



# Virginia Cooperative Extension

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# Situation Analysis Report



## City of Portsmouth

# 2018

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## Introduction

As an important part of the Extension Programming Model, the Portsmouth Extension Office conducted a situation analysis during 2018. The results of this analysis will be used by Agents and Program Assistants to better direct educational programming for the Portsmouth Community.

The analysis began at a meeting in March of 2018 with a discussion with local stakeholders. A unit profile obtained from Virginia Cooperative Extension for Portsmouth was provided to stakeholders. A community survey was developed by stakeholders and office staff to gain a better understanding of specific points from a community perspective. Priority issues including Youth, Aging Population, Health and Nutrition, from the 2013 Situation analysis showed up to be areas of concern again in 2018. The following report will discuss priority issues from 2018 and outline how VCE might be able to better serve the community regarding them.

## Unit Profile

Portsmouth was first surveyed by Capt. John Smith in 1608 and founded by Col. William Crawford in 1752. One of the oldest cities in the country, Portsmouth has a great deal of history including being the site of the storied Civil War battle between the Monitor and the Merrimac. Its first neighborhoods were near the water where the Old Towne and Cradock sections of the city are now. In Old Towne, many of the houses built in the late 1700's are still standing. It is the single largest collection of historic housing in the country.



Portsmouth hosts a variety of industries, the most prominent being associated with the U.S. government as defense and maritime – industry contracting. The maritime industry ranges from port commerce to ship repair. Portsmouth is home to one of the largest shipyards and the largest privately – owned terminals in the world. In addition to maritime, Portsmouth's target industries include modeling and simulation, retail, and healthcare.

Today, the City of Portsmouth is a 30 square mile, urban area and part of one of the largest metropolitan areas on the East Coast. Neighboring cities include Chesapeake, Norfolk, Suffolk and Virginia Beach. Part of the world's largest, natural harbor, Hampton

Roads, Portsmouth is only 18 miles from the open sea and home to mile marker zero on the Intracoastal Waterway. Bordered by the Elizabeth and James Rivers on the east, west and north and by the City of Suffolk on the south, Portsmouth has no room for further land annexation.

## Community and Resident Perspectives

	2011 Portsmouth		2017 Portsmouth		2017 Virginia		2017 National	
	Number	Percent	Number	Percent	Number	Percent	Number	Percent
<b>Total Population</b>	96,066	100.0%	95,536	100.0%	8,365,952	100.0%	321,004,407	100.0%
<b>Population by Age</b>								
0-4	7,067	7.36%	7,219	7.6%	509,922	6.1%	19,853,515	6.2%
5-9	6,179	6.43%	6,180	6.5%	522,148	6.2%	20,445,122	6.4%
10-14	5,929	6.17%	5,861	6.1%	519,554	6.2%	20,713,111	6.5%
15-19	6,448	6.71%	5,224	5.5%	547,684	6.5%	21,219,050	6.6%
20-24	7,913	8.24%	7,555	7.9%	585,879	7.0%	22,501,965	7.0%
25-34	14,133	14.71%	15,495	16.2%	1,162,784	13.9%	44,044,173	13.7%
35-44	11,648	12.12%	11,038	11.6%	1,096,763	13.1%	40,656,419	12.7%
45-54	13,506	14.06%	11,732	12.3%	1,171,473	14.0%	43,091,143	13.4%
55-59	5,868	6.11%	6,141	6.4%	564,368	6.7%	21,523,460	6.7%
60-64	4,860	5.06%	5,747	6.0%	497,510	5.9%	19,224,060	6.0%
65-74	6,314	6.57%	7,489	7.8%	706,485	8.4%	27,503,389	8.6%
75-84	4,435	4.62%	3,946	4.1%	340,671	4.1%	14,087,477	4.4%
85+	1766	1.84%	1,909	2.0%	140,714	1.7%	6,141,523	1.9%
<b>Population by Sex</b>								
Male	46,313	47.21%	46,070	48.2%	4,113,988	49.2%	158,018,753	49.2%
Female	49,753	51.79%	49,466	51.8%	4,251,964	50.8%	162,985,654	50.8%
<b>Population by Race</b>								
White	41,644	48.75%	38,552	40.4%	5,720,209	68.4%	234,370,202	73.0%
Black or African American	51,644	51.30%	50,243	52.6%	1,605,447	19.2%	40,610,815	12.7%
American Indian	32	0.3%	401	0.4%	22,499	0.3%	2,632,102	0.8%
Asian	179	0.19%	1,259	1.3%	520,119	6.2%	17,186,320	5.4%
Pacific Islander	142	0.15%	129	0.1%	5,469	0.1%	570,116	0.2%
Some other race	876	0.86%	96	0.10%	183,974	2.3%	14,945,745	4.8%
Two or More Races	352	0.37%	3,419	3.6%	291,944	3.5%	10,081,044	3.1%

