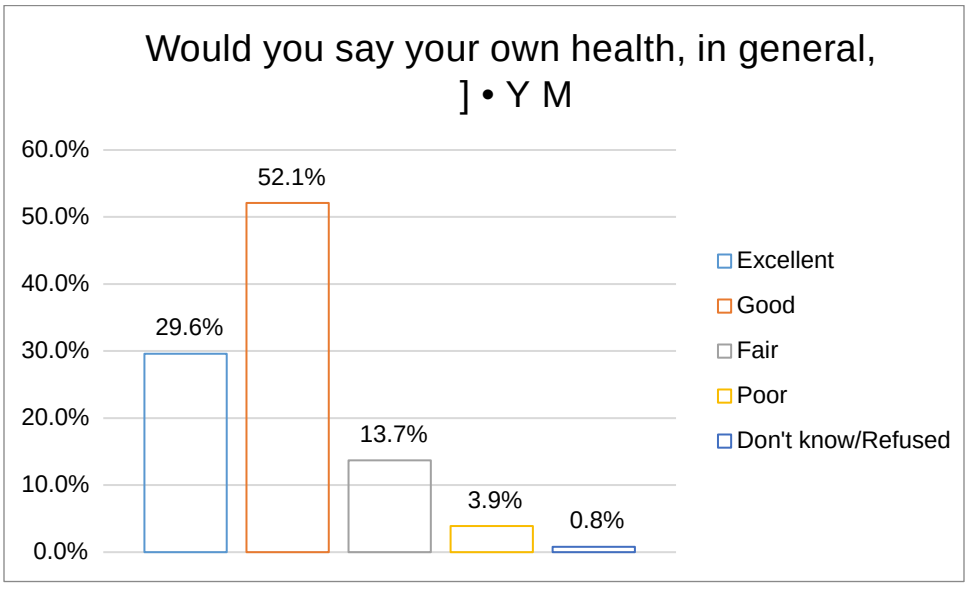
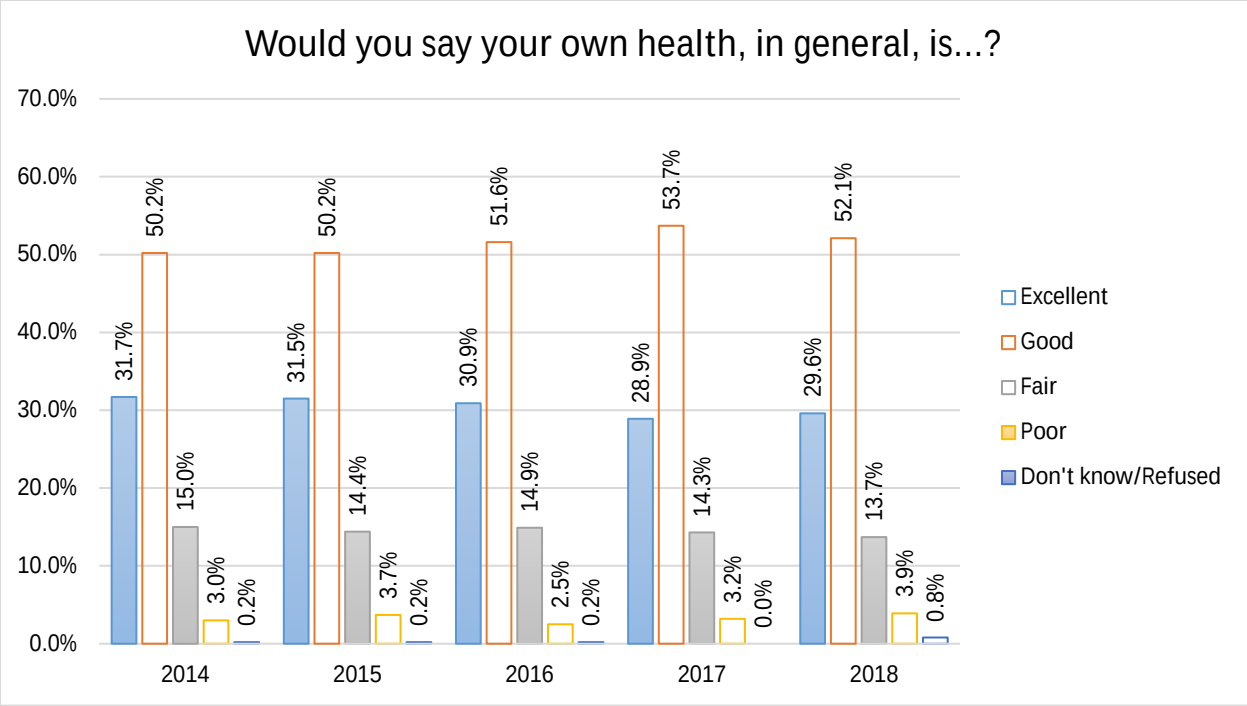
responses over time. Responses were weighted by city population, race, age, gender, and phone usage
(p.e (popundg)9 (e)]TJ ET Q q 0 0 612 792 re W* n BT 0 g /TT1 1 Tf 0 Tr 11.04 0 0144.26 72.024 604(-)Tj(e)

