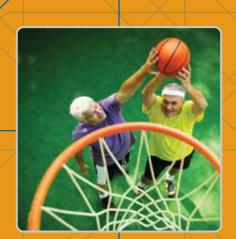# ACSM AMERICAN FITNESS INDEX™

2011

Actively Moving America to Better Health

Health and Community Fitness Status of the 50 Largest Metropolitan Areas

AMERICAN COLLEGE
of SPORTS MEDICINE®
www.acsm.org

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ACSM AMERICAN FITNESS INDEX™ HEALTH AND COMMUNITY FITNESS STATUS OF THE 50 LARGEST METROPOLITAN AREAS

2011 EDITION

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WELLPOINT SM

F O U N D A T I O N

May 2011

Dear friends and colleagues,

Before you is the 2011 ACSM American Fitness Index™ (AFI) data report. As the founding sponsor of AFI, the WellPoint Foundation is proud to be a continuing sponsor of this healthy lifestyle measurement and improvement endeavor.

Developed by some of the leading sports medicine professionals and exercise scientists in the country, AFI's scientific, data-driven report provides a unique measure of health, fitness and quality of life in America's 50 most populous metropolitan areas.

My hope is that this report will be a valuable tool in evaluating the state of health and fitness in your community, help recognize and celebrate areas of success, and bring focus to areas that need attention and improvement.

Our involvement with ACSM and the AFI program illustrates our commitment to enhancing health improvement efforts across the country and allows us to be a stronger community partner in the states we serve. Each year, WellPoint Inc., its Foundation and my fellow associates donate nearly $22.5 million to help meet health and economic development needs of communities across the nation.

Nevertheless, we understand that improving the health and fitness of Americans is an effort that requires localized strategies, action and support. This report represents an extension of our hand to help make your community a healthy, fit and happy place.

In addition to the information provided in this report, I encourage you to visit AmericanFitnessIndex.org and WellPointFoundation.org for tools and resources on inciting positive change in the health and wellness of your hometown.

Thank you in advance for your interest and support!

Respectfully,

Wesley B. Wong MD

Wesley B. Wong, M.D., M.M.M.
Regional Vice President, Medical Director
Anthem Blue Cross and Blue Shield
Anthem National Accounts & Commercial Business

EXECUTIVE SUMMARY

With support and funding from the WellPoint Foundation, the American College of Sports Medicine (ACSM) launched the ACSM American Fitness Index™ (AFI) program in 2008 to help communities identify opportunities to improve the health of their residents and expand community assets to better support active, healthy lifestyles. The AFI reflects a composite of preventive health behaviors, levels of chronic disease conditions, health care access, as well as community resources and policies that support physical activity. In addition, demographic diversity, economic diversity and violent crime levels are included for each metropolitan area to illustrate the unique attributes of each city. Communities with the highest AFI scores are considered to have strong *community* fitness, a concept analogous to individuals having strong *personal* fitness. The AFI was developed to assist communities in their efforts to improve the quality of life and well-being of their residents. The 50 largest metropolitan areas in the United States, as defined by the U.S. Office of Management and Budget using data from the U.S. Census Annual Estimates of Population, were included in this 2011 data report for the AFI program. Metropolitan Statistical Areas (MSAs) were chosen as the unit of measurement because they represent the group of counties comprising the urban areas where residents live, work and access community resources.

The AFI program is unique for several reasons:
- Cities are defined by MSAs;
- Personal health indicators, as well as community and environmental indicators, are included in the data report;
- Data come from reputable sources, and scientific methodologies are used to increase validity and reliability;
- Unique areas of strength and opportunities for improvement are included for each MSA to help guide community action;
- Materials, resources and connections to health promotion partners are provided by the AFI program to help cities improve their indicators; and,
- Local, state and national health promotion partners form a network to support collaborative program efforts.

The first step in creating the report for the AFI program involved developing a strategy to identify, gather, analyze and present MSA-level data on population, health and built environment. Data were identified, assessed and scored by a national expert panel for inclusion into an index to compare each MSA's attributes with the overall U.S. values and with the other large metropolitan areas. Based on the comparisons, strengths/advantages and opportunities/challenges for each MSA were noted.

There was great diversity in community fitness levels among the 50 MSAs. Cities that ranked near the top of the index have several strengths that support healthy living and few challenges that hinder it. The opposite is true for cities near the bottom of the index. All cities are commended for their strengths and encouraged to focus future efforts on their areas of opportunity to achieve healthy, active living.

Rank	Metropolitan Area	SCORE
1	Minneapolis, MN	77.2
2	Washington, DC	76.8
3	Boston, MA	69.1
4	Portland, OR	67.7
5	Denver, CO	67.6
6	San Francisco, CA	66.8*
7	Hartford, CT	66.8*
8	Seattle, WA	66.5
9	Virginia Beach, VA	65.8
10	Sacramento, CA	65.3
11	San Jose, CA	65.2
12	Richmond, VA	64.2
13	San Diego, CA	63.3
14	Cincinnati, OH	60.3
15	Salt Lake City, UT	59.8
16	Austin-Round Rock, TX	57.8
17	Pittsburgh, PA	55.5
18	Atlanta, GA	55.2
19	Providence, RI	55.1
20	Baltimore, MD	53.7
21	Milwaukee, WI	51.8
22	Kansas City, MO	51.5
23	Buffalo, NY	50.2
24	Raleigh, NC	50.0
25	Cleveland, OH	49.6
26	Saint Louis, MO	49.3*
27	Philadelphia, PA	49.3*
28	Chicago, IL	48.9
29	Orlando, FL	48.6
30	New York, NY	48.3
31	Jacksonville, FL	46.7
32	Phoenix, AZ	45.3
33	San Antonio, TX	45.0
34	New Orleans, LA	43.9
35	Miami, FL	43.1
36	Charlotte, NC	42.3*
37	Nashville, TN	42.3*
38	Columbus, OH	42.2
39	Dallas, TX	41.3
40	Tampa, FL	40.4
41	Los Angeles, CA	39.1
42	Houston, TX	38.3
43	Las Vegas, NV	37.8
44	Riverside, CA	36.8
45	Indianapolis, IN	34.4
46	Detroit, MI	33.8
47	Birmingham, AL	33.6
48	Memphis, TN	32.9
49	Louisville, KY	29.0
50	Oklahoma City, OK	24.6

*The scores shown have been rounded to the nearest tenth of a point, resulting in some apparent ties. The rankings are based on the full calculated score values, which were not equal.

This 2011 edition report presents updated rankings from the first three full-edition reports released in 2008, 2009 and 2010. The long-range vision for the AFI program is to provide annual updates to the rankings, so cities can monitor their progress in improving their health and active living fitness indicators.

BACKGROUND AND NEED FOR ACTION

PHYSICAL ACTIVITY FOR ALL!

Being physically active is one of the most important ways adults and children can maintain and improve their overall health.[1-5] For adults, regular exercise can prevent premature death, heart disease, stroke, high blood pressure, type 2 diabetes, breast cancer, colon cancer and the risk of falls. For children and adolescents, regular physical activity can decrease body fat and improve bone health, cardiorespiratory fitness and muscular strength. Physical activity also is associated with a decreased risk of depression in adults and the reduction of depression symptoms in young people.[2-5]

Emerging public health information suggests that to reach the U.S. Centers for Disease Control and Prevention's goal to improve health and fitness, prevent disease and disability, and enhance quality of life for all Americans through physical activity, we must create a culture that integrates physical activity into our daily lives.[1] The ACSM American Fitness Index™ (AFI) program developed a valid and reliable measure of health and community fitness at a metropolitan level to:

- Provide community leaders with information to understand the personal, community, societal and environmental influences on physical activity and healthy eating;
- Develop strategies to promote physical activity at multiple levels of influence; and
- Take action through local community mobilization with the *AFI Community Action Guide*, health promotion partners and other best practices.[6]

While the AFI data report provides detailed information for cities at the MSA level, the "*My AFI*" community application tool integrates the components of the AFI program into a health promotion approach that can be applied at the local level for any community. Using this tool, leaders can understand the individual, societal and behavioral factors related to physical activity in their community and implement culturally focused activities that are meaningful to their residents.

Overall, the goal of the AFI program is to help improve the health of the nation by promoting active lifestyles through local programming and developing a sustainable, healthy community culture. To accomplish this goal, community leaders and health planners need to be aware of their community's health status and behaviors; key indicators, such as obesity and chronic disease rates and number of health care providers, related to physical inactivity; built environment and resources; and policies that support a healthy community. The AFI program is specifically designed to provide this data and other valuable assistance to cities to further their efforts to improve the health and quality of life of residents, promote healthier lifestyles and encourage community resource development to support physical activity.

ACSM AMERICAN FITNESS INDEX™ PROGRAM

With support and funding from the WellPoint Foundation (www.wellpointfoundation.org), the AFI program was created to develop a valid and reliable measure of the health and community fitness at the metropolitan level in the United States, to provide valuable resources that help communities focus their programming efforts and to assist communities in developing collaborative activities and partnerships with other organizations that contribute to health promotion. Using the AFI data report, communities will be able to assess factors contributing to the health status of their residents. Additionally, as communities implement targeted programs to improve health status and environmental resources, they will be able to measure their progress using the relevant AFI elements.

ACSM AMERICAN FITNESS INDEX™ PROGRAM COMPONENTS

The AFI program improves the health, fitness and quality of life of citizens through three key components:

- **Data:** Collect, aggregate and report metropolitan-level data related to healthy lifestyles, health outcomes and community resources that support a physically active society. Disseminate the AFI data report to give an accurate snapshot of the health status and contributing factors in major metropolitan areas across the nation.
- **Resources:** Serve as a resource for promoting and integrating research, education and practical applications of sports medicine and exercise science to maintain and enhance physical performance, fitness, health and quality of life.
- **Health Promotion Partners:** Help communities connect and partner with existing organizations and local, state and national programs on physical activity and healthy lifestyles initiatives.

IMPLEMENTATION

This fourth full-edition data report for the AFI program focuses on data collection and analysis for the 50 largest metropolitan areas in the United States. The program's data report shows the result of identifying, collecting, analyzing, weighing and aggregating relevant data at the metropolitan level.

The metropolitan areas in this report represent the 50 largest Metropolitan Statistical Areas (MSAs) defined by the U.S. Office of Management and Budget using data from the U.S. Census Annual Estimates of Population. They are the cities and surrounding metropolitan areas of:

- Atlanta-Sandy Springs-Marietta, GA
- Austin-Round Rock, TX
- Baltimore-Towson, MD
- Birmingham-Hoover, AL
- Boston-Cambridge-Quincy, MA-NH
- Buffalo-Niagara Falls, NY
- Charlotte-Gastonia-Concord, NC-SC
- Chicago-Naperville-Joliet, IL-IN-WI
- Cincinnati-Middletown, OH-KY-IN
- Cleveland-Elyria-Mentor, OH
- Columbus, OH
- Dallas-Fort Worth-Arlington, TX
- Denver-Aurora, CO
- Detroit-Warren-Livonia, MI
- Hartford-West Hartford-East Hartford, CT
- Houston-Sugar Land-Baytown, TX
- Indianapolis-Carmel-Metro Area
- Jacksonville, FL
- Kansas City, MO-KS
- Las Vegas-Paradise, NV
- Los Angeles-Long Beach-Santa Ana, CA
- Louisville/Jefferson County, KY-IN
- Memphis, TN-MS-AR
- Miami-Fort Lauderdale-Pompano Beach, FL
- Milwaukee-Waukesha-West Allis, WI
- Minneapolis-St. Paul-Bloomington, MN-WI
- Nashville-Davidson-Murfreesboro-Franklin, TN
- New Orleans-Metairie-Kenner, LA
- New York-Northern New Jersey-Long Island, NY-NJ-PA
- Oklahoma City, OK
- Orlando-Kissimmee, FL
- Philadelphia-Camden-Wilmington, PA-NJ-DE-MD
- Phoenix-Mesa-Scottsdale, AZ
- Pittsburgh, PA
- Portland-Vancouver-Beaverton, OR-WA
- Providence-New Bedford-Fall River, RI-MA
- Raleigh-Cary, NC
- Richmond, VA
- Riverside-San Bernardino-Ontario, CA
- Sacramento-Arden-Arcade-Roseville, CA
- Saint Louis, MO-IL
- Salt Lake City, UT
- San Antonio, TX
- San Diego-Carlsbad-San Marcos, CA
- San Francisco-Oakland-Fremont, CA
- San Jose-Sunnyvale-Santa Clara, CA
- Seattle-Tacoma-Bellevue, WA
- Tampa-St. Petersburg-Clearwater, FL
- Virginia Beach-Norfolk-Newport News, VA-NC
- Washington-Arlington-Alexandria, DC-VA-MD-WV

ACSM AMERICAN FITNESS INDEX™ ADVISORY BOARD

The AFI program would not be possible without direction from the knowledgeable volunteers who make up the AFI Advisory Board. The AFI Advisory Board comprises experts with a vested interest in the fields of health and physical activity who volunteer their time to support the mission of the AFI program.

The AFI Advisory Board was created in 2007 to assist in the development of the AFI program and continues to offer guidance on the integrity of the program. Members of the AFI Advisory Board assure the AFI data report and overall program adhere to the ACSM Guiding Principles for Healthy Communities and the goals of the AFI program by:

- translating the science to practice;
- actively participating in strategic planning for the program;
- critically reviewing all program documentation and collateral materials; and
- providing expert guidance and feedback to communities.

ACSM greatly appreciates the contributions of our AFI Advisory Board members:
- *Chair:* Walter R. Thompson, Ph.D., FACSM (Georgia State University)
- *Vice-Chair*: Barbara E. Ainsworth, Ph.D., FACSM (Arizona State University)
- Steven N. Blair, P.E.D., FACSM (University of South Carolina)
- Jacqueline Epping, M.Ed. (U.S. Centers for Disease Control and Prevention)
- John M. Jakicic, Ph.D., FACSM (University of Pittsburgh)
- Liz Joy, M.D., M.P.H., FACSM (University of Utah School of Medicine/Intermountain Healthcare)
- NiCole Keith, Ph.D., FACSM (Indiana University)
- Roseann M. Lyle, Ph.D., FACSM (Purdue University)
- Melinda M. Manore, Ph.D., R.D., FACSM (Oregon State University)
- Kenneth E. Powell, M.D., M.P.H., FACSM (Epidemiologic and Public Health Consultant)
- Angela Smith, M.D., FACSM (Children's Hospital of Philadelphia)
- Stella Lucia Volpe, Ph.D., R.D., FACSM (Drexel University)
- Wes Wong, M.D., M.M.M. (Anthem Blue Cross Blue Shield-WellPoint)

ACSM AMERICAN FITNESS INDEX™ GUIDING PRINCIPLES FOR HEALTHY COMMUNITIES

- Overall health improvement in U.S. cities requires a focus on the prevention of behavioral-linked diseases by effectively addressing the underlying unhealthy behaviors and community factors.
- The rise in chronic diseases attributable to physical inactivity and unhealthy diets are a "clear and present danger" to our health and health care systems, our cities, our nation and our future.
- All cities in the U.S., irrespective of size and current health status, can make significant advances in improving the health of their people through simple, affordable, effective steps.
- There is a need for even more synergy and collaboration to assist U.S. cities in actively making the moves toward better health.

The AFI program will contribute to the Guiding Principles for Healthy Communities by creating effective partnerships and alliances at the national and local levels; by providing tools, strategies and expertise to cities and communities desiring to improve the health of their residents; and by supporting practices and policies that have proven effective.

METHODOLOGY

Scientific evidence, expert opinion and statistical methodologies were employed to select, weigh and combine the elements used in the AFI data report.

WHY CHOOSE MSAs OVER CITIES?

Defining a "city" by its city limits overlooks the interaction between the core of the city and the surrounding suburban areas. Residents outside the city limits have access to fitness-related resources in their suburban area as well as the city core; likewise, the residents within the city limits may access resources in the surrounding areas. Thus, the metropolitan area, including both the city core and the surrounding suburban areas, act as a unit to support the wellness efforts of residents of the area. Consequently, the MSA data were used where possible in constructing the AFI. It is understood that various parts of the central city and surrounding suburban area may have very different demographic and health behavior characteristics, as well as access to community-level resources to support physical activity. Currently, the nationally available data needed to measure these characteristics and resources are not available to allow comparisons of all of the smaller geographical levels in the MSAs. However, it would be possible for communities within the MSA to collect local data using the measurements and strategy outlined in this report to identify opportunities and to monitor improvements occurring as a result of their initiatives.

HOW WERE THE INDICATORS SELECTED FOR THE DATA INDEX?

Elements included in the data index must have met the following criteria to be included:
- Be related to the level of health status and/or physical activity for a community;
- Have recently been measured and reported by a reputable agency or organization in the metropolitan area;
- Be available to the public;
- Be measured routinely and provided in a timely fashion; and
- Be modifiable through community effort (for example, smoking rate is included, climate is not).

WHAT DATA SOURCES WERE USED TO CREATE THE DATA INDEX?

Publicly available data sources from federal reports and past studies provided the information used in this version of the data index. The largest single data source for the personal health indicators was the Selected Metropolitan/Micropolitan Area Risk Trends Behavioral Risk Factor Surveillance System (SMART BRFSS). Through an annual survey, conducted by the Center for City Park Excellence, the Trust for Public Land provided many of the community/environmental indicators, and the U.S. Census American Community Survey was the source for most of the MSA descriptions. The U.S. Department of Agriculture; State Report Cards (School Health Policies and Programs Study by the CDC); the Health Resources and Services Administration's (HRSA) Area Resource File; and the Federal Bureau of Investigation's (FBI) Uniform Crime Reporting Program also provided data used in the MSA description and index. In all cases, the most recently available data (typically 2009) were used. The data index elements and their data sources are shown in Appendix A.

HOW WAS THE DATA INDEX BUILT?

Potential elements for the AFI data index were scored for relevance by a panel of 26 health and physical activity experts in 2008 (listed in Appendix B). Two Delphi method–type rounds of scoring were used to reach consensus on whether each item should be included in the data index and the weight it should carry in the calculations.

The Delphi method began with a draft list of elements or measures to include in the index. An expert panel was selected (listed in Appendix B), and a questionnaire was mailed to them for their input on the list of elements. Each participant was asked to score the elements on a scale from 0 to 3 (0 = not appropriate for the index; 1 = should be in the index, but of minor importance; 2 = should be in the index and is of moderate importance; 3 = should be in the index and is of high importance) independently and return their scoring sheet for analysis and preparation for the second round. The panel members also were asked to add measures they thought should be in the index.

The responses from the first round were summarized into a feedback version of the list and resent to the same panelists for a second round of scoring. Consensus was obtained for some elements during the first round, so the panelists were not asked to rate them during the second round. The list of measures used for the second round showed the panelists' scores from the first round. The panelists were asked to score the elements on the same scale again after they saw how their colleagues had scored each element on the first round and send their responses back for analysis. After the second round, a consensus was obtained for all elements. A final summary report was provided to the expert panel members for their final feedback.

A weight of 1 was assigned to those elements that were considered to be of little importance; 2 for those items considered to be of moderate importance; and 3 to those elements considered of high importance to include in the data index. From this process, 30 currently available indicators were identified and weighted for the index and 17 description variables were selected. The description elements were not included in the data index calculation, but were shown for cities to use for comparison purposes. Each item was first ranked (worse value = 1) and then multiplied by the weight assigned by consensus of the expert panel. The weighted ranks were then summed by indicator group to create scores for the personal health indicators and community/environmental indicators. Finally, the MSA scores were standardized to a scale with the upper limit of 100 by dividing the MSA score by the maximum possible value and multiplying by 100.

The following formula summarizes the scoring process:

$$\text{MSA Score}_k = \left(\left(\sum_{i=1}^{n} r_{ki}\, w_{ki} \right) / \text{MSA Score}_{max} \right) * 100$$

r = MSA rank on indicator
w = weight assigned to indicator
k = indicator group
n = 14 for personal health indicators and 16 for community/environmental indicators
MSA Score$_{max}$ = hypothetical score if an MSA ranked best on each of the elements

The individual weights also were averaged for both indicator groups to create the total score. Both the indicator group scores and the total scores for the 50 cities were then ranked (best = 1) as shown on the Metropolitan Area Snapshots.

HOW SHOULD THE SCORES AND RANKS BE INTERPRETED?

It is important to consider both the score and rank for each city. While the ranking lists the MSAs from the highest score to the lowest score, the scores for many cities are very similar, indicating that there is relatively little difference among them. For example, the score for Portland was 67.7 while the score for Denver was 67.6. While Portland was ranked higher than Denver, they are actually very similar across all of the indicators; thus, there is little difference in the community wellness levels of the two MSAs. Also, while one city carried the highest rank (Minneapolis, MN) and another carried the lowest rank (Oklahoma City, OK), this does not necessarily mean that the highest ranked city has excellent values across all indicators and the lowest ranked city has the lowest values on all the indicators. The ranking merely indicates that, relative to each other, some cities scored better than others.

HOW WERE THE STRENGTHS/ADVANTAGES AND OPPORTUNITIES/ CHALLENGES DETERMINED?

Areas of strengths/advantages and opportunities/challenges of the MSAs were listed to assist communities in identifying potential areas where those communities might focus their efforts, using approaches adopted by those cities that have strengths in the same area. This process involved comparing the descriptive and data index elements of the MSA to the average of the other MSAs. Those with values higher than the MSA average by ten percent or more were considered strengths/ advantages. Those with values lower than the MSA average by ten percent or more were listed as opportunities/challenges.

WHAT LIMITATIONS OF THIS PROJECT NEED TO BE CONSIDERED?

The items used for the personal health indicators were based on self-reported responses to the Behavioral Risk Factor Surveillance Survey and are subject to the well-known limitations of self-reported data. Since this limitation applies to all metropolitan areas included in this report, the biases should be similar across all areas, so the relative differences should be valid. As per advice provided on the FBI Uniform Crime Reporting Program Web site, violent crime rates were not compared to U.S. values or averages of all MSAs. As indicated on the FBI Web site, data on violent crimes may not be comparable across all metropolitan areas because of differences in law enforcement policies and practices from area to area. The Trust for Public Land community/environmental indicators only includes city-level data, not data for the complete MSA. Consequently, most of the community/environmental indicators shown on the MSA tables are for the main city in the MSA and do not include resources in the rest of the MSA.

HOW DID WE MOVE FROM PILOT VERSION TO FIRST FULL VERSION?

The first full version of the AFI data report was based on the strategies used in the pilot phase, released in May 2008. This version incorporated the many valuable suggestions and comments ACSM received after the pilot phase was released. Further comments and suggestion are welcomed for this version as well. Please send your questions, comments and suggestions about the ACSM American Fitness Index™ data report or overall program to afi@acsm.org.

MY AFI: AFI COMMUNITY APPLICATION TOOL

My AFI is the community application tool of the ACSM American Fitness Index™ program. *My AFI* integrates the components of the ACSM American Fitness Index™ into a health promotion approach that can be applied to just about any community. Using the *My AFI* Data Template (Appendix C), stakeholders can gain an understanding of the individual and societal behaviors related to physical activity in their own community.

The **first step** in the process is to complete the *My AFI* Data Template for your community using the data sources listed in Appendix A of the 2011 data report, where available. Document your community's population characteristics, health behaviors, chronic health problems, health care and built environment attributes in the first column, titled "*My AFI*," of the *My AFI* Data Template. Although some of the data may not be available for your community, complete the *My AFI* Data Template as thoroughly as possible.

The **second step** is to identify your community's physical activity-related strengths/advantages and opportunities/challenges. If your community's health indicators for health behaviors, chronic health problems, health care and built environment attributes are better by ten percent or more compared to the MSA average, this characteristic is a strength/advantage for your community. If the indicator is worse by ten percent or more, this measure is an opportunity/challenge. For an example, refer to the *My AFI* Instructions in Appendix C. The indicators marked with an asterisk (*) in the Population Characteristics section of the *My AFI* Data Template are not modifiable but provide a description of your community's population.

You may use the data you have available to better understand your community's physical activity level and health status and to help guide your strategic planning activities. Now that you have collected and evaluated your community's information, remember to celebrate your community's successes and keep in mind that any work on an opportunity/challenge moves your community toward improved health and quality of life. Consult the *AFI Community Action Guide* or the AFI Web site *(www.americanfitnessindex.org)* for tools and resources to focus local health promotion efforts.

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ATLANTA, GA
(Atlanta–Sandy Springs–Marietta, GA MSA)

COUNTIES
Barrow, Bartow, Butts, Carroll, Cherokee, Clayton, Cobb, Coweta, Dawson, DeKalb, Douglas, Fayette, Forsyth, Fulton, Gwinnett, Haralson, Heard, Henry, Jasper, Lamar, Meriwether, Newton, Paulding, Pickens, Pike, Rockdale, Spalding, Walton

Ranking: Total Score = 55.2; Rank = 18

STRENGTHS/ADVANTAGES
- Lower percent currently smoking
- Lower percent of days when physical health was not good during the past 30 days
- Lower percent of days when mental health was not good during the past 30 days
- Lower percent with asthma
- Lower percent with angina or coronary heart disease

- Lower death rate for diabetes
- More golf courses per capita
- More park units per capita
- More recreation centers per capita
- More swimming pools per capita
- More tennis courts per capita

OPPORTUNITIES/CHALLENGES
- Higher percent unemployed
- Lower percent of city land area as parkland
- Fewer acres of parkland per capita
- Fewer farmers' markets per capita
- Lower percent using public transportation to work
- Lower percent bicycling or walking to work
- Fewer ball diamonds per capita

- Fewer dog parks per capita
- Fewer park playgrounds per capita
- Lower level of state requirement for Physical Education classes
- Lower number of primary health care providers per capita

DESCRIPTION OF ATLANTA–SANDY SPRINGS–MARIETTA, GA MSA

	Atlanta MSA	U.S. Value	MSA Average	MSA Range
Population	5,475,213	307,006,550	3,325,885	1,123,804 – 19,069,796
Percent less than 18 years old	27.0%	24.3%	24.6%	20.2% – 29.4%
Percent 18 to 64 years old	64.4%	62.8%	63.6%	60.5% – 66.9%
Percent 65 years old and older	8.6%	12.9%	11.8%	7.9% – 17.2%
Percent male	49.4%	49.3%	49.2%	48.1% – 51.1%
Percent high school graduate or higher	86.9%	85.3%	86.7%	77.6% – 92.5%
Percent White	57.8%	74.8%	72.3%	49.8% – 88.6%
Percent Black or African American	31.5%	12.4%	15.0%	1.7% – 44.5%
Percent Asian	4.3%	4.5%	5.1%	1.2% – 30.2%
Percent Other Race	6.3%	8.3%	7.6%	1.9% – 24.5%
Percent Hispanic/Latino	10.0%	15.8%	15.1%	1.2% – 53.4%
Percent unemployed	11.6%	9.9%	9.8%	6.4% – 16.3%
Median household income	$55,464	$50,221	$55,331	$43,633 – $85,168
Percent of households below poverty level	10.3%	10.5%	9.5%	4.9% – 15.1%
Violent crime rate/100,000*	439.7	429.4		
Percent with disability	9.2%	12.0%	11.0%	7.4% – 14.5%

*Due to differences in jurisdictional definitions and reporting, the FBI recommends that these rates not be compared across areas

ACSM AMERICAN FITNESS INDEX™ COMPONENTS

Personal Health Indicators – Score = 64.7; Rank = 16

	Atlanta MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	77.8%	76.2%	77.2%	70.4% – 85.9%
Percent physically active at least moderately	46.2%	51.0%	48.7%	36.4% – 58.1%
Percent eating 5+ servings of fruits/vegetables per day	25.9%	23.4%	24.4%	15.8% – 30.0%
Percent currently smoking	14.6%	17.9%	17.0%	8.8% – 25.3%
Chronic Health Problems				
Percent obese	25.1%	26.9%	25.9%	18.1% – 34.3%
Percent in excellent or very good health	57.0%	56.0%	56.8%	46.4% – 66.6%
Any days when physical health was not good during the past 30 days	29.9%	35.5%	35.3%	29.5% – 40.3%
Any days when mental health was not good during the past 30 days	27.6%	33.7%	34.4%	23.8% – 41.9%
Percent with asthma	6.5%	8.8%	8.3%	4.5% – 11.9%
Percent with angina or coronary heart disease	2.5%	3.8%	3.6%	2.4% – 5.6%
Percent with diabetes	7.9%	8.3%	8.3%	5.4% – 11.6%
Death rate/100,000 for cardiovascular disease	196.1	206.7	201.0	131.7 – 268.6
Death rate/100,000 for diabetes	15.2	22.5	21.9	9.9 – 31.4
Health Care				
Percent with health insurance	82.3%	85.6%	86.3%	77.3% – 94.4%

Community/Environmental Indicators – Score = 46.4; Rank = 32

(note: most of these data were available only for the main city in the MSA)

	Atlanta		MSA Average	Range of all Cities
Built Environment				
Parkland as percent of city land area	4.6%		10.6%	2.5% – 25.3%
Acres of parkland/1,000	7.2		18.9	2.3 – 94.1
Farmers' markets/1,000,000	3.5		14.8	1.0 – 41.0
Percent using public transportation to work	3.7%		4.3%	0.4% – 30.5%
Percent bicycling or walking to work	1.6%		2.8%	1.2% – 6.7%
Recreational Facilities				
Ball diamonds/10,000	1.5		2.0	0.3 – 5.7
Dog parks/10,000	0.4		0.9	0.0 – 5.7
Park playgrounds/10,000	2.0		2.3	0.9 – 4.8
Golf courses/100,000	1.1		1.0	0.0 – 5.0
Park units/10,000	6.6		4.2	1.2 – 10.9
Recreation centers/20,000	1.3		1.1	0.1 – 2.6
Swimming pools/100,000	4.1		3.1	0.6 – 9.2
Tennis courts/10,000	3.3		2.1	0.8 – 6.9
Park-related expenditures per capita	$101		$101.5	$12.0 – $259.0
Level of state requirement for Physical Education classes**	2		2.5	0 – 3
Number of primary health care providers per 100,000	68.9		93.2	46.8 – 133.7

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

AUSTIN, TX
(Austin-Round Rock, TX MSA)

COUNTIES
Bastrop, Caldwell, Hays, Travis, Williamson

Ranking: Total Score = 57.8; Rank = 16

STRENGTHS/ADVANTAGES
- Lower percent unemployed
- Higher percent physically active at least moderately
- Higher percentage eating 5+ servings of fruits/vegetables per day
- Lower percent currently smoking
- Lower percent with asthma
- Lower percent with diabetes

- Lower death rate for cardiovascular disease
- Lower death rate for diabetes
- Higher percent of city land area as parkland
- More acres of parkland per capita
- More dog parks per capita
- More swimming pools per capita
- Higher level of state requirement for Physical Education classes

OPPORTUNITIES/CHALLENGES
- Higher percent of days when mental health was not good during the past 30 days
- Higher percent with angina or coronary heart disease
- Fewer farmers' markets per capita
- Lower percent using public transportation to work
- Lower percent bicycling or walking to work
- Fewer ball diamonds per capita

- Fewer park playgrounds per capita
- Fewer golf courses per capita
- Fewer park units per capita
- Fewer recreation centers per capita
- Fewer tennis courts per capita
- Lower park-related expenditures per capita
- Lower number of primary health care providers per capita

DESCRIPTION OF AUSTIN-ROUND ROCK, TX MSA

	Austin MSA	U.S. Value	MSA Average	MSA Range
Population	1,705,075	307,006,550	3,325,885	1,123,804 – 19,069,796
Percent less than 18 years old	25.2%	24.3%	24.6%	20.2% – 29.4%
Percent 18 to 64 years old	66.9%	62.8%	63.6%	60.5% – 66.9%
Percent 65 years old and older	7.9%	12.9%	11.8%	7.9% – 17.2%
Percent male	51.0%	49.3%	49.2%	48.1% – 51.1%
Percent high school graduate or higher	86.6%	85.3%	86.7%	77.6% – 92.5%
Percent White	73.7%	74.8%	72.3%	49.8% – 88.6%
Percent Black or African American	7.5%	12.4%	15.0%	1.7% – 44.5%
Percent Asian	4.5%	4.5%	5.1%	1.2% – 30.2%
Percent Other Race	14.3%	8.3%	7.6%	1.9% – 24.5%
Percent Hispanic/Latino	30.7%	15.8%	15.1%	1.2% – 53.4%
Percent unemployed	8.1%	9.9%	9.8%	6.4% – 16.3%
Median household income	$56,218	$50,221	$55,331	$43,633 – $85,168
Percent of households below poverty level	9.5%	10.5%	9.5%	4.9% – 15.1%
Violent crime rate/100,000*	356.1	429.4		
Percent with disability	9.5%	12.0%	11.0%	7.4% – 14.5%

*Due to differences in jurisdictional definitions and reporting, the FBI recommends that these rates not be compared across areas

ACSM AMERICAN FITNESS INDEX™ COMPONENTS

Personal Health Indicators – Score = 64.8; Rank = 15

	Austin MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	81.8%	76.2%	77.2%	70.4% – 85.9%
Percent physically active at least moderately	56.8%	51.0%	48.7%	36.4% – 58.1%
Percent eating 5+ servings of fruits/vegetables per day	27.7%	23.4%	24.4%	15.8% – 30.0%
Percent currently smoking	14.2%	17.9%	17.0%	8.8% – 25.3%
Chronic Health Problems				
Percent obese	26.6%	26.9%	25.9%	18.1% – 34.3%
Percent in excellent or very good health	59.0%	56.0%	56.8%	46.4% – 66.6%
Any days when physical health was not good during the past 30 days	34.6%	35.5%	35.3%	29.5% – 40.3%
Any days when mental health was not good during the past 30 days	39.1%	33.7%	34.4%	23.8% – 41.9%
Percent with asthma	7.3%	8.8%	8.3%	4.5% – 11.9%
Percent with angina or coronary heart disease	4.3%	3.8%	3.6%	2.4% – 5.6%
Percent with diabetes	5.8%	8.3%	8.3%	5.4% – 11.6%
Death rate/100,000 for cardiovascular disease	166.1	206.7	201.0	131.7 – 268.6
Death rate/100,000 for diabetes	16.8	22.5	21.9	9.9 – 31.4
Health Care				
Percent with health insurance	83.4%	85.6%	86.3%	77.3% – 94.4%

Community/Environmental Indicators – Score = 51.3; Rank = 26

(note: most of these data were available only for the main city in the MSA)

	Austin		MSA Average	Range of all Cities
Built Environment				
Parkland as percent of city land area	16.7%		10.6%	2.5% – 25.3%
Acres of parkland/1,000	35.4		18.9	2.3 – 94.1
Farmers' markets/1,000,000	11.7		14.8	1.0 – 41.0
Percent using public transportation to work	2.8%		4.3%	0.4% – 30.5%
Percent bicycling or walking to work	2.5%		2.8%	1.2% – 6.7%
Recreational Facilities				
Ball diamonds/10,000	0.8		2.0	0.3 – 5.7
Dog parks/10,000	1.6		0.9	0.0 – 5.7
Park playgrounds/10,000	2.0		2.3	0.9 – 4.8
Golf courses/100,000	0.7		1.0	0.0 – 5.0
Park units/10,000	3.1		4.2	1.2 – 10.9
Recreation centers/20,000	0.6		1.1	0.1 – 2.6
Swimming pools/100,000	4.5		3.1	0.6 – 9.2
Tennis courts/10,000	1.4		2.1	0.8 – 6.9
Park-related expenditures per capita	$69		$101.5	$12.0 – $259.0
Level of state requirement for Physical Education classes**	3		2.5	0 – 3
Number of primary health care providers per 100,000	72.4		93.2	46.8 – 133.7

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

BALTIMORE, MD
(Baltimore-Towson, MD MSA)

COUNTIES
Anne Arundel, Baltimore, Carroll, Harford, Howard, Queen Anne's, Baltimore City

Ranking: Total Score = 53.7; Rank = 20

STRENGTHS/ADVANTAGES
- Lower percent unemployed
- Higher median household income
- Lower percentage of households below poverty level
- Higher percent using public transportation to work
- Higher percent bicycling or walking to work
- More ball diamonds per capita
- More park playgrounds per capita
- More park units per capita
- More recreation centers per capita
- More swimming pools per capita
- Higher level of state requirement for Physical Education classes
- Higher number of primary health care providers per capita

OPPORTUNITIES/CHALLENGES
- Higher percent with asthma
- Higher death rate for cardiovascular disease
- Higher death rate for diabetes
- Lower percent of city land area as parkland
- Fewer acres of parkland per capita
- Fewer farmers' markets per capita
- Fewer dog parks per capita
- Fewer golf courses per capita
- Fewer tennis courts per capita
- Lower park-related expenditures per capita

DESCRIPTION OF BALTIMORE-TOWSON, MD MSA

	Baltimore MSA	U.S. Value	MSA Average	MSA Range
Population	2,690,886	307,006,550	3,325,885	1,123,804 – 19,069,796
Percent less than 18 years old	23.1%	24.3%	24.6%	20.2% – 29.4%
Percent 18 to 64 years old	64.3%	62.8%	63.6%	60.5% – 66.9%
Percent 65 years old and older	12.5%	12.9%	11.8%	7.9% – 17.2%
Percent male	48.2%	49.3%	49.2%	48.1% – 51.1%
Percent high school graduate or higher	88.1%	85.3%	86.7%	77.6% – 92.5%
Percent White	64.0%	74.8%	72.3%	49.8% – 88.6%
Percent Black or African American	28.4%	12.4%	15.0%	1.7% – 44.5%
Percent Asian	3.9%	4.5%	5.1%	1.2% – 30.2%
Percent Other Race	3.7%	8.3%	7.6%	1.9% – 24.5%
Percent Hispanic/Latino	3.7%	15.8%	15.1%	1.2% – 53.4%
Percent unemployed	7.9%	9.9%	9.8%	6.4% – 16.3%
Median household income	$65,392	$50,221	$55,331	$43,633 – $85,168
Percent of households below poverty level	6.8%	10.5%	9.5%	4.9% – 15.1%
Violent crime rate/100,000*	722.4	429.4		
Percent with disability	10.9%	12.0%	11.0%	7.4% – 14.5%

*Due to differences in jurisdictional definitions and reporting, the FBI recommends that these rates not be compared across areas

ACSM AMERICAN FITNESS INDEX™ COMPONENTS

Personal Health Indicators – Score = 45.4; Rank = 29

	Baltimore MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	75.5%	76.2%	77.2%	70.4% – 85.9%
Percent physically active at least moderately	48.8%	51.0%	48.7%	36.4% – 58.1%
Percent eating 5+ servings of fruits/vegetables per day	26.7%	23.4%	24.4%	15.8% – 30.0%
Percent currently smoking	17.1%	17.9%	17.0%	8.8% – 25.3%
Chronic Health Problems				
Percent obese	26.9%	26.9%	25.9%	18.1% – 34.3%
Percent in excellent or very good health	58.0%	56.0%	56.8%	46.4% – 66.6%
Any days when physical health was not good during the past 30 days	37.8%	35.5%	35.3%	29.5% – 40.3%
Any days when mental health was not good during the past 30 days	35.2%	33.7%	34.4%	23.8% – 41.9%
Percent with asthma	10.6%	8.8%	8.3%	4.5% – 11.9%
Percent with angina or coronary heart disease	3.7%	3.8%	3.6%	2.4% – 5.6%
Percent with diabetes	8.8%	8.3%	8.3%	5.4% – 11.6%
Death rate/100,000 for cardiovascular disease	228.2	206.7	201.0	131.7 – 268.6
Death rate/100,000 for diabetes	24.6	22.5	21.9	9.9 – 31.4
Health Care				
Percent with health insurance	89.4%	85.6%	86.3%	77.3% – 94.4%

