ACKNOWLEDGEMENTS

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

2016 EDITION
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May 2016

Dear Colleagues,

For the past nine years, the Anthem Foundation has proudly supported the American College of Sports Medicine (ACSM) American Fitness Index® (AFI). In that time, we’ve watched the index become a recognized and credible resource that can positively influence health and well-being in communities across the country.

Our partnership allows us to leverage ACSM’s research expertise to provide the AFI data report as a reliable measure of community fitness for the country’s 50 largest metropolitan statistical areas (MSAs). The report is a one-of-a-kind, evidence-based analysis of each MSA’s strengths and challenges, providing substantive data that can be used to affect real change. To quote The Washington Post in a story about AFI and the Anthem Foundation, “Most lists of ‘America’s fittest cities’ are ridiculous, but the American College of Sports Medicine puts out a legit one each year that actually tells us something about people’s health habits and the opportunities their communities provide to stay fit.”

This year is no different. Once again, the Anthem Foundation and ACSM have joined together to provide the 2016 edition of the ACSM American Fitness Index. As you will read, the report identifies a number of positive outcomes, including 60 percent of the MSAs improving their fitness ranking when compared to last year. We’re also very excited that Cincinnati, Ohio ranked number one in the community/environmental category just two years after implementing a customized strategic plan designed by ACSM based on the AFI report for that MSA.

These success stories demonstrate our mutual commitment to enhance the health and well-being of individuals, families and communities.

As always, we encourage you to use and share this year’s report, in an effort to influence positive and healthy change. To learn more, please visit AmericanFitnessIndex.org.

Sincerely,

Craig Samitt, MD
Chief Clinical Officer
Anthem, Inc.
Executive Summary

With support and funding from the Anthem Foundation in 2007, 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 its residents and expand community assets to better support active, healthy lifestyles. The AFI Data Report reflects a composite of personal health measures, preventive health behaviors, levels of chronic disease conditions, as well as environmental and community resources and policies that support physical activity. In addition, demographic and economic diversity are included for each metropolitan area to illustrate the unique attributes of each city. Communities with the highest scores in the AFI Data Report are considered to have strong community fitness, a concept analogous to individuals having strong personal fitness.

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 2016 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 larger 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 obtained from reputable sources, and scientific methodologies are used to ensure validity and reliability;
• Unique areas of strength and opportunities for improvement are included for each MSA to help guide community action;
• Data indicators are tracked and reported in five-year Data Trend Reports (http://americanfitnessindex.org/afi-trend-reports/);
• Materials, resources and connections to health promotion partners are provided by the AFI program to help cities improve their indicators (http://americanfitnessindex.org/acsm-american-fitness-index-resources/); 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 the population, health and built environment of the communities. Measures 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 benchmark comparisons, suggested areas of excellence and improvement priority areas for each MSA were noted.

There was considerable diversity in community fitness levels among the 50 MSAs. However, for the 2016 AFI Data Report results, the Washington, DC MSA occupied the number one spot for the third year in a row. Since 2008, the Washington, DC MSA has continued to rank near the top by investing in the community and environmental indicators that support a healthy and active lifestyle. Although, it continues to lead the way, many other MSAs have comparable ranking scores.

Cities that ranked near the top of the index have more strengths and resources that support healthy living and fewer challenges that hinder it. The opposite is true for cities near the bottom of the index. All cities are commended for their areas of excellence and encouraged to focus future efforts on their improvement priority areas to achieve a healthy and active population.
<table>
<thead>
<tr>
<th>Rank</th>
<th>Metropolitan Area</th>
<th>SCORE</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Washington-Arlington-Alexandria, DC-VA-MD-WV</td>
<td>77.9</td>
</tr>
<tr>
<td>2</td>
<td>Minneapolis-St. Paul-Bloomington, MN-WI</td>
<td>76.7</td>
</tr>
<tr>
<td>3</td>
<td>Denver-Aurora-Lakewood, CO</td>
<td>72.6</td>
</tr>
<tr>
<td>4</td>
<td>Portland-Vancouver-Hillsboro, OR-WA</td>
<td>69.6</td>
</tr>
<tr>
<td>5</td>
<td>San Francisco-Oakland-Hayward, CA</td>
<td>69.3</td>
</tr>
<tr>
<td>6</td>
<td>Seattle-Tacoma-Bellevue, WA</td>
<td>69.0</td>
</tr>
<tr>
<td>7</td>
<td>Boston-Cambridge-Newton, MA-NH</td>
<td>67.0</td>
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<tr>
<td>8</td>
<td>Salt Lake City, UT</td>
<td>65.5</td>
</tr>
<tr>
<td>9</td>
<td>Hartford-West Hartford-East Hartford, CT</td>
<td>65.3</td>
</tr>
<tr>
<td>10</td>
<td>San Diego-Carlsbad, CA</td>
<td>64.1</td>
</tr>
<tr>
<td>11</td>
<td>San Jose-Sunnyvale-Santa Clara, CA</td>
<td>63.4</td>
</tr>
<tr>
<td>12</td>
<td>Chicago-Naperville-Elgin, IL-IN-WI</td>
<td>63.1</td>
</tr>
<tr>
<td>13</td>
<td>Sacramento-Roseville-Arden-Arcade, CA</td>
<td>62.4</td>
</tr>
<tr>
<td>14</td>
<td>Atlanta-Sandy Springs-Roswell, GA</td>
<td>62.3</td>
</tr>
<tr>
<td>15.5*</td>
<td>Austin-Round Rock, TX</td>
<td>59.3</td>
</tr>
<tr>
<td>15.5*</td>
<td>Raleigh, NC</td>
<td>59.3</td>
</tr>
<tr>
<td>17</td>
<td>Baltimore-Columbia-Towson, MD</td>
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<tr>
<td>18</td>
<td>Richmond, VA</td>
<td>55.1</td>
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<tr>
<td>19</td>
<td>Virginia Beach-Norfolk-Newport News, VA-NC</td>
<td>54.6</td>
</tr>
<tr>
<td>20</td>
<td>Milwaukee-Waukesha-West Allis, WI</td>
<td>54.2**</td>
</tr>
<tr>
<td>21</td>
<td>Providence-Warwick, RI-MA</td>
<td>54.2**</td>
</tr>
<tr>
<td>22</td>
<td>New York-Newark-Jersey City, NY-NJ-PA</td>
<td>53.8</td>
</tr>
<tr>
<td>23</td>
<td>Cincinnati, OH-KY-IN</td>
<td>52.7</td>
</tr>
<tr>
<td>24</td>
<td>Philadelphia-Camden-Wilmington, PA-NJ-DE-MD</td>
<td>52.3</td>
</tr>
<tr>
<td>25</td>
<td>Cleveland-Elyria, OH</td>
<td>52.1</td>
</tr>
<tr>
<td>26</td>
<td>Tampa-St. Petersburg-Clearwater, FL</td>
<td>51.7</td>
</tr>
<tr>
<td>27</td>
<td>Pittsburgh, PA</td>
<td>51.3</td>
</tr>
<tr>
<td>28</td>
<td>Saint Louis, MO-IL</td>
<td>50.9</td>
</tr>
<tr>
<td>29</td>
<td>Los Angeles-Long Beach-Anaheim, CA</td>
<td>50.8</td>
</tr>
<tr>
<td>30</td>
<td>Kansas City, MO-KS</td>
<td>50.3</td>
</tr>
<tr>
<td>31</td>
<td>Jacksonville, FL</td>
<td>49.5</td>
</tr>
<tr>
<td>32</td>
<td>Miami-Fort Lauderdale-West Palm Beach, FL</td>
<td>48.2</td>
</tr>
<tr>
<td>33</td>
<td>New Orleans-Metairie, LA</td>
<td>46.0</td>
</tr>
<tr>
<td>34</td>
<td>Phoenix-Mesa-Scottsdale, AZ</td>
<td>44.9</td>
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<tr>
<td>35</td>
<td>Buffalo-Cheektowaga-Niagara Falls, NY</td>
<td>43.6</td>
</tr>
<tr>
<td>36</td>
<td>Riverside-San Bernardino-Ontario, CA</td>
<td>42.7</td>
</tr>
<tr>
<td>37</td>
<td>Dallas-Fort Worth-Arlington, TX</td>
<td>42.2</td>
</tr>
<tr>
<td>38</td>
<td>Columbus, OH</td>
<td>41.6</td>
</tr>
<tr>
<td>39</td>
<td>Charlotte-Concord-Gastonia, NC-SC</td>
<td>41.4</td>
</tr>
<tr>
<td>40</td>
<td>Houston-The Woodlands-Sugar Land, TX</td>
<td>40.6</td>
</tr>
<tr>
<td>41</td>
<td>Las Vegas-Henderson-Paradise, NV</td>
<td>40.4**</td>
</tr>
<tr>
<td>42</td>
<td>Detroit-Warren-Dearborn, MI</td>
<td>40.4**</td>
</tr>
<tr>
<td>43</td>
<td>Orlando-Kissimmee-Sanford, FL</td>
<td>40.3</td>
</tr>
<tr>
<td>44</td>
<td>Birmingham-Hoover, AL</td>
<td>39.4</td>
</tr>
<tr>
<td>45</td>
<td>San Antonio-New Braunfels, TX</td>
<td>35.0</td>
</tr>
<tr>
<td>46</td>
<td>Nashville-Davidson-Murfreesboro-Franklin, TN</td>
<td>34.2</td>
</tr>
<tr>
<td>47</td>
<td>Memphis, TN-MS-AR</td>
<td>33.3</td>
</tr>
<tr>
<td>48</td>
<td>Louisville/Jefferson County, KY-IN</td>
<td>31.8</td>
</tr>
<tr>
<td>49</td>
<td>Oklahoma City, OK</td>
<td>29.5</td>
</tr>
<tr>
<td>50</td>
<td>Indianapolis-Carmel-Anderson, IN</td>
<td>26.6</td>
</tr>
</tbody>
</table>

* There was a tie in the ranking between the MSAs.