Hispanic Households by Income	2,522	2.63%	3,891	4.1%	749,458	9.0%	56,510,571	17.6%
Total Households	12,179	100.0%	40,879	100.0%	2,996,312	100.0%	114,931,864	100.0%
<\$10,000	1208	9.92%	1208	9.92%	174,487	5.8%	8,529,677	7.4%
\$10,000-\$14,999	943	7.74%	943	7.74%	128,915	4.3%	6,472,374	5.6%
\$15,000-\$24,999	1,956	16.6%	1,956	16.06%	258,000	8.6%	12,655,735	11.0%
\$25,000-\$34,999	1,752	14.39%	1,752	14.39%	266,132	8.9%	12,136,499	10.6%
\$35,000-\$49,999	2,400	19.71%	2,400	19.71%	379,987	12.7%	15,964,063	13.9%
\$50,000-\$74,999	2,010	16.50%	2,010	16.50%	539,623	18.0%	20,987,130	18.3%
\$75,000-\$99,999	1,093	8.97%	1,093	8.97%	388,501	13.0%	13,829,482	12.0%
\$100,000-\$149,999	624	5.12%	624	5.12%	452,499	15.1%	14,188,747	12.3%
\$150,000-\$199,999	86	0.71%	86	0.71%	201,590	6.7%	5,214,111	4.5%
\$200,000+	107	0.88%	107	0.88%	206,578	6.9%	4,954,046	4.3%
Median household income	36,289	-	36,289	-	62,391	-	51,484	-
Mean household income	44,891	-	44,891	-	84,353	-	70,909	-

### Agricultural Summary

	2012 Portsmouth	2017 Portsmouth	2017 Virginia
<b>Total Farms</b>	0	0	46,030
Land in Farms (Acres)	0	0	8,100,000
Average farm size	0	0	180
<b>Livestock &amp; Poultry (total)</b>			
Cattle inventory	0	0	1,480,000
Beef cows	0	0	633,000
Milk cows	0	0	87,000
Cattle sold	0	0	845,381
Hogs inventory	0	0	240,000
Hogs sold	0	0	559,658
Chickens sold	0	0	277,400,000
<b>Crops harvested (bushels)</b>			
Corn for grain	0	0	340,000
Corn for other	0	0	1,707,869
Wheat for grain	0	0	145,000
Oats for grain	0	0	14,701,510

Barley for grain

0

0

11,000

## Health Summary

	2013 Portsmouth	2018 Portsmouth	2018 Virginia
<b>Total Population</b>	96,066	95,252	8,411,808
<b>Mortality</b>			
<a href="#">Premature death (yrs lost before age 75 per 100k)</a>	11,259	10,500	6,100
<b>Morbidity</b>			
Poor or fair health	16.0%	21.0%	16.0%
Poor physical health days	3.8	3.8	
Poor mental health days	3.1	3.9	3.5
Low birthweight	11.3%	11%	8%
<b>Health Behaviors</b>			
Adult obesity	32.0%	37.0%	28.0%
Diabetes Prevalence		13.0%	10.0%
Physical inactivity	-	29.0%	22.0%
Excessive drinking	11.0%	16.0%	17.0%
Motor vehicle crash death rate (per 100k)	12	8	9
Sexually transmitted infections (per 100k)	714	1,032.2	424.5
Teen birth rate (per 1k female age 15-19)	74	51	21
<b>Social &amp; Economic Factors</b>			
High school graduation	56%	81.0%	86.0%
Some college	19%	62.0%	70.0%
Unemployment	5%	6.1%	4.0%
Children in poverty	24%	30.0%	14.0%
Children in single-parent households	-	58.0%	30.0%
Violent crime rate (per 100k)	-	569	194