Community/Environmental Indicators – Score = 61.3; Rank = 11
(note: most of these data were available only for the main city in the MSA)

	Baltimore		MSA Average	Range of all Cities
Built Environment				
Parkland as percent of city land area	9.5%		10.6%	2.5% – 25.3%
Acres of parkland/1,000	7.7		18.9	2.3 – 94.1
Farmers' markets/1,000,000	5.2		14.8	1.0 – 41.0
Percent using public transportation to work	6.2%		4.3%	0.4% – 30.5%
Percent bicycling or walking to work	3.2%		2.8%	1.2% – 6.7%
Recreational Facilities				
Ball diamonds/10,000	3.2		2.0	0.3 – 5.7
Dog parks/10,000	0.2		0.9	0.0 – 5.7
Park playgrounds/10,000	3.1		2.3	0.9 – 4.8
Golf courses/100,000	0.8		1.0	0.0 – 5.0
Park units/10,000	6.6		4.2	1.2 – 10.9
Recreation centers/20,000	1.4		1.1	0.1 – 2.6
Swimming pools/100,000	3.5		3.1	0.6 – 9.2
Tennis courts/10,000	1.7		2.1	0.8 – 6.9
Park-related expenditures per capita	$68		$101.5	$12.0 – $259.0
Level of state requirement for Physical Education classes**	3		2.5	0 – 3
Number of primary health care providers per 100,000	125.3		93.2	46.8 – 133.7

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

BIRMINGHAM, AL
(Birmingham-Hoover, AL MSA)

COUNTIES
Bibb, Blount, Chilton, Jefferson, St. Clair, Shelby, Walker

Ranking: Total Score = 33.6 Rank = 47

STRENGTHS/ADVANTAGES
- More farmers' markets per capita
- More park playgrounds per capita
- More park units per capita
- More recreation centers per capita
- More swimming pools per capita
- Higher level of state requirement for Physical Education classes
- Higher number of primary health care providers per capita

OPPORTUNITIES/CHALLENGES
- Lower median household income
- Higher percentage of households below poverty level
- Lower percent physically active at least moderately
- Lower percentage eating 5+ servings of fruits/vegetables per day
- Higher percent currently smoking
- Higher percent obese
- Lower percent in excellent or very good health
- Higher percent with angina or coronary heart disease
- Higher percent with diabetes
- Higher death rate for cardiovascular disease
- Lower percent of city land area as parkland
- Fewer acres of parkland per capita
- Lower percent using public transportation to work
- Lower percent bicycling or walking to work
- Fewer ball diamonds per capita
- Fewer dog parks per capita
- Fewer golf courses per capita
- Fewer tennis courts per capita
- Lower park-related expenditures per capita

DESCRIPTION OF BIRMINGHAM-HOOVER, AL MSA

	Birmingham MSA	U.S. Value	MSA Average	MSA Range
Population	1,131,070	307,006,550	3,325,885	1,123,804 – 19,069,796
Percent less than 18 years old	24.1%	24.3%	24.6%	20.2% – 29.4%
Percent 18 to 64 years old	62.9%	62.8%	63.6%	60.5% – 66.9%
Percent 65 years old and older	13.0%	12.9%	11.8%	7.9% – 17.2%
Percent male	48.3%	49.3%	49.2%	48.1% – 51.1%
Percent high school graduate or higher	85.7%	85.3%	86.7%	77.6% – 92.5%
Percent White	68.1%	74.8%	72.3%	49.8% – 88.6%
Percent Black or African American	28.0%	12.4%	15.0%	1.7% – 44.5%
Percent Asian	1.2%	4.5%	5.1%	1.2% – 30.2%
Percent Other Race	2.7%	8.3%	7.6%	1.9% – 24.5%
Percent Hispanic/Latino	3.7%	15.8%	15.1%	1.2% – 53.4%
Percent unemployed	9.9%	9.9%	9.8%	6.4% – 16.3%
Median household income	$44,868	$50,221	$55,331	$43,633 – $85,168
Percent of households below poverty level	10.5%	10.5%	9.5%	4.9% – 15.1%
Violent crime rate/100,000*	534.6	429.4		
Percent with disability	14.5%	12.0%	11.0%	7.4% – 14.5%

*Due to differences in jurisdictional definitions and reporting, the FBI recommends that these rates not be compared across areas

ACSM AMERICAN FITNESS INDEX™ COMPONENTS

Personal Health Indicators – Score = 20.3; Rank = 49

	Birmingham MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	70.4%	76.2%	77.2%	70.4% – 85.9%
Percent physically active at least moderately	42.6%	51.0%	48.7%	36.4% – 58.1%
Percent eating 5+ servings of fruits/vegetables per day	19.8%	23.4%	24.4%	15.8% – 30.0%
Percent currently smoking	21.8%	17.9%	17.0%	8.8% – 25.3%
Chronic Health Problems				
Percent obese	31.2%	26.9%	25.9%	18.1% – 34.3%
Percent in excellent or very good health	49.4%	56.0%	56.8%	46.4% – 66.6%
Any days when physical health was not good during the past 30 days	36.0%	35.5%	35.3%	29.5% – 40.3%
Any days when mental health was not good during the past 30 days	34.7%	33.7%	34.4%	23.8% – 41.9%
Percent with asthma	8.1%	8.8%	8.3%	4.5% – 11.9%
Percent with angina or coronary heart disease	5.0%	3.8%	3.6%	2.4% – 5.6%
Percent with diabetes	10.2%	8.3%	8.3%	5.4% – 11.6%
Death rate/100,000 for cardiovascular disease	229.7	206.7	201.0	131.7 – 268.6
Death rate/100,000 for diabetes	23.8	22.5	21.9	9.9 – 31.4
Health Care				
Percent with health insurance	87.2%	85.6%	86.3%	77.3% – 94.4%

Community/Environmental Indicators – Score = 45.9; Rank = 33

(note: most of these data were available only for the main city in the MSA)

	Birmingham		MSA Average	Range of all Cities
Built Environment				
Parkland as percent of city land area	2.5%		10.6%	2.5% – 25.3%
Acres of parkland/1,000	10.5		18.9	2.3 – 94.1
Farmers' markets/1,000,000	18.6		14.8	1.0 – 41.0
Percent using public transportation to work	0.7%		4.3%	0.4% – 30.5%
Percent bicycling or walking to work	1.4%		2.8%	1.2% – 6.7%
Recreational Facilities				
Ball diamonds/10,000	1.7		2.0	0.3 – 5.7
Dog parks/10,000	0.0		0.9	0.0 – 5.7
Park playgrounds/10,000	3.5		2.3	0.9 – 4.8
Golf courses/100,000	0.9		1.0	0.0 – 5.0
Park units/10,000	4.8		4.2	1.2 – 10.9
Recreation centers/20,000	1.5		1.1	0.1 – 2.6
Swimming pools/100,000	7.4		3.1	0.6 – 9.2
Tennis courts/10,000	1.3		2.1	0.8 – 6.9
Park-related expenditures per capita	$37		$101.5	$12.0 – $259.0
Level of state requirement for Physical Education classes**	3		2.5	0 – 3
Number of primary health care providers per 100,000	103.4		93.2	46.8 – 133.7

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

BOSTON, MA
(Boston-Cambridge-Quincy, MA-NH MSA)

COUNTIES
Norfolk MA, Plymouth MA, Suffolk MA, Middlesex MA, Essex MA, Rockingham NH, Strafford NH

Ranking: Total Score = 69.1; Rank = 3

STRENGTHS/ADVANTAGES
- Lower percent unemployed
- Higher median household income
- Lower percentage of households below poverty level
- Lower percent currently smoking
- Lower percent obese
- Lower death rate for cardiovascular disease
- Lower death rate for diabetes
- Higher percent of city land area as parkland
- More farmers' markets per capita
- Higher percent using public transportation to work
- Higher percent bicycling or walking to work
- More ball diamonds per capita
- More park playgrounds per capita
- More park units per capita
- More recreation centers per capita
- Higher park related expenditures per capita
- Higher level of state requirement for Physical Education classes
- Higher number of primary health care providers per capita

OPPORTUNITIES/CHALLENGES
- Higher percent with asthma
- Fewer acres of parkland per capita
- Fewer dog parks per capita
- Fewer golf courses per capita
- Fewer swimming pools per capita
- Fewer tennis courts per capita

DESCRIPTION OF BOSTON-CAMBRIDGE-QUINCY, MA-NH MSA

	Boston MSA	U.S. Value	MSA Average	MSA Range
Population	4,588,680	307,006,550	3,325,885	1,123,804 – 19,069,796
Percent less than 18 years old	21.7%	24.3%	24.6%	20.2% – 29.4%
Percent 18 to 64 years old	65.5%	62.8%	63.6%	60.5% – 66.9%
Percent 65 years old and older	12.9%	12.9%	11.8%	7.9% – 17.2%
Percent male	48.7%	49.3%	49.2%	48.1% – 51.1%
Percent high school graduate or higher	90.6%	85.3%	86.7%	77.6% – 92.5%
Percent White	80.7%	74.8%	72.3%	49.8% – 88.6%
Percent Black or African American	7.0%	12.4%	15.0%	1.7% – 44.5%
Percent Asian	6.0%	4.5%	5.1%	1.2% – 30.2%
Percent Other Race	6.3%	8.3%	7.6%	1.9% – 24.5%
Percent Hispanic/Latino	8.3%	15.8%	15.1%	1.2% – 53.4%
Percent unemployed	8.6%	9.9%	9.8%	6.4% – 16.3%
Median household income	$69,334	$50,221	$55,331	$43,633 – $85,168
Percent of households below poverty level	6.0%	10.5%	9.5%	4.9% – 15.1%
Violent crime rate/100,000*	400.2	429.4		
Percent with disability	10.2%	12.0%	11.0%	7.4% – 14.5%

*Due to differences in jurisdictional definitions and reporting, the FBI recommends that these rates not be compared across areas

ACSM AMERICAN FITNESS INDEX™ COMPONENTS

Personal Health Indicators – Score = 71.7; Rank = 8

	Boston MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	80.2%	76.2%	77.2%	70.4% – 85.9%
Percent physically active at least moderately	47.5%	51.0%	48.7%	36.4% – 58.1%
Percent eating 5+ servings of fruits/vegetables per day	25.4%	23.4%	24.4%	15.8% – 30.0%
Percent currently smoking	14.2%	17.9%	17.0%	8.8% – 25.3%
Chronic Health Problems				
Percent obese	21.1%	26.9%	25.9%	18.1% – 34.3%
Percent in excellent or very good health	62.0%	56.0%	56.8%	46.4% – 66.6%
Any days when physical health was not good during the past 30 days	35.0%	35.5%	35.3%	29.5% – 40.3%
Any days when mental health was not good during the past 30 days	33.5%	33.7%	34.4%	23.8% – 41.9%
Percent with asthma	10.8%	8.8%	8.3%	4.5% – 11.9%
Percent with angina or coronary heart disease	3.5%	3.8%	3.6%	2.4% – 5.6%
Percent with diabetes	7.6%	8.3%	8.3%	5.4% – 11.6%
Death rate/100,000 for cardiovascular disease	171.8	206.7	201.0	131.7 – 268.6
Death rate/100,000 for diabetes	16.5	22.5	21.9	9.9 – 31.4
Health Care				
Percent with health insurance	94.4%	85.6%	86.3%	77.3% – 94.4%

Community/Environmental Indicators – Score = 66.7; Rank = 7
(note: most of these data were available only for the main city in the MSA)

	Boston		MSA Average	Range of all Cities
Built Environment				
Parkland as percent of city land area	15.8%		10.6%	2.5% – 25.3%
Acres of parkland/1,000	7.9		18.9	2.3 – 94.1
Farmers' markets/1,000,000	27.5		14.8	1.0 – 41.0
Percent using public transportation to work	12.2%		4.3%	0.4% – 30.5%
Percent bicycling or walking to work	6.2%		2.8%	1.2% – 6.7%
Recreational Facilities				
Ball diamonds/10,000	2.4		2.0	0.3 – 5.7
Dog parks/10,000	0.5		0.9	0.0 – 5.7
Park playgrounds/10,000	3.6		2.3	0.9 – 4.8
Golf courses/100,000	0.3		1.0	0.0 – 5.0
Park units/10,000	5.9		4.2	1.2 – 10.9
Recreation centers/20,000	1.3		1.1	0.1 – 2.6
Swimming pools/100,000	1.9		3.1	0.6 – 9.2
Tennis courts/10,000	1.6		2.1	0.8 – 6.9
Park-related expenditures per capita	$112		$101.5	$12.0 – $259.0
Level of state requirement for Physical Education classes**	3		2.5	0 – 3
Number of primary health care providers per 100,000	133.7		93.2	46.8 – 133.7

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

BUFFALO, NY
(Buffalo-Niagara Falls, NY MSA)

COUNTIES
Erie, Niagara

Ranking: Total Score = 50.2; Rank = 23

STRENGTHS/ADVANTAGES
- Higher percentage eating 5+ servings of fruits/vegetables per day
- More farmers' markets per capita
- Higher percent bicycling or walking to work
- More ball diamonds per capita
- More golf course per capita
- More park units per capita
- More swimming pools per capita
- Higher level of state requirement for Physical Education classes

OPPORTUNITIES/CHALLENGES
- Lower median household income
- Higher percentage of households below poverty level
- Higher percent with asthma
- Higher percent with angina or coronary heart disease
- Higher death rate for cardiovascular disease
- Lower percent of city land area as parkland
- Fewer acres of parkland per capita
- Lower percent using public transportation to work
- Fewer dog parks per capita
- Fewer recreation centers per capita
- Fewer tennis courts per capita
- Lower park-related expenditures per capita

DESCRIPTION OF BUFFALO-NIAGARA FALLS, NY MSA

	Buffalo MSA	U.S. Value	MSA Average	MSA Range
Population	1,123,804	307,006,550	3,325,885	1,123,804 – 19,069,796
Percent less than 18 years old	21.5%	24.3%	24.6%	20.2% – 29.4%
Percent 18 to 64 years old	62.7%	62.8%	63.6%	60.5% – 66.9%
Percent 65 years old and older	15.8%	12.9%	11.8%	7.9% – 17.2%
Percent male	48.3%	49.3%	49.2%	48.1% – 51.1%
Percent high school graduate or higher	88.8%	85.3%	86.7%	77.6% – 92.5%
Percent White	82.9%	74.8%	72.3%	49.8% – 88.6%
Percent Black or African American	12.1%	12.4%	15.0%	1.7% – 44.5%
Percent Asian	1.9%	4.5%	5.1%	1.2% – 30.2%
Percent Other Race	3.1%	8.3%	7.6%	1.9% – 24.5%
Percent Hispanic/Latino	3.6%	15.8%	15.1%	1.2% – 53.4%
Percent unemployed	9.4%	9.9%	9.8%	6.4% – 16.3%
Median household income	$45,811	$50,221	$55,331	$43,633 – $85,168
Percent of households below poverty level	10.9%	10.5%	9.5%	4.9% – 15.1%
Violent crime rate/100,000*	514.6	429.4		
Percent with disability	13.3%	12.0%	11.0%	7.4% – 14.5%

*Due to differences in jurisdictional definitions and reporting, the FBI recommends that these rates not be compared across areas

ACSM AMERICAN FITNESS INDEX™ COMPONENTS

Personal Health Indicators – Score = 44.8; Rank = 30.5

	Buffalo MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	74.3%	76.2%	77.2%	70.4% – 85.9%
Percent physically active at least moderately	45.0%	51.0%	48.7%	36.4% – 58.1%
Percent eating 5+ servings of fruits/vegetables per day	28.6%	23.4%	24.4%	15.8% – 30.0%
Percent currently smoking	17.3%	17.9%	17.0%	8.8% – 25.3%
Chronic Health Problems				
Percent obese	26.2%	26.9%	25.9%	18.1% – 34.3%
Percent in excellent or very good health	57.7%	56.0%	56.8%	46.4% – 66.6%
Any days when physical health was not good during the past 30 days	37.0%	35.5%	35.3%	29.5% – 40.3%
Any days when mental health was not good during the past 30 days	35.6%	33.7%	34.4%	23.8% – 41.9%
Percent with asthma	9.4%	8.8%	8.3%	4.5% – 11.9%
Percent with angina or coronary heart disease	4.2%	3.8%	3.6%	2.4% – 5.6%
Percent with diabetes	8.1%	8.3%	8.3%	5.4% – 11.6%
Death rate/100,000 for cardiovascular disease	234.2	206.7	201.0	131.7 – 268.6
Death rate/100,000 for diabetes	20.4	22.5	21.9	9.9 – 31.4
Health Care				
Percent with health insurance	91.1%	85.6%	86.3%	77.3% – 94.4%

Community/Environmental Indicators – Score = 55.2; Rank = 19
(note: most of these data were available only for the main city in the MSA)

	Buffalo		MSA Average	Range of all Cities
Built Environment				
Parkland as percent of city land area	8.3%		10.6%	2.5% – 25.3%
Acres of parkland/1,000	8.0		18.9	2.3 – 94.1
Farmers' markets/1,000,000	17.8		14.8	1.0 – 41.0
Percent using public transportation to work	3.6%		4.3%	0.4% – 30.5%
Percent bicycling or walking to work	3.5%		2.8%	1.2% – 6.7%
Recreational Facilities				
Ball diamonds/10,000	3.0		2.0	0.3 – 5.7
Dog parks/10,000	0.4		0.9	0.0 – 5.7
Park playgrounds/10,000	2.3		2.3	0.9 – 4.8
Golf courses/100,000	1.5		1.0	0.0 – 5.0
Park units/10,000	7.8		4.2	1.2 – 10.9
Recreation centers/20,000	0.5		1.1	0.1 – 2.6
Swimming pools/100,000	3.7		3.1	0.6 – 9.2
Tennis courts/10,000	1.6		2.1	0.8 – 6.9
Park-related expenditures per capita	$12		$101.5	$12.0 – $259.0
Level of state requirement for Physical Education classes**	3		2.5	0 – 3
Number of primary health care providers per 100,000	99.6		93.2	46.8 – 133.7

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

CHARLOTTE, NC
(Charlotte-Gastonia-Concord, NC-SC MSA)

COUNTIES
Anson NC, Cabarrus NC, Gaston NC, Mecklenburg NC, Union NC, York SC

Ranking: Total Score = 42.3; Rank = 36

STRENGTHS/ADVANTAGES
- Lower percent of days when physical health was not good during the past 30 days
- Lower percent with asthma

- More acres of parkland per capita
- Higher level of state requirement for Physical Education classes

OPPORTUNITIES/CHALLENGES
- Higher percent unemployed
- Lower percentage eating 5+ servings of fruits/vegetables per day
- Higher percent currently smoking
- Lower percent of city land area as parkland
- Fewer farmers' markets per capita
- Lower percent using public transportation to work
- Lower percent bicycling or walking to work
- Fewer ball diamonds per capita
- Fewer dog parks per capita

- Fewer park playgrounds per capita
- Fewer golf courses per capita
- Fewer park units per capita
- Fewer recreation centers per capita
- Fewer swimming pools per capita
- Fewer tennis courts per capita
- Lower park-related expenditures per capita
- Lower number of primary health care providers per capita

DESCRIPTION OF CHARLOTTE-GASTONIA-CONCORD, NC-SC MSA

	Charlotte MSA	U.S. Value	MSA Average	MSA Range
Population	1,745,524	307,006,550	3,325,885	1,123,804 – 19,069,796
Percent less than 18 years old	26.3%	24.3%	24.6%	20.2% – 29.4%
Percent 18 to 64 years old	63.8%	62.8%	63.6%	60.5% – 66.9%
Percent 65 years old and older	9.9%	12.9%	11.8%	7.9% – 17.2%
Percent male	49.0%	49.3%	49.2%	48.1% – 51.1%
Percent high school graduate or higher	86.7%	85.3%	86.7%	77.6% – 92.5%
Percent White	68.8%	74.8%	72.3%	49.8% – 88.6%
Percent Black or African American	22.7%	12.4%	15.0%	1.7% – 44.5%
Percent Asian	2.8%	4.5%	5.1%	1.2% – 30.2%
Percent Other Race	5.6%	8.3%	7.6%	1.9% – 24.5%
Percent Hispanic/Latino	9.2%	15.8%	15.1%	1.2% – 53.4%
Percent unemployed	11.1%	9.9%	9.8%	6.4% – 16.3%
Median household income	$51,267	$50,221	$55,331	$43,633 – $85,168
Percent of households below poverty level	10.2%	10.5%	9.5%	4.9% – 15.1%
Violent crime rate/100,000*	528.2	429.4		
Percent with disability	9.6%	12.0%	11.0%	7.4% – 14.5%

*Due to differences in jurisdictional definitions and reporting, the FBI recommends that these rates not be compared across areas

ACSM AMERICAN FITNESS INDEX™ COMPONENTS

Personal Health Indicators – Score = 49.3; Rank = 24

	Charlotte MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	77.8%	76.2%	77.2%	70.4% – 85.9%
Percent physically active at least moderately	48.2%	51.0%	48.7%	36.4% – 58.1%
Percent eating 5+ servings of fruits/vegetables per day	20.7%	23.4%	24.4%	15.8% – 30.0%
Percent currently smoking	18.9%	17.9%	17.0%	8.8% – 25.3%
Chronic Health Problems				
Percent obese	26.3%	26.9%	25.9%	18.1% – 34.3%
Percent in excellent or very good health	53.6%	56.0%	56.8%	46.4% – 66.6%
Any days when physical health was not good during the past 30 days	30.2%	35.5%	35.3%	29.5% – 40.3%
Any days when mental health was not good during the past 30 days	33.5%	33.7%	34.4%	23.8% – 41.9%
Percent with asthma	7.1%	8.8%	8.3%	4.5% – 11.9%
Percent with angina or coronary heart disease	3.5%	3.8%	3.6%	2.4% – 5.6%
Percent with diabetes	7.9%	8.3%	8.3%	5.4% – 11.6%
Death rate/100,000 for cardiovascular disease	188.9	206.7	201.0	131.7 – 268.6
Death rate/100,000 for diabetes	20.5	22.5	21.9	9.9 – 31.4
Health Care				
Percent with health insurance	85.0%	85.6%	86.3%	77.3% – 94.4%

Community/Environmental Indicators – Score = 35.9; Rank = 42
(note: most of these data were available only for the main city in the MSA)

	Charlotte		MSA Average	Range of all Cities
Built Environment				
Parkland as percent of city land area	5.7%		10.6%	2.5% – 25.3%
Acres of parkland/1,000	21.8		18.9	2.3 – 94.1
Farmers' markets/1,000,000	12.0		14.8	1.0 – 41.0
Percent using public transportation to work	1.9%		4.3%	0.4% – 30.5%
Percent bicycling or walking to work	1.7%		2.8%	1.2% – 6.7%
Recreational Facilities				
Ball diamonds/10,000	0.8		2.0	0.3 – 5.7
Dog parks/10,000	0.6		0.9	0.0 – 5.7
Park playgrounds/10,000	1.3		2.3	0.9 – 4.8
Golf courses/100,000	0.6		1.0	0.0 – 5.0
Park units/10,000	2.6		4.2	1.2 – 10.9
Recreation centers/20,000	0.7		1.1	0.1 – 2.6
Swimming pools/100,000	0.6		3.1	0.6 – 9.2
Tennis courts/10,000	1.5		2.1	0.8 – 6.9
Park-related expenditures per capita	$75		$101.5	$12.0 – $259.0
Level of state requirement for Physical Education classes**	3		2.5	0 – 3
Number of primary health care providers per 100,000	81.2		93.2	46.8 – 133.7

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

CHICAGO, IL
(Chicago-Naperville-Joliet, IL-IN-WI MSA)

COUNTIES
Cook IL, DeKalb IL, DuPage IL, Grundy IL, Kane IL, Kendall IL, Lake IL, McHenry IL, Will IL, Jasper IN, Lake IN, Newton IN, Porter IN, Kenosha WI

Ranking: Total Score = 48.9; Rank = 28

STRENGTHS/ADVANTAGES
- Lower percent with angina or coronary heart disease
- More farmers' markets per capita
- Higher percent using public transportation to work
- Higher percent bicycling or walking to work
- More recreation centers per capita
- Higher park-related expenditures per capita
- Higher level of state requirement for Physical Education classes
- Higher number of primary health care providers per capita

OPPORTUNITIES/CHALLENGES
- Higher percent unemployed
- Higher percent of days when physical health was not good during the past 30 days
- Higher percent of days when mental health was not good during the past 30 days
- Higher percent with asthma
- Lower percent of city land area as parkland
- Fewer acres of parkland per capita
- Fewer dog parks per capita
- Fewer park playgrounds per capita
- Fewer golf courses per capita
- Fewer park units per capita

DESCRIPTION OF CHICAGO-NAPERVILLE-JOLIET, IL-IN-WI MSA

	Chicago MSA	U.S. Value	MSA Average	MSA Range
Population	9,580,567	307,006,550	3,325,885	1,123,804 – 19,069,796
Percent less than 18 years old	25.4%	24.3%	24.6%	20.2% – 29.4%
Percent 18 to 64 years old	63.4%	62.8%	63.6%	60.5% – 66.9%
Percent 65 years old and older	11.2%	12.9%	11.8%	7.9% – 17.2%
Percent male	49.2%	49.3%	49.2%	48.1% – 51.1%
Percent high school graduate or higher	85.9%	85.3%	86.7%	77.6% – 92.5%
Percent White	66.2%	74.8%	72.3%	49.8% – 88.6%
Percent Black or African American	17.6%	12.4%	15.0%	1.7% – 44.5%
Percent Asian	5.4%	4.5%	5.1%	1.2% – 30.2%
Percent Other Race	10.8%	8.3%	7.6%	1.9% – 24.5%
Percent Hispanic/Latino	19.9%	15.8%	15.1%	1.2% – 53.4%
Percent unemployed	11.3%	9.9%	9.8%	6.4% – 16.3%
Median household income	$58,729	$50,221	$55,331	$43,633 – $85,168
Percent of households below poverty level	9.6%	10.5%	9.5%	4.9% – 15.1%
Violent crime rate/100,000*	N/A‡	429.4		
Percent with disability	9.3%	12.0%	11.0%	7.4% – 14.5%

‡This measure was not available.

*Due to differences in jurisdictional definitions and reporting, the FBI recommends that these rates not be compared across areas

ACSM AMERICAN FITNESS INDEX™ COMPONENTS

Personal Health Indicators – Score = 42.8; Rank = 34

	Chicago MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	77.0%	76.2%	77.2%	70.4% – 85.9%
Percent physically active at least moderately	47.9%	51.0%	48.7%	36.4% – 58.1%
Percent eating 5+ servings of fruits/vegetables per day	22.5%	23.4%	24.4%	15.8% – 30.0%
Percent currently smoking	16.3%	17.9%	17.0%	8.8% – 25.3%
Chronic Health Problems				
Percent obese	26.7%	26.9%	25.9%	18.1% – 34.3%
Percent in excellent or very good health	55.6%	56.0%	56.8%	46.4% – 66.6%
Any days when physical health was not good during the past 30 days	40.3%	35.5%	35.3%	29.5% – 40.3%
Any days when mental health was not good during the past 30 days	38.7%	33.7%	34.4%	23.8% – 41.9%
Percent with asthma	9.2%	8.8%	8.3%	4.5% – 11.9%
Percent with angina or coronary heart disease	3.1%	3.8%	3.6%	2.4% – 5.6%
Percent with diabetes	7.7%	8.3%	8.3%	5.4% – 11.6%
Death rate/100,000 for cardiovascular disease	208.2	206.7	201.0	131.7 – 268.6
Death rate/100,000 for diabetes	22.1	22.5	21.9	9.9 – 31.4
Health Care				
Percent with health insurance	85.1%	85.6%	86.3%	77.3% – 94.4%

Community/Environmental Indicators – Score = 54.5; Rank = 21
(note: most of these data were available only for the main city in the MSA)

	Chicago		MSA Average	Range of all Cities
Built Environment				
Parkland as percent of city land area	8.2%		10.6%	2.5% – 25.3%
Acres of parkland/1,000	4.2		18.9	2.3 – 94.1
Farmers' markets/1,000,000	17.7		14.8	1.0 – 41.0
Percent using public transportation to work	11.5%		4.3%	0.4% – 30.5%
Percent bicycling or walking to work	3.7%		2.8%	1.2% – 6.7%
Recreational Facilities				
Ball diamonds/10,000	1.9		2.0	0.3 – 5.7
Dog parks/10,000	0.4		0.9	0.0 – 5.7
Park playgrounds/10,000	1.8		2.3	0.9 – 4.8
Golf courses/100,000	0.4		1.0	0.0 – 5.0
Park units/10,000	2.0		4.2	1.2 – 10.9
Recreation centers/20,000	1.8		1.1	0.1 – 2.6
Swimming pools/100,000	3.0		3.1	0.6 – 9.2
Tennis courts/10,000	2.2		2.1	0.8 – 6.9
Park-related expenditures per capita	$124		$101.5	$12.0 – $259.0
Level of state requirement for Physical Education classes**	3		2.5	0 – 3
Number of primary health care providers per 100,000	106.1		93.2	46.8 – 133.7

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

CINCINNATI, OH
(Cincinnati-Middletown, OH-KY-IN MSA)

COUNTIES
Dearborn IN, Franklin IN, Ohio IN, Boone KY, Bracken KY, Campbell KY, Gallatin KY, Grant KY, Kenton KY, Pendleton KY, Brown OH, Butler OH, Clermont OH, Hamilton OH, Warren OH

Ranking: Total Score = 60.3; Rank = 14

STRENGTHS/ADVANTAGES
• Higher percent of city land area as parkland
• More farmers' markets per capita
• More ball diamonds per capita
• More dog parks per capita
• More park playgrounds per capita
• More golf courses per capita
• More park units per capita
• More recreation centers per capita
• More swimming pools per capita
• More tennis courts per capita
• Higher park-related expenditures per capita
• Higher level of state requirement for Physical Education classes

OPPORTUNITIES/CHALLENGES
• Higher percent currently smoking
• Higher percent with angina or coronary heart disease
• Higher death rate for diabetes
• Lower percent using public transportation to work
• Lower percent bicycling or walking to work

DESCRIPTION OF CINCINNATI-MIDDLETOWN, OH-KY-IN MSA

	Cincinnati MSA	U.S. Value	MSA Average	MSA Range
Population	2,171,896	307,006,550	3,325,885	1,123,804 – 19,069,796
Percent less than 18 years old	24.6%	24.3%	24.6%	20.2% – 29.4%
Percent 18 to 64 years old	63.3%	62.8%	63.6%	60.5% – 66.9%
Percent 65 years old and older	12.2%	12.9%	11.8%	7.9% – 17.2%
Percent male	48.9%	49.3%	49.2%	48.1% – 51.1%
Percent high school graduate or higher	87.6%	85.3%	86.7%	77.6% – 92.5%
Percent White	84.0%	74.8%	72.3%	49.8% – 88.6%
Percent Black or African American	11.9%	12.4%	15.0%	1.7% – 44.5%
Percent Asian	1.7%	4.5%	5.1%	1.2% – 30.2%
Percent Other Race	2.4%	8.3%	7.6%	1.9% – 24.5%
Percent Hispanic/Latino	2.2%	15.8%	15.1%	1.2% – 53.4%
Percent unemployed	9.7%	9.9%	9.8%	6.4% – 16.3%
Median household income	$51,832	$50,221	$55,331	$43,633 – $85,168
Percent of households below poverty level	9.2%	10.5%	9.5%	4.9% – 15.1%
Violent crime rate/100,000*	341.8	429.4		
Percent with disability	12.4%	12.0%	11.0%	7.4% – 14.5%

*Due to differences in jurisdictional definitions and reporting, the FBI recommends that these rates not be compared across areas

ACSM AMERICAN FITNESS INDEX™ COMPONENTS

Personal Health Indicators – Score = 41.4; Rank = 37

	Cincinnati MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	74.3%	76.2%	77.2%	70.4% – 85.9%
Percent physically active at least moderately	47.8%	51.0%	48.7%	36.4% – 58.1%
Percent eating 5+ servings of fruits/vegetables per day	22.4%	23.4%	24.4%	15.8% – 30.0%
Percent currently smoking	19.4%	17.9%	17.0%	8.8% – 25.3%
Chronic Health Problems				
Percent obese	26.2%	26.9%	25.9%	18.1% – 34.3%
Percent in excellent or very good health	57.4%	56.0%	56.8%	46.4% – 66.6%
Any days when physical health was not good during the past 30 days	36.6%	35.5%	35.3%	29.5% – 40.3%
Any days when mental health was not good during the past 30 days	36.0%	33.7%	34.4%	23.8% – 41.9%
Percent with asthma	8.8%	8.8%	8.3%	4.5% – 11.9%
Percent with angina or coronary heart disease	4.2%	3.8%	3.6%	2.4% – 5.6%
Percent with diabetes	7.9%	8.3%	8.3%	5.4% – 11.6%
Death rate/100,000 for cardiovascular disease	200.1	206.7	201.0	131.7 – 268.6
Death rate/100,000 for diabetes	25.4	22.5	21.9	9.9 – 31.4
Health Care				
Percent with health insurance	91.7%	85.6%	86.3%	77.3% – 94.4%

Community/Environmental Indicators – Score = 77.6; Rank = 1
(note: most of these data were available only for the main city in the MSA)

	Cincinnati		MSA Average	Range of all Cities
Built Environment				
Parkland as percent of city land area	13.7%		10.6%	2.5% – 25.3%
Acres of parkland/1,000	20.5		18.9	2.3 – 94.1
Farmers' markets/1,000,000	18.9		14.8	1.0 – 41.0
Percent using public transportation to work	2.4%		4.3%	0.4% – 30.5%
Percent bicycling or walking to work	2.3%		2.8%	1.2% – 6.7%
Recreational Facilities				
Ball diamonds/10,000	3.7		2.0	0.3 – 5.7
Dog parks/10,000	1.2		0.9	0.0 – 5.7
Park playgrounds/10,000	4.8		2.3	0.9 – 4.8
Golf courses/100,000	2.1		1.0	0.0 – 5.0
Park units/10,000	10.9		4.2	1.2 – 10.9
Recreation centers/20,000	1.6		1.1	0.1 – 2.6
Swimming pools/100,000	7.8		3.1	0.6 – 9.2
Tennis courts/10,000	3.6		2.1	0.8 – 6.9
Park-related expenditures per capita	$154		$101.5	$12.0 – $259.0
Level of state requirement for Physical Education classes**	3		2.5	0 – 3
Number of primary health care providers per 100,000	91.6		93.2	46.8 – 133.7

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

CLEVELAND, OH
(Cleveland-Elyria-Mentor, OH MSA)

COUNTIES
Cuyahoga, Geauga, Lake, Lorain, Medina

Ranking: Total Score = 49.6; Rank = 25

STRENGTHS/ADVANTAGES
- More farmers' markets per capita
- More ball diamonds per capita
- More park playgrounds per capita
- More golf courses per capita
- More swimming pools per capita

- More tennis courts per capita
- Higher level of state requirement for Physical Education classes
- Higher number of primary health care providers per capita

OPPORTUNITIES/CHALLENGES
- Higher percent unemployed
- Lower median household income
- Higher percentage of households below poverty level
- Higher percent obese
- Higher percent with asthma
- Higher percent with diabetes
- Higher death rate for cardiovascular disease

- Lower percent of city land area as parkland
- Fewer acres of parkland per capita
- Lower percent using public transportation to work
- Lower percent bicycling or walking to work
- Fewer dog parks per capita
- Lower park-related expenditures per capita

DESCRIPTION OF CLEVELAND-ELYRIA-MENTOR, OH MSA

	Cleveland MSA	U.S. Value	MSA Average	MSA Range
Population	2,091,286	307,006,550	3,325,885	1,123,804 – 19,069,796
Percent less than 18 years old	23.3%	24.3%	24.6%	20.2% – 29.4%
Percent 18 to 64 years old	61.8%	62.8%	63.6%	60.5% – 66.9%
Percent 65 years old and older	14.9%	12.9%	11.8%	7.9% – 17.2%
Percent male	48.1%	49.3%	49.2%	48.1% – 51.1%
Percent high school graduate or higher	87.7%	85.3%	86.7%	77.6% – 92.5%
Percent White	75.8%	74.8%	72.3%	49.8% – 88.6%
Percent Black or African American	19.6%	12.4%	15.0%	1.7% – 44.5%
Percent Asian	1.9%	4.5%	5.1%	1.2% – 30.2%
Percent Other Race	2.7%	8.3%	7.6%	1.9% – 24.5%
Percent Hispanic/Latino	4.5%	15.8%	15.1%	1.2% – 53.4%
Percent unemployed	12.0%	9.9%	9.8%	6.4% – 16.3%
Median household income	$45,395	$50,221	$55,331	$43,633 – $85,168
Percent of households below poverty level	11.1%	10.5%	9.5%	4.9% – 15.1%
Violent crime rate/100,000*	428.7	429.4		
Percent with disability	13.8%	12.0%	11.0%	7.4% – 14.5%

*Due to differences in jurisdictional definitions and reporting, the FBI recommends that these rates not be compared across areas

ACSM AMERICAN FITNESS INDEX™ COMPONENTS

Personal Health Indicators – Score = 39.8; Rank = 39

	Cleveland MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	76.6%	76.2%	77.2%	70.4% – 85.9%
Percent physically active at least moderately	51.2%	51.0%	48.7%	36.4% – 58.1%
Percent eating 5+ servings of fruits/vegetables per day	22.5%	23.4%	24.4%	15.8% – 30.0%
Percent currently smoking	16.5%	17.9%	17.0%	8.8% – 25.3%
Chronic Health Problems				
Percent obese	29.0%	26.9%	25.9%	18.1% – 34.3%
Percent in excellent or very good health	58.5%	56.0%	56.8%	46.4% – 66.6%
Any days when physical health was not good during the past 30 days	36.2%	35.5%	35.3%	29.5% – 40.3%
Any days when mental health was not good during the past 30 days	36.2%	33.7%	34.4%	23.8% – 41.9%
Percent with asthma	11.9%	8.8%	8.3%	4.5% – 11.9%
Percent with angina or coronary heart disease	3.8%	3.8%	3.6%	2.4% – 5.6%
Percent with diabetes	10.5%	8.3%	8.3%	5.4% – 11.6%
Death rate/100,000 for cardiovascular disease	234.1	206.7	201.0	131.7 – 268.6
Death rate/100,000 for diabetes	23.5	22.5	21.9	9.9 – 31.4
Health Care				
Percent with health insurance	90.4%	85.6%	86.3%	77.3% – 94.4%

Community/Environmental Indicators – Score = 58.6; Rank = 15
(note: most of these data were available only for the main city in the MSA)