Life in Hampton Roads survey asked residents of the Hampton Roads area about their general health, certain health conditions, health insurance, and other health related questions. Many of these questions were developed by the Virginia Beach Department of Public Health and their partn

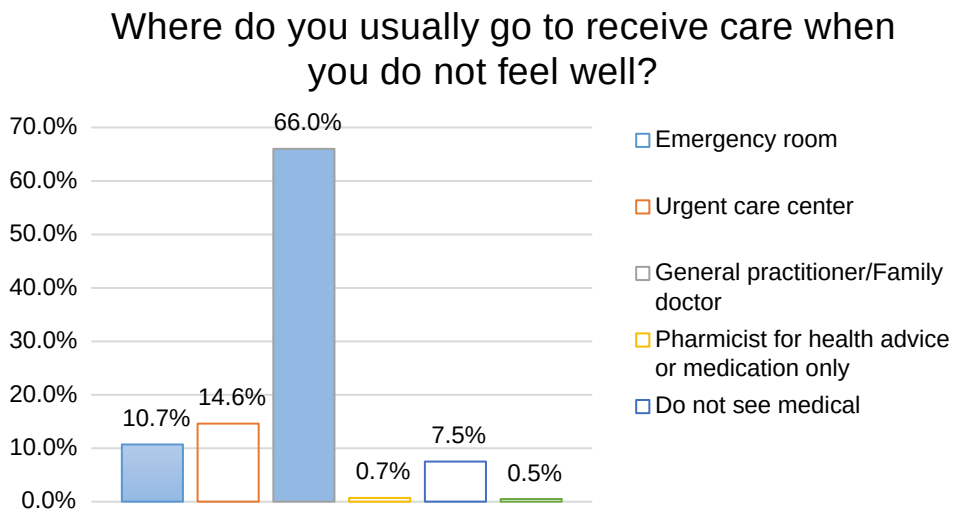
General Health

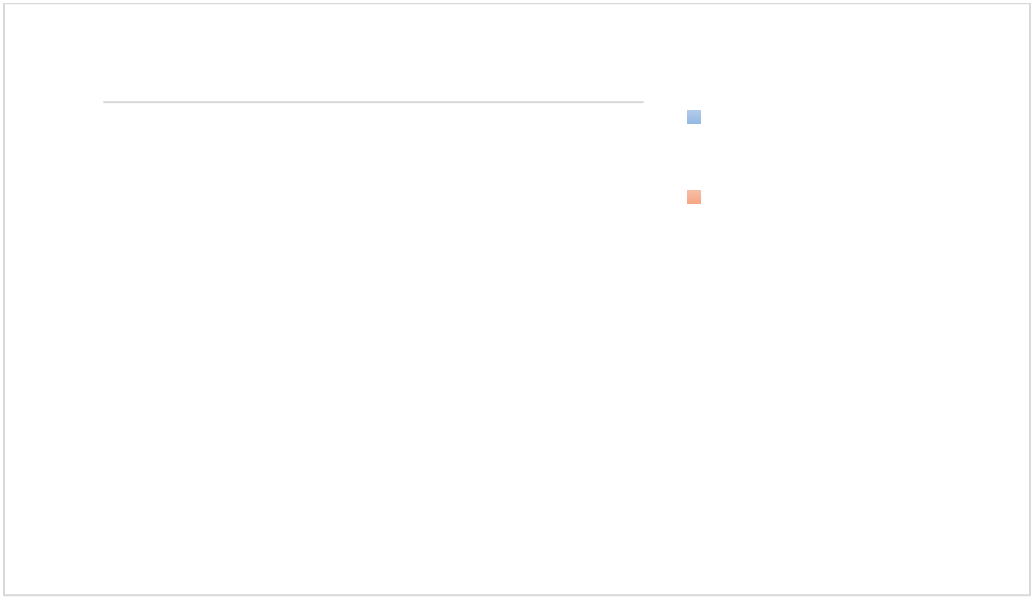
Less than thirty percent (29.6%) of Hampton Roads residents rated their own general health as excellent. The majority of the respondents reported themselves to be in good health (52.1%). Less than fifteen percent (13.7%) of respondents stated that they are in fair health. There was a very slight increase in respondents reporting that they had poor general health. The 2018 survey indicated 3.9 percent of people were in poor health, while the 2017 survey reported 3.2 percent for poor general health. This is the highest percentage of respondents reporting being in poor health in the past five years.