**The scores shown have been rounded to the nearest tenth of a point resulting in some apparent ties; however, the rankings are based on the full calculated score values that were not equal in those cases.
Background and Need for Action

Physical activity for all!

Being physically active is one of the most important ways adults and children can improve and maintain their overall health.¹⁻⁴ For adults, regular exercise can reduce the risk of 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 can decrease the risk of depression in adults and reduce depression symptoms in young people.¹⁻⁴

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.² The ACSM 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;
• take action through local community mobilization with the AFI Community Action Guide, health promotion partners and other best practices;⁵⁻⁸ and,
• monitor changes in the measures as a result of community programs and other factors.

While the AFI Data Report report provides detailed information for cities at the MSA level, the My AFI (http://americanfitnessindex.org/myafi/index.php) community application tool integrates the components of the AFI program into a health promotion approach that can be used by other communities not included in the AFI data report. Using this tool, leaders can understand the individual, societal and behavioral factors related to physical activity in their own 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 and promote active lifestyles by supporting local programming to develop 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, related to physical inactivity; built environment and resources; and policies that support a healthy community. The AFI program is specifically designed to provide these data and other valuable assistance to cities to help further 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 Anthem Foundation (www.anthem.foundation), 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. The AFI program provides valuable resources that can help communities focus their programming efforts as well as assist them in developing collaborative activities and partnerships with other organizations that contribute to health promotion. Using the AFI Data Report, communities will be able to identify opportunities to improve 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 in future reports.

ACSM American Fitness Index® Program Components

The AFI program improves the health, fitness and quality of life of citizens through four 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.

- **Data Tracking**: Report MSA health trends in five-year increments beginning with the 2009-2013 Data Trend Reports.

- **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 ninth 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 results of identifying, collecting, analyzing, weighing and aggregating relevant data at the metropolitan level. The metropolitan areas in this report represent the 50 largest MSAs defined by the U.S. Office of Management and Budget in 2013 using data from the 2010 U.S. Census Annual Estimates of Population.

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 is comprised of 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 on-going guidance to 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:

- accurately translating the science into practice;
- actively participating in strategic planning for the program;
- critically reviewing all program documentation and collateral materials; and
- continually 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., M.P.H., FACSM, FNAK (Arizona State University)
- Steven N. Blair, P.E.D., FACSM (University of South Carolina)
- Jacqueline N. Epping, M.Ed., FACSM (U.S. Centers for Disease Control and Prevention)
- John M. Jakicic, Ph.D., FACSM (University of Pittsburgh)
- Elizabeth A. Joy, M.D., M.P.H., FACSM (Intermountain Healthcare/University of Utah School of Medicine)
- NiCole R. Keith, Ph.D., FACSM (Indiana University/Regenstrief Institute, Inc.)
Methodology

Scientific evidence, expert opinion and statistical methodologies were employed to select, weigh and combine the elements used to produce 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 Data Report. 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 My AFI (http://americanfitnessindex.org/my-afi/) 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 environment for the MSA;
• Be measured recently and reported by a reputable agency or organization;
• 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?
The most current publicly available data at the time of analysis 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 Behavioral Risk Factor Surveillance System (BRFSS) provided by the U.S. Centers for Disease Control and Prevention. Through a 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); and the Federal Bureau of Investigation’s (FBI) Uniform Crime Reporting Program also provided data used in the MSA description. The data index elements and its data sources are shown in Appendix A.

How Was the Data Index Built?
Initial elements for the AFI Data Report 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 data elements used in the AFI Data Report were reviewed and updated in 2015. Specifically, a new environmental/community measure, “percent within a 10-minute walk to a park” was added. Because of changes in the components of the index, comparisons between the individual elements that did not change in the 2015
and 2016 AFI Data Reports can be compared with earlier years’ data, but the overall score and the sub-scores for 2015 and 2016 are not comparable to earlier years.

From this process, 32 currently available indicators were identified and weighted for the index and 16 description variables were selected. The MSA description elements were not included in the data index calculation, but were shown for cities to use for comparison purposes. A weight of 1 was assigned to those elements that were considered to be of little importance by the panel of experts; 2 for those items considered to be of moderate importance; and 3 to those elements considered to be of high importance to include in the data index. Each item used in the scoring 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:

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

$r = \text{MSA rank on indicator}$

$w = \text{weight assigned to indicator}$

$k = \text{indicator group}$

$n = 15$ for personal health indicators and 17 for community/environmental indicators

$\text{MSA Score}_{\text{max}} = \text{hypothetical score if an MSA ranked best on each of the elements}$

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 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 Sacramento was 62.4 while the score for Atlanta was 62.3. While Sacramento was ranked higher than Atlanta, these two metropolitan areas were 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 (Washington, DC) and another carried the lowest rank (Indianapolis, IN), 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 Areas of Excellence and Improvement Priority Areas Determined?**

The Areas of Excellence and Improvement Priority Areas for each MSA were listed to assist communities in identifying potential areas where they might focus their efforts using approaches adopted by those cities that have strengths in the same area. This process involved comparing the data index elements of the MSA to a target goal. The target goals for the personal health indicators were derived by generating the 90th percentile from the pooled 2008-2012 AFI Data Report data. For those additional personal health indicators that were added later, the target goal was 90% of the currently available values. The target goals for the community health indicators were derived by calculating the average from the pooled 2008-2012 AFI data. New community indicators target goals were an average from the 2015 values. Data indicators with values equal to or better than the target goal were considered “Areas of Excellence.” Data indicators with values worse than 20% of the target goal were listed as “Improvement Priority Areas.”
What Are the Limitations of the AFI Data Report?
The items used for the personal health indicators were based on self-reported responses to the BRFSS 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 still be valid. In addition, the BRFSS data collection method changed in 2011 relative to weighting methodology and the addition of the cell phone sampling frame; thus measures before and after 2011 are not exactly comparable. As indicated on the FBI website, 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, rather than 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. Not all city-level data were available for each MSA from the Trust for Public Land. For those MSAs missing data their scores were adjusted for the ranking calculation.

References
ATLANTA, GA
(Atlanta-Sandy Springs-Roswell, GA MSA)

Total Score = 62.3; Rank = 14

Areas of Excellence (at or better than target goal):
• Higher percent of population within a 10 minute walk to a park
• 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

Improvement Priority Areas (worse than 20% of target goal):
• Lower percent meeting CDC aerobic activity guidelines
• Lower percent consuming 2+ fruits per day
• Higher percent obese
• Higher percent with asthma
• Higher percent with 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

Description of Atlanta-Sandy Springs-Roswell, GA MSA
Population 5,614,323
Percent less than 18 years old 25.4%
Percent 18 to 64 years old 63.8%
Percent 65 years old and older 10.8%
Percent male 48.5%
Percent high school graduate or higher 88.3%
Percent White 55.3%
Percent Black or African American 33.5%
Percent Asian 5.5%
Percent Other Race 5.7%
Percent Hispanic/Latino 10.4%
Percent unemployed 5.2%
Median household income $56,166.00
Percent of households below poverty level 11.9%
Violent crime rate/100,000* 398.4
Percent with disability 10.2%

*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 = 14

Health Behaviors

- Percent any physical activity or exercise in the last 30 days: 80.0% (Atlanta) vs. 82.6% (Target Goal*)
- Percent meeting CDC aerobic activity guidelines: 25.1% (Atlanta) vs. 32.2% (Target Goal*)
- Percent meeting both CDC aerobic and strength activity guidelines: 20.4% (Atlanta) vs. 23.3% (Target Goal*)
- Percent consuming 2+ fruits per day: 26.6% (Atlanta) vs. 35.6% (Target Goal*)
- Percent consuming 3+ vegetables per day: 16.7% (Atlanta) vs. 19.6% (Target Goal*)
- Percent currently smoking: 14.6% (Atlanta) vs. 13.1% (Target Goal*)

Chronic Health Problems

- Percent obese: 28.8% (Atlanta) vs. 21.3% (Target Goal*)
- Percent in excellent or very good health: 53.8% (Atlanta) vs. 61.0% (Target Goal*)
- Any days when physical health was not good during the past 30 days: 32.6% (Atlanta) vs. 30.4% (Target Goal*)
- Any days when mental health was not good during the past 30 days: 34.7% (Atlanta) vs. 29.2% (Target Goal*)
- Percent with asthma: 7.9% (Atlanta) vs. 6.5% (Target Goal*)
- Percent with angina or coronary heart disease: 3.2% (Atlanta) vs. 2.8% (Target Goal*)
- Percent with diabetes: 9.5% (Atlanta) vs. 6.4% (Target Goal*)
- Death rate/100,000 for cardiovascular disease: 173.4 (Atlanta) vs. 167.1 (Target Goal*)
- Death rate/100,000 for diabetes: 17.2 (Atlanta) vs. 17.0 (Target Goal*)

Community/Environmental Indicators – Score = 59.9; Rank = 20

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

Built Environment

- Parkland as a percent of city land area: 6.1% (Atlanta) vs. 10.6% (Target Goal*)
- Acres of parkland/1,000: 11.5 (Atlanta) vs. 18.6 (Target Goal*)
- Farmers’ markets/1,000,000: 11.2 (Atlanta) vs. 13.1 (Target Goal*)
- Percent using public transportation to work: 3.1% (Atlanta) vs. 4.3% (Target Goal*)
- Percent bicycling or walking to work: 1.6% (Atlanta) vs. 2.8% (Target Goal*)
- Walk Score®: 45.9 (Atlanta) vs. 51.1 (Target Goal*)
- Percent within a 10 minute walk to a park: 64.9% (Atlanta) vs. 63.8% (Target Goal*)

Recreational Facilities

- Ball diamonds/10,000: 1.8 (Atlanta) vs. 1.9 (Target Goal*)
- Dog parks/100,000: 0.4 (Atlanta) vs. 0.9 (Target Goal*)
- Park playgrounds/10,000: 2.5 (Atlanta) vs. 2.3 (Target Goal*)
- Golf courses/100,000: 1.4 (Atlanta) vs. 0.9 (Target Goal*)
- Park units/10,000: 4.1 (Atlanta) vs. 8.9 (Target Goal*)
- Recreational centers/20,000: 1.5 (Atlanta) vs. 1.0 (Target Goal*)
- Swimming pools/100,000: 3.1 (Atlanta) vs. 5.1 (Target Goal*)
- Tennis courts/10,000: 2.0 (Atlanta) vs. 3.9 (Target Goal*)

Policy for School P.E.