	Cleveland		MSA Average	Range of all Cities
Built Environment				
Parkland as percent of city land area	6.3%		10.6%	2.5% – 25.3%
Acres of parkland/1,000	7.2		18.9	2.3 – 94.1
Farmers' markets/1,000,000	19.6		14.8	1.0 – 41.0
Percent using public transportation to work	3.8%		4.3%	0.4% – 30.5%
Percent bicycling or walking to work	2.5%		2.8%	1.2% – 6.7%
Recreational Facilities				
Ball diamonds/10,000	3.2		2.0	0.3 – 5.7
Dog parks/10,000	0.2		0.9	0.0 – 5.7
Park playgrounds/10,000	2.7		2.3	0.9 – 4.8
Golf courses/100,000	1.2		1.0	0.0 – 5.0
Park units/10,000	3.8		4.2	1.2 – 10.9
Recreation centers/20,000	1.0		1.1	0.1 – 2.6
Swimming pools/100,000	9.2		3.1	0.6 – 9.2
Tennis courts/10,000	2.6		2.1	0.8 – 6.9
Park-related expenditures per capita	$75		$101.5	$12.0 – $259.0
Level of state requirement for Physical Education classes**	3		2.5	0 – 3
Number of primary health care providers per 100,000	118.8		93.2	46.8 – 133.7

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

COLUMBUS, OH
(Columbus, OH MSA)

COUNTIES
Delaware, Fairfield, Franklin, Licking, Madison, Morrow, Pickaway, Union

Ranking: Total Score = 42.2; Rank = 38

STRENGTHS/ADVANTAGES
- Lower percent unemployed
- Lower percent with asthma
- Lower percent with angina or coronary heart disease

- More farmers' markets per capita
- More park units per capita
- Higher level of state requirement for Physical Education classes

OPPORTUNITIES/CHALLENGES
- Higher percentage of households below poverty level
- Higher percent currently smoking
- Higher percent obese
- Higher percent with diabetes
- Higher death rate for diabetes
- Lower percent of city land area as parkland
- Fewer acres of parkland per capita
- Lower percent using public transportation to work

- Fewer ball diamonds per capita
- Fewer dog parks per capita
- Fewer park playgrounds per capita
- Fewer golf courses per capita
- Fewer recreation centers per capita
- Fewer swimming pools per capita
- Lower park-related expenditures per capita

DESCRIPTION OF COLUMBUS, OH MSA

	Columbus MSA	U.S. Value	MSA Average	MSA Range
Population	1,801,848	307,006,550	3,325,885	1,123,804 – 19,069,796
Percent less than 18 years old	24.6%	24.3%	24.6%	20.2% – 29.4%
Percent 18 to 64 years old	64.9%	62.8%	63.6%	60.5% – 66.9%
Percent 65 years old and older	10.6%	12.9%	11.8%	7.9% – 17.2%
Percent male	49.3%	49.3%	49.2%	48.1% – 51.1%
Percent high school graduate or higher	89.8%	85.3%	86.7%	77.6% – 92.5%
Percent White	79.9%	74.8%	72.3%	49.8% – 88.6%
Percent Black or African American	13.8%	12.4%	15.0%	1.7% – 44.5%
Percent Asian	3.0%	4.5%	5.1%	1.2% – 30.2%
Percent Other Race	3.2%	8.3%	7.6%	1.9% – 24.5%
Percent Hispanic/Latino	3.3%	15.8%	15.1%	1.2% – 53.4%
Percent unemployed	8.6%	9.9%	9.8%	6.4% – 16.3%
Median household income	$50,773	$50,221	$55,331	$43,633 – $85,168
Percent of households below poverty level	11.3%	10.5%	9.5%	4.9% – 15.1%
Violent crime rate/100,000*	370.4	429.4		
Percent with disability	11.1%	12.0%	11.0%	7.4% – 14.5%

*Due to differences in jurisdictional definitions and reporting, the FBI recommends that these rates not be compared across areas

ACSM AMERICAN FITNESS INDEX™ COMPONENTS

Personal Health Indicators – Score = 37.6; Rank = 40

	Columbus MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	75.6%	76.2%	77.2%	70.4% – 85.9%
Percent physically active at least moderately	48.1%	51.0%	48.7%	36.4% – 58.1%
Percent eating 5+ servings of fruits/vegetables per day	23.1%	23.4%	24.4%	15.8% – 30.0%
Percent currently smoking	20.1%	17.9%	17.0%	8.8% – 25.3%
Chronic Health Problems				
Percent obese	28.9%	26.9%	25.9%	18.1% – 34.3%
Percent in excellent or very good health	55.4%	56.0%	56.8%	46.4% – 66.6%
Any days when physical health was not good during the past 30 days	36.4%	35.5%	35.3%	29.5% – 40.3%
Any days when mental health was not good during the past 30 days	37.1%	33.7%	34.4%	23.8% – 41.9%
Percent with asthma	6.8%	8.8%	8.3%	4.5% – 11.9%
Percent with angina or coronary heart disease	3.2%	3.8%	3.6%	2.4% – 5.6%
Percent with diabetes	10.5%	8.3%	8.3%	5.4% – 11.6%
Death rate/100,000 for cardiovascular disease	206.6	206.7	201.0	131.7 – 268.6
Death rate/100,000 for diabetes	25.6	22.5	21.9	9.9 – 31.4
Health Care				
Percent with health insurance	87.9%	85.6%	86.3%	77.3% – 94.4%

Community/Environmental Indicators – Score = 46.5; Rank = 31
(note: most of these data were available only for the main city in the MSA)

	Columbus		MSA Average	Range of all Cities
Built Environment				
Parkland as percent of city land area	8.3%		10.6%	2.5% – 25.3%
Acres of parkland/1,000	14.8		18.9	2.3 – 94.1
Farmers' markets/1,000,000	20.5		14.8	1.0 – 41.0
Percent using public transportation to work	1.4%		4.3%	0.4% – 30.5%
Percent bicycling or walking to work	2.6%		2.8%	1.2% – 6.7%
Recreational Facilities				
Ball diamonds/10,000	1.2		2.0	0.3 – 5.7
Dog parks/10,000	0.3		0.9	0.0 – 5.7
Park playgrounds/10,000	1.9		2.3	0.9 – 4.8
Golf courses/100,000	0.9		1.0	0.0 – 5.0
Park units/10,000	5.2		4.2	1.2 – 10.9
Recreation centers/20,000	0.7		1.1	0.1 – 2.6
Swimming pools/100,000	1.3		3.1	0.6 – 9.2
Tennis courts/10,000	1.9		2.1	0.8 – 6.9
Park-related expenditures per capita	$65		$101.5	$12.0 – $259.0
Level of state requirement for Physical Education classes**	3		2.5	0 – 3
Number of primary health care providers per 100,000	102.5		93.2	46.8 – 133.7

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

DALLAS, TX

(ADallas-Fort Worth-Arlington, TX MSA)

COUNTIES
Collin, Dallas, Delta, Denton, Ellis, Hunt, Kaufman, Rockwall, Johnson, Parker, Tarrant, Wise

Ranking: Total Score = 41.3; Rank = 39

STRENGTHS/ADVANTAGES
- Lower percent unemployed
- Lower percent with asthma
- Lower percent with angina or coronary heart disease
- Higher percent of city land area as parkland

- More acres of parkland per capita
- Higher park-related expenditures per capita
- Higher level of state requirement for Physical Education classes

OPPORTUNITIES/CHALLENGES
- Higher percentage of households below poverty level
- Fewer farmers' markets per capita
- Lower percent using public transportation to work
- Lower percent bicycling or walking to work
- Fewer ball diamonds per capita
- Fewer dog parks per capita

- Fewer park playgrounds per capita
- Fewer golf courses per capita
- Fewer park units per capita
- Fewer recreation centers per capita
- Fewer swimming pools per capita
- Lower number of primary health care providers per capita

DESCRIPTION OF DALLAS-FORT WORTH-ARLINGTON, TX MSA

	Dallas MSA	U.S. Value	MSA Average	MSA Range
Population	6,447,615	307,006,550	3,325,885	1,123,804 – 19,069,796
Percent less than 18 years old	28.0%	24.3%	24.6%	20.2% – 29.4%
Percent 18 to 64 years old	63.4%	62.8%	63.6%	60.5% – 66.9%
Percent 65 years old and older	8.6%	12.9%	11.8%	7.9% – 17.2%
Percent male	50.3%	49.3%	49.2%	48.1% – 51.1%
Percent high school graduate or higher	81.9%	85.3%	86.7%	77.6% – 92.5%
Percent White	68.3%	74.8%	72.3%	49.8% – 88.6%
Percent Black or African American	14.0%	12.4%	15.0%	1.7% – 44.5%
Percent Asian	4.9%	4.5%	5.1%	1.2% – 30.2%
Percent Other Race	12.8%	8.3%	7.6%	1.9% – 24.5%
Percent Hispanic/Latino	28.0%	15.8%	15.1%	1.2% – 53.4%
Percent unemployed	8.8%	9.9%	9.8%	6.4% – 16.3%
Median household income	$54,539	$50,221	$55,331	$43,633 – $85,168
Percent of households below poverty level	10.9%	10.5%	9.5%	4.9% – 15.1%
Violent crime rate/100,000*	410.8	429.4		
Percent with disability	9.2%	12.0%	11.0%	7.4% – 14.5%

*Due to differences in jurisdictional definitions and reporting, the FBI recommends that these rates not be compared across areas

ACSM AMERICAN FITNESS INDEX™ COMPONENTS

Personal Health Indicators – Score = 46.1; Rank = 27

	Dallas MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	77.6%	76.2%	77.2%	70.4% – 85.9%
Percent physically active at least moderately	44.7%	51.0%	48.7%	36.4% – 58.1%
Percent eating 5+ servings of fruits/vegetables per day	22.7%	23.4%	24.4%	15.8% – 30.0%
Percent currently smoking	17.2%	17.9%	17.0%	8.8% – 25.3%
Chronic Health Problems				
Percent obese	24.6%	26.9%	25.9%	18.1% – 34.3%
Percent in excellent or very good health	54.6%	56.0%	56.8%	46.4% – 66.6%
Any days when physical health was not good during the past 30 days	35.2%	35.5%	35.3%	29.5% – 40.3%
Any days when mental health was not good during the past 30 days	34.9%	33.7%	34.4%	23.8% – 41.9%
Percent with asthma	5.9%	8.8%	8.3%	4.5% – 11.9%
Percent with angina or coronary heart disease	2.7%	3.8%	3.6%	2.4% – 5.6%
Percent with diabetes	8.8%	8.3%	8.3%	5.4% – 11.6%
Death rate/100,000 for cardiovascular disease	204.4	206.7	201.0	131.7 – 268.6
Death rate/100,000 for diabetes	21.5	22.5	21.9	9.9 – 31.4
Health Care				
Percent with health insurance	78.5%	85.6%	86.3%	77.3% – 94.4%

Community/Environmental Indicators – Score = 36.9; Rank = 40
(note: most of these data were available only for the main city in the MSA)

	Dallas		MSA Average	Range of all Cities
Built Environment				
Parkland as percent of city land area	13.4%		10.6%	2.5% – 25.3%
Acres of parkland/1,000	23.0		18.9	2.3 – 94.1
Farmers' markets/1,000,000	3.1		14.8	1.0 – 41.0
Percent using public transportation to work	1.5%		4.3%	0.4% – 30.5%
Percent bicycling or walking to work	1.5%		2.8%	1.2% – 6.7%
Recreational Facilities				
Ball diamonds/10,000	0.3		2.0	0.3 – 5.7
Dog parks/10,000	0.2		0.9	0.0 – 5.7
Park playgrounds/10,000	1.4		2.3	0.9 – 4.8
Golf courses/100,000	0.5		1.0	0.0 – 5.0
Park units/10,000	2.9		4.2	1.2 – 10.9
Recreation centers/20,000	0.7		1.1	0.1 – 2.6
Swimming pools/100,000	1.8		3.1	0.6 – 9.2
Tennis courts/10,000	2.0		2.1	0.8 – 6.9
Park-related expenditures per capita	$113		$101.5	$12.0 – $259.0
Level of state requirement for Physical Education classes**	3		2.5	0 – 3
Number of primary health care providers per 100,000	68.4		93.2	46.8 – 133.7

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

DENVER, CO
(Denver-Aurora, CO MSA)

COUNTIES
Adams, Arapahoe, Broomfield, Clear Creek, Denver, Douglas, Elbert, Gilpin, Jefferson, Park

Ranking: Total Score = 67.6; Rank = 5

STRENGTHS/ADVANTAGES
- Lower percent unemployed
- Higher percent physically active at least moderately
- Lower percent obese
- Lower percent with angina or coronary heart disease
- Lower percent with diabetes
- Lower death rate for cardiovascular disease
- Lower death rate for diabetes
- More ball diamonds per capita
- More dog parks per capita
- More golf courses per capita
- More park units per capita
- More swimming pools per capita
- More tennis courts per capita
- Higher park-related expenditures per capita

OPPORTUNITIES/CHALLENGES
- Lower percent of city land area as parkland
- Fewer acres of parkland per capita
- Lower level of state requirement for Physical Education classes

DESCRIPTION OF DENVER-AURORA, CO MSA

	Denver MSA	U.S. Value	MSA Average	MSA Range
Population	2,552,195	307,006,550	3,325,885	1,123,804 – 19,069,796
Percent less than 18 years old	25.1%	24.3%	24.6%	20.2% – 29.4%
Percent 18 to 64 years old	64.9%	62.8%	63.6%	60.5% – 66.9%
Percent 65 years old and older	10.0%	12.9%	11.8%	7.9% – 17.2%
Percent male	50.1%	49.3%	49.2%	48.1% – 51.1%
Percent high school graduate or higher	88.8%	85.3%	86.7%	77.6% – 92.5%
Percent White	81.7%	74.8%	72.3%	49.8% – 88.6%
Percent Black or African American	5.5%	12.4%	15.0%	1.7% – 44.5%
Percent Asian	3.4%	4.5%	5.1%	1.2% – 30.2%
Percent Other Race	9.4%	8.3%	7.6%	1.9% – 24.5%
Percent Hispanic/Latino	22.3%	15.8%	15.1%	1.2% – 53.4%
Percent unemployed	8.7%	9.9%	9.8%	6.4% – 16.3%
Median household income	$59,007	$50,221	$55,331	$43,633 – $85,168
Percent of households below poverty level	8.7%	10.5%	9.5%	4.9% – 15.1%
Violent crime rate/100,000*	346.9	429.4		
Percent with disability	8.9%	12.0%	11.0%	7.4% – 14.5%

*Due to differences in jurisdictional definitions and reporting, the FBI recommends that these rates not be compared across areas

ACSM AMERICAN FITNESS INDEX™ COMPONENTS

Personal Health Indicators – Score = 78.0; Rank = 4

	Denver MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	83.3%	76.2%	77.2%	70.4% – 85.9%
Percent physically active at least moderately	55.8%	51.0%	48.7%	36.4% – 58.1%
Percent eating 5+ servings of fruits/vegetables per day	24.3%	23.4%	24.4%	15.8% – 30.0%
Percent currently smoking	16.4%	17.9%	17.0%	8.8% – 25.3%
Chronic Health Problems				
Percent obese	18.8%	26.9%	25.9%	18.1% – 34.3%
Percent in excellent or very good health	61.7%	56.0%	56.8%	46.4% – 66.6%
Any days when physical health was not good during the past 30 days	34.2%	35.5%	35.3%	29.5% – 40.3%
Any days when mental health was not good during the past 30 days	35.0%	33.7%	34.4%	23.8% – 41.9%
Percent with asthma	8.1%	8.8%	8.3%	4.5% – 11.9%
Percent with angina or coronary heart disease	2.6%	3.8%	3.6%	2.4% – 5.6%
Percent with diabetes	5.4%	8.3%	8.3%	5.4% – 11.6%
Death rate/100,000 for cardiovascular disease	160.0	206.7	201.0	131.7 – 268.6
Death rate/100,000 for diabetes	15.9	22.5	21.9	9.9 – 31.4
Health Care				
Percent with health insurance	86.2%	85.6%	86.3%	77.3% – 94.4%

Community/Environmental Indicators – Score = 58.0; Rank = 16
(note: most of these data were available only for the main city in the MSA)

	Denver		MSA Average	Range of all Cities
Built Environment				
Parkland as percent of city land area	6.0%		10.6%	2.5% – 25.3%
Acres of parkland/1,000	9.9		18.9	2.3 – 94.1
Farmers' markets/1,000,000	15.3		14.8	1.0 – 41.0
Percent using public transportation to work	4.6%		4.3%	0.4% – 30.5%
Percent bicycling or walking to work	2.9%		2.8%	1.2% – 6.7%
Recreational Facilities				
Ball diamonds/10,000	2.2		2.0	0.3 – 5.7
Dog parks/10,000	1.0		0.9	0.0 – 5.7
Park playgrounds/10,000	2.4		2.3	0.9 – 4.8
Golf courses/100,000	1.2		1.0	0.0 – 5.0
Park units/10,000	5.9		4.2	1.2 – 10.9
Recreation centers/20,000	1.0		1.1	0.1 – 2.6
Swimming pools/100,000	6.7		3.1	0.6 – 9.2
Tennis courts/10,000	2.4		2.1	0.8 – 6.9
Park-related expenditures per capita	$119		$101.5	$12.0 – $259.0
Level of state requirement for Physical Education classes**	0		2.5	0 – 3
Number of primary health care providers per 100,000	94.5		93.2	46.8 – 133.7

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

DETROIT, MI
(Detroit-Warren-Livonia, MI MSA)

COUNTIES
Wayne, Lapeer, Livingston, Macomb, Oakland, St. Clair

Ranking: Total Score = 33.8; Rank = 46

STRENGTHS/ADVANTAGES
• More ball diamonds per capita
• More park playgrounds per capita
• Higher number of primary health care providers
  per capita

OPPORTUNITIES/CHALLENGES
• Higher percent unemployed
• Lower median household income
• Higher percentage of households below
  poverty level
• Higher percent with asthma
• Higher death rate for cardiovascular disease
• Higher death rate for diabetes
• Lower percent of city land area as parkland
• Fewer acres of parkland per capita
• Lower percent using public transportation
  to work

• Lower percent bicycling or walking to work
• Fewer dog parks per capita
• Fewer golf courses per capita
• Fewer recreation centers per capita
• Fewer swimming pools per capita
• Fewer tennis courts per capita
• Lower park-related expenditures per capita
• Lower level of state requirement for Physical
  Education classes

DESCRIPTION OF DETROIT–WARREN–LIVONIA, MI MSA

	Detroit MSA	U.S. Value	MSA Average	MSA Range
Population	4,403,437	307,006,550	3,325,885	1,123,804 – 19,069,796
Percent less than 18 years old	24.2%	24.3%	24.6%	20.2% – 29.4%
Percent 18 to 64 years old	63.0%	62.8%	63.6%	60.5% – 66.9%
Percent 65 years old and older	12.8%	12.9%	11.8%	7.9% – 17.2%
Percent male	48.8%	49.3%	49.2%	48.1% – 51.1%
Percent high school graduate or higher	86.9%	85.3%	86.7%	77.6% – 92.5%
Percent White	70.9%	74.8%	72.3%	49.8% – 88.6%
Percent Black or African American	22.8%	12.4%	15.0%	1.7% – 44.5%
Percent Asian	3.3%	4.5%	5.1%	1.2% – 30.2%
Percent Other Race	3.0%	8.3%	7.6%	1.9% – 24.5%
Percent Hispanic/Latino	3.8%	15.8%	15.1%	1.2% – 53.4%
Percent unemployed	16.3%	9.9%	9.8%	6.4% – 16.3%
Median household income	$48,535	$50,221	$55,331	$43,633 – $85,168
Percent of households below poverty level	12.0%	10.5%	9.5%	4.9% – 15.1%
Violent crime rate/100,000*	656.8	429.4		
Percent with disability	13.7%	12.0%	11.0%	7.4% – 14.5%

*Due to differences in jurisdictional definitions and reporting, the FBI recommends that these rates not be compared across areas

ACSM AMERICAN FITNESS INDEX™ COMPONENTS

Personal Health Indicators – Score = 35.7; Rank = 42

	Detroit MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	76.5%	76.2%	77.2%	70.4% – 85.9%
Percent physically active at least moderately	46.7%	51.0%	48.7%	36.4% – 58.1%
Percent eating 5+ servings of fruits/vegetables per day	23.3%	23.4%	24.4%	15.8% – 30.0%
Percent currently smoking	18.4%	17.9%	17.0%	8.8% – 25.3%
Chronic Health Problems				
Percent obese	28.3%	26.9%	25.9%	18.1% – 34.3%
Percent in excellent or very good health	54.5%	56.0%	56.8%	46.4% – 66.6%
Any days when physical health was not good during the past 30 days	35.1%	35.5%	35.3%	29.5% – 40.3%
Any days when mental health was not good during the past 30 days	37.1%	33.7%	34.4%	23.8% – 41.9%
Percent with asthma	9.6%	8.8%	8.3%	4.5% – 11.9%
Percent with angina or coronary heart disease	3.7%	3.8%	3.6%	2.4% – 5.6%
Percent with diabetes	8.8%	8.3%	8.3%	5.4% – 11.6%
Death rate/100,000 for cardiovascular disease	268.6	206.7	201.0	131.7 – 268.6
Death rate/100,000 for diabetes	27.5	22.5	21.9	9.9 – 31.4
Health Care				
Percent with health insurance	86.6%	85.6%	86.3%	77.3% – 94.4%

Community/Environmental Indicators – Score = 32.1; Rank = 49

(note: most of these data were available only for the main city in the MSA)

	Detroit		MSA Average	Range of all Cities
Built Environment				
Parkland as percent of city land area	6.7%		10.6%	2.5% – 25.3%
Acres of parkland/1,000	6.5		18.9	2.3 – 94.1
Farmers' markets/1,000,000	16.1		14.8	1.0 – 41.0
Percent using public transportation to work	1.6%		4.3%	0.4% – 30.5%
Percent bicycling or walking to work	2.0%		2.8%	1.2% – 6.7%
Recreational Facilities				
Ball diamonds/10,000	2.4		2.0	0.3 – 5.7
Dog parks/10,000	0.0		0.9	0.0 – 5.7
Park playgrounds/10,000	3.4		2.3	0.9 – 4.8
Golf courses/100,000	0.5		1.0	0.0 – 5.0
Park units/10,000	4.3		4.2	1.2 – 10.9
Recreation centers/20,000	0.3		1.1	0.1 – 2.6
Swimming pools/100,000	1.0		3.1	0.6 – 9.2
Tennis courts/10,000	1.3		2.1	0.8 – 6.9
Park-related expenditures per capita	$26		$101.5	$12.0 – $259.0
Level of state requirement for Physical Education classes**	0		2.5	0 – 3
Number of primary health care providers per 100,000	106.6		93.2	46.8 – 133.7

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

HARTFORD, CT
(Hartford–West Hartford–East Hartford, CT MSA)

COUNTIES
Hartford, Middlesex, Tolland

Ranking: Total Score = 66.8; Rank = 7

STRENGTHS/ADVANTAGES
- Lower percent unemployed
- Higher median household income
- Lower percentage of households below poverty level
- Higher percent physically active at least moderately
- Higher percentage eating 5+ servings of fruits/vegetables per day
- Lower percent obese
- Higher percent in excellent or very good health
- Lower percent with diabetes
- Lower death rate for diabetes
- Higher percent of city land area as parkland
- More farmers' markets per capita
- More ball diamonds per capita
- More golf courses per capita
- More recreation centers per capita
- More swimming pools per capita
- Higher level of state requirement for Physical Education classes
- Higher number of primary health care providers per capita

OPPORTUNITIES/CHALLENGES
- Higher percent with asthma
- Higher percent with angina or coronary heart disease
- Lower percent using public transportation to work
- Lower percent bicycling or walking to work
- Fewer dog parks per capita
- Lower park-related expenditures per capita

DESCRIPTION OF HARTFORD–WEST HARTFORD–EAST HARTFORD, CT MSA

	Hartford MSA	U.S. Value	MSA Average	MSA Range
Population	1,195,998	307,006,550	3,325,885	1,123,804 – 19,069,796
Percent less than 18 years old	22.3%	24.3%	24.6%	20.2% – 29.4%
Percent 18 to 64 years old	63.6%	62.8%	63.6%	60.5% – 66.9%
Percent 65 years old and older	14.1%	12.9%	11.8%	7.9% – 17.2%
Percent male	48.8%	49.3%	49.2%	48.1% – 51.1%
Percent high school graduate or higher	88.9%	85.3%	86.7%	77.6% – 92.5%
Percent White	78.1%	74.8%	72.3%	49.8% – 88.6%
Percent Black or African American	10.6%	12.4%	15.0%	1.7% – 44.5%
Percent Asian	3.5%	4.5%	5.1%	1.2% – 30.2%
Percent Other Race	7.8%	8.3%	7.6%	1.9% – 24.5%
Percent Hispanic/Latino	11.6%	15.8%	15.1%	1.2% – 53.4%
Percent unemployed	8.4%	9.9%	9.8%	6.4% – 16.3%
Median household income	$65,698	$50,221	$55,331	$43,633 – $85,168
Percent of households below poverty level	6.6%	10.5%	9.5%	4.9% – 15.1%
Violent crime rate/100,000*	294.3	429.4		
Percent with disability	10.2%	12.0%	11.0%	7.4% – 14.5%

*Due to differences in jurisdictional definitions and reporting, the FBI recommends that these rates not be compared across areas

ACSM AMERICAN FITNESS INDEX™ COMPONENTS

Personal Health Indicators – Score = 73.3; Rank = 6

	Hartford MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	79.3%	76.2%	77.2%	70.4% – 85.9%
Percent physically active at least moderately	55.5%	51.0%	48.7%	36.4% – 58.1%
Percent eating 5+ servings of fruits/vegetables per day	29.7%	23.4%	24.4%	15.8% – 30.0%
Percent currently smoking	15.4%	17.9%	17.0%	8.8% – 25.3%
Chronic Health Problems				
Percent obese	21.6%	26.9%	25.9%	18.1% – 34.3%
Percent in excellent or very good health	62.6%	56.0%	56.8%	46.4% – 66.6%
Any days when physical health was not good during the past 30 days	37.0%	35.5%	35.3%	29.5% – 40.3%
Any days when mental health was not good during the past 30 days	33.6%	33.7%	34.4%	23.8% – 41.9%
Percent with asthma	9.1%	8.8%	8.3%	4.5% – 11.9%
Percent with angina or coronary heart disease	4.0%	3.8%	3.6%	2.4% – 5.6%
Percent with diabetes	6.2%	8.3%	8.3%	5.4% – 11.6%
Death rate/100,000 for cardiovascular disease	191.2	206.7	201.0	131.7 – 268.6
Death rate/100,000 for diabetes	16.6	22.5	21.9	9.9 – 31.4
Health Care				
Percent with health insurance	91.9%	85.6%	86.3%	77.3% – 94.4%

Community/Environmental Indicators – Score = 60.8; Rank = 12
(note: most of these data were available only for the main city in the MSA)

	Hartford		MSA Average	Range of all Cities
Built Environment				
Parkland as percent of city land area	20.8%		10.6%	2.5% – 25.3%
Acres of parkland/1,000	18.2		18.9	2.3 – 94.1
Farmers' markets/1,000,000	41.0		14.8	1.0 – 41.0
Percent using public transportation to work	2.8%		4.3%	0.4% – 30.5%
Percent bicycling or walking to work	2.4%		2.8%	1.2% – 6.7%
Recreational Facilities				
Ball diamonds/10,000	2.6		2.0	0.3 – 5.7
Dog parks/10,000	0.0		0.9	0.0 – 5.7
Park playgrounds/10,000	2.2		2.3	0.9 – 4.8
Golf courses/100,000	1.6		1.0	0.0 – 5.0
Park units/10,000	4.3		4.2	1.2 – 10.9
Recreation centers/20,000	1.8		1.1	0.1 – 2.6
Swimming pools/100,000	4.8		3.1	0.6 – 9.2
Tennis courts/10,000	2.0		2.1	0.8 – 6.9
Park-related expenditures per capita	$17		$101.5	$12.0 – $259.0
Level of state requirement for Physical Education classes**	3		2.5	0 – 3
Number of primary health care providers per 100,000	104.4		93.2	46.8 – 133.7

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

HOUSTON, TX
(Houston-Sugar Land-Baytown, TX MSA)

COUNTIES
Austin, Brazoria, Chambers, Fort Bend, Galveston, Harris, Liberty, Montgomery, San Jacinto, Waller

Ranking: Total Score = 38.3; Rank = 42

STRENGTHS/ADVANTAGES
- Lower percent unemployed
- Lower percent with asthma
- Lower percent with angina or coronary heart disease
- Higher percent of city land area as parkland
- More acres of parkland per capita
- Higher level of state requirement for Physical Education classes

OPPORTUNITIES/CHALLENGES
- Higher percentage of households below poverty level
- Lower percent with health insurance
- Fewer farmers' markets per capita
- Lower percent using public transportation to work
- Lower percent bicycling or walking to work
- Fewer ball diamonds per capita
- Fewer dog parks per capita
- Fewer park playgrounds per capita
- Fewer golf courses per capita
- Fewer park units per capita
- Fewer recreation centers per capita
- Fewer swimming pools per capita
- Fewer tennis courts per capita
- Lower park-related expenditures per capita
- Lower number of primary health care providers per capita

DESCRIPTION OF HOUSTON–SUGAR LAND–BAYTOWN, TX MSA

	Houston MSA	U.S. Value	MSA Average	MSA Range
Population	5,867,489	307,006,550	3,325,885	1,123,804 – 19,069,796
Percent less than 18 years old	28.5%	24.3%	24.6%	20.2% – 29.4%
Percent 18 to 64 years old	63.0%	62.8%	63.6%	60.5% – 66.9%
Percent 65 years old and older	8.5%	12.9%	11.8%	7.9% – 17.2%
Percent male	50.1%	49.3%	49.2%	48.1% – 51.1%
Percent high school graduate or higher	80.0%	85.3%	86.7%	77.6% – 92.5%
Percent White	67.6%	74.8%	72.3%	49.8% – 88.6%
Percent Black or African American	16.8%	12.4%	15.0%	1.7% – 44.5%
Percent Asian	6.1%	4.5%	5.1%	1.2% – 30.2%
Percent Other Race	9.5%	8.3%	7.6%	1.9% – 24.5%
Percent Hispanic/Latino	34.4%	15.8%	15.1%	1.2% – 53.4%
Percent unemployed	7.6%	9.9%	9.8%	6.4% – 16.3%
Median household income	$54,146	$50,221	$55,331	$43,633 – $85,168
Percent of households below poverty level	12.2%	10.5%	9.5%	4.9% – 15.1%
Violent crime rate/100,000*	706.8	429.4		
Percent with disability	9.0%	12.0%	11.0%	7.4% – 14.5%

*Due to differences in jurisdictional definitions and reporting, the FBI recommends that these rates not be compared across areas

ACSM AMERICAN FITNESS INDEX™ COMPONENTS

Personal Health Indicators – Score = 44.7; Rank = 32

	Houston MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	74.2%	76.2%	77.2%	70.4% – 85.9%
Percent physically active at least moderately	46.3%	51.0%	48.7%	36.4% – 58.1%
Percent eating 5+ servings of fruits/vegetables per day	22.4%	23.4%	24.4%	15.8% – 30.0%
Percent currently smoking	17.1%	17.9%	17.0%	8.8% – 25.3%
Chronic Health Problems				
Percent obese	27.3%	26.9%	25.9%	18.1% – 34.3%
Percent in excellent or very good health	54.6%	56.0%	56.8%	46.4% – 66.6%
Any days when physical health was not good during the past 30 days	34.7%	35.5%	35.3%	29.5% – 40.3%
Any days when mental health was not good during the past 30 days	33.8%	33.7%	34.4%	23.8% – 41.9%
Percent with asthma	6.2%	8.8%	8.3%	4.5% – 11.9%
Percent with angina or coronary heart disease	2.9%	3.8%	3.6%	2.4% – 5.6%
Percent with diabetes	7.8%	8.3%	8.3%	5.4% – 11.6%
Death rate/100,000 for cardiovascular disease	209.1	206.7	201.0	131.7 – 268.6
Death rate/100,000 for diabetes	21.9	22.5	21.9	9.9 – 31.4
Health Care				
Percent with health insurance	77.6%	85.6%	86.3%	77.3% – 94.4%

Community/Environmental Indicators – Score = 32.4; Rank = 47
(note: most of these data were available only for the main city in the MSA)

	Houston		MSA Average	Range of all Cities
Built Environment				
Parkland as percent of city land area	13.7%		10.6%	2.5% – 25.3%
Acres of parkland/1,000	22.6		18.9	2.3 – 94.1
Farmers' markets/1,000,000	1.0		14.8	1.0 – 41.0
Percent using public transportation to work	2.2%		4.3%	0.4% – 30.5%
Percent bicycling or walking to work	1.8%		2.8%	1.2% – 6.7%
Recreational Facilities				
Ball diamonds/10,000	1.1		2.0	0.3 – 5.7
Dog parks/10,000	0.5		0.9	0.0 – 5.7
Park playgrounds/10,000	1.2		2.3	0.9 – 4.8
Golf courses/100,000	0.4		1.0	0.0 – 5.0
Park units/10,000	1.9		4.2	1.2 – 10.9
Recreation centers/20,000	0.6		1.1	0.1 – 2.6
Swimming pools/100,000	1.9		3.1	0.6 – 9.2
Tennis courts/10,000	1.0		2.1	0.8 – 6.9
Park-related expenditures per capita	$36		$101.5	$12.0 – $259.0
Level of state requirement for Physical Education classes**	3		2.5	0 – 3
Number of primary health care providers per 100,000	75.1		93.2	46.8 – 133.7

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

INDIANAPOLIS, IN
(Indianapolis-Carmel, IN MSA)

COUNTIES
Boone, Brown, Hamilton, Hancock, Hendricks, Johnson, Marion, Morgan, Putnam, Shelby

Ranking: Total Score = 34.4; Rank = 45

STRENGTHS/ADVANTAGES
• Lower death rate for diabetes
• More golf courses per capita
• Higher level of state requirement for Physical Education classes
• Higher number of primary health care providers per capita

OPPORTUNITIES/CHALLENGES
• Higher percentage of households below poverty level
• Higher percent currently smoking
• Lower percent in excellent or very good health
• Higher percent with asthma
• Higher percent with angina or coronary heart disease
• Higher death rate for cardiovascular disease
• Lower percent of city land area as parkland
• Fewer acres of parkland per capita

• Lower percent using public transportation to work
• Lower percent bicycling or walking to work
• Fewer ball diamonds per capita
• Fewer dog parks per capita
• Fewer park playgrounds per capita
• Fewer park units per capita
• Fewer recreation centers per capita
• Fewer tennis courts per capita
• Lower park-related expenditures per capita

DESCRIPTION OF INDIANAPOLIS-CARMEL, IN MSA

	Indianapolis MSA	U.S. Value	MSA Average	MSA Range
Population	1,743,658	307,006,550	3,325,885	1,123,804 – 19,069,796
Percent less than 18 years old	26.0%	24.3%	24.6%	20.2% – 29.4%
Percent 18 to 64 years old	63.1%	62.8%	63.6%	60.5% – 66.9%
Percent 65 years old and older	10.9%	12.9%	11.8%	7.9% – 17.2%
Percent male	49.1%	49.3%	49.2%	48.1% – 51.1%
Percent high school graduate or higher	87.6%	85.3%	86.7%	77.6% – 92.5%
Percent White	79.6%	74.8%	72.3%	49.8% – 88.6%
Percent Black or African American	14.4%	12.4%	15.0%	1.7% – 44.5%
Percent Asian	2.0%	4.5%	5.1%	1.2% – 30.2%
Percent Other Race	4.1%	8.3%	7.6%	1.9% – 24.5%
Percent Hispanic/Latino	5.1%	15.8%	15.1%	1.2% – 53.4%
Percent unemployed	9.9%	9.9%	9.8%	6.4% – 16.3%
Median household income	$50,410	$50,221	$55,331	$43,633 – $85,168
Percent of households below poverty level	10.6%	10.5%	9.5%	4.9% – 15.1%
Violent crime rate/100,000*	627.9	429.4		
Percent with disability	11.2%	12.0%	11.0%	7.4% – 14.5%

*Due to differences in jurisdictional definitions and reporting, the FBI recommends that these rates not be compared across areas

ACSM AMERICAN FITNESS INDEX™ COMPONENTS

Personal Health Indicators – Score = 30.7; Rank = 44

	Indianapolis MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	73.6%	76.2%	77.2%	70.4% – 85.9%
Percent physically active at least moderately	48.4%	51.0%	48.7%	36.4% – 58.1%
Percent eating 5+ servings of fruits/vegetables per day	22.4%	23.4%	24.4%	15.8% – 30.0%
Percent currently smoking	21.5%	17.9%	17.0%	8.8% – 25.3%
Chronic Health Problems				
Percent obese	28.2%	26.9%	25.9%	18.1% – 34.3%
Percent in excellent or very good health	50.8%	56.0%	56.8%	46.4% – 66.6%
Any days when physical health was not good during the past 30 days	35.0%	35.5%	35.3%	29.5% – 40.3%
Any days when mental health was not good during the past 30 days	34.4%	33.7%	34.4%	23.8% – 41.9%
Percent with asthma	9.5%	8.8%	8.3%	4.5% – 11.9%
Percent with angina or coronary heart disease	4.1%	3.8%	3.6%	2.4% – 5.6%
Percent with diabetes	8.4%	8.3%	8.3%	5.4% – 11.6%
Death rate/100,000 for cardiovascular disease	224.5	206.7	201.0	131.7 – 268.6
Death rate/100,000 for diabetes	19.5	22.5	21.9	9.9 – 31.4
Health Care				
Percent with health insurance	83.9%	85.6%	86.3%	77.3% – 94.4%

Community/Environmental Indicators – Score = 37.8; Rank = 39

(note: most of these data were available only for the main city in the MSA)

	Indianapolis		MSA Average	Range of all Cities
Built Environment				
Parkland as percent of city land area	4.8%		10.6%	2.5% – 25.3%
Acres of parkland/1,000	13.9		18.9	2.3 – 94.1
Farmers' markets/1,000,000	14.3		14.8	1.0 – 41.0
Percent using public transportation to work	1.0%		4.3%	0.4% – 30.5%
Percent bicycling or walking to work	1.9%		2.8%	1.2% – 6.7%
Recreational Facilities				
Ball diamonds/10,000	0.7		2.0	0.3 – 5.7
Dog parks/10,000	0.4		0.9	0.0 – 5.7
Park playgrounds/10,000	1.6		2.3	0.9 – 4.8
Golf courses/100,000	1.6		1.0	0.0 – 5.0
Park units/10,000	2.6		4.2	1.2 – 10.9
Recreation centers/20,000	0.6		1.1	0.1 – 2.6
Swimming pools/100,000	2.8		3.1	0.6 – 9.2
Tennis courts/10,000	1.5		2.1	0.8 – 6.9
Park-related expenditures per capita	$43		$101.5	$12.0 – $259.0
Level of state requirement for Physical Education classes**	3		2.5	0 – 3
Number of primary health care providers per 100,000	104.5		93.2	46.8 – 133.7

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

JACKSONVILLE, FL
(Jacksonville, FL MSA)

