

# FortHuntPatch

**Virginia's 8th District Tops Group's Health Index: Amenities, Education Indicate a Long Life**  
By Karen Goff | Marche 2, 2011

Virginia's 8th Congressional District snakes from Alexandria to Reston, along the bike paths by the Potomac River ,past a couple of Whole Foods markets and right to folks (many of them with advanced degrees, of course) training for the a triathlon.

Perhaps some of those amenities are why Virginia's 8th District has been named the Healthiest Congressional District by the American Human Development Project.

The American Human Development Project, an initiative of the Social Science Research Council, takes demographic and US Census information and charts such thing as income, education, life expectancy.

The full Human Development Index takes into account the number of people in the area who have graduated high school, college, and graduate school; the life expectancy at birth; and median earnings.

Virginia's 8th scored a 7.35, tops in the county. Lowest was West Virginia's 3rd District with a 2.89.