- Level of state requirement for Physical Education: 3.0 (Atlanta) vs. 2.5 (Target Goal*)

Park-related Expenditures

- Total park expenditure per resident: $116.00 (Atlanta) vs. $101.80 (Target Goal*)

*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.
**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
AUSTIN, TX
(Austin-Round Rock, TX MSA)

Total Score = 59.3; Rank = 15.5

Areas of Excellence (at or better than target goal):
• Lower percent currently smoking
• Lower percent of days when physical health was not good during the past 30 days
• 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 farmers’ markets per capita
• More dog parks per capita
• More swimming pools per capita
• Higher park-related expenditures per capita
• Higher level of state requirement for Physical Education classes

Improvement Priority Areas (worse than 20% of target goal):
• Lower percent meeting both CDC aerobic and strength activity guidelines
• Lower percent consuming 2+ fruits per day
• Higher percent obese
• Higher percent with diabetes
• Lower percent using public transportation to work
• Lower Walk Score®
• Lower percent of population within a 10 minute walk to a park
• Fewer ball diamonds per capita
• Fewer park playgrounds per capita
• Fewer golf courses per capita
• Fewer recreation centers per capita
• Fewer tennis courts per capita

Description of Austin-Round Rock, TX MSA
Population 1,943,299
Percent less than 18 years old 24.2%
Percent 18 to 64 years old 66.4%
Percent 65 years old and older 9.4%
Percent male 50.1%
Percent high school graduate or higher 88.9%
Percent White 79.8%
Percent Black or African American 7.5%
Percent Asian 5.3%
Percent Other Race 7.4%
Percent Hispanic/Latino 32.0%
Percent unemployed 3.3%
Median household income $63,603.00
Percent of households below poverty level 10.2%
Violent crime rate/100,000* 290.9
Percent with disability 8.9%

*Due to differences in jurisdictional definitions and reporting, the FBI recommends that these rates not be compared across areas.
### Personal Health Indicators – Score = 72.2; Rank = 7

#### Health Behaviors
- **Percent any physical activity or exercise in the last 30 days**: Austin 80.5%; Target Goal 82.6%
- **Percent meeting CDC aerobic activity guidelines**: Austin 26.2%; Target Goal 32.2%
- **Percent meeting both CDC aerobic and strength activity guidelines**: Austin 14.9%; Target Goal 23.3%
- **Percent consuming 2+ fruits per day**: Austin 26.0%; Target Goal 35.6%
- **Percent consuming 3+ vegetables per day**: Austin 18.3%; Target Goal 19.6%
- **Percent currently smoking**: Austin 10.7%; Target Goal 13.1%

#### Chronic Health Problems
- **Percent obese**: Austin 26.0%; Target Goal 21.3%
- **Percent in excellent or very good health**: Austin 53.4%; Target Goal 61.0%
- **Any days when physical health was not good during the past 30 days**: Austin 30.0%; Target Goal 30.4%
- **Any days when mental health was not good during the past 30 days**: Austin 29.5%; Target Goal 29.2%
- **Percent with asthma**: Austin 6.9%; Target Goal 6.5%
- **Percent with angina or coronary heart disease**: Austin 3.1%; Target Goal 2.8%
- **Percent with diabetes**: Austin 8.0%; Target Goal 6.4%
- **Death rate/100,000 for cardiovascular disease**: Austin 130.8; Target Goal 167.1
- **Death rate/100,000 for diabetes**: Austin 9.9; Target Goal 17.0

### Community/Environmental Indicators – Score = 46.9; Rank = 33

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

#### Built Environment
- **Parkland as a percent of city land area**: Austin 14.5%; Target Goal 10.6%
- **Acres of parkland/1,000**: Austin 30.6; Target Goal 18.6
- **Farmers’ markets/1,000,000**: Austin 16.0; Target Goal 13.1
- **Percent using public transportation to work**: Austin 2.5%; Target Goal 4.3%
- **Percent bicycling or walking to work**: Austin 2.4%; Target Goal 2.8%
- **Walk Score®**: Austin 35.4; Target Goal 51.1
- **Percent within a 10 minute walk to a park**: Austin 48.4%; Target Goal 63.8%

#### Recreational Facilities
- **Ball diamonds/10,000**: Austin 0.4; Target Goal 1.9
- **Dog parks/100,000**: Austin 0.9; Target Goal 1.4
- **Park playgrounds/10,000**: Austin 1.2; Target Goal 2.3
- **Golf courses/100,000**: Austin 0.6; Target Goal 0.9
- **Park units/10,000**: Austin 3.4; Target Goal 4.1
- **Recreational centers/20,000**: Austin 0.6; Target Goal 1.0
- **Swimming pools/100,000**: Austin 3.1; Target Goal 4.0
- **Tennis courts/10,000**: Austin 1.4; Target Goal 2.0

#### Policy for School P.E.
- **Level of state requirement for Physical Education**: Austin 3.0; Target Goal 2.5

#### Park-related Expenditures
- **Total park expenditure per resident**: Austin $111.00; Target Goal $101.80

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*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.

**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
BALTIMORE, MD
(Baltimore-Columbia-Towson, MD MSA)

Total Score = 56.5; Rank = 17

Areas of Excellence (at or better than target goal):
• More farmers’ markets per capita
• Higher percent using public transportation to work
• Higher percent bicycling or walking to work
• Higher Walk Score®
• Higher percent of population within a 10 minute walk to a park
• 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

Improvement Priority Areas (worse than 20% of target goal):
• Lower percent meeting CDC aerobic activity guidelines
• Lower percent meeting both CDC aerobic and strength activity guidelines
• Lower percent consuming 3+ vegetables per day
• Higher percent currently smoking
• Higher percent obese
• Higher percent of days when mental health was not good during the past 30 days
• Higher percent with asthma
• Higher percent with diabetes
• Higher death rate for diabetes
• Fewer acres of parkland per capita
• Fewer dog parks per capita
• Lower park-related expenditures per capita

Description of Baltimore-Columbia-Towson, MD MSA

Population 2,785,874
Percent less than 18 years old 22.3%
Percent 18 to 64 years old 63.7%
Percent 65 years old and older 14.0%
Percent male 48.2%
Percent high school graduate or higher 90.3%
Percent White 61.3%
Percent Black or African American 29.3%
Percent Asian 5.3%
Percent Other Race 4.1%
Percent Hispanic/Latino 5.3%
Percent unemployed 4.5%
Median household income $71,501.00
Percent of households below poverty level 7.7%
Violent crime rate/100,000* 588.5
Percent with disability 11.2%

*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 = 50.2; Rank = 24

Health Behaviors

- Percent any physical activity or exercise in the last 30 days: 77.9% (Baltimore), 82.6% (Target Goal*)
- Percent meeting CDC aerobic activity guidelines: 21.8% (Baltimore), 32.2% (Target Goal*)
- Percent meeting both CDC aerobic and strength activity guidelines: 17.0% (Baltimore), 23.3% (Target Goal*)
- Percent consuming 2+ fruits per day: 29.6% (Baltimore), 35.6% (Target Goal*)
- Percent consuming 3+ vegetables per day: 14.4% (Baltimore), 19.6% (Target Goal*)
- Percent currently smoking: 17.1% (Baltimore), 13.1% (Target Goal*)

Chronic Health Problems

- Percent obese: 30.6% (Baltimore), 21.3% (Target Goal*)
- Percent in excellent or very good health: 56.2% (Baltimore), 61.0% (Target Goal*)
- Any days when physical health was not good during the past 30 days: 34.2% (Baltimore), 30.4% (Target Goal*)
- Any days when mental health was not good during the past 30 days: 35.4% (Baltimore), 29.2% (Target Goal*)
- Percent with asthma: 8.9% (Baltimore), 6.5% (Target Goal*)
- Percent with angina or coronary heart disease: 3.1% (Baltimore), 2.8% (Target Goal*)
- Percent with diabetes: 10.6% (Baltimore), 6.4% (Target Goal*)
- Death rate/100,000 for cardiovascular disease: 195.1 (Baltimore), 167.1 (Target Goal*)
- Death rate/100,000 for diabetes: 20.5 (Baltimore), 17.0 (Target Goal*)

Community/Environmental Indicators – Score = 62.6; Rank = 11
(note: most of these data were available only for the main city in the MSA)

Built Environment

- Parkland as a percent of city land area: 9.6% (Baltimore), 10.6% (Target Goal**)
- Acres of parkland/1,000: 7.9 (Baltimore), 18.6 (Target Goal**)
- Farmers’ markets/1,000: 24.0 (Baltimore), 13.1 (Target Goal**)
- Percent using public transportation to work: 6.6% (Baltimore), 4.3% (Target Goal**)
- Percent bicycling or walking to work: 2.9% (Baltimore), 2.8% (Target Goal**)
- Walk Score®: 66.2 (Baltimore), 51.1 (Target Goal**)
- Percent within a 10 minute walk to a park: 84.6% (Baltimore), 63.8% (Target Goal**)

Recreational Facilities

- Ball diamonds/10,000: 3.3 (Baltimore), 1.9 (Target Goal**)
- Dog parks/100,000: 0.3 (Baltimore), 0.9 (Target Goal**)
- Park playgrounds/10,000: 3.2 (Baltimore), 2.3 (Target Goal**)
- Golf courses/100,000: 0.8 (Baltimore), 0.9 (Target Goal**)
- Park units/10,000: 6.8 (Baltimore), 4.1 (Target Goal**)
- Recreational centers/20,000: 1.3 (Baltimore), 1.0 (Target Goal**)
- Swimming pools/100,000: 3.5 (Baltimore), 3.1 (Target Goal**)
- Tennis courts/10,000: 2.0 (Baltimore), 1.8 (Target Goal**)

Policy for School P.E.