## Educational Summary

### SCHOOL ENROLLMENT

2011 Portsmouth		2017 Portsmouth	
Number	Percent	Number	Percent

Population 3+ yrs enrolled	25,003	100.0%	22,533
Nursery school, preschool	2,286	9.14%	1,236
Kindergarten	1,251	5.00%	1,272
Elementary (grades 1-8)	9,447	37.78%	9,976
High School (grades 9-12)	5,359	21.43%	5350
College or grad school	6,660	26.64%	4,699

#### EDUCATIONAL ATTAINMENT

Population 25 years and over	62,530	100.0%	82,113
Less than 9th grade	3,463	5.54%	
9th to 12th grade, no diploma	7,418	11.86%	
High school grad	18,736	29.96%	
Some college, no degree	16,351	26.15%	
Associate's	4,622	7.39%	
Bachelor's	7,725	12.35%	
Graduate or professional	4215	6.74%	

% high school grad or higher 82.6%

% bachelor's or higher 19.1%

#### Business and Employment Summary

2016 Portsmouth

<b>Population</b>	95,252
Total Businesses	1,660
Total Employees	27,032

	Businesses		Employees	
	Number	Percent	Number	Percent

<b>SIC Codes</b>		
Construction	150	2,005
Manufacturing	51	1311
Transportation	63	1947
Communication	29	561
Utility	2	
Wholesale	48	777

Finance, Insurance,



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### Estate Summary

Real Estate, Other Invest.	84	398
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### Service Summary

Management of companies	10	23
Administrative Support	88	2,476
Education Institutions	16	274
Other Services		
Total	541	9,772

For additional information visit <http://www.census.gov/econ/susb/>

## Priority Issues

Based on the community survey and the unit profile, the following issues were identified for the city of Portsmouth. Some are similar issues that were identified in past situation analysis, while other are identified as emerging issues. VCE will be able to focus resources and energy on some of the issues but some will be best handled through other city agencies and departments

### Families and Consumer Science

#### Issue: Aging Population

The 2018 survey responses found that 64.82% of citizens ranked aging populations as one of the highest issues of Families and Communities. The percentage of the Portsmouth population that is over age 65 is 14.4% which is indicative of growth from 2013 analysis findings at 13%. The Family and Consumer Sciences (FCS), inclusive of the Family Nutrition Program (FNP), outreach faculty, staff and volunteers will continue to solidify and form new partnerships with other organizations to provide nutrition and wellness research-based education to address the concerns of nutrition, activities and living alone for older adults. Strategies will also be developed to determine residential areas where senior citizens are housed that support setting up programming in their community rooms, as well as offering nutrition and wellness senior programs at our local extension office. Exploring ways to offer more daytime programs will be included as a part of our efforts to accommodate times when seniors are most active.



There are quite a few FCS programs in the area of Food, Nutrition and Health (FNH) that are already in place to educate our Portsmouth community older adults. The LIFT (Lifelong Improvements through Fitness Together) Strength Training Program for Older Adults is an evidence-based team building program that promotes physical activity and healthy eating in older adults. Once the LIFT program is completed, improvements have been seen in daily function, flexibility, strength, and balance. In addition, the group support environment during the program fosters positive social interaction. *Choose My Plate for Older Adults*, and FNP *Basic Nutrition* workshops are other FNH programs that cover making healthy choices, meal planning, and cooking classes for one to two persons.