COUNTIES
Baker, Clay, Duval, Nassau, St. Johns

Ranking: Total Score = 46.7; Rank = 31

STRENGTHS/ADVANTAGES
- Lower percent of days when mental health was not good during the past 30 days
- More acres of parkland per capita
- More ball diamonds per capita
- More park playgrounds per capita
- More park units per capita
- More recreation centers per capita
- More swimming pools per capita

OPPORTUNITIES/CHALLENGES

- Higher percentage of households below poverty level
- Lower percentage eating 5+ servings of fruits/vegetables per day
- Higher percent currently smoking
- Higher percent with asthma
- Higher percent with angina or coronary heart disease
- Higher percent with diabetes
- Higher death rate for cardiovascular disease
- Higher death rate for diabetes
- Lower percent of city land area as parkland
- Fewer farmers' markets per capita
- Lower percent using public transportation to work
- Lower percent bicycling or walking to work
- Fewer dog parks per capita
- Fewer golf courses per capita
- Lower park-related expenditures per capita
- Lower level of state requirement for Physical Education classes

DESCRIPTION OF JACKSONVILLE, FL MSA

	Jacksonville MSA	U.S. Value	MSA Average	MSA Range
Population	1,328,144	307,006,550	3,325,885	1,123,804 – 19,069,796
Percent less than 18 years old	24.4%	24.3%	24.6%	20.2% – 29.4%
Percent 18 to 64 years old	63.7%	62.8%	63.6%	60.5% – 66.9%
Percent 65 years old and older	11.9%	12.9%	11.8%	7.9% – 17.2%
Percent male	48.8%	49.3%	49.2%	48.1% – 51.1%
Percent high school graduate or higher	88.2%	85.3%	86.7%	77.6% – 92.5%
Percent White	71.1%	74.8%	72.3%	49.8% – 88.6%
Percent Black or African American	22.0%	12.4%	15.0%	1.7% – 44.5%
Percent Asian	3.3%	4.5%	5.1%	1.2% – 30.2%
Percent Other Race	3.6%	8.3%	7.6%	1.9% – 24.5%
Percent Hispanic/Latino	6.2%	15.8%	15.1%	1.2% – 53.4%
Percent unemployed	10.3%	9.9%	9.8%	6.4% – 16.3%
Median household income	$50,010	$50,221	$55,331	$43,633 – $85,168
Percent of households below poverty level	10.6%	10.5%	9.5%	4.9% – 15.1%
Violent crime rate/100,000*	695.7	429.4		
Percent with disability	12.0%	12.0%	11.0%	7.4% – 14.5%

*Due to differences in jurisdictional definitions and reporting, the FBI recommends that these rates not be compared across areas

ACSM AMERICAN FITNESS INDEX™ COMPONENTS

Personal Health Indicators – Score = 42.0; Rank = 36

	Jacksonville MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	75.7%	76.2%	77.2%	70.4% – 85.9%
Percent physically active at least moderately	49.2%	51.0%	48.7%	36.4% – 58.1%
Percent eating 5+ servings of fruits/vegetables per day	20.5%	23.4%	24.4%	15.8% – 30.0%
Percent currently smoking	21.3%	17.9%	17.0%	8.8% – 25.3%
Chronic Health Problems				
Percent obese	24.8%	26.9%	25.9%	18.1% – 34.3%
Percent in excellent or very good health	59.2%	56.0%	56.8%	46.4% – 66.6%
Any days when physical health was not good during the past 30 days	32.6%	35.5%	35.3%	29.5% – 40.3%
Any days when mental health was not good during the past 30 days	29.1%	33.7%	34.4%	23.8% – 41.9%
Percent with asthma	9.3%	8.8%	8.3%	4.5% – 11.9%
Percent with angina or coronary heart disease	4.4%	3.8%	3.6%	2.4% – 5.6%
Percent with diabetes	10.0%	8.3%	8.3%	5.4% – 11.6%
Death rate/100,000 for cardiovascular disease	224.7	206.7	201.0	131.7 – 268.6
Death rate/100,000 for diabetes	29.3	22.5	21.9	9.9 – 31.4
Health Care				
Percent with health insurance	84.8%	85.6%	86.3%	77.3% – 94.4%

Community/Environmental Indicators – Score = 51.1; Rank = 28
(note: most of these data were available only for the main city in the MSA)

	Jacksonville		MSA Average	Range of all Cities
Built Environment				
Parkland as percent of city land area	8.6%		10.6%	2.5% – 25.3%
Acres of parkland/1,000	57.2		18.9	2.3 – 94.1
Farmers' markets/1,000,000	9.0		14.8	1.0 – 41.0
Percent using public transportation to work	1.2%		4.3%	0.4% – 30.5%
Percent bicycling or walking to work	2.2%		2.8%	1.2% – 6.7%
Recreational Facilities				
Ball diamonds/10,000	3.5		2.0	0.3 – 5.7
Dog parks/10,000	0.1		0.9	0.0 – 5.7
Park playgrounds/10,000	3.5		2.3	0.9 – 4.8
Golf courses/100,000	0.5		1.0	0.0 – 5.0
Park units/10,000	5.1		4.2	1.2 – 10.9
Recreation centers/20,000	1.3		1.1	0.1 – 2.6
Swimming pools/100,000	4.5		3.1	0.6 – 9.2
Tennis courts/10,000	2.0		2.1	0.8 – 6.9
Park-related expenditures per capita	$35		$101.5	$12.0 – $259.0
Level of state requirement for Physical Education classes**	1		2.5	0 – 3
Number of primary health care providers per 100,000	89.7		93.2	46.8 – 133.7

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

KANSAS CITY, MO
(Kansas City, MO-KS MSA)

COUNTIES
Franklin, KS, Johnson, KS, Leavenworth, KS, Linn, KS, Miami, KS, Wyandotte, KS, Bates, MO, Caldwell, MO, Cass, MO, Clay, MO, Clinton, MO, Jackson, MO, Lafayette, MO, Platte, MO, Ray, MO

Ranking: Total Score = 51.5; Rank = 22

STRENGTHS/ADVANTAGES
• Lower percent unemployed
• Lower percentage of households below poverty level
• More acres of parkland per capita
• More farmers' markets per capita
• More ball diamonds per capita

• More golf courses per capita
• More park units per capita
• Higher park-related expenditures per capita
• Higher level of state requirement for Physical Education classes

OPPORTUNITIES/CHALLENGES
• Lower percentage eating 5+ servings of fruits/vegetables per day
• Higher percent currently smoking
• Lower percent of city land area as parkland
• Lower percent using public transportation to work

• Lower percent bicycling or walking to work
• Fewer dog parks per capita
• Fewer recreation centers per capita
• Fewer swimming pools per capita

DESCRIPTION OF KANSAS CITY, MO-KS MSA

	Kansas City MSA	U.S. Value	MSA Average	MSA Range
Population	2,067,585	307,006,550	3,325,885	1,123,804 – 19,069,796
Percent less than 18 years old	25.3%	24.3%	24.6%	20.2% – 29.4%
Percent 18 to 64 years old	63.0%	62.8%	63.6%	60.5% – 66.9%
Percent 65 years old and older	11.7%	12.9%	11.8%	7.9% – 17.2%
Percent male	49.1%	49.3%	49.2%	48.1% – 51.1%
Percent high school graduate or higher	90.0%	85.3%	86.7%	77.6% – 92.5%
Percent White	80.9%	74.8%	72.3%	49.8% – 88.6%
Percent Black or African American	11.6%	12.4%	15.0%	1.7% – 44.5%
Percent Asian	2.1%	4.5%	5.1%	1.2% – 30.2%
Percent Other Race	5.4%	8.3%	7.6%	1.9% – 24.5%
Percent Hispanic/Latino	7.5%	15.8%	15.1%	1.2% – 53.4%
Percent unemployed	8.2%	9.9%	9.8%	6.4% – 16.3%
Median household income	$54,521	$50,221	$55,331	$43,633 – $85,168
Percent of households below poverty level	7.9%	10.5%	9.5%	4.9% – 15.1%
Violent crime rate/100,000*	535.9	429.4		
Percent with disability	11.8%	12.0%	11.0%	7.4% – 14.5%

*Due to differences in jurisdictional definitions and reporting, the FBI recommends that these rates not be compared across areas

ACSM AMERICAN FITNESS INDEX™ COMPONENTS

Personal Health Indicators – Score = 50.6; Rank = 22

	Kansas City MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	77.3%	76.2%	77.2%	70.4% – 85.9%
Percent physically active at least moderately	49.1%	51.0%	48.7%	36.4% – 58.1%
Percent eating 5+ servings of fruits/vegetables per day	18.7%	23.4%	24.4%	15.8% – 30.0%
Percent currently smoking	20.3%	17.9%	17.0%	8.8% – 25.3%
Chronic Health Problems				
Percent obese	26.9%	26.9%	25.9%	18.1% – 34.3%
Percent in excellent or very good health	59.3%	56.0%	56.8%	46.4% – 66.6%
Any days when physical health was not good during the past 30 days	32.8%	35.5%	35.3%	29.5% – 40.3%
Any days when mental health was not good during the past 30 days	36.0%	33.7%	34.4%	23.8% – 41.9%
Percent with asthma	9.0%	8.8%	8.3%	4.5% – 11.9%
Percent with angina or coronary heart disease	3.3%	3.8%	3.6%	2.4% – 5.6%
Percent with diabetes	7.8%	8.3%	8.3%	5.4% – 11.6%
Death rate/100,000 for cardiovascular disease	201.2	206.7	201.0	131.7 – 268.6
Death rate/100,000 for diabetes	20.3	22.5	21.9	9.9 – 31.4
Health Care				
Percent with health insurance	89.3%	85.6%	86.3%	77.3% – 94.4%

Community/Environmental Indicators – Score = 52.3; Rank = 25
(note: most of these data were available only for the main city in the MSA)

	Kansas City		MSA Average	Range of all Cities
Built Environment				
Parkland as percent of city land area	8.6%		10.6%	2.5% – 25.3%
Acres of parkland/1,000	36.0		18.9	2.3 – 94.1
Farmers' markets/1,000,000	20.8		14.8	1.0 – 41.0
Percent using public transportation to work	1.2%		4.3%	0.4% – 30.5%
Percent bicycling or walking to work	1.7%		2.8%	1.2% – 6.7%
Recreational Facilities				
Ball diamonds/10,000	3.2		2.0	0.3 – 5.7
Dog parks/10,000	0.2		0.9	0.0 – 5.7
Park playgrounds/10,000	2.5		2.3	0.9 – 4.8
Golf courses/100,000	1.2		1.0	0.0 – 5.0
Park units/10,000	4.7		4.2	1.2 – 10.9
Recreation centers/20,000	0.4		1.1	0.1 – 2.6
Swimming pools/100,000	1.9		3.1	0.6 – 9.2
Tennis courts/10,000	2.3		2.1	0.8 – 6.9
Park-related expenditures per capita	$129		$101.5	$12.0 – $259.0
Level of state requirement for Physical Education classes**	3		2.5	0 – 3
Number of primary health care providers per 100,000	85.8		93.2	46.8 – 133.7

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

LAS VEGAS, NV
(Las Vegas-Paradise, NV MSA)

COUNTIES
Clark

Ranking: Total Score = 37.8; Rank = 43

STRENGTHS/ADVANTAGES
• Lower death rate for diabetes
• More dog parks per capita
• More recreation centers per capita
• Higher park-related expenditures per capita

OPPORTUNITIES/CHALLENGES

• Higher percent unemployed
• Higher percent currently smoking
• Higher percent with asthma
• Lower percent of city land area as parkland
• Fewer acres of parkland per capita
• Fewer farmers' markets per capita
• Lower percent using public transportation
  to work
• Lower percent bicycling or walking to work
• Fewer ball diamonds per capita

• Fewer park playgrounds per capita
• Fewer golf courses per capita
• Fewer park units per capita
• Fewer swimming pools per capita
• Fewer tennis courts per capita
• Lower level of state requirement for Physical
  Education classes
• Lower number of primary health care providers
  per capita

DESCRIPTION OF LAS VEGAS–PARADISE, NV MSA

	Las Vegas MSA	U.S. Value	MSA Average	MSA Range
Population	1,902,834	307,006,550	3,325,885	1,123,804 – 19,069,796
Percent less than 18 years old	26.3%	24.3%	24.6%	20.2% – 29.4%
Percent 18 to 64 years old	62.9%	62.8%	63.6%	60.5% – 66.9%
Percent 65 years old and older	10.7%	12.9%	11.8%	7.9% – 17.2%
Percent male	50.9%	49.3%	49.2%	48.1% – 51.1%
Percent high school graduate or higher	83.0%	85.3%	86.7%	77.6% – 92.5%
Percent White	73.0%	74.8%	72.3%	49.8% – 88.6%
Percent Black or African American	9.9%	12.4%	15.0%	1.7% – 44.5%
Percent Asian	7.7%	4.5%	5.1%	1.2% – 30.2%
Percent Other Race	9.4%	8.3%	7.6%	1.9% – 24.5%
Percent Hispanic/Latino	29.3%	15.8%	15.1%	1.2% – 53.4%
Percent unemployed	12.1%	9.9%	9.8%	6.4% – 16.3%
Median household income	$53,505	$50,221	$55,331	$43,633 – $85,168
Percent of households below poverty level	9.2%	10.5%	9.5%	4.9% – 15.1%
Violent crime rate/100,000*	810.9	429.4		
Percent with disability	9.5%	12.0%	11.0%	7.4% – 14.5%

*Due to differences in jurisdictional definitions and reporting, the FBI recommends that these rates not be compared across areas

ACSM AMERICAN FITNESS INDEX™ COMPONENTS

Personal Health Indicators – Score = 36.1; Rank = 41

	Las Vegas MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	73.6%	76.2%	77.2%	70.4% – 85.9%
Percent physically active at least moderately	49.1%	51.0%	48.7%	36.4% – 58.1%
Percent eating 5+ servings of fruits/vegetables per day	23.9%	23.4%	24.4%	15.8% – 30.0%
Percent currently smoking	22.3%	17.9%	17.0%	8.8% – 25.3%
Chronic Health Problems				
Percent obese	27.9%	26.9%	25.9%	18.1% – 34.3%
Percent in excellent or very good health	54.2%	56.0%	56.8%	46.4% – 66.6%
Any days when physical health was not good during the past 30 days	34.2%	35.5%	35.3%	29.5% – 40.3%
Any days when mental health was not good during the past 30 days	36.7%	33.7%	34.4%	23.8% – 41.9%
Percent with asthma	9.2%	8.8%	8.3%	4.5% – 11.9%
Percent with angina or coronary heart disease	3.7%	3.8%	3.6%	2.4% – 5.6%
Percent with diabetes	8.1%	8.3%	8.3%	5.4% – 11.6%
Death rate/100,000 for cardiovascular disease	215.5	206.7	201.0	131.7 – 268.6
Death rate/100,000 for diabetes	9.9	22.5	21.9	9.9 – 31.4
Health Care				
Percent with health insurance	79.9%	85.6%	86.3%	77.3% – 94.4%

Community/Environmental Indicators – Score = 39.4; Rank = 38

(note: most of these data were available only for the main city in the MSA)

	Las Vegas		MSA Average	Range of all Cities
Built Environment				
Parkland as percent of city land area	4.2%		10.6%	2.5% – 25.3%
Acres of parkland/1,000	5.5		18.9	2.3 – 94.1
Farmers' markets/1,000,000	4.2		14.8	1.0 – 41.0
Percent using public transportation to work	3.2%		4.3%	0.4% – 30.5%
Percent bicycling or walking to work	2.1%		2.8%	1.2% – 6.7%
Recreational Facilities				
Ball diamonds/10,000	0.9		2.0	0.3 – 5.7
Dog parks/10,000	4.1		0.9	0.0 – 5.7
Park playgrounds/10,000	2.0		2.3	0.9 – 4.8
Golf courses/100,000	0.7		1.0	0.0 – 5.0
Park units/10,000	1.2		4.2	1.2 – 10.9
Recreation centers/20,000	1.5		1.1	0.1 – 2.6
Swimming pools/100,000	2.1		3.1	0.6 – 9.2
Tennis courts/10,000	1.2		2.1	0.8 – 6.9
Park-related expenditures per capita	$206		$101.5	$12.0 – $259.0
Level of state requirement for Physical Education classes**	2		2.5	0 – 3
Number of primary health care providers per 100,000	64.4		93.2	46.8 – 133.7

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

LOS ANGELES, CA
(Los Angeles-Long Beach-Santa Ana, CA MSA)

COUNTIES
Los Angeles, Orange

Ranking: Total Score = 39.1; Rank = 41

STRENGTHS/ADVANTAGES
• Lower percent currently smoking
• Lower percent with asthma
• Lower percent with angina or coronary heart disease
• Higher percent using public transportation to work
• Higher percent bicycling or walking to work
• Higher level of state requirement for Physical Education classes

OPPORTUNITIES/CHALLENGES
• Lower percent graduated from high school or higher
• Higher percentage of households below poverty level
• Lower percent physically active at least moderately
• Lower percent in excellent or very good health
• Higher percent of days when mental health was not good during the past 30 days
• Higher percent with diabetes
• Lower percent of city land area as parkland
• Fewer acres of parkland per capita
• Fewer farmers' markets per capita
• Fewer ball diamonds per capita
• Fewer dog parks per capita
• Fewer park playgrounds per capita
• Fewer golf courses per capita
• Fewer park units per capita
• Fewer swimming pools per capita
• Fewer tennis courts per capita
• Lower park-related expenditures per capita

DESCRIPTION OF LOS ANGELES-LONG BEACH-SANTA ANA, CA MSA

	Los Angeles MSA	U.S. Value	MSA Average	MSA Range
Population	12,874,797	307,006,550	3,325,885	1,123,804 – 19,069,796
Percent less than 18 years old	25.3%	24.3%	24.6%	20.2% – 29.4%
Percent 18 to 64 years old	63.9%	62.8%	63.6%	60.5% – 66.9%
Percent 65 years old and older	10.8%	12.9%	11.8%	7.9% – 17.2%
Percent male	49.7%	49.3%	49.2%	48.1% – 51.1%
Percent high school graduate or higher	77.6%	85.3%	86.7%	77.6% – 92.5%
Percent White	54.6%	74.8%	72.3%	49.8% – 88.6%
Percent Black or African American	7.0%	12.4%	15.0%	1.7% – 44.5%
Percent Asian	13.9%	4.5%	5.1%	1.2% – 30.2%
Percent Other Race	24.5%	8.3%	7.6%	1.9% – 24.5%
Percent Hispanic/Latino	44.8%	15.8%	15.1%	1.2% – 53.4%
Percent unemployed	10.5%	9.9%	9.8%	6.4% – 16.3%
Median household income	$58,525	$50,221	$55,331	$43,633 – $85,168
Percent of households below poverty level	11.5%	10.5%	9.5%	4.9% – 15.1%
Violent crime rate/100,000*	482.7	429.4		
Percent with disability	8.8%	12.0%	11.0%	7.4% – 14.5%

*Due to differences in jurisdictional definitions and reporting, the FBI recommends that these rates not be compared across areas

ACSM AMERICAN FITNESS INDEX™ COMPONENTS

Personal Health Indicators – Score = 44.8; Rank = 30.5

	Los Angeles MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	77.8%	76.2%	77.2%	70.4% – 85.9%
Percent physically active at least moderately	41.4%	51.0%	48.7%	36.4% – 58.1%
Percent eating 5+ servings of fruits/vegetables per day	24.0%	23.4%	24.4%	15.8% – 30.0%
Percent currently smoking	11.2%	17.9%	17.0%	8.8% – 25.3%
Chronic Health Problems				
Percent obese	23.6%	26.9%	25.9%	18.1% – 34.3%
Percent in excellent or very good health	48.8%	56.0%	56.8%	46.4% – 66.6%
Any days when physical health was not good during the past 30 days	37.2%	35.5%	35.3%	29.5% – 40.3%
Any days when mental health was not good during the past 30 days	38.3%	33.7%	34.4%	23.8% – 41.9%
Percent with asthma	6.7%	8.8%	8.3%	4.5% – 11.9%
Percent with angina or coronary heart disease	3.1%	3.8%	3.6%	2.4% – 5.6%
Percent with diabetes	9.5%	8.3%	8.3%	5.4% – 11.6%
Death rate/100,000 for cardiovascular disease	203.5	206.7	201.0	131.7 – 268.6
Death rate/100,000 for diabetes	22.1	22.5	21.9	9.9 – 31.4
Health Care				
Percent with health insurance	81.6%	85.6%	86.3%	77.3% – 94.4%

Community/Environmental Indicators – Score = 33.9; Rank = 45

(note: most of these data were available only for the main city in the MSA)

	Los Angeles		MSA Average	Range of all Cities
Built Environment				
Parkland as percent of city land area	7.9%		10.6%	2.5% – 25.3%
Acres of parkland/1,000	6.2		18.9	2.3 – 94.1
Farmers' markets/1,000,000	10.1		14.8	1.0 – 41.0
Percent using public transportation to work	6.2%		4.3%	0.4% – 30.5%
Percent bicycling or walking to work	3.5%		2.8%	1.2% – 6.7%
Recreational Facilities				
Ball diamonds/10,000	0.7		2.0	0.3 – 5.7
Dog parks/10,000	0.3		0.9	0.0 – 5.7
Park playgrounds/10,000	1.0		2.3	0.9 – 4.8
Golf courses/100,000	0.4		1.0	0.0 – 5.0
Park units/10,000	1.4		4.2	1.2 – 10.9
Recreation centers/20,000	1.0		1.1	0.1 – 2.6
Swimming pools/100,000	1.7		3.1	0.6 – 9.2
Tennis courts/10,000	0.9		2.1	0.8 – 6.9
Park-related expenditures per capita	$60		$101.5	$12.0 – $259.0
Level of state requirement for Physical Education classes**	3		2.5	0 – 3
Number of primary health care providers per 100,000	89.5		93.2	46.8 – 133.7

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

LOUISVILLE, KY
(Louisville/Jefferson County, KY-IN MSA)

COUNTIES
Clark IN, Floyd IN, Harrison IN, Washington IN, Bullitt KY, Henry KY, Jefferson KY, Meade KY, Nelson KY, Oldham KY, Shelby KY, Spencer KY, Trimble KY

Ranking: Total Score = 29.0; Rank = 49

STRENGTHS/ADVANTAGES
- More acres of parkland per capita
- More farmers' markets per capita
- More golf courses per capita
- More tennis courts per capita

OPPORTUNITIES/CHALLENGES
- Lower median household income
- Higher percentage of households below poverty level
- Higher percent currently smoking
- Higher percent obese
- Higher percent of days when physical health was not good during the past 30 days
- Higher percent of days when mental health was not good during the past 30 days
- Higher percent with asthma
- Higher percent with angina or coronary heart disease
- Higher percent with diabetes
- Higher death rate for diabetes
- Lower percent of city land area as parkland
- Lower percent using public transportation to work
- Lower percent bicycling or walking to work
- Fewer ball diamonds per capita
- Fewer dog parks per capita
- Fewer park playgrounds per capita
- Fewer park units per capita
- Fewer recreation centers per capita
- Fewer swimming pools per capita
- Lower park-related expenditures per capita
- Lower level of state requirement for Physical Education classes

DESCRIPTION OF LOUISVILLE/JEFFERSON COUNTY, KY-IN MSA

	Louisville MSA	U.S. Value	MSA Average	MSA Range
Population	1,258,577	307,006,550	3,325,885	1,123,804 – 19,069,796
Percent less than 18 years old	23.9%	24.3%	24.6%	20.2% – 29.4%
Percent 18 to 64 years old	63.4%	62.8%	63.6%	60.5% – 66.9%
Percent 65 years old and older	12.7%	12.9%	11.8%	7.9% – 17.2%
Percent male	48.8%	49.3%	49.2%	48.1% – 51.1%
Percent high school graduate or higher	86.8%	85.3%	86.7%	77.6% – 92.5%
Percent White	82.5%	74.8%	72.3%	49.8% – 88.6%
Percent Black or African American	13.0%	12.4%	15.0%	1.7% – 44.5%
Percent Asian	1.3%	4.5%	5.1%	1.2% – 30.2%
Percent Other Race	3.2%	8.3%	7.6%	1.9% – 24.5%
Percent Hispanic/Latino	3.2%	15.8%	15.1%	1.2% – 53.4%
Percent unemployed	10.1%	9.9%	9.8%	6.4% – 16.3%
Median household income	$46,786	$50,221	$55,331	$43,633 – $85,168
Percent of households below poverty level	11.2%	10.5%	9.5%	4.9% – 15.1%
Violent crime rate/100,000*	370.4	429.4		
Percent with disability	14.3%	12.0%	11.0%	7.4% – 14.5%

*Due to differences in jurisdictional definitions and reporting, the FBI recommends that these rates not be compared across areas

ACSM AMERICAN FITNESS INDEX™ COMPONENTS

Personal Health Indicators – Score = 20.6; Rank = 48

	Louisville MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	72.6%	76.2%	77.2%	70.4% – 85.9%
Percent physically active at least moderately	46.4%	51.0%	48.7%	36.4% – 58.1%
Percent eating 5+ servings of fruits/vegetables per day	24.6%	23.4%	24.4%	15.8% – 30.0%
Percent currently smoking	25.3%	17.9%	17.0%	8.8% – 25.3%
Chronic Health Problems				
Percent obese	33.8%	26.9%	25.9%	18.1% – 34.3%
Percent in excellent or very good health	51.2%	56.0%	56.8%	46.4% – 66.6%
Any days when physical health was not good during the past 30 days	39.2%	35.5%	35.3%	29.5% – 40.3%
Any days when mental health was not good during the past 30 days	37.9%	33.7%	34.4%	23.8% – 41.9%
Percent with asthma	9.7%	8.8%	8.3%	4.5% – 11.9%
Percent with angina or coronary heart disease	4.8%	3.8%	3.6%	2.4% – 5.6%
Percent with diabetes	11.6%	8.3%	8.3%	5.4% – 11.6%
Death rate/100,000 for cardiovascular disease	211.3	206.7	201.0	131.7 – 268.6
Death rate/100,000 for diabetes	28.9	22.5	21.9	9.9 – 31.4
Health Care				
Percent with health insurance	88.1%	85.6%	86.3%	77.3% – 94.4%

Community/Environmental Indicators – Score = 36.7; Rank = 41
(note: most of these data were available only for the main city in the MSA)

	Louisville		MSA Average	Range of all Cities
Built Environment				
Parkland as percent of city land area	6.5%		10.6%	2.5% – 25.3%
Acres of parkland/1,000	22.3		18.9	2.3 – 94.1
Farmers' markets/1,000,000	31.8		14.8	1.0 – 41.0
Percent using public transportation to work	2.4%		4.3%	0.4% – 30.5%
Percent bicycling or walking to work	1.9%		2.8%	1.2% – 6.7%
Recreational Facilities				
Ball diamonds/10,000	1.2		2.0	0.3 – 5.7
Dog parks/10,000	0.4		0.9	0.0 – 5.7
Park playgrounds/10,000	1.7		2.3	0.9 – 4.8
Golf courses/100,000	1.3		1.0	0.0 – 5.0
Park units/10,000	1.8		4.2	1.2 – 10.9
Recreation centers/20,000	0.5		1.1	0.1 – 2.6
Swimming pools/100,000	1.5		3.1	0.6 – 9.2
Tennis courts/10,000	2.5		2.1	0.8 – 6.9
Park-related expenditures per capita	$42		$101.5	$12.0 – $259.0
Level of state requirement for Physical Education classes**	1		2.5	0 – 3
Number of primary health care providers per 100,000	88.1		93.2	46.8 – 133.7

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

MEMPHIS, TN
(Memphis, TN–MS–AR MSA)

COUNTIES
Crittenden AR, DeSoto MS, Marshall MS, Tate MS, Tunica MS, Fayette TN, Shelby TN, Tipton TN

Ranking: Total Score = 32.9; Rank = 48

STRENGTHS/ADVANTAGES
- Lower percent of days when mental health was not good during the past 30 days
- Lower percent with asthma
- More golf courses per capita
- Higher level of state requirement for Physical Education classes

OPPORTUNITIES/CHALLENGES
- Higher percent unemployed
- Lower median household income
- Higher percentage of households below poverty level
- Lower percent physically active at least moderately
- Lower percent eating 5+ servings of fruits/ vegetables per day
- Higher percent obese
- Higher percent with diabetes
- Higher death rate for cardiovascular disease
- Higher death rate for diabetes
- Lower percent of city land area as parkland
- Fewer acres of parkland per capita
- Fewer farmers' markets per capita
- Lower percent using public transportation to work
- Lower percent bicycling or walking to work
- Fewer ball diamonds per capita
- Fewer dog parks per capita
- Fewer park playgrounds per capita
- Fewer park units per capita
- Fewer recreation centers per capita
- Fewer swimming pools per capita
- Fewer tennis courts per capita
- Lower park-related expenditures per capita
- Lower number of primary health care providers per capita

DESCRIPTION OF MEMPHIS, TN–MS–AR MSA

	Memphis MSA	U.S. Value	MSA Average	MSA Range
Population	1,304,926	307,006,550	3,325,885	1,123,804 – 19,069,796
Percent less than 18 years old	27.2%	24.3%	24.6%	20.2% – 29.4%
Percent 18 to 64 years old	62.3%	62.8%	63.6%	60.5% – 66.9%
Percent 65 years old and older	10.5%	12.9%	11.8%	7.9% – 17.2%
Percent male	48.1%	49.3%	49.2%	48.1% – 51.1%
Percent high school graduate or higher	83.8%	85.3%	86.7%	77.6% – 92.5%
Percent White	49.8%	74.8%	72.3%	49.8% – 88.6%
Percent Black or African American	44.5%	12.4%	15.0%	1.7% – 44.5%
Percent Asian	1.7%	4.5%	5.1%	1.2% – 30.2%
Percent Other Race	4.0%	8.3%	7.6%	1.9% – 24.5%
Percent Hispanic/Latino	4.5%	15.8%	15.1%	1.2% – 53.4%
Percent unemployed	11.8%	9.9%	9.8%	6.4% – 16.3%
Median household income	$43,633	$50,221	$55,331	$43,633 – $85,168
Percent of households below poverty level	15.1%	10.5%	9.5%	4.9% – 15.1%
Violent crime rate/100,000*	1,146.9	429.4		
Percent with disability	12.6%	12.0%	11.0%	7.4% – 14.5%

*Due to differences in jurisdictional definitions and reporting, the FBI recommends that these rates not be compared across areas

ACSM AMERICAN FITNESS INDEX™ COMPONENTS

Personal Health Indicators – Score = 31.0; Rank = 43

	Memphis MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	70.4%	76.2%	77.2%	70.4% – 85.9%
Percent physically active at least moderately	38.4%	51.0%	48.7%	36.4% – 58.1%
Percent eating 5+ servings of fruits/vegetables per day	20.3%	23.4%	24.4%	15.8% – 30.0%
Percent currently smoking	18.4%	17.9%	17.0%	8.8% – 25.3%
Chronic Health Problems				
Percent obese	34.3%	26.9%	25.9%	18.1% – 34.3%
Percent in excellent or very good health	57.3%	56.0%	56.8%	46.4% – 66.6%
Any days when physical health was not good during the past 30 days	34.4%	35.5%	35.3%	29.5% – 40.3%
Any days when mental health was not good during the past 30 days	23.8%	33.7%	34.4%	23.8% – 41.9%
Percent with asthma	7.0%	8.8%	8.3%	4.5% – 11.9%
Percent with angina or coronary heart disease	3.7%	3.8%	3.6%	2.4% – 5.6%
Percent with diabetes	11.0%	8.3%	8.3%	5.4% – 11.6%
Death rate/100,000 for cardiovascular disease	263.6	206.7	201.0	131.7 – 268.6
Death rate/100,000 for diabetes	31.4	22.5	21.9	9.9 – 31.4
Health Care				
Percent with health insurance	84.0%	85.6%	86.3%	77.3% – 94.4%

Community/Environmental Indicators – Score = 34.6; Rank = 43

(note: most of these data were available only for the main city in the MSA)

	Memphis		MSA Average	Range of all Cities
Built Environment				
Parkland as percent of city land area	5.1%		10.6%	2.5% – 25.3%
Acres of parkland/1,000	13.6		18.9	2.3 – 94.1
Farmers' markets/1,000,000	10.7		14.8	1.0 – 41.0
Percent using public transportation to work	1.5%		4.3%	0.4% – 30.5%
Percent bicycling or walking to work	1.3%		2.8%	1.2% – 6.7%
Recreational Facilities				
Ball diamonds/10,000	1.7		2.0	0.3 – 5.7
Dog parks/10,000	0.1		0.9	0.0 – 5.7
Park playgrounds/10,000	1.7		2.3	0.9 – 4.8
Golf courses/100,000	1.3		1.0	0.0 – 5.0
Park units/10,000	2.9		4.2	1.2 – 10.9
Recreation centers/20,000	0.9		1.1	0.1 – 2.6
Swimming pools/100,000	2.7		3.1	0.6 – 9.2
Tennis courts/10,000	1.2		2.1	0.8 – 6.9
Park-related expenditures per capita	$34		$101.5	$12.0 – $259.0
Level of state requirement for Physical Education classes**	3		2.5	0 – 3
Number of primary health care providers per 100,000	79.9		93.2	46.8 – 133.7

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

MIAMI, FL
(Miami-Fort Lauderdale-Pompano Beach, FL MSA)

COUNTIES
Broward, Miami-Dade, Palm

Ranking: Total Score = 43.1; Rank = 35

STRENGTHS/ADVANTAGES
- Lower percent currently smoking
- Lower percent of days when mental health was not good during the past 30 days
- Lower percent with asthma
- Lower death rate for cardiovascular disease
- Lower death rate for diabetes
- More recreation centers per capita
- More swimming pools per capita

OPPORTUNITIES/CHALLENGES
- Higher percent unemployed
- Lower median household income
- Higher percentage of households below poverty level
- Lower percent physically active at least moderately
- Higher percent with diabetes
- Lower percent of city land area as parkland
- Fewer acres of parkland per capita
- Fewer farmers' markets per capita
- Lower percent using public transportation to work
- Lower percent bicycling or walking to work
- Fewer ball diamonds per capita
- Fewer dog parks per capita
- Fewer park playgrounds per capita
- Fewer golf courses per capita
- Fewer park units per capita
- Fewer tennis courts per capita
- Lower park-related expenditures per capita
- Lower level of state requirement for Physical Education classes
- Lower number of primary health care providers per capita

DESCRIPTION OF MIAMI-FORT LAUDERDALE-POMPANO BEACH, FL MSA

	Miami MSA	U.S. Value	MSA Average	MSA Range
Population	5,547,051	307,006,550	3,325,885	1,123,804 – 19,069,796
Percent less than 18 years old	22.6%	24.3%	24.6%	20.2% – 29.4%
Percent 18 to 64 years old	61.5%	62.8%	63.6%	60.5% – 66.9%
Percent 65 years old and older	15.9%	12.9%	11.8%	7.9% – 17.2%
Percent male	48.8%	49.3%	49.2%	48.1% – 51.1%
Percent high school graduate or higher	82.5%	85.3%	86.7%	77.6% – 92.5%
Percent White	71.7%	74.8%	72.3%	49.8% – 88.6%
Percent Black or African American	20.4%	12.4%	15.0%	1.7% – 44.5%
Percent Asian	2.3%	4.5%	5.1%	1.2% – 30.2%
Percent Other Race	5.6%	8.3%	7.6%	1.9% – 24.5%
Percent Hispanic/Latino	40.3%	15.8%	15.1%	1.2% – 53.4%
Percent unemployed	11.7%	9.9%	9.8%	6.4% – 16.3%
Median household income	$45,946	$50,221	$55,331	$43,633 – $85,168
Percent of households below poverty level	11.5%	10.5%	9.5%	4.9% – 15.1%
Violent crime rate/100,000*	679.9	429.4		
Percent with disability	11.1%	12.0%	11.0%	7.4% – 14.5%

*Due to differences in jurisdictional definitions and reporting, the FBI recommends that these rates not be compared across areas

ACSM AMERICAN FITNESS INDEX™ COMPONENTS

Personal Health Indicators – Score = 54.8; Rank = 21

	Miami MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	79.4%	76.2%	77.2%	70.4% – 85.9%
Percent physically active at least moderately	36.4%	51.0%	48.7%	36.4% – 58.1%
Percent eating 5+ servings of fruits/vegetables per day	24.8%	23.4%	24.4%	15.8% – 30.0%
Percent currently smoking	11.2%	17.9%	17.0%	8.8% – 25.3%
Chronic Health Problems				
Percent obese	23.8%	26.9%	25.9%	18.1% – 34.3%
Percent in excellent or very good health	55.6%	56.0%	56.8%	46.4% – 66.6%
Any days when physical health was not good during the past 30 days	35.8%	35.5%	35.3%	29.5% – 40.3%
Any days when mental health was not good during the past 30 days	30.6%	33.7%	34.4%	23.8% – 41.9%
Percent with asthma	5.6%	8.8%	8.3%	4.5% – 11.9%
Percent with angina or coronary heart disease	3.7%	3.8%	3.6%	2.4% – 5.6%
Percent with diabetes	10.7%	8.3%	8.3%	5.4% – 11.6%
Death rate/100,000 for cardiovascular disease	175.0	206.7	201.0	131.7 – 268.6
Death rate/100,000 for diabetes	18.5	22.5	21.9	9.9 – 31.4
Health Care				
Percent with health insurance	84.1%	85.6%	86.3%	77.3% – 94.4%

Community/Environmental Indicators – Score = 32.3; Rank = 48
(note: most of these data were available only for the main city in the MSA)

	Miami		MSA Average	Range of all Cities
Built Environment				
Parkland as percent of city land area	4.2%		10.6%	2.5% – 25.3%
Acres of parkland/1,000	2.3		18.9	2.3 – 94.1
Farmers' markets/1,000,000	4.3		14.8	1.0 – 41.0
Percent using public transportation to work	3.5%		4.3%	0.4% – 30.5%
Percent bicycling or walking to work	2.4%		2.8%	1.2% – 6.7%
Recreational Facilities				
Ball diamonds/10,000	0.6		2.0	0.3 – 5.7
Dog parks/10,000	0.7		0.9	0.0 – 5.7
Park playgrounds/10,000	1.4		2.3	0.9 – 4.8
Golf courses/100,000	0.2		1.0	0.0 – 5.0
Park units/10,000	2.9		4.2	1.2 – 10.9
Recreation centers/20,000	1.5		1.1	0.1 – 2.6
Swimming pools/100,000	3.6		3.1	0.6 – 9.2
Tennis courts/10,000	1.3		2.1	0.8 – 6.9
Park-related expenditures per capita	$74		$101.5	$12.0 – $259.0
Level of state requirement for Physical Education classes**	1		2.5	0 – 3
Number of primary health care providers per 100,000	46.8		93.2	46.8 – 133.7

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

MILWAUKEE, WI
(Milwaukee-Waukesha-West Allis, WI MSA)

COUNTIES
Milwaukee, Ozaukee, Washington, Waukesha

Ranking: Total Score = 51.8; Rank = 21

STRENGTHS/ADVANTAGES
• Lower percent with asthma
• Lower death rate for diabetes
• More farmers' markets per capita
• Higher percent bicycling or walking to work
• More golf courses per capita
• Higher level of state requirement for Physical Education classes
• Higher number of primary health care providers per capita