- Level of state requirement for Physical Education: 3.0 (Baltimore), 2.5 (Target Goal*)

Park-related Expenditures

- Total park expenditure per resident: $57.00 (Baltimore), $101.80 (Target Goal*)

*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.
**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
BIRMINGHAM, AL
(Birmingham-Hoover, AL MSA)

Total Score = 39.4; Rank = 44

Areas of Excellence (at or better than target goal):
• Lower death rate for diabetes
• More farmers’ markets 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 level of state requirement for Physical Education classes

Improvement Priority Areas (worse than 20% of target goal):
• Lower percent meeting CDC aerobic activity guidelines
• Lower percent meeting both CDC aerobic and strength activity guidelines
• Lower percent consuming 2+ fruits per day
• Lower percent consuming 3+ vegetables per day
• Higher percent currently smoking
• Higher percent obese
• Lower percent in excellent or very good health
• Higher percent with asthma
• 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
• Lower Walk Score®
• Lower park-related expenditures per capita

Description of Birmingham-Hoover, AL MSA

<table>
<thead>
<tr>
<th>Description</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population</td>
<td>1,143,772</td>
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<tr>
<td>Percent less than 18 years old</td>
<td>23.2%</td>
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<tr>
<td>Percent 18 to 64 years old</td>
<td>62.1%</td>
</tr>
<tr>
<td>Percent 65 years old and older</td>
<td>14.7%</td>
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<tr>
<td>Percent male</td>
<td>48.0%</td>
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<td>Percent high school graduate or higher</td>
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<tr>
<td>Percent White</td>
<td>65.9%</td>
</tr>
<tr>
<td>Percent Black or African American</td>
<td>28.5%</td>
</tr>
<tr>
<td>Percent Asian</td>
<td>1.4%</td>
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<tr>
<td>Percent Other Race</td>
<td>4.2%</td>
</tr>
<tr>
<td>Percent Hispanic/Latino</td>
<td>4.2%</td>
</tr>
<tr>
<td>Percent unemployed</td>
<td>4.8%</td>
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<tr>
<td>Median household income</td>
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<tr>
<td>Percent of households below poverty level</td>
<td>14.3%</td>
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<tr>
<td>Violent crime rate/100,000*</td>
<td>576.5</td>
</tr>
<tr>
<td>Percent with disability</td>
<td>15.5%</td>
</tr>
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*Due to differences in jurisdictional definitions and reporting, the FBI recommends that these rates not be compared across areas.
### Personal Health Indicators – Score = 25.7; Rank = 49

<table>
<thead>
<tr>
<th>Health Behaviors</th>
<th>Birmingham</th>
<th>Target Goal*</th>
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</thead>
<tbody>
<tr>
<td>Percent any physical activity or exercise in the last 30 days</td>
<td>21.3%</td>
<td>82.6%</td>
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<tr>
<td>Percent meeting CDC aerobic activity guidelines</td>
<td>32.2%</td>
<td>13.0%</td>
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<tr>
<td>Percent meeting both CDC aerobic and strength activity guidelines</td>
<td>23.3%</td>
<td>13.0%</td>
</tr>
<tr>
<td>Percent consuming 2+ fruits per day</td>
<td>35.6%</td>
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<tr>
<td>Percent consuming 3+ vegetables per day</td>
<td>19.6%</td>
<td>12.0%</td>
</tr>
<tr>
<td>Percent currently smoking</td>
<td>13.1%</td>
<td>17.5%</td>
</tr>
</tbody>
</table>

### Chronic Health Problems

<table>
<thead>
<tr>
<th>Birmingham</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent obese</td>
<td>47.2%</td>
</tr>
<tr>
<td>Percent in excellent or very good health</td>
<td>30.4%</td>
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<tr>
<td>Any days when physical health was not good during the past 30 days</td>
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<tr>
<td>Any days when mental health was not good during the past 30 days</td>
<td>29.2%</td>
</tr>
<tr>
<td>Percent with asthma</td>
<td>5.5%</td>
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<tr>
<td>Percent with angina or coronary heart disease</td>
<td>2.8%</td>
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<tr>
<td>Percent with diabetes</td>
<td>6.4%</td>
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<tr>
<td>Death rate/100,000 for cardiovascular disease</td>
<td>167.1</td>
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<tr>
<td>Death rate/100,000 for diabetes</td>
<td>17.0</td>
</tr>
</tbody>
</table>

### Community/Environmental Indicators – Score = 53.3; Rank = 27

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

#### Built Environment

<table>
<thead>
<tr>
<th>Birmingham</th>
<th>Target Goal**</th>
</tr>
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<tbody>
<tr>
<td>Parkland as a percent of city land area</td>
<td>10.6%</td>
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<tr>
<td>Acres of parkland/1,000</td>
<td>18.6</td>
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<tr>
<td>Farmers’ markets/1,000,000</td>
<td>13.1</td>
</tr>
<tr>
<td>Percent using public transportation to work</td>
<td>4.3%</td>
</tr>
<tr>
<td>Percent bicycling or walking to work</td>
<td>2.8%</td>
</tr>
<tr>
<td>Walk Score®</td>
<td>33.0</td>
</tr>
<tr>
<td>Percent within a 10 minute walk to a park</td>
<td>N/A***</td>
</tr>
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</table>

#### Recreational Facilities

<table>
<thead>
<tr>
<th>Birmingham</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ball diamonds/10,000</td>
<td>1.9</td>
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<tr>
<td>Dog parks/100,000</td>
<td>0.9</td>
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<tr>
<td>Park playgrounds/10,000</td>
<td>2.3</td>
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<tr>
<td>Golf courses/100,000</td>
<td>0.9</td>
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<tr>
<td>Park units/10,000</td>
<td>5.1</td>
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<td>Recreational centers/20,000</td>
<td>1.0</td>
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<tr>
<td>Swimming pools/100,000</td>
<td>8.0</td>
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<tr>
<td>Tennis courts/10,000</td>
<td>4.2</td>
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#### Policy for School P.E.

<table>
<thead>
<tr>
<th>Birmingham</th>
<th>Target Goal**</th>
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</thead>
<tbody>
<tr>
<td>Level of state requirement for Physical Education</td>
<td>2.5</td>
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#### Park-related Expenditures

<table>
<thead>
<tr>
<th>Birmingham</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total park expenditure per resident</td>
<td>$101.80</td>
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</tbody>
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*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.

**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.

***This measure was unavailable for this MSA. The community/environmental indicator score and total score were adjusted to allow fair comparisons with other MSAs.
BOSTON, MA
(Boston-Cambridge-Newton, MA-NH MSA)

Total Score = 67.0; Rank = 7

Areas of Excellence (at or better than target goal):
- Lower percent currently smoking
- Lower death rate for cardiovascular disease
- Lower death rate for diabetes
- Higher percent of city land as parkland
- More farmers’ markets per capita
- Higher percent using public transportation to work
- Higher percent bicycling or walking to work
- Higher Walk Score®
- Higher percent of population within a 10 minute walk to a park
- More ball diamonds per capita
- More park playgrounds per capita
- More park units per capita
- Higher park-related expenditures per capita
- Higher level of state requirement for Physical Education classes

Improvement Priority Areas (worse than 20% of target goal):
- 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
- Fewer acres of parkland per capita
- Fewer golf courses per capita
- Fewer recreation centers per capita
- Fewer swimming pools per capita

Description of Boston-Cambridge-Newton, MA-NH MSA

<table>
<thead>
<tr>
<th>Population</th>
<th>4,732,161</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent less than 18 years old</td>
<td>20.6%</td>
</tr>
<tr>
<td>Percent 18 to 64 years old</td>
<td>65.1%</td>
</tr>
<tr>
<td>Percent 65 years old and older</td>
<td>14.3%</td>
</tr>
<tr>
<td>Percent male</td>
<td>48.5%</td>
</tr>
<tr>
<td>Percent high school graduate or higher</td>
<td>90.8%</td>
</tr>
<tr>
<td>Percent White</td>
<td>77.3%</td>
</tr>
<tr>
<td>Percent Black or African American</td>
<td>7.7%</td>
</tr>
<tr>
<td>Percent Asian</td>
<td>7.4%</td>
</tr>
<tr>
<td>Percent Other Race</td>
<td>7.7%</td>
</tr>
<tr>
<td>Percent Hispanic/Latino</td>
<td>10.2%</td>
</tr>
<tr>
<td>Percent unemployed</td>
<td>4.3%</td>
</tr>
<tr>
<td>Median household income</td>
<td>$75,667.00</td>
</tr>
<tr>
<td>Percent of households below poverty level</td>
<td>7.4%</td>
</tr>
<tr>
<td>Violent crime rate/100,000*</td>
<td>N/A‡</td>
</tr>
<tr>
<td>Percent with disability</td>
<td>10.7%</td>
</tr>
</tbody>
</table>

*Due to differences in jurisdictional definitions and reporting, the FBI recommends that these rates not be compared across areas.
‡This measure was not available.
### Personal Health Indicators – Score = 71.4; Rank = 9

