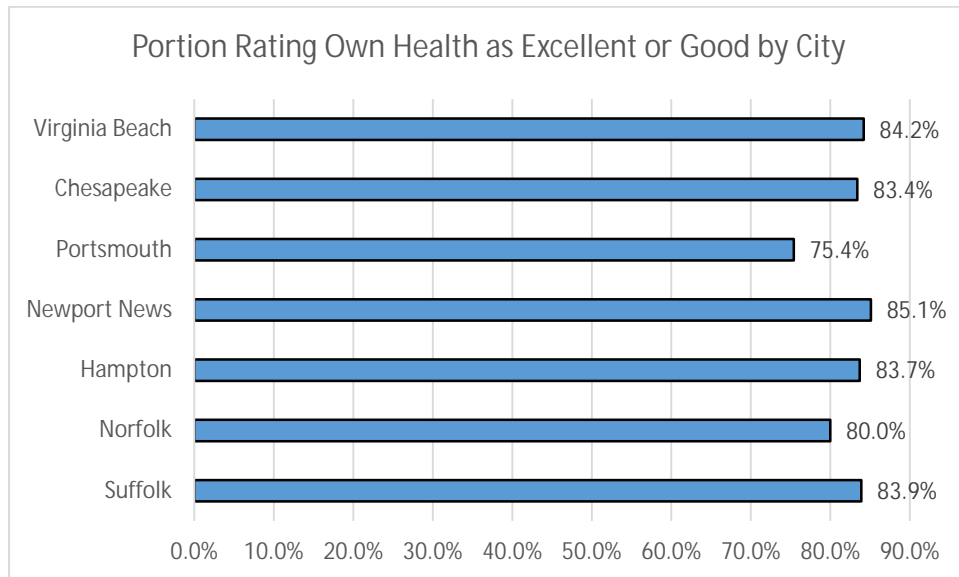


## Life in Hampton Roads Survey Press Release #3

### 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 landline) 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)

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 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.

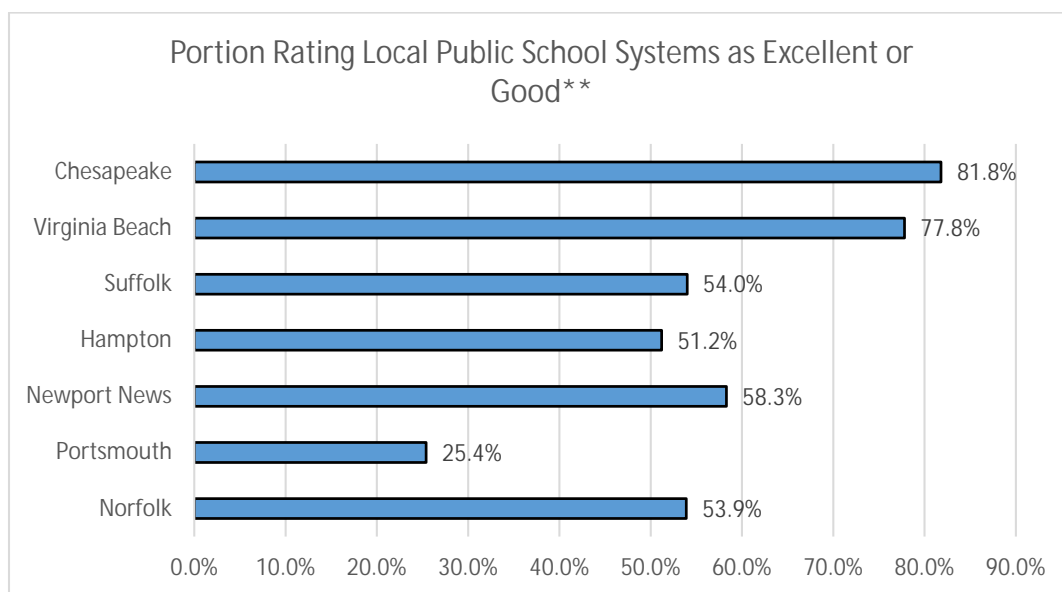
Respondents were also asked where they shop for groceries in a typical week. The vast majority of respondents said they shop for groceries at a grocery store or supermarket (90.1%). Additionally, 1.8



\*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

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; 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.