**Issue: Nutrition, Wellness, and Obesity.** Food, Nutrition, Health and Obesity, in addition to Chronic Diseases remain key issues as reported from 61% of responses. All of the concerns evolve around healthy lifestyle practices and are most interrelated. A 2015 report from the Community Indicators Dashboard Greater Hampton Roads (GHR), indicated that the City of Portsmouth ranks highest at 38.1% for persons with high blood pressure compared to 22 other surrounding cities and counties. High blood pressure is a major contributor to preventable chronic diseases that are diet-related such as diabetes, cancer, heart disease and stroke. Furthermore, Portsmouth ranked lowest for overall health behaviors inclusive of measures of adult obesity and unhealthful eating. According to a 2018 Robert Wood Johnson Foundation report, adult obesity rates are still increased at 37%, however this represented some decrease based on the VCE 2013 Situation Analysis report at 39%. Other findings indicated the rate of diabetes for persons living in Portsmouth was at 13%, which was higher than the State of Virginia at 10%.

Through evidence-based FCS program education, modifiable risk factors such as physical inactivity and poor diet that can negatively impact quality of life will be addressed. The various FCS educational program delivery is interactive, results-driven, and designed to engage and empower our local populations across the lifespan towards the best possible healthy lifestyle behaviors. A few of the FCS programs options that will support this effort:

- VCE Healthy Weights for Healthy Kids (HWHK), an evidence-based youth obesity prevention program with six healthy lifestyle, interactive, SOL-based lessons.
- Season4 Health Sodium Reducing Spring Workshops- a one day workshop on reducing sodium in meals, and physical activity.
- VCE Diabetes Prevention Program- A year-long lifestyle change program that teaches strategies to lose weight, increase activity, improve general health, and reduce the risk of developing diabetes.
- VCE Physical Activity Programs: Fit Extension and LIFT (Lifelong Improvements through Fitness Together) strength training program for older adults.

Master Food Volunteers (MFVs) and FCS occasional volunteers are ready to assist with expansion of program delivery and the ability to reach, broad, and diverse audiences within the community.

## Urban Horticulture

### **Key Issue: Urban Environmental Quality: Air, Soil, and Water**

Environmental quality and conservation comprises air, soil and water quality. All of these are key issues in an urban city that is surrounded by water. The direct use of pesticides and fertilizers by both consumers and commercial businesses has a direct impact on our soils and ground water. The 2018 State of the Bay Report from the Chesapeake Bay Foundation indicated serious setback in Bay health in 2018. The water quality levels adversely affect crabbing, fishing (both commercial and sport), oyster harvests and recreation across the Chesapeake Bay. Much of this pollution comes from urban areas with large amounts of impervious surface. Run-off from these surfaces carries sediments, toxicants, such as motor oil and household chemicals, and nutrients, especially nitrogen from lawn fertilizers and animal manure, straight to the Bay. This run off builds up in the soil then flows to the Bay, choking out native vegetation and marine life.

VCE works in several capacities to raise awareness and educate residents about Soil and Water Quality issues. The Horticulture Agent addresses pesticide applicators about reducing pollution in the Bay. Area Horticulture Agents provide six pesticide recertification programs around the Hampton Roads area which reach over 400 pesticide applicators a year and have specific information on safe and appropriate pesticide use. In Portsmouth, the Horticulture Agent works with local agencies and the public school system to deliver SOL-compatible, watershed curriculum to area elementary schools. The Master Gardener Volunteers demonstrate soil testing, nutrient management, proper fertilizer use and 'Bay-scaping' techniques to area residents through both hands-on programming and demonstration gardens. Master Gardeners have been given advanced training as water stewards to address water concerns. They hold workshops for residents and groups on water conservation techniques. The water stewards have also increased public awareness about buffer areas in Portsmouth by providing education on proper plants for tidal wetland areas to prevent erosion into the waterways. While VCE works to raise awareness and educate residents about soil and water quality issues, it does not have the resources to address air quality at this time.

### **Issue: Access to Local Fresh Foods**

The 2018 Community Survey shows that survey participants felt that access to local foods was a key issue in Portsmouth. According to the USDA Food Desert measure, which includes low-income areas where a significant amount of residents live more than half a mile away from the nearest supermarket, there are 12 census tracts that qualify as food desert tracts in Portsmouth. Portsmouth has the highest number of convenience stores among all Hampton Roads cities and fast food restaurants make up the majority of food stores in the city. This lack of access to fresh produce can contribute to a poor diet and can lead to higher levels of obesity and other diet related diseases, such as diabetes and heart disease. Farmers Markets and Food Banks were also cited in the survey as important sites to encourage residents to seek out local foods.

