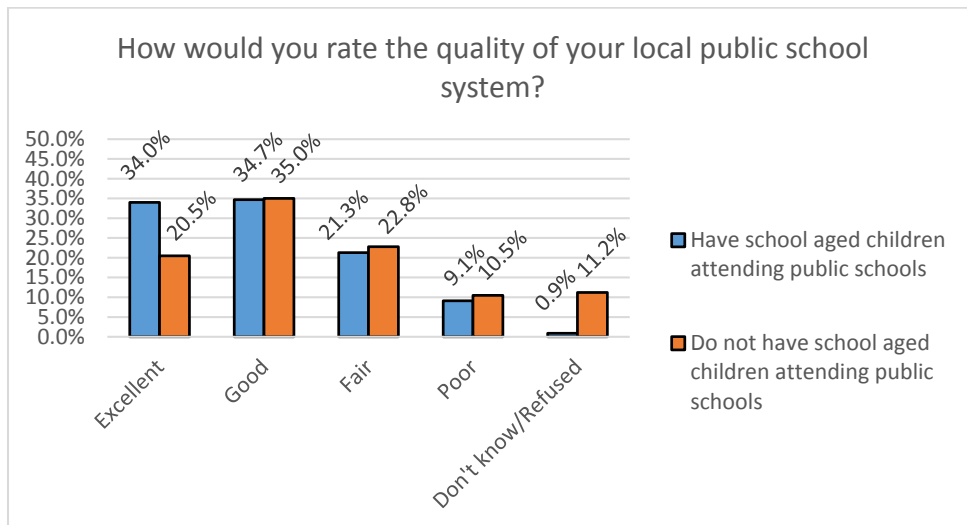
### Perception of Local School Systems

Another goal of the 2016 Life in Hampton Roads survey was to measure the perception of the quality of the local public schools. For 2016, 59.4 percent of those surveyed rated the quality of the public school system as good (34.9%) or excellent (24.5%). Compared to 2015 results, there is a slight increase from 57.3 percent of those surveyed who rated the quality of the local public school system as good (37.9%) or excellent (19.4%). Interestingly, 2016 had the smallest percentage of good (34.9%) ratings when compared to the data from previous years, but also saw the largest percentage of excellent (24.5%) - an increase of over five percent since 2015.

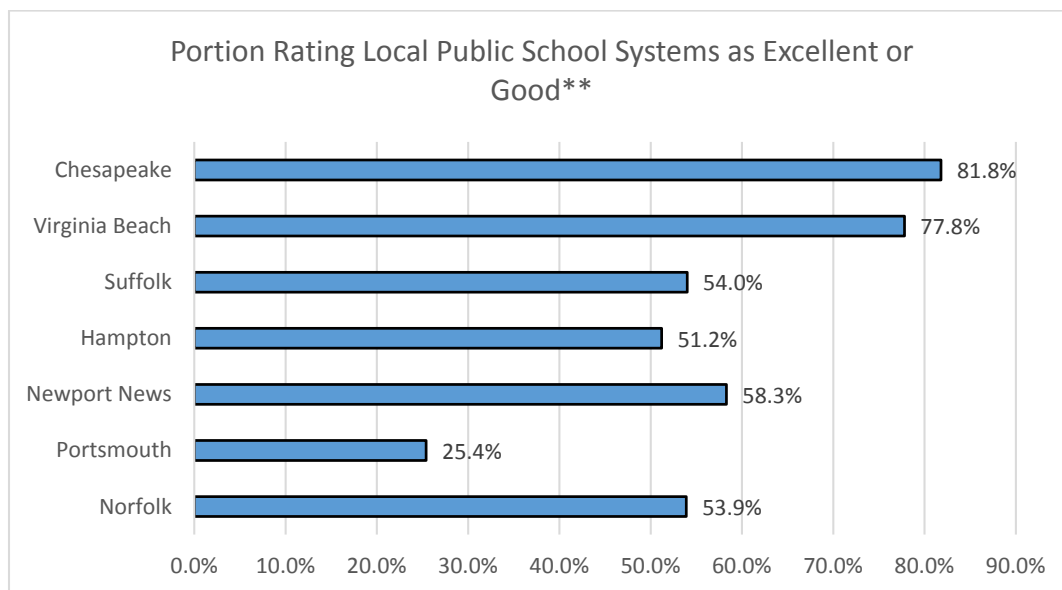


\*2012 data is omitted because it only asked this question to respondents with students in public and/or private school. All other years asked this question to all respondents.

Perceptions of the local public school system varied between those respondents who had school aged children attending public schools and those who did not have school aged children attending public schools. Those who did not have school aged children attending public schools held less favorable opinions of the local public school system. Of those who did not have school aged children attending public schools, 55.5 percent rated the local public school system as good (35.0%) or excellent (20.5%). These percentages are considerably lower than those who do have school aged children attending public schools, of which 68.7 percent rated the local public school system as good (34.7%) or excellent (34.0%).



Analyzing the quality of local public schools by city shows significant difference ( $p < .05$ ) between individual cities and residents' perceptions of their local public school system. As with previous years (see LIHR 2015), Chesapeake and Virginia Beach had the highest percentage of respondents rating the local public school system as excellent or good (81.8% and 77.8%, respectively). After those two cities there was a large decrease in the percentage of respondents rating the local public school system as excellent or good. Suffolk (54.0%), Hampton (51.2%), Norfolk (53.9%) and Newport News (58.3%) were in the middle for ranking local public school systems as excellent or good, while Portsmouth residents ranked public schools considerably lower (25.4%). **It should be noted that Norfolk residents rated their schools much more positively than in 2015, nearly doubling from 28% to 54%.**



\*\* $p < .05$  statistically significant, 2-tailed test

The 2016 Life in Hampton Roads survey describes a region with a high percentage of people with good to excellent general health. Analysis related to local public schools shows a large increase in perceived quality by residents. In fact, the data recorded for 2016 was the highest ever reported for the Life in Hampton Roads survey. Out of all of Hampton Roads, Chesapeake (81.8%) and Virginia Beach (77.8%) residents reported being the most satisfied with the quality of their local public schools.

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All Life in Hampton Roads data summaries will be placed on the Social Science Research Center website as they are released (<http://www.odu.edu/al/centers/ssrc>). Follow-up questions about the 2016 Life in Hampton Roads survey should be addressed to:

Randy Gainey, PhD  
Faculty Director  
The Social Science Research Center  
Professor of Sociology and Criminal Justice  
Old Dominion University  
757-683-4794 (office)  
[rgainey@odu.edu](mailto:rgainey@odu.edu)

Or

Tancy Vandecar-Burdin, PhD  
Associate Director  
The Social Science Research Center  
Old Dominion University  
757-683-3802 (office)  
[tvandeca@odu.edu](mailto:tvandeca@odu.edu)