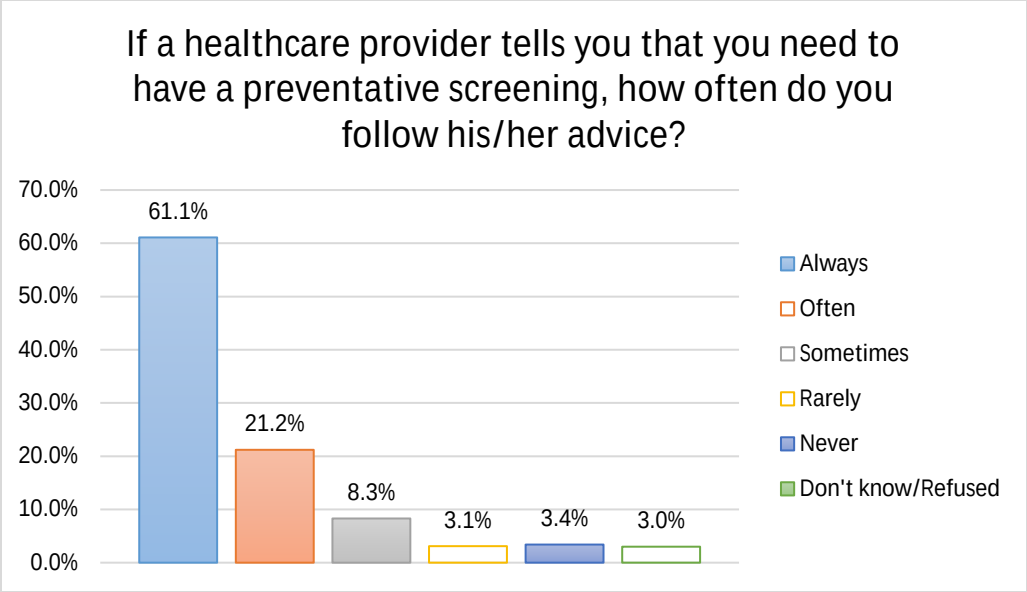




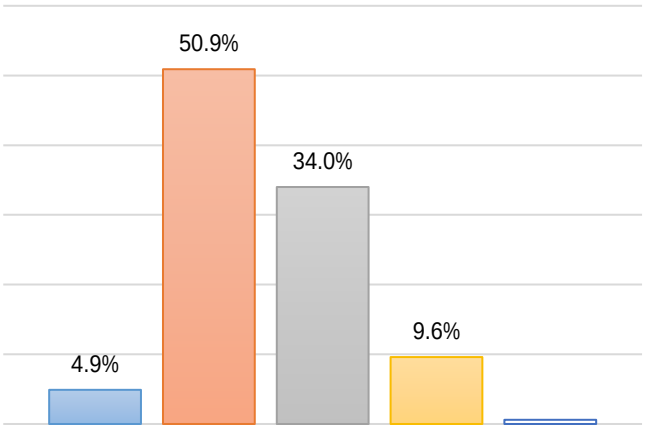
Across the cities of Hampton Roads, Suffolk and Norfolk residents reported the highest ratings of overall health with 86.0 percent and 84.4 percent reporting their health good or excellent respectively. Alternatively, Portsmouth (78.7%) and Hampton (74.2%) had lower percentages of residents who rated their overall health excellent or good.


Where do you usually go to receive care when you do not feel well?
70.0%
60.0%
50.0%
40.0%
30.0%
20.0%
10.0%
0.0%
10.7%
14.6%
66.0%
0.7%
7.5%
0.5%
Emergency room
Urgent care center
General practitioner/Family doctor
Pharmicist for health advice or medication only
Do not see medical

