

Census Tract Level Analysis of Behaviors & Practices in Six Domains Physical Health for Norfolk, VA



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What behavior changes in the domains of Physical Health, in which census tracts, can improve health outcomes in Norfolk?

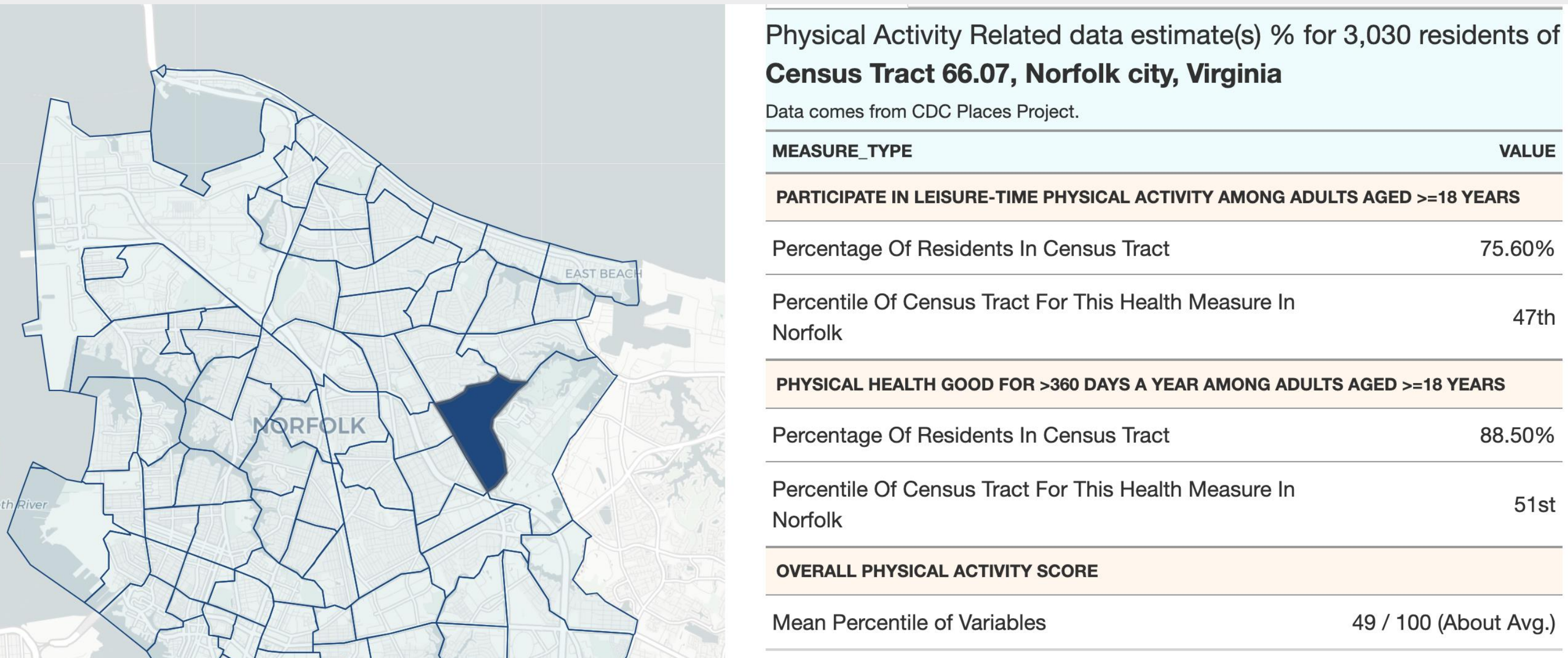
Objective: To understand the Peggy-Swarbrick six domains of physical health at a fine-grained geographic level in Norfolk, VA we analyzed the CDC Places Data for Norfolk, VA.

CDC Places Dataset:

PLACES provides health data for small areas across the country. This allows us to understand how changes in behaviors and practices in small areas of Norfolk can improve the health outcomes of residents. Data is based on model-based, validated estimates.

Web Dashboard To Explore Measures In Each Domain:

For each census tract in Norfolk, VA the dashboard shows percent of individuals engaging in healthy behaviors in each domain and how that compares to other census tracts.