The Horticulture Agent in Portsmouth works with the VCE Master Gardeners to address this issue in several ways. The City has a Farmers Market in Old Towne that runs from May – December and other seasonal markets. The Portsmouth Master Gardener Volunteers have information booths at these markets every week where they share information to visitors about how to grow their own food. VCE tries to promote these markets in its other programming efforts. The farmers market has been a great avenue for residents to obtain local produce. The City also has several churches that operate local food banks to feed those in need. The Portsmouth Master Gardeners donate fresh produce during the growing season to one of the food banks. VCE has also partnered with Healthy Portsmouth, a city-wide initiative to improve the health and well-being of Portsmouth residents. Part of this initiative focuses on community gardens. VCE has worked with several groups that have had an interest in starting community gardens. Master Gardener Volunteers and the Horticulture Agent have worked to provide education on gardening, vegetables varieties to grow, programs for youth in the garden and getting the community involved. Efforts have now been started to get raised beds for growing vegetables at more community sites and at the elementary schools. The 4-H Agent, along with the Horticulture Agent can continue gardening programs at the elementary schools in Portsmouth to help children learn how to grow fresh vegetables. Many children do not know where their food comes from or eat fresh vegetables. Providing places to grow food can allow the children to explore fresh produce options that they can share with their families to make healthy meal choices. Many residents in Portsmouth lack big areas to grow food and garden. Residents are interested in learning new ways to grow fresh food in small spaces but do not know where to start. Growing their own food or having access to fresh fruits and vegetables if they don't want to grow it themselves is an increasing need in our urban city. The Portsmouth VCE Horticulture Agent and Master Gardener Volunteers can help in these areas.

#### **4-H Youth Development**

##### **Key Issue: College/Career Preparedness**

According to the 2018 Portsmouth Situation Analysis Survey, the leading concern regarding youth among Portsmouth residents is college and career preparedness. The recent Portsmouth Demographic Study, conducted by University of Virginia's Demographics Research Group at the Weldon Cooper Center for Public Service, indicates that Portsmouth's low levels of educational attainment relative to the region are closely related to its higher poverty rate and lower median income. Moreover, the residence who attain degrees are more likely to relocate to neighboring localities. This data trend reaches back to 1990 which indicates long-embedded systemic difficulty in regard to educational attainment for Portsmouth youth.

For the issue of career preparedness, the Portsmouth Demographic Study, conducted by the University of Virginia, indicates a consistently higher trend for unemployment in Portsmouth as compared to its regional and state counterparts. Virginia Department of Education's new "Profile of a Virginia Graduate" recognizes the need for increased career preparedness in

schools. The new plan outlines knowledge, skills, attributes, and experiences identified by employers as critical for future success.

Working with local schools to achieve these new graduation requirements, 4-H Youth Development can partner with businesses and community organizations to create a community for economic mentorship and empowerment opportunities for youth. Initiatives which promote apprenticeship programs, technical skills training, and entrepreneurial education have high potential for impact in meeting the needs of Portsmouth youth.

### **Key Issue: Healthy Lifestyle Choices**

The second leading concern regarding youth among Portsmouth residents, indicated by the 2018 Portsmouth Situation Analysis Survey, is healthy lifestyle choices. According to the recent Portsmouth Demographic Study, conducted by University of Virginia's Demographics Research Group at the Weldon Cooper Center for Public Service, household income in Portsmouth is among the lowest in Hampton Roads. This consistent data trend is related to low education levels and age distribution. According to the United Nation's Curriculum Framework for Enabling Sustainable Development Goals, evidence suggests that health may be the causal mechanism through which socio-economic status affects educational achievement. Addressing these health disparities is likely to have positive impacts on the achievement gap.