OPPORTUNITIES/CHALLENGES
• Higher percent currently smoking
• Fewer acres of parkland per capita
• Lower percent using public transportation to work
• Fewer ball diamonds per capita
• Fewer dog parks per capita
• Fewer park playgrounds per capita
• Fewer park units per capita
• Fewer recreation centers per capita
• Fewer swimming pools per capita
• Fewer tennis courts per capita
• Lower park-related expenditures per capita

DESCRIPTION OF MILWAUKEE-WAUKESHA-WEST ALLIS, WI MSA

	Milwaukee MSA	U.S. Value	MSA Average	MSA Range
Population	1,559,667	307,006,550	3,325,885	1,123,804 – 19,069,796
Percent less than 18 years old	24.5%	24.3%	24.6%	20.2% – 29.4%
Percent 18 to 64 years old	63.0%	62.8%	63.6%	60.5% – 66.9%
Percent 65 years old and older	12.5%	12.9%	11.8%	7.9% – 17.2%
Percent male	48.8%	49.3%	49.2%	48.1% – 51.1%
Percent high school graduate or higher	88.8%	85.3%	86.7%	77.6% – 92.5%
Percent White	77.1%	74.8%	72.3%	49.8% – 88.6%
Percent Black or African American	16.2%	12.4%	15.0%	1.7% – 44.5%
Percent Asian	2.7%	4.5%	5.1%	1.2% – 30.2%
Percent Other Race	4.0%	8.3%	7.6%	1.9% – 24.5%
Percent Hispanic/Latino	8.7%	15.8%	15.1%	1.2% – 53.4%
Percent unemployed	9.2%	9.9%	9.8%	6.4% – 16.3%
Median household income	$52,024	$50,221	$55,331	$43,633 – $85,168
Percent of households below poverty level	10.2%	10.5%	9.5%	4.9% – 15.1%
Violent crime rate/100,000*	494.2	429.4		
Percent with disability	11.1%	12.0%	11.0%	7.4% – 14.5%

*Due to differences in jurisdictional definitions and reporting, the FBI recommends that these rates not be compared across areas

ACSM AMERICAN FITNESS INDEX™ COMPONENTS

Personal Health Indicators – Score = 61.0; Rank = 17

	Milwaukee MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	79.3%	76.2%	77.2%	70.4% – 85.9%
Percent physically active at least moderately	53.0%	51.0%	48.7%	36.4% – 58.1%
Percent eating 5+ servings of fruits/vegetables per day	22.9%	23.4%	24.4%	15.8% – 30.0%
Percent currently smoking	18.9%	17.9%	17.0%	8.8% – 25.3%
Chronic Health Problems				
Percent obese	24.3%	26.9%	25.9%	18.1% – 34.3%
Percent in excellent or very good health	58.9%	56.0%	56.8%	46.4% – 66.6%
Any days when physical health was not good during the past 30 days	35.0%	35.5%	35.3%	29.5% – 40.3%
Any days when mental health was not good during the past 30 days	33.5%	33.7%	34.4%	23.8% – 41.9%
Percent with asthma	7.5%	8.8%	8.3%	4.5% – 11.9%
Percent with angina or coronary heart disease	3.9%	3.8%	3.6%	2.4% – 5.6%
Percent with diabetes	8.0%	8.3%	8.3%	5.4% – 11.6%
Death rate/100,000 for cardiovascular disease	198.1	206.7	201.0	131.7 – 268.6
Death rate/100,000 for diabetes	18.4	22.5	21.9	9.9 – 31.4
Health Care				
Percent with health insurance	91.0%	85.6%	86.3%	77.3% – 94.4%

Community/Environmental Indicators – Score = 43.3; Rank = 34
(note: most of these data were available only for the main city in the MSA)

	Milwaukee		MSA Average	Range of all Cities
Built Environment				
Parkland as percent of city land area	9.7%		10.6%	2.5% – 25.3%
Acres of parkland/1,000	15.8		18.9	2.3 – 94.1
Farmers' markets/1,000,000	22.4		14.8	1.0 – 41.0
Percent using public transportation to work	3.7%		4.3%	0.4% – 30.5%
Percent bicycling or walking to work	3.3%		2.8%	1.2% – 6.7%
Recreational Facilities				
Ball diamonds/10,000	1.3		2.0	0.3 – 5.7
Dog parks/10,000	0.4		0.9	0.0 – 5.7
Park playgrounds/10,000	1.2		2.3	0.9 – 4.8
Golf courses/100,000	1.6		1.0	0.0 – 5.0
Park units/10,000	1.6		4.2	1.2 – 10.9
Recreation centers/20,000	0.3		1.1	0.1 – 2.6
Swimming pools/100,000	1.4		3.1	0.6 – 9.2
Tennis courts/10,000	0.9		2.1	0.8 – 6.9
Park-related expenditures per capita	$59		$101.5	$12.0 – $259.0
Level of state requirement for Physical Education classes**	3		2.5	0 – 3
Number of primary health care providers per 100,000	109.1		93.2	46.8 – 133.7

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

MINNEAPOLIS, MN
(Minneapolis–St. Paul–Bloomington, MN–WI MSA)

COUNTIES
Anoka MN, Carver MN, Chisago MN, Dakota MN, Hennepin MN, Isanti MN, Ramsey MN, Scott MN, Sherburne MN, Washington MN, Wright MN, Pierce WI, St. Croix WI

Ranking: Total Score = 77.2; Rank = 1

STRENGTHS/ADVANTAGES
• Lower percent unemployed
• Higher median household income
• Lower percentage of households below poverty level
• Higher percent of any physical activity or exercise in the last 30 days
• Higher percent physically active at least moderately
• Lower percent currently smoking
• Higher percent in excellent or very good health
• Lower percent with asthma
• Lower percent with angina or coronary heart disease
• Lower percent with diabetes
• Lower death rate for cardiovascular disease
• Lower death rate for diabetes

• Higher percent of city land area as parkland
• More farmers' markets per capita
• Higher percent using public transportation to work
• Higher percent bicycling or walking to work
• More ball diamonds per capita
• More dog parks per capita
• More park playgrounds per capita
• More golf courses per capita
• More park units per capita
• More recreation centers per capita
• More tennis courts per capita
• Higher park-related expenditures per capita
• Higher level of state requirement for Physical Education classes

OPPORTUNITIES/CHALLENGES
• Fewer acres of parkland per capita
• Fewer swimming pools per capita

DESCRIPTION OF MINNEAPOLIS–ST. PAUL–BLOOMINGTON, MN–WI MSA

	Minneapolis MSA	U.S. Value	MSA Average	MSA Range
Population	3,269,814	307,006,550	3,325,885	1,123,804 – 19,069,796
Percent less than 18 years old	24.7%	24.3%	24.6%	20.2% – 29.4%
Percent 18 to 64 years old	64.9%	62.8%	63.6%	60.5% – 66.9%
Percent 65 years old and older	10.5%	12.9%	11.8%	7.9% – 17.2%
Percent male	49.7%	49.3%	49.2%	48.1% – 51.1%
Percent high school graduate or higher	92.5%	85.3%	86.7%	77.6% – 92.5%
Percent White	83.7%	74.8%	72.3%	49.8% – 88.6%
Percent Black or African American	6.4%	12.4%	15.0%	1.7% – 44.5%
Percent Asian	5.3%	4.5%	5.1%	1.2% – 30.2%
Percent Other Race	4.6%	8.3%	7.6%	1.9% – 24.5%
Percent Hispanic/Latino	4.9%	15.8%	15.1%	1.2% – 53.4%
Percent unemployed	8.4%	9.9%	9.8%	6.4% – 16.3%
Median household income	$63,114	$50,221	$55,331	$43,633 – $85,168
Percent of households below poverty level	6.3%	10.5%	9.5%	4.9% – 15.1%
Violent crime rate/100,000*	N/A‡	429.4		
Percent with disability	8.7%	12.0%	11.0%	7.4% – 14.5%

‡This measure was not available.

*Due to differences in jurisdictional definitions and reporting, the FBI recommends that these rates not be compared across areas

ACSM AMERICAN FITNESS INDEX™ COMPONENTS

Personal Health Indicators – Score = 79.7 Rank = 2

	Minneapolis MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	85.9%	76.2%	77.2%	70.4% – 85.9%
Percent physically active at least moderately	54.5%	51.0%	48.7%	36.4% – 58.1%
Percent eating 5+ servings of fruits/vegetables per day	22.5%	23.4%	24.4%	15.8% – 30.0%
Percent currently smoking	15.3%	17.9%	17.0%	8.8% – 25.3%
Chronic Health Problems				
Percent obese	23.8%	26.9%	25.9%	18.1% – 34.3%
Percent in excellent or very good health	66.6%	56.0%	56.8%	46.4% – 66.6%
Any days when physical health was not good during the past 30 days	35.0%	35.5%	35.3%	29.5% – 40.3%
Any days when mental health was not good during the past 30 days	34.3%	33.7%	34.4%	23.8% – 41.9%
Percent with asthma	7.5%	8.8%	8.3%	4.5% – 11.9%
Percent with angina or coronary heart disease	2.7%	3.8%	3.6%	2.4% – 5.6%
Percent with diabetes	5.6%	8.3%	8.3%	5.4% – 11.6%
Death rate/100,000 for cardiovascular disease	131.7	206.7	201.0	131.7 – 268.6
Death rate/100,000 for diabetes	18.5	22.5	21.9	9.9 – 31.4
Health Care				
Percent with health insurance	92.9%	85.6%	86.3%	77.3% – 94.4%

Community/Environmental Indicators – Score = 74.9; Rank = 2
(note: most of these data were available only for the main city in the MSA)

	Minneapolis		MSA Average	Range of all Cities
Built Environment				
Parkland as percent of city land area	16.7%		10.6%	2.5% – 25.3%
Acres of parkland/1,000	15.3		18.9	2.3 – 94.1
Farmers' markets/1,000,000	24.5		14.8	1.0 – 41.0
Percent using public transportation to work	4.7%		4.3%	0.4% – 30.5%
Percent bicycling or walking to work	3.1%		2.8%	1.2% – 6.7%
Recreational Facilities				
Ball diamonds/10,000	5.1		2.0	0.3 – 5.7
Dog parks/10,000	1.3		0.9	0.0 – 5.7
Park playgrounds/10,000	2.8		2.3	0.9 – 4.8
Golf courses/100,000	1.8		1.0	0.0 – 5.0
Park units/10,000	5.0		4.2	1.2 – 10.9
Recreation centers/20,000	2.6		1.1	0.1 – 2.6
Swimming pools/100,000	1.0		3.1	0.6 – 9.2
Tennis courts/10,000	4.7		2.1	0.8 – 6.9
Park-related expenditures per capita	$203		$101.5	$12.0 – $259.0
Level of state requirement for Physical Education classes**	3		2.5	0 – 3
Number of primary health care providers per 100,000	99.3		93.2	46.8 – 133.7

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

NASHVILLE, TN
(Nashville-Davidson-Murfreesboro-Franklin, TN MSA)

COUNTIES
Cannon, Cheatham, Davidson, Dickson, Hickman, Macon, Robertson, Rutherford, Smith, Sumner, Trousdale, Williamson, Wilson

Ranking: Total Score = 42.3; Rank = 37

STRENGTHS/ADVANTAGES
- Higher percentage eating 5+ servings of fruits/vegetables per day
- Lower percent of days when mental health was not good during the past 30 days
- Lower percent with asthma
- Lower percent with diabetes
- More golf courses per capita
- More tennis courts per capita
- Higher level of state requirement for Physical Education classes

OPPORTUNITIES/CHALLENGES
- Lower percent physically active at least moderately
- Higher percent currently smoking
- Higher percent with angina or coronary heart disease
- Higher death rate for cardiovascular disease
- Higher death rate for diabetes
- Lower percent of city land area as parkland
- Fewer farmers' markets per capita
- Lower percent using public transportation to work
- Lower percent bicycling or walking to work
- Fewer ball diamonds per capita
- Fewer dog parks per capita
- Fewer park playgrounds per capita
- Fewer park units per capita
- Fewer recreation centers per capita
- Fewer swimming pools per capita

DESCRIPTION OF NASHVILLE-DAVIDSON-MURFREESBORO-FRANKLIN, TN MSA

	Nashville MSA	U.S. Value	MSA Average	MSA Range
Population	1,582,264	307,006,550	3,325,885	1,123,804 – 19,069,796
Percent less than 18 years old	24.4%	24.3%	24.6%	20.2% – 29.4%
Percent 18 to 64 years old	64.8%	62.8%	63.6%	60.5% – 66.9%
Percent 65 years old and older	10.7%	12.9%	11.8%	7.9% – 17.2%
Percent male	49.2%	49.3%	49.2%	48.1% – 51.1%
Percent high school graduate or higher	86.9%	85.3%	86.7%	77.6% – 92.5%
Percent White	78.9%	74.8%	72.3%	49.8% – 88.6%
Percent Black or African American	15.3%	12.4%	15.0%	1.7% – 44.5%
Percent Asian	2.2%	4.5%	5.1%	1.2% – 30.2%
Percent Other Race	3.6%	8.3%	7.6%	1.9% – 24.5%
Percent Hispanic/Latino	6.0%	15.8%	15.1%	1.2% – 53.4%
Percent unemployed	9.4%	9.9%	9.8%	6.4% – 16.3%
Median household income	$51,066	$50,221	$55,331	$43,633 – $85,168
Percent of households below poverty level	9.5%	10.5%	9.5%	4.9% – 15.1%
Violent crime rate/100,000*	659.4	429.4		
Percent with disability	11.1%	12.0%	11.0%	7.4% – 14.5%

*Due to differences in jurisdictional definitions and reporting, the FBI recommends that these rates not be compared across areas

ACSM AMERICAN FITNESS INDEX™ COMPONENTS

Personal Health Indicators – Score = 42.5; Rank = 35

	Nashville MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	72.0%	76.2%	77.2%	70.4% – 85.9%
Percent physically active at least moderately	40.2%	51.0%	48.7%	36.4% – 58.1%
Percent eating 5+ servings of fruits/vegetables per day	27.7%	23.4%	24.4%	15.8% – 30.0%
Percent currently smoking	21.8%	17.9%	17.0%	8.8% – 25.3%
Chronic Health Problems				
Percent obese	27.1%	26.9%	25.9%	18.1% – 34.3%
Percent in excellent or very good health	57.2%	56.0%	56.8%	46.4% – 66.6%
Any days when physical health was not good during the past 30 days	36.9%	35.5%	35.3%	29.5% – 40.3%
Any days when mental health was not good during the past 30 days	27.3%	33.7%	34.4%	23.8% – 41.9%
Percent with asthma	6.5%	8.8%	8.3%	4.5% – 11.9%
Percent with angina or coronary heart disease	4.1%	3.8%	3.6%	2.4% – 5.6%
Percent with diabetes	6.5%	8.3%	8.3%	5.4% – 11.6%
Death rate/100,000 for cardiovascular disease	227.1	206.7	201.0	131.7 – 268.6
Death rate/100,000 for diabetes	24.8	22.5	21.9	9.9 – 31.4
Health Care				
Percent with health insurance	84.7%	85.6%	86.3%	77.3% – 94.4%

Community/Environmental Indicators – Score = 42.0; Rank = 36
(note: most of these data were available only for the main city in the MSA)

	Nashville		MSA Average	Range of all Cities
Built Environment				
Parkland as percent of city land area	3.4%		10.6%	2.5% – 25.3%
Acres of parkland/1,000	18.1		18.9	2.3 – 94.1
Farmers' markets/1,000,000	8.8		14.8	1.0 – 41.0
Percent using public transportation to work	1.2%		4.3%	0.4% – 30.5%
Percent bicycling or walking to work	1.2%		2.8%	1.2% – 6.7%
Recreational Facilities				
Ball diamonds/10,000	1.5		2.0	0.3 – 5.7
Dog parks/10,000	0.5		0.9	0.0 – 5.7
Park playgrounds/10,000	1.9		2.3	0.9 – 4.8
Golf courses/100,000	1.2		1.0	0.0 – 5.0
Park units/10,000	1.9		4.2	1.2 – 10.9
Recreation centers/20,000	0.9		1.1	0.1 – 2.6
Swimming pools/100,000	2.5		3.1	0.6 – 9.2
Tennis courts/10,000	2.9		2.1	0.8 – 6.9
Park-related expenditures per capita	$93		$101.5	$12.0 – $259.0
Level of state requirement for Physical Education classes**	3		2.5	0 – 3
Number of primary health care providers per 100,000	90.0		93.2	46.8 – 133.7

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

NEW ORLEANS, LA
(New Orleans-Metairie-Kenner, LA MSA)

COUNTIES
Jefferson, Orleans, Plaquemines, St. Bernard, St. Charles, St. John the Baptist, St. Tammany

Ranking: Total Score = 43.9; Rank = 34

STRENGTHS/ADVANTAGES
• Lower percent with asthma
• Higher percent of city land area as parkland
• More acres of parkland per capita
• Higher percent bicycling or walking to work
• More park playgrounds per capita
• More golf courses per capita

• More park units per capita
• More swimming pools per capita
• Higher park-related expenditures per capita
• Higher level of state requirement for Physical Education classes

OPPORTUNITIES/CHALLENGES
• Lower median household income
• Higher percentage of households below poverty level
• Lower percentage eating 5+ servings of fruits/vegetables per day
• Higher percent currently smoking
• Higher percent obese
• Lower percent in excellent or very good health
• Higher percent with angina or coronary heart disease

• Higher percent with diabetes
• Higher death rate for diabetes
• Fewer farmers' markets per capita
• Lower percent using public transportation to work
• Few ball diamonds per capita
• Fewer dog parks per capita
• Fewer recreation centers per capita
• Fewer tennis courts per capita

DESCRIPTION OF NEW ORLEANS–METAIRIE–KENNER, LA MSA

	New Orleans MSA	U.S. Value	MSA Average	MSA Range
Population	1,189,981	307,006,550	3,325,885	1,123,804 – 19,069,796
Percent less than 18 years old	23.7%	24.3%	24.6%	20.2% – 29.4%
Percent 18 to 64 years old	64.0%	62.8%	63.6%	60.5% – 66.9%
Percent 65 years old and older	12.3%	12.9%	11.8%	7.9% – 17.2%
Percent male	48.1%	49.3%	49.2%	48.1% – 51.1%
Percent high school graduate or higher	84.7%	85.3%	86.7%	77.6% – 92.5%
Percent White	58.7%	74.8%	72.3%	49.8% – 88.6%
Percent Black or African American	34.8%	12.4%	15.0%	1.7% – 44.5%
Percent Asian	2.8%	4.5%	5.1%	1.2% – 30.2%
Percent Other Race	3.7%	8.3%	7.6%	1.9% – 24.5%
Percent Hispanic/Latino	6.6%	15.8%	15.1%	1.2% – 53.4%
Percent unemployed	9.1%	9.9%	9.8%	6.4% – 16.3%
Median household income	$46,219	$50,221	$55,331	$43,633 – $85,168
Percent of households below poverty level	11.6%	10.5%	9.5%	4.9% – 15.1%
Violent crime rate/100,000*	547.7	429.4		
Percent with disability	13.3%	12.0%	11.0%	7.4% – 14.5%

*Due to differences in jurisdictional definitions and reporting, the FBI recommends that these rates not be compared across areas

ACSM AMERICAN FITNESS INDEX™ COMPONENTS

Personal Health Indicators – Score = 22.0; Rank = 47

	New Orleans MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	72.4%	76.2%	77.2%	70.4% – 85.9%
Percent physically active at least moderately	44.3%	51.0%	48.7%	36.4% – 58.1%
Percent eating 5+ servings of fruits/vegetables per day	19.3%	23.4%	24.4%	15.8% – 30.0%
Percent currently smoking	20.6%	17.9%	17.0%	8.8% – 25.3%
Chronic Health Problems				
Percent obese	28.8%	26.9%	25.9%	18.1% – 34.3%
Percent in excellent or very good health	49.9%	56.0%	56.8%	46.4% – 66.6%
Any days when physical health was not good during the past 30 days	38.5%	35.5%	35.3%	29.5% – 40.3%
Any days when mental health was not good during the past 30 days	34.1%	33.7%	34.4%	23.8% – 41.9%
Percent with asthma	4.7%	8.8%	8.3%	4.5% – 11.9%
Percent with angina or coronary heart disease	5.6%	3.8%	3.6%	2.4% – 5.6%
Percent with diabetes	9.7%	8.3%	8.3%	5.4% – 11.6%
Death rate/100,000 for cardiovascular disease	218.1	206.7	201.0	131.7 – 268.6
Death rate/100,000 for diabetes	29.7	22.5	21.9	9.9 – 31.4
Health Care				
Percent with health insurance	83.9%	85.6%	86.3%	77.3% – 94.4%

Community/Environmental Indicators – Score = 64.1; Rank = 9
(note: most of these data were available only for the main city in the MSA)

	New Orleans		MSA Average	Range of all Cities
Built Environment				
Parkland as percent of city land area	25.3%		10.6%	2.5% – 25.3%
Acres of parkland/1,000	94.1		18.9	2.3 – 94.1
Farmers' markets/1,000,000	8.4		14.8	1.0 – 41.0
Percent using public transportation to work	2.7%		4.3%	0.4% – 30.5%
Percent bicycling or walking to work	3.5%		2.8%	1.2% – 6.7%
Recreational Facilities				
Ball diamonds/10,000	0.3		2.0	0.3 – 5.7
Dog parks/10,000	0.3		0.9	0.0 – 5.7
Park playgrounds/10,000	3.0		2.3	0.9 – 4.8
Golf courses/100,000	1.9		1.0	0.0 – 5.0
Park units/10,000	6.3		4.2	1.2 – 10.9
Recreation centers/20,000	0.3		1.1	0.1 – 2.6
Swimming pools/100,000	3.5		3.1	0.6 – 9.2
Tennis courts/10,000	1.6		2.1	0.8 – 6.9
Park-related expenditures per capita	$205		$101.5	$12.0 – $259.0
Level of state requirement for Physical Education classes**	3		2.5	0 – 3
Number of primary health care providers per 100,000	98.8		93.2	46.8 – 133.7

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

NEW YORK, NY
(New York-Northern New Jersey-Long Island, NY-NJ-PA MSA)

COUNTIES
Middlesex NJ, Monmouth NJ, Ocean NJ, Somerset NJ, Essex NJ, Hunterdon NJ, Morris NJ, Sussex NJ, Union NJ, Bergen NJ, Hudson NJ, Passaic NJ, Nassau NY, Suffolk NY, Bronx NY, Kings NY, New York NY, Putnam NY, Queens NY, Richmond NY, Rockland NY, Westchester NY, Pike PA

Ranking: Total Score = 48.3; Rank = 30

STRENGTHS/ADVANTAGES
- Higher median household income
- Lower percent obese
- Lower death rate for diabetes
- Higher percent of city land area as parkland
- Higher percent using public transportation to work
- Higher percent bicycling or walking to work
- More dog parks per capita
- More park units per capita
- Higher park-related expenditures per capita
- Higher level of state requirement for Physical Education classes
- Higher number of primary health care providers per capita

OPPORTUNITIES/CHALLENGES
- Lower percent physically active at least moderately
- Higher death rate for cardiovascular disease
- Fewer acres of parkland per capita
- Fewer farmers' markets per capita
- Fewer ball diamonds per capita
- Fewer park playgrounds per capita
- Fewer golf courses per capita
- Fewer recreation centers per capita
- Fewer swimming pools per capita
- Fewer tennis courts per capita

DESCRIPTION OF NEW YORK-NORTHERN NEW JERSEY-LONG ISLAND, NY-NJ-PA MSA

	New York MSA	U.S. Value	MSA Average	MSA Range
Population	19,069,796	307,006,550	3,325,885	1,123,804 – 19,069,796
Percent less than 18 years old	23.2%	24.3%	24.6%	20.2% – 29.4%
Percent 18 to 64 years old	63.8%	62.8%	63.6%	60.5% – 66.9%
Percent 65 years old and older	13.0%	12.9%	11.8%	7.9% – 17.2%
Percent male	48.5%	49.3%	49.2%	48.1% – 51.1%
Percent high school graduate or higher	84.3%	85.3%	86.7%	77.6% – 92.5%
Percent White	61.3%	74.8%	72.3%	49.8% – 88.6%
Percent Black or African American	17.7%	12.4%	15.0%	1.7% – 44.5%
Percent Asian	9.5%	4.5%	5.1%	1.2% – 30.2%
Percent Other Race	11.5%	8.3%	7.6%	1.9% – 24.5%
Percent Hispanic/Latino	21.8%	15.8%	15.1%	1.2% – 53.4%
Percent unemployed	9.3%	9.9%	9.8%	6.4% – 16.3%
Median household income	$62,887	$50,221	$55,331	$43,633 – $85,168
Percent of households below poverty level	10.0%	10.5%	9.5%	4.9% – 15.1%
Violent crime rate/100,000*	381.9	429.4		
Percent with disability	9.9%	12.0%	11.0%	7.4% – 14.5%

*Due to differences in jurisdictional definitions and reporting, the FBI recommends that these rates not be compared across areas

ACSM AMERICAN FITNESS INDEX™ COMPONENTS

Personal Health Indicators – Score = 47.0; Rank = 26

	New York MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	72.9%	76.2%	77.2%	70.4% – 85.9%
Percent physically active at least moderately	43.2%	51.0%	48.7%	36.4% – 58.1%
Percent eating 5+ servings of fruits/vegetables per day	24.9%	23.4%	24.4%	15.8% – 30.0%
Percent currently smoking	15.4%	17.9%	17.0%	8.8% – 25.3%
Chronic Health Problems				
Percent obese	21.3%	26.9%	25.9%	18.1% – 34.3%
Percent in excellent or very good health	54.1%	56.0%	56.8%	46.4% – 66.6%
Any days when physical health was not good during the past 30 days	35.5%	35.5%	35.3%	29.5% – 40.3%
Any days when mental health was not good during the past 30 days	33.2%	33.7%	34.4%	23.8% – 41.9%
Percent with asthma	8.2%	8.8%	8.3%	4.5% – 11.9%
Percent with angina or coronary heart disease	3.6%	3.8%	3.6%	2.4% – 5.6%
Percent with diabetes	8.9%	8.3%	8.3%	5.4% – 11.6%
Death rate/100,000 for cardiovascular disease	234.5	206.7	201.0	131.7 – 268.6
Death rate/100,000 for diabetes	19.0	22.5	21.9	9.9 – 31.4
Health Care				
Percent with health insurance	86.2%	85.6%	86.3%	77.3% – 94.4%

Community/Environmental Indicators – Score = 49.5; Rank = 30
(note: most of these data were available only for the main city in the MSA)

	New York		MSA Average	Range of all Cities
Built Environment				
Parkland as percent of city land area	19.5%		10.6%	2.5% – 25.3%
Acres of parkland/1,000	4.5		18.9	2.3 – 94.1
Farmers' markets/1,000,000	12.6		14.8	1.0 – 41.0
Percent using public transportation to work	30.5%		4.3%	0.4% – 30.5%
Percent bicycling or walking to work	6.7%		2.8%	1.2% – 6.7%
Recreational Facilities				
Ball diamonds/10,000	0.9		2.0	0.3 – 5.7
Dog parks/10,000	1.6		0.9	0.0 – 5.7
Park playgrounds/10,000	1.2		2.3	0.9 – 4.8
Golf courses/100,000	0.2		1.0	0.0 – 5.0
Park units/10,000	5.0		4.2	1.2 – 10.9
Recreation centers/20,000	0.1		1.1	0.1 – 2.6
Swimming pools/100,000	0.9		3.1	0.6 – 9.2
Tennis courts/10,000	0.9		2.1	0.8 – 6.9
Park-related expenditures per capita	$157		$101.5	$12.0 – $259.0
Level of state requirement for Physical Education classes**	3		2.5	0 – 3
Number of primary health care providers per 100,000	128.7		93.2	46.8 – 133.7

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

OKLAHOMA CITY, OK
(Oklahoma City, OK MSA)

COUNTIES
Canadian, Cleveland, Grady, Lincoln, Logan, McClain, Oklahoma

Ranking: Total Score = 24.6; Rank = 50

STRENGTHS/ADVANTAGES
• Lower percent unemployed
• More acres of parkland per capita

OPPORTUNITIES/CHALLENGES
• Lower median household income
• Higher percentage of households below poverty level
• Lower percentage eating 5+ servings of fruits/vegetables per day
• Higher percent currently smoking
• Higher percent obese
• Higher percent with asthma
• Higher percent with angina or coronary heart disease
• Higher percent with diabetes
• Higher death rate for cardiovascular disease
• Higher death rate for diabetes
• Lower percent of city land area as parkland
• Fewer farmers' markets per capita

• Lower percent using public transportation to work
• Lower percent bicycling or walking to work
• Fewer ball diamonds per capita
• Fewer dog parks per capita
• Fewer golf courses per capita
• Fewer park units per capita
• Fewer recreation centers per capita
• Fewer swimming pools per capita
• Fewer tennis courts per capita
• Lower park-related expenditures per capita
• Lower level of state requirement for Physical Education classes
• Lower number of primary health care providers per capita

DESCRIPTION OF OKLAHOMA CITY, OK MSA

	Oklahoma City MSA	U.S. Value	MSA Average	MSA Range
Population	1,227,278	307,006,550	3,325,885	1,123,804 – 19,069,796
Percent less than 18 years old	24.9%	24.3%	24.6%	20.2% – 29.4%
Percent 18 to 64 years old	63.1%	62.8%	63.6%	60.5% – 66.9%
Percent 65 years old and older	11.9%	12.9%	11.8%	7.9% – 17.2%
Percent male	49.2%	49.3%	49.2%	48.1% – 51.1%
Percent high school graduate or higher	87.2%	85.3%	86.7%	77.6% – 92.5%
Percent White	75.2%	74.8%	72.3%	49.8% – 88.6%
Percent Black or African American	10.1%	12.4%	15.0%	1.7% – 44.5%
Percent Asian	2.7%	4.5%	5.1%	1.2% – 30.2%
Percent Other Race	12.0%	8.3%	7.6%	1.9% – 24.5%
Percent Hispanic/Latino	10.1%	15.8%	15.1%	1.2% – 53.4%
Percent unemployed	6.4%	9.9%	9.8%	6.4% – 16.3%
Median household income	$45,109	$50,221	$55,331	$43,633 – $85,168
Percent of households below poverty level	11.2%	10.5%	9.5%	4.9% – 15.1%
Violent crime rate/100,000*	N/A‡	429.4		
Percent with disability	13.6%	12.0%	11.0%	7.4% – 14.5%

‡This measure was not available.

*Due to differences in jurisdictional definitions and reporting, the FBI recommends that these rates not be compared across areas

ACSM AMERICAN FITNESS INDEX™ COMPONENTS

Personal Health Indicators – Score = 15.6; Rank = 50

	Oklahoma City MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	70.4%	76.2%	77.2%	70.4% – 85.9%
Percent physically active at least moderately	46.2%	51.0%	48.7%	36.4% – 58.1%
Percent eating 5+ servings of fruits/vegetables per day	15.8%	23.4%	24.4%	15.8% – 30.0%
Percent currently smoking	22.8%	17.9%	17.0%	8.8% – 25.3%
Chronic Health Problems				
Percent obese	28.6%	26.9%	25.9%	18.1% – 34.3%
Percent in excellent or very good health	52.1%	56.0%	56.8%	46.4% – 66.6%
Any days when physical health was not good during the past 30 days	35.3%	35.5%	35.3%	29.5% – 40.3%
Any days when mental health was not good during the past 30 days	35.8%	33.7%	34.4%	23.8% – 41.9%
Percent with asthma	10.0%	8.8%	8.3%	4.5% – 11.9%
Percent with angina or coronary heart disease	5.0%	3.8%	3.6%	2.4% – 5.6%
Percent with diabetes	10.1%	8.3%	8.3%	5.4% – 11.6%
Death rate/100,000 for cardiovascular disease	237.0	206.7	201.0	131.7 – 268.6
Death rate/100,000 for diabetes	26.9	22.5	21.9	9.9 – 31.4
Health Care				
Percent with health insurance	79.7%	85.6%	86.3%	77.3% – 94.4%

Community/Environmental Indicators – Score = 32.9; Rank = 46
(note: most of these data were available only for the main city in the MSA)

	Oklahoma City		MSA Average	Range of all Cities
Built Environment				
Parkland as percent of city land area	5.6%		10.6%	2.5% – 25.3%
Acres of parkland/1,000	39.6		18.9	2.3 – 94.1
Farmers' markets/1,000,000	11.4		14.8	1.0 – 41.0
Percent using public transportation to work	0.4%		4.3%	0.4% – 30.5%
Percent bicycling or walking to work	1.9%		2.8%	1.2% – 6.7%
Recreational Facilities				
Ball diamonds/10,000	0.4		2.0	0.3 – 5.7
Dog parks/10,000	0.2		0.9	0.0 – 5.7
Park playgrounds/10,000	2.2		2.3	0.9 – 4.8
Golf courses/100,000	0.9		1.0	0.0 – 5.0
Park units/10,000	2.7		4.2	1.2 – 10.9
Recreation centers/20,000	0.8		1.1	0.1 – 2.6
Swimming pools/100,000	1.8		3.1	0.6 – 9.2
Tennis courts/10,000	1.4		2.1	0.8 – 6.9
Park-related expenditures per capita	$58		$101.5	$12.0 – $259.0
Level of state requirement for Physical Education classes**	0		2.5	0 – 3
Number of primary health care providers per 100,000	79.8		93.2	46.8 – 133.7

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

ORLANDO, FL
(Orlando-Kissimmee, FL MSA)

COUNTIES
Lake, Orange, Osceola, Seminole

Ranking: Total Score = 48.6; Rank = 29

STRENGTHS/ADVANTAGES

- Lower percent currently smoking
- Lower percent of days when physical health was not good during the past 30 days
- Lower percent of days when mental health was not good during the past 30 days

- Lower percent with asthma
- Lower death rate for cardiovascular disease
- More park units per capita
- More recreation centers per capita
- More swimming pools per capita

OPPORTUNITIES/CHALLENGES

- Higher percent unemployed
- Lower median household income
- Higher percent with diabetes
- Lower percent of city land area as parkland
- Fewer acres of parkland per capita
- Fewer farmers' markets per capita
- Lower percent using public transportation to work

- Lower percent bicycling or walking to work
- Fewer ball diamonds per capita
- Fewer dog parks per capita
- Fewer golf courses per capita
- Lower level of state requirement for Physical Education classes
- Lower number of primary health care providers per capita

DESCRIPTION OF ORLANDO-KISSIMMEE, FL MSA

	Orlando MSA	U.S. Value	MSA Average	MSA Range
Population	2,082,421	307,006,550	3,325,885	1,123,804 – 19,069,796
Percent less than 18 years old	23.8%	24.3%	24.6%	20.2% – 29.4%
Percent 18 to 64 years old	62.8%	62.8%	63.6%	60.5% – 66.9%
Percent 65 years old and older	13.4%	12.9%	11.8%	7.9% – 17.2%
Percent male	49.5%	49.3%	49.2%	48.1% – 51.1%
Percent high school graduate or higher	87.4%	85.3%	86.7%	77.6% – 92.5%
Percent White	73.6%	74.8%	72.3%	49.8% – 88.6%
Percent Black or African American	15.3%	12.4%	15.0%	1.7% – 44.5%
Percent Asian	3.8%	4.5%	5.1%	1.2% – 30.2%
Percent Other Race	7.3%	8.3%	7.6%	1.9% – 24.5%
Percent Hispanic/Latino	23.8%	15.8%	15.1%	1.2% – 53.4%
Percent unemployed	12.6%	9.9%	9.8%	6.4% – 16.3%
Median household income	$46,946	$50,221	$55,331	$43,633 – $85,168
Percent of households below poverty level	9.8%	10.5%	9.5%	4.9% – 15.1%
Violent crime rate/100,000*	682.8	429.4		
Percent with disability	11.3%	12.0%	11.0%	7.4% – 14.5%

*Due to differences in jurisdictional definitions and reporting, the FBI recommends that these rates not be compared across areas

ACSM AMERICAN FITNESS INDEX™ COMPONENTS

Personal Health Indicators – Score = 56.5; Rank = 20

	Orlando MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	76.0%	76.2%	77.2%	70.4% – 85.9%
Percent physically active at least moderately	46.2%	51.0%	48.7%	36.4% – 58.1%
Percent eating 5+ servings of fruits/vegetables per day	26.6%	23.4%	24.4%	15.8% – 30.0%
Percent currently smoking	14.3%	17.9%	17.0%	8.8% – 25.3%
Chronic Health Problems				
Percent obese	24.7%	26.9%	25.9%	18.1% – 34.3%
Percent in excellent or very good health	56.6%	56.0%	56.8%	46.4% – 66.6%
Any days when physical health was not good during the past 30 days	29.9%	35.5%	35.3%	29.5% – 40.3%
Any days when mental health was not good during the past 30 days	24.1%	33.7%	34.4%	23.8% – 41.9%
Percent with asthma	6.0%	8.8%	8.3%	4.5% – 11.9%
Percent with angina or coronary heart disease	3.5%	3.8%	3.6%	2.4% – 5.6%
Percent with diabetes	9.9%	8.3%	8.3%	5.4% – 11.6%
Death rate/100,000 for cardiovascular disease	163.0	206.7	201.0	131.7 – 268.6
Death rate/100,000 for diabetes	20.1	22.5	21.9	9.9 – 31.4
Health Care				
Percent with health insurance	79.3%	85.6%	86.3%	77.3% – 94.4%

Community/Environmental Indicators – Score = 41.4; Rank = 37

(note: most of these data were available only for the main city in the MSA)

	Orlando		MSA Average	Range of all Cities
Built Environment				
Parkland as percent of city land area	4.9%		10.6%	2.5% – 25.3%
Acres of parkland/1,000	12.8		18.9	2.3 – 94.1
Farmers' markets/1,000,000	5.3		14.8	1.0 – 41.0
Percent using public transportation to work	1.8%		4.3%	0.4% – 30.5%
Percent bicycling or walking to work	1.4%		2.8%	1.2% – 6.7%
Recreational Facilities				
Ball diamonds/10,000	1.7		2.0	0.3 – 5.7
Dog parks/10,000	0.0		0.9	0.0 – 5.7
Park playgrounds/10,000	2.1		2.3	0.9 – 4.8
Golf courses/100,000	0.4		1.0	0.0 – 5.0
Park units/10,000	5.0		4.2	1.2 – 10.9
Recreation centers/20,000	1.8		1.1	0.1 – 2.6
Swimming pools/100,000	4.8		3.1	0.6 – 9.2
Tennis courts/10,000	1.9		2.1	0.8 – 6.9
Park-related expenditures per capita	$107		$101.5	$12.0 – $259.0
Level of state requirement for Physical Education classes**	1		2.5	0 – 3
Number of primary health care providers per 100,000	76.5		93.2	46.8 – 133.7

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

PHILADELPHIA, PA
(Philadelphia-Camden-Wilmington, PA-NJ-DE-MD MSA)

COUNTIES
Burlington NJ, Camden NJ, Gloucester NJ, Salem NJ, Bucks PA, Chester PA, Delaware PA, Montgomery PA, Philadelphia PA, New Castle DE, Cecil MD

