

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