Through school and community partnership, Portsmouth's 4-H Youth Development will work toward providing youth with increased health and wellness opportunities. School enrichment programs featuring 4-H curriculum like GEM: Get Experience in Mindfulness, an awareness and acceptance stress management program, can be employed to empower/motivate youth to choose wellness. As research indicates exposure to nature has physical, mental, emotional, and cognitive benefits which positively affect children's overall development – clubs, programs, and events which aim to reconnect youth with nature will also be applied. Additionally, partnering with Portsmouth Horticulture, Master Gardener's, FCS, and Master Food Volunteers will provide essential platforms for growing, preparing, and eating for wellness.

### **Key Issue: Increased S.T.E.M Education**

The third leading concern regarding youth among Portsmouth residents, indicated by the 2018 Portsmouth Situation Analysis Survey, is the need for an increase in S.T.E.M. education. S.T.E.M. (science, technology, engineering, and math) is an interdisciplinary/application-based approach to education and natural complement to the 4-H Youth Development model. An expanded approach entitled "S.T.E.A.M." education (plugging "art" into the acronym) offers additional complement to the long-standing 4-H model and provides additional opportunity for community collaboration and application. Research suggests that active nature-based exploration wires the brain, and helps youth develop powerful intuitions about concepts central to science, technology, engineering, art, and mathematics. Portsmouth 4-H will partner with local schools and other organizations to apply nature-based exploration for S.T.E.A.M. development, application, and achievement.

## Portsmouth Community Survey

Portsmouth Matters. Portsmouth Cooperative Extension needs your input concerning issues that face our community. Results of this survey will help shape our upcoming Extension programs. Responses will be held completely anonymous. Please take a couple of minutes to share your views.

Please rate the importance of the following issues in Portsmouth.

Families and Communities	Very Importan t	Importan t	Somewhat Important	Not Importan t	No Opinion
Aging Population	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Child Development	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Chronic Diseases (i.e. diabetes, heart disease)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Finances/Financial Management	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Food, Nutrition & Health	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Food Preservation (canning, freezing)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Healthy Lifestyle Choices – Stress Management	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Obesity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Opioid Use	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Environmental Horticulture	Very Important	Important	Somewhat Important	Not Important	No Opinion
Environmental Quality- Air/ Soil	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Farmer's Markets / Food Banks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Gardening	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Local Food Systems - accessibility	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pests/Pesticide safety	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pollinator Protection	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sea Level Rise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Water Quality	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

4-H Youth Development	Very Important	Important	Somewhat Important	Not Important	No Opinion
College/Career Preparedness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Community Service	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Healthy Food Choices	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Increase STEM (Science, Technology, Engineering & Math) Education	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Leadership/Character Development	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SOL Enrichment Programs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Youth Gardening Programs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Youth Mentoring Programs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

1. Of the issues you rated *Very important*, please select the top **three** and provide additional information below on why you feel they are important for Portsmouth and what you think might



be done to address them. If you need extra space, please feel free to use the back of the survey or add a sheet of paper.

**Issue 1:** Please type/write in the issue name, why you feel it is important, and what might be done to address it.

---

**Issue 2:** Please type/write in the issue name, why you feel it is important, and what might be done to address it.

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**Issue 3:** Please type/write in the issue name, why you feel it is important, and what might be done to address it.

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2. How familiar are you with Virginia Cooperative Extension?

☐ Not familiar at all      ☐ Somewhat familiar      ☐ Familiar      ☐ Very familiar

3. Have you ever participated in educational programs offered by Virginia Cooperative Extension in      Portsmouth?

☐ No      ☐ Yes

4. If you answered Yes to the above question, which VCE educational program(s) did you participate in and      what was the value to you?

