



2025 LIFE IN HAMPTON ROADS

The 16th Annual Life in Hampton Roads Survey Report

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The Social Science Research Center at Old Dominion University

Table of Contents

Executive Summary	1
Introduction	3
Survey Demographics	3
Quality of Life	6
Employment, the Economy & Housing	12
Employment	12
The Economy	14
Housing	18
Flooding	24
Health, Caregiving, and Senior Population	33
Education & Volunteering	41
Volunteerism	48
Perceptions of Police and Experiences with Cybercrime	49
Politics and Political Opinions	57
Baseline Party Identification and Job Approval	57
The Governor's Race	60
The House of Delegates Election	65
Ethical Perceptions, Trust and Confidence of Government Officials	66

Executive Summary

The Social Science Research Center (SSRC) at Old Dominion University (ODU) has compiled the results from the 16th annual Life in Hampton Roads (LIHR) survey. The purpose of the survey was to gain insight into residents' perceptions of the quality of life in Hampton Roads. A total of 718 web-based surveys were completed between July 7 and July 24, 2025. This year the survey was conducted using a web-based approach. Over two-thirds of respondents rated the quality of life in the region as excellent or good (68.5%). This is higher than last year and is similar to pre-COVID ratings (ranging from 68% to 71% between 2017-2019).

This year's survey also focused on topics such as: economic issues and housing, flooding, health and caregiving, education and public schools, perceptions of police and cybercrime, and political issues.

- Consistent with previous years, respondents rated the quality of life in their city and their neighborhood higher than they did for the region as a whole. Over two-thirds rated the quality of life in their city as good or excellent (71.4%) and 22.2% rated their city as fair. Only 4.9% rated their city's quality of life as poor. Neighborhood ratings of quality of life remain the highest, with 77.6% rating their neighborhood as excellent or good. Only 19.3% rated their neighborhood quality of life as fair and 3% rated it as poor.
- More than half (51.3%) of residents described economic conditions in Hampton Roads as good (45.4%) or excellent (5.9%). Eighteen percent (17.8%) of residents reported their and/or their household economic situation as being better than a year ago and nearly half (47.3%) of residents reported their financial situation as being the same as a year ago. Thirty-five percent (34.9%) report it being worse than a year ago.
- Nearly half (48.7%) of Hampton Roads residents believe that housing in their neighborhood is either somewhat unaffordable (34%) or very unaffordable (14.7%) for people with a household income similar to theirs. Across Hampton Roads, 61-81% of all respondents reported moderate to major housing cost burden.
- Hampton Roads residents were asked about their perceptions of their own risks related to flooding. About half of residents reported some risk of severe flooding to their city and 22.2% believe their city is at a high risk. Nearly 40% believe there is some risk to their neighborhood with 14.4% saying theirs will be at high risk over the next 30 years.
- Respondents were asked to rate their general overall health and over half (54.3%) reported their health was good. Sixteen percent (16.2%) of Hampton Roads residents rated their health as excellent and a quarter (25.3%) said their health was fair. Respondents were also asked how

difficult or easy it was to obtain the healthcare services they needed within the past 12 months. Forty-three percent of respondents reported they had some level of difficulty. A third (30.2%) said it was moderately difficult, about 10% difficult, and 3.2% very difficult to obtain healthcare services they needed within the past 12 months.

- Residents surveyed were asked to rate the quality of their local public school system and about 10% reported their school system was excellent; another third (35.1%) reported their school system was good. However, 29% rated their local schools as fair and another 18.2% rated it as poor.
- Respondents were asked about their employment and almost half (46.5%) were employed full-time with another 13.7% being employed part-time. There were 36.4% of respondents who reported they were not currently employed. Of those unemployed respondents, 11.5% were reportedly looking for work.
- When it came to working inside or outside of the home, over half of respondents (59.3%) only work outside of the home while over a quarter (29.2%) have hybrid work arrangements. Only 10.8% of respondents work fully remote jobs.
- Respondents were asked about satisfaction with local police and nearly three quarters (70.9%) were either satisfied or very satisfied with their local police. Respondents were also asked to what extent they trust the police and over a quarter (28.3%) reported not trusting the police much (17.5%) or at all (10.8%).
- Political party affiliation among respondents continues to lean substantially toward the Democratic Party with nearly 37% of respondents reporting they generally feel closer to the Democratic Party. Approximately 24 percent identified with the Republican Party.
- Both President Donald Trump and Governor Glenn Youngkin received less than 50 percent job approval. Nearly half of respondents (47.6%) indicated they approved or strongly approved of Youngkin, while only 33.4% indicated that they approved or strongly approved of Trump.
- Survey results for the Gubernatorial and House of Delegates races closely paralleled the actual November election results. The survey indicated that Democrats would win 64% of the two-party vote for governor in the seven cities, and they won 63%. Similarly, the survey indicated that Democrats would win 66% of the two-party vote for the House of Delegates and they won 67% (according to November 10 unofficial results from the Virginia Department of Elections).

Introduction

The Social Science Research Center (SSRC) at Old Dominion University (ODU) recently completed data collection for the 16th annual Life in Hampton Roads (LIHR) survey. The 2025 Life in Hampton Roads survey was generously funded by the ODU Dragas Center for Economic Analysis and Policy. The purpose of this survey is to gain insight into residents' perceptions of the quality of life in Hampton Roads as well as other topics of local interest such as perceptions of police, politics, the economy, education, and health. A total of 718 web-based surveys were completed between July 7 and July 24, 2025. This year, unlike most previous years that employed telephone-based methods, the survey was conducted using a web-based approach. One portion of the survey sample (n=592) was obtained from Dynata which has the largest proprietary source of online sample. Dynata recruits more broadly (online coverage) into their proprietary panels than any other sample provider (for more information, please see https://www.dynata.com/wp-content/uploads/2024/05/Dynata_Esomar37-Questions_April-2024.pdf). Dynata panel participants have agreed to complete surveys in exchange for rewards or incentives. Participants include those from traditional and co-branded access panels, opt-in databases, and loyalty programs, where individuals engage in research projects and other activities like watching ads or completing marketing offers.

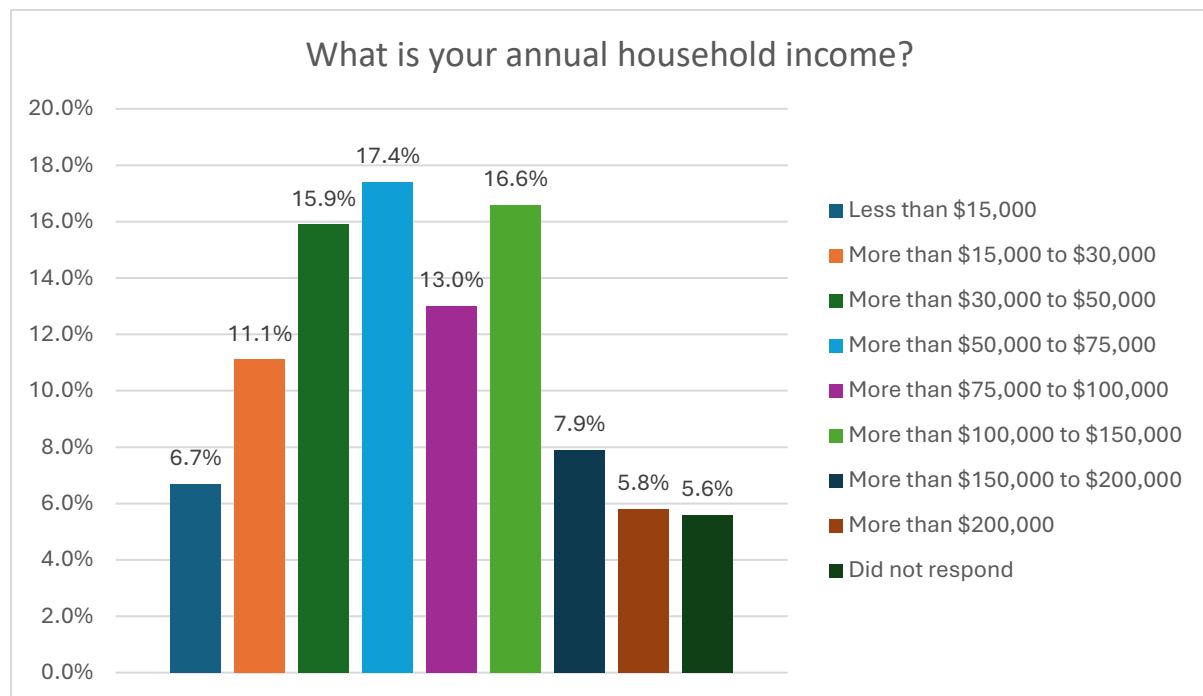
The second portion of the web-based survey sample (n=126) was completed by residents who had previously participated in a Life in Hampton Roads telephone survey and agreed to share their email addresses, allowing them to be invited to complete web-based surveys in the future. The survey data were weighted by education, gender, age, race, and Hispanic background. Changing from a telephone survey methodology to a web-based methodology limits, to some degree, the ability to compare this year's results with those from previous years, or to confidently generalize the results to the Hampton Roads population as a whole. However, some comparisons over time are provided in this year's report.

Survey Demographics

While most of the data reported here is weighted as described above, demographic data described below is unweighted to provide a description of the demographic coverage achieved by the survey. Of the 718 citizens who completed the survey, 63% were white, 26.9% were Black or African American, and 10.2% considered themselves to be another race/ethnicity. This includes 1% identifying as American Indian or Alaskan Native, 0.1% Native Hawaiian or Pacific Islander, 3.2% Asian and 3.8% multiracial. In a separate question, 4.9% of respondents indicated that they were of Hispanic/Latino origin.

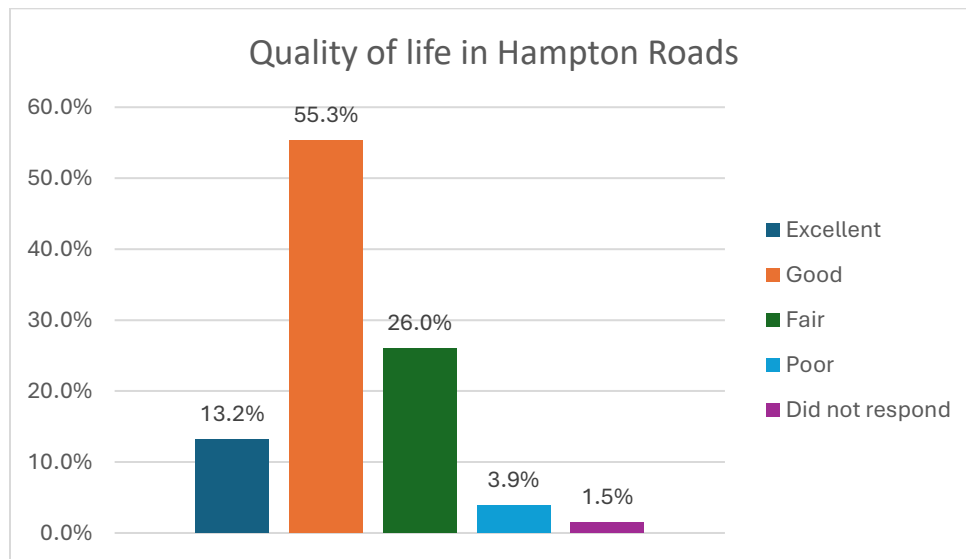
More than one-third of respondents were male (36.8%) and 62.8% were female, and the average age was 51.2 years. More than 40% (42.7%) of respondents received a high school diploma or GED, completed trade or professional school, or attended some college. An additional 43.9% of respondents completed a bachelor's or graduate degree. Forty-five percent of respondents were married and 20.9% were divorced, separated or widowed. About one-quarter of those surveyed were single and not living with a partner (24.8%) while a small portion of single people reported living with a partner (9.3%).

Race	Percentage
White	63.0%
Black/African American	26.9%
American Indian or Alaskan Native	1.0%
Asian	3.2%
Native Hawaiian or Pacific Islander	0.1%
Multiracial	3.8%
Other	2.1%
Hispanic/Latino Origin	Percentage
Yes	4.9%
No	94.3%
Did not respond	.8%
Gender	Percentage
Male	36.8%
Female	62.8%
Prefer to self-identify	0.3%
Did not respond	0.1%
Highest level of school completed	Percentage
Some grade school	0.1%
Some high school	1.4%
High school diploma/GED	16.2%
Completed trade/professional school	4.5%
Some college	22.0%
Associate degree	12.0%
Bachelor's degree	23.3%
Graduate degree	20.6%
Age	Age in years
Average age (years)	51.2
Marital Status	Percentage
Single, not living with partner	24.8%
Single, living with partner	9.3%
Married	45.0%
Divorced/separated	15.5%
Widowed	5.4%

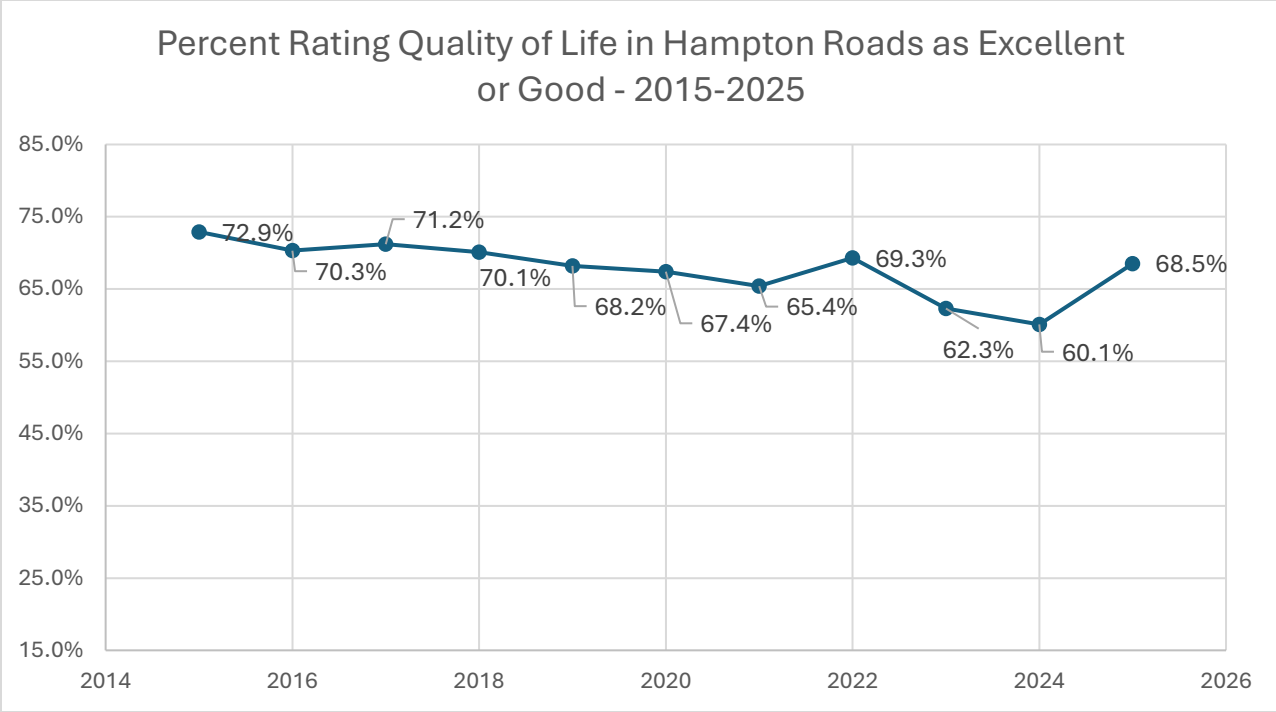


Quality of Life

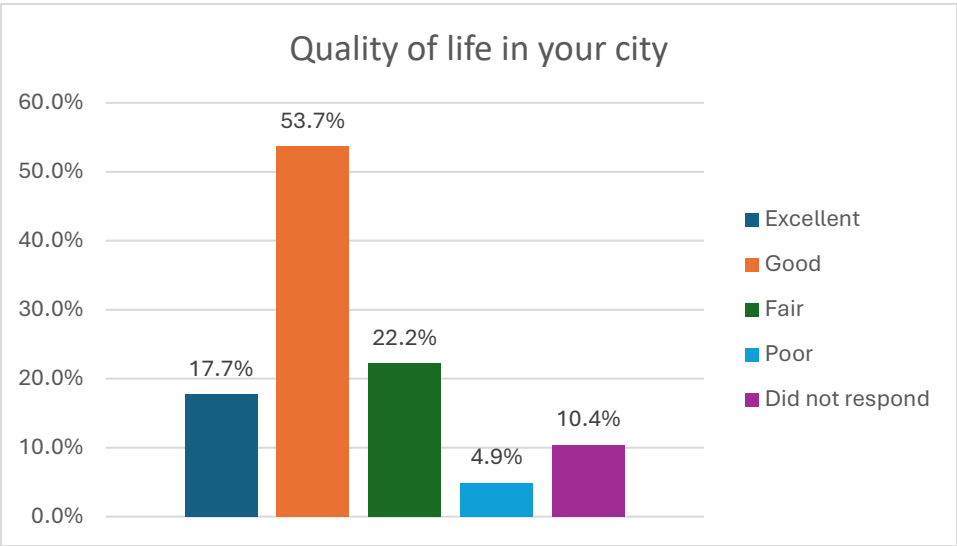
Over two thirds of respondents rated the quality of life in the region as excellent or good (68.5%). This is higher than the last few years and is similar to pre-COVID ratings (ranging from 68% to 71% between 2017-2019¹). Over a quarter rated Hampton Roads' quality of life as fair (26.0%) and 3.9% rated it as poor.



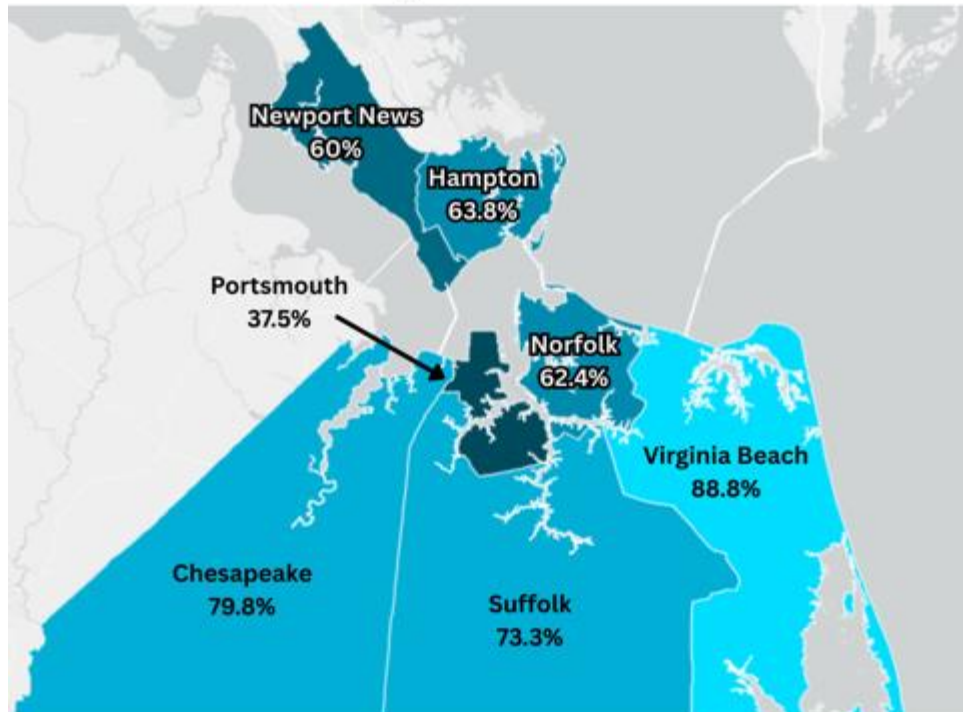
¹ It should be noted that in 2024 the weighting variables changed to include education - weighting prior to 2024 did not include education.



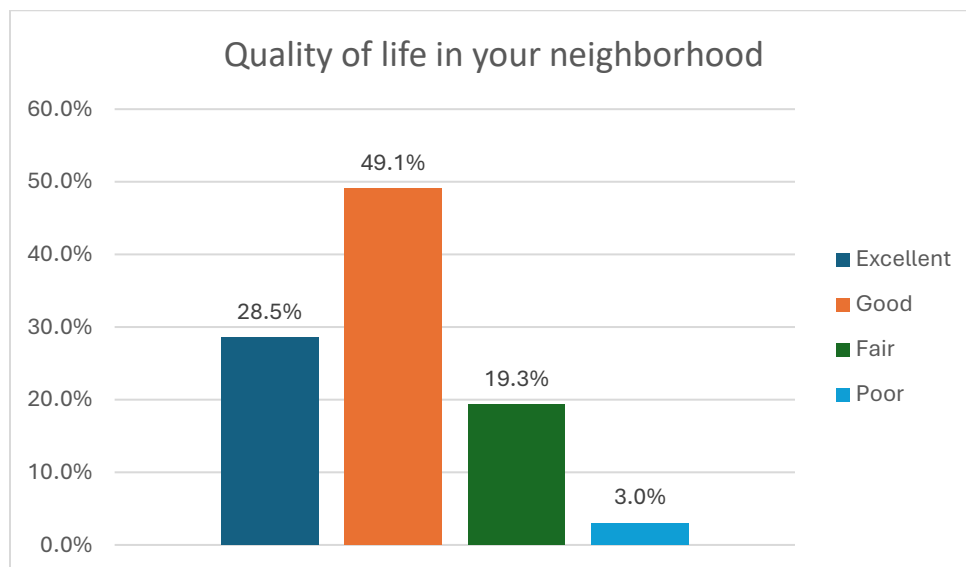
Consistent with previous years, respondents rated the quality of life in their city and their neighborhood higher than they did for the region as a whole. Over two-thirds rated the quality of life in their city as good or excellent (71.4%) and 22.2% rated the quality of their city as fair. Only 4.9% rated their city’s quality of life as poor. As in past years, the quality of life ratings vary by city with 88.8% of Virginia Beach respondents rating their city as excellent or good, as did 79.8% of respondents from Chesapeake and 73.3% of respondents from Suffolk. About 60% of respondents from Norfolk, Newport News, and Hampton also rated their city quality of life as excellent or good. Portsmouth had the lowest percentage of excellent or good ratings at 37.5%.



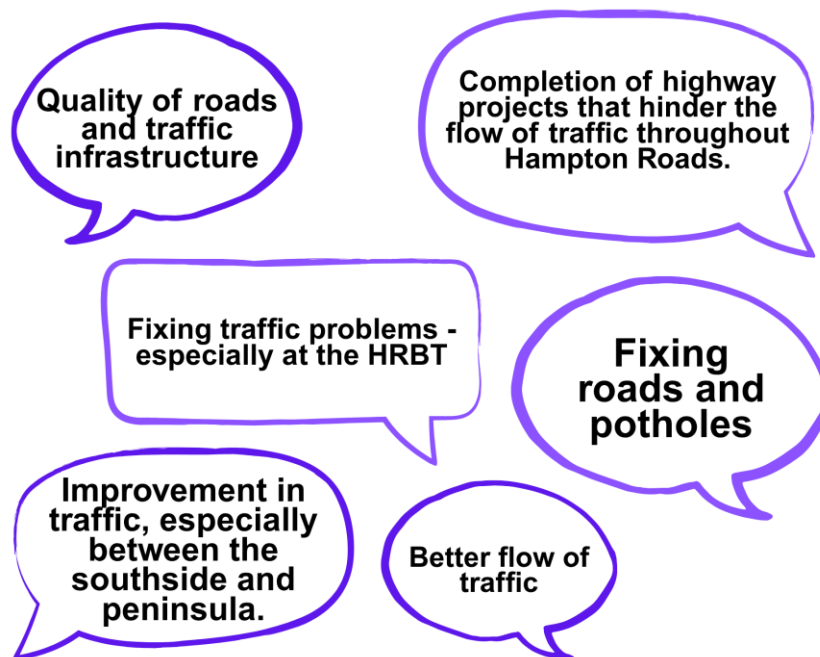
% of Respondents Rating the Quality of Life in their City as Good or Excellent



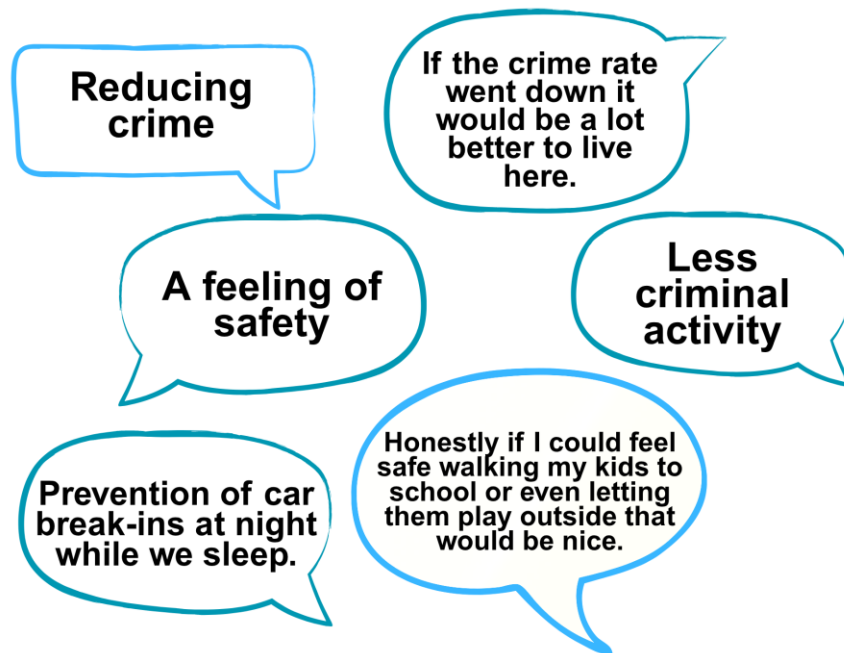
Quality of life ratings in neighborhoods were the highest, with 77.6% rating their neighborhood as excellent or good. Only 19.3% rated their neighborhood quality of life as fair and 3% rated it as poor.