**ACSM American Fitness Index® Components**

#### Health Behaviors

<table>
<thead>
<tr>
<th>Health Behavior</th>
<th>Boston</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent any physical activity or exercise in the last 30 days</td>
<td>81.3%</td>
<td>82.6%</td>
</tr>
<tr>
<td>Percent meeting CDC aerobic activity guidelines</td>
<td>27.2%</td>
<td>32.2%</td>
</tr>
<tr>
<td>Percent meeting both CDC aerobic and strength activity guidelines</td>
<td>21.7%</td>
<td>23.3%</td>
</tr>
<tr>
<td>Percent consuming 2+ fruits per day</td>
<td>31.9%</td>
<td>35.6%</td>
</tr>
<tr>
<td>Percent consuming 3+ vegetables per day</td>
<td>16.4%</td>
<td>19.6%</td>
</tr>
<tr>
<td>Percent currently smoking</td>
<td>13.1%</td>
<td>13.1%</td>
</tr>
</tbody>
</table>

#### Chronic Health Problems

<table>
<thead>
<tr>
<th>Health Problem</th>
<th>Boston</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent obese</td>
<td>23.5%</td>
<td>21.3%</td>
</tr>
<tr>
<td>Percent in excellent or very good health</td>
<td>59.9%</td>
<td>61.0%</td>
</tr>
<tr>
<td>Any days when physical health was not good during the past 30 days</td>
<td>34.9%</td>
<td>30.4%</td>
</tr>
<tr>
<td>Any days when mental health was not good during the past 30 days</td>
<td>35.4%</td>
<td>29.2%</td>
</tr>
<tr>
<td>Percent with asthma</td>
<td>11.6%</td>
<td>6.5%</td>
</tr>
<tr>
<td>Percent with angina or coronary heart disease</td>
<td>4.3%</td>
<td>2.8%</td>
</tr>
<tr>
<td>Percent with diabetes</td>
<td>9.2%</td>
<td>6.4%</td>
</tr>
<tr>
<td>Death rate/100,000 for cardiovascular disease</td>
<td>142.0</td>
<td>167.1</td>
</tr>
<tr>
<td>Death rate/100,000 for diabetes</td>
<td>13.8</td>
<td>17.0</td>
</tr>
</tbody>
</table>

### Community/Environmental Indicators – Score = 62.8; Rank = 9

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

#### Built Environment

<table>
<thead>
<tr>
<th>Environment Feature</th>
<th>Boston</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parkland as a percent of city land area</td>
<td>16.9%</td>
<td>10.6%</td>
</tr>
<tr>
<td>Acres of parkland/1,000</td>
<td>7.6</td>
<td>18.6</td>
</tr>
<tr>
<td>Farmers’ markets/1,000,000</td>
<td>7.6</td>
<td>18.6</td>
</tr>
<tr>
<td>Percent using public transportation to work</td>
<td>12.9%</td>
<td>4.3%</td>
</tr>
<tr>
<td>Percent bicycling or walking to work</td>
<td>6.3%</td>
<td>2.8%</td>
</tr>
<tr>
<td>Walk Score*</td>
<td>79.5</td>
<td>51.1</td>
</tr>
<tr>
<td>Percent within a 10 minute walk to a park</td>
<td>97.4%</td>
<td>63.8%</td>
</tr>
</tbody>
</table>

#### Recreational Facilities

<table>
<thead>
<tr>
<th>Facility</th>
<th>Boston</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ball diamonds/10,000</td>
<td>2.0</td>
<td>1.9</td>
</tr>
<tr>
<td>Dog parks/100,000</td>
<td>0.8</td>
<td>0.9</td>
</tr>
<tr>
<td>Park playgrounds/10,000</td>
<td>2.9</td>
<td>2.3</td>
</tr>
<tr>
<td>Golf courses/100,000</td>
<td>0.3</td>
<td>0.9</td>
</tr>
<tr>
<td>Park units/10,000</td>
<td>5.8</td>
<td>4.1</td>
</tr>
<tr>
<td>Recreational centers/20,000</td>
<td>0.0</td>
<td>1.0</td>
</tr>
<tr>
<td>Swimming pools/100,000</td>
<td>1.1</td>
<td>3.1</td>
</tr>
<tr>
<td>Tennis courts/10,000</td>
<td>1.5</td>
<td>2.0</td>
</tr>
</tbody>
</table>

#### Policy for School P.E.

<table>
<thead>
<tr>
<th>Requirement for Physical Education</th>
<th>Boston</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level of state requirement for Physical Education</td>
<td>3.0</td>
<td>2.5</td>
</tr>
</tbody>
</table>

#### Park-related Expenditures

<table>
<thead>
<tr>
<th>Expenditure</th>
<th>Total expenditure per resident</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>$124.00</td>
</tr>
<tr>
<td></td>
<td>$101.80</td>
</tr>
</tbody>
</table>

*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.

**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.*
BUFFALO, NY
(Buffalo-Cheektowaga-Niagara Falls, NY MSA)

Total Score = 43.6; Rank = 35

Areas of Excellence (at or better than target goal):
• More farmers’ markets per capita
• Higher percent bicycling or walking to work
• Higher Walk Score®
• More ball diamonds 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

Improvement Priority Areas (worse than 20% of target goal):
• Lower percent meeting CDC aerobic activity guidelines
• Lower percent meeting both CDC aerobic and strength activity guidelines
• Lower percent consuming 3+ vegetables per day
• 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 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 acres of parkland per capita
• Lower percent using public transportation to work
• Fewer recreation centers per capita
• Lower park-related expenditures per capita

Description of Buffalo-Cheektowaga-Niagara Falls, NY MSA
Population 1,136,360
Percent less than 18 years old 20.6%
Percent 18 to 64 years old 62.7%
Percent 65 years old and older 16.7%
Percent male 48.5%
Percent high school graduate or higher 90.7%
Percent White 79.9%
Percent Black or African American 12.3%
Percent Asian 2.9%
Percent Other Race 5.0%
Percent Hispanic/Latino 4.6%
Percent unemployed 3.7%
Median household income $50,074.00
Percent of households below poverty level 10.5%
Violent crime rate/100,000* 435.5
Percent with disability 13.5%

*Due to differences in jurisdictional definitions and reporting, the FBI recommends that these rates not be compared across areas.
### Personal Health Indicators – Score = 28.4; Rank = 44

#### Health Behaviors

<table>
<thead>
<tr>
<th>Health Behavior</th>
<th>Buffalo</th>
<th>Target Goal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent any physical activity in the last 30 days</td>
<td>73.5%</td>
<td>82.6%</td>
</tr>
<tr>
<td>Percent meeting CDC aerobic activity guidelines</td>
<td>25.3%</td>
<td>32.2%</td>
</tr>
<tr>
<td>Percent meeting both CDC aerobic and strength activity guidelines</td>
<td>16.2%</td>
<td>23.3%</td>
</tr>
<tr>
<td>Percent consuming 2+ fruits per day</td>
<td>29.7%</td>
<td>35.6%</td>
</tr>
<tr>
<td>Percent consuming 3+ vegetables per day</td>
<td>11.8%</td>
<td>19.6%</td>
</tr>
<tr>
<td>Percent currently smoking</td>
<td>15.9%</td>
<td>13.1%</td>
</tr>
</tbody>
</table>

#### Chronic Health Problems

<table>
<thead>
<tr>
<th>Health Category</th>
<th>Buffalo</th>
<th>Target Goal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent obese</td>
<td>34.7%</td>
<td>21.3%</td>
</tr>
<tr>
<td>Percent in excellent or very good health</td>
<td>51.5%</td>
<td>61.0%</td>
</tr>
<tr>
<td>Any days when physical health was not good during the past 30 days</td>
<td>38.2%</td>
<td>30.4%</td>
</tr>
<tr>
<td>Any days when mental health was not good during the past 30 days</td>
<td>31.5%</td>
<td>29.2%</td>
</tr>
<tr>
<td>Percent with asthma</td>
<td>10.4%</td>
<td>6.5%</td>
</tr>
<tr>
<td>Percent with angina or coronary heart disease</td>
<td>7.8%</td>
<td>2.8%</td>
</tr>
<tr>
<td>Percent with diabetes</td>
<td>12.3%</td>
<td>6.4%</td>
</tr>
<tr>
<td>Death rate/100,000 for cardiovascular disease</td>
<td>203.0</td>
<td>167.1</td>
</tr>
<tr>
<td>Death rate/100,000 for diabetes</td>
<td>21.6</td>
<td>17.0</td>
</tr>
</tbody>
</table>

### Community/Environmental Indicators – Score = 58.9; Rank = 21

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

#### Built Environment

<table>
<thead>
<tr>
<th>Environment Feature</th>
<th>Buffalo</th>
<th>Target Goal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parkland as a percent of city land area</td>
<td>7.5%</td>
<td>10.6%</td>
</tr>
<tr>
<td>Acres of parkland/1,000</td>
<td>7.3%</td>
<td>18.6%</td>
</tr>
<tr>
<td>Farmers’ markets/1,000,000</td>
<td>26.4%</td>
<td>13.1%</td>
</tr>
<tr>
<td>Percent using public transportation to work</td>
<td>3.0%</td>
<td>4.3%</td>
</tr>
<tr>
<td>Percent bicycling or walking to work</td>
<td>3.3%</td>
<td>2.8%</td>
</tr>
<tr>
<td>Walk Score*</td>
<td>N/A***</td>
<td>51.1</td>
</tr>
<tr>
<td>Percent within a 10 minute walk to a park</td>
<td>N/A***</td>
<td>63.8%</td>
</tr>
</tbody>
</table>