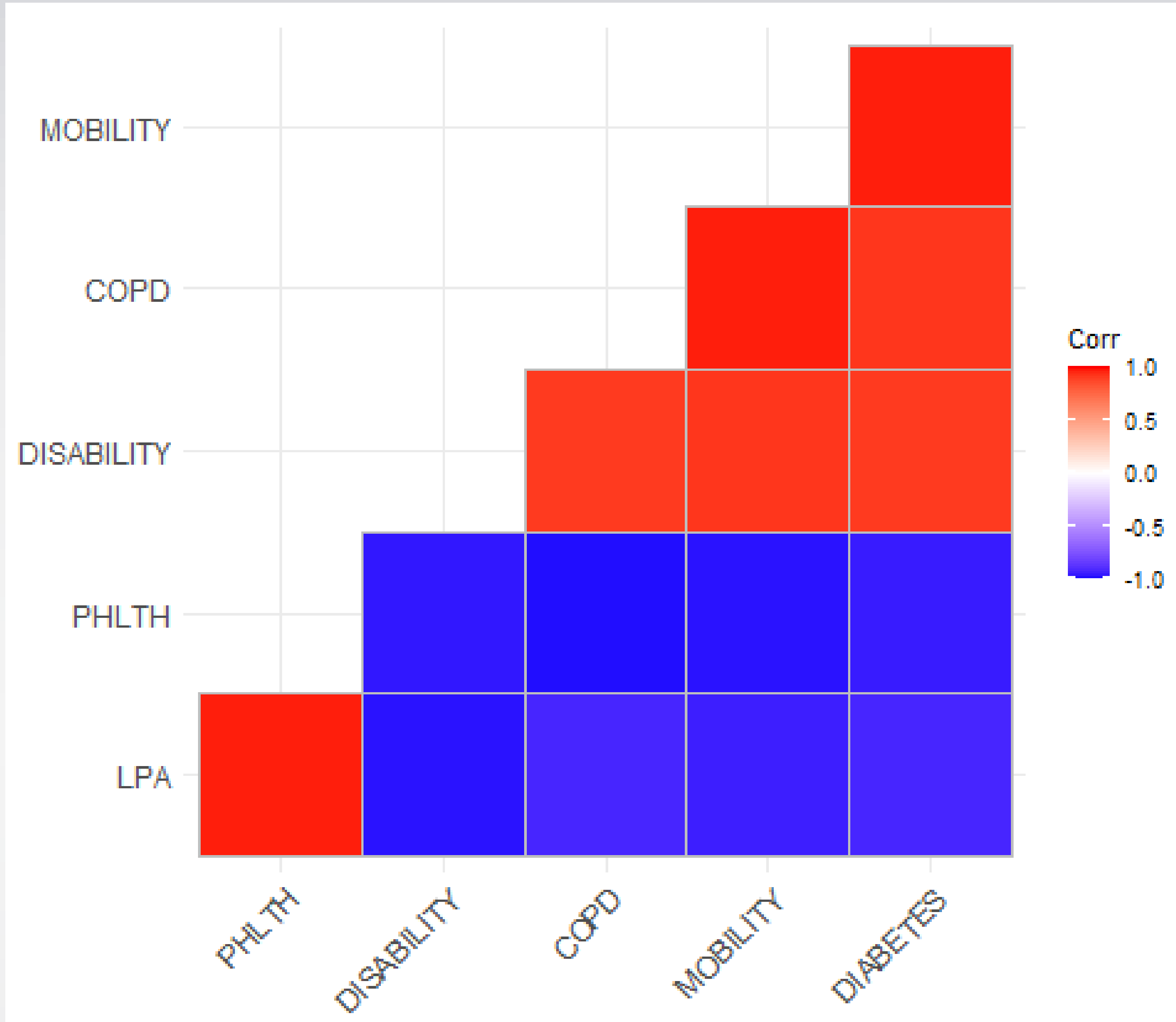
Peggy-Swarbrick Healthy Behaviors

Six Domains of Physical Health

- Habits and Routines
- Sleep and Rest
- Medical Self-Care and Screenings
- Physical Activity
- Healthy Food Choices
- Stress Management and Relaxation



Behavior / Practice Changes: For each domain we identified multiple changes in behaviors and practices that could improve health outcomes.



The **physical activity matrix** highlights how good physical health and leisure-time physical activities are **highly correlated to the low probability** of having health issues related to mobility, pulmonary disease, and diabetes.

Identifying More & Better Data For Some Domains: Some of the domains, like healthy food choices, are not well represented in the CDC Places data set. To address this limitation, we have created additional data sets.