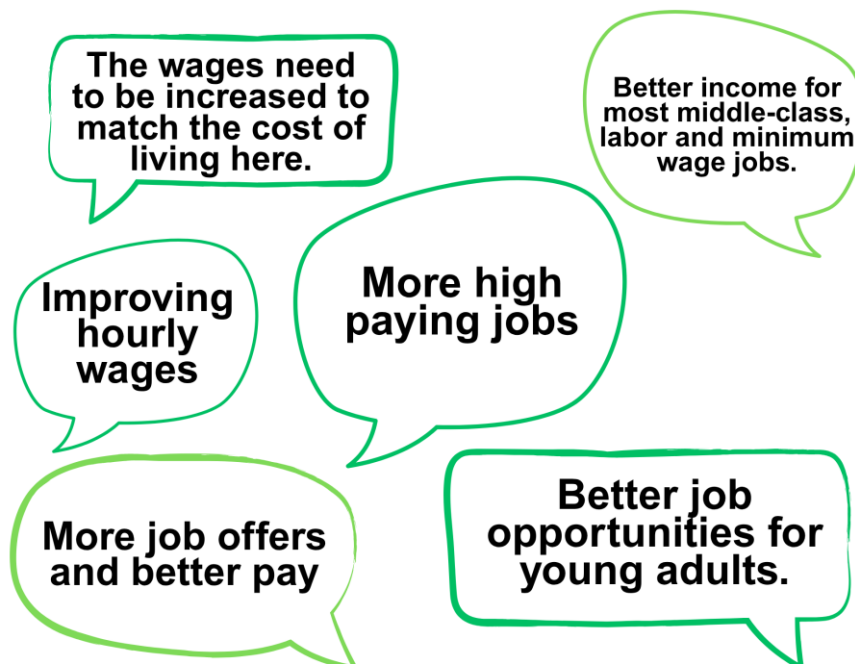
After providing their quality of life ratings, respondents were asked a follow-up question: *What is the one thing that would most improve the quality of life in Hampton Roads?* The responses were reviewed and coded to identify major themes. The most frequent theme among the responses was improving roads, completing road infrastructure projects, as well as improving traffic. Some example responses are noted below:



The second most frequent theme observed in the responses was the need to lower crime and to increase safety. Respondents said:



Respondents also answered that there was a need for better paying jobs as well as more job opportunities in the region, with many stating:



Similar to the responses from last year's Life in Hampton Roads survey, affordable housing was also frequently mentioned as a way to improve the quality of life in the region. Respondents shared:



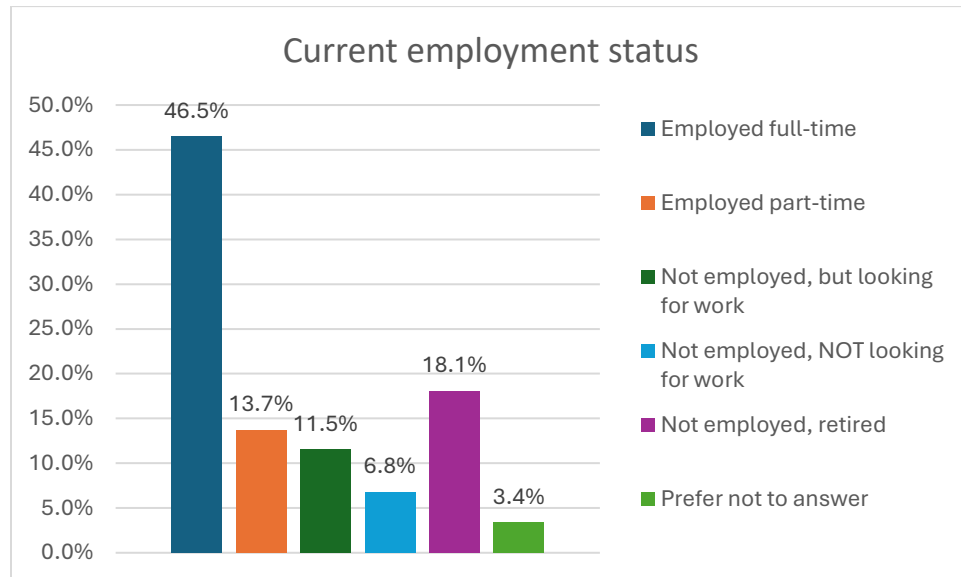
Respondents mentioned other ways to improve quality of life in the region including addressing homelessness, public transportation, gun control and violence, fewer and lower taxes, and more/varied activities and events in the region



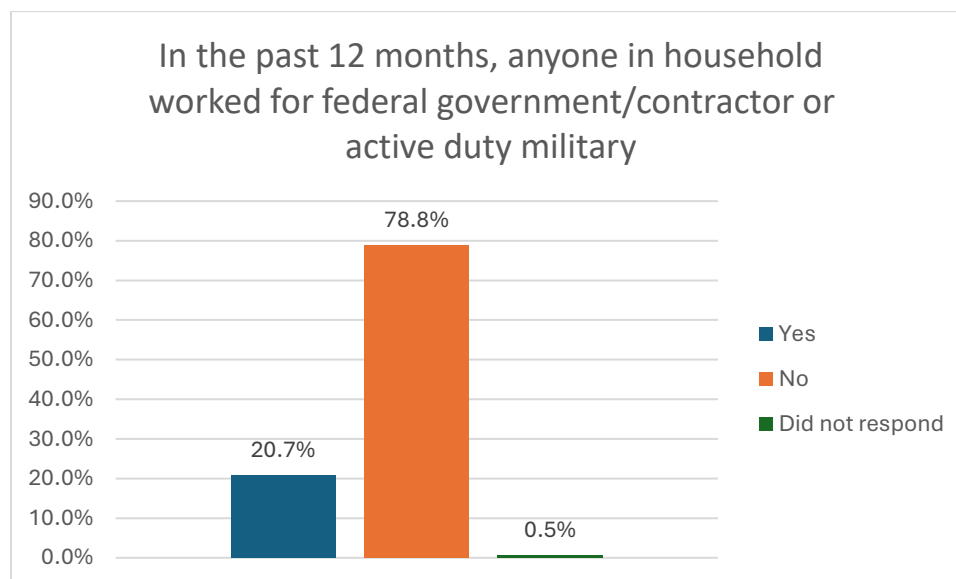
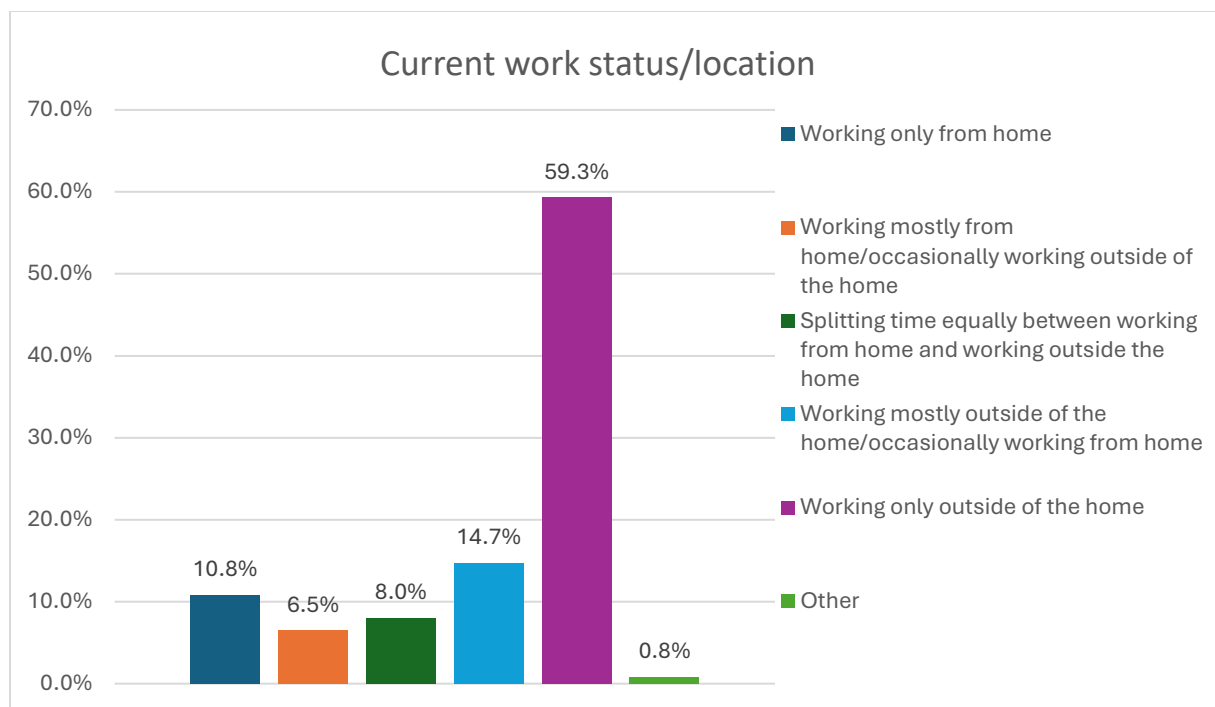
Employment, the Economy & Housing

Employment

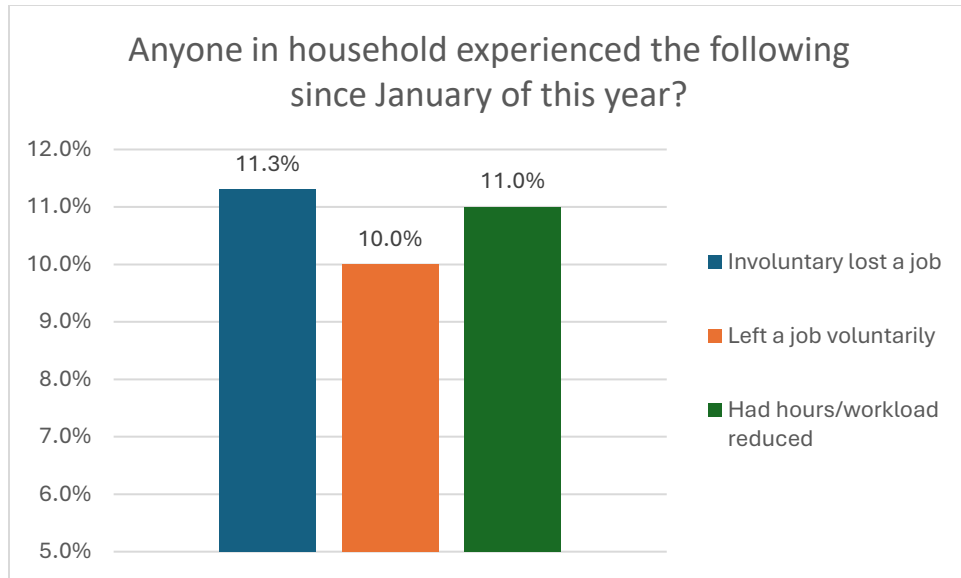
Almost half (46.5%) of respondents reported that they were employed full-time and another 13.7% were employed part-time. Of the 36.4% of respondents who were not currently employed, 11.5% reported looking for work, while 18.1% reported being retired, and another 6.8% were not looking for work.



When asked whether they worked in or outside of the home, the majority of respondents (59.3%) reported only working outside of the home while 29.2% reported hybrid arrangements. About 15% spent most of their working time outside of the home with some remote work, 8% had an equal split, and 6.5% were mostly remote with some work outside of the home. Only 10.8% of respondents work fully remote jobs. About one in five respondents (20.7%) reported that they or someone in their household was employed by the federal government, as a federal contractor or active-duty military in the past 12 months.



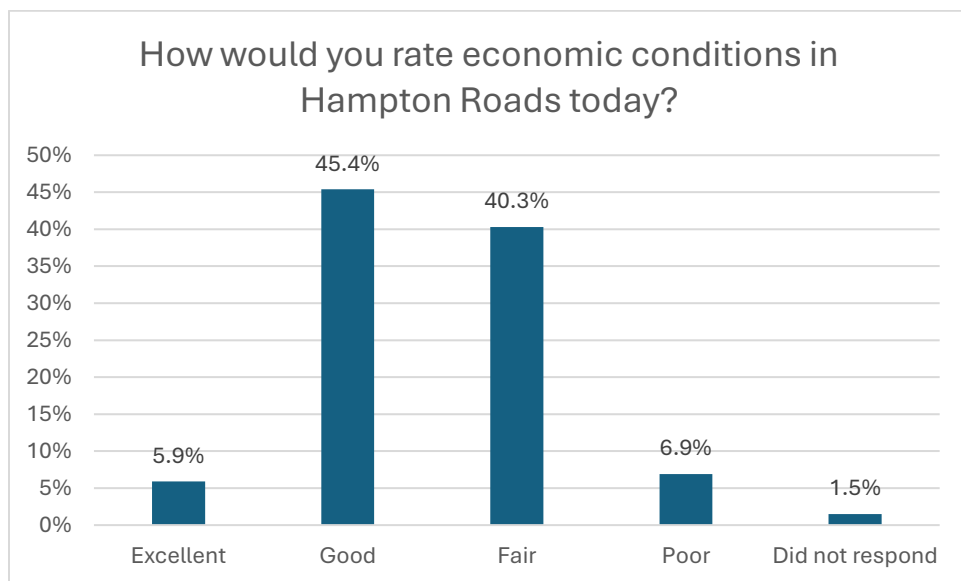
When asking about employment changes, 11.3% of respondents reported that someone in their household had *involuntarily* lost a job, while 10% reported that someone in the household had *voluntarily* left a job and 11% reported that someone in their household had their working hours or workload reduced.



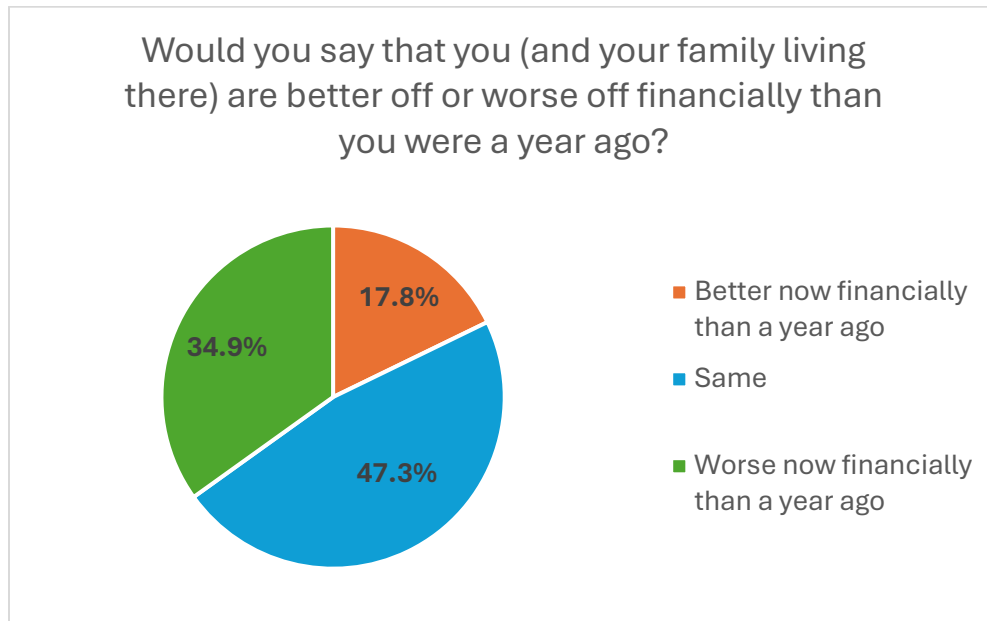
When asked about their current level of burnout at their job based on a scale of 0 to 10, 7.7% reported that they were completely burned out (10/10), while 14.7% reported not being burned out at all (0/10). The average rating was 4.6 out of 10 and 42.9% of respondents reported a score of 6 or higher.

The Economy

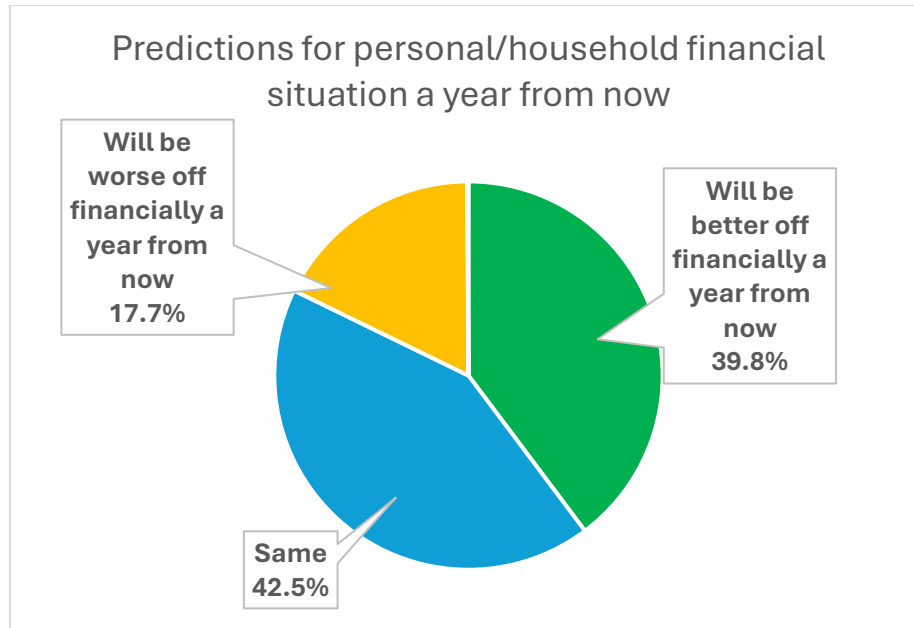
As with quality of life, Hampton Roads residents were asked to rate the economic conditions in the region as well. When asked about the general economic conditions in the Hampton Roads region, more than half (51.3%) would describe them as good (45.4%) or excellent (5.9%), whereas 40.3% described economic conditions as fair, and 6.9% described them as poor.



Residents were then asked about their personal financial situation, and/or that of their household, as to whether it's worse, better, or the same as one year ago. Almost half (47.3%) report their situation to be the same as one year ago, whereas 17.8% report their economic situation being better, and 34.9% report it being worse than one year ago.

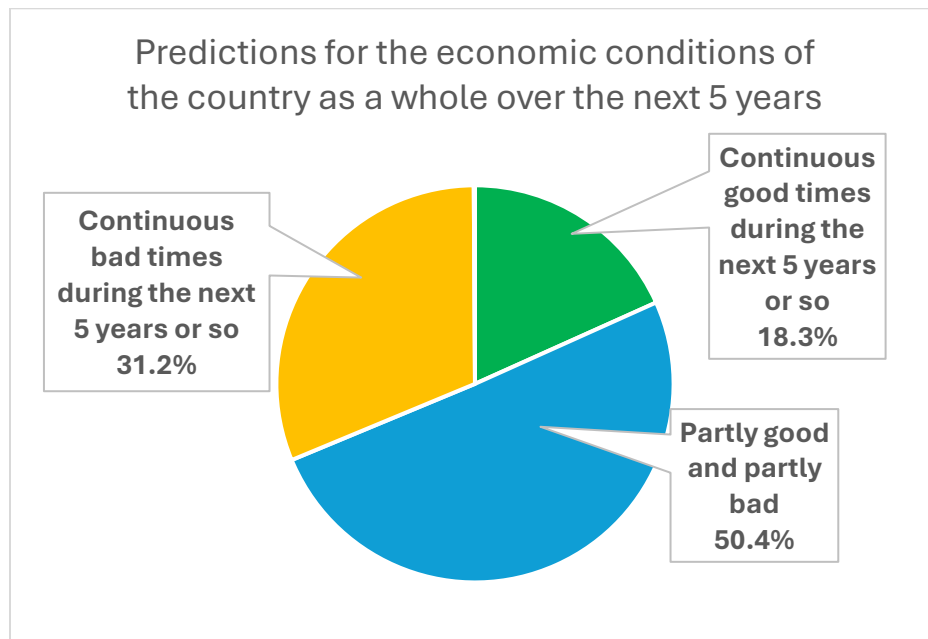
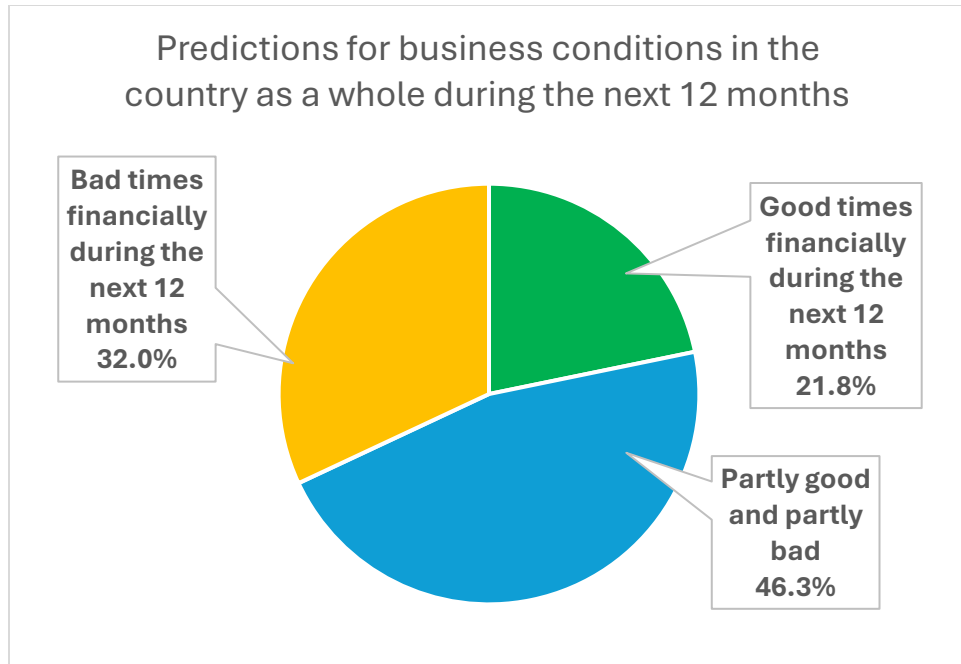


Residents were again asked about their personal/household financial situation but instead asked to look to the future. They were asked to predict whether they would be financially better or worse off in a year, or the same. Most believed their situation will be the same in one year (42.5%), whereas 17.7% believe they will be worse off, and 39.8% believe they will be better off in one year.

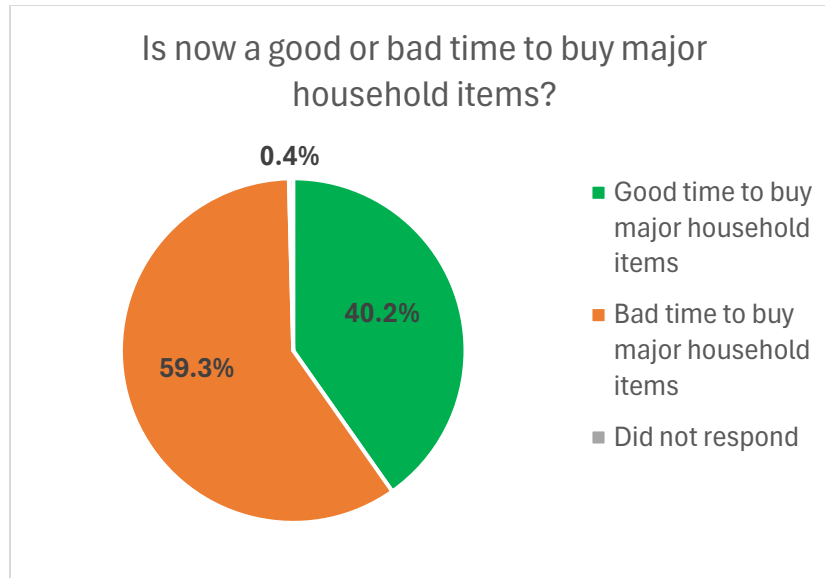


To further understand residents' outlooks on the economy and how they see it developing in the near future, respondents were asked to predict how business conditions in the country as a whole will be over the next year, whether good, bad, or a mix. Close to half (46.3%) believed that there would be a combination of good and bad business conditions over the next 12 months and about one-third (32%) believed that business conditions will be bad, while 21.8% believe business conditions will be good.

When asked to make a prediction for the economic conditions of the country as a whole over the next five (5) years or so, the answers were similar, with 50.4% predicting that there would be some good times and some bad times over the next 5 years, 31.2% predicting continuous bad times such as unemployment and economic depression, and 18.3% predicting continuous good times over the next five years.

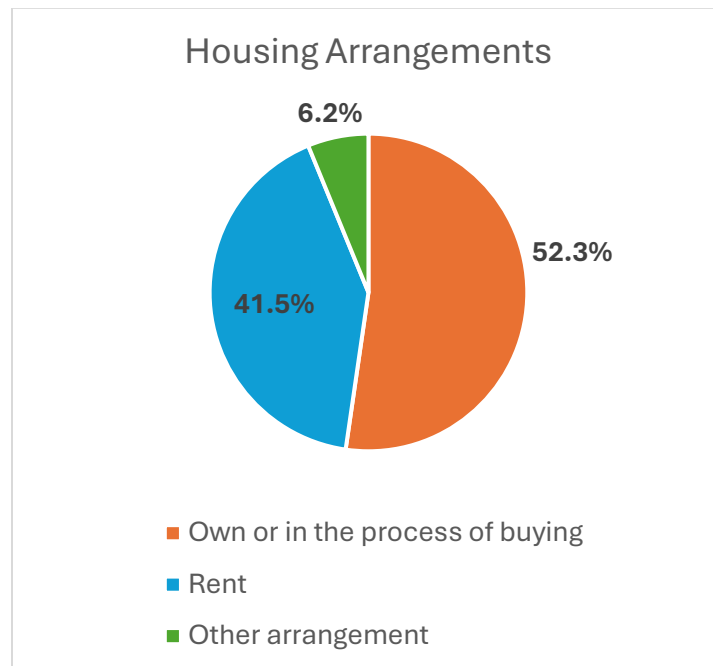


Bringing the questions back to the present, 59.3% indicated that now is a bad time to make major household purchases such as appliances or furniture, while 40.2% believe that now is a good time for purchasing these items.



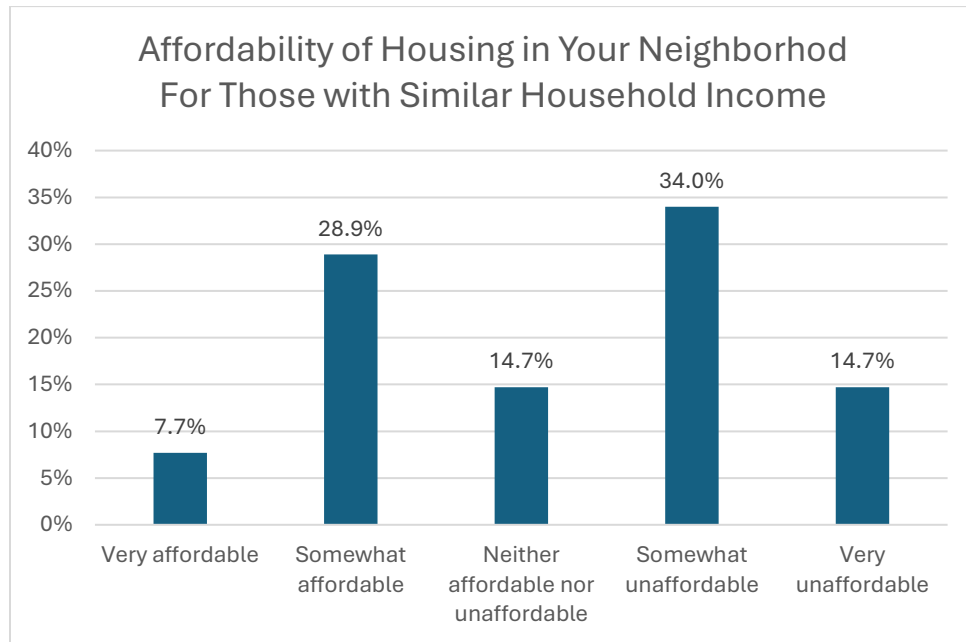
Housing

Residents were asked about their current housing arrangements and 52.3% reported owning their home or being in the process of buying a home of their own. More than 41% reported renting their home, and 6.2% reported another type of arrangement which may include arrangements such as staying with family.

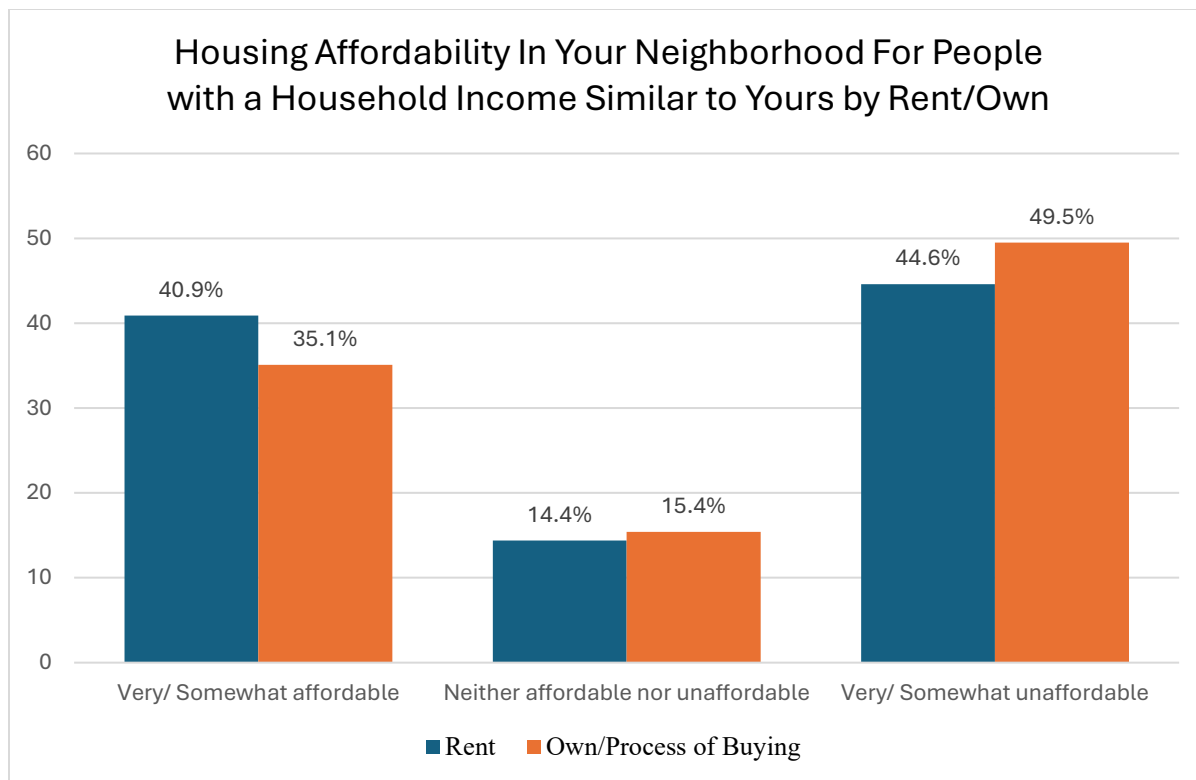


Affordable housing has been a major concern for residents of Hampton Roads in recent years, and this is reflected in the fact that almost half of residents (48.7%) believe that housing in their neighborhood is either somewhat unaffordable (34%) or very unaffordable (14.7%) for people with a household income

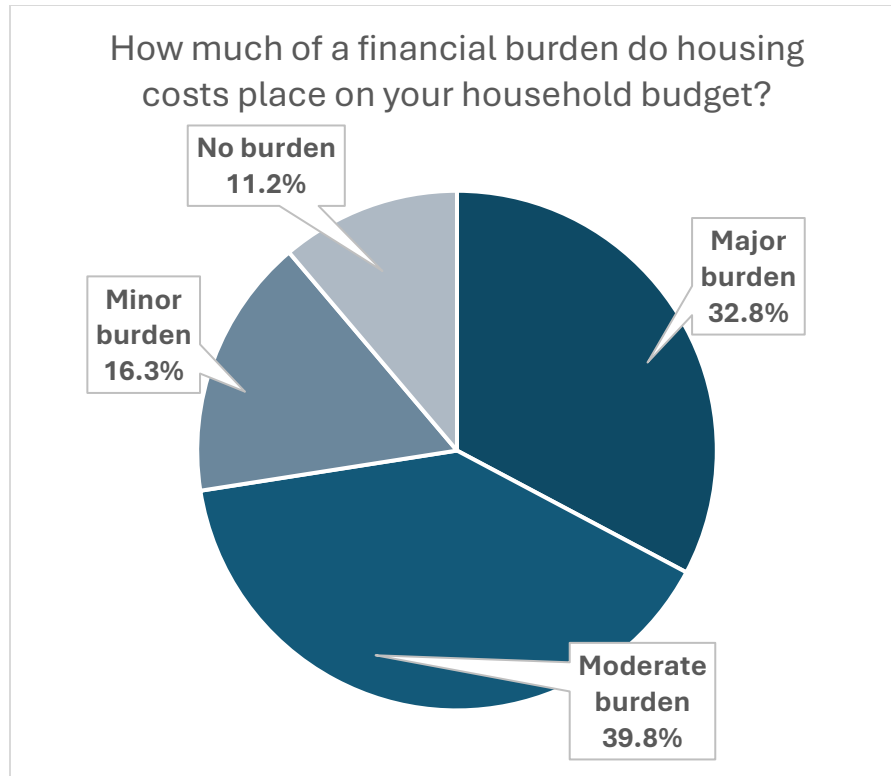
similar to theirs. Only about a third of residents (36.6%) consider their neighborhood to be somewhat affordable (28.9%) or very affordable (7.7%), while another 14.7% felt that their neighborhood was neither affordable nor unaffordable.