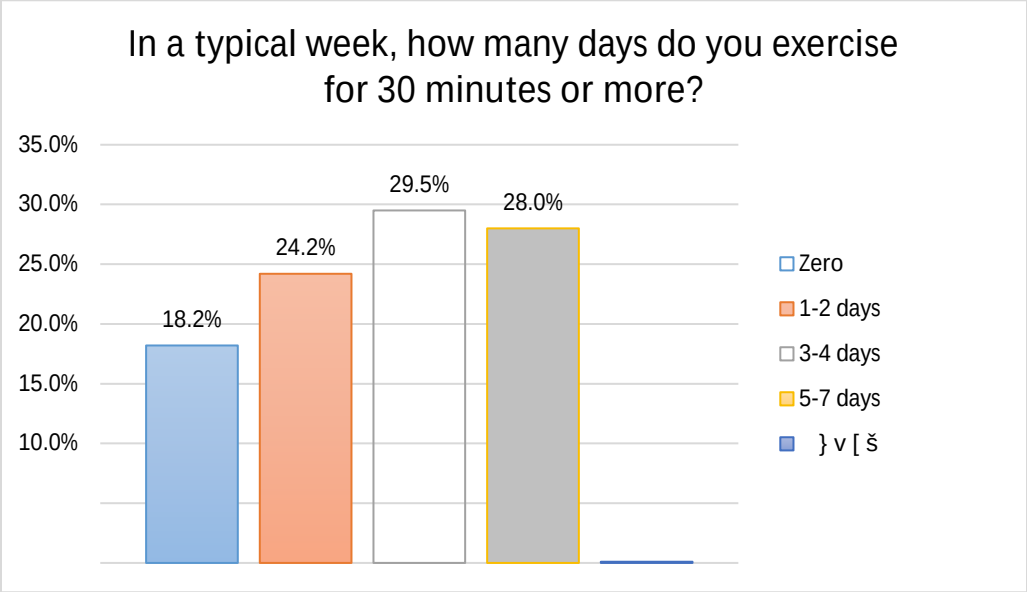


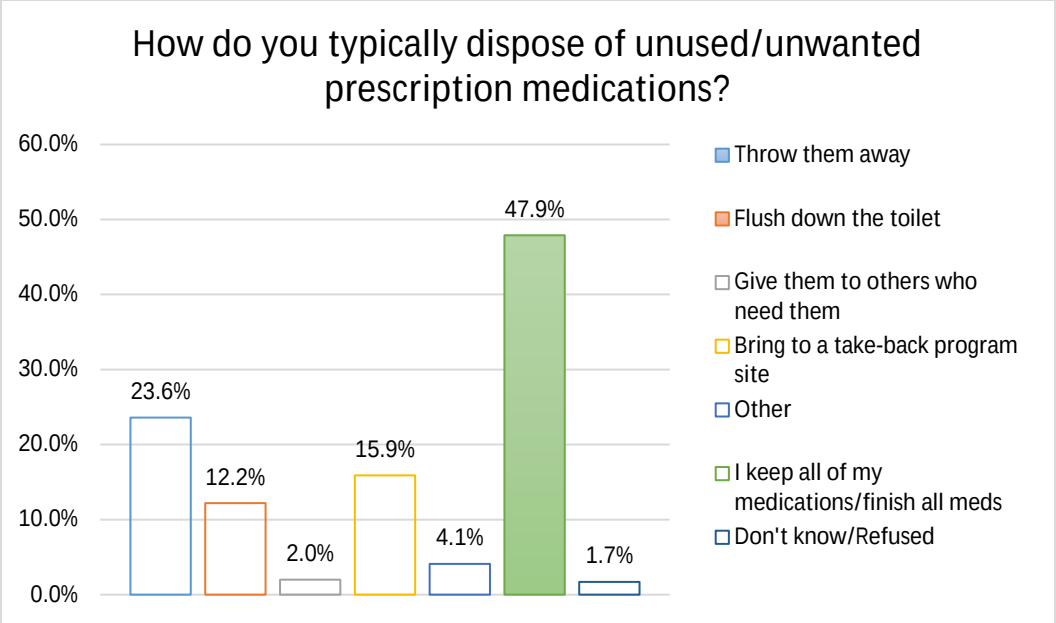


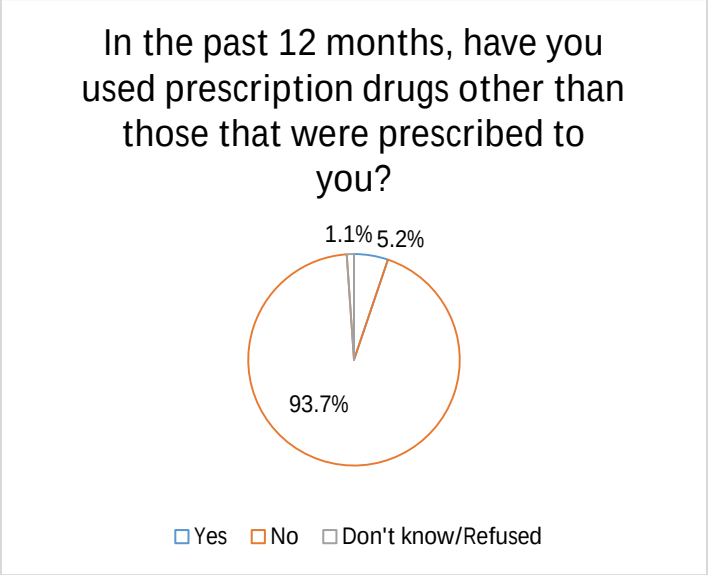
When asked how many servings (1/2 cup) of fruits and vegetables they have on an average day, the majority of respondents said they have either 1-2 servings (50.9%) or 3-4 servings (34.0%). Another 9.6 percent