Ranking: Total Score = 49.3; Rank = 27

STRENGTHS/ADVANTAGES
- Lower percentage of households below poverty level
- Higher percent of city land area as parkland
- Higher percent using public transportation to work
- Higher percent bicycling or walking to work
- More ball diamonds per capita
- More recreation centers per capita
- More swimming pools per capita
- Higher level of state requirement for Physical Education classes
- Higher number of primary health care providers per capita

OPPORTUNITIES/CHALLENGES
- Higher percent currently smoking
- Higher percent with asthma
- Fewer acres of parkland per capita
- Fewer dog parks per capita
- Fewer park playgrounds per capita
- Fewer golf courses per capita
- Fewer park units per capita
- Lower park-related expenditures per capita

DESCRIPTION OF PHILADELPHIA-CAMDEN-WILMINGTON, PA-NJ-DE-MD MSA

	Philadelphia MSA	U.S. Value	MSA Average	MSA Range
Population	5,968,252	307,006,550	3,325,885	1,123,804 – 19,069,796
Percent less than 18 years old	23.4%	24.3%	24.6%	20.2% – 29.4%
Percent 18 to 64 years old	63.3%	62.8%	63.6%	60.5% – 66.9%
Percent 65 years old and older	13.3%	12.9%	11.8%	7.9% – 17.2%
Percent male	48.4%	49.3%	49.2%	48.1% – 51.1%
Percent high school graduate or higher	88.2%	85.3%	86.7%	77.6% – 92.5%
Percent White	70.4%	74.8%	72.3%	49.8% – 88.6%
Percent Black or African American	20.5%	12.4%	15.0%	1.7% – 44.5%
Percent Asian	4.5%	4.5%	5.1%	1.2% – 30.2%
Percent Other Race	4.6%	8.3%	7.6%	1.9% – 24.5%
Percent Hispanic/Latino	7.1%	15.8%	15.1%	1.2% – 53.4%
Percent unemployed	9.9%	9.9%	9.8%	6.4% – 16.3%
Median household income	$60,065	$50,221	$55,331	$43,633 – $85,168
Percent of households below poverty level	8.4%	10.5%	9.5%	4.9% – 15.1%
Violent crime rate/100,000*	575.6	429.4		
Percent with disability	12.0%	12.0%	11.0%	7.4% – 14.5%

*Due to differences in jurisdictional definitions and reporting, the FBI recommends that these rates not be compared across areas

ACSM AMERICAN FITNESS INDEX™ COMPONENTS

Personal Health Indicators – Score = 42.9; Rank = 33

	Philadelphia MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	75.6%	76.2%	77.2%	70.4% – 85.9%
Percent physically active at least moderately	43.9%	51.0%	48.7%	36.4% – 58.1%
Percent eating 5+ servings of fruits/vegetables per day	24.9%	23.4%	24.4%	15.8% – 30.0%
Percent currently smoking	19.3%	17.9%	17.0%	8.8% – 25.3%
Chronic Health Problems				
Percent obese	25.3%	26.9%	25.9%	18.1% – 34.3%
Percent in excellent or very good health	55.5%	56.0%	56.8%	46.4% – 66.6%
Any days when physical health was not good during the past 30 days	36.2%	35.5%	35.3%	29.5% – 40.3%
Any days when mental health was not good during the past 30 days	34.0%	33.7%	34.4%	23.8% – 41.9%
Percent with asthma	10.1%	8.8%	8.3%	4.5% – 11.9%
Percent with angina or coronary heart disease	3.8%	3.8%	3.6%	2.4% – 5.6%
Percent with diabetes	8.5%	8.3%	8.3%	5.4% – 11.6%
Death rate/100,000 for cardiovascular disease	213.2	206.7	201.0	131.7 – 268.6
Death rate/100,000 for diabetes	20.3	22.5	21.9	9.9 – 31.4
Health Care				
Percent with health insurance	90.8%	85.6%	86.3%	77.3% – 94.4%

Community/Environmental Indicators – Score = 55.1; Rank = 20
(note: most of these data were available only for the main city in the MSA)

	Philadelphia		MSA Average	Range of all Cities
Built Environment				
Parkland as percent of city land area	12.6%		10.6%	2.5% – 25.3%
Acres of parkland/1,000	7.1		18.9	2.3 – 94.1
Farmers' markets/1,000,000	13.4		14.8	1.0 – 41.0
Percent using public transportation to work	9.3%		4.3%	0.4% – 30.5%
Percent bicycling or walking to work	4.5%		2.8%	1.2% – 6.7%
Recreational Facilities				
Ball diamonds/10,000	2.7		2.0	0.3 – 5.7
Dog parks/10,000	0.3		0.9	0.0 – 5.7
Park playgrounds/10,000	1.6		2.3	0.9 – 4.8
Golf courses/100,000	0.4		1.0	0.0 – 5.0
Park units/10,000	2.0		4.2	1.2 – 10.9
Recreation centers/20,000	2.1		1.1	0.1 – 2.6
Swimming pools/100,000	5.5		3.1	0.6 – 9.2
Tennis courts/10,000	1.9		2.1	0.8 – 6.9
Park-related expenditures per capita	$65		$101.5	$12.0 – $259.0
Level of state requirement for Physical Education classes**	3		2.5	0 – 3
Number of primary health care providers per 100,000	120.3		93.2	46.8 – 133.7

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

PHOENIX, AZ
(Phoenix-Mesa-Scottsdale, AZ MSA)

COUNTIES
Maricopa, Pinal

Ranking: Total Score = 45.3; Rank = 32

STRENGTHS/ADVANTAGES
• Lower percent currently smoking
• Lower percent with angina or coronary heart disease
• Lower death rate for cardiovascular disease

• Lower death rate for diabetes
• Higher percent of city land area as parkland
• More acres of parkland per capita
• Higher park-related expenditures per capita

OPPORTUNITIES/CHALLENGES
• Higher percentage of households below poverty level
• Higher percent with asthma
• Fewer farmers' markets per capita
• Lower percent using public transportation to work
• Fewer ball diamonds per capita
• Fewer dog parks per capita
• Fewer park playgrounds per capita

• Fewer golf courses per capita
• Fewer park units per capita
• Fewer recreation centers per capita
• Fewer swimming pools per capita
• Fewer tennis courts per capita
• Lower level of state requirement for Physical Education classes
• Lower number of primary health care providers per capita

DESCRIPTION OF PHOENIX-MESA-SCOTTSDALE, AZ MSA

	Phoenix MSA	U.S. Value	MSA Average	MSA Range
Population	4,364,094	307,006,550	3,325,885	1,123,804 – 19,069,796
Percent less than 18 years old	27.2%	24.3%	24.6%	20.2% – 29.4%
Percent 18 to 64 years old	61.4%	62.8%	63.6%	60.5% – 66.9%
Percent 65 years old and older	11.4%	12.9%	11.8%	7.9% – 17.2%
Percent male	50.6%	49.3%	49.2%	48.1% – 51.1%
Percent high school graduate or higher	84.6%	85.3%	86.7%	77.6% – 92.5%
Percent White	81.5%	74.8%	72.3%	49.8% – 88.6%
Percent Black or African American	4.5%	12.4%	15.0%	1.7% – 44.5%
Percent Asian	3.0%	4.5%	5.1%	1.2% – 30.2%
Percent Other Race	10.9%	8.3%	7.6%	1.9% – 24.5%
Percent Hispanic/Latino	31.7%	15.8%	15.1%	1.2% – 53.4%
Percent unemployed	10.3%	9.9%	9.8%	6.4% – 16.3%
Median household income	$52,796	$50,221	$55,331	$43,633 – $85,168
Percent of households below poverty level	10.7%	10.5%	9.5%	4.9% – 15.1%
Violent crime rate/100,000*	393.7	429.4		
Percent with disability	9.8%	12.0%	11.0%	7.4% – 14.5%

*Due to differences in jurisdictional definitions and reporting, the FBI recommends that these rates not be compared across areas

ACSM AMERICAN FITNESS INDEX™ COMPONENTS

Personal Health Indicators – Score = 57.5; Rank = 19

	Phoenix MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	82.6%	76.2%	77.2%	70.4% – 85.9%
Percent physically active at least moderately	50.2%	51.0%	48.7%	36.4% – 58.1%
Percent eating 5+ servings of fruits/vegetables per day	23.6%	23.4%	24.4%	15.8% – 30.0%
Percent currently smoking	14.7%	17.9%	17.0%	8.8% – 25.3%
Chronic Health Problems				
Percent obese	24.7%	26.9%	25.9%	18.1% – 34.3%
Percent in excellent or very good health	55.8%	56.0%	56.8%	46.4% – 66.6%
Any days when physical health was not good during the past 30 days	37.0%	35.5%	35.3%	29.5% – 40.3%
Any days when mental health was not good during the past 30 days	36.0%	33.7%	34.4%	23.8% – 41.9%
Percent with asthma	11.9%	8.8%	8.3%	4.5% – 11.9%
Percent with angina or coronary heart disease	3.0%	3.8%	3.6%	2.4% – 5.6%
Percent with diabetes	7.9%	8.3%	8.3%	5.4% – 11.6%
Death rate/100,000 for cardiovascular disease	164.0	206.7	201.0	131.7 – 268.6
Death rate/100,000 for diabetes	16.4	22.5	21.9	9.9 – 31.4
Health Care				
Percent with health insurance	86.7%	85.6%	86.3%	77.3% – 94.4%

Community/Environmental Indicators – Score = 34.1; Rank = 44
(note: most of these data were available only for the main city in the MSA)

	Phoenix		MSA Average	Range of all Cities
Built Environment				
Parkland as percent of city land area	14.3%		10.6%	2.5% – 25.3%
Acres of parkland/1,000	27.8		18.9	2.3 – 94.1
Farmers' markets/1,000,000	6.9		14.8	1.0 – 41.0
Percent using public transportation to work	2.3%		4.3%	0.4% – 30.5%
Percent bicycling or walking to work	2.7%		2.8%	1.2% – 6.7%
Recreational Facilities				
Ball diamonds/10,000	0.7		2.0	0.3 – 5.7
Dog parks/10,000	0.3		0.9	0.0 – 5.7
Park playgrounds/10,000	1.0		2.3	0.9 – 4.8
Golf courses/100,000	0.6		1.0	0.0 – 5.0
Park units/10,000	1.4		4.2	1.2 – 10.9
Recreation centers/20,000	0.5		1.1	0.1 – 2.6
Swimming pools/100,000	1.8		3.1	0.6 – 9.2
Tennis courts/10,000	0.9		2.1	0.8 – 6.9
Park-related expenditures per capita	$147		$101.5	$12.0 – $259.0
Level of state requirement for Physical Education classes**	1		2.5	0 – 3
Number of primary health care providers per 100,000	71.0		93.2	46.8 – 133.7

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

PITTSBURGH, PA
(Pittsburgh, PA MSA)

COUNTIES
Allegheny, Armstrong, Beaver, Butler, Fayette, Washington, Westmoreland

Ranking: Total Score = 55.5; Rank = 17

STRENGTHS/ADVANTAGES
- Lower percent unemployed
- Higher percent using public transportation to work
- Higher percent bicycling or walking to work
- More ball diamonds per capita
- More dog parks per capita
- More park playgrounds per capita
- More park units per capita

- More recreation centers per capita
- More swimming pools per capita
- More tennis courts per capita
- Higher level of state requirement for Physical Education classes
- Higher number of primary health care providers per capita

OPPORTUNITIES/CHALLENGES
- Lower median household income
- Higher percent with angina or coronary heart disease
- Higher percent with diabetes
- Higher death rate for cardiovascular disease

- Lower percent of city land area as parkland
- Fewer acres of parkland per capita
- Fewer golf courses per capita
- Lower park-related expenditures per capita

DESCRIPTION OF PITTSBURGH, PA MSA

	Pittsburgh MSA	U.S. Value	MSA Average	MSA Range
Population	2,354,957	307,006,550	3,325,885	1,123,804 – 19,069,796
Percent less than 18 years old	20.2%	24.3%	24.6%	20.2% – 29.4%
Percent 18 to 64 years old	62.5%	62.8%	63.6%	60.5% – 66.9%
Percent 65 years old and older	17.2%	12.9%	11.8%	7.9% – 17.2%
Percent male	48.2%	49.3%	49.2%	48.1% – 51.1%
Percent high school graduate or higher	91.0%	85.3%	86.7%	77.6% – 92.5%
Percent White	88.6%	74.8%	72.3%	49.8% – 88.6%
Percent Black or African American	7.9%	12.4%	15.0%	1.7% – 44.5%
Percent Asian	1.5%	4.5%	5.1%	1.2% – 30.2%
Percent Other Race	1.9%	8.3%	7.6%	1.9% – 24.5%
Percent Hispanic/Latino	1.2%	15.8%	15.1%	1.2% – 53.4%
Percent unemployed	8.3%	9.9%	9.8%	6.4% – 16.3%
Median household income	$46,349	$50,221	$55,331	$43,633 – $85,168
Percent of households below poverty level	8.8%	10.5%	9.5%	4.9% – 15.1%
Violent crime rate/100,000*	342.9	429.4		
Percent with disability	14.0%	12.0%	11.0%	7.4% – 14.5%

*Due to differences in jurisdictional definitions and reporting, the FBI recommends that these rates not be compared across areas

ACSM AMERICAN FITNESS INDEX™ COMPONENTS

Personal Health Indicators – Score = 39.9; Rank = 38

	Pittsburgh MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	74.6%	76.2%	77.2%	70.4% – 85.9%
Percent physically active at least moderately	52.4%	51.0%	48.7%	36.4% – 58.1%
Percent eating 5+ servings of fruits/vegetables per day	24.3%	23.4%	24.4%	15.8% – 30.0%
Percent currently smoking	18.5%	17.9%	17.0%	8.8% – 25.3%
Chronic Health Problems				
Percent obese	28.2%	26.9%	25.9%	18.1% – 34.3%
Percent in excellent or very good health	54.3%	56.0%	56.8%	46.4% – 66.6%
Any days when physical health was not good during the past 30 days	36.7%	35.5%	35.3%	29.5% – 40.3%
Any days when mental health was not good during the past 30 days	34.4%	33.7%	34.4%	23.8% – 41.9%
Percent with asthma	8.9%	8.8%	8.3%	4.5% – 11.9%
Percent with angina or coronary heart disease	5.3%	3.8%	3.6%	2.4% – 5.6%
Percent with diabetes	9.5%	8.3%	8.3%	5.4% – 11.6%
Death rate/100,000 for cardiovascular disease	222.1	206.7	201.0	131.7 – 268.6
Death rate/100,000 for diabetes	22.4	22.5	21.9	9.9 – 31.4
Health Care				
Percent with health insurance	90.5%	85.6%	86.3%	77.3% – 94.4%

Community/Environmental Indicators – Score = 69.9; Rank = 4
(note: most of these data were available only for the main city in the MSA)

	Pittsburgh		MSA Average	Range of all Cities
Built Environment				
Parkland as percent of city land area	8.8%		10.6%	2.5% – 25.3%
Acres of parkland/1,000	10.1		18.9	2.3 – 94.1
Farmers' markets/1,000,000	14.9		14.8	1.0 – 41.0
Percent using public transportation to work	5.8%		4.3%	0.4% – 30.5%
Percent bicycling or walking to work	3.9%		2.8%	1.2% – 6.7%
Recreational Facilities				
Ball diamonds/10,000	4.1		2.0	0.3 – 5.7
Dog parks/10,000	1.0		0.9	0.0 – 5.7
Park playgrounds/10,000	4.2		2.3	0.9 – 4.8
Golf courses/100,000	0.3		1.0	0.0 – 5.0
Park units/10,000	5.5		4.2	1.2 – 10.9
Recreation centers/20,000	1.5		1.1	0.1 – 2.6
Swimming pools/100,000	6.1		3.1	0.6 – 9.2
Tennis courts/10,000	2.9		2.1	0.8 – 6.9
Park-related expenditures per capita	$88		$101.5	$12.0 – $259.0
Level of state requirement for Physical Education classes**	3		2.5	0 – 3
Number of primary health care providers per 100,000	108.7		93.2	46.8 – 133.7

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

PORTLAND, OR
(Portland-Vancouver-Beaverton, OR-WA MSA)

COUNTIES
Clackamas OR, Columbia OR, Multnomah OR, Washington OR, Yamhill OR, Clark WA, Skamania WA

Ranking: Total Score = 67.7; Rank = 4

STRENGTHS/ADVANTAGES
- Lower percentage of households below poverty level
- Higher percent physically active at least moderately
- Lower percent with angina or coronary heart disease
- Lower percent with diabetes
- Lower death rate for cardiovascular disease
- Higher percent of city land area as parkland
- More acres of parkland per capita
- More farmers' markets per capita

- Higher percent using public transportation to work
- Higher percent bicycling or walking to work
- More ball diamonds per capita
- More dog parks per capita
- More golf courses per capita
- More park units per capita
- Higher park-related expenditures per capita
- Higher number of primary health care providers per capita

OPPORTUNITIES/CHALLENGES
- Higher percent unemployed
- Higher percent with asthma
- Higher death rate for diabetes
- Fewer park playgrounds per capita

- Fewer recreation centers per capita
- Fewer swimming pools per capita
- Lower level of state requirement for Physical Education classes

DESCRIPTION OF PORTLAND–VANCOUVER–BEAVERTON, OR MSA

	Portland MSA	U.S. Value	MSA Average	MSA Range
Population	2,241,841	307,006,550	3,325,885	1,123,804 – 19,069,796
Percent less than 18 years old	23.8%	24.3%	24.6%	20.2% – 29.4%
Percent 18 to 64 years old	65.3%	62.8%	63.6%	60.5% – 66.9%
Percent 65 years old and older	10.9%	12.9%	11.8%	7.9% – 17.2%
Percent male	49.8%	49.3%	49.2%	48.1% – 51.1%
Percent high school graduate or higher	90.1%	85.3%	86.7%	77.6% – 92.5%
Percent White	82.8%	74.8%	72.3%	49.8% – 88.6%
Percent Black or African American	2.7%	12.4%	15.0%	1.7% – 44.5%
Percent Asian	5.4%	4.5%	5.1%	1.2% – 30.2%
Percent Other Race	9.1%	8.3%	7.6%	1.9% – 24.5%
Percent Hispanic/Latino	10.6%	15.8%	15.1%	1.2% – 53.4%
Percent unemployed	11.6%	9.9%	9.8%	6.4% – 16.3%
Median household income	$55,521	$50,221	$55,331	$43,633 – $85,168
Percent of households below poverty level	8.4%	10.5%	9.5%	4.9% – 15.1%
Violent crime rate/100,000*	268.5	429.4		
Percent with disability	10.9%	12.0%	11.0%	7.4% – 14.5%

*Due to differences in jurisdictional definitions and reporting, the FBI recommends that these rates not be compared across areas

ACSM AMERICAN FITNESS INDEX™ COMPONENTS

Personal Health Indicators – Score = 66.7; Rank = 12

	Portland MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	83.2%	76.2%	77.2%	70.4% – 85.9%
Percent physically active at least moderately	54.7%	51.0%	48.7%	36.4% – 58.1%
Percent eating 5+ servings of fruits/vegetables per day	24.2%	23.4%	24.4%	15.8% – 30.0%
Percent currently smoking	15.9%	17.9%	17.0%	8.8% – 25.3%
Chronic Health Problems				
Percent obese	24.0%	26.9%	25.9%	18.1% – 34.3%
Percent in excellent or very good health	62.1%	56.0%	56.8%	46.4% – 66.6%
Any days when physical health was not good during the past 30 days	36.3%	35.5%	35.3%	29.5% – 40.3%
Any days when mental health was not good during the past 30 days	34.7%	33.7%	34.4%	23.8% – 41.9%
Percent with asthma	9.7%	8.8%	8.3%	4.5% – 11.9%
Percent with angina or coronary heart disease	2.9%	3.8%	3.6%	2.4% – 5.6%
Percent with diabetes	6.7%	8.3%	8.3%	5.4% – 11.6%
Death rate/100,000 for cardiovascular disease	174.1	206.7	201.0	131.7 – 268.6
Death rate/100,000 for diabetes	27.3	22.5	21.9	9.9 – 31.4
Health Care				
Percent with health insurance	85.8%	85.6%	86.3%	77.3% – 94.4%

Community/Environmental Indicators – Score = 68.7; Rank = 5
(note: most of these data were available only for the main city in the MSA)

	Portland		MSA Average	Range of all Cities
Built Environment				
Parkland as percent of city land area	15.7%		10.6%	2.5% – 25.3%
Acres of parkland/1,000	24.2		18.9	2.3 – 94.1
Farmers' markets/1,000,000	24.1		14.8	1.0 – 41.0
Percent using public transportation to work	6.1%		4.3%	0.4% – 30.5%
Percent bicycling or walking to work	5.3%		2.8%	1.2% – 6.7%
Recreational Facilities				
Ball diamonds/10,000	5.7		2.0	0.3 – 5.7
Dog parks/10,000	5.7		0.9	0.0 – 5.7
Park playgrounds/10,000	1.9		2.3	0.9 – 4.8
Golf courses/100,000	1.3		1.0	0.0 – 5.0
Park units/10,000	5.4		4.2	1.2 – 10.9
Recreation centers/20,000	0.6		1.1	0.1 – 2.6
Swimming pools/100,000	2.5		3.1	0.6 – 9.2
Tennis courts/10,000	2.1		2.1	0.8 – 6.9
Park-related expenditures per capita	$157		$101.5	$12.0 – $259.0
Level of state requirement for Physical Education classes**	1		2.5	0 – 3
Number of primary health care providers per 100,000	105.9		93.2	46.8 – 133.7

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

PROVIDENCE, RI
(Providence-New Bedford-Fall River, RI-MA MSA)

COUNTIES
Bristol MA, Bristol RI, Kent RI, Newport RI, Providence RI, Washington RI

Ranking: Total Score = 55.1; Rank = 19

STRENGTHS/ADVANTAGES
- Lower percentage of households below poverty level
- Lower death rate for diabetes
- More farmers' markets per capita
- Higher percent bicycling or walking to work
- More ball diamonds per capita
- More dog parks per capita
- More park playgrounds per capita
- More golf courses per capita
- More park units per capita
- More swimming pools per capita
- Higher level of state requirement for Physical Education classes

OPPORTUNITIES/CHALLENGES
- Higher percent with asthma
- Higher percent with angina or coronary heart disease
- Fewer acres of parkland per capita
- Lower percent using public transportation to work
- Fewer tennis courts per capita
- Lower park-related expenditures per capita

DESCRIPTION OF PROVIDENCE–NEW BEDFORD–FALL RIVER, RI–MA MSA

	Providence MSA	U.S. Value	MSA Average	MSA Range
Population	1,600,642	307,006,550	3,325,885	1,123,804 – 19,069,796
Percent less than 18 years old	21.8%	24.3%	24.6%	20.2% – 29.4%
Percent 18 to 64 years old	64.0%	62.8%	63.6%	60.5% – 66.9%
Percent 65 years old and older	14.2%	12.9%	11.8%	7.9% – 17.2%
Percent male	48.5%	49.3%	49.2%	48.1% – 51.1%
Percent high school graduate or higher	83.3%	85.3%	86.7%	77.6% – 92.5%
Percent White	85.3%	74.8%	72.3%	49.8% – 88.6%
Percent Black or African American	5.0%	12.4%	15.0%	1.7% – 44.5%
Percent Asian	2.6%	4.5%	5.1%	1.2% – 30.2%
Percent Other Race	7.0%	8.3%	7.6%	1.9% – 24.5%
Percent Hispanic/Latino	9.7%	15.8%	15.1%	1.2% – 53.4%
Percent unemployed	10.3%	9.9%	9.8%	6.4% – 16.3%
Median household income	$54,202	$50,221	$55,331	$43,633 – $85,168
Percent of households below poverty level	8.4%	10.5%	9.5%	4.9% – 15.1%
Violent crime rate/100,000*	374.6	429.4		
Percent with disability	12.8%	12.0%	11.0%	7.4% – 14.5%

*Due to differences in jurisdictional definitions and reporting, the FBI recommends that these rates not be compared across areas

ACSM AMERICAN FITNESS INDEX™ COMPONENTS

Personal Health Indicators – Score = 49.7; Rank = 23

	Providence MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	74.4%	76.2%	77.2%	70.4% – 85.9%
Percent physically active at least moderately	49.8%	51.0%	48.7%	36.4% – 58.1%
Percent eating 5+ servings of fruits/vegetables per day	25.0%	23.4%	24.4%	15.8% – 30.0%
Percent currently smoking	16.0%	17.9%	17.0%	8.8% – 25.3%
Chronic Health Problems				
Percent obese	25.0%	26.9%	25.9%	18.1% – 34.3%
Percent in excellent or very good health	56.9%	56.0%	56.8%	46.4% – 66.6%
Any days when physical health was not good during the past 30 days	36.0%	35.5%	35.3%	29.5% – 40.3%
Any days when mental health was not good during the past 30 days	34.6%	33.7%	34.4%	23.8% – 41.9%
Percent with asthma	11.0%	8.8%	8.3%	4.5% – 11.9%
Percent with angina or coronary heart disease	4.1%	3.8%	3.6%	2.4% – 5.6%
Percent with diabetes	8.1%	8.3%	8.3%	5.4% – 11.6%
Death rate/100,000 for cardiovascular disease	216.3	206.7	201.0	131.7 – 268.6
Death rate/100,000 for diabetes	18.2	22.5	21.9	9.9 – 31.4
Health Care				
Percent with health insurance	90.3%	85.6%	86.3%	77.3% – 94.4%

Community/Environmental Indicators – Score = 60.0; Rank = 13

(note: most of these data were available only for the main city in the MSA)

	Providence	MSA Average	Range of all Cities
Built Environment			
Parkland as percent of city land area	10.4%	10.6%	2.5% – 25.3%
Acres of parkland/1,000	7.0	18.9	2.3 – 94.1
Farmers' markets/1,000,000	35.6	14.8	1.0 – 41.0
Percent using public transportation to work	2.7%	4.3%	0.4% – 30.5%
Percent bicycling or walking to work	3.1%	2.8%	1.2% – 6.7%
Recreational Facilities			
Ball diamonds/10,000	2.2	2.0	0.3 – 5.7
Dog parks/10,000	2.3	0.9	0.0 – 5.7
Park playgrounds/10,000	3.2	2.3	0.9 – 4.8
Golf courses/100,000	1.2	1.0	0.0 – 5.0
Park units/10,000	6.5	4.2	1.2 – 10.9
Recreation centers/20,000	1.2	1.1	0.1 – 2.6
Swimming pools/100,000	3.5	3.1	0.6 – 9.2
Tennis courts/10,000	1.3	2.1	0.8 – 6.9
Park-related expenditures per capita	$58	$101.5	$12.0 – $259.0
Level of state requirement for Physical Education classes**	3	2.5	0 – 3
Number of primary health care providers per 100,000	97.7	93.2	46.8 – 133.7

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

RALEIGH, NC
(Raleigh-Cary, NC MSA)

COUNTIES
Franklin, Johnston, Wake

Ranking: Total Score = 50.0; Rank = 24

STRENGTHS/ADVANTAGES
- Lower percent unemployed
- Lower percentage of households below poverty level
- Lower percent with asthma
- Lower percent with angina or coronary heart disease
- Lower percent with diabetes
- Higher percent of city land area as parkland

- More acres of parkland per capita
- More park units per capita
- More recreation centers per capita
- More tennis courts per capita
- Higher park-related expenditures per capita
- Higher level of state requirement for Physical Education classes

OPPORTUNITIES/CHALLENGES
- Higher percent of days when mental health was not good during the past 30 days
- Fewer farmers' markets per capita
- Lower percent using public transportation to work
- Lower percent bicycling or walking to work

- Fewer ball diamonds per capita
- Fewer dog parks per capita
- Fewer golf courses per capita
- Fewer swimming pools per capita
- Lower number of primary health care providers per capita

DESCRIPTION OF RALEIGH-CARY, NC MSA

	Raleigh MSA	U.S. Value	MSA Average	MSA Range
Population	1,125,827	307,006,550	3,325,885	1,123,804 – 19,069,796
Percent less than 18 years old	26.5%	24.3%	24.6%	20.2% – 29.4%
Percent 18 to 64 years old	64.9%	62.8%	63.6%	60.5% – 66.9%
Percent 65 years old and older	8.6%	12.9%	11.8%	7.9% – 17.2%
Percent male	49.5%	49.3%	49.2%	48.1% – 51.1%
Percent high school graduate or higher	89.4%	85.3%	86.7%	77.6% – 92.5%
Percent White	70.8%	74.8%	72.3%	49.8% – 88.6%
Percent Black or African American	19.9%	12.4%	15.0%	1.7% – 44.5%
Percent Asian	3.8%	4.5%	5.1%	1.2% – 30.2%
Percent Other Race	5.5%	8.3%	7.6%	1.9% – 24.5%
Percent Hispanic/Latino	9.3%	15.8%	15.1%	1.2% – 53.4%
Percent unemployed	8.5%	9.9%	9.8%	6.4% – 16.3%
Median household income	$59,316	$50,221	$55,331	$43,633 – $85,168
Percent of households below poverty level	7.9%	10.5%	9.5%	4.9% – 15.1%
Violent crime rate/100,000*	278.2	429.4		
Percent with disability	8.2%	12.0%	11.0%	7.4% – 14.5%

*Due to differences in jurisdictional definitions and reporting, the FBI recommends that these rates not be compared across areas

ACSM AMERICAN FITNESS INDEX™ COMPONENTS

Personal Health Indicators – Score = 45.8; Rank = 28

	Raleigh MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	78.6%	76.2%	77.2%	70.4% – 85.9%
Percent physically active at least moderately	45.2%	51.0%	48.7%	36.4% – 58.1%
Percent eating 5+ servings of fruits/vegetables per day	23.5%	23.4%	24.4%	15.8% – 30.0%
Percent currently smoking	17.8%	17.9%	17.0%	8.8% – 25.3%
Chronic Health Problems				
Percent obese	26.4%	26.9%	25.9%	18.1% – 34.3%
Percent in excellent or very good health	54.1%	56.0%	56.8%	46.4% – 66.6%
Any days when physical health was not good during the past 30 days	35.9%	35.5%	35.3%	29.5% – 40.3%
Any days when mental health was not good during the past 30 days	39.4%	33.7%	34.4%	23.8% – 41.9%
Percent with asthma	7.4%	8.8%	8.3%	4.5% – 11.9%
Percent with angina or coronary heart disease	3.0%	3.8%	3.6%	2.4% – 5.6%
Percent with diabetes	6.1%	8.3%	8.3%	5.4% – 11.6%
Death rate/100,000 for cardiovascular disease	195.6	206.7	201.0	131.7 – 268.6
Death rate/100,000 for diabetes	23.1	22.5	21.9	9.9 – 31.4
Health Care				
Percent with health insurance	81.8%	85.6%	86.3%	77.3% – 94.4%

Community/Environmental Indicators – Score = 53.8; Rank = 23

(note: most of these data were available only for the main city in the MSA)

	Raleigh		MSA Average	Range of all Cities
Built Environment	16.9%			
Parkland as percent of city land area	31.6		10.6%	2.5% – 25.3%
Acres of parkland/1,000	11.5		18.9	2.3 – 94.1
Farmers' markets/1,000,000	1.0%		14.8	1.0 – 41.0
Percent using public transportation to work	1.9%		4.3%	0.4% – 30.5%
Percent bicycling or walking to work			2.8%	1.2% – 6.7%
Recreational Facilities				
Ball diamonds/10,000	1.5		2.0	0.3 – 5.7
Dog parks/10,000	0.8		0.9	0.0 – 5.7
Park playgrounds/10,000	2.2		2.3	0.9 – 4.8
Golf courses/100,000	0.0		1.0	0.0 – 5.0
Park units/10,000	4.9		4.2	1.2 – 10.9
Recreation centers/20,000	1.5		1.1	0.1 – 2.6
Swimming pools/100,000	2.0		3.1	0.6 – 9.2
Tennis courts/10,000	2.9		2.1	0.8 – 6.9
Park-related expenditures per capita	$128		$101.5	$12.0 – $259.0
Level of state requirement for Physical Education classes**	3		2.5	0 – 3
Number of primary health care providers per 100,000	72.5		93.2	46.8 – 133.7

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

RICHMOND, VA
(Richmond, VA MSA)

COUNTIES
Amelia, Caroline, Charles City, Chesterfield, Cumberland, Dinwiddie, Goochland, Hanover, Henrico, King and Queen, King William, Louisa, New Kent, Powhatan, Prince George, Sussex, Colonial Heights City, Hopewell City, Petersburg City, Richmond City

Ranking: Total Score = 64.2; Rank = 12

STRENGTHS/ADVANTAGES
• Lower percent unemployed
• Lower percentage of households below poverty level
• Higher percent physically active at least moderately
• Higher percent eating 5+ servings of fruits/vegetables per day
• Lower percent of days when physical health was not good during the past 30 days
• Lower percent of days when mental health was not good during the past 30 days
• Lower percent with asthma

• Lower percent with angina or coronary heart disease
• Lower percent with diabetes
• Lower death rate for diabetes
• More ball diamonds per capita
• More dog parks per capita
• More park playgrounds per capita
• More recreation centers per capita
• More swimming pools per capita
• More tennis courts per capita
• Higher level of state requirement for Physical Education classes

OPPORTUNITIES/CHALLENGES
• Higher percent currently smoking
• Higher percent obese
• Lower percent of city land area as parkland
• Fewer acres of parkland per capita
• Fewer farmers' markets per capita
• Lower percent using public transportation to work

• Lower percent bicycling or walking to work
• Fewer golf courses per capita
• Fewer park units per capita
• Lower park-related expenditures per capita

DESCRIPTION OF RICHMOND, VA MSA

	Richmond MSA	U.S. Value	MSA Average	MSA Range
Population	1,238,187	307,006,550	3,325,885	1,123,804 – 19,069,796
Percent less than 18 years old	23.6%	24.3%	24.6%	20.2% – 29.4%
Percent 18 to 64 years old	64.4%	62.8%	63.6%	60.5% – 66.9%
Percent 65 years old and older	12.0%	12.9%	11.8%	7.9% – 17.2%
Percent male	48.5%	49.3%	49.2%	48.1% – 51.1%
Percent high school graduate or higher	85.4%	85.3%	86.7%	77.6% – 92.5%
Percent White	64.2%	74.8%	72.3%	49.8% – 88.6%
Percent Black or African American	29.6%	12.4%	15.0%	1.7% – 44.5%
Percent Asian	2.8%	4.5%	5.1%	1.2% – 30.2%
Percent Other Race	3.4%	8.3%	7.6%	1.9% – 24.5%
Percent Hispanic/Latino	4.2%	15.8%	15.1%	1.2% – 53.4%
Percent unemployed	8.7%	9.9%	9.8%	6.4% – 16.3%
Median household income	$55,609	$50,221	$55,331	$43,633 – $85,168
Percent of households below poverty level	7.8%	10.5%	9.5%	4.9% – 15.1%
Violent crime rate/100,000*	293.2	429.4		
Percent with disability	11.6%	12.0%	11.0%	7.4% – 14.5%

*Due to differences in jurisdictional definitions and reporting, the FBI recommends that these rates not be compared across areas

ACSM AMERICAN FITNESS INDEX™ COMPONENTS

Personal Health Indicators – Score = 72.5; Rank = 7

	Richmond MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	79.0%	76.2%	77.2%	70.4% – 85.9%
Percent physically active at least moderately	56.5%	51.0%	48.7%	36.4% – 58.1%
Percent eating 5+ servings of fruits/vegetables per day	29.0%	23.4%	24.4%	15.8% – 30.0%
Percent currently smoking	19.2%	17.9%	17.0%	8.8% – 25.3%
Chronic Health Problems				
Percent obese	28.9%	26.9%	25.9%	18.1% – 34.3%
Percent in excellent or very good health	61.6%	56.0%	56.8%	46.4% – 66.6%
Any days when physical health was not good during the past 30 days	29.6%	35.5%	35.3%	29.5% – 40.3%
Any days when mental health was not good during the past 30 days	26.6%	33.7%	34.4%	23.8% – 41.9%
Percent with asthma	6.8%	8.8%	8.3%	4.5% – 11.9%
Percent with angina or coronary heart disease	3.0%	3.8%	3.6%	2.4% – 5.6%
Percent with diabetes	6.7%	8.3%	8.3%	5.4% – 11.6%
Death rate/100,000 for cardiovascular disease	209.0	206.7	201.0	131.7 – 268.6
Death rate/100,000 for diabetes	19.7	22.5	21.9	9.9 – 31.4
Health Care				
Percent with health insurance	90.5%	85.6%	86.3%	77.3% – 94.4%

Community/Environmental Indicators – Score = 56.6; Rank = 18
(note: most of these data were available only for the main city in the MSA)

	Richmond		MSA Average	Range of all Cities
Built Environment				
Parkland as percent of city land area	7.4%		10.6%	2.5% – 25.3%
Acres of parkland/1,000	14.1		18.9	2.3 – 94.1
Farmers' markets/1,000,000	9.7		14.8	1.0 – 41.0
Percent using public transportation to work	2.0%		4.3%	0.4% – 30.5%
Percent bicycling or walking to work	1.6%		2.8%	1.2% – 6.7%
Recreational Facilities				
Ball diamonds/10,000	2.8		2.0	0.3 – 5.7
Dog parks/10,000	1.0		0.9	0.0 – 5.7
Park playgrounds/10,000	3.0		2.3	0.9 – 4.8
Golf courses/100,000	0.5		1.0	0.0 – 5.0
Park units/10,000	3.3		4.2	1.2 – 10.9
Recreation centers/20,000	2.5		1.1	0.1 – 2.6
Swimming pools/100,000	4.5		3.1	0.6 – 9.2
Tennis courts/10,000	6.9		2.1	0.8 – 6.9
Park-related expenditures per capita	$74		$101.5	$12.0 – $259.0
Level of state requirement for Physical Education classes**	3		2.5	0 – 3
Number of primary health care providers per 100,000	91.8		93.2	46.8 – 133.7

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

RIVERSIDE, CA
(Riverside-San Bernardino-Ontario, CA MSA)

COUNTIES
Riverside, San Bernardino

Ranking: Total Score = 36.8; Rank = 44

STRENGTHS/ADVANTAGES
• More dog parks per capita
• Higher level of state requirement for Physical
  Education classes

OPPORTUNITIES/CHALLENGES
• Higher percent unemployed
• Higher percentage of households below
  poverty level
• Higher percent obese
• Lower percent in excellent or very good health
• Higher percent of days when physical health
  was not good during the past 30 days
• Higher percent of days when mental health
  was not good during the past 30 days
• Higher percent with diabetes
• Higher death rate for cardiovascular disease
• Higher death rate for diabetes
• Lower percent with health insurance

• Fewer acres of parkland per capita
• Fewer farmers' markets per capita
• Lower percent using public transportation
  to work
• Lower percent bicycling or walking to work
• Fewer ball diamonds per capita
• Fewer park playgrounds per capita
• Fewer golf courses per capita
• Fewer park units per capita
• Fewer swimming pools per capita
• Fewer tennis courts per capita
• Fewer primary health care providers per capita