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5. What is your gender?      ☐ Female      ☐ Male      ☐ Other

6. In which category is your current age?

☐ 18-29      ☐ 30-39      ☐ 40-49      ☐ 50-59      ☐ 60-64  
☐ 65+

7. Which of the following describes your highest level of education?

- ☐ Less than high school   ☐ Some high school   ☐ High school graduate/GED
- ☐ Some college   ☐ College graduate   ☐ Some graduate work - Master's degree
- ☐ Doctorate degree

8. Which category best describes your ethnicity?

- ☐ Hispanic or Latino   ☐ Not Hispanic or Latino

9. Which category best describes your race?

- ☐ American Indian or Alaskan Native   ☐ Black or African American
- ☐ Native Hawaiian or Other Pacific Islander   ☐ White
- ☐ Other \_\_\_\_\_

10. What is your zip code? \_\_\_\_\_

11. How do you find out about events in Portsmouth?

- ☐ Social Media   ☐ Newspaper   ☐ Mail   ☐ City Mailing List   ☐ Civic League/Garden Club

Other \_\_\_\_\_

## VCE SURVEY COMMENTS

### Common Themes

- Lack of awareness/ education about listed issues such as aging, good nutrition or the lack of it, preventable chronic diseases, positive lifestyle choices, financial management, and opioid use.
- The need for Portsmouth's public education system to properly stress STEM, and provide students with a good background which would allow them to make positive college and career choices and live productive lives.



## **FAMILIES & COMMUNITIES**

- Aging Population (36)
  - Concern over large number of aging people in Portsmouth and the lack of services to help them with various issues, i.e. living alone, transportation to doctors, nutrition, activities for socialization, safety.
- Chronic Diseases (13)
  - Concerns that people don't know how to prevent or deal with chronic diseases. This was often mentioned in tandem with nutrition, food and health as it affects the overall quality of daily life.
- Finances/Financial management (14)
  - Concerns that many people have no financial literacy and have no idea how to acquire it which affects everything in their life.
- Food, Nutrition & Health & Obesity (35)
  - These were all mentioned together. The consensus being that obesity is caused by a lack of information and education about food choices and nutrition as well as what is required to maintain good health, i.e. exercise, sleep, etc.
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- Opioid Use & Drugs (15)
  - Concerns that this is already an epidemic in Portsmouth; that no one is addressing it locally; that children are getting involved in this.

## **ENVIRONMENTAL HORTICULTURE**

- Environment Quality – Air/Soil/Water (5)
  - Concern that the quality of our air, water & soil is causing diseases such as asthma and cancer.
- Farmer's Market/Food Banks (8)
  - Consensus: that Farmer's Markets are important to the community as a source of locally grown fruits and vegetables, contribute to the nutritional health of the community and provide a good place for all people in the community to meet and talk on an informal basis.
  - Food Banks are seen as vital to help those in need
- Gardening (66)
  - Consensus: Gardens – whether plants & flowers, etc. or vegetables, contribute substantially to the positive quality of life of neighborhoods, families and the

entire community; gardens assist with pollination, add beauty to the community, reduce soil erosion and are good exercise physically and mentally.

- Sea Level Rise (7)
  - Concerns about how sea level rise is affecting our community in areas of access, property values, storm water & drainage – and how the future will be affected.

#### **4-H YOUTH DEVELOPMENT**

- College/Career Preparedness (24)
  - Concerns: Every adult should be adequately prepared to be self-sufficient which requires education and training—not everyone needs to go to college, the trades are still necessary to communities; youth are not getting proper encouragement at home to get a good education or learn a trade to be a productive member of society – they need additional help – more than public schools can supply.
- Community Service (12)
  - Concerns that young people are no longer being taught the value of giving back to their community and the personal satisfaction that occurs from this.
- Increase STEM (9)
  - Concerns that the public school system isn't adequately preparing young people for the changing and increasingly technological world in which they will live; that they will not be able to get good jobs.
- Leadership/Character Development (14)
  - Concern that young people have few positive role models to help them learn how to be good leaders and develop useful positive character traits to cope with life; that most children from disadvantaged homes never have the opportunity to meet adults who could encourage them to be leaders.
- Youth Gardening Programs (10)
  - Concerns that urban youth spend too much time indoors on computers and have little or no idea how food is grown. Gardening would teach them many useful life skills.
- Youth Mentoring Programs (17)
  - Concerns that Portsmouth has too many young people with no positive role models in the home and few organized activities to keep them engaged and eager to learn; that there are not enough free activities to keep youth from getting into trouble.