#### Recreational Facilities

<table>
<thead>
<tr>
<th>Facility</th>
<th>Buffalo</th>
<th>Target Goal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ball diamonds/10,000</td>
<td>2.3</td>
<td>1.9</td>
</tr>
<tr>
<td>Dog parks/100,000</td>
<td>0.8</td>
<td>0.9</td>
</tr>
<tr>
<td>Park playgrounds/10,000</td>
<td>2.4</td>
<td>2.3</td>
</tr>
<tr>
<td>Golf courses/100,000</td>
<td>1.5</td>
<td>0.9</td>
</tr>
<tr>
<td>Park units/10,000</td>
<td>8.0</td>
<td>4.1</td>
</tr>
<tr>
<td>Recreational centers/20,000</td>
<td>0.7</td>
<td>1.0</td>
</tr>
<tr>
<td>Swimming pools/100,000</td>
<td>3.9</td>
<td>3.1</td>
</tr>
<tr>
<td>Tennis courts/10,000</td>
<td>1.9</td>
<td>2.0</td>
</tr>
</tbody>
</table>

#### Policy for School P.E.

<table>
<thead>
<tr>
<th>Requirement for Physical Education</th>
<th>Buffalo</th>
<th>Target Goal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level of state requirement for P.E.</td>
<td>3.0</td>
<td>2.5</td>
</tr>
</tbody>
</table>

#### Park-related Expenditures

<table>
<thead>
<tr>
<th>Expenditure</th>
<th>Buffalo</th>
<th>Target Goal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total park expenditure per resident</td>
<td>$53.00</td>
<td>$101.80</td>
</tr>
</tbody>
</table>

---

*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.

**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.

***This measure was unavailable for this MSA. The community/environmental indicator score and total score were adjusted to allow fair comparisons with other MSAs.
CHARLOTTE, NC
(Charlotte-Concord-Gastonia, NC-SC MSA)

Total Score = 41.4; Rank = 39

Areas of Excellence (at or better than target goal):
• Lower percent of days when mental health was not good during the past 30 days
• Lower death rate for cardiovascular disease
• More acres of parkland per capita
• More farmers’ markets per capita
• Higher level of state requirement for Physical Education classes

Improvement Priority Areas (worse than 20% of target goal):
• Lower percent consuming 2+ fruits per day
• Lower percent consuming 3+ vegetables per day
• Higher percent currently smoking
• Higher percent obese
• Higher percent with angina or coronary heart disease
• Higher percent with diabetes
• Lower percent of city land area as parkland
• Lower percent using public transportation to work
• Lower percent bicycling or walking to work
• Lower Walk Score®
• Lower percent of population within a 10 minute walk to a park
• Fewer ball diamonds 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

Description of Charlotte-Concord-Gastonia, NC-SC MSA
Population 2,380,314
Percent less than 18 years old 24.6%
Percent 18 to 64 years old 63.0%
Percent 65 years old and older 12.4%
Percent male 48.5%
Percent high school graduate or higher 88.1%
Percent White 68.1%
Percent Black or African American 22.1%
Percent Asian 3.2%
Percent Other Race 6.6%
Percent Hispanic/Latino 9.7%
Percent unemployed 6.0%
Median household income $53,549.00
Percent of households below poverty level 11.7%
Violent crime rate/100,000* 392.2
Percent with disability 11.7%

*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 = 54.4; Rank = 20

Health Behaviors

- Percent any physical activity or exercise in the last 30 days: 79.0% (Charlotte), 82.6% (Target Goal*)
- Percent meeting CDC aerobic activity guidelines: 29.1% (Charlotte), 32.2% (Target Goal*)
- Percent meeting both CDC aerobic and strength activity guidelines: 19.5% (Charlotte), 23.3% (Target Goal*)
- Percent consuming 2+ fruits per day: 22.2% (Charlotte), 35.6% (Target Goal*)
- Percent consuming 3+ vegetables per day: 10.8% (Charlotte), 16.8% (Target Goal*)
- Percent currently smoking: 19.5% (Charlotte), 13.1% (Target Goal*)

Chronic Health Problems

- Percent obese: 27.1% (Charlotte), 21.3% (Target Goal*)
- Percent in excellent or very good health: 52.0% (Charlotte), 61.0% (Target Goal*)
- Any days when physical health was not good during the past 30 days: 31.3% (Charlotte), 30.4% (Target Goal*)
- Any days when mental health was not good during the past 30 days: 29.1% (Charlotte), 29.2% (Target Goal*)
- Percent with asthma: 7.1% (Charlotte), 6.5% (Target Goal*)
- Percent with angina or coronary heart disease: 4.3% (Charlotte), 2.8% (Target Goal*)
- Percent with diabetes: 10.8% (Charlotte), 6.4% (Target Goal*)
- Death rate/100,000 for cardiovascular disease: 166.9 (Charlotte), 167.1 (Target Goal*)
- Death rate/100,000 for diabetes: 19.3 (Charlotte), 17.0 (Target Goal*)

Community/Environmental Indicators – Score = 28.9; Rank = 50

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

Built Environment

- Parkland as a percent of city land area: 6.3% (Charlotte), 10.6% (Target Goal*)
- Acres of parkland/1,000: 21.1 (Charlotte), 18.6 (Target Goal*)
- Farmers’ markets/1,000,000: 19.7 (Charlotte), 13.1 (Target Goal*)
- Percent using public transportation to work: 1.9% (Charlotte), 4.3% (Target Goal*)
- Percent bicycling or walking to work: 1.6% (Charlotte), 2.8% (Target Goal*)
- Walk Score*: 24.4 (Charlotte), 51.1 (Target Goal*)
- Percent within a 10 minute walk to a park: 26.8% (Charlotte), 63.8% (Target Goal*)

Recreational Facilities

- Ball diamonds/10,000: 1.1 (Charlotte), 1.9 (Target Goal*)
- Dog parks/100,000: 0.8 (Charlotte), 0.9 (Target Goal*)
- Park playgrounds/10,000: 1.8 (Charlotte), 2.3 (Target Goal*)
- Golf courses/100,000: 0.5 (Charlotte), 0.9 (Target Goal*)
- Park units/10,000: 2.4 (Charlotte), 4.1 (Target Goal*)
- Recreational centers/20,000: 0.5 (Charlotte), 1.0 (Target Goal*)
- Swimming pools/100,000: 0.5 (Charlotte), 3.1 (Target Goal*)
- Tennis courts/10,000: 1.5 (Charlotte), 2.0 (Target Goal*)

Policy for School P.E.

- Level of state requirement for Physical Education: 3.0 (Charlotte), 2.5 (Target Goal*)

Park-related Expenditures

- Total park expenditure per resident: $40.00 (Charlotte), $101.80 (Target Goal*)

---

*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.

**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
CHICAGO, IL
(Chicago-Naperville-Elgin, IL-IN-WI MSA)

Total Score = 63.1; Rank = 12

Areas of Excellence (at or better than target goal):
• More farmers’ markets per capita
• Higher percent using public transportation to work
• Higher percent bicycling or walking to work
• Higher Walk Score®
• Higher percent of population within a 10 minute walk to a park
• More ball diamonds per capita
• More park playgrounds 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

Improvement Priority Areas (worse than 20% of target goal):
• 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 diabetes
• Fewer acres of parkland per capita
• Fewer golf courses per capita
• Fewer park units per capita

Description of Chicago-Naperville-Elgin, IL-IN-WI MSA
Population 9,554,598
Percent less than 18 years old 23.7%
Percent 18 to 64 years old 63.5%
Percent 65 years old and older 12.8%
Percent male 48.9%
Percent high school graduate or higher 87.5%
Percent White 66.3%
Percent Black or African American 16.8%
Percent Asian 6.3%
Percent Other Race 10.5%
Percent Hispanic/Latino 21.7%
Percent unemployed 5.6%
Median household income $61,598.00
Percent of households below poverty level 10.5%
Violent crime rate/100,000* 380.1
Percent with disability 10.0%

*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 = 61.2; Rank = 17

Health Behaviors

<table>
<thead>
<tr>
<th>Health Behavior</th>
<th>Chicago</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent any physical activity or exercise in the last 30 days</td>
<td>77.2%</td>
<td>82.6%</td>
</tr>
<tr>
<td>Percent meeting CDC aerobic activity guidelines</td>
<td>28.5%</td>
<td>32.2%</td>
</tr>
<tr>
<td>Percent meeting both CDC aerobic and strength activity guidelines</td>
<td>20.3%</td>
<td>23.3%</td>
</tr>
<tr>
<td>Percent consuming 2+ fruits per day</td>
<td>35.4%</td>
<td>35.6%</td>
</tr>
<tr>
<td>Percent consuming 3+ vegetables per day</td>
<td>17.0%</td>
<td>19.6%</td>
</tr>
<tr>
<td>Percent currently smoking</td>
<td>15.9%</td>
<td>13.1%</td>
</tr>
</tbody>
</table>

Chronic Health Problems

<table>
<thead>
<tr>
<th>Health Behavior</th>
<th>Chicago</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent obese</td>
<td>28.7%</td>
<td>21.3%</td>
</tr>
<tr>
<td>Percent in excellent or very good health</td>
<td>49.4%</td>
<td>61.0%</td>
</tr>
<tr>
<td>Any days when physical health was not good during the past 30 days</td>
<td>41.7%</td>
<td>30.4%</td>
</tr>
<tr>
<td>Any days when mental health was not good during the past 30 days</td>
<td>39.6%</td>
<td>29.2%</td>
</tr>
<tr>
<td>Percent with asthma</td>
<td>8.7%</td>
<td>6.5%</td>
</tr>
<tr>
<td>Percent with angina or coronary heart disease</td>
<td>3.0%</td>
<td>2.8%</td>
</tr>
<tr>
<td>Percent with diabetes</td>
<td>9.7%</td>
<td>6.4%</td>
</tr>
<tr>
<td>Death rate/100,000 for cardiovascular disease</td>
<td>180.2</td>
<td>167.1</td>
</tr>
<tr>
<td>Death rate/100,000 for diabetes</td>
<td>18.5</td>
<td>17.0</td>
</tr>
</tbody>
</table>