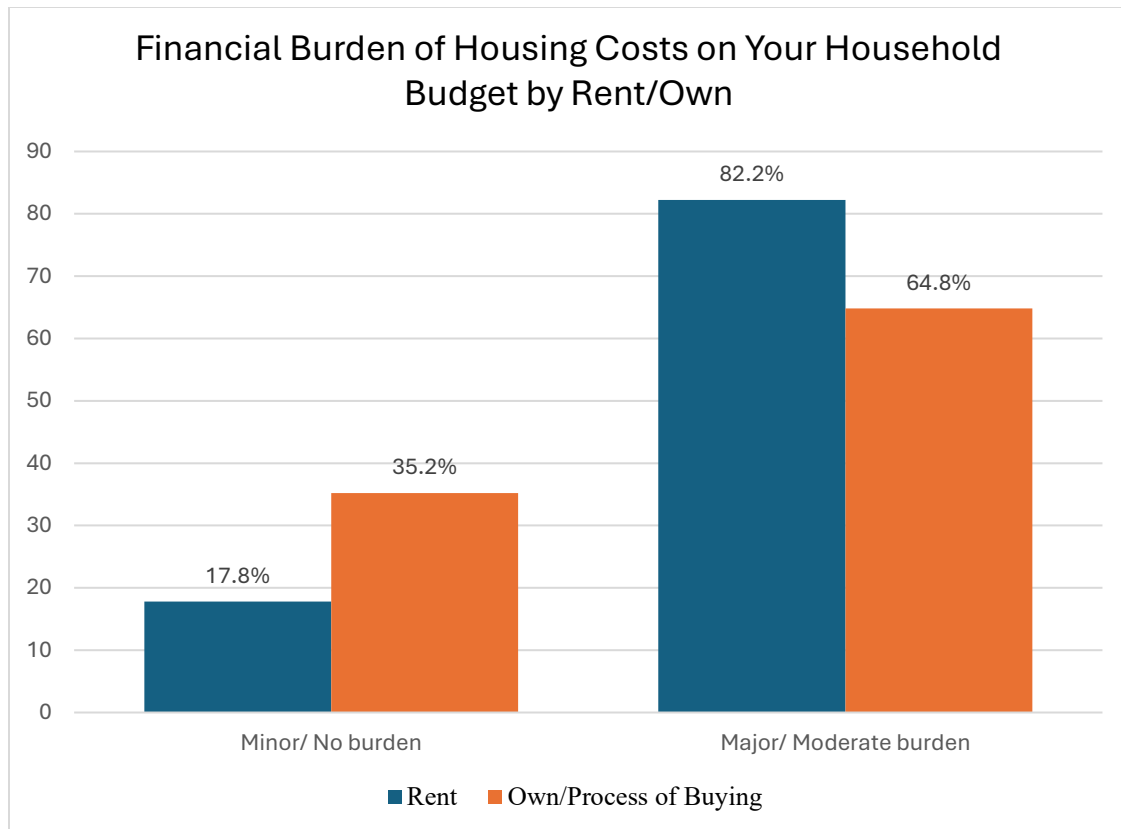
Generally, renters are more likely to report that housing in their neighborhood is affordable than those that own their home or are in the process of buying a home. About 41% (40.9%) of renters feel housing in their neighborhood to be somewhat or very affordable for those with a household income similar to theirs compared to only 35% (35.1%) of those who own or are in the process of buying their home. About 15% of both renters (14.4%) and homeowners (15.4%) feel housing in their neighborhood is neither affordable nor unaffordable.



Residents were also asked how much of a burden housing costs (e.g., rent or mortgage) place on their household budget. The largest proportion of respondents indicated that these types of costs place a moderate burden on their budget (39.8%), while nearly a third (32.8%) indicated that these are a major burden. Only 11.2% felt that these costs were no burden at all, while 16.3% indicated that housing costs are a minor burden.

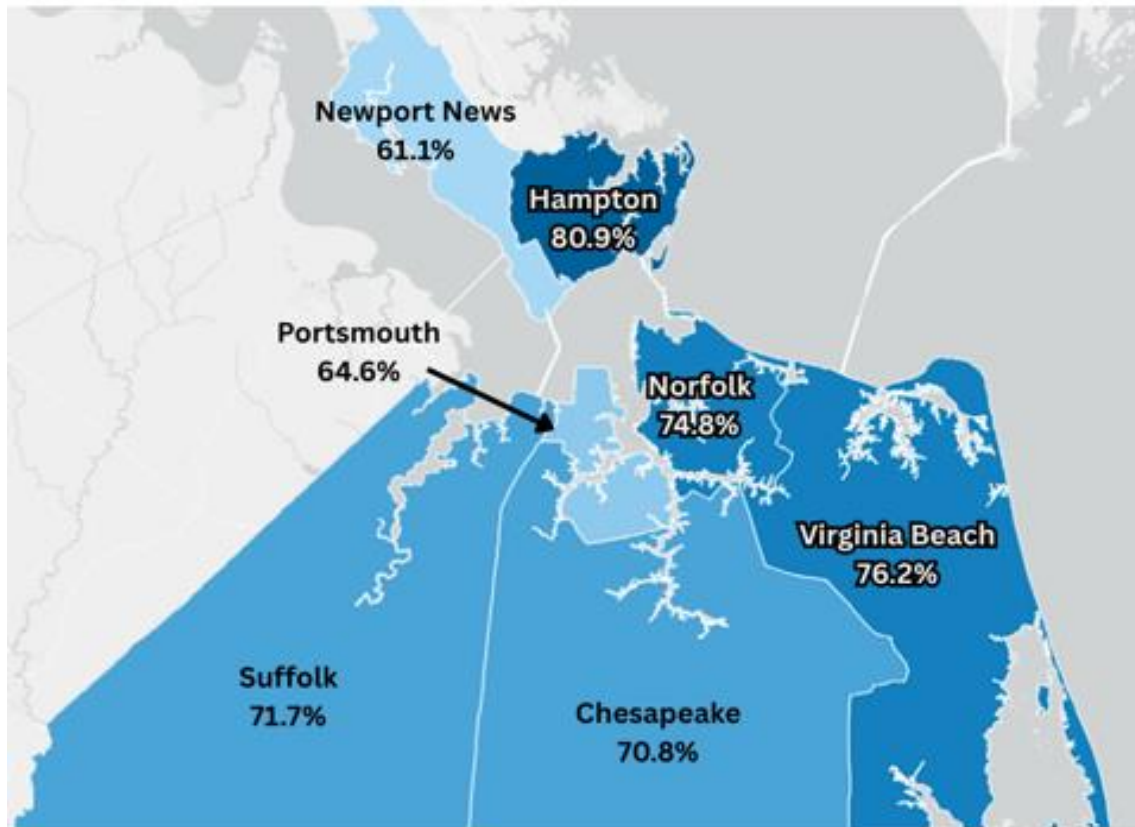


Over 80% (82.2%) of renters feel as if housing costs place a moderate to major burden on their household budget. Notably, only about 65% (64.8%) of those who own their home or are in the process of buying a home feel the same. Less than 20% (17.8%) of renters feel as if housing costs place only a minor to no burden on their household budget, whereas more than one-third (35.2%) of homeowners or those in the process of buying feel the same.



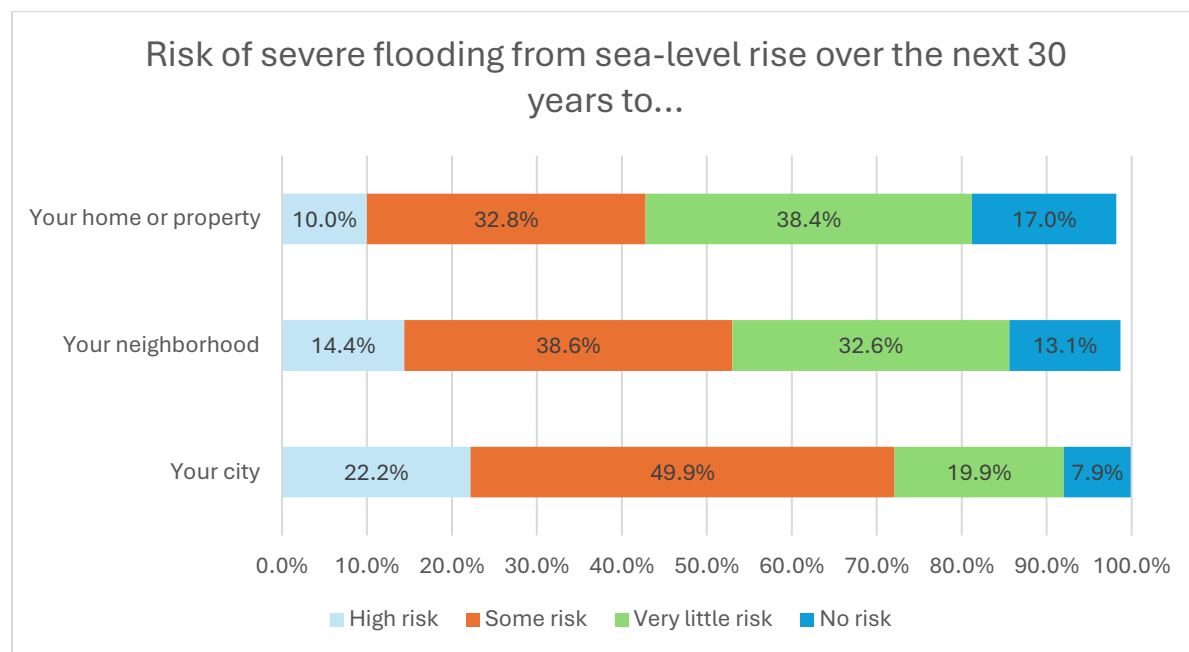
Across Hampton Roads, 61-81% of all respondents reported moderate to major housing cost burden. Hampton has the highest share of respondents reporting moderate to major housing cost burden in Hampton Roads, with 80.9% responding this way. Newport News residents reported the lowest percentage of housing cost burden with 61.1% followed by Portsmouth (64.6%). About three-quarters of Norfolk (74.8%) and Virginia Beach (76.2%) residents report moderate to major housing cost burden as did 71.7% of respondents from Suffolk and 70.8% from Chesapeake.

% of Respondents Reporting Having Moderate/Major Housing Burden



Flooding

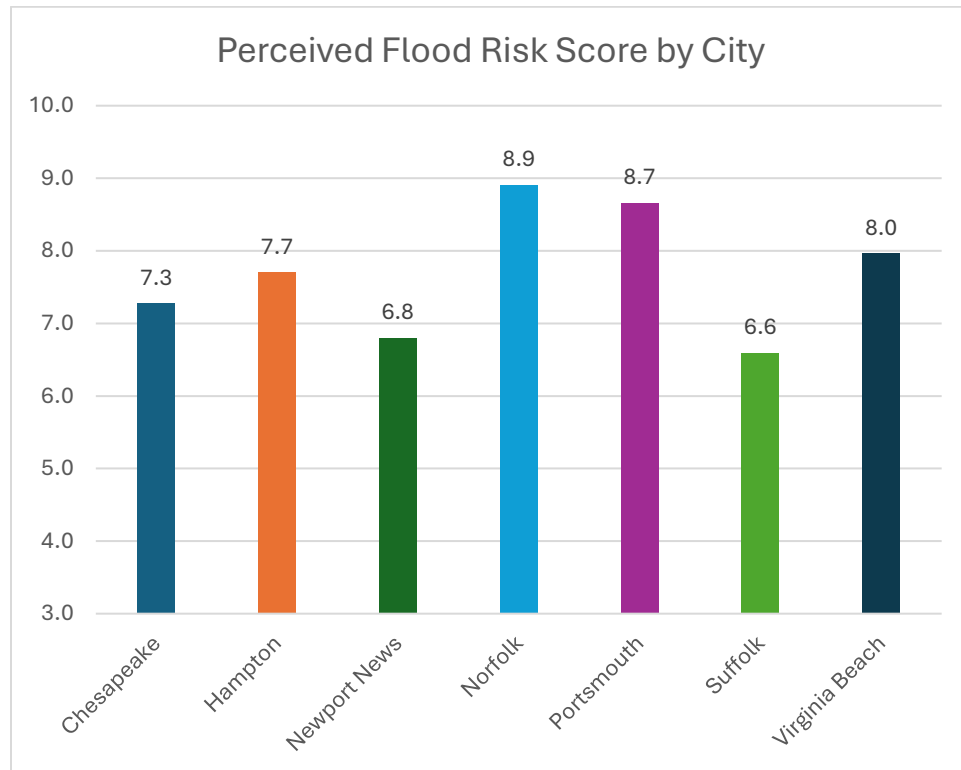
Many of the coastal cities of Hampton Roads are dealing with both sea level rise and land subsidence which increase the risk of flooding and impact the lives and daily routines of residents. Respondents were asked to describe the risk to their city, neighborhood, and home/property due to severe flooding from sea level rise over the next 30 years. Nearly half of residents surveyed reported some risk of severe flooding to their city and 22.2% believe their city is at a high risk. Regarding flooding in their neighborhood over the next 30 years, 38.6% of residents believe there is some risk and 14.4% believe their neighborhood will be at high risk in the future. Residents were also asked about the risk of flooding to their home/property and 32.8% believe their home/property has some risk for severe flooding and 10% of residents believe their home/property is at a high risk of severe flooding over the next 30 years.



The risk of serious flooding and the resulting impacts can vary across the Hampton Roads area, and the perceptions of residents regarding that risk can vary considerably as well. We computed a composite scale based on the three flooding risk items, measuring overall risk of severe flooding to one's city, neighborhood and residents own home or property². Overall, levels of perceived risk vary significantly across cities with Norfolk and Portsmouth residents reporting the highest level of overall risk (8.9 and

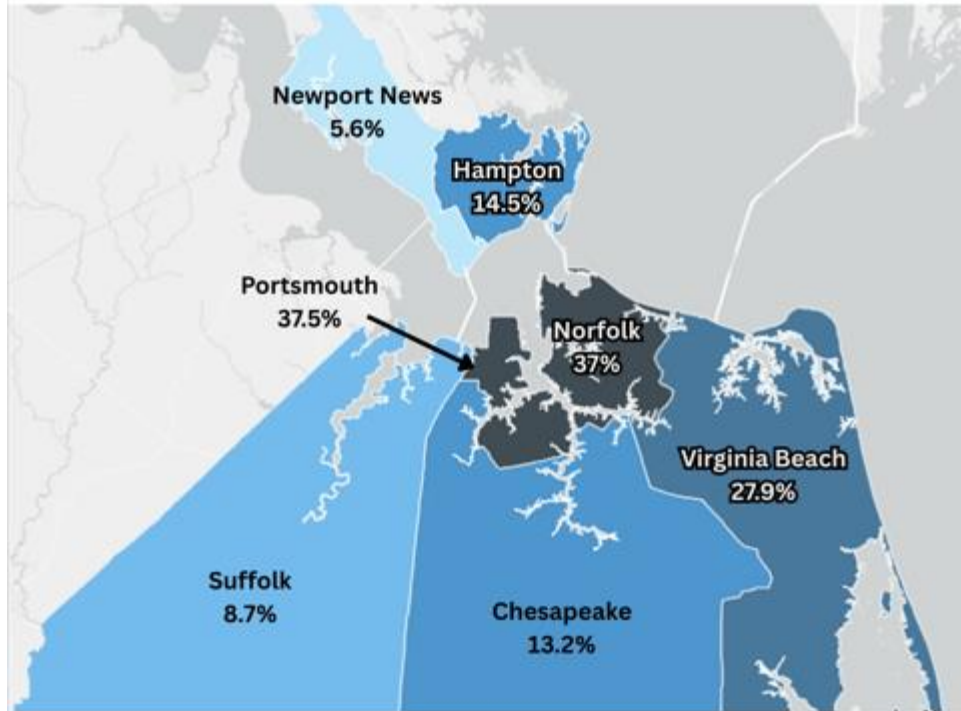
² The three items were highly inter-correlated and formed a reliable scale (Cronbach's alpha = .851) measuring overall projected risk of severe flooding due to sea level rise. The scale ranges from three (reporting no risk to all three questions) to 12 reporting high risk to all three questions. The average or mean score was 7.8.

8.7), followed by Virginia Beach (8.0). Chesapeake and Hampton had midrange scores of 7.3 and 7.7, while Newport News and Suffolk residents reported a lower level of potential risk in their cities under 7.0 (6.8 and 6.6, respectively).

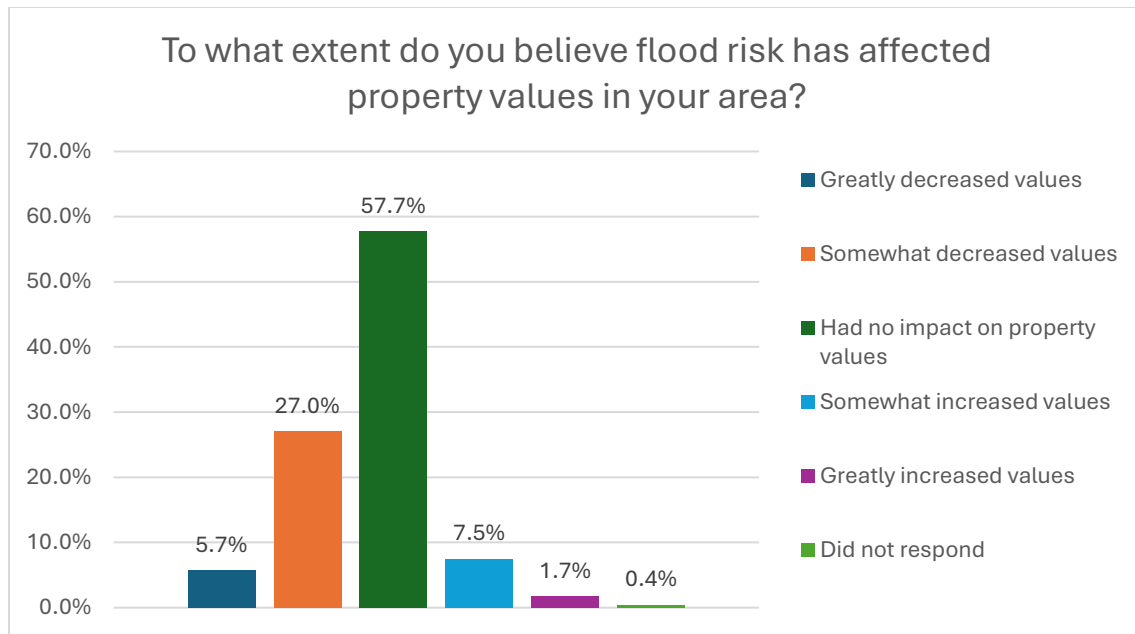


The figure below shows city variation in residents who think their city is at “high risk” for severe flooding in the next 30 years. Well over a third of Norfolk and Portsmouth residents (37%) and more than a quarter of Virginia Beach residents (27.9%) reported a high risk of severe flooding in the next 30 years. About 13-14% of Chesapeake and Hampton residents project a high risk of severe flooding, while less than 10 percent of Newport News and Suffolk respondents rate their city’s flood risk as high (5.6 and 8.7%, respectively).

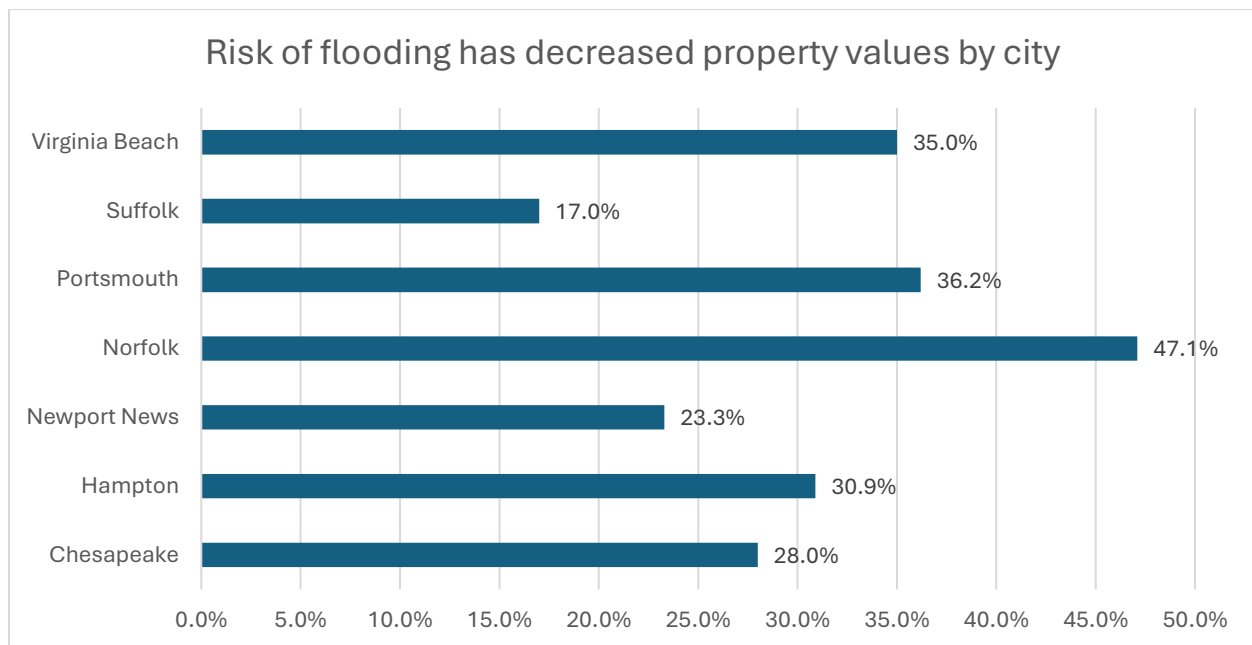
% of Respondents Expecting High Risk of Severe Flooding in Their City in the Next 30 Years



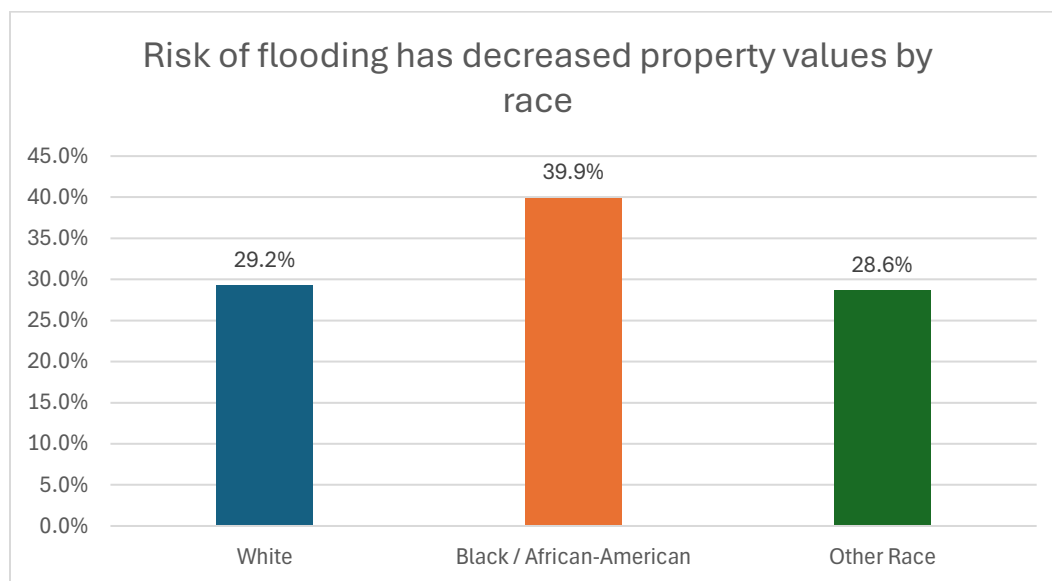
Hampton Roads residents were also asked about the effects of flood risk on property values in their area. Over half of respondents (57.7%) reported that the flood risk has had no impact on property values. More than a quarter of respondents (27%) reported a somewhat decrease in property values in their area and 5.7% reported greatly decreased values in their area.



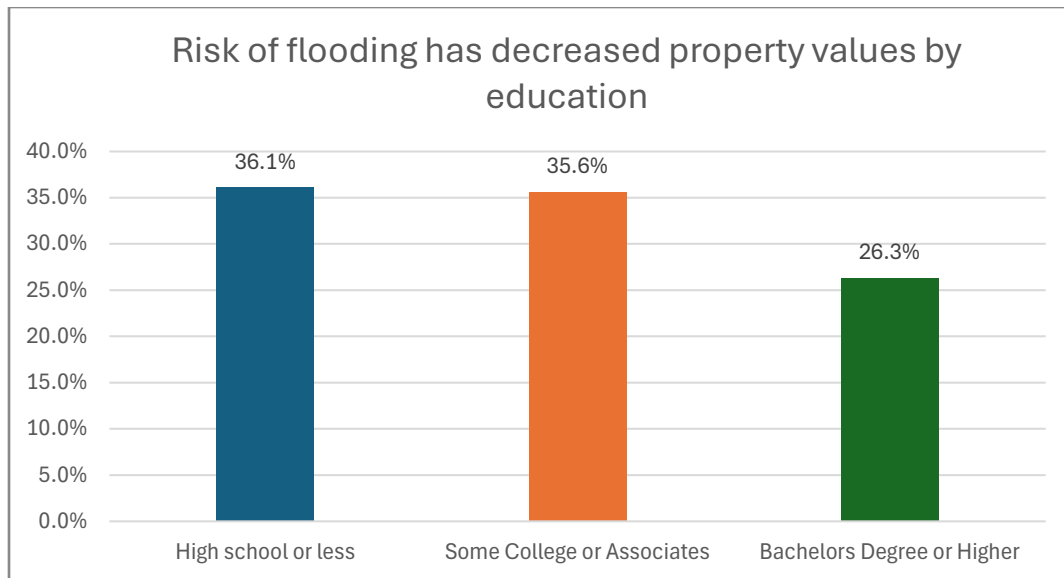
Looking more closely at the survey item asking if flood risk has affected property values in one's area, we find that responses to this question varied significantly across cities and several demographic variables. As shown in the figure below, there is significant variation across cities in the belief that the risk of flooding had somewhat or greatly decreased property values. Nearly half (47.1%) of the residents of Norfolk believe that flooding has decreased property values in their area. A little over a third of Portsmouth (36.2%) and Virginia Beach residents (35%) believed that flooding has had a negative effect on property values, while just over 30% of Hampton residents reported this. Nearly a quarter of Newport News residents (23.2%) felt that the risk of flooding had decreased property values while only 17% of Suffolk residents felt this way.



At nearly 40%, African Americans are significantly more likely than whites (29.2%) or those describing themselves otherwise (28.6%) to believe that flooding risk has decreased property values in the area where they live.

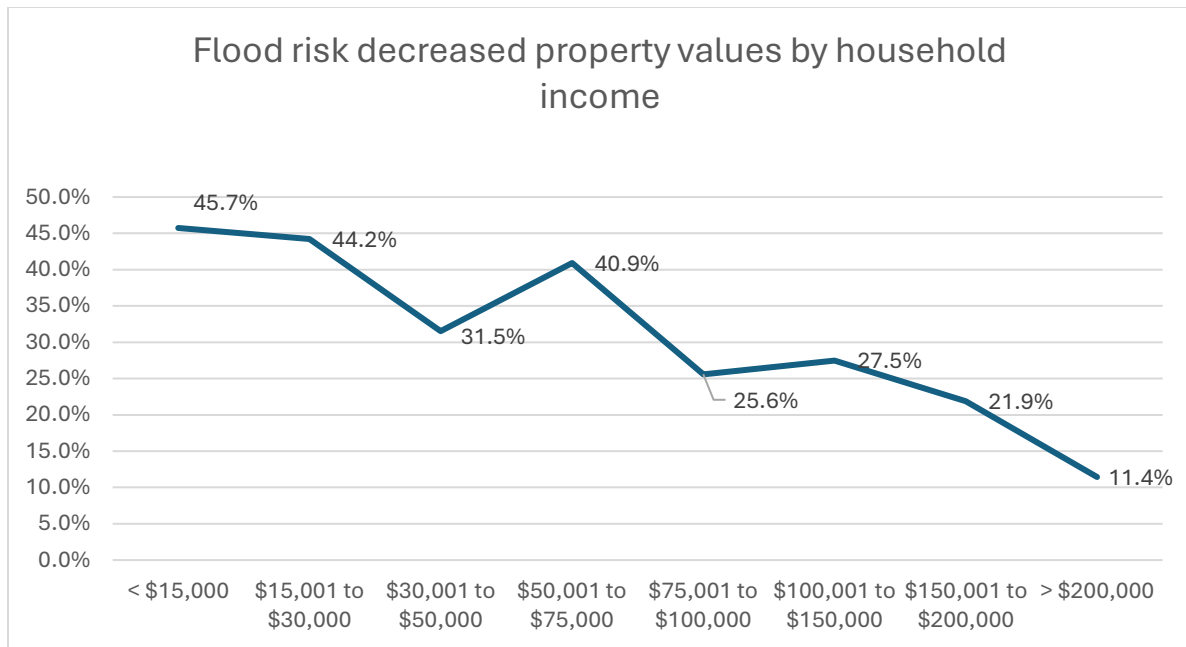


The most highly educated respondents were less likely to think the risk of flooding has decreased property values in their area than those with less education. Just over a quarter (26.3%) of respondents with Bachelor's degrees or higher reported that the risk of flooding has greatly or somewhat decreased property values where they reside, while more than a third of those respondents with a high school degree or less (36.1%) responded this way, as did those with some college or an Associate's degree (35.6%).