said they have 5 or more servings of fruits and vegetables on an average day and only 4.9 percent said they have no servings of fruits and vegetables on an average day.



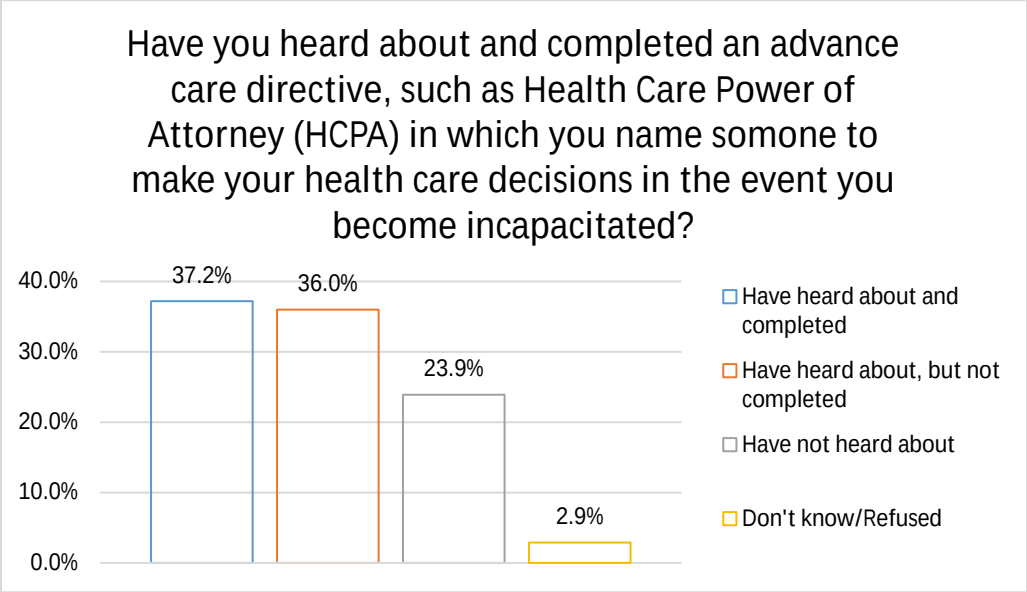
exercising 5-7 days a week. Only 18.2 percent of respondents said they do not exercise for 30 minutes or more during the week.