Community/Environmental Indicators – Score = 64.9; Rank = 7

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

Built Environment

<table>
<thead>
<tr>
<th>Environment Parameter</th>
<th>Chicago</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parkland as a percent of city land area</td>
<td>9.1%</td>
<td>10.6%</td>
</tr>
<tr>
<td>Acres of parkland/10,000</td>
<td>4.6</td>
<td>18.6</td>
</tr>
<tr>
<td>Farmers' markets/ 1,000,000</td>
<td>20.1</td>
<td>13.1</td>
</tr>
<tr>
<td>Percent using public transportation to work</td>
<td>11.9%</td>
<td>4.3%</td>
</tr>
<tr>
<td>Percent bicycling or walking to work</td>
<td>3.9%</td>
<td>2.8%</td>
</tr>
<tr>
<td>Walk Score*</td>
<td>51.1</td>
<td>74.8</td>
</tr>
<tr>
<td>Percent within a 10 minute walk to a park</td>
<td>90.8%</td>
<td>63.8%</td>
</tr>
</tbody>
</table>

Recreational Facilities

<table>
<thead>
<tr>
<th>Facility Type</th>
<th>Chicago</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ball diamonds/10,000</td>
<td>2.7</td>
<td>1.9</td>
</tr>
<tr>
<td>Dog parks/100,000</td>
<td>0.8</td>
<td>0.9</td>
</tr>
<tr>
<td>Park playgrounds/10,000</td>
<td>2.4</td>
<td>2.3</td>
</tr>
<tr>
<td>Golf courses/100,000</td>
<td>0.5</td>
<td>0.9</td>
</tr>
<tr>
<td>Park units/10,000</td>
<td>2.8</td>
<td>4.1</td>
</tr>
<tr>
<td>Recreational centers/20,000</td>
<td>1.0</td>
<td>1.8</td>
</tr>
<tr>
<td>Swimming pools/100,000</td>
<td>2.9</td>
<td>3.1</td>
</tr>
<tr>
<td>Tennis courts/10,000</td>
<td>2.1</td>
<td>2.0</td>
</tr>
</tbody>
</table>

Policy for School P.E.

<table>
<thead>
<tr>
<th>Requirement</th>
<th>Chicago</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level of state requirement for Physical Education</td>
<td>3.0</td>
<td>2.5</td>
</tr>
</tbody>
</table>

**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
CINCINNATI, OH
(Cincinnati, OH-KY-IN MSA)

Total Score = 52.7; Rank = 23

Areas of Excellence (at or better than target goal):
- Higher percent of city land area as parkland
- More acres of parkland per capita
- 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

Improvement Priority Areas (worse than 20% of target goal):
- Lower percent meeting both CDC aerobic and strength activity guidelines
- Lower percent consuming 2+ fruits per day
- Lower percent consuming 3+ vegetables per day
- Higher percent currently smoking
- 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 asthma
- Higher percent with angina or coronary heart disease
- Higher percent with diabetes
- Higher death rate for diabetes
- Lower percent using public transportation to work

Description of Cincinnati, OH-KY-IN MSA

<table>
<thead>
<tr>
<th>Category</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population</td>
<td>2,149,449</td>
</tr>
<tr>
<td>Percent less than 18 years old</td>
<td>24.1%</td>
</tr>
<tr>
<td>Percent 18 to 64 years old</td>
<td>62.2%</td>
</tr>
<tr>
<td>Percent 65 years old and older</td>
<td>13.7%</td>
</tr>
<tr>
<td>Percent male</td>
<td>49.0%</td>
</tr>
<tr>
<td>Percent high school graduate or higher</td>
<td>90.4%</td>
</tr>
<tr>
<td>Percent White</td>
<td>82.2%</td>
</tr>
<tr>
<td>Percent Black or African American</td>
<td>12.3%</td>
</tr>
<tr>
<td>Percent Asian</td>
<td>2.2%</td>
</tr>
<tr>
<td>Percent Other Race</td>
<td>3.3%</td>
</tr>
<tr>
<td>Percent Hispanic/Latino</td>
<td>2.9%</td>
</tr>
<tr>
<td>Percent unemployed</td>
<td>4.5%</td>
</tr>
<tr>
<td>Median household income</td>
<td>$55,729.00</td>
</tr>
<tr>
<td>Percent of households below poverty level</td>
<td>9.7%</td>
</tr>
<tr>
<td>Violent crime rate/100,000*</td>
<td>267.3</td>
</tr>
<tr>
<td>Percent with disability</td>
<td>12.6%</td>
</tr>
</tbody>
</table>

*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 = 26.0; Rank = 48

**Community/Environmental Indicators – Score = 79.7; Rank = 1**
(note: most of these data were available only for the main city in the MSA)

**Built Environment**
- Parkland as a percent of city land area: 15.4%; Target Goal: 10.6%
- Acres of parkland/1,000: 25.2; Target Goal: 18.6
- Farmers’ markets/1,000,000: 23.3; Target Goal: 13.1
- Percent using public transportation to work: 2.1%; Target Goal: 4.3%
- Percent bicycling or walking to work: 2.3%; Target Goal: 2.8%
- Walk Score*: 50.1; Target Goal: 51.1
- Percent within a 10 minute walk to a park: N/A***

**Recreational Facilities**
- Ball diamonds/10,000: 3.6; Target Goal: 1.9
- Dog parks/100,000: 1.3; Target Goal: 0.9
- Park playgrounds/10,000: 5.1; Target Goal: 2.3
- Golf courses/100,000: 2.4; Target Goal: 0.9
- Park units/10,000: 8.8; Target Goal: 4.1
- Recreational centers/20,000: 8.7; Target Goal: 3.1
- Swimming pools/100,000: 3.2; Target Goal: 2.0
- Tennis courts/10,000: N/A***

**Policy for School P.E.**
- Level of state requirement for Physical Education: 3.0; Target Goal: 2.5

**Park-related Expenditures**
- Total park expenditure per resident: $176.00; Target Goal: $101.80

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*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.
**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
***This measure was unavailable for this MSA. The community/environmental indicator score and total score were adjusted to allow fair comparisons with other MSAs.
CLEVELAND, OH
(Cleveland-Elyria, OH MSA)

Total Score = 52.1; Rank = 25

Areas of Excellence (at or better than target goal):
- More farmers’ markets per capita
- Higher percent bicycling or walking to work
- Higher Walk Score®
- Higher percent of population within a 10 minute walk to a park
- More ball diamonds per capita
- More park playgrounds 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

Improvement Priority Areas (worse than 20% of target goal):
- Lower percent meeting both CDC aerobic and strength activity guidelines
- Lower percent consuming 3+ 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 diabetes
- 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 park units per capita

Description of Cleveland-Elyria, OH MSA
Population 2,063,598
Percent less than 18 years old 21.9%
Percent 18 to 64 years old 61.6%
Percent 65 years old and older 16.5%
Percent male 48.2%
Percent high school graduate or higher 89.2%
Percent White 73.9%
Percent Black or African American 20.0%
Percent Asian 2.2%
Percent Other Race 3.9%
Percent Hispanic/Latino 5.3%
Percent unemployed 5.4%
Median household income $49,889.00
Percent of households below poverty level 11.7%
Violent crime rate/100,000* N/A‡
Percent with disability 14.0%

*Due to differences in jurisdictional definitions and reporting, the FBI recommends that these rates not be compared across areas.
‡This measure was not available.
### ACSM American Fitness Index® Components

#### Personal Health Indicators – Score = 43.5; Rank = 33

- **Health Behaviors**
  - Percent any physical activity or exercise in the last 30 days: 75.2% (Cleveland) vs. 82.6% (Target Goal*)
  - Percent meeting CDC aerobic activity guidelines: 29.0% (Cleveland) vs. 32.2% (Target Goal*)
  - Percent meeting both CDC aerobic and strength activity guidelines: 17.7% (Cleveland) vs. 23.3% (Target Goal*)
  - Percent consuming 2+ fruits per day: 30.4% (Cleveland) vs. 35.6% (Target Goal*)
  - Percent consuming 3+ vegetables per day: 13.2% (Cleveland) vs. 19.6% (Target Goal*)
  - Percent currently smoking: 18.2% (Cleveland) vs. 13.1% (Target Goal*)

- **Chronic Health Problems**
  - Percent obese: 30.3% (Cleveland) vs. 21.3% (Target Goal*)
  - Percent in excellent or very good health: 51.0% (Cleveland) vs. 61.0% (Target Goal*)
  - Any days when physical health was not good during the past 30 days: 34.3% (Cleveland) vs. 30.4% (Target Goal*)
  - Any days when mental health was not good during the past 30 days: 33.3% (Cleveland) vs. 29.2% (Target Goal*)
  - Percent with asthma: 12.4% (Cleveland) vs. 5.5% (Target Goal*)
  - Percent with angina or coronary heart disease: 4.4% (Cleveland) vs. 2.8% (Target Goal*)
  - Percent with diabetes: 11.5% (Cleveland) vs. 6.4% (Target Goal*)
  - Death rate/100,000 for cardiovascular disease: 199.2 (Cleveland) vs. 167.1 (Target Goal*)
  - Death rate/100,000 for diabetes: 21.6 (Cleveland) vs. 17.0 (Target Goal*)