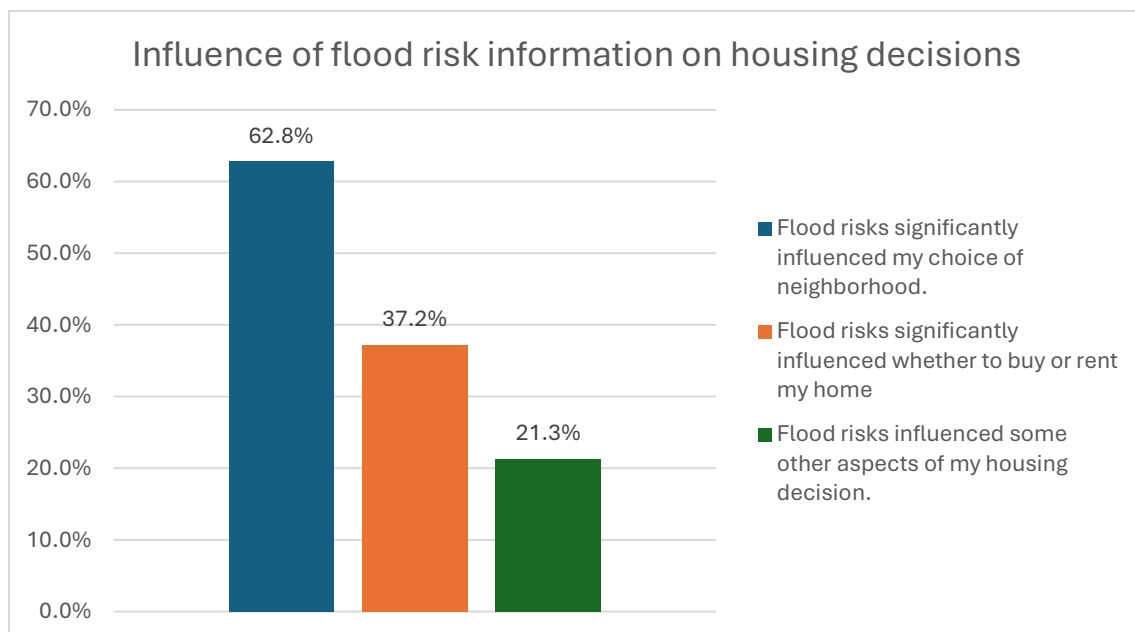
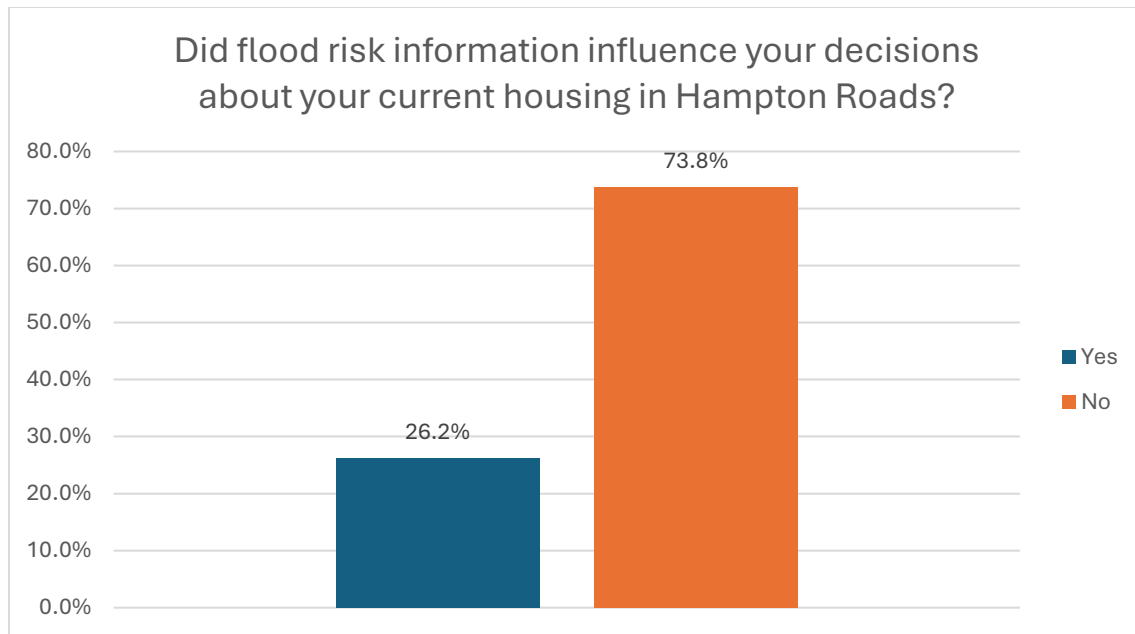


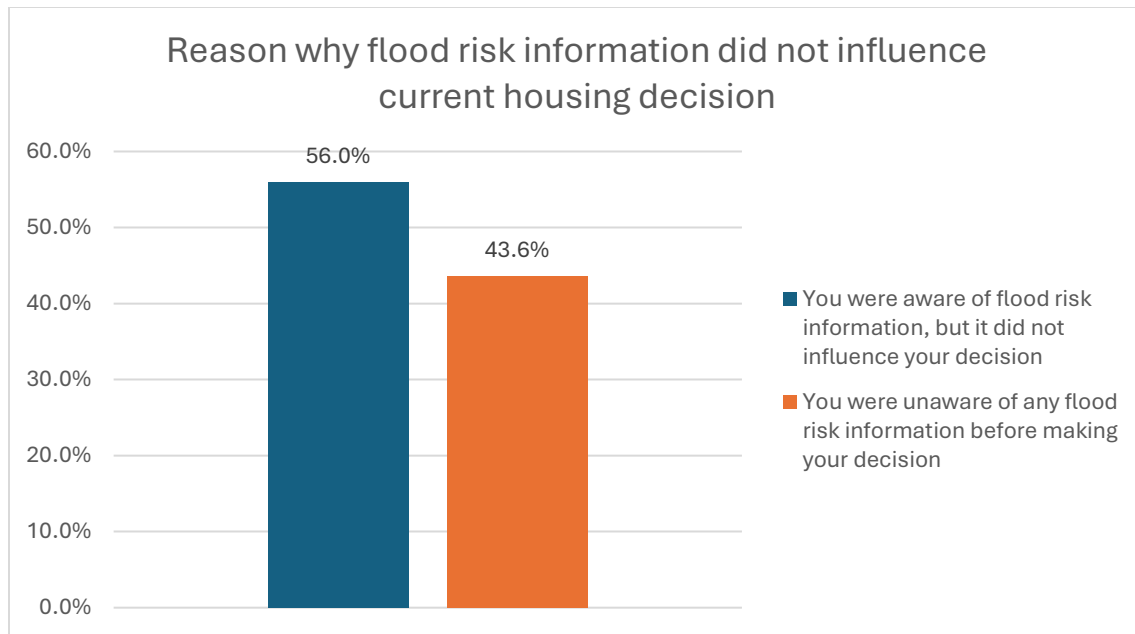
We find that the respondents with lower household incomes also report decreased property values in their area due to risks of flooding. As can be seen in the figure below, about 45% of the respondents reporting less than \$15,000 or between \$15,000 and \$30,000 in household income (45.7% and 44.2%, respectively) believe that the risk of flooding has somewhat or greatly decreased property values where they live. This percentage drops significantly as self-reported household incomes increase, to 11.4% of those who report household incomes greater than \$200,000. These results, which indicate that African Americans as well as persons with less education and wealth are more greatly affected by flood risk, have been found elsewhere³. Although the relationship can be complex, these data show that lower socioeconomic status is related to vulnerabilities due to flooding.

³ See for example, *The unequal impacts of flooding - Headwaters Economics*: <https://headwaterseconomics.org/natural-hazards/unequal-impacts-of-flooding/>



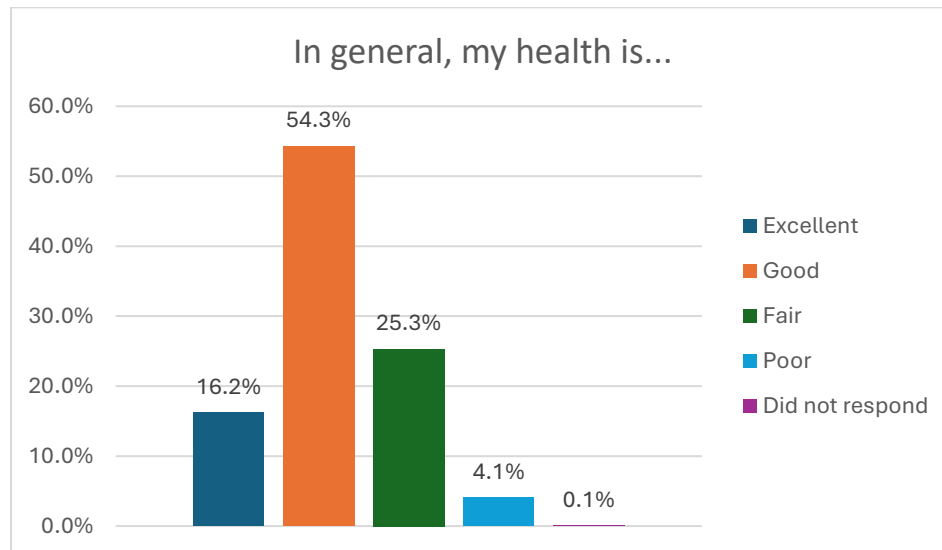
Residents were asked if flood risk information influenced their decisions about their current housing in Hampton Roads and the majority of residents (73.8%) said the flood risk information did not influence their decisions. Of the respondents who indicated they were influenced by the flood risk information, 62.8% believe flood risks significantly influenced their choice of neighborhood, 37.2% were significantly influenced whether to buy or rent their home and 21.3% reported that flood risks influenced some other aspects of their housing decision. Of those respondents who reported they were not influenced by flood risk information, 56% said they were aware of flood risk information, but that information did not influence their current housing decision and 43.6% were unaware of any flood risk information before making a decision about their current housing.



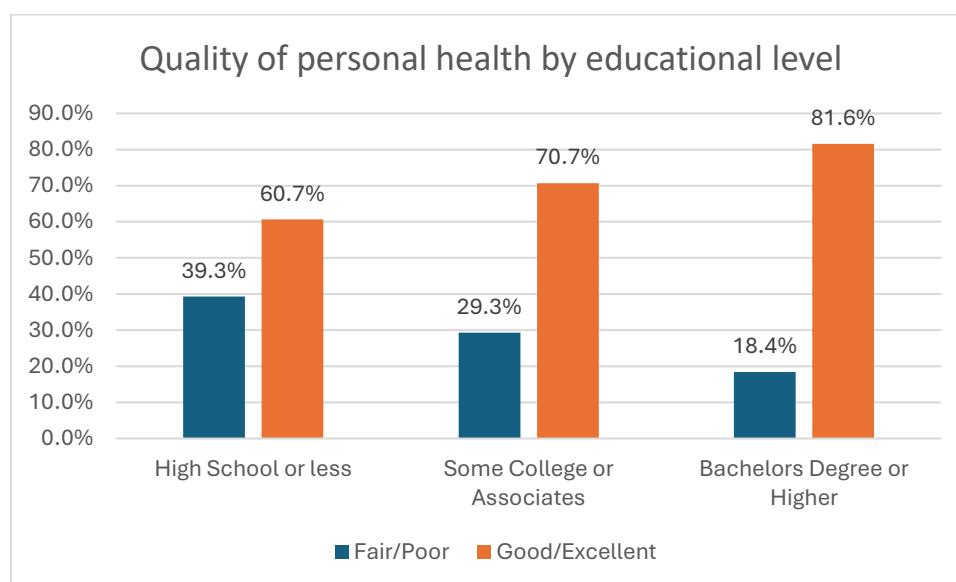


Health, Caregiving, and Senior Population

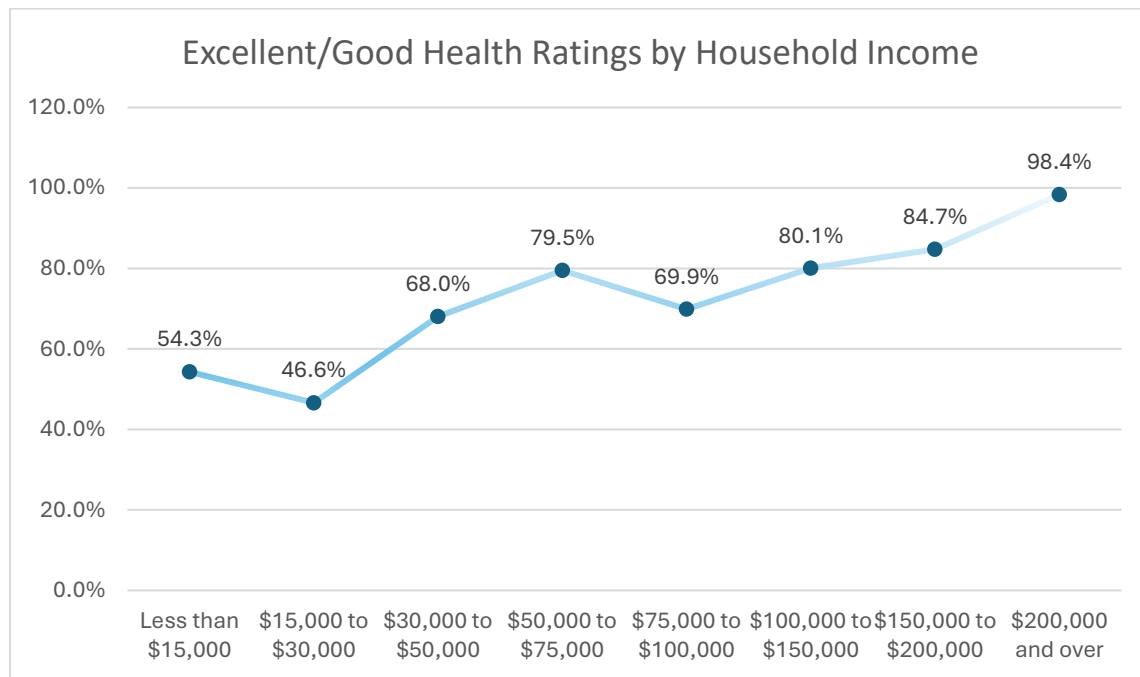
More than two-thirds of respondents (70.5%) rated the quality of their own health as excellent (16.2%) or good (54.3%). A quarter of residents (25.3%) rated their health as fair and only 4% of respondents rated their health as poor.



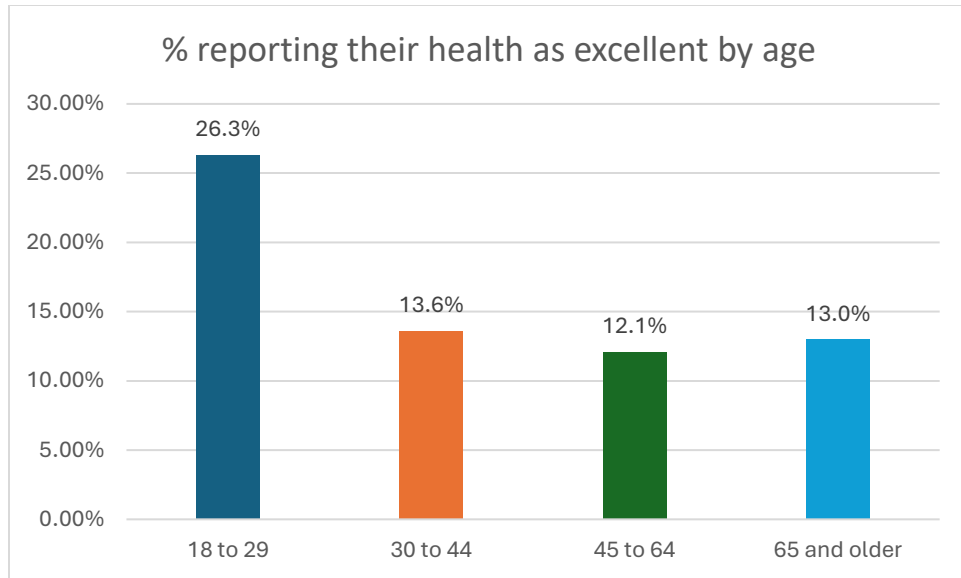
The data show that perceived quality of personal health varies by socioeconomic status. Quality of personal health was lowest among those with a high school degree or less with 61% reporting good or excellent health. This increases to 71% among those with some college or an Associate's degree, and 82% among those with a Bachelor's or graduate degree.



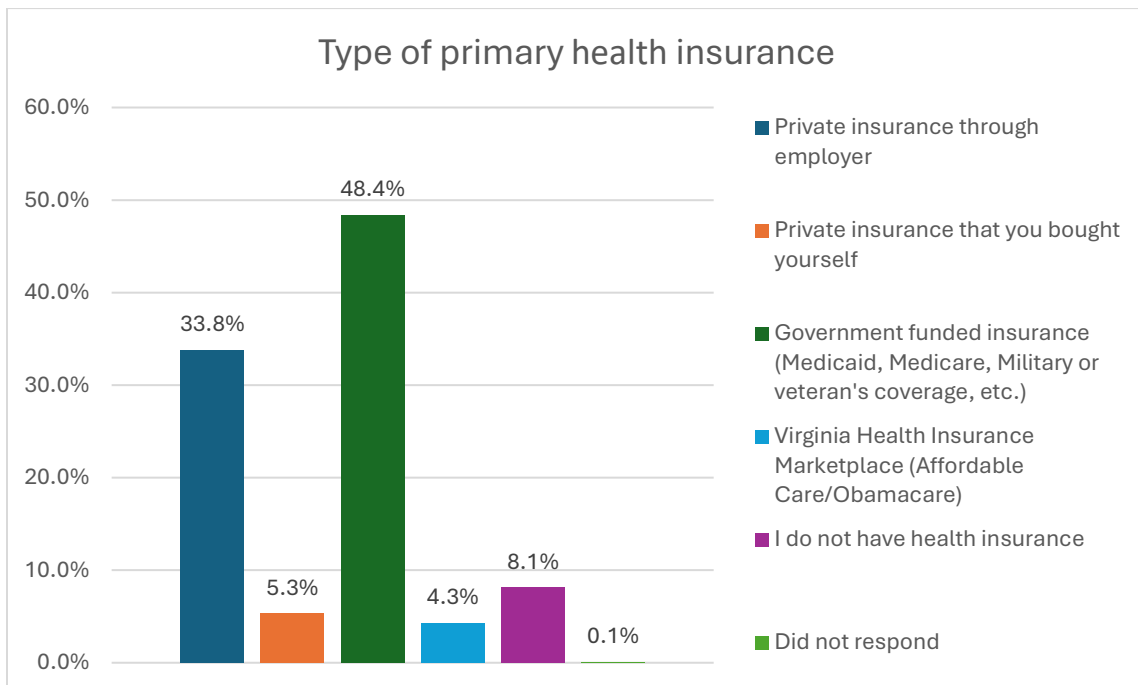
As the figure below shows, there is an almost linear relationship between reported household income and quality of respondents' health. About half of the respondents reporting incomes of \$30,000 or less reported their health to be good or excellent. This increases to 85% of individuals reporting household incomes between \$150,000-\$200,000 to nearly all (98%) of those reporting household incomes \$200,000 or more.



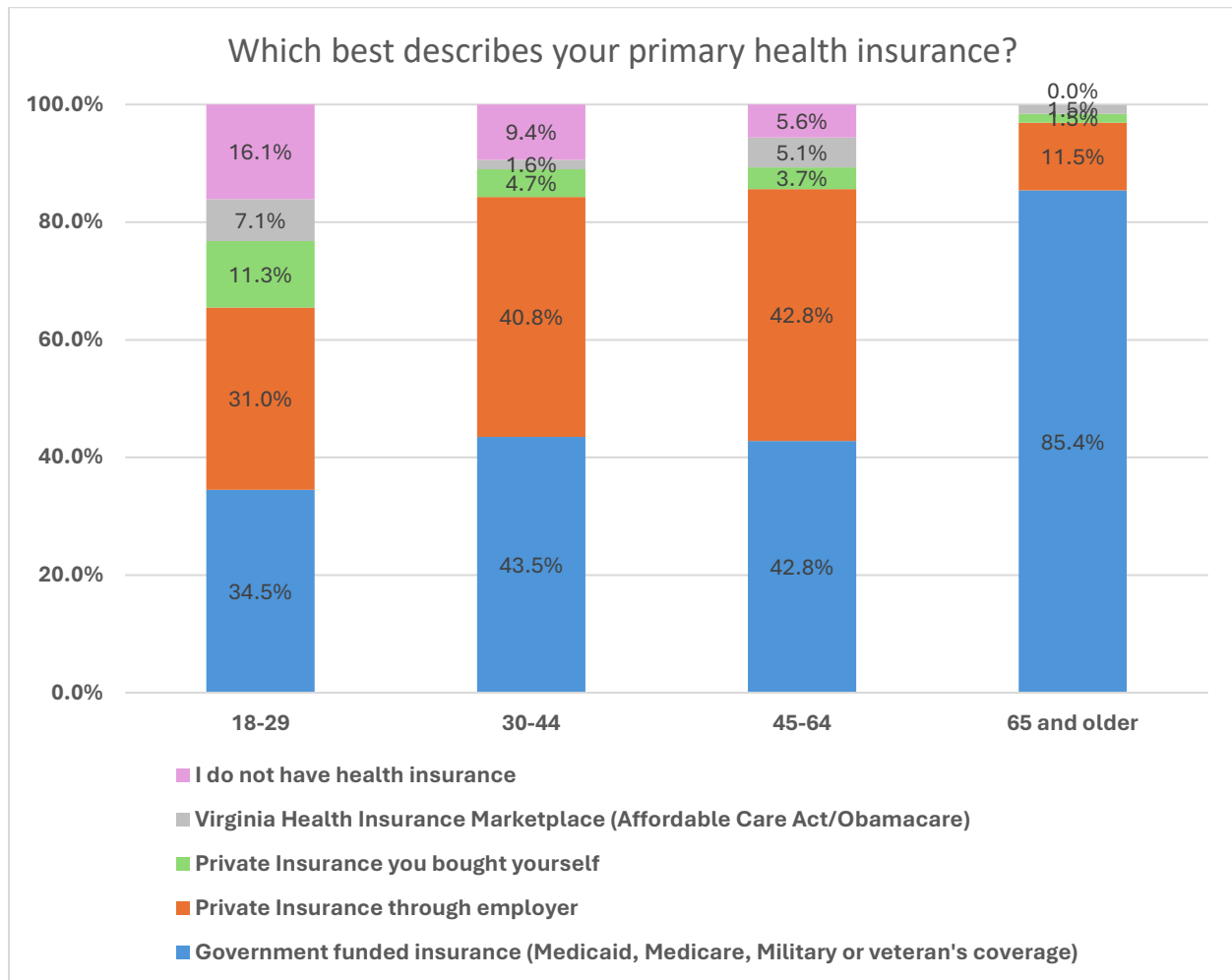
The relationship between age and quality of health is complex, but the youngest respondents (18-29 years) were most likely to rate their health as excellent (26.3%) compared to other age groups.



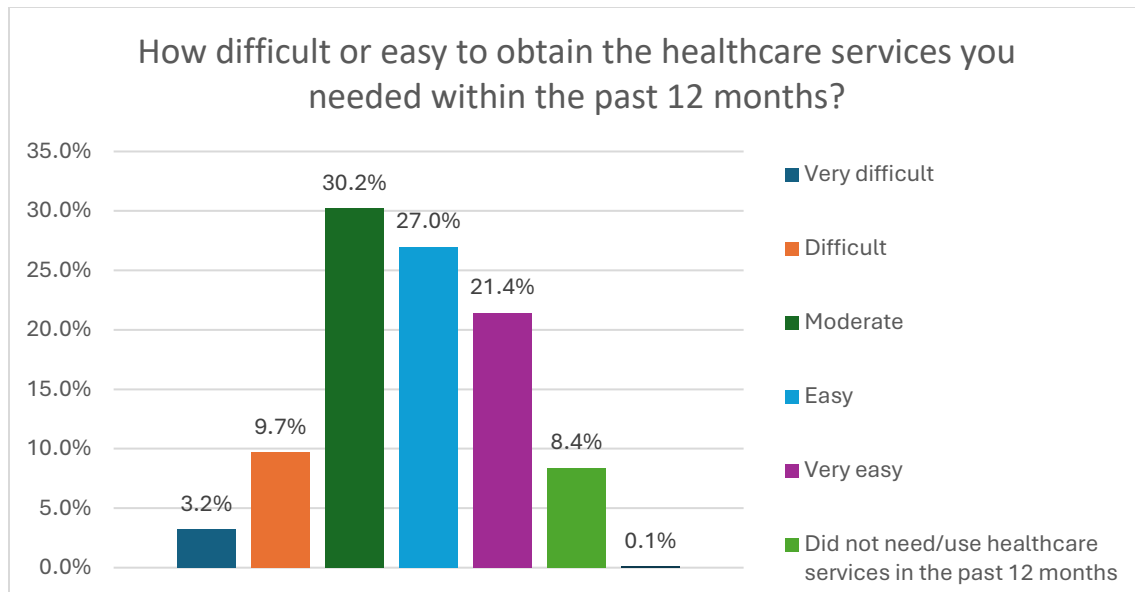
Respondents were also asked about the type of primary health insurance coverage they have. Just under half (48.4%) have government funded insurance (Medicaid, Medicare, Military or veteran's coverage, etc.) and a third (33.8%) have private insurance through their employers. Eight percent of respondents did not have health insurance, 5.3% of respondents reported they have private insurance they purchased themselves, and 4.3% have Virginia health insurance marketplace coverage (Affordable Care/Obamacare).



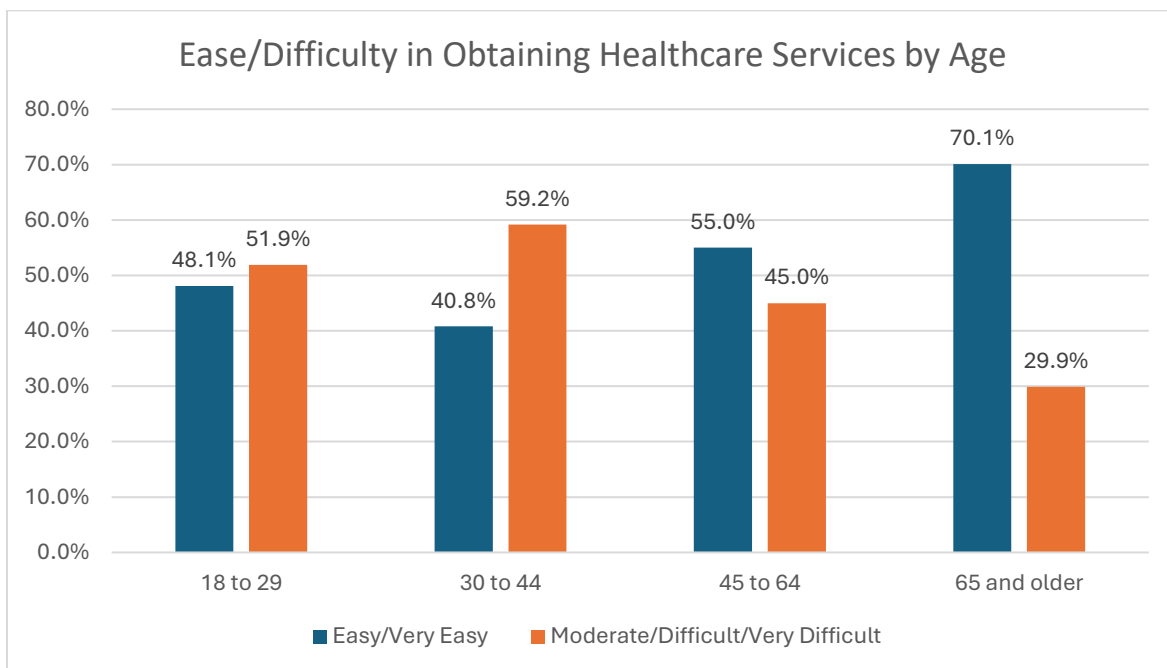
Healthcare coverage in general, as well as the type of health insurance, differs across age groups. As might be expected, those respondents who are 65 and older were much more likely to report having government funded insurance like Medicare and Medicaid (85.4%) than having private insurance through an employer (11.5%). Younger respondents (18-29 years of age) were more likely to report not having health insurance (16.1%) than older respondents (0%-9.4%).



Respondents were also asked how easy or difficult it was to obtain healthcare services within the past 12 months. Forty-eight percent reported having an easy time obtaining services (27.0% thought it was easy and 21.4% thought it was very easy). Only 12.9% found it difficult (9.7%) or very difficult (3.2%) to obtain needed healthcare services.