DESCRIPTION OF RIVERSIDE-SAN BERNARDINO-ONTARIO, CA MSA

	Riverside MSA	U.S. Value	MSA Average	MSA Range
Population	4,143,113	307,006,550	3,325,885	1,123,804 – 19,069,796
Percent less than 18 years old	29.4%	24.3%	24.6%	20.2% – 29.4%
Percent 18 to 64 years old	60.5%	62.8%	63.6%	60.5% – 66.9%
Percent 65 years old and older	10.1%	12.9%	11.8%	7.9% – 17.2%
Percent male	50.1%	49.3%	49.2%	48.1% – 51.1%
Percent high school graduate or higher	78.6%	85.3%	86.7%	77.6% – 92.5%
Percent White	64.8%	74.8%	72.3%	49.8% – 88.6%
Percent Black or African American	7.4%	12.4%	15.0%	1.7% – 44.5%
Percent Asian	5.8%	4.5%	5.1%	1.2% – 30.2%
Percent Other Race	22.0%	8.3%	7.6%	1.9% – 24.5%
Percent Hispanic/Latino	46.3%	15.8%	15.1%	1.2% – 53.4%
Percent unemployed	14.4%	9.9%	9.8%	6.4% – 16.3%
Median household income	$53,815	$50,221	$55,331	$43,633 – $85,168
Percent of households below poverty level	12.4%	10.5%	9.5%	4.9% – 15.1%
Violent crime rate/100,000*	413.9	429.4		
Percent with disability	10.7%	12.0%	11.0%	7.4% – 14.5%

*Due to differences in jurisdictional definitions and reporting, the FBI recommends that these rates not be compared across areas

ACSM AMERICAN FITNESS INDEX™ COMPONENTS

Personal Health Indicators – Score = 30.7; Rank = 45

	Riverside MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	74.8%	76.2%	77.2%	70.4% – 85.9%
Percent physically active at least moderately	51.9%	51.0%	48.7%	36.4% – 58.1%
Percent eating 5+ servings of fruits/vegetables per day	26.2%	23.4%	24.4%	15.8% – 30.0%
Percent currently smoking	16.9%	17.9%	17.0%	8.8% – 25.3%
Chronic Health Problems				
Percent obese	31.3%	26.9%	25.9%	18.1% – 34.3%
Percent in excellent or very good health	46.4%	56.0%	56.8%	46.4% – 66.6%
Any days when physical health was not good during the past 30 days	40.1%	35.5%	35.3%	29.5% – 40.3%
Any days when mental health was not good during the past 30 days	41.9%	33.7%	34.4%	23.8% – 41.9%
Percent with asthma	7.9%	8.8%	8.3%	4.5% – 11.9%
Percent with angina or coronary heart disease	3.8%	3.8%	3.6%	2.4% – 5.6%
Percent with diabetes	9.6%	8.3%	8.3%	5.4% – 11.6%
Death rate/100,000 for cardiovascular disease	228.1	206.7	201.0	131.7 – 268.6
Death rate/100,000 for diabetes	27.2	22.5	21.9	9.9 – 31.4
Health Care				
Percent with health insurance	77.3%	85.6%	86.3%	77.3% – 94.4%

Community/Environmental Indicators – Score = 42.4; Rank = 35
(note: most of these data were available only for the main city in the MSA)

	Riverside		MSA Average	Range of all Cities
Built Environment				
Parkland as percent of city land area	9.6%		10.6%	2.5% – 25.3%
Acres of parkland/1,000	16.2		18.9	2.3 – 94.1
Farmers' markets/1,000,000	6.8		14.8	1.0 – 41.0
Percent using public transportation to work	1.8%		4.3%	0.4% – 30.5%
Percent bicycling or walking to work	2.3%		2.8%	1.2% – 6.7%
Recreational Facilities				
Ball diamonds/10,000	1.6		2.0	0.3 – 5.7
Dog parks/10,000	1.4		0.9	0.0 – 5.7
Park playgrounds/10,000	1.4		2.3	0.9 – 4.8
Golf courses/100,000	0.7		1.0	0.0 – 5.0
Park units/10,000	2.1		4.2	1.2 – 10.9
Recreation centers/20,000	1.1		1.1	0.1 – 2.6
Swimming pools/100,000	2.4		3.1	0.6 – 9.2
Tennis courts/10,000	0.9		2.1	0.8 – 6.9
Park-related expenditures per capita	$96		$101.5	$12.0 – $259.0
Level of state requirement for Physical Education classes**	3		2.5	0 – 3
Number of primary health care providers per 100,000	53.5		93.2	46.8 – 133.7

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

SACRAMENTO, CA
(Sacramento-Arden Arcade-Roseville, CA MSA)

COUNTIES
El Dorado, Placer, Sacramento, Yolo

Ranking: Total Score = 65.3; Rank = 10

STRENGTHS/ADVANTAGES
- Higher percentage eating 5+ servings of fruits/vegetables per day
- Lower percent currently smoking
- Lower death rate for diabetes
- More farmers' markets per capita
- Higher percent bicycling or walking to work
- More ball diamonds per capita
- More dog parks per capita
- More park playgrounds per capita
- More golf courses per capita
- More park units per capita
- Higher park-related expenditures per capita
- Higher level of state requirement for Physical Education classes

OPPORTUNITIES/CHALLENGES
- Higher percent unemployed
- Higher percent with asthma
- Lower percent of city land area as parkland
- Fewer acres of parkland per capita
- Lower percent using public transportation to work
- Fewer swimming pools per capita
- Fewer tennis courts per capita

DESCRIPTION OF SACRAMENTO–ARDEN ARCADE–ROSEVILLE, CA MSA

	Sacramento MSA	U.S. Value	MSA Average	MSA Range
Population	2,127,355	307,006,550	3,325,885	1,123,804 – 19,069,796
Percent less than 18 years old	25.1%	24.3%	24.6%	20.2% – 29.4%
Percent 18 to 64 years old	63.0%	62.8%	63.6%	60.5% – 66.9%
Percent 65 years old and older	11.9%	12.9%	11.8%	7.9% – 17.2%
Percent male	49.3%	49.3%	49.2%	48.1% – 51.1%
Percent high school graduate or higher	87.0%	85.3%	86.7%	77.6% – 92.5%
Percent White	68.0%	74.8%	72.3%	49.8% – 88.6%
Percent Black or African American	7.1%	12.4%	15.0%	1.7% – 44.5%
Percent Asian	11.3%	4.5%	5.1%	1.2% – 30.2%
Percent Other Race	13.6%	8.3%	7.6%	1.9% – 24.5%
Percent Hispanic/Latino	19.3%	15.8%	15.1%	1.2% – 53.4%
Percent unemployed	11.9%	9.9%	9.8%	6.4% – 16.3%
Median household income	$57,361	$50,221	$55,331	$43,633 – $85,168
Percent of households below poverty level	9.4%	10.5%	9.5%	4.9% – 15.1%
Violent crime rate/100,000*	508.5	429.4		
Percent with disability	12.2%	12.0%	11.0%	7.4% – 14.5%

*Due to differences in jurisdictional definitions and reporting, the FBI recommends that these rates not be compared across areas

ACSM AMERICAN FITNESS INDEX™ COMPONENTS

Personal Health Indicators – Score = 68.2; Rank = 10

	Sacramento MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	81.5%	76.2%	77.2%	70.4% – 85.9%
Percent physically active at least moderately	53.2%	51.0%	48.7%	36.4% – 58.1%
Percent eating 5+ servings of fruits/vegetables per day	29.9%	23.4%	24.4%	15.8% – 30.0%
Percent currently smoking	12.8%	17.9%	17.0%	8.8% – 25.3%
Chronic Health Problems				
Percent obese	25.9%	26.9%	25.9%	18.1% – 34.3%
Percent in excellent or very good health	59.4%	56.0%	56.8%	46.4% – 66.6%
Any days when physical health was not good during the past 30 days	34.3%	35.5%	35.3%	29.5% – 40.3%
Any days when mental health was not good during the past 30 days	34.3%	33.7%	34.4%	23.8% – 41.9%
Percent with asthma	9.9%	8.8%	8.3%	4.5% – 11.9%
Percent with angina or coronary heart disease	3.4%	3.8%	3.6%	2.4% – 5.6%
Percent with diabetes	8.4%	8.3%	8.3%	5.4% – 11.6%
Death rate/100,000 for cardiovascular disease	189.7	206.7	201.0	131.7 – 268.6
Death rate/100,000 for diabetes	19.3	22.5	21.9	9.9 – 31.4
Health Care				
Percent with health insurance	88.7%	85.6%	86.3%	77.3% – 94.4%

Community/Environmental Indicators – Score = 62.7; Rank = 10
(note: most of these data were available only for the main city in the MSA)

	Sacramento		MSA Average	Range of all Cities
Built Environment				
Parkland as percent of city land area	8.1%		10.6%	2.5% – 25.3%
Acres of parkland/1,000	10.9		18.9	2.3 – 94.1
Farmers' markets/1,000,000	20.7		14.8	1.0 – 41.0
Percent using public transportation to work	2.7%		4.3%	0.4% – 30.5%
Percent bicycling or walking to work	3.5%		2.8%	1.2% – 6.7%
Recreational Facilities				
Ball diamonds/10,000	2.2		2.0	0.3 – 5.7
Dog parks/10,000	1.5		0.9	0.0 – 5.7
Park playgrounds/10,000	3.9		2.3	0.9 – 4.8
Golf courses/100,000	1.3		1.0	0.0 – 5.0
Park units/10,000	4.7		4.2	1.2 – 10.9
Recreation centers/20,000	1.0		1.1	0.1 – 2.6
Swimming pools/100,000	2.6		3.1	0.6 – 9.2
Tennis courts/10,000	1.1		2.1	0.8 – 6.9
Park-related expenditures per capita	$160		$101.5	$12.0 – $259.0
Level of state requirement for Physical Education classes**	3		2.5	0 – 3
Number of primary health care providers per 100,000	93.7		93.2	46.8 – 133.7

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

SAINT LOUIS, MO
(Saint Louis, MO-IL MSA)

COUNTIES
Bond IL, Calhoun IL, Clinton IL, Jersey IL, Macoupin IL, Madison IL, Monroe IL, St. Clair IL, Crawford MO, Franklin MO, Jefferson MO, Lincoln MO, St. Charles MO, St. Louis MO, Warren MO, Washington MO, St. Louis City MO

Ranking: Total Score = 49.3; Rank = 26

STRENGTHS/ADVANTAGES
• Lower percent with diabetes
• More ball diamonds per capita
• More dog parks per capita
• More golf courses per capita

• More tennis courts per capita
• Higher level of state requirement for Physical Education classes

OPPORTUNITIES/CHALLENGES
• Lower percentage eating 5+ servings of fruits/vegetables per day
• Higher percent currently smoking
• Higher death rate for cardiovascular disease
• Lower percent of city land area as parkland
• Fewer acres of parkland per capita

• Lower percent using public transportation to work
• Lower percent bicycling or walking to work
• Fewer park playgrounds per capita
• Fewer recreation centers per capita
• Lower park-related expenditures per capita

DESCRIPTION OF SAINT LOUIS, MO-IL MSA

	Saint Louis MSA	U.S. Value	MSA Average	MSA Range
Population	2,828,990	307,006,550	3,325,885	1,123,804 – 19,069,796
Percent less than 18 years old	23.9%	24.3%	24.6%	20.2% – 29.4%
Percent 18 to 64 years old	62.9%	62.8%	63.6%	60.5% – 66.9%
Percent 65 years old and older	13.1%	12.9%	11.8%	7.9% – 17.2%
Percent male	48.4%	49.3%	49.2%	48.1% – 51.1%
Percent high school graduate or higher	88.7%	85.3%	86.7%	77.6% – 92.5%
Percent White	77.7%	74.8%	72.3%	49.8% – 88.6%
Percent Black or African American	17.9%	12.4%	15.0%	1.7% – 44.5%
Percent Asian	1.9%	4.5%	5.1%	1.2% – 30.2%
Percent Other Race	2.5%	8.3%	7.6%	1.9% – 24.5%
Percent Hispanic/Latino	2.3%	15.8%	15.1%	1.2% – 53.4%
Percent unemployed	9.5%	9.9%	9.8%	6.4% – 16.3%
Median household income	$51,691	$50,221	$55,331	$43,633 – $85,168
Percent of households below poverty level	9.7%	10.5%	9.5%	4.9% – 15.1%
Violent crime rate/100,000*	N/A‡	429.4		
Percent with disability	12.4%	12.0%	11.0%	7.4% – 14.5%

‡This measure was not available.

*Due to differences in jurisdictional definitions and reporting, the FBI recommends that these rates not be compared across areas

ACSM AMERICAN FITNESS INDEX™ COMPONENTS

Personal Health Indicators – Score = 48.8; Rank = 25

	Saint Louis MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	75.7%	76.2%	77.2%	70.4% – 85.9%
Percent physically active at least moderately	52.2%	51.0%	48.7%	36.4% – 58.1%
Percent eating 5+ servings of fruits/vegetables per day	20.3%	23.4%	24.4%	15.8% – 30.0%
Percent currently smoking	22.3%	17.9%	17.0%	8.8% – 25.3%
Chronic Health Problems				
Percent obese	28.3%	26.9%	25.9%	18.1% – 34.3%
Percent in excellent or very good health	59.8%	56.0%	56.8%	46.4% – 66.6%
Any days when physical health was not good during the past 30 days	35.3%	35.5%	35.3%	29.5% – 40.3%
Any days when mental health was not good during the past 30 days	34.1%	33.7%	34.4%	23.8% – 41.9%
Percent with asthma	8.6%	8.8%	8.3%	4.5% – 11.9%
Percent with angina or coronary heart disease	3.6%	3.8%	3.6%	2.4% – 5.6%
Percent with diabetes	7.0%	8.3%	8.3%	5.4% – 11.6%
Death rate/100,000 for cardiovascular disease	229.3	206.7	201.0	131.7 – 268.6
Death rate/100,000 for diabetes	23.5	22.5	21.9	9.9 – 31.4
Health Care				
Percent with health insurance	89.3%	85.6%	86.3%	77.3% – 94.4%

Community/Environmental Indicators – Score = 49.8; Rank = 29
(note: most of these data were available only for the main city in the MSA)

	Saint Louis		MSA Average	Range of all Cities
Built Environment				
Parkland as percent of city land area	8.6%		10.6%	2.5% – 25.3%
Acres of parkland/1,000	9.6		18.9	2.3 – 94.1
Farmers' markets/1,000,000	14.8		14.8	1.0 – 41.0
Percent using public transportation to work	2.5%		4.3%	0.4% – 30.5%
Percent bicycling or walking to work	1.9%		2.8%	1.2% – 6.7%
Recreational Facilities				
Ball diamonds/10,000	3.2		2.0	0.3 – 5.7
Dog parks/10,000	1.1		0.9	0.0 – 5.7
Park playgrounds/10,000	2.0		2.3	0.9 – 4.8
Golf courses/100,000	1.1		1.0	0.0 – 5.0
Park units/10,000	4.0		4.2	1.2 – 10.9
Recreation centers/20,000	0.5		1.1	0.1 – 2.6
Swimming pools/100,000	2.8		3.1	0.6 – 9.2
Tennis courts/10,000	3.1		2.1	0.8 – 6.9
Park-related expenditures per capita	$66		$101.5	$12.0 – $259.0
Level of state requirement for Physical Education classes**	3		2.5	0 – 3
Number of primary health care providers per 100,000	91.1		93.2	46.8 – 133.7

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

SALT LAKE CITY, UT
(Salt Lake City, UT MSA)

COUNTIES
Salt Lake, Summit, Tooele

Ranking: Total Score = 59.8; Rank = 15

STRENGTHS/ADVANTAGES
- Lower percent unemployed
- Lower percentage of households below poverty level
- Higher percent physically active at least moderately
- Lower percent currently smoking
- Lower percent with angina or coronary heart disease
- Lower percent with diabetes

- Lower death rate for cardiovascular disease
- Higher percent bicycling or walking to work
- More dog parks per capita
- More park playgrounds per capita
- More golf courses per capita
- More tennis courts per capita
- Higher level of state requirement for Physical Education classes

OPPORTUNITIES/CHALLENGES
- Higher percent of days when mental health was not good during the past 30 days
- Higher death rate for diabetes
- Lower percent of city land area as parkland
- Fewer acres of parkland per capita
- Fewer farmers' markets per capita

- Lower percent using public transportation to work
- Fewer ball diamonds per capita
- Fewer recreation centers per capita
- Fewer swimming pools per capita
- Lower park-related expenditures per capita

DESCRIPTION OF SALT LAKE CITY, UT MSA

	Salt Lake City MSA	U.S. Value	MSA Average	MSA Range
Population	1,130,293	307,006,550	3,325,885	1,123,804 – 19,069,796
Percent less than 18 years old	29.3%	24.3%	24.6%	20.2% – 29.4%
Percent 18 to 64 years old	62.1%	62.8%	63.6%	60.5% – 66.9%
Percent 65 years old and older	8.6%	12.9%	11.8%	7.9% – 17.2%
Percent male	50.6%	49.3%	49.2%	48.1% – 51.1%
Percent high school graduate or higher	88.9%	85.3%	86.7%	77.6% – 92.5%
Percent White	87.7%	74.8%	72.3%	49.8% – 88.6%
Percent Black or African American	1.7%	12.4%	15.0%	1.7% – 44.5%
Percent Asian	3.0%	4.5%	5.1%	1.2% – 30.2%
Percent Other Race	7.6%	8.3%	7.6%	1.9% – 24.5%
Percent Hispanic/Latino	16.0%	15.8%	15.1%	1.2% – 53.4%
Percent unemployed	7.8%	9.9%	9.8%	6.4% – 16.3%
Median household income	$57,138	$50,221	$55,331	$43,633 – $85,168
Percent of households below poverty level	6.7%	10.5%	9.5%	4.9% – 15.1%
Violent crime rate/100,000*	347.8	429.4		
Percent with disability	8.6%	12.0%	11.0%	7.4% – 14.5%

*Due to differences in jurisdictional definitions and reporting, the FBI recommends that these rates not be compared across areas

ACSM AMERICAN FITNESS INDEX™ COMPONENTS

Personal Health Indicators – Score = 65.6; Rank = 13

	Salt Lake City MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	80.9%	76.2%	77.2%	70.4% – 85.9%
Percent physically active at least moderately	57.7%	51.0%	48.7%	36.4% – 58.1%
Percent eating 5+ servings of fruits/vegetables per day	23.2%	23.4%	24.4%	15.8% – 30.0%
Percent currently smoking	11.4%	17.9%	17.0%	8.8% – 25.3%
Chronic Health Problems				
Percent obese	24.3%	26.9%	25.9%	18.1% – 34.3%
Percent in excellent or very good health	60.2%	56.0%	56.8%	46.4% – 66.6%
Any days when physical health was not good during the past 30 days	37.8%	35.5%	35.3%	29.5% – 40.3%
Any days when mental health was not good during the past 30 days	39.5%	33.7%	34.4%	23.8% – 41.9%
Percent with asthma	9.0%	8.8%	8.3%	4.5% – 11.9%
Percent with angina or coronary heart disease	2.5%	3.8%	3.6%	2.4% – 5.6%
Percent with diabetes	6.4%	8.3%	8.3%	5.4% – 11.6%
Death rate/100,000 for cardiovascular disease	158.2	206.7	201.0	131.7 – 268.6
Death rate/100,000 for diabetes	27.6	22.5	21.9	9.9 – 31.4
Health Care				
Percent with health insurance	85.4%	85.6%	86.3%	77.3% – 94.4%

Community/Environmental Indicators – Score = 54.4; Rank = 22
(note: most of these data were available only for the main city in the MSA)

	Salt Lake City		MSA Average	Range of all Cities
Built Environment				
Parkland as percent of city land area	3.1%		10.6%	2.5% – 25.3%
Acres of parkland/1,000	12.1		18.9	2.3 – 94.1
Farmers' markets/1,000,000	9.7		14.8	1.0 – 41.0
Percent using public transportation to work	3.0%		4.3%	0.4% – 30.5%
Percent bicycling or walking to work	3.1%		2.8%	1.2% – 6.7%
Recreational Facilities				
Ball diamonds/10,000	1.4		2.0	0.3 – 5.7
Dog parks/10,000	3.3		0.9	0.0 – 5.7
Park playgrounds/10,000	3.3		2.3	0.9 – 4.8
Golf courses/100,000	5.0		1.0	0.0 – 5.0
Park units/10,000	4.4		4.2	1.2 – 10.9
Recreation centers/20,000	0.7		1.1	0.1 – 2.6
Swimming pools/100,000	2.2		3.1	0.6 – 9.2
Tennis courts/10,000	4.3		2.1	0.8 – 6.9
Park-related expenditures per capita	$45		$101.5	$12.0 – $259.0
Level of state requirement for Physical Education classes**	3		2.5	0 – 3
Number of primary health care providers per 100,000	85.7		93.2	46.8 – 133.7

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

SAN ANTONIO, TX
(San Antonio, TX MSA)

COUNTIES
Atascosa, Bandera, Bexar, Comal, Guadalupe, Kendall, Medina, Wilson

Ranking: Total Score = 45.0; Rank = 33

STRENGTHS/ADVANTAGES
- Lower percent unemployed
- Lower percent currently smoking
- Lower percent with angina or coronary heart disease
- Lower percent with diabetes
- Higher level of state requirement for Physical Education classes

OPPORTUNITIES/CHALLENGES
- Lower median household income
- Higher percentage of households below poverty level
- Higher death rate for diabetes
- Lower percent using public transportation to work
- Lower percent bicycling or walking to work
- Fewer ball diamonds per capita
- Fewer dog parks per capita
- Fewer park playgrounds per capita
- Fewer golf courses per capita
- Fewer park units per capita
- Fewer recreation centers per capita
- Fewer swimming pools per capita
- Fewer tennis courts per capita
- Lower park-related expenditures per capita
- Lower number of primary health care providers per capita

DESCRIPTION OF SAN ANTONIO, TX MSA

	San Antonio MSA	U.S. Value	MSA Average	MSA Range
Population	2,072,128	307,006,550	3,325,885	1,123,804 – 19,069,796
Percent less than 18 years old	27.5%	24.3%	24.6%	20.2% – 29.4%
Percent 18 to 64 years old	61.4%	62.8%	63.6%	60.5% – 66.9%
Percent 65 years old and older	11.0%	12.9%	11.8%	7.9% – 17.2%
Percent male	49.1%	49.3%	49.2%	48.1% – 51.1%
Percent high school graduate or higher	81.5%	85.3%	86.7%	77.6% – 92.5%
Percent White	76.6%	74.8%	72.3%	49.8% – 88.6%
Percent Black or African American	6.4%	12.4%	15.0%	1.7% – 44.5%
Percent Asian	1.8%	4.5%	5.1%	1.2% – 30.2%
Percent Other Race	15.2%	8.3%	7.6%	1.9% – 24.5%
Percent Hispanic/Latino	53.4%	15.8%	15.1%	1.2% – 53.4%
Percent unemployed	7.8%	9.9%	9.8%	6.4% – 16.3%
Median household income	$47,955	$50,221	$55,331	$43,633 – $85,168
Percent of households below poverty level	12.6%	10.5%	9.5%	4.9% – 15.1%
Violent crime rate/100,000*	469.6	429.4		
Percent with disability	13.7%	12.0%	11.0%	7.4% – 14.5%

*Due to differences in jurisdictional definitions and reporting, the FBI recommends that these rates not be compared across areas

ACSM AMERICAN FITNESS INDEX™ COMPONENTS

Personal Health Indicators – Score = 60.4; Rank = 18

	San Antonio MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	75.0%	76.2%	77.2%	70.4% – 85.9%
Percent physically active at least moderately	50.3%	51.0%	48.7%	36.4% – 58.1%
Percent eating 5+ servings of fruits/vegetables per day	24.4%	23.4%	24.4%	15.8% – 30.0%
Percent currently smoking	14.0%	17.9%	17.0%	8.8% – 25.3%
Chronic Health Problems				
Percent obese	25.2%	26.9%	25.9%	18.1% – 34.3%
Percent in excellent or very good health	59.6%	56.0%	56.8%	46.4% – 66.6%
Any days when physical health was not good during the past 30 days	33.3%	35.5%	35.3%	29.5% – 40.3%
Any days when mental health was not good during the past 30 days	32.9%	33.7%	34.4%	23.8% – 41.9%
Percent with asthma	8.3%	8.8%	8.3%	4.5% – 11.9%
Percent with angina or coronary heart disease	3.1%	3.8%	3.6%	2.4% – 5.6%
Percent with diabetes	7.5%	8.3%	8.3%	5.4% – 11.6%
Death rate/100,000 for cardiovascular disease	188.6	206.7	201.0	131.7 – 268.6
Death rate/100,000 for diabetes	31.0	22.5	21.9	9.9 – 31.4
Health Care				
Percent with health insurance	81.1%	85.6%	86.3%	77.3% – 94.4%

Community/Environmental Indicators – Score = 30.7; Rank = 50
(note: most of these data were available only for the main city in the MSA)

	San Antonio		MSA Average	Range of all Cities
Built Environment				
Parkland as percent of city land area	10.7%		10.6%	2.5% – 25.3%
Acres of parkland/1,000	20.7		18.9	2.3 – 94.1
Farmers' markets/1,000,000	15.0		14.8	1.0 – 41.0
Percent using public transportation to work	2.3%		4.3%	0.4% – 30.5%
Percent bicycling or walking to work	2.2%		2.8%	1.2% – 6.7%
Recreational Facilities				
Ball diamonds/10,000	0.4		2.0	0.3 – 5.7
Dog parks/10,000	0.1		0.9	0.0 – 5.7
Park playgrounds/10,000	0.9		2.3	0.9 – 4.8
Golf courses/100,000	0.4		1.0	0.0 – 5.0
Park units/10,000	1.8		4.2	1.2 – 10.9
Recreation centers/20,000	0.5		1.1	0.1 – 2.6
Swimming pools/100,000	1.9		3.1	0.6 – 9.2
Tennis courts/10,000	1.0		2.1	0.8 – 6.9
Park-related expenditures per capita	$52		$101.5	$12.0 – $259.0
Level of state requirement for Physical Education classes**	3		2.5	0 – 3
Number of primary health care providers per 100,000	79.7		93.2	46.8 – 133.7

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

SAN DIEGO, CA
(San Diego-Carlsbad-San Marcos, CA MSA)

COUNTIES
San Diego

Ranking: Total Score = 63.3; Rank = 13

STRENGTHS/ADVANTAGES
- Lower percentage of households below poverty level
- Higher percent physically active at least moderately
- Higher percentage eating 5+ servings of fruits/vegetables per day
- Lower percent currently smoking
- Lower percent obese
- Lower percent with asthma
- Lower percent with angina or coronary heart disease

- Lower death rate for cardiovascular disease
- Lower death rate for diabetes
- Higher percent of city land area as parkland
- More acres of parkland per capita
- Higher percent bicycling or walking to work
- More ball diamonds per capita
- More dog parks per capita
- Higher park-related expenditures per capita
- Higher level of state requirement for Physical Education classes

OPPORTUNITIES/CHALLENGES
- Higher percent of days when mental health
- was not good during the past 30 days
- Lower percent using public transportation to work
- Fewer park playgrounds per capita

- Fewer golf courses per capita
- Fewer park units per capita
- Fewer swimming pools per capita
- Fewer tennis courts per capita

DESCRIPTION OF SAN DIEGO-CARLSBAD-SAN MARCOS, CA MSA

	San Diego MSA	U.S. Value	MSA Average	MSA Range
Population	3,053,793	307,006,550	3,325,885	1,123,804 – 19,069,796
Percent less than 18 years old	24.2%	24.3%	24.6%	20.2% – 29.4%
Percent 18 to 64 years old	64.4%	62.8%	63.6%	60.5% – 66.9%
Percent 65 years old and older	11.4%	12.9%	11.8%	7.9% – 17.2%
Percent male	50.2%	49.3%	49.2%	48.1% – 51.1%
Percent high school graduate or higher	85.4%	85.3%	86.7%	77.6% – 92.5%
Percent White	73.9%	74.8%	72.3%	49.8% – 88.6%
Percent Black or African American	5.0%	12.4%	15.0%	1.7% – 44.5%
Percent Asian	10.3%	4.5%	5.1%	1.2% – 30.2%
Percent Other Race	10.8%	8.3%	7.6%	1.9% – 24.5%
Percent Hispanic/Latino	31.3%	15.8%	15.1%	1.2% – 53.4%
Percent unemployed	9.6%	9.9%	9.8%	6.4% – 16.3%
Median household income	$60,231	$50,221	$55,331	$43,633 – $85,168
Percent of households below poverty level	8.5%	10.5%	9.5%	4.9% – 15.1%
Violent crime rate/100,000*	424.3	429.4		
Percent with disability	9.4%	12.0%	11.0%	7.4% – 14.5%

*Due to differences in jurisdictional definitions and reporting, the FBI recommends that these rates not be compared across areas

ACSM AMERICAN FITNESS INDEX™ COMPONENTS

Personal Health Indicators – Score = 69.9; Rank = 9

	San Diego MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	79.9%	76.2%	77.2%	70.4% – 85.9%
Percent physically active at least moderately	58.1%	51.0%	48.7%	36.4% – 58.1%
Percent eating 5+ servings of fruits/vegetables per day	28.9%	23.4%	24.4%	15.8% – 30.0%
Percent currently smoking	11.9%	17.9%	17.0%	8.8% – 25.3%
Chronic Health Problems				
Percent obese	21.6%	26.9%	25.9%	18.1% – 34.3%
Percent in excellent or very good health	58.4%	56.0%	56.8%	46.4% – 66.6%
Any days when physical health was not good during the past 30 days	35.2%	35.5%	35.3%	29.5% – 40.3%
Any days when mental health was not good during the past 30 days	38.8%	33.7%	34.4%	23.8% – 41.9%
Percent with asthma	7.1%	8.8%	8.3%	4.5% – 11.9%
Percent with angina or coronary heart disease	2.6%	3.8%	3.6%	2.4% – 5.6%
Percent with diabetes	8.2%	8.3%	8.3%	5.4% – 11.6%
Death rate/100,000 for cardiovascular disease	174.3	206.7	201.0	131.7 – 268.6
Death rate/100,000 for diabetes	18.6	22.5	21.9	9.9 – 31.4
Health Care				
Percent with health insurance	83.4%	85.6%	86.3%	77.3% – 94.4%

Community/Environmental Indicators – Score = 57.2; Rank = 17

(note: most of these data were available only for the main city in the MSA)

	San Diego		MSA Average	Range of all Cities
Built Environment				
Parkland as percent of city land area	22.7%		10.6%	2.5% – 25.3%
Acres of parkland/1,000	36.1		18.9	2.3 – 94.1
Farmers' markets/1,000,000	16.0		14.8	1.0 – 41.0
Percent using public transportation to work	3.1%		4.3%	0.4% – 30.5%
Percent bicycling or walking to work	3.4%		2.8%	1.2% – 6.7%
Recreational Facilities				
Ball diamonds/10,000	2.2		2.0	0.3 – 5.7
Dog parks/10,000	1.2		0.9	0.0 – 5.7
Park playgrounds/10,000	1.8		2.3	0.9 – 4.8
Golf courses/100,000	0.6		1.0	0.0 – 5.0
Park units/10,000	3.4		4.2	1.2 – 10.9
Recreation centers/20,000	1.0		1.1	0.1 – 2.6
Swimming pools/100,000	1.0		3.1	0.6 – 9.2
Tennis courts/10,000	1.4		2.1	0.8 – 6.9
Park-related expenditures per capita	$120		$101.5	$12.0 – $259.0
Level of state requirement for Physical Education classes**	3		2.5	0 – 3
Number of primary health care providers per 100,000	87.3		93.2	46.8 – 133.7

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

SAN FRANCISCO, CA
(San Francisco-Oakland-Fremont, CA MSA)

COUNTIES
Alameda, Contra Costa, Marin, San Francisco, San Mateo

Ranking: Total Score = 66.8; Rank = 6

STRENGTHS/ADVANTAGES
- Higher median household income
- Lower percentage of households below poverty level
- Lower percent currently smoking
- Lower percent obese
- Lower percent with angina or coronary heart disease
- Lower death rate for cardiovascular disease
- Lower death rate for diabetes
- Higher percent of city land area as parkland
- More farmers' markets per capita
- Higher percent using public transportation to work
- Higher percent bicycling or walking to work
- More dog parks per capita
- Higher park-related expenditures per capita
- Higher level of state requirement for Physical Education classes
- Higher number of primary health care providers per capita

OPPORTUNITIES/CHALLENGES
- Higher percent of days when mental health was not good during the past 30 days
- Fewer acres of parkland per capita
- Fewer ball diamonds per capita
- Fewer park playgrounds per capita
- Fewer golf courses per capita
- Fewer park units per capita
- Fewer recreation centers per capita
- Fewer swimming pools per capita

DESCRIPTION OF SAN FRANCISCO-OAKLAND-FREMONT, CA MSA

	San Francisco MSA	U.S. Value	MSA Average	MSA Range
Population	4,317,853	307,006,550	3,325,885	1,123,804 – 19,069,796
Percent less than 18 years old	21.6%	24.3%	24.6%	20.2% – 29.4%
Percent 18 to 64 years old	65.9%	62.8%	63.6%	60.5% – 66.9%
Percent 65 years old and older	12.5%	12.9%	11.8%	7.9% – 17.2%
Percent male	49.8%	49.3%	49.2%	48.1% – 51.1%
Percent high school graduate or higher	86.9%	85.3%	86.7%	77.6% – 92.5%
Percent White	56.9%	74.8%	72.3%	49.8% – 88.6%
Percent Black or African American	8.4%	12.4%	15.0%	1.7% – 44.5%
Percent Asian	22.4%	4.5%	5.1%	1.2% – 30.2%
Percent Other Race	12.4%	8.3%	7.6%	1.9% – 24.5%
Percent Hispanic/Latino	20.7%	15.8%	15.1%	1.2% – 53.4%
Percent unemployed	9.8%	9.9%	9.8%	6.4% – 16.3%
Median household income	$73,825	$50,221	$55,331	$43,633 – $85,168
Percent of households below poverty level	6.5%	10.5%	9.5%	4.9% – 15.1%
Violent crime rate/100,000*	563.0	429.4		
Percent with disability	9.5%	12.0%	11.0%	7.4% – 14.5%

*Due to differences in jurisdictional definitions and reporting, the FBI recommends that these rates not be compared across areas

ACSM AMERICAN FITNESS INDEX™ COMPONENTS

Personal Health Indicators – Score = 75.0; Rank = 5

	San Francisco MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	82.6%	76.2%	77.2%	70.4% – 85.9%
Percent physically active at least moderately	48.6%	51.0%	48.7%	36.4% – 58.1%
Percent eating 5+ servings of fruits/vegetables per day	26.1%	23.4%	24.4%	15.8% – 30.0%
Percent currently smoking	8.8%	17.9%	17.0%	8.8% – 25.3%
Chronic Health Problems				
Percent obese	18.1%	26.9%	25.9%	18.1% – 34.3%
Percent in excellent or very good health	59.5%	56.0%	56.8%	46.4% – 66.6%
Any days when physical health was not good during the past 30 days	34.8%	35.5%	35.3%	29.5% – 40.3%
Any days when mental health was not good during the past 30 days	38.5%	33.7%	34.4%	23.8% – 41.9%
Percent with asthma	8.7%	8.8%	8.3%	4.5% – 11.9%
Percent with angina or coronary heart disease	2.4%	3.8%	3.6%	2.4% – 5.6%
Percent with diabetes	8.1%	8.3%	8.3%	5.4% – 11.6%
Death rate/100,000 for cardiovascular disease	159.4	206.7	201.0	131.7 – 268.6
Death rate/100,000 for diabetes	16.8	22.5	21.9	9.9 – 31.4
Health Care				
Percent with health insurance	89.6%	85.6%	86.3%	77.3% – 94.4%

Community/Environmental Indicators – Score = 59.3; Rank = 14

(note: most of these data were available only for the main city in the MSA)

	San Francisco		MSA Average	Range of all Cities
Built Environment				
Parkland as percent of city land area	18.0%		10.6%	2.5% – 25.3%
Acres of parkland/1,000	6.7		18.9	2.3 – 94.1
Farmers' markets/1,000,000	20.8		14.8	1.0 – 41.0
Percent using public transportation to work	14.6%		4.3%	0.4% – 30.5%
Percent bicycling or walking to work	5.9%		2.8%	1.2% – 6.7%
Recreational Facilities				
Ball diamonds/10,000	0.9		2.0	0.3 – 5.7
Dog parks/10,000	3.3		0.9	0.0 – 5.7
Park playgrounds/10,000	1.8		2.3	0.9 – 4.8
Golf courses/100,000	0.9		1.0	0.0 – 5.0
Park units/10,000	2.8		4.2	1.2 – 10.9
Recreation centers/20,000	0.7		1.1	0.1 – 2.6
Swimming pools/100,000	1.1		3.1	0.6 – 9.2
Tennis courts/10,000	2.1		2.1	0.8 – 6.9
Park-related expenditures per capita	$192.0		$101.5	$12.0 – $259.0
Level of state requirement for Physical Education classes**	3		2.5	0 – 3
Number of primary health care providers per 100,000	126.2		93.2	46.8 – 133.7

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

SAN JOSE, CA
(San Jose-Sunnyvale-Santa Clara, CA MSA)

COUNTIES
San Benito, Santa Clara

Ranking: Total Score = 65.2; Rank = 11

STRENGTHS/ADVANTAGES
- Higher median household income
- Lower percentage of households below poverty level
- Higher percentage eating 5+ servings of fruits/vegetables per day
- Lower percent currently smoking
- Lower percent obese
- Lower percent of days when physical health was not good during the last 30 days
- Lower percent with asthma

- Lower percent with angina or coronary heart disease
- Lower death rate for cardiovascular disease
- Higher percent of city land area as parkland
- Higher percent bicycling or walking to work
- Higher park-related expenditures per capita
- Higher level of state requirement for Physical Education classes
- Higher number of primary health care providers per capita

OPPORTUNITIES/CHALLENGES
- Fewer acres of parkland per capita
- Lower percent using public transportation to work
- Fewer ball diamonds per capita

- Fewer golf courses per capita
- Fewer park units per capita
- Fewer swimming pools per capita
- Fewer tennis courts per capita

DESCRIPTION OF SAN JOSE-SUNNYVALE-SANTA CLARA, CA MSA

	San Jose MSA	U.S. Value	MSA Average	MSA Range
Population	1,839,700	307,006,550	3,325,885	1,123,804 – 19,069,796
Percent less than 18 years old	24.6%	24.3%	24.6%	20.2% – 29.4%
Percent 18 to 64 years old	64.5%	62.8%	63.6%	60.5% – 66.9%
Percent 65 years old and older	10.9%	12.9%	11.8%	7.9% – 17.2%
Percent male	51.1%	49.3%	49.2%	48.1% – 51.1%
Percent high school graduate or higher	85.4%	85.3%	86.7%	77.6% – 92.5%
Percent White	51.2%	74.8%	72.3%	49.8% – 88.6%
Percent Black or African American	2.5%	12.4%	15.0%	1.7% – 44.5%
Percent Asian	30.2%	4.5%	5.1%	1.2% – 30.2%
Percent Other Race	16.1%	8.3%	7.6%	1.9% – 24.5%
Percent Hispanic/Latino	27.1%	15.8%	15.1%	1.2% – 53.4%
Percent unemployed	10.5%	9.9%	9.8%	6.4% – 16.3%
Median household income	$84,483	$50,221	$55,331	$43,633 – $85,168
Percent of households below poverty level	6.6%	10.5%	9.5%	4.9% – 15.1%
Violent crime rate/100,000*	288.6	429.4		
Percent with disability	7.4%	12.0%	11.0%	7.4% – 14.5%