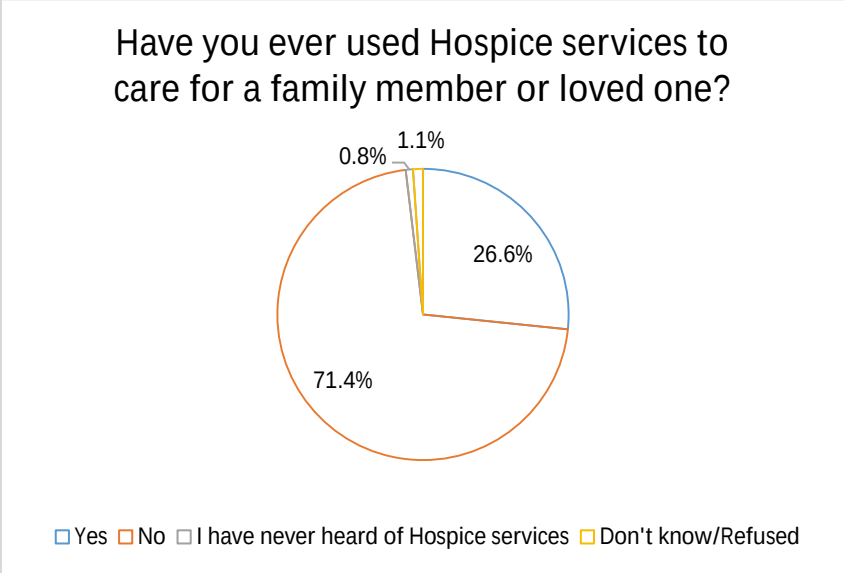



How do you typically dispose of unused/unwanted prescription medications?
60.0%
50.0%
40.0%
30.0%
20.0%
10.0%
0.0%
23.6%
12.2%
2.0%
15.9%
4.1%
47.9%
1.7%
Throw them away
Flush down the toilet
Give them to others who need them
Bring to a take-back program site
Other
I keep all of my medications/finish all meds
Don't know/Refused


In the past 12 months, have you used prescription drugs other than those that were prescribed to you?
1.1%
5.2%
93.7%
Yes
No
Don't know/Refused