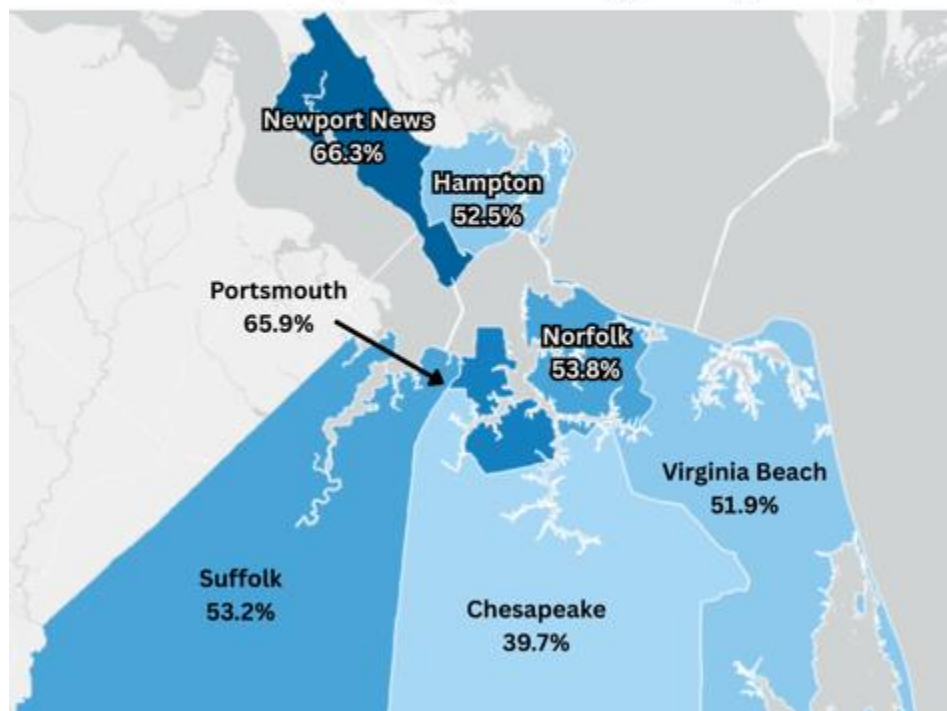


Ease of access to healthcare services did not systematically vary across sex, race, or level of education. As shown below, there is evidence suggesting that older respondents were more likely to report having easy/very easy access to health care services. This may be the result of greater job stability, higher incomes, being established patients (versus new), or having health insurance.

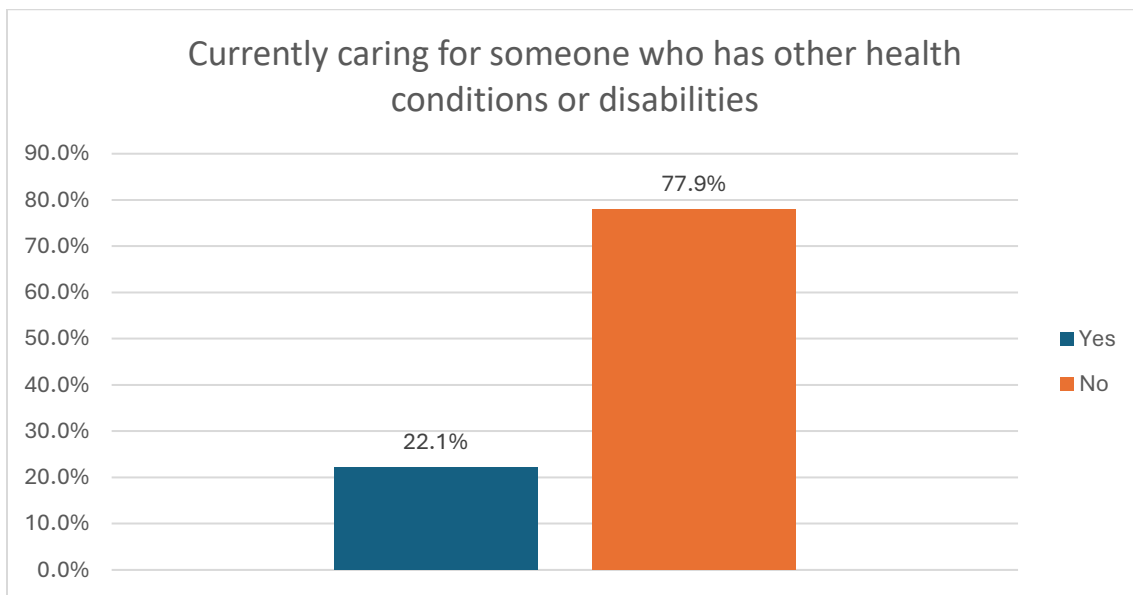
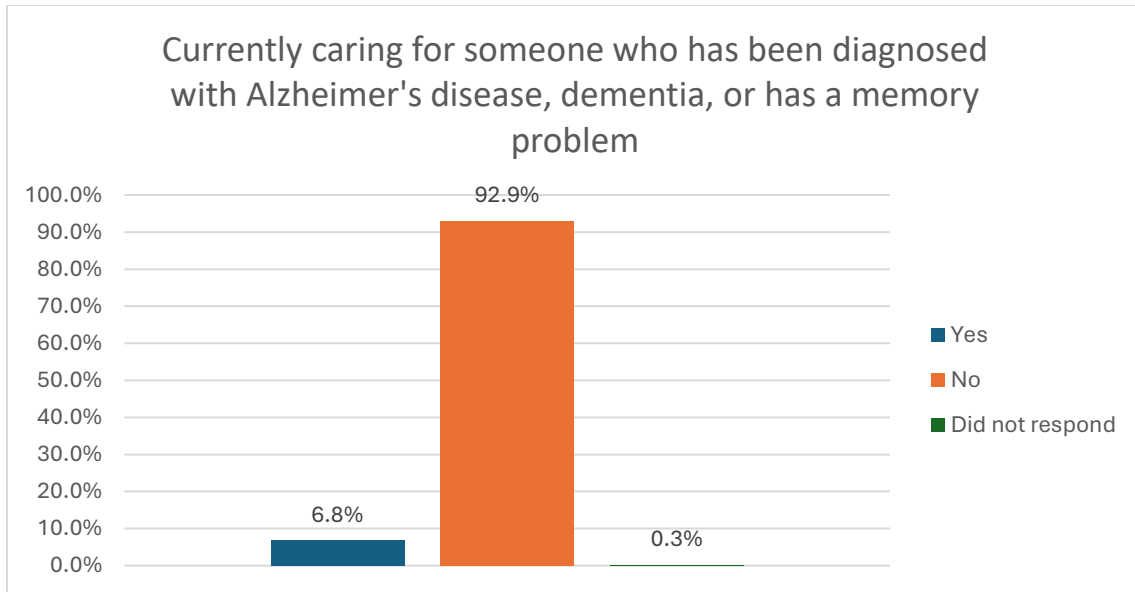


There was also significant variation in perceived access to healthcare services across cities, but the results are not intuitively clear. Usually, amenities and quality of life are rated higher in wealthier cities such as Virginia Beach and Chesapeake but the opposite is true with both Portsmouth and Newport News residents reporting greater access. It should be noted that there was a small portion of respondents (8.4%) who reported that they had no need for health care services in the past year and are excluded from these comparisons.

% of Respondents Rating the Ease/Difficulty in Obtaining Healthcare Services by City as Easy/Very Easy



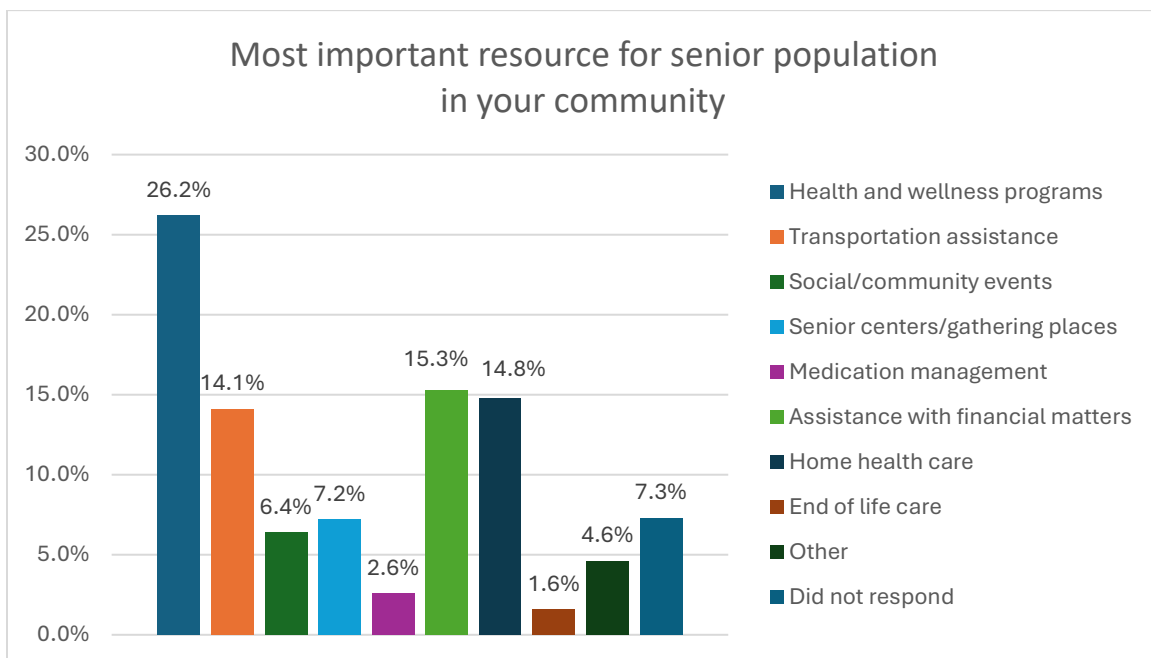
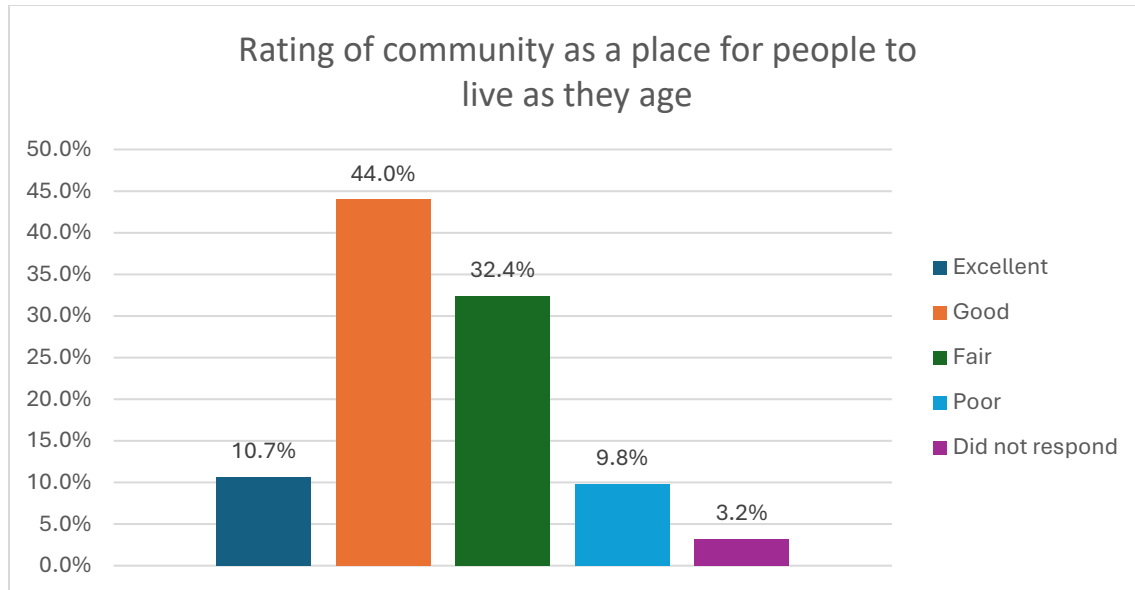
Respondents were also asked if they are currently caring for someone who has been diagnosed with Alzheimer's disease, dementia, or has a memory problem, or other health conditions or disabilities. Only 6.8% of people answered yes, that they were caring for someone with memory problems; however, 22.1% indicated they are currently caring for someone with other health conditions or disabilities.



Residents were also asked to rate their community as a place for people to live as they age. Over half of respondents rated their community as a good (44.0%) or excellent (10.7%) place to live as they age.

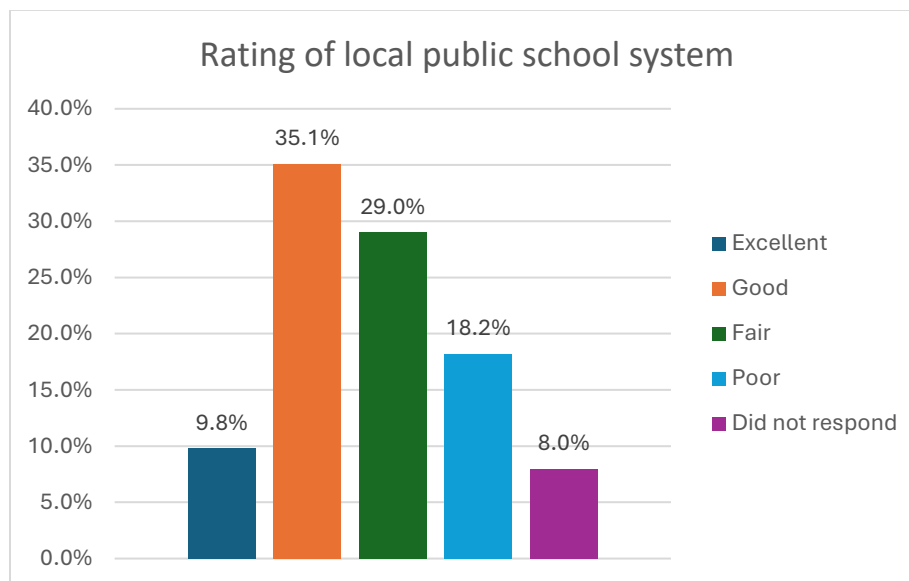
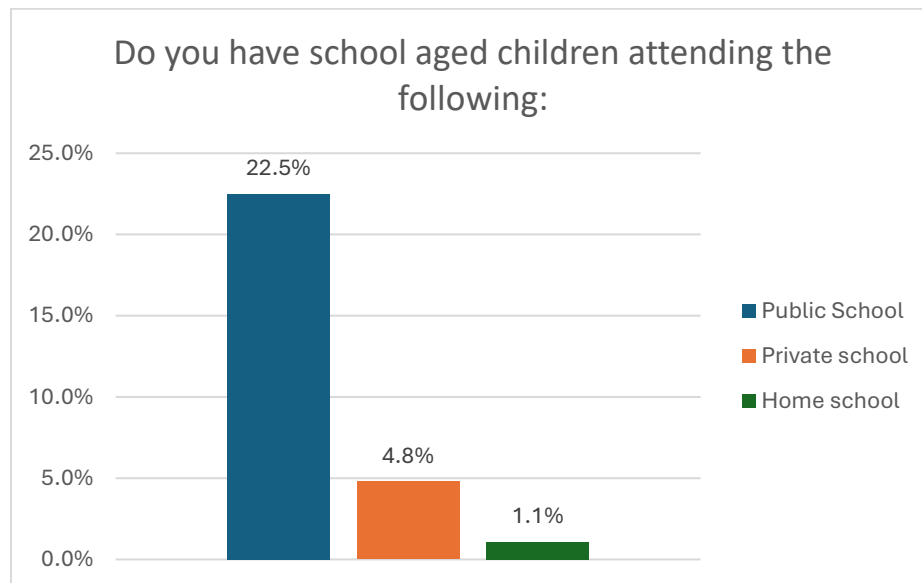
Thirty-two percent rated their community as fair and 9.8% rated it as a poor place to live as they age.

Respondents were also asked about the most important resources for seniors in their community. Health and wellness programs (26.2%), assistance with financial matters (15.3%), home health care (14.8%), and transportation assistance (14.1%) were the services most often selected.

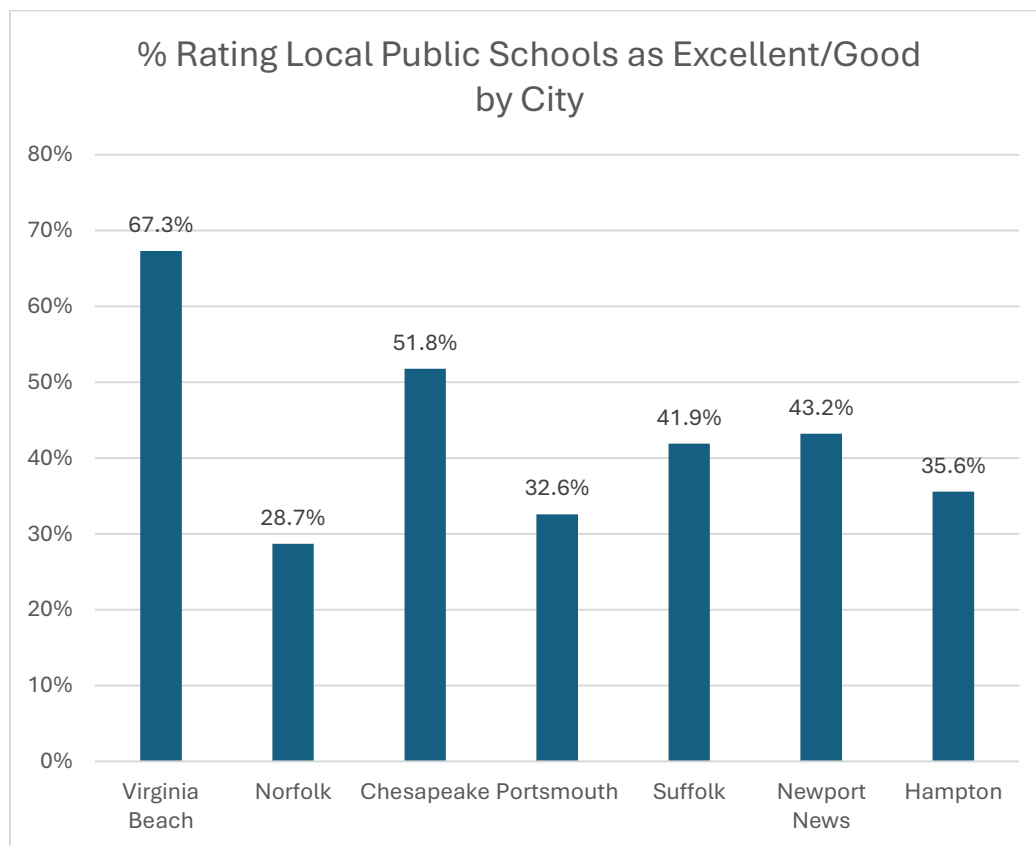


Education & Volunteering

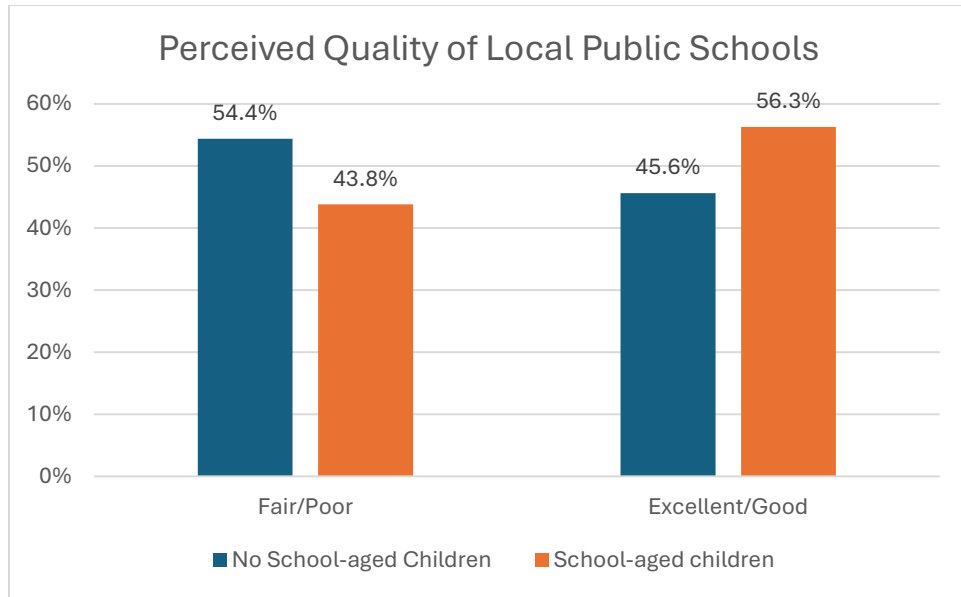
The majority of respondents did not have school-aged children. Only 22.5% of respondents reported having school-aged children who attend public school, while 4.8% attend private school and 1.1% are home-schooled. Regardless of whether respondents had school-aged children or if they had children in public schools, all residents surveyed were asked to rate the quality of their local public school system. About 10% reported that their public school system was excellent and another third (35.1%) reported their school system was good. Still, 29% rated their local public school as fair and another 18.2% rated it as poor.



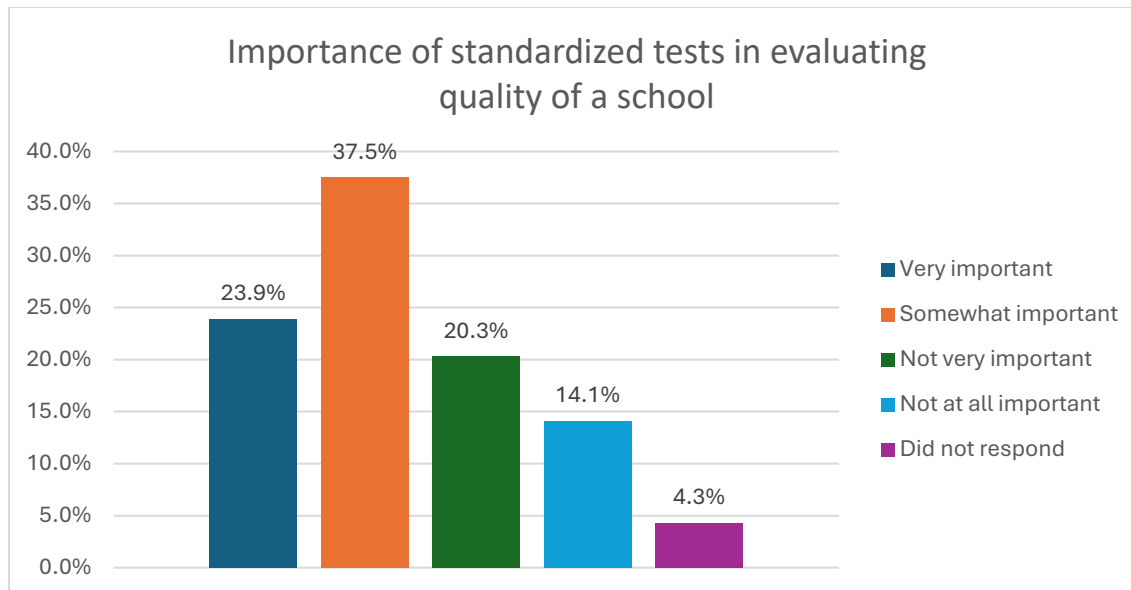
Ratings of the public schools varied by city and whether respondents had school-aged children or not. Virginia Beach respondents had the highest percentage of excellent and good ratings (67.3%) for the quality of the public school system in the area. By contrast, Norfolk had the lowest ratings, with less than half of that percentage (28.7%). Portsmouth (32.6%) and Hampton (35.6%) also had lower percentages of excellent/good ratings. Second to Virginia Beach, although with a substantially lower percentage of excellent/good ratings, was Chesapeake (51.8%), followed by Newport News (43.2%) and Suffolk (41.9%).



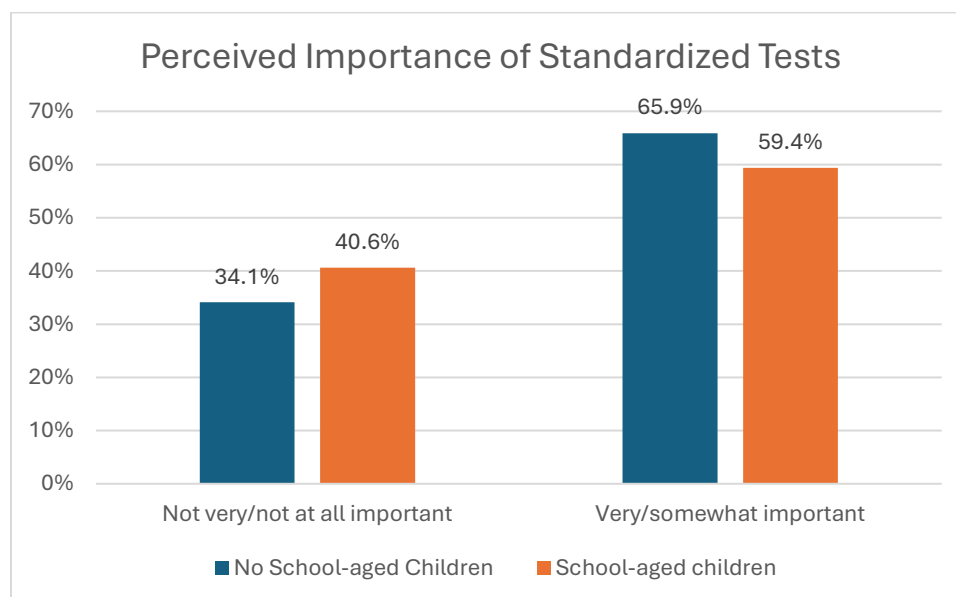
When looking at the perceived quality of local public schools for those with school-aged children and those without school-aged children, respondents with school-aged children tended to have a more positive perception of the quality of local public schools, with 56.3% considering them to be good or excellent, compared to 45.6% of those without school-aged children.

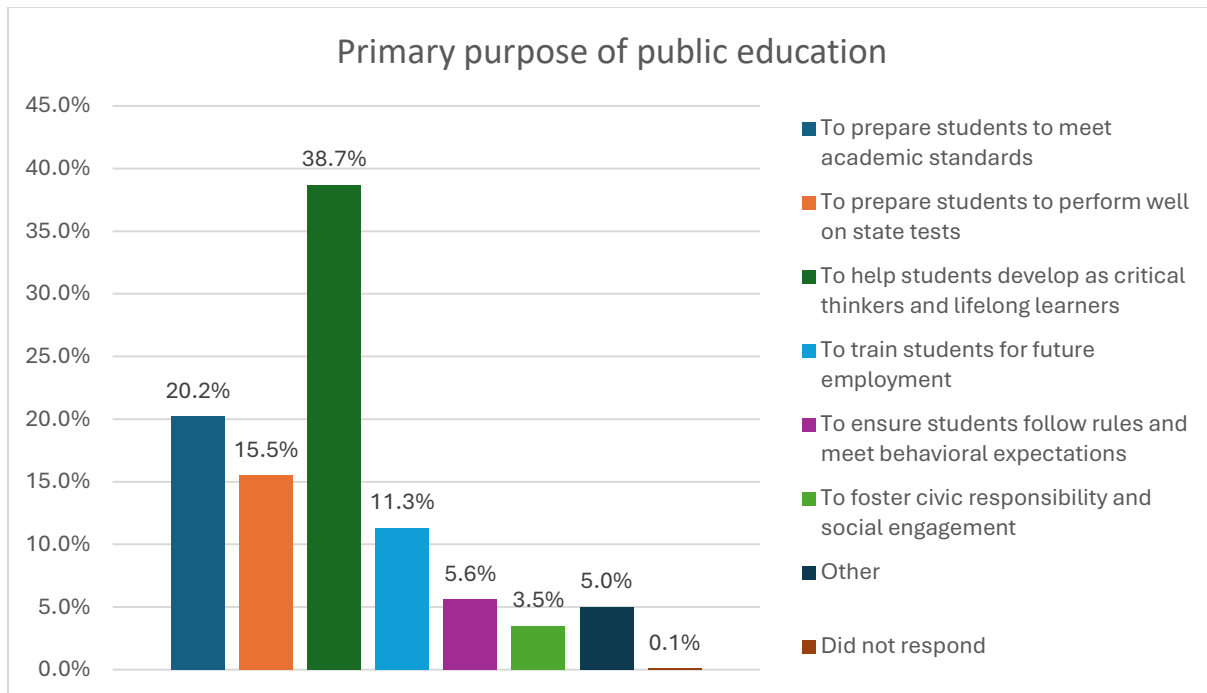


Respondents were asked how important standardized tests are in evaluating the quality of a school and over two-thirds believe standardized tests are important (23.9% very important and 37.5% somewhat important). One-third of respondents either felt that standardized tests are not very important (20.3%) or not at all important (14.1%) in evaluating the quality of a school. Respondents were also asked to indicate what they believe is the primary purpose of public education, and 38.7% reported that helping students develop as critical thinkers and lifelong learners is the primary purpose of public education. Twenty percent of respondents believe public education's primary purpose is to prepare students to meet academic standards and 15.5% believe the public schools should be primarily focusing on preparing students to perform well on state tests.