*Due to differences in jurisdictional definitions and reporting, the FBI recommends that these rates not be compared across areas

ACSM AMERICAN FITNESS INDEX™ COMPONENTS

Personal Health Indicators – Score = 78.5; Rank = 3

	San Jose MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	81.5%	76.2%	77.2%	70.4% – 85.9%
Percent physically active at least moderately	47.4%	51.0%	48.7%	36.4% – 58.1%
Percent eating 5+ servings of fruits/vegetables per day	29.3%	23.4%	24.4%	15.8% – 30.0%
Percent currently smoking	8.8%	17.9%	17.0%	8.8% – 25.3%
Chronic Health Problems				
Percent obese	20.8%	26.9%	25.9%	18.1% – 34.3%
Percent in excellent or very good health	58.3%	56.0%	56.8%	46.4% – 66.6%
Any days when physical health was not good during the past 30 days	29.5%	35.5%	35.3%	29.5% – 40.3%
Any days when mental health was not good during the past 30 days	33.1%	33.7%	34.4%	23.8% – 41.9%
Percent with asthma	4.5%	8.8%	8.3%	4.5% – 11.9%
Percent with angina or coronary heart disease	2.7%	3.8%	3.6%	2.4% – 5.6%
Percent with diabetes	8.9%	8.3%	8.3%	5.4% – 11.6%
Death rate/100,000 for cardiovascular disease	146.6	206.7	201.0	131.7 – 268.6
Death rate/100,000 for diabetes	22.6	22.5	21.9	9.9 – 31.4
Health Care				
Percent with health insurance	91.9%	85.6%	86.3%	77.3% – 94.4%

Community/Environmental Indicators – Score = 52.9; Rank = 24
(note: most of these data were available only for the main city in the MSA)

	San Jose		MSA Average	Range of all Cities
Built Environment				
Parkland as percent of city land area	14.3%		10.6%	2.5% – 25.3%
Acres of parkland/1,000	16.9		18.9	2.3 – 94.1
Farmers' markets/1,000,000	14.7		14.8	1.0 – 41.0
Percent using public transportation to work	3.1%		4.3%	0.4% – 30.5%
Percent bicycling or walking to work	3.6%		2.8%	1.2% – 6.7%
Recreational Facilities				
Ball diamonds/10,000	0.5		2.0	0.3 – 5.7
Dog parks/10,000	0.9		0.9	0.0 – 5.7
Park playgrounds/10,000	2.4		2.3	0.9 – 4.8
Golf courses/100,000	0.3		1.0	0.0 – 5.0
Park units/10,000	2.7		4.2	1.2 – 10.9
Recreation centers/20,000	1.1		1.1	0.1 – 2.6
Swimming pools/100,000	0.6		3.1	0.6 – 9.2
Tennis courts/10,000	0.8		2.1	0.8 – 6.9
Park-related expenditures per capita	$147		$101.5	$12.0 – $259.0
Level of state requirement for Physical Education classes**	3		2.5	0 – 3
Number of primary health care providers per 100,000	111.3		93.2	46.8 – 133.7

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

SEATTLE, WA
(Seattle-Tacoma-Bellevue, WA MSA)

COUNTIES
King, Snohomish, Pierce

Ranking: Total Score = 66.5; Rank = 8

STRENGTHS/ADVANTAGES
- Lower percent unemployed
- Higher median household income
- Lower percentage of households below poverty level
- Lower percent currently smoking
- Lower percent with angina or coronary heart disease
- Lower percent with diabetes
- More farmers' markets per capita
- Higher percent using public transportation to work
- Higher percent bicycling or walking to work
- More dog parks per capita
- More park units per capita
- More tennis courts per capita
- Higher park-related expenditures per capita
- Higher level of state requirement for Physical Education classes
- Higher number of primary health care providers per capita

OPPORTUNITIES/CHALLENGES
- Fewer acres of parkland per capita
- Fewer golf courses per capita
- Fewer recreation centers per capita
- Fewer swimming pools per capita

DESCRIPTION OF SEATTLE-TACOMA-BELLEVUE, WA MSA

	Seattle MSA	U.S. Value	MSA Average	MSA Range
Population	3,407,848	307,006,550	3,325,885	1,123,804 – 19,069,796
Percent less than 18 years old	22.8%	24.3%	24.6%	20.2% – 29.4%
Percent 18 to 64 years old	66.7%	62.8%	63.6%	60.5% – 66.9%
Percent 65 years old and older	10.6%	12.9%	11.8%	7.9% – 17.2%
Percent male	50.0%	49.3%	49.2%	48.1% – 51.1%
Percent high school graduate or higher	91.3%	85.3%	86.7%	77.6% – 92.5%
Percent White	75.3%	74.8%	72.3%	49.8% – 88.6%
Percent Black or African American	5.5%	12.4%	15.0%	1.7% – 44.5%
Percent Asian	10.5%	4.5%	5.1%	1.2% – 30.2%
Percent Other Race	8.7%	8.3%	7.6%	1.9% – 24.5%
Percent Hispanic/Latino	8.0%	15.8%	15.1%	1.2% – 53.4%
Percent unemployed	8.6%	9.9%	9.8%	6.4% – 16.3%
Median household income	$64,028	$50,221	$55,331	$43,633 – $85,168
Percent of households below poverty level	6.7%	10.5%	9.5%	4.9% – 15.1%
Violent crime rate/100,000*	384.3	429.4		
Percent with disability	10.3%	12.0%	11.0%	7.4% – 14.5%

*Due to differences in jurisdictional definitions and reporting, the FBI recommends that these rates not be compared across areas

ACSM AMERICAN FITNESS INDEX™ COMPONENTS

Personal Health Indicators – Score = 65.4; Rank = 14

	Seattle MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	81.8%	76.2%	77.2%	70.4% – 85.9%
Percent physically active at least moderately	50.3%	51.0%	48.7%	36.4% – 58.1%
Percent eating 5+ servings of fruits/vegetables per day	26.3%	23.4%	24.4%	15.8% – 30.0%
Percent currently smoking	13.3%	17.9%	17.0%	8.8% – 25.3%
Chronic Health Problems				
Percent obese	23.9%	26.9%	25.9%	18.1% – 34.3%
Percent in excellent or very good health	57.6%	56.0%	56.8%	46.4% – 66.6%
Any days when physical health was not good during the past 30 days	38.2%	35.5%	35.3%	29.5% – 40.3%
Any days when mental health was not good during the past 30 days	35.8%	33.7%	34.4%	23.8% – 41.9%
Percent with asthma	8.8%	8.8%	8.3%	4.5% – 11.9%
Percent with angina or coronary heart disease	3.1%	3.8%	3.6%	2.4% – 5.6%
Percent with diabetes	7.3%	8.3%	8.3%	5.4% – 11.6%
Death rate/100,000 for cardiovascular disease	181.7	206.7	201.0	131.7 – 268.6
Death rate/100,000 for diabetes	21.3	22.5	21.9	9.9 – 31.4
Health Care				
Percent with health insurance	87.3%	85.6%	86.3%	77.3% – 94.4%

Community/Environmental Indicators – Score = 67.5; Rank = 6
(note: most of these data were available only for the main city in the MSA)

	Seattle		MSA Average	Range of all Cities
Built Environment				
Parkland as percent of city land area	10.2%		10.6%	2.5% – 25.3%
Acres of parkland/1,000	9.1		18.9	2.3 – 94.1
Farmers' markets/1,000,000	21.1		14.8	1.0 – 41.0
Percent using public transportation to work	8.7%		4.3%	0.4% – 30.5%
Percent bicycling or walking to work	4.5%		2.8%	1.2% – 6.7%
Recreational Facilities				
Ball diamonds/10,000	1.9		2.0	0.3 – 5.7
Dog parks/10,000	1.8		0.9	0.0 – 5.7
Park playgrounds/10,000	2.2		2.3	0.9 – 4.8
Golf courses/100,000	0.8		1.0	0.0 – 5.0
Park units/10,000	7.2		4.2	1.2 – 10.9
Recreation centers/20,000	0.9		1.1	0.1 – 2.6
Swimming pools/100,000	1.7		3.1	0.6 – 9.2
Tennis courts/10,000	2.8		2.1	0.8 – 6.9
Park-related expenditures per capita	$252		$101.5	$12.0 – $259.0
Level of state requirement for Physical Education classes**	3		2.5	0 – 3
Number of primary health care providers per 100,000	104.7		93.2	46.8 – 133.7

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

TAMPA, FL
(Tampa-St. Petersburg-Clearwater, FL MSA)

COUNTIES
Hernando, Hillsborough, Pasco, Pinellas

Ranking: Total Score = 40.4; Rank = 40

STRENGTHS/ADVANTAGES
• Lower percent with asthma
• Lower death rate for cardiovascular disease
• More ball diamonds per capita
• More dog parks per capita

• More park units per capita
• More recreation centers per capita
• More swimming pools per capita
• Higher park-related expenditures per capita

OPPORTUNITIES/CHALLENGES
• Higher percent unemployed
• Lower median household income
• Higher percent currently smoking
• Higher percent obese
• Higher percent of days when physical health was not good during the past 30 days
• Higher percent with angina or coronary heart disease
• Higher percent with diabetes
• Higher death rate for diabetes

• Lower percent of city land area as parkland
• Fewer acres of parkland per capita
• Fewer farmers' markets per capita
• Lower percent using public transportation to work
• Lower percent bicycling or walking to work
• Fewer golf courses per capita
• Fewer tennis courts per capita
• Lower level of state requirement for Physical Education classes

DESCRIPTION OF TAMPA–ST. PETERSBURG–CLEARWATER, FL MSA

	Tampa MSA	U.S. Value	MSA Average	MSA Range
Population	2,747,272	307,006,550	3,325,885	1,123,804 – 19,069,796
Percent less than 18 years old	21.6%	24.3%	24.6%	20.2% – 29.4%
Percent 18 to 64 years old	61.2%	62.8%	63.6%	60.5% – 66.9%
Percent 65 years old and older	17.2%	12.9%	11.8%	7.9% – 17.2%
Percent male	48.7%	49.3%	49.2%	48.1% – 51.1%
Percent high school graduate or higher	86.5%	85.3%	86.7%	77.6% – 92.5%
Percent White	81.3%	74.8%	72.3%	49.8% – 88.6%
Percent Black or African American	11.9%	12.4%	15.0%	1.7% – 44.5%
Percent Asian	2.9%	4.5%	5.1%	1.2% – 30.2%
Percent Other Race	3.9%	8.3%	7.6%	1.9% – 24.5%
Percent Hispanic/Latino	15.1%	15.8%	15.1%	1.2% – 53.4%
Percent unemployed	11.7%	9.9%	9.8%	6.4% – 16.3%
Median household income	$44,061	$50,221	$55,331	$43,633 – $85,168
Percent of households below poverty level	10.0%	10.5%	9.5%	4.9% – 15.1%
Violent crime rate/100,000*	588.9	429.4		
Percent with disability	13.3%	12.0%	11.0%	7.4% – 14.5%

*Due to differences in jurisdictional definitions and reporting, the FBI recommends that these rates not be compared across areas

ACSM AMERICAN FITNESS INDEX™ COMPONENTS

Personal Health Indicators – Score = 28.9; Rank = 46

	Tampa MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	74.7%	76.2%	77.2%	70.4% – 85.9%
Percent physically active at least moderately	45.4%	51.0%	48.7%	36.4% – 58.1%
Percent eating 5+ servings of fruits/vegetables per day	24.7%	23.4%	24.4%	15.8% – 30.0%
Percent currently smoking	21.3%	17.9%	17.0%	8.8% – 25.3%
Chronic Health Problems				
Percent obese	29.2%	26.9%	25.9%	18.1% – 34.3%
Percent in excellent or very good health	53.8%	56.0%	56.8%	46.4% – 66.6%
Any days when physical health was not good during the past 30 days	39.1%	35.5%	35.3%	29.5% – 40.3%
Any days when mental health was not good during the past 30 days	32.8%	33.7%	34.4%	23.8% – 41.9%
Percent with asthma	6.9%	8.8%	8.3%	4.5% – 11.9%
Percent with angina or coronary heart disease	5.5%	3.8%	3.6%	2.4% – 5.6%
Percent with diabetes	10.9%	8.3%	8.3%	5.4% – 11.6%
Death rate/100,000 for cardiovascular disease	179.7	206.7	201.0	131.7 – 268.6
Death rate/100,000 for diabetes	24.8	22.5	21.9	9.9 – 31.4
Health Care				
Percent with health insurance	82.9%	85.6%	86.3%	77.3% – 94.4%

Community/Environmental Indicators – Score = 51.1; Rank = 27
(note: most of these data were available only for the main city in the MSA)

	Tampa		MSA Average	Range of all Cities
Built Environment				
Parkland as percent of city land area	4.7%		10.6%	2.5% – 25.3%
Acres of parkland/1,000	9.9		18.9	2.3 – 94.1
Farmers' markets/1,000,000	7.3		14.8	1.0 – 41.0
Percent using public transportation to work	1.4%		4.3%	0.4% – 30.5%
Percent bicycling or walking to work	2.1%		2.8%	1.2% – 6.7%
Recreational Facilities				
Ball diamonds/10,000	3.1		2.0	0.3 – 5.7
Dog parks/10,000	2.1		0.9	0.0 – 5.7
Park playgrounds/10,000	2.4		2.3	0.9 – 4.8
Golf courses/100,000	0.9		1.0	0.0 – 5.0
Park units/10,000	5.4		4.2	1.2 – 10.9
Recreation centers/20,000	1.5		1.1	0.1 – 2.6
Swimming pools/100,000	3.8		3.1	0.6 – 9.2
Tennis courts/10,000	1.4		2.1	0.8 – 6.9
Park-related expenditures per capita	$120		$101.5	$12.0 – $259.0
Level of state requirement for Physical Education classes**	1		2.5	0 – 3
Number of primary health care providers per 100,000	87.1		93.2	46.8 – 133.7

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

VIRGINIA BEACH, VA
(Virginia Beach–Norfolk–Newport News, VA-NC MSA)

COUNTIES
Currituck NC, Gloucester VA, Isle of Wight VA, James City VA, Mathews VA, Surry VA, York VA, Chesapeake City VA, Hampton City VA, Newport News City VA, Norfolk City VA, Poquoson City VA, Portsmouth City VA, Suffolk City VA, Virginia Beach City VA, Williamsburg City VA

Ranking: Total Score = 65.8; Rank = 9

STRENGTHS/ADVANTAGES
- Lower percent unemployed
- Lower percentage of households below poverty level
- Higher percentage eating 5+ servings of fruits/vegetables per day
- Lower percent with angina or coronary heart disease
- Higher percent of city land area and parkland
- More acres of parkland per capita
- More ball diamonds per capita
- More park playgrounds per capita
- More golf courses per capita
- More park units per capita
- More tennis courts per capita
- Higher park-related expenditures per capita
- Higher level of state requirement for Physical Education classes

OPPORTUNITIES/CHALLENGES
- Higher percent currently smoking
- Fewer farmers' markets per capita
- Lower percent using public transportation to work
- Fewer dog parks per capita
- Fewer recreation centers per capita
- Fewer swimming pools per capita

DESCRIPTION OF VIRGINIA BEACH–NORFOLK–NEWPORT NEWS, VA-NC MSA

	Virginia Beach MSA	U.S. Value	MSA Average	MSA Range
Population	1,674,498	307,006,550	3,325,885	1,123,804 – 19,069,796
Percent less than 18 years old	24.2%	24.3%	24.6%	20.2% – 29.4%
Percent 18 to 64 years old	64.3%	62.8%	63.6%	60.5% – 66.9%
Percent 65 years old and older	11.5%	12.9%	11.8%	7.9% – 17.2%
Percent male	48.9%	49.3%	49.2%	48.1% – 51.1%
Percent high school graduate or higher	89.4%	85.3%	86.7%	77.6% – 92.5%
Percent White	61.3%	74.8%	72.3%	49.8% – 88.6%
Percent Black or African American	31.2%	12.4%	15.0%	1.7% – 44.5%
Percent Asian	3.2%	4.5%	5.1%	1.2% – 30.2%
Percent Other Race	4.3%	8.3%	7.6%	1.9% – 24.5%
Percent Hispanic/Latino	4.5%	15.8%	15.1%	1.2% – 53.4%
Percent unemployed	7.9%	9.9%	9.8%	6.4% – 16.3%
Median household income	$55,209	$50,221	$55,331	$43,633 – $85,168
Percent of households below poverty level	7.8%	10.5%	9.5%	4.9% – 15.1%
Violent crime rate/100,000*	N/A‡	429.4		
Percent with disability	10.5%	12.0%	11.0%	7.4% – 14.5%

‡This measure was not available.

*Due to differences in jurisdictional definitions and reporting, the FBI recommends that these rates not be compared across areas

ACSM AMERICAN FITNESS INDEX™ COMPONENTS

Personal Health Indicators – Score = 67.1; Rank = 11

	Virginia Beach MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	81.0%	76.2%	77.2%	70.4% – 85.9%
Percent physically active at least moderately	52.5%	51.0%	48.7%	36.4% – 58.1%
Percent eating 5+ servings of fruits/vegetables per day	30.0%	23.4%	24.4%	15.8% – 30.0%
Percent currently smoking	18.9%	17.9%	17.0%	8.8% – 25.3%
Chronic Health Problems				
Percent obese	24.1%	26.9%	25.9%	18.1% – 34.3%
Percent in excellent or very good health	58.7%	56.0%	56.8%	46.4% – 66.6%
Any days when physical health was not good during the past 30 days	32.1%	35.5%	35.3%	29.5% – 40.3%
Any days when mental health was not good during the past 30 days	32.9%	33.7%	34.4%	23.8% – 41.9%
Percent with asthma	8.8%	8.8%	8.3%	4.5% – 11.9%
Percent with angina or coronary heart disease	3.2%	3.8%	3.6%	2.4% – 5.6%
Percent with diabetes	8.3%	8.3%	8.3%	5.4% – 11.6%
Death rate/100,000 for cardiovascular disease	208.8	206.7	201.0	131.7 – 268.6
Death rate/100,000 for diabetes	21.9	22.5	21.9	9.9 – 31.4
Health Care				
Percent with health insurance	88.5%	85.6%	86.3%	77.3% – 94.4%

Community/Environmental Indicators – Score = 64.7; Rank = 8
(note: most of these data were available only for the main city in the MSA)

	Virginia Beach		MSA Average	Range of all Cities
Built Environment				
Parkland as percent of city land area	21.2%		10.6%	2.5% – 25.3%
Acres of parkland/1,000	77.6		18.9	2.3 – 94.1
Farmers' markets/1,000,000	10.7		14.8	1.0 – 41.0
Percent using public transportation to work	1.4%		4.3%	0.4% – 30.5%
Percent bicycling or walking to work	2.8%		2.8%	1.2% – 6.7%
Recreational Facilities				
Ball diamonds/10,000	3.2		2.0	0.3 – 5.7
Dog parks/10,000	0.5		0.9	0.0 – 5.7
Park playgrounds/10,000	4.8		2.3	0.9 – 4.8
Golf courses/100,000	1.2		1.0	0.0 – 5.0
Park units/10,000	6.9		4.2	1.2 – 10.9
Recreation centers/20,000	0.3		1.1	0.1 – 2.6
Swimming pools/100,000	1.4		3.1	0.6 – 9.2
Tennis courts/10,000	3.7		2.1	0.8 – 6.9
Park-related expenditures per capita	$142		$101.5	$12.0 – $259.0
Level of state requirement for Physical Education classes**	3		2.5	0 – 3
Number of primary health care providers per 100,000	85.6		93.2	46.8 – 133.7

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

WASHINGTON, DC
(Washington-Arlington-Alexandria, DC-VA-MD-WV MSA)

COUNTIES
Frederick MD, Montgomery MD, District of Columbia DC, Calvert MD, Charles MD, Prince George's MD, Arlington VA, Clarke VA, Fairfax VA, Fauquier VA, Loudoun VA, Prince William VA, Spotsylvania VA, Stafford VA, Warren VA, Alexandria City VA, Fairfax City VA, Falls Church City VA, Fredericksburg City VA, Manassas City VA, Manassas Park City VA, Jefferson WV

Ranking: Total Score = 76.8; Rank = 2

STRENGTHS/ADVANTAGES
- Lower percent unemployed
- Higher median household income
- Lower percentage of households below poverty level
- Higher percentage eating 5+ servings of fruits/vegetables per day
- Lower percent currently smoking
- Lower percent obese
- Higher percent in excellent or very good health
- Lower percent with angina or coronary heart disease
- Lower percent with diabetes
- Lower death rate for diabetes
- Higher percent of city land area as parkland

- More farmers' markets per capita
- Higher percent using public transportation to work
- Higher percent bicycling or walking to work
- More park units per capita
- More recreation centers per capita
- More swimming pools per capita
- More tennis courts per capita
- Higher park-related expenditures per capita
- Higher level of state requirement for Physical Education classes
- Higher number of primary health care providers per capita

OPPORTUNITIES/CHALLENGES
- Fewer acres of parkland per capita
- Fewer dog parks per capita

- Fewer park playgrounds per capita
- Fewer golf courses per capita

DESCRIPTION OF WASHINGTON-ARLINGTON-ALEXANDRIA, DC-VA-MD-WV MSA

	Washington MSA	U.S. Value	MSA Average	MSA Range
Population	5,476,241	307,006,550	3,325,885	1,123,804 – 19,069,796
Percent less than 18 years old	24.4%	24.3%	24.6%	20.2% – 29.4%
Percent 18 to 64 years old	65.5%	62.8%	63.6%	60.5% – 66.9%
Percent 65 years old and older	10.0%	12.9%	11.8%	7.9% – 17.2%
Percent male	48.9%	49.3%	49.2%	48.1% – 51.1%
Percent high school graduate or higher	90.0%	85.3%	86.7%	77.6% – 92.5%
Percent White	57.1%	74.8%	72.3%	49.8% – 88.6%
Percent Black or African American	26.0%	12.4%	15.0%	1.7% – 44.5%
Percent Asian	8.6%	4.5%	5.1%	1.2% – 30.2%
Percent Other Race	8.3%	8.3%	7.6%	1.9% – 24.5%
Percent Hispanic/Latino	13.0%	15.8%	15.1%	1.2% – 53.4%
Percent unemployed	7.3%	9.9%	9.8%	6.4% – 16.3%
Median household income	$85,168	$50,221	$55,331	$43,633 – $85,168
Percent of households below poverty level	4.9%	10.5%	9.5%	4.9% – 15.1%
Violent crime rate/100,000*	402.4	429.4		
Percent with disability	8.0%	12.0%	11.0%	7.4% – 14.5%

*Due to differences in jurisdictional definitions and reporting, the FBI recommends that these rates not be compared across areas

ACSM AMERICAN FITNESS INDEX™ COMPONENTS

Personal Health Indicators – Score = 81.3; Rank = 1

	Washington MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	81.6%	76.2%	77.2%	70.4% – 85.9%
Percent physically active at least moderately	48.4%	51.0%	48.7%	36.4% – 58.1%
Percent eating 5+ servings of fruits/vegetables per day	27.5%	23.4%	24.4%	15.8% – 30.0%
Percent currently smoking	13.6%	17.9%	17.0%	8.8% – 25.3%
Chronic Health Problems				
Percent obese	21.4%	26.9%	25.9%	18.1% – 34.3%
Percent in excellent or very good health	64.1%	56.0%	56.8%	46.4% – 66.6%
Any days when physical health was not good during the past 30 days	33.6%	35.5%	35.3%	29.5% – 40.3%
Any days when mental health was not good during the past 30 days	32.7%	33.7%	34.4%	23.8% – 41.9%
Percent with asthma	7.6%	8.8%	8.3%	4.5% – 11.9%
Percent with angina or coronary heart disease	2.8%	3.8%	3.6%	2.4% – 5.6%
Percent with diabetes	7.1%	8.3%	8.3%	5.4% – 11.6%
Death rate/100,000 for cardiovascular disease	187.0	206.7	201.0	131.7 – 268.6
Death rate/100,000 for diabetes	18.9	22.5	21.9	9.9 – 31.4
Health Care				
Percent with health insurance	91.5%	85.6%	86.3%	77.3% – 94.4%

Community/Environmental Indicators – Score = 72.6; Rank = 3
(note: most of these data were available only for the main city in the MSA)

	Washington		MSA Average	Range of all Cities
Built Environment				
Parkland as percent of city land area	19.4%		10.6%	2.5% – 25.3%
Acres of parkland/1,000	12.9		18.9	2.3 – 94.1
Farmers' markets/1,000,000	18.6		14.8	1.0 – 41.0
Percent using public transportation to work	14.1%		4.3%	0.4% – 30.5%
Percent bicycling or walking to work	3.8%		2.8%	1.2% – 6.7%
Recreational Facilities				
Ball diamonds/10,000	2.0		2.0	0.3 – 5.7
Dog parks/10,000	0.5		0.9	0.0 – 5.7
Park playgrounds/10,000	1.7		2.3	0.9 – 4.8
Golf courses/100,000	0.5		1.0	0.0 – 5.0
Park units/10,000	6.4		4.2	1.2 – 10.9
Recreation centers/20,000	2.4		1.1	0.1 – 2.6
Swimming pools/100,000	6.1		3.1	0.6 – 9.2
Tennis courts/10,000	3.5		2.1	0.8 – 6.9
Park-related expenditures per capita	$259		$101.5	$12.0 – $259.0
Level of state requirement for Physical Education classes**	3		2.5	0 – 3
Number of primary health care providers per 100,000	105.2		93.2	46.8 – 133.7

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

APPENDIX A – DATA SOURCES

Variable	Data Source	Web Site
Population Estimate	2009 US Census	http://www.census.gov/popest/estimates.html
Age Groups	2009 US Census	http://factfinder.census.gov/servlet/DatasetMainPage Servlet?_program=PEP&_submenuId=&_lang=en&_ts=
Percent male	US Census – 2009 American Community Survey	http://factfinder.census.gov/servlet/DatasetMainPage Servlet?_program=ACS&_submenuId=&_lang=en&_ts=
Percent high school graduate or higher	US Census – 2009 American Community Survey	http://factfinder.census.gov/servlet/DatasetMainPage Servlet?_program=ACS&_submenuId=&_lang=en&_ts=
Percent in each race groups	US Census – 2009 American Community Survey	http://factfinder.census.gov/servlet/DatasetMainPage Servlet?_program=ACS&_submenuId=&_lang=en&_ts=
Percent Hispanic/Latino	US Census – 2009 American Community Survey	http://factfinder.census.gov/servlet/DatasetMainPage Servlet?_program=ACS&_submenuId=&_lang=en&_ts=
Percent unemployed	US Census – 2009 American Community Survey	http://factfinder.census.gov/servlet/DatasetMainPage Servlet?_program=ACS&_submenuId=&_lang=en&_ts=
Median household income	US Census – 2009 American Community Survey	http://factfinder.census.gov/servlet/DatasetMainPage Servlet?_program=ACS&_submenuId=&_lang=en&_ts=
Percent of households below poverty level	US Census – 2009 American Community Survey	http://factfinder.census.gov/servlet/DatasetMainPage Servlet?_program=ACS&_submenuId=&_lang=en&_ts=
Violent crime rate/100,000	FBI Uniform Crime Reporting Program 2009	http://www2.fbi.gov/ucr/cius2009/data/table_06.html
Percent with disability	US Census – 2009 American Community Survey	http://factfinder.census.gov/servlet/DatasetMainPage Servlet?_program=ACS&_submenuId=&_lang=en&_ts=
Percent physically active or exercising in the last 30 days	2009 SMART BRFSS – MSA Data	http://apps.nccd.cdc.gov/brfss-smart/SelMMSAPrev Data.asp
Percent physically active at least moderately	2009 SMART BRFSS – MSA Data	http://apps.nccd.cdc.gov/brfss-smart/SelMMSAPrev Data.asp
Percent eating 5+ fruits/ vegetables per day	2009 SMART BRFSS – MSA Data	http://apps.nccd.cdc.gov/brfss-smart/SelMMSAPrev Data.asp
Percent currently smoking	2009 SMART BRFSS – MSA Data	http://apps.nccd.cdc.gov/brfss-smart/SelMMSAPrev Data.asp
Percent obese	2009 SMART BRFSS – MSA Data	http://apps.nccd.cdc.gov/brfss-smart/SelMMSAPrev Data.asp
Percent in excellent or very good health	2009 SMART BRFSS – MSA Data	http://apps.nccd.cdc.gov/brfss-smart/SelMMSAPrev Data.asp
Any days when physical health, was not good during the past 30 days	2009 BRFSS	http://www.cdc.gov/brfss/technical_infodata/survey6
Any days when mental health, was not good during the past 30 days	2009 BRFSS	http://www.cdc.gov/brfss/technical_infodata/survey data/2009.htm

APPENDIX A – DATA SOURCES

Variable	Data Source	Web Site
Percent with asthma	2009 SMART BRFSS – MSA Data	http://apps.nccd.cdc.gov/brfss-smart/SelMMSAPrevData.asp
Percent with angina or coronary heart disease	2009 SMART BRFSS – MSA Data	http://apps.nccd.cdc.gov/brfss-smart/SelMMSAPrevData.asp
Percent with diabetes	2009 SMART BRFSS – MSA Data	http://apps.nccd.cdc.gov/brfss-smart/SelMMSAPrevData.asp
Death rate/100,000 for cardiovascular disease	2007 CDC Wonder	http://wonder.cdc.gov
Death rate/100,000 for diabetes	2007 CDC Wonder	http://wonder.cdc.gov
Percent with health insurance	2009 SMART BRFSS – MSA Data	http://apps.nccd.cdc.gov/brfss-smart/SelMMSAPrevData.asp
Parkland as a percent of MSA and area	2010 City Park Facts – The Trust for Public Land	http://www.tpl.org/tier3_cd.cfm?content_item_id=20531&folder_id=3208
Acres of parkland/1,000	2010 City Park Facts – The Trust for Public Land	http://www.tpl.org/tier3_cd.cfm?content_item_id=20531&folder_id=3208
Farmers' markets/1,000,000	USDA Farmers Markets	http://apps.ams.usda.gov/FarmersMarkets/
Percent using public transportation to work	US Census – 2009 American Community Survey	http://factfinder.census.gov/servlet/DatasetMainPage Servlet?_program=ACS&_submenuId=&_lang=en&_ts=
Percent bicycling or walking to work	US Census – 2009 American Community Survey	http://factfinder.census.gov/servlet/DatasetMainPage Servlet?_program=ACS&_submenuId=&_lang=en&_ts=
Ball diamonds/10,000	2010 City Park Facts – The Trust for Public Land	http://www.tpl.org/tier3_cd.cfm?content_item_id=20531&folder_id=3208
Dog parks/10,000	2010 City Park Facts – The Trust for Public Land	http://www.tpl.org/tier3_cd.cfm?content_item_id=20531&folder_id=3208
Park playgrounds/10,000	2010 City Park Facts – The Trust for Public Land	http://www.tpl.org/tier3_cd.cfm?content_item_id=20531&folder_id=3208
Golf courses/100,000	2010 City Park Facts – The Trust for Public Land	http://www.tpl.org/tier3_cd.cfm?content_item_id=20531&folder_id=3208
Park units/10,000	2010 City Park Facts – The Trust for Public Land	http://www.tpl.org/tier3_cd.cfm?content_item_id=20531&folder_id=3208
Recreation centers/20,000	2010 City Park Facts – The Trust for Public Land	http://www.tpl.org/tier3_cd.cfm?content_item_id=20531&folder_id=3208
Swimming pools/100,000	2010 City Park Facts – The Trust for Public Land	http://www.tpl.org/tier3_cd.cfm?content_item_id=20531&folder_id=3208
Tennis courts/10,000	2010 City Park Facts – The Trust for Public Land	http://www.tpl.org/tier3_cd.cfm?content_item_id=20531&folder_id=3208
Park-related expenditures per capita	2010 City Park Facts – The Trust for Public Land	http://www.tpl.org/tier3_cd.cfm?content_item_id=20531&folder_id=3208
Level of state requirement for Physical Education classes	2006 – School Health Policies and Programs Study	http://www.cdc.gov/HealthyYouth/shpps/2006/report-cards/index.htm
Number of primary health care providers per 100,000	2009 HRSA Area Resource File	http://www.arfsys.com/ *Note: The Area Resource File must be purchased. This web site describes the database.

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APPENDIX C – *MY AFI* COMMUNITY APPLICATION TOOL INSTRUCTIONS

My AFI is the community application tool of the ACSM American Fitness Index™ (AFI) Program. *My AFI* integrates the components of the ACSM American Fitness Index™ into a health promotion approach that can be applied in just about any community. Using the *My AFI* Data Template in this section, stakeholders can gain an understanding of the individual and societal behaviors related to physical activity in their community.

My AFI **Data**

Step 1

Complete the *My AFI* Data Template for your community using the data sources listed in the Appendix A of the 2010 data report.

- The indicators on the *My AFI* Data Template highlighted with an asterisk (*) are not modifiable through community health programming, but help provide a description of your community's population characteristics. This information is helpful when choosing the target audiences and strategies for implementing programs.
  - All the data may not be available for your community. Given this limitation, populate the *My AFI* Data Template as completely as possible for your community.

Step 2

Determine the "Strengths/Advantages" and Opportunities/Challenges" of your community.

- The *My AFI* Data Template has six columns. The "*My AFI*" column (column 2) is the place on the template to document your *My AFI* Data collected in step 1. Columns 3-5 provide U.S. values, the MSA average value and the MSA Average +/- 10%. The sixth column, "Strength or Opportunity" provides space for you to determine if the characteristics are a strength or opportunity for your community.

  - Compare *My AFI* Data to the MSA Average +/- 10% column (this is the exact methodology used in the data report).

    - Those health indicator values that are better than the 10% or more compared to all MSAs would be considered a "Strength/Advantage" in your community. For example, 25.3% is the MSA average percent who consume 5+ servings of fruit or vegetables per day. If you found that 29% of the residents in your community reported eating 5+ servings of fruit and vegetables per day, that value is over the "MSA Average +/- 10%" range, than you would consider this a "Strength/Advantage" of your community.

    - On the other hand, those health indicator values that are worse than 10% compared to all MSAs would be considered an "Opportunity/Challenge" for your community. For example, 17.8% is the MSA average percent who are currently smoking. If you found that 21% of the residents in your community report they were currently smoking, that value is over the "MSA Average +/- 10%" range, than you would consider this an "Opportunity/Challenge" for your community.

    - Note that the built environment data were only available for the city, not the metropolitan area. Therefore, you would want to make sure you gathered data for your city and not the total of your community and the surrounding area equivalent to a metropolitan area.

Step 3

- Highlight the "Strengths/Advantages" of your community and celebrate the efforts of those who helped your community develop these good attributes.
- Consider what "Opportunities/Challenges," if impacted, would improve the overall health, fitness, and quality of life of the residents of your community. These would be considered targets for implementing initiatives to improve these measures.
- Consult the *AFI Community Action Guide* to organize health promotion partners for action in your community *(http://www.americanfitnessindex.org/guide.htm)*.
- Choose resources to help plan your programs.

APPENDIX C – *MY AFI* DATA TEMPLATE

CHARACTERISTICS	MY AFI	U.S. VALUE	MSA AVERAGE	MSA AVERAGE +/− 10%	STRENGTH OR OPPORTUNITY
Population Characteristics					
Population*		307,006,550	3,325,885		
Percent less than 18 years old*		24.3%	24.6%		
Percent 18-64 years old*		62.8%	63.6%		
Percent 65 years old and older*		12.9%	11.8%		
Percent male*		49.3%	49.2%		
Percent high school graduate or higher		85.3%	86.7%	78.03% – 95.37%	
Percent White*		74.8%	72.3%		
Percent Black or African American*		12.4%	15.0%		
Percent Asian*		4.5%	5.1%		
Percent Other Race*		8.3%	7.6%		
Percent Hispanic/Latino*		15.8%	15.1%		
Percent unemployed		9.9%	9.8%	8.82% – 10.78%	
Median household income		$50,221	$55,331	$49,797.90 – $60,864.10	
Percent of households below poverty level		10.5%	9.5%	7.56% – 9.24%	
Violent crime rate/100,000		429.4			
Percent with disability*		12.0%	11.0%	8.55% – 10.45%	
Health Behaviors					
Percent any physical activity or exercise in the last 30 days		76.2%	77.2%	69.48% – 84.92%	
Percent physically active at least moderately		51.0%	48.7%	43.83% – 53.57%	
Percent eating 5+ servings of fruits/vegetables per day		23.4%	24.4%	21.96% – 26.84%	
Percent currently smoking		17.9%	17.0%	15.30% – 18.70%	
Chronic Health Problems					
Percent obese		26.9%	25.9%	23.31% – 28.49%	
Percent in excellent or very good health		56.0%	56.8%	51.12% – 62.48%	
Any days when physical health was not good during the past 30 days		35.5%	35.3%	31.77% – 38.83%	
Any days when mental health was not good during the past 30 days		33.7%	34.4%	30.96% – 37.84%	
Percent with asthma		8.8%	8.3%	7.47% – 9.13%	
Percent with angina or coronary heart disease		3.8%	3.6%	3.24% – 3.96%	
Percent with diabetes		8.3%	8.3%	7.47% – 9.13%	
Death rate/100,000 for cardiovascular disease		206.7	201.0	180.90 – 221.10	
Death rate/100,000 for diabetes		22.5	21.9	19.71 – 24.09	
Health Care					
Percent with health insurance		85.6%	86.3%	77.67% – 94.93%	
Built Environment					
Parkland as percent of city land area			10.6%	9.54% – 11.66%	
Acres of parkland/1,000			18.9	17.01 – 20.79	
Farmers' markets/1,000,000			14.8	13.32 – 16.28	
Percent using public transportation to work			4.3%	3.87% – 4.73%	
Percent bicycling or walking to work			2.8%	2.52% – 3.08%	
Recreational Facilities					
Ball diamonds/10,000			2.0	1.8 – 2.2	
Dog parks/10,000			0.9	0.81 – 0.99	
Park playgrounds/10,000			2.3	2.07 – 2.53	
Golf courses/100,000			1.0	0.9 – 1.1	
Park units/10,000			4.2	3.78 – 4.62	
Recreation centers/20,000			1.1	0.99 – 1.21	
Swimming pools/100,000			3.1	2.79 – 3.41	
Tennis courts/10,000			2.1	1.89 – 2.31	
Park-related expenditures per capita			$101.5	$91.35 – $111.65	
Level of state requirement for Physical Education classes**			2.5	2.25 – 2.75	
Number of primary health care providers per 100,000			93.2	83.88 – 102.52	

*These indicators are not modifiable through community health programming, but provide a description of the community.

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level