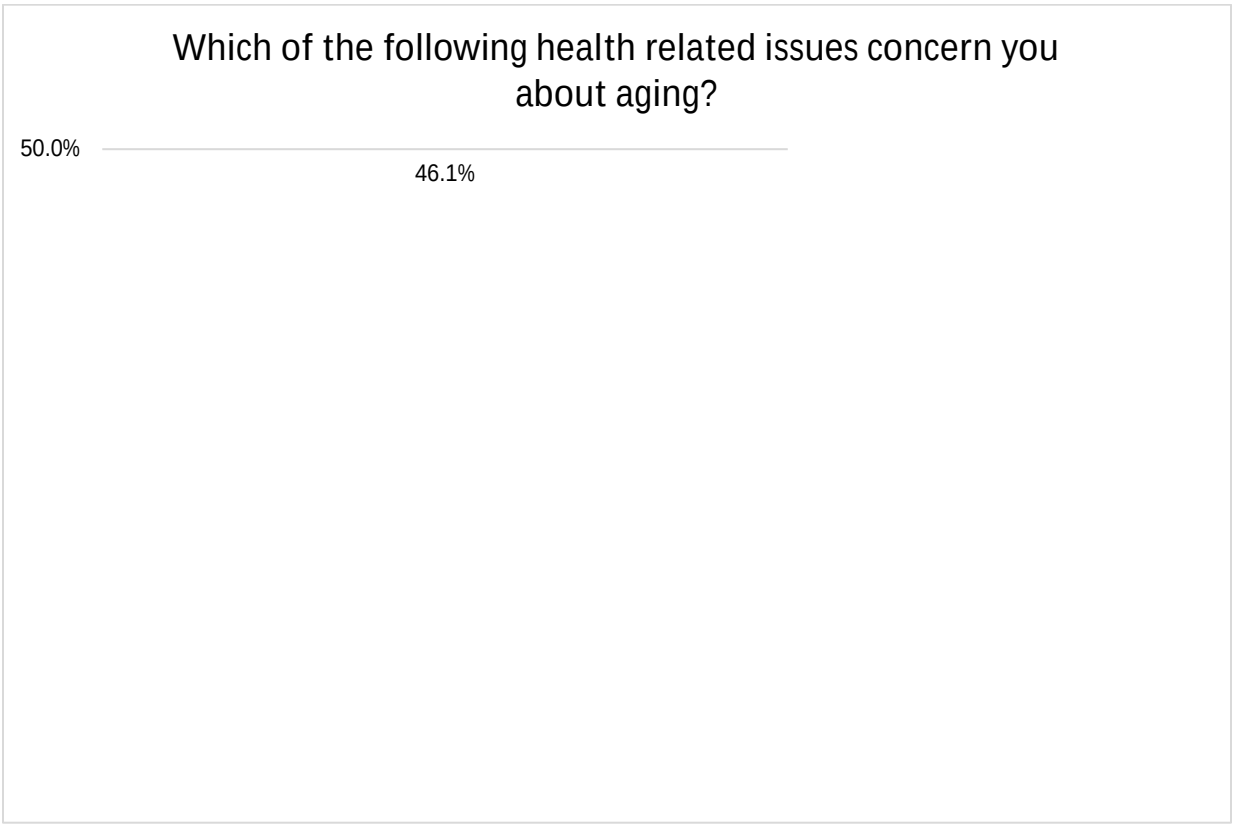
heard about an advance care directive. Additionally, 26.6 percent of respondents said they have used Hospice services to care for a family member or loved one.