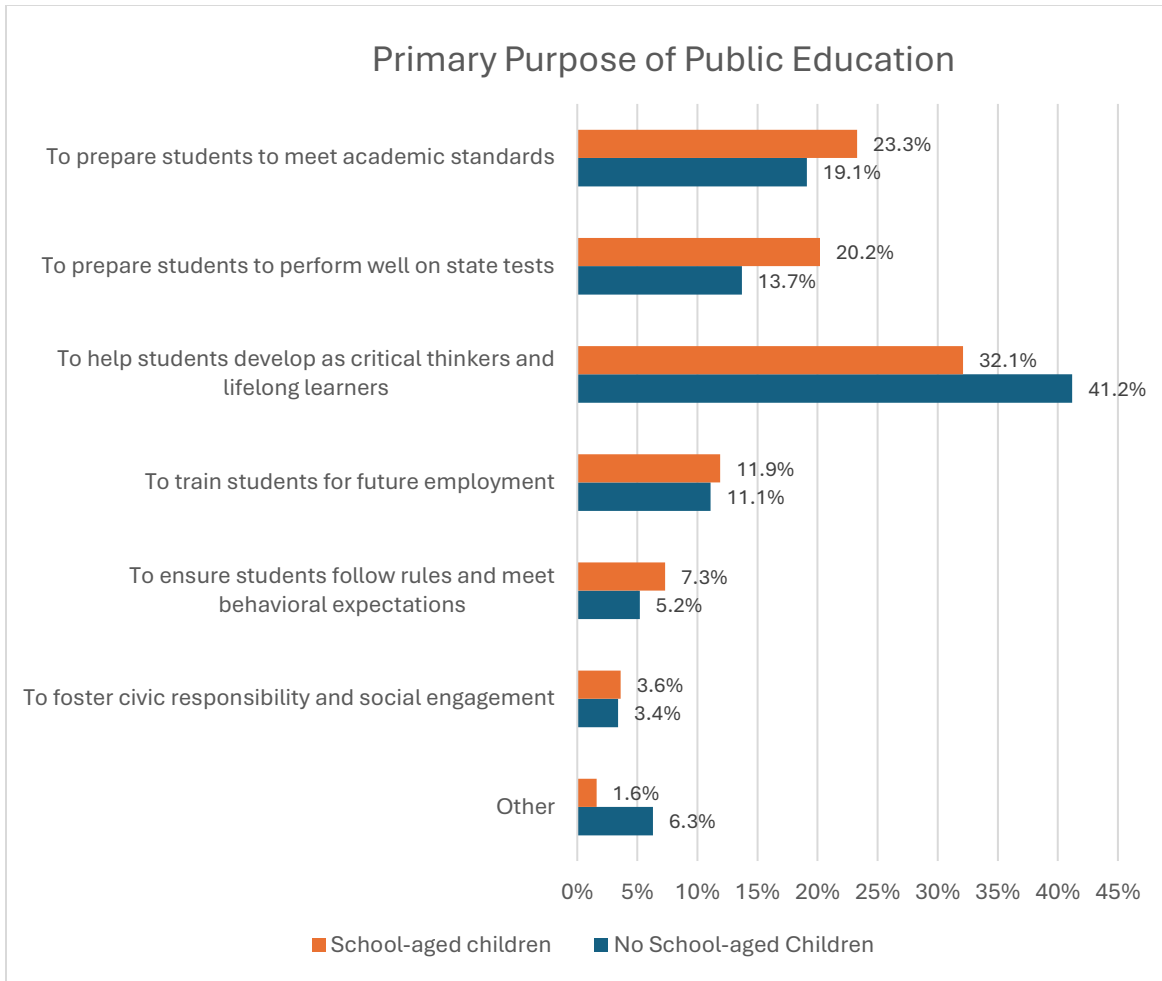


Interestingly, respondents with school-aged children were *less likely* to think that standardized tests were either very or somewhat important compared to those without school-aged children. Although the difference between the two groups was not significant, almost two-thirds of those without school-aged children (65.9%) believed that standardized tests were very or somewhat important, compared to 59.4% of those with school-aged children.

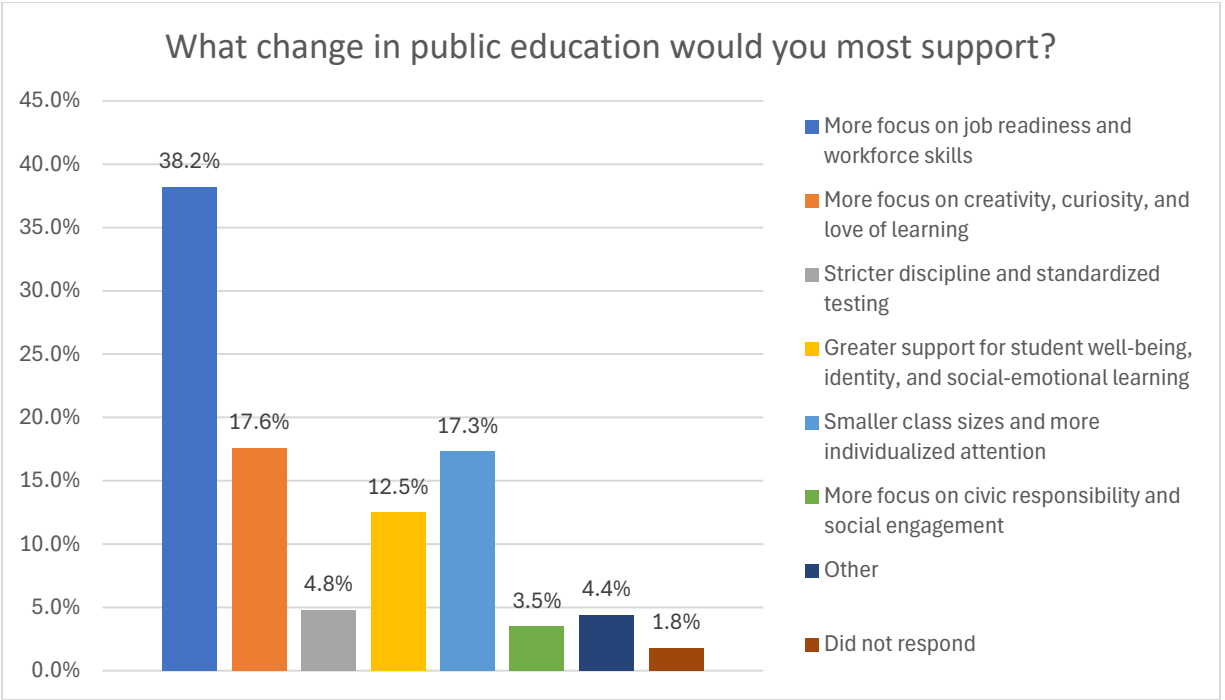




When we compare what respondents believe is the primary purpose of public education by whether they have school-aged children or not, the most commonly selected answer, "to help students develop as critical thinkers and lifelong learners," was chosen more often by those without school-aged children (41.2%) compared to those with school-aged children (32.1%). Another notable difference was in the response that the primary purpose of public education is "to prepare students to perform well on state tests," which was chosen by 20.2% of those with school-aged children, compared to only 13.7% of those without. "To prepare students to meet academic standards" was chosen by 23.3% of those with school-aged children compared to 19.1% of those without. Those without school-aged children were more likely to choose "other," with 6.3% selecting this option compared to 1.6% of those with school-aged children. Many of the "other" responses were critical of public education as indoctrinating students to certain political viewpoints or teaching them to submit to government control.

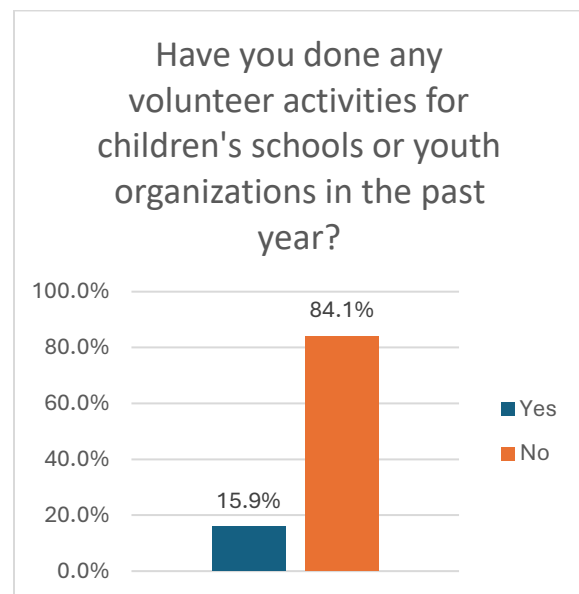
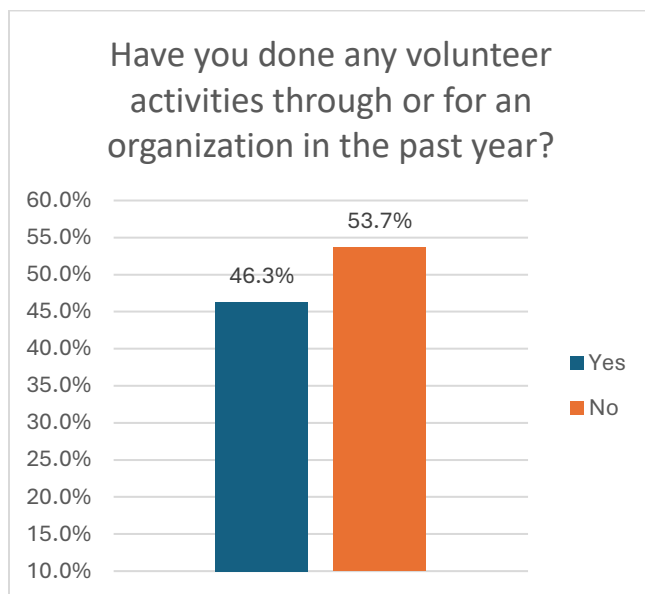


We also asked residents of Hampton Roads what change in education they would most support. Thirty-eight percent of respondents indicated support for a greater focus on job readiness and workforce skills, while 17.6% indicated more focus on creativity, curiosity, and love of learning would be the change in education they would most support. Seventeen percent of respondents would most support smaller class sizes and more individualized attention, and 12.5% wanted greater support for student well-being, identity, and social-emotional development.



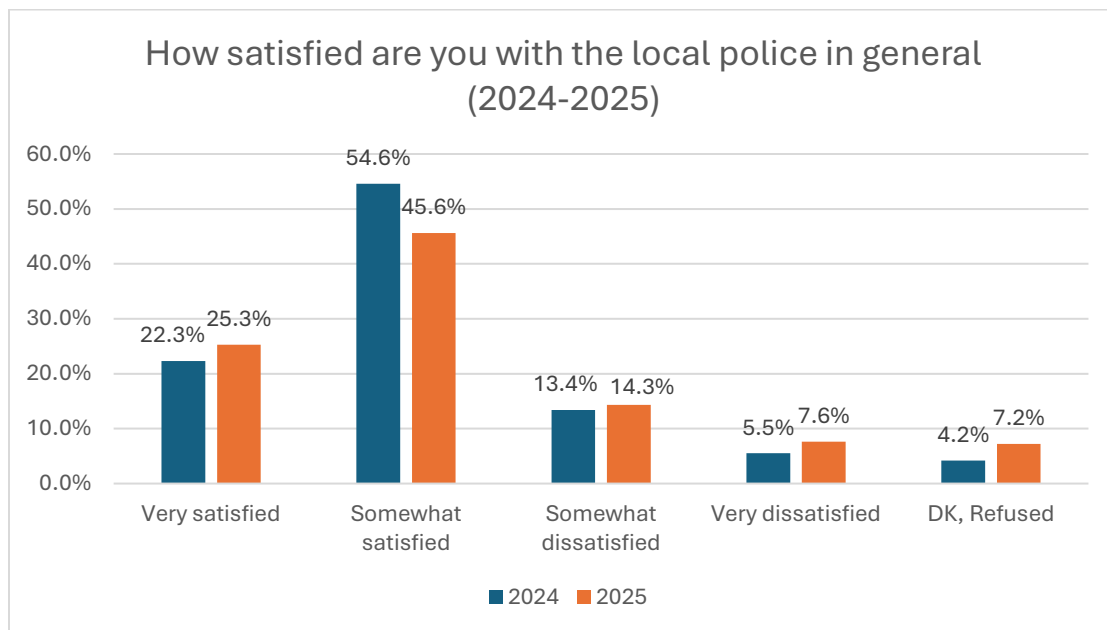
Volunteerism

Respondents were asked about their volunteer activities during the past year. Volunteer activities were defined as those for which they were not paid (except for things like expenses) and done through or for an organization, even if only done once in a while. Respondents were asked about those activities that were done through a church/religious organization, or non-profit or charitable organization, for example. Just under half of respondents (46.3%) indicated that they had done some sort of volunteer activity in the past year. Respondents who reported not having engaged in volunteer activities (n=385) were asked a follow-up question. This question encouraged them to consider any infrequent volunteer work they might have done, for example, through local schools or youth organizations. Among these respondents, 15.9% acknowledged participating in such volunteer activities. Thus, just over half of respondents (54.9%) reported engaging in some type of volunteer activity.

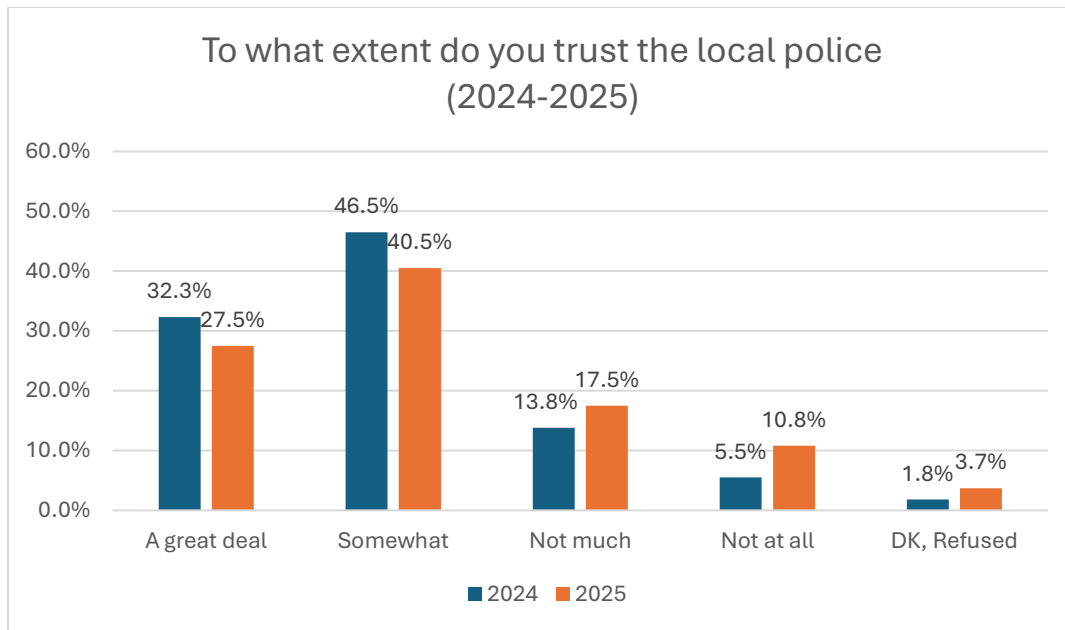


Perceptions of Police and Experiences with Cybercrime

As in previous years when asked about satisfaction with local police, a large majority (70.9%) reported being satisfied or very satisfied. Only 14.3% were somewhat dissatisfied and 7.6% were very dissatisfied. Slightly more respondents (3% more) reported being very satisfied (25.3%) this year than last (22.3%). However, this slight increase is overshadowed by a nine percent drop in those who were somewhat satisfied (from 54.6% last year to 45.6% this year), thus there was an overall drop in satisfaction with local police of around 6% from 2024 to 2025.



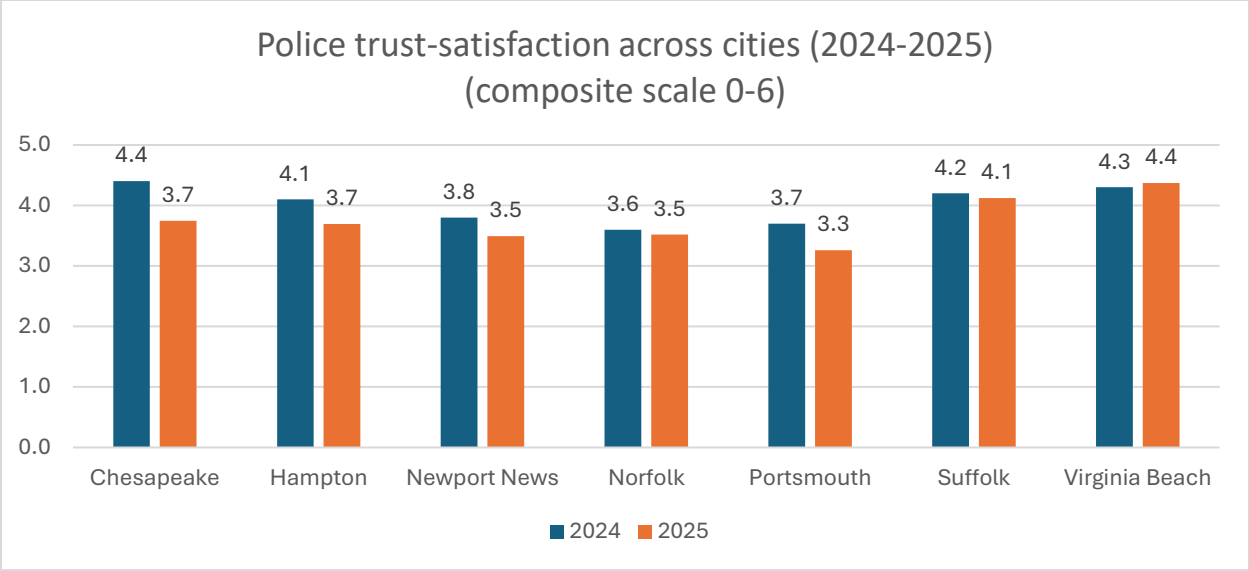
Again, as in previous years, the majority (68%) of Hampton Roads reported trusting the police somewhat (40.5%) or a great deal (27.5%). However, this is a substantial decrease from last year when 78.8% reported similar levels of trust (somewhat or a great deal). In fact, while the percentage who report not trusting the police at all is relatively small, it nearly doubled from last year from 5.5% to 10.8%.



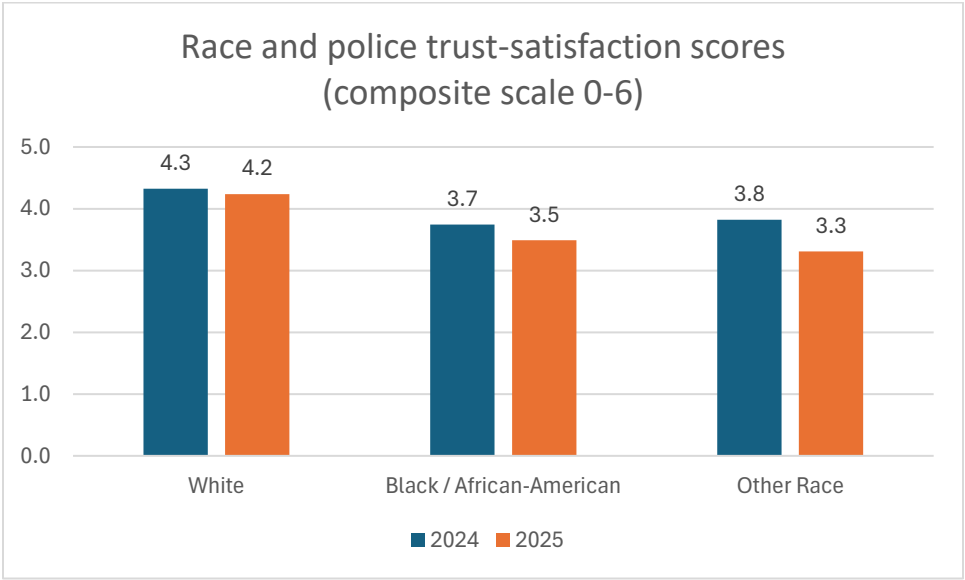
To further explore variation in attitudes towards the police, a composite scale of the two measures was created ranging from 0-6, where higher values indicated more positive attitudes (greater trust and satisfaction) towards the police.⁴ Several comparisons provide interesting results including that the combined satisfaction-trust scale was significantly lower this year than it was in 2024.⁵ Trust and satisfaction with the police varied significantly by city. Consistent with trends from previous years, there are higher levels of satisfaction and trust in the wealthier and less demographically diverse city of Virginia Beach (2024 average=4.3 and 2025=4.4). Suffolk also reported relatively high levels of satisfaction last year and again this year (average=4.2 and 4.1, respectively). Respondents in Chesapeake who have historically been relatively satisfied and trusting of their police reported significantly lower levels than last year (4.4 last year compared to 3.7). In contrast to Virginia Beach and Suffolk, respondents in each of the five other Hampton Roads cities reported levels of trust/satisfaction under 4.0.

⁴ Similar to last year, the two variables are highly correlated, Gamma = .898 suggesting considerable overlap between the two items. Combining the items reduces redundancy and adds clarity to the overall presentation of the analyses.

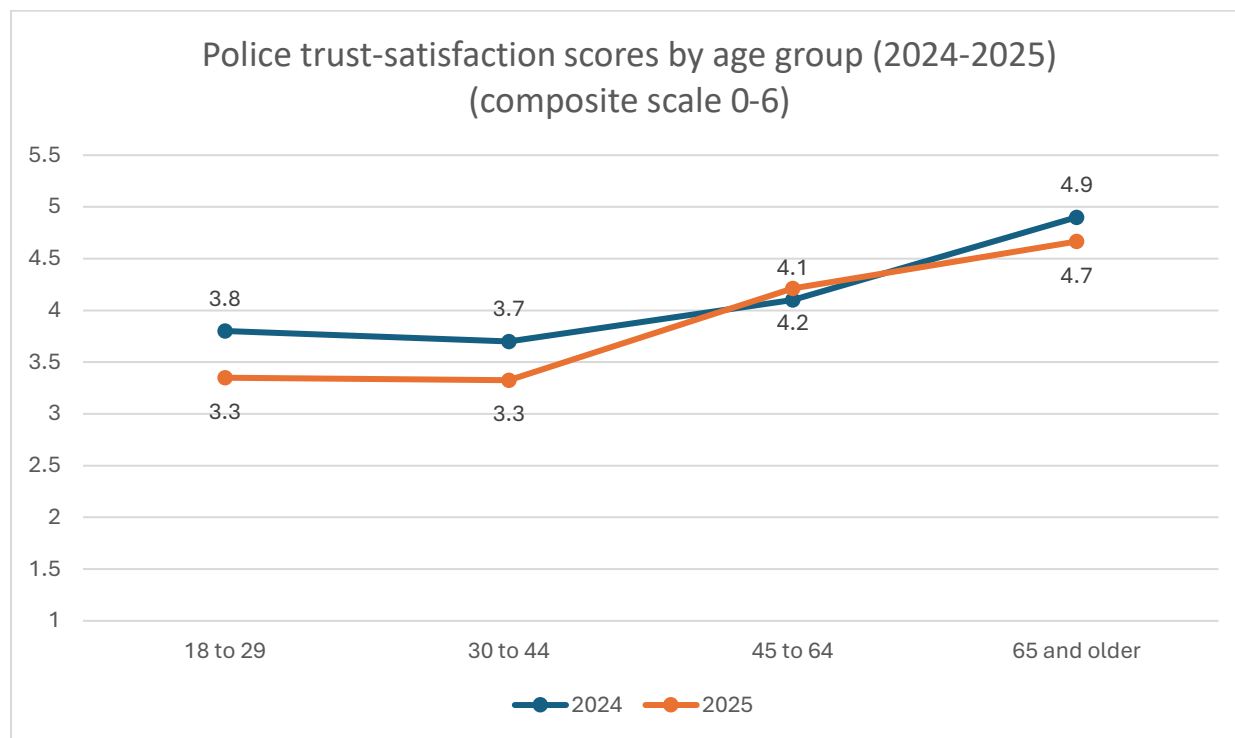
⁵ t-statistic = 2.275, 1,268 df., $p < .05$.



Among the strongest correlates of confidence in the police is race, with racial minorities reporting lower levels than whites. Hampton Roads residents are no exception with African-American respondents reporting significantly lower levels of satisfaction/trust than whites. In contrast to last year, respondents reporting a race other than white or black showed even lower levels of trust and support than did blacks (3.3 compared to 3.5).

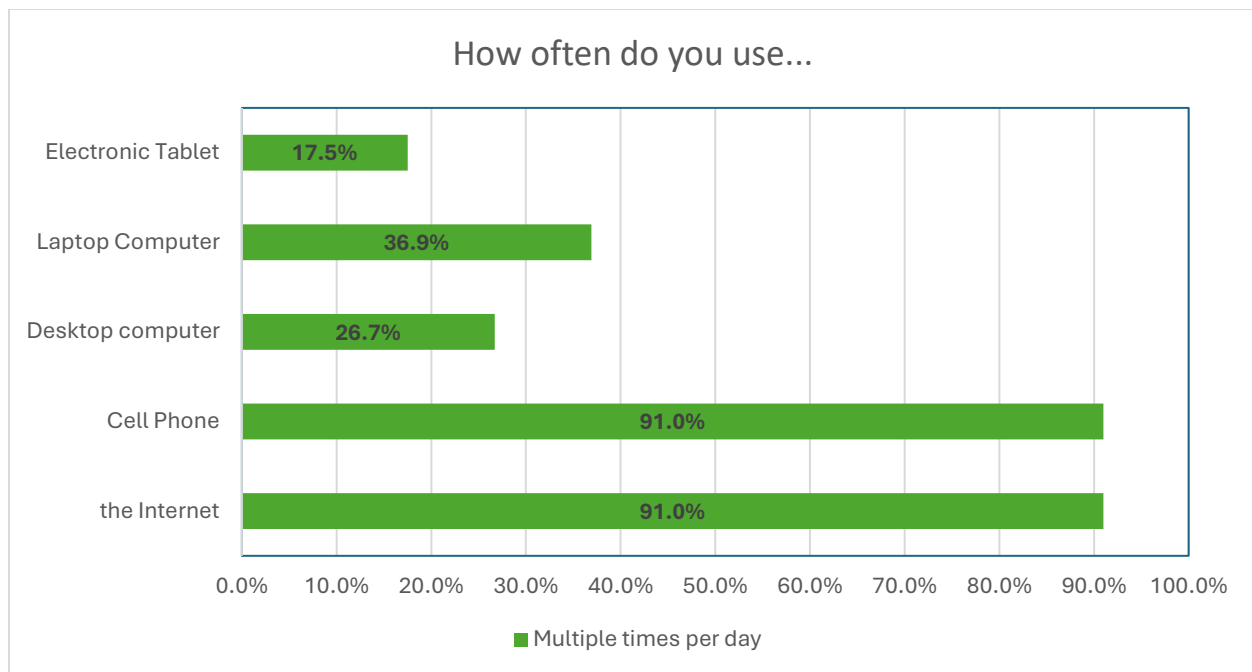


Research also shows that age is often correlated with confidence in the police across studies, with older respondents reporting higher levels of confidence than younger adults and adolescents.⁶ Focusing on adults in Hampton Roads, we find higher levels of satisfaction and trust among those over the age of 45 and especially those 65 and older. The 2025 data mirror the results from last year.

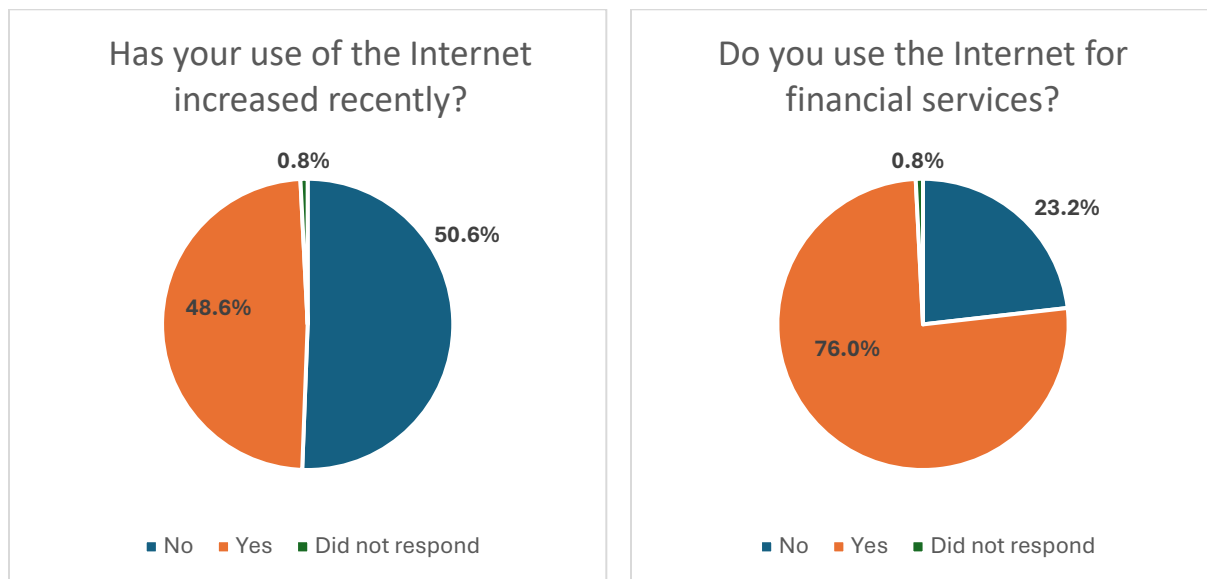


Next there were some questions related to cybercrime. To give some context to questions about cybercrime victimization, we asked about computer and internet use among Hampton Roads residents. Both cell phones and the internet were used multiple times a day by the vast majority (91%) of respondents (those responding “everyday, a few times a day” or “everyday, more than a few times a day”). Electronic tablets were only used multiple times a day by 17.5% of respondents, desktop computers by 26.7%, and laptops by 36.9%. Both desktop computers and tablets were never used by about a third of respondents (33.9% and 35.5% respectively).

⁶ Bolger, M. A., Lytle, D. J., & Bolger, P. C. (2021). What matters in citizen satisfaction with police: A meta-analysis. *Journal of criminal justice*, 72, 101760.

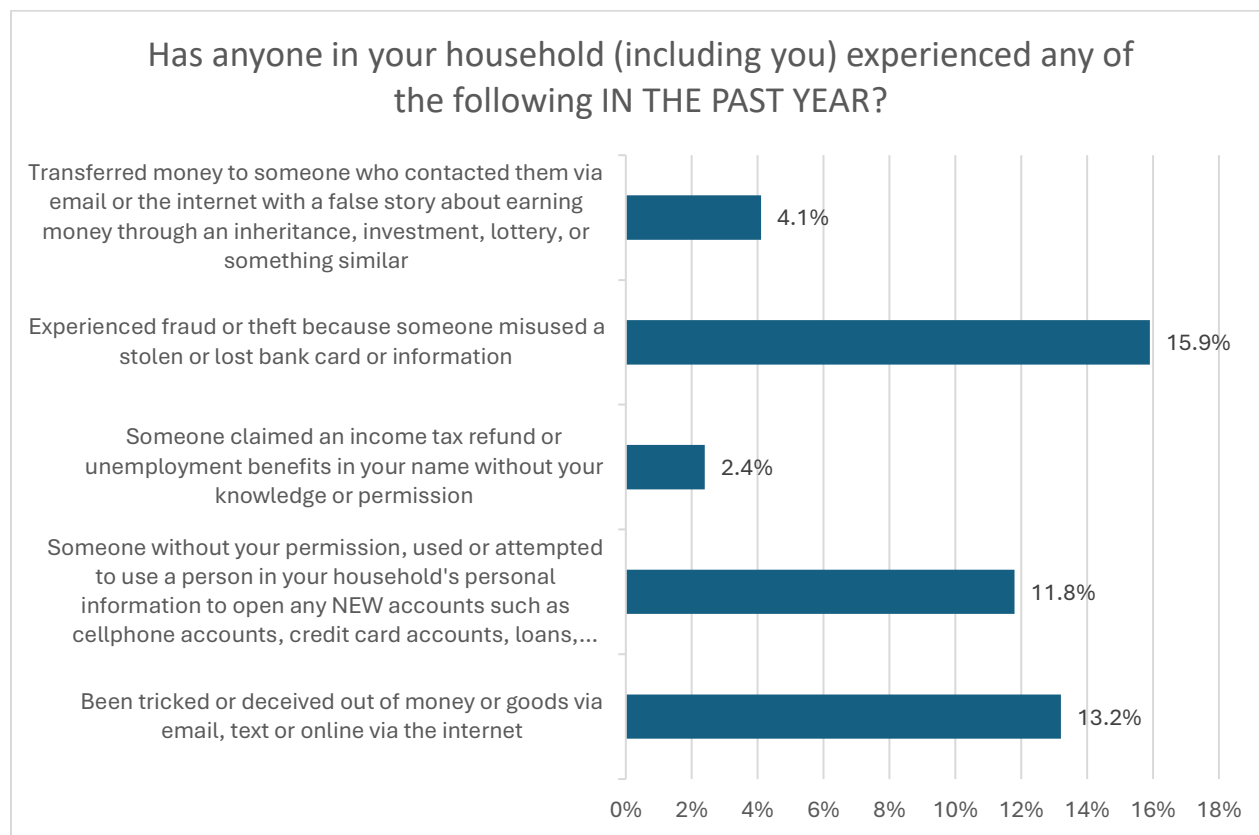


About half of respondents reported that their internet usage had increased recently (48.6%). Three out of four respondents (76%) reported using the internet for financial services, such as online banking or payment systems.



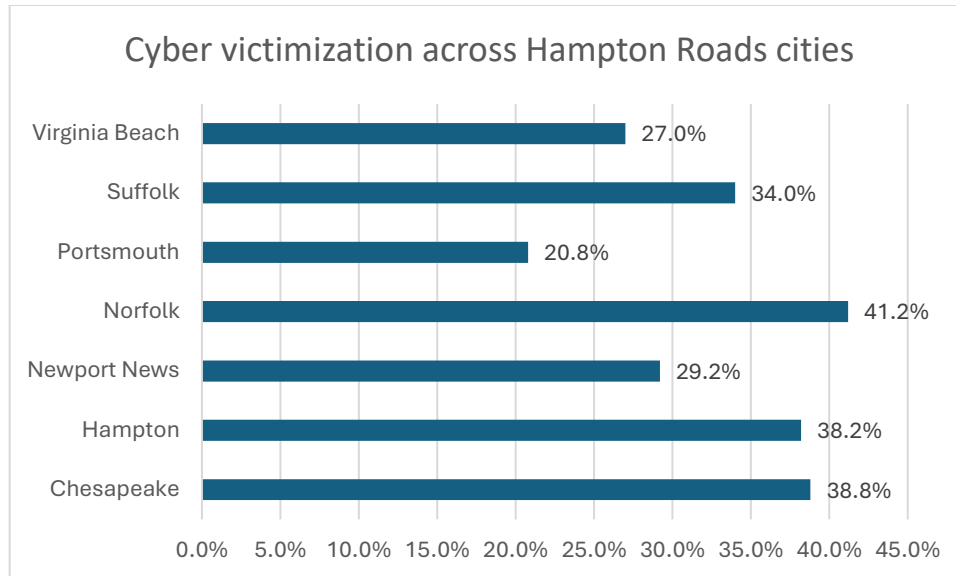
In assessing the prevalence of various types of cybercrimes experienced by anyone in their household in the past year, the most common type reported was fraud or theft due to the misuse of a lost or stolen credit/bank card or related information (15.9%). Being tricked or deceived out of goods or money via the internet was the second most common experience, reported by 13.2% of respondents and 11.8% reported

unauthorized attempts to create new accounts using their personal information or that of someone in their household. Multiple selections were possible, meaning that some respondents may have reported multiple cybercrimes within the past year. About one-third of those who had experienced cybercrime (32.7%) reported experiencing more than one type of crime.

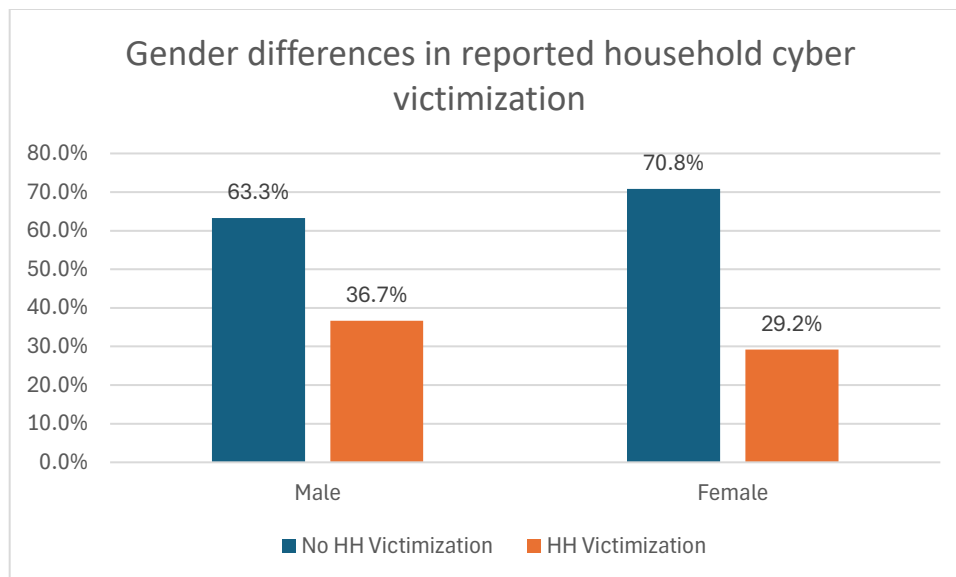


To further explore cyber victimization, we created a variable where 0 indicated that the respondent reported someone in their household had not experienced cyber victimization and a 1 indicated that someone in their household had experienced at least one of the listed forms of victimization in the past year. About a third of the respondents (32.8%) had experienced at least one form of cyber victimization in the past year.

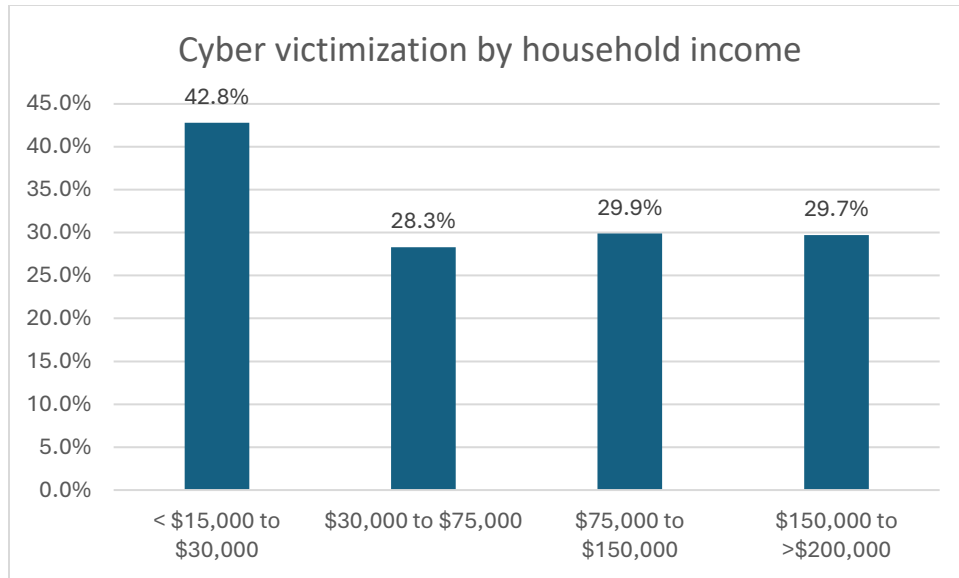
Experience of cyber victimization did significantly vary across the cities of Hampton Roads, with the highest levels (over a third of households) found in Suffolk (34%), Hampton (38.2%), Chesapeake (38.8%), and the highest percentage reported by Norfolk respondents (41.2%). The prevalence of cyber victimization was lower in Newport News (29.2%), Virginia Beach (27.0%), and much lower in Portsmouth (20.8%).



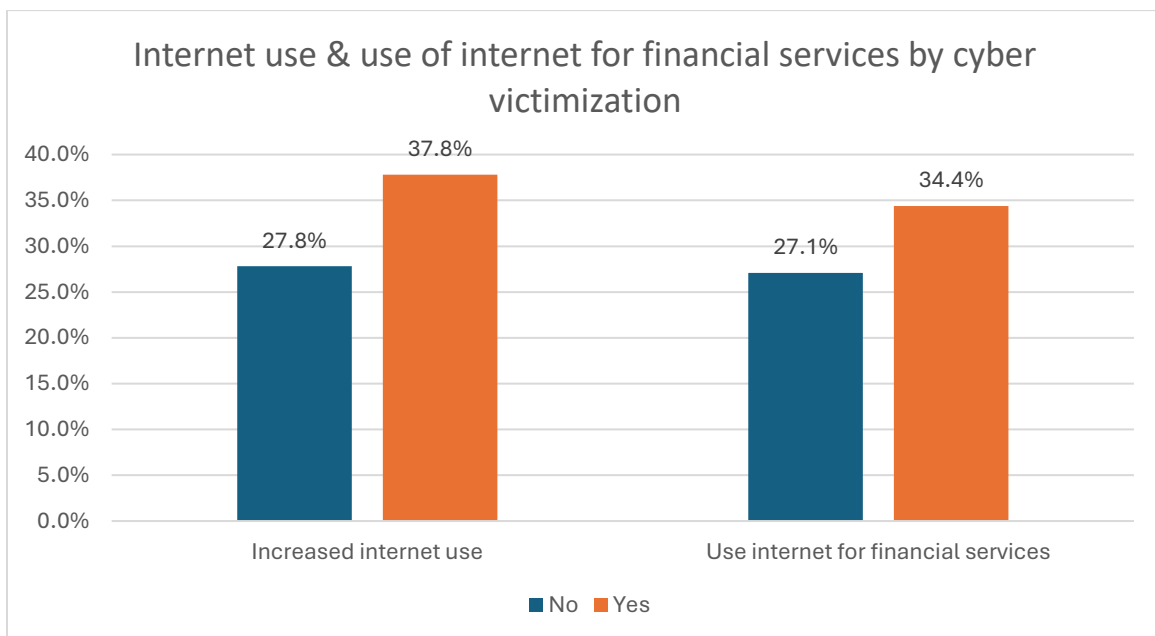
Cybervictimization was seemingly unrelated to age, race, and level of education. However, males (36.7%) were more likely to report someone in their household had been victimized than females (29.2%). The 7.5% difference is statistically significant ($p < .05$).



There is a statistically significant relationship between household income and the likelihood of cybervictimization in the household. Combining categories suggests that perhaps the highest risk of victimization is among those households making less than \$30,000 annually (42.8%) compared to higher income groups whose rates of victimization range from 28% to 30%.



Cyber victimization was not related to any of the computer usage variables described above, nor was it correlated with a scale based on those items. Respondents were asked whether their use of the internet had increased recently and whether the respondent used the internet for financial services. Increased use of the internet was significantly associated with a 10% increase in cyber victimization. Use of the internet for financial services was also associated with an increased risk of cyber victimization (6.4%) which is similar to other studies⁷.



⁷ See: Gainey, R. R., Albanese, J. S., Vandecar-Burdin, T., Hawdon, J., Dearden, T. E., & Parti, K. (2023). Routine citizen Internet practices and cyber victimization: a state-wide study in Virginia. *Criminal Justice Studies*, 36(3), 228–250. <https://doi.org/10.1080/1478601X.2023.2254094>

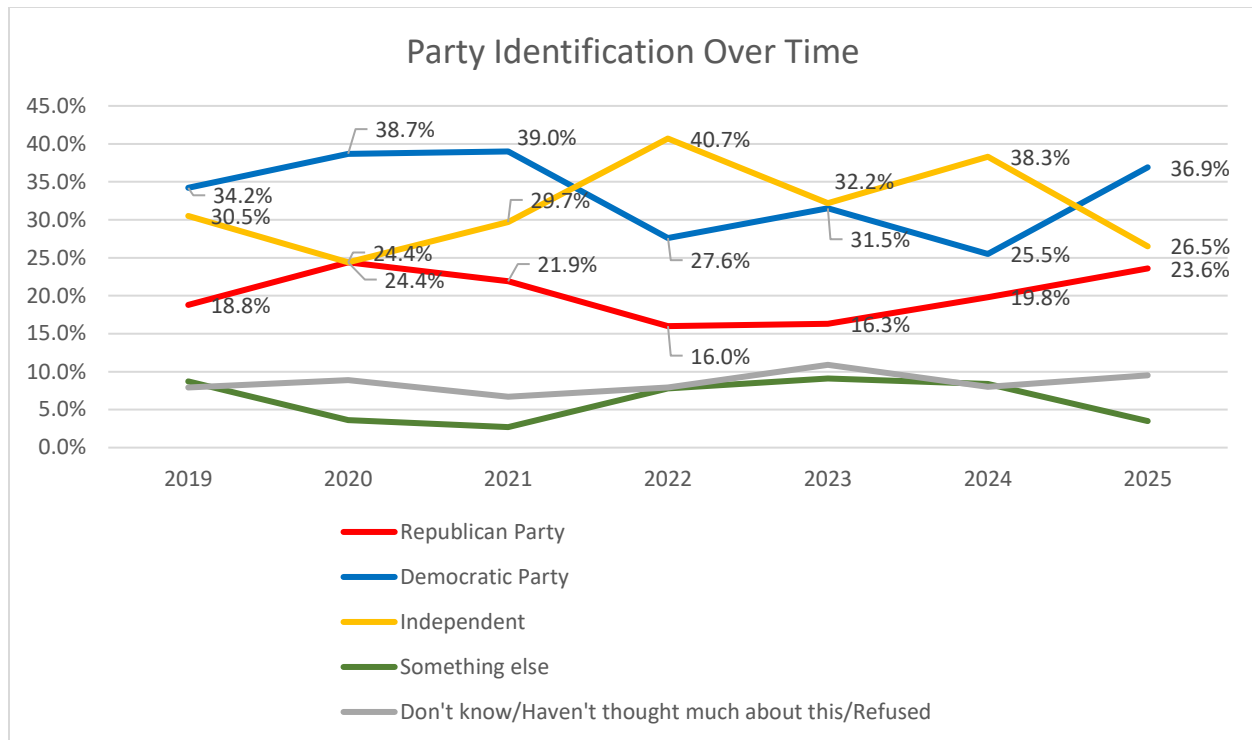
Politics and Political Opinions

Note: An earlier version of the politics and political opinions section below was originally released prior to the 2025 election. The section has been updated to reflect on the survey results relative to the 2025 election results.

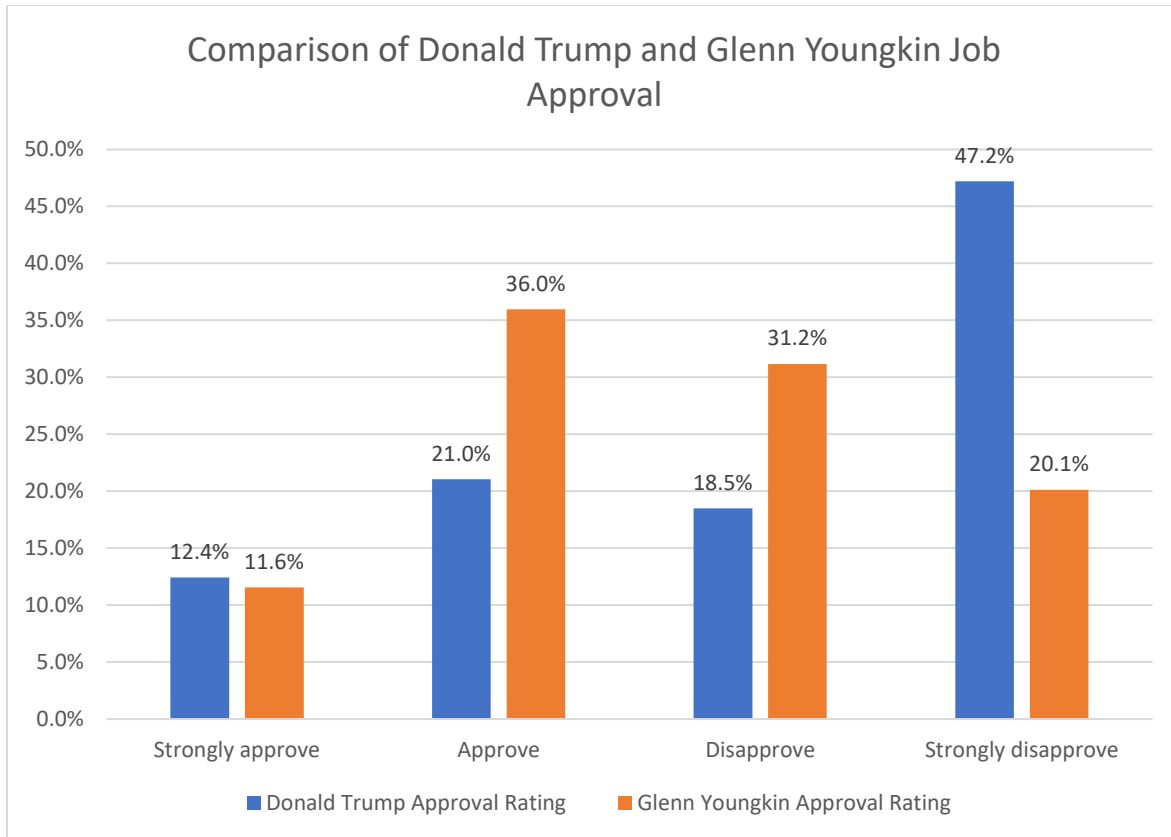
Baseline Party Identification and Job Approval

Political party affiliation among respondents to the survey continued to lean substantially toward the Democratic Party, in line with past Life in Hampton Roads' surveys, and overall partisanship has rebounded. Nearly 37% of respondents (up from less than 26% of respondents last year) said they felt closest to the Democratic party when asked the question, "Do you generally feel closer to the Democratic Party, the Republican Party, or do you consider yourself to be an independent or something else?" But the Republican party also made some gains as approximately 24% identified with the Republican Party (up from about 20% of respondents last year). Affiliation with both parties is now near the highest levels seen in recent years, rebounding from last year's lows.

These resurgent partisan affiliations may have played an important role in shaping voter choices in November – people who affiliate with a particular political party tend to vote for that party's candidates. For Democrats in particular the substantial uptick in party affiliation provides significant advantages. That said, the portion of independents remains substantial, reflecting the failure of both parties to win the support of a large portion of the population, and the important role those without a major party affiliation play in shaping election outcomes.

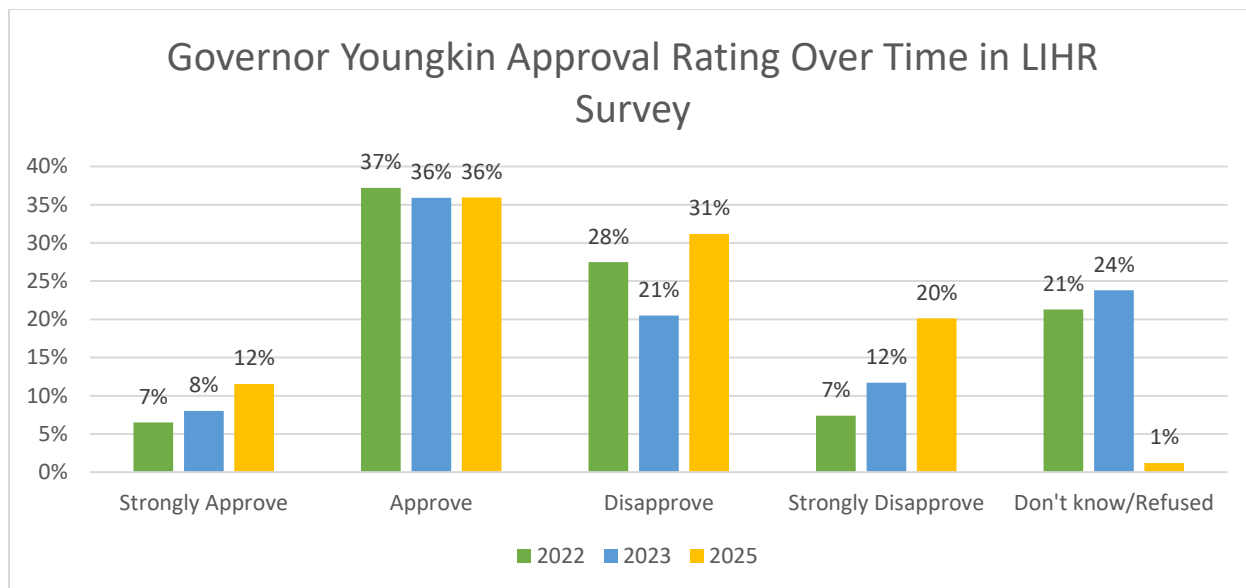


The survey asked respondents to indicate whether they approved or disapproved of the job performance of Donald Trump as President and Glenn Youngkin as Governor. Both Republican politicians received less than 50% job approval, which is hardly surprising given the tendency of the Hampton Roads region to support Democratic politicians in statewide and national elections. But there is nonetheless a substantial contrast between the two. Almost half of respondents (47.6%) indicated that they approved or strongly approved of Youngkin, while only 33.4% indicated that they approved or strongly approved of Trump.



Approval of Youngkin in the 2025 survey was similar to the rate observed in previous LIHR surveys, although a change in the way refusal options were made available in the survey appears to have led to a substantial decrease in these types of options in favor of disapprove and strongly disapprove responses⁸.

⁸ In previous years in which a telephone survey methodology was used, respondents were provided an explicit “don’t know” and “refused” option. For the web-based survey, respondents were allowed to skip over questions without providing a response thus resulting in missing values. For this section of analysis, when comparing 2025 data to previous years, those “missing” responses are reported as “don’t know/refused”.



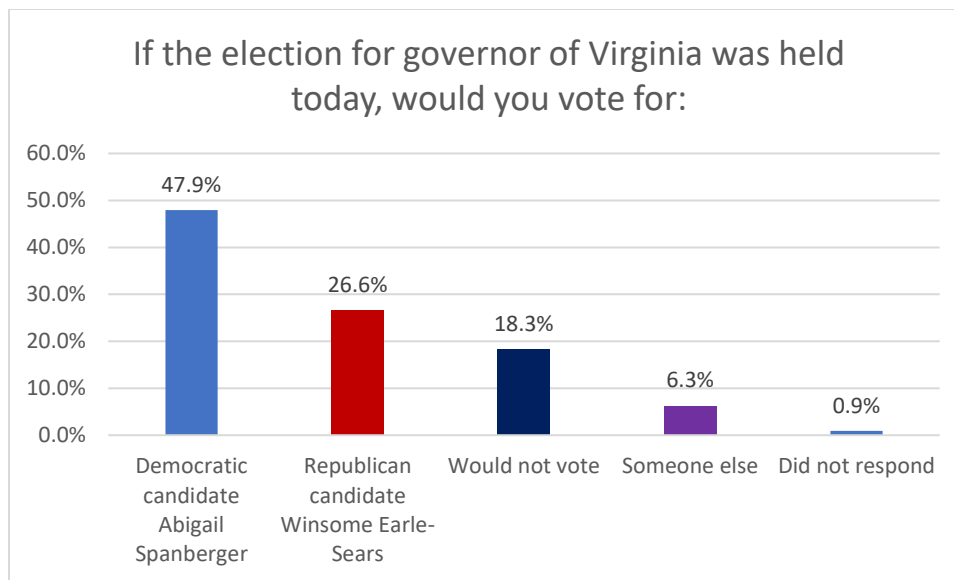
The Governor's Race

In 2025, Virginia elected a new governor, with Democratic candidate Abigail Spanberger facing off against Republican candidate Winsome Earle-Sears. The last time Virginia elected a governor, Republican Glenn Youngkin won statewide by a narrow margin, winning 50.6% of the vote versus 48.6% of the vote won by Democrat Terry McAuliffe. Within the seven Hampton Roads cities, Youngkin won 45.7% of the two-party vote, while McAuliffe won 54.3%.

The 2025 survey, which was conducted in the summer of 2025, asked respondents about their preferences in the upcoming governor's race. Overall, the results suggested that the Spanberger campaign was poised to win Hampton Roads, with a position much stronger than that of McAuliffe in the 2021 election. Nearly 48% of all respondents indicated that they planned to vote for the Democratic candidate (64.3% of those who expressed a two-party preference), while less than 27% indicated that they would vote for the Republican candidate (35.7% of those with a two-party preference). Overall, these results seemed to suggest Spanberger was positioned to perform substantially better than McAuliffe in the Hampton Roads region of Virginia. In the 2021 LIHR survey, McAuliffe was supported by only 42% of survey respondents compared to Spanberger's 47.9%.

The survey results reflected the actual election results we saw in November. Within the seven cities surveyed, Spanberger won 62.9% of the votes among voters who voted for candidates from one of the

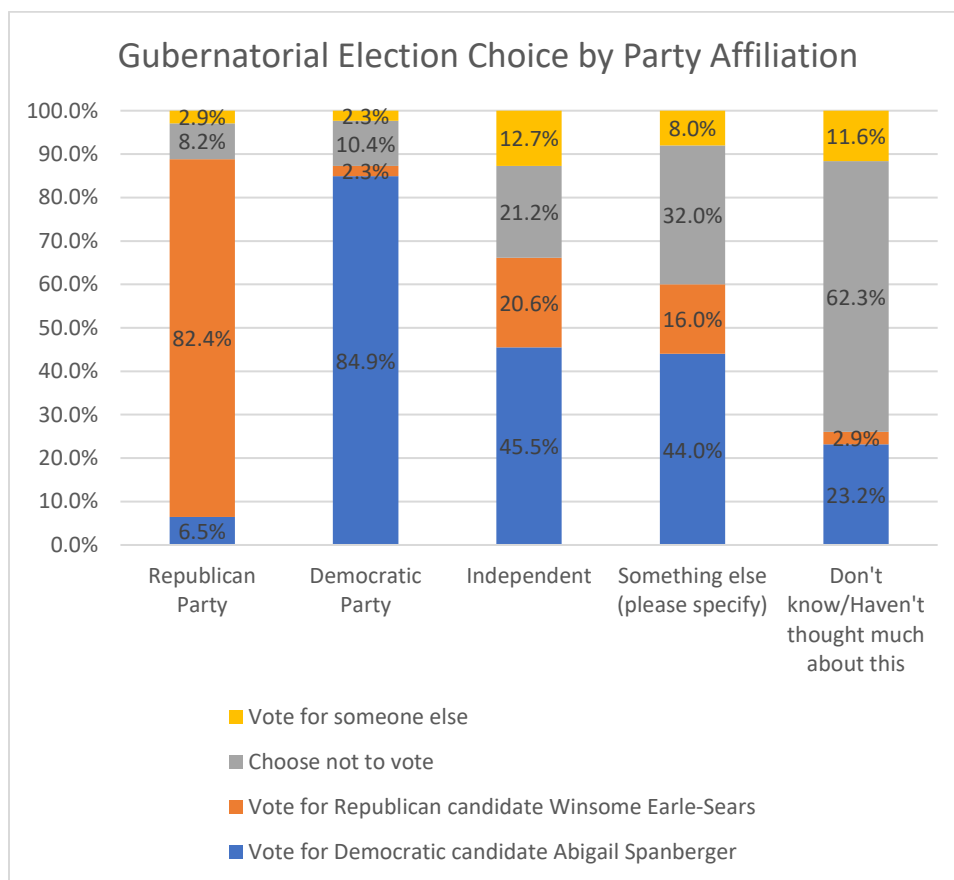
two major parties (according to November 10 unofficial results from the Virginia Department of Elections). This was slightly less than the 64.3% indicated by the LIHR survey for the same cities. Roughly a quarter of respondents (25.5%) indicated that they currently would vote for someone else, would not vote, did not know who they would vote for, or refused to answer the question.⁹



The survey results suggested that both candidates had done a fairly good job of building support among those who identify with their party, but Spanberger had substantially stronger support among voters who do not identify as Democrat or Republican, and more support among cross-party voters. Earle-Sears had the support of 82.4% of Republican Party identifiers (versus Spanberger’s 6.5%). Spanberger had the support of 84.9% of Democratic Party identifiers (versus Earle-Sears 2.3%). Spanberger had the support

⁹ The figure above includes all survey respondents, including non-registered voters. A concern related to the above analysis of the gubernatorial race is the possibility that so-called “shy Trump voters” might be missed in the analysis. As a result of these concerns, some polls in the 2024 Presidential election weighted respondents based upon who they said they had voted for in the 2020 Presidential election. If Trump supporters are less likely to respond to the Life in Hampton Roads survey and are more likely to support Winsome Earle-Sears for Governor, then our results could be skewed against Earle-Sears. To check for this possibility, this year’s survey included a question asking respondents who they voted for in the 2024 Presidential election. This comparison does raise some concern about underrepresentation of Trump voters in the 2025 survey sample. Of respondents who indicated a two-party preference, 37.6 percent said they voted for Donald Trump, but Trump won 41.2 percent of the two-party vote in the 2024 election in the seven Hampton Roads cities. This suggests that difficulties sampling Trump supporters might be biasing Spanberger’s numbers upwards, and biasing Earle-Sears’ numbers downwards by approximately 3.5 percentage points respectively. However, such a bias in the survey sample would be insufficient to put Sears in a comparable position to Youngkin in 2021 – she would still be under 40 percent of the two-party vote in Hampton Roads. And in the end the survey ended up modestly understating Spanberger’s support.