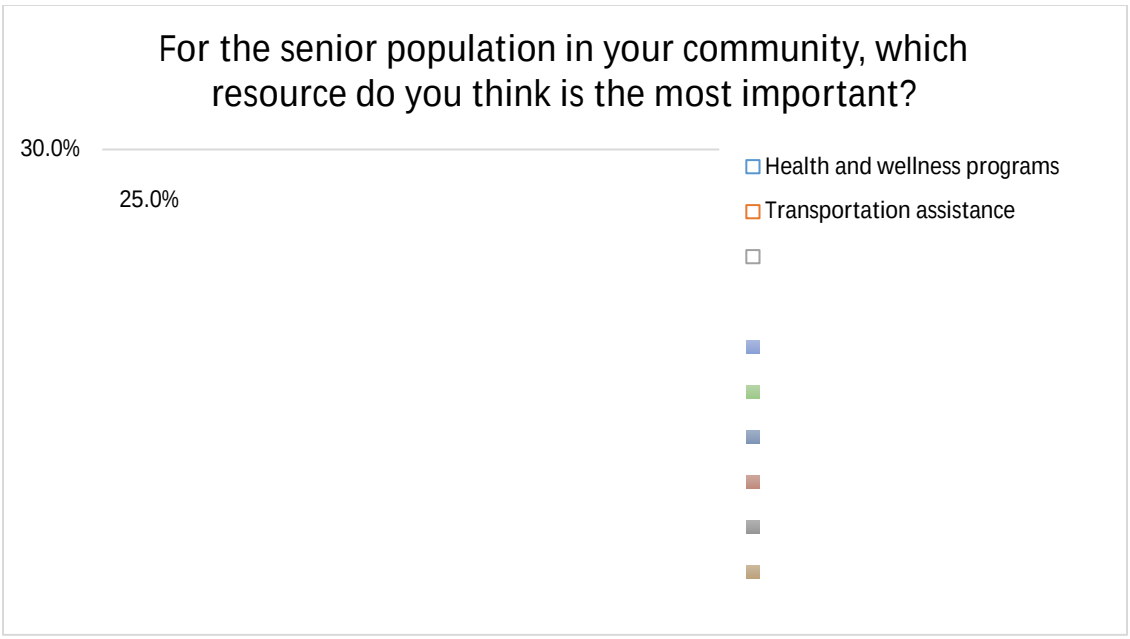


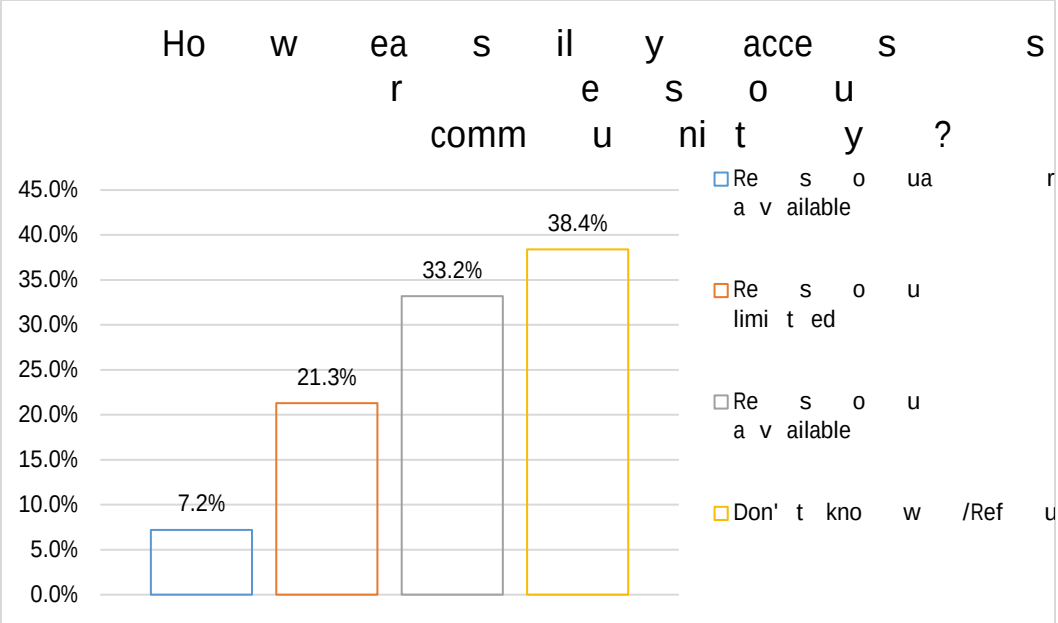


Respondents were asked to identify some health related issues that concern them about aging. The most common response was memory problems, dementia, and Alzheimer's disease (46.1%). More than a third of respondents said they were concerned about having problems walking and balance issues/falls (36.7%) and vision loss (36.1%). A slightly smaller percentage of respondents were concerned

about hearing loss (30.0%), loneliness and not being able to have as many social interactions (27.5%), and urinary incontinence and bladder problems (26.9%). Just under one-third of respondents (30.6%) said they did not have any health related concerns about aging.




For the senior population in your community, which resource do you think is the most important?
30.0%
25.0%
Health and wellness programs
Transportation assistance



Respondents' ratings of general health are consistent with previous years with over 80 percent rating as excellent or good. Less than 10 percent of respondents report not having health insurance and most report no barriers to receiving health care services. Only one-third recall being asked about their mental health and about one in five have not heard about advanced care directives. Almost 40 percent (38.4%) don't know how accessible substance use/abuse resources and treatment options are in their community.