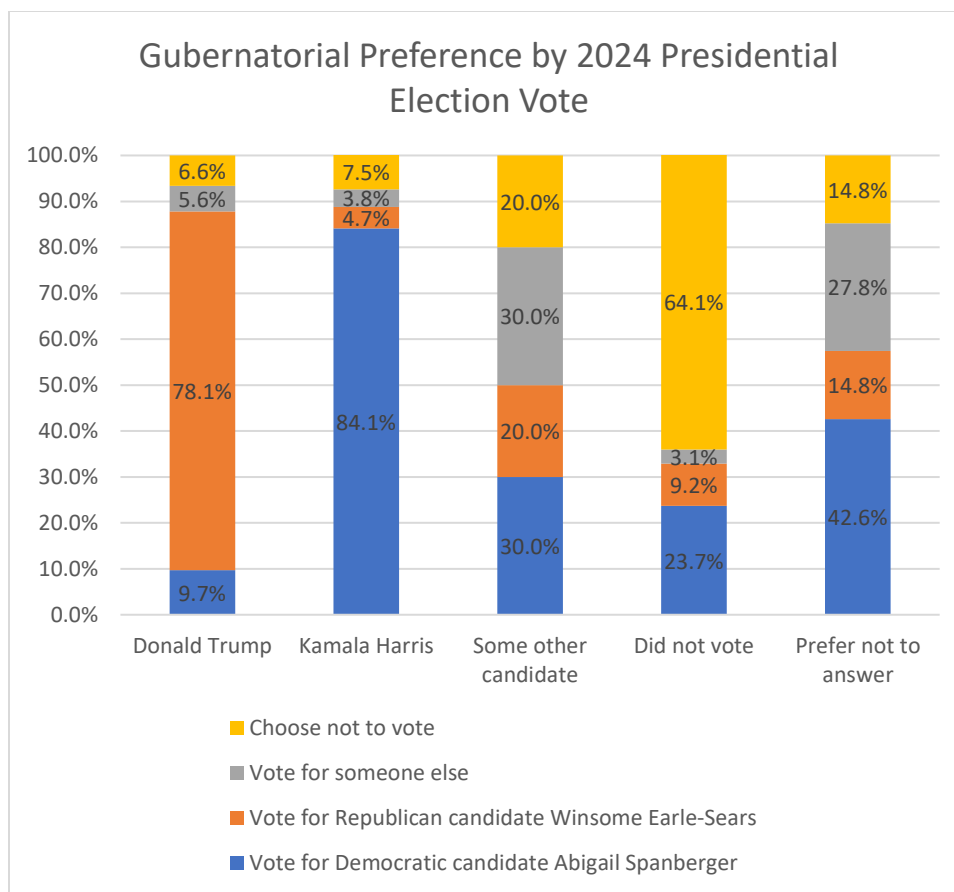
of 45.5% of Independents, while Earle-Sears had the support of only 20.6%. And among those who identified with some other party, Spanberger had the support of 44% versus only 16% for Earle-Sears.



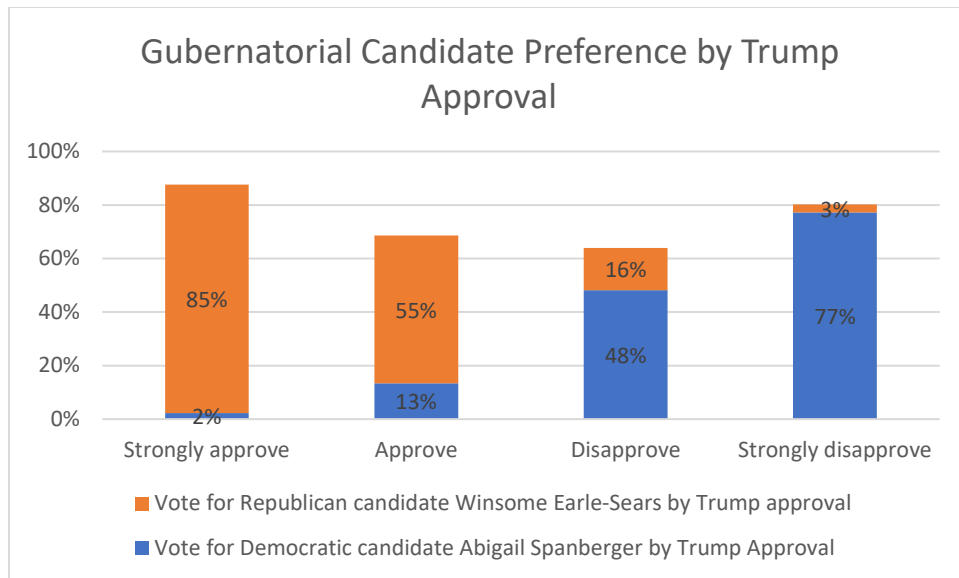
In July and August 2025 Donald Trump came under pressure to more explicitly endorse Earle-Sears, a step he had largely avoided to that point, perhaps because of critical statements made by Earle-Sears after Trump lost the 2020 Presidential election and the events of January 6th, 2021. This raises an important set of questions about whether Trump supporters were backing Earle-Sears in the governor's race. Did Earle-Sears' slightly weaker performance among Republicans reflect lack of support among Trump voters or among those who supported Trump?

Earle-Sears did seem to be struggling to re-assemble Trump's support coalition in Virginia. Among respondents who said they voted for Trump in 2024, Earle-Sears had the support of 78.1%, with 9.7% indicating they would vote for Spanberger. Among respondents who said they voted for Harris in 2024, Spanberger had the support of 84.1%, with 4.7 % voting for Earle-Sears. Thus, Earle-Sears was performing worse among Trump voters than Spanberger is performing among Harris voters.

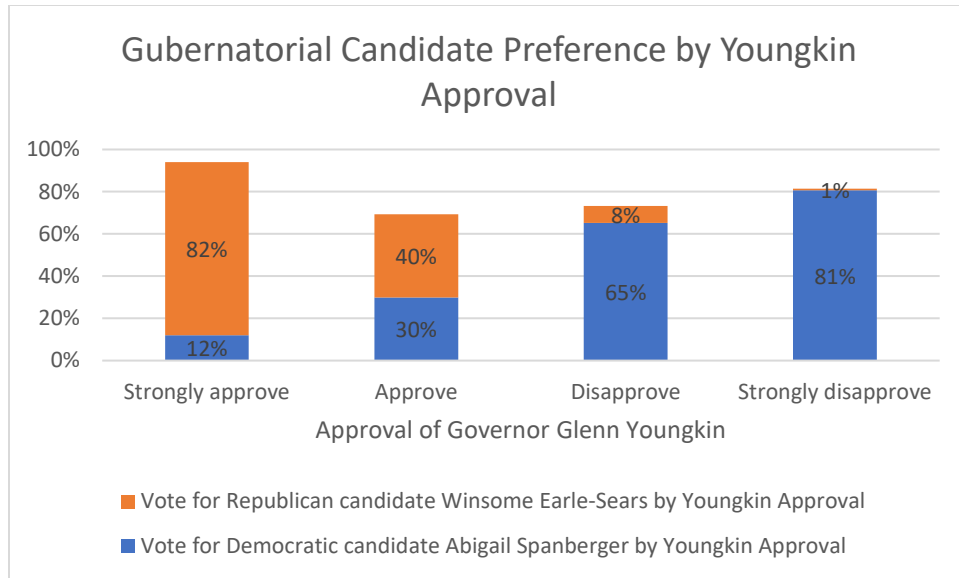
Complicating the challenge for Earle-Sears is that Trump himself is struggling to retain approval among a portion of those who voted for him – according to the survey, 12.5% of Trump voters disapproved or strongly disapproved of the job Trump is doing as President. These results mirror the election results, in which Earle-Sears did worse than Trump across Virginia.



Trump job approval / disapproval strongly predicts gubernatorial election vote-choice among survey respondents. Among respondents who strongly approve of Trump, almost all were already planning to vote for Earle-Sears (85% for Earle-Sears, 2% for Spanberger). Respondents who approved of Trump mostly were planning to vote for Earle-Sears as well (55% for Earle-Sears, 13% for Spanberger), with the large portion not planning to vote for either candidate this could have been a potential resource for Earle-Sears. But there were also risks for Earle-Sears of being too closely associated with Trump. Because 16% of those who disapproved of Trump said they would vote for Earle-Sears, a closer connection with Trump could have weakened Earle-Sears' level of support among a key voting group. Closer support from Trump (who has lost Virginia in each of his three presidential runs) could potentially have cut into Earle-Sears ability to win support from those who disapproved of and/or haven't voted for Trump.



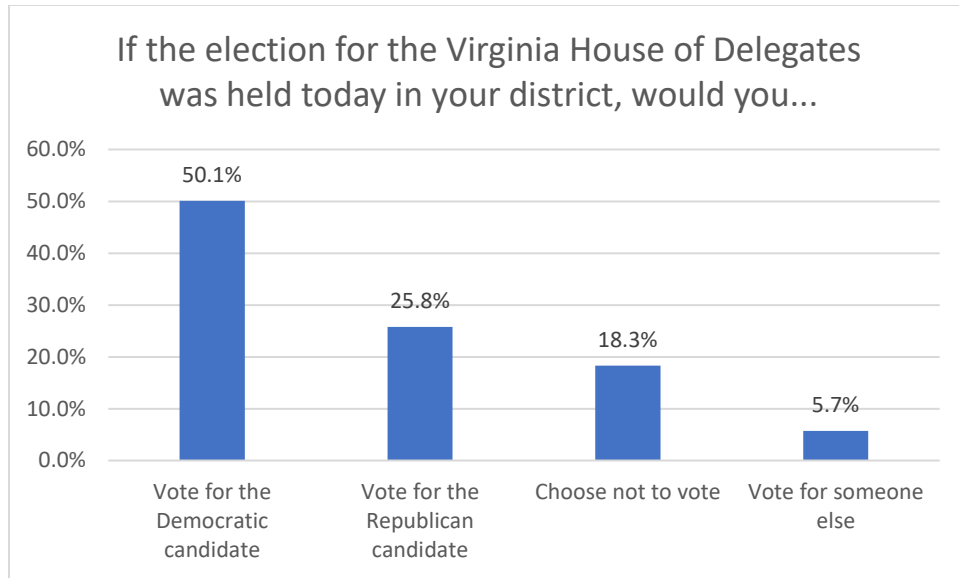
As noted above, a substantial number of respondents held more negative views of President Donald Trump than they did of Governor Glenn Youngkin. How did approval of Youngkin translate into support for Sears and Spanberger in the survey? Overall, Earle-Sears seemed to suffer from disapproval of Youngkin without benefitting equally from approval. Among respondents who strongly approved of Youngkin, 82% indicated that they would vote for Earle-Sears (and 12% indicated that they would vote for Spanberger), and among those who approved (but not strongly) of Youngkin, only 40% indicated that they would vote for Earle-Sears (compared with 30% who indicated they would vote for Spanberger). Thus, many respondents who thought well of Youngkin did not plan to vote for his lieutenant governor in her quest to ascend to the governor's office. Despite the loose connection between approval of Youngkin and support for Earle-Sears, there was a tight connection between disapproval of Youngkin and a plan to not vote for Earle-Sears. Only 8% of those who disapproved of Youngkin planned to vote for Earle-Sears, and less than one percent of those who strongly disapproved of Youngkin indicated that they planned to vote for Earle-Sears. Thus, Earle-Sears could have potentially benefitted from stronger support among residents who approve of Youngkin.



Overall, the results suggested that unless a significant change in the dynamics of the race took place, Spanberger would remain well positioned to win the 2025 Gubernatorial election in Virginia. A key challenge for Earle-Sears seemed to be finding a way to garner much higher levels of support from Virginians who approve of Youngkin even while they might not approve of Trump. The election results are in line with the survey results, suggesting that the dynamics of the race that were in place when the LIHR survey was conducted essentially continued through election day.

The House of Delegates Election

In 2025, Virginians also elected all members of the House of Delegates. Consequently, the survey included a question asking respondents to indicate which party they would vote for in the House of Delegates elections. Slightly more than 50% of respondents indicated that they planned to vote for the Democratic candidate, while about one quarter of respondents indicated that they would vote for the Republican candidate. Thus, Republicans polling was slightly worse in the House of Delegates contests than in the Gubernatorial contest.



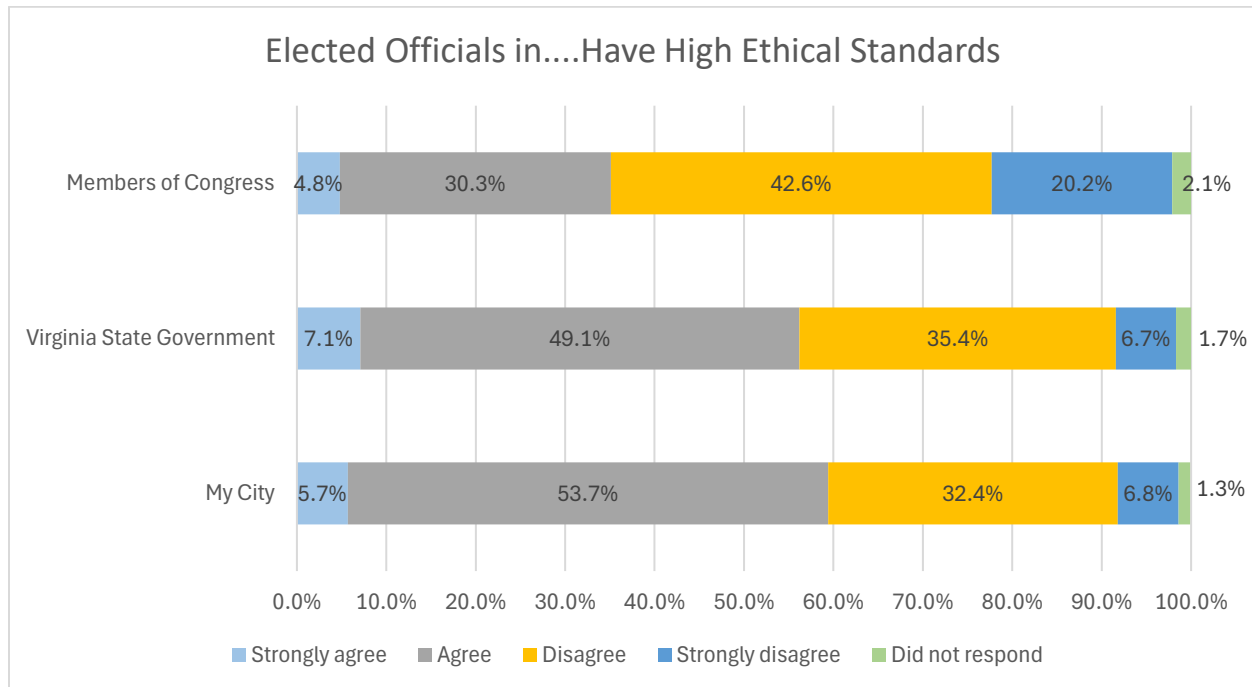
The last time Republicans won control of the House of Delegates (in 2021) the party's candidates won 45.8% of the House of Delegates vote in the 7 cities included in the Life in Hampton Roads Survey, while Democrats won 53.7% of the vote. In the 2025 LIHR survey, Democrats received 66% of the two-party preferences, compared to 34% for Republicans. Thus, Republicans appeared to be polling far behind the margins they would need to prevail. The results of the survey appeared to give the edge to the Democrats in the Hampton Roads region.

The November election results (according to November 10, 2025 unofficial totals from the Virginia Department of Elections) closely paralleled the LIHR survey. In the election, Democrats won 67% of the two-party vote, and Republicans won 33%, only one percent different from the survey results (66% and 34%). To some extent, the modest under-performance of Republicans in the election relative to the survey may reflect the failure of the Republican party to field candidates in some House of Delegates races within the region.

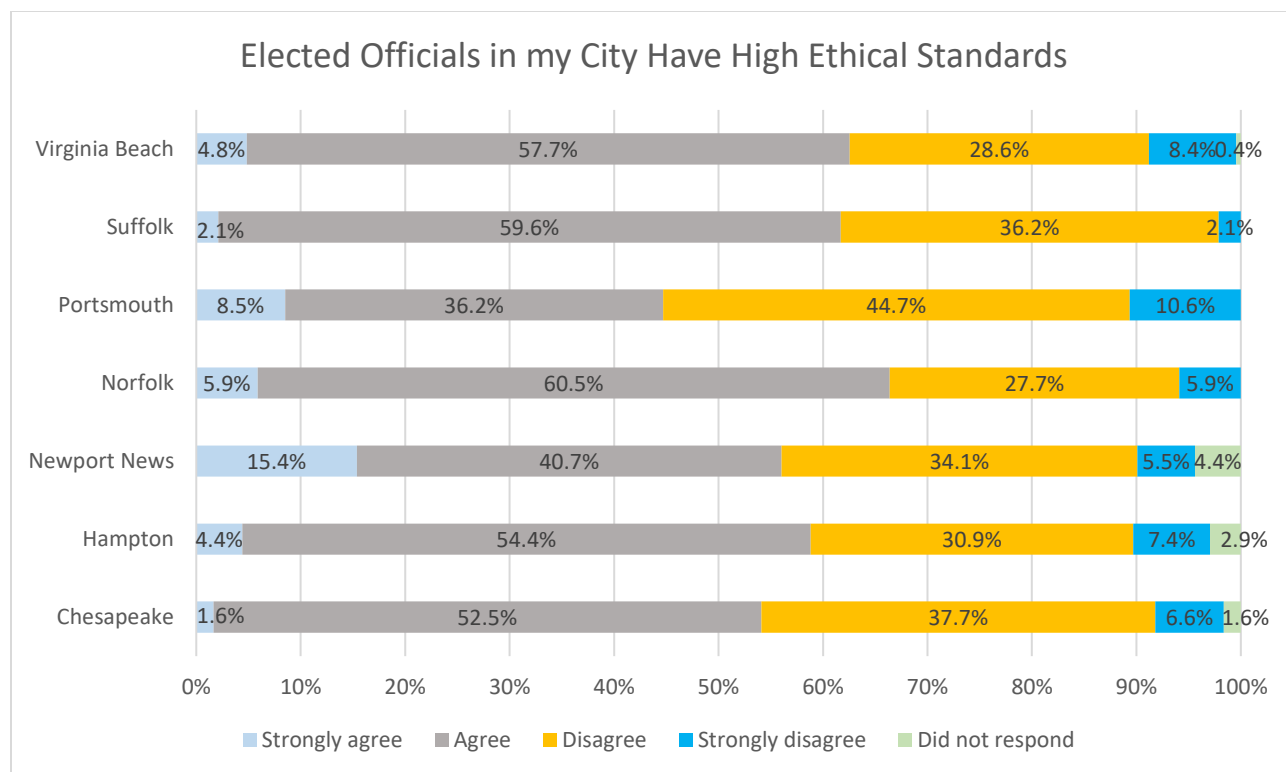
Ethical Perceptions, Trust and Confidence of Government Officials

Respondents were asked a series of questions about the ethical standards of various elected officials and were asked to what extent they agreed or disagreed that: elected officials in their city, elected officials in Virginia state government, and members of Congress have high ethical standards. As can be seen below, a higher percentage of respondents agreed or strongly agreed that their city elected officials had high ethical standards (59.4%) compared to Virginia elected officials (56.1%) or members of Congress

(35.1%). About one in five respondents strongly disagreed that members of Congress have high ethical standards.

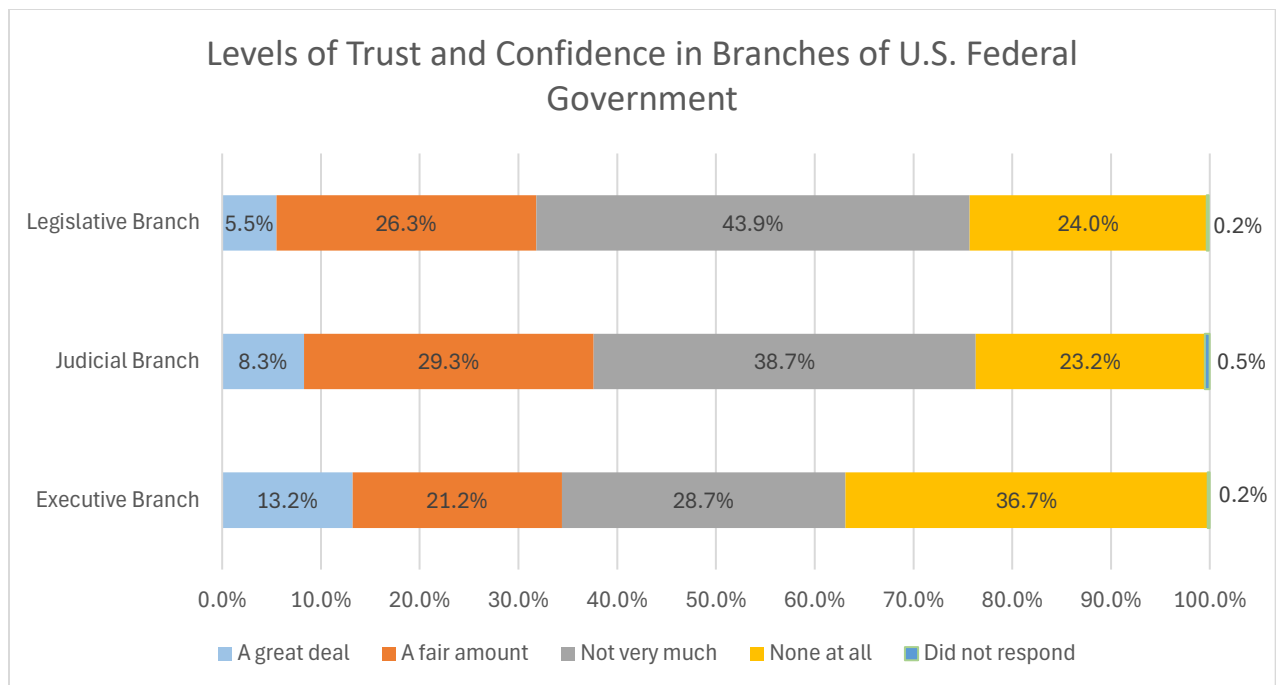


Belief in the extent to which city officials had high ethical standards varied by city. Respondents in Norfolk, Virginia Beach, and Suffolk were the most likely to believe that elected officials in their city had high ethical standards (agree and strongly agree) and Portsmouth was the only city where a majority of respondents selected the Disagree or Strongly Disagree options.

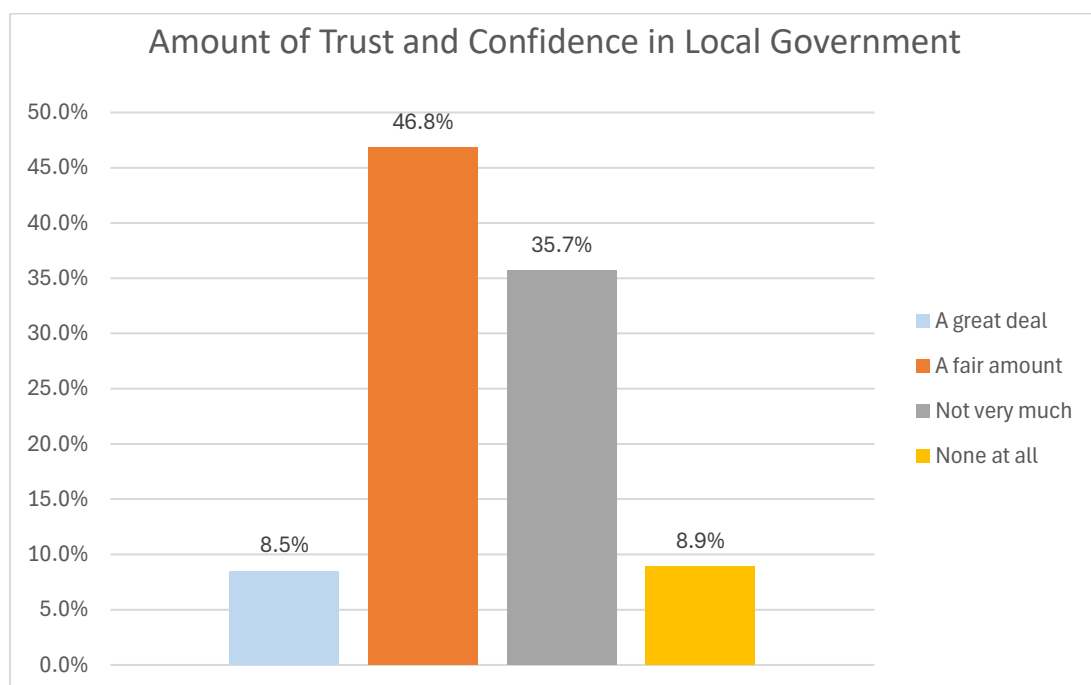


Respondents were also asked how much trust and confidence they have at this time in the various branches of the federal government. More than one-third of respondents indicated that they had no trust/confidence in the executive branch headed by the president (36.7%) and almost one in five expressed no trust or confidence in the judicial branch headed by the Supreme Court (23.2%) or the legislative branch headed by the US Senate and House of Representatives (24%). More than one-third of respondents (37.6%) indicated that they had a great deal or a fair amount of trust/confidence in the judicial branch.

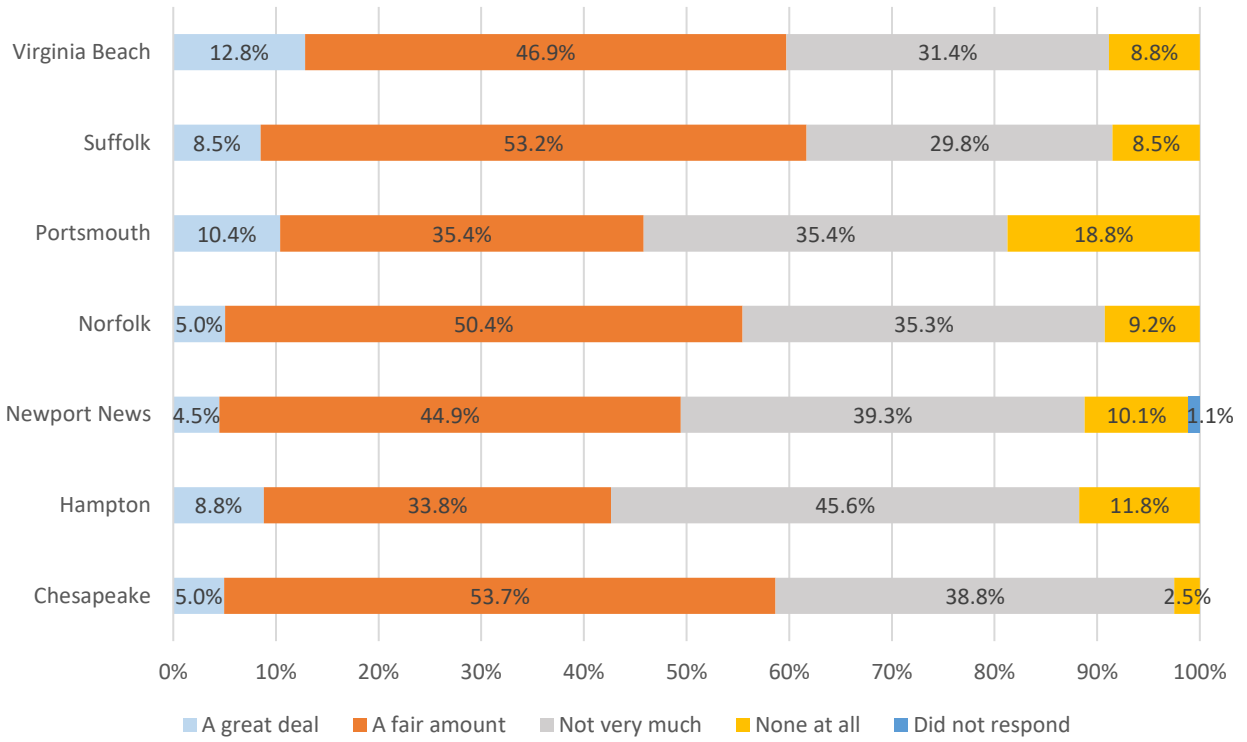
With Republican / Republican appointed majorities in all three branches of the Federal Government, all trust and confidence questions had a strong partisan association. Among those who responded to both the party identification and trust question, 85.8% of Republicans expressed a great deal or a fair amount of trust in the executive branch, 76.3% expressed a great deal of a fair amount of confidence in the judicial branch, and 62.1% expressed a great deal of confidence in the legislative branch. By contrast, only 23.5% of Democrats and 25.1% of other respondents expressed confidence in the executive branch, only 23.5% of Democrats and 27.7% of other respondents expressed confidence in the courts, and 26.1% of Democrats and 19.5% of other respondents expressed confidence in the legislative branch.



Respondents had a more favorable view of their local government when it comes to handling local problems with 55.4% indicating a great deal or fair amount of trust. As with ethics, however, there was variation across cities, with more than 50% of respondents from Chesapeake, Norfolk, Suffolk, and Virginia Beach expressing at least a fair amount of confidence, while less than 50% of respondents from Portsmouth, Newport News, and Hampton expressed at least a fair amount of confidence.



Trust and Confidence in Local Government by City





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