#### Community/Environmental Indicators – Score = 60.4; Rank = 19

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

- **Built Environment**
  - Parkland as a percent of city land area: 6.4% (Cleveland) vs. 10.6% (Target Goal*)
  - Acres of parkland/1,000: 7.9 (Cleveland) vs. 18.6 (Target Goal*)
  - Farmers’ markets/1,000,000: 23.3 (Cleveland) vs. 13.1 (Target Goal*)
  - Percent using public transportation to work: 3.2% (Cleveland) vs. 4.3% (Target Goal*)
  - Percent bicycling or walking to work: 2.9% (Cleveland) vs. 2.8% (Target Goal*)
  - Walk Score®: 56.8 (Cleveland) vs. 51.1 (Target Goal*)
  - Percent within a 10 minute walk to a park: 76.5% (Cleveland) vs. 63.8% (Target Goal*)

- **Recreational Facilities**
  - Ball diamonds/10,000: 3.6 (Cleveland) vs. 1.9 (Target Goal*)
  - Dog parks/100,000: 0.5 (Cleveland) vs. 0.9 (Target Goal*)
  - Park playgrounds/10,000: 2.9 (Cleveland) vs. 2.3 (Target Goal*)
  - Golf courses/100,000: 0.8 (Cleveland) vs. 0.9 (Target Goal*)
  - Park units/10,000: 3.1 (Cleveland) vs. 4.1 (Target Goal*)
  - Recreational centers/20,000: 1.1 (Cleveland) vs. 1.0 (Target Goal*)
  - Swimming pools/100,000: 3.1 (Cleveland) vs. 10.8 (Target Goal*)
  - Tennis courts/10,000: 2.8 (Cleveland) vs. 2.0 (Target Goal*)

- **Policy for School P.E.**
  - Level of state requirement for Physical Education: 3.0 (Cleveland) vs. 2.5 (Target Goal*)

- **Park-related Expenditures**
  - Total park expenditure per resident: $110.00 (Cleveland) vs. $101.80 (Target Goal*)

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*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.

**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.*
Total Score = 41.6; Rank = 38

Areas of Excellence (at or better than target goal):
• More farmers’ markets per capita
• More park units per capita
• Higher level of state requirement for Physical Education classes

Improvement Priority Areas (worse than 20% of target goal):
• Lower percent meeting CDC aerobic activity guidelines
• Lower percent consuming 2+ fruits per day
• Lower percent consuming 3+ vegetables per day
• 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
• Fewer acres of parkland per capita
• Lower percent using public transportation to work
• Lower Walk Score®
• Lower percent of population within a 10 minute walk to a park
• Fewer ball diamonds per capita
• Fewer dog parks per capita
• Fewer recreation centers per capita
• Fewer swimming pools per capita

Description of Columbus, OH MSA
Population 1,994,536
Percent less than 18 years old 24.1%
Percent 18 to 64 years old 63.9%
Percent 65 years old and older 12.0%
Percent male 49.2%
Percent high school graduate or higher 90.5%
Percent White 77.4%
Percent Black or African American 14.6%
Percent Asian 3.6%
Percent Other Race 4.3%
Percent Hispanic/Latino 3.8%
Percent unemployed 3.8%
Median household income $56,371.00
Percent of households below poverty level 10.8%
Violent crime rate/100,000* 294.9
Percent with disability 11.7%

*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 = 37.9; Rank = 38

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Columbus</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent any physical activity or exercise in the last 30 days</td>
<td>77.2%</td>
<td>82.6%</td>
</tr>
<tr>
<td>Percent meeting CDC aerobic activity guidelines</td>
<td>25.4%</td>
<td>32.2%</td>
</tr>
<tr>
<td>Percent meeting both CDC aerobic and strength activity guidelines</td>
<td>18.6%</td>
<td>23.3%</td>
</tr>
<tr>
<td>Percent consuming 2+ fruits per day</td>
<td>27.1%</td>
<td>35.6%</td>
</tr>
<tr>
<td>Percent consuming 3+ vegetables per day</td>
<td>14.5%</td>
<td>19.6%</td>
</tr>
<tr>
<td>Percent currently smoking</td>
<td>18.8%</td>
<td>13.1%</td>
</tr>
</tbody>
</table>

Chronic Health Problems

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Columbus</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent obese</td>
<td>33.0%</td>
<td>21.3%</td>
</tr>
<tr>
<td>Percent in excellent or very good health</td>
<td>52.6%</td>
<td>61.0%</td>
</tr>
<tr>
<td>Any days when physical health was not good during the past 30 days</td>
<td>37.8%</td>
<td>30.4%</td>
</tr>
<tr>
<td>Any days when mental health was not good during the past 30 days</td>
<td>36.9%</td>
<td>29.2%</td>
</tr>
<tr>
<td>Percent with asthma</td>
<td>9.5%</td>
<td>5.5%</td>
</tr>
<tr>
<td>Percent with angina or coronary heart disease</td>
<td>3.9%</td>
<td>2.8%</td>
</tr>
<tr>
<td>Percent with diabetes</td>
<td>12.6%</td>
<td>6.4%</td>
</tr>
<tr>
<td>Death rate/100,000 for cardiovascular disease</td>
<td>185.2</td>
<td>167.1</td>
</tr>
<tr>
<td>Death rate/100,000 for diabetes</td>
<td>21.0</td>
<td>17.0</td>
</tr>
</tbody>
</table>

Community/Environmental Indicators – Score = 45.2; Rank = 34

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

Built Environment

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Columbus</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parkland as a percent of city land area</td>
<td>8.9%</td>
<td>10.6%</td>
</tr>
<tr>
<td>Acres of parkland/1,000</td>
<td>14.5</td>
<td>18.6</td>
</tr>
<tr>
<td>Farmers’ markets/1,000</td>
<td>26.6</td>
<td>13.1</td>
</tr>
<tr>
<td>Percent using public transportation to work</td>
<td>1.8%</td>
<td>4.3%</td>
</tr>
<tr>
<td>Percent bicycling or walking to work</td>
<td>2.6%</td>
<td>2.8%</td>
</tr>
<tr>
<td>Walk Score®</td>
<td>40.0</td>
<td>51.1</td>
</tr>
<tr>
<td>Percent within a 10 minute walk to a park</td>
<td>49.4%</td>
<td>63.8%</td>
</tr>
</tbody>
</table>

Recreational Facilities

<table>
<thead>
<tr>
<th>Facility</th>
<th>Columbus</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ball diamonds/10,000</td>
<td>1.1</td>
<td>1.9</td>
</tr>
<tr>
<td>Dog parks/100,000</td>
<td>0.6</td>
<td>0.9</td>
</tr>
<tr>
<td>Park playgrounds/10,000</td>
<td>1.8</td>
<td>2.3</td>
</tr>
<tr>
<td>Golf courses/100,000</td>
<td>0.7</td>
<td>0.9</td>
</tr>
<tr>
<td>Park units/10,000</td>
<td>4.1</td>
<td>5.1</td>
</tr>
<tr>
<td>Recreational centers/20,000</td>
<td>0.7</td>
<td>1.0</td>
</tr>
<tr>
<td>Swimming pools/100,000</td>
<td>0.7</td>
<td>1.0</td>
</tr>
<tr>
<td>Tennis courts/10,000</td>
<td>1.7</td>
<td>2.0</td>
</tr>
</tbody>
</table>

Policy for School P.E.

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Columbus</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level of state requirement for Physical Education</td>
<td>3.0</td>
<td>2.5</td>
</tr>
</tbody>
</table>

Park-related Expenditures

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Columbus</th>
<th>Target Goal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total park expenditure per resident</td>
<td>$93.00</td>
<td>$101.80</td>
</tr>
</tbody>
</table>
DALLAS, TX
(Dallas-Fort Worth-Arlington, TX MSA)

Total Score = 42.2; Rank = 37

Areas of Excellence (at or better than target goal):
• 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
• Higher percent of city land area as parkland
• More acres of parkland per capita
• More tennis courts per capita
• Higher level of state requirement for Physical Education classes

Improvement Priority Areas (worse than 20% of target goal):
• Lower percent meeting CDC aerobic activity guidelines
• Lower percent meeting both CDC aerobic and strength activity guidelines
• Lower percent consuming 2+ fruits per day
• Lower percent consuming 3+ vegetables per day
• Higher percent obese
• Lower percent in excellent or very good health
• Higher percent with diabetes
• 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 park-related expenditures per capita

Description of Dallas-Fort Worth-Arlington, TX MSA
Population 6,954,330
Percent less than 18 years old 26.7%
Percent 18 to 64 years old 63.1%
Percent 65 years old and older 10.2%
Percent male 49.2%
Percent high school graduate or higher 84.3%
Percent White 70.3%
Percent Black or African American 15.2%
Percent Asian 5.9%
Percent Other Race 8.5%
Percent Hispanic/Latino 28.2%
Percent unemployed 4.1%
Median household income $59,530.00
Percent of households below poverty level 11.6%
Violent crime rate/100,000* N/A‡
Percent with disability 9.7%

*Due to differences in jurisdictional definitions and reporting, the FBI recommends that these rates not be compared across areas.
‡This measure was not available.
### ACSM American Fitness Index® Components

#### Personal Health Indicators – Score = 48.2; Rank = 28

<table>
<thead>
<tr>
<th>Health Behaviors</th>
<th>Dallas</th>
<th>Target Goal*</th>
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</thead>
<tbody>
<tr>
<td>Percent any physical activity or exercise in the last 30 days</td>
<td>75.6%</td>
<td>82.6%</td>
</tr>
<tr>
<td>Percent meeting CDC aerobic activity guidelines</td>
<td>20.5%</td>
<td>32.2%</td>
</tr>
<tr>
<td>Percent meeting both CDC aerobic and strength activity guidelines</td>
<td>13.6%</td>
<td>23.3%</td>
</tr>
<tr>
<td>Percent consuming 2+ fruits per day</td>
<td>23.9%</td>
<td>35.6%</td>
</tr>
<tr>
<td>Percent consuming 3+ vegetables per day</td>
<td>12.9%</td>
<td>19.6%</td>
</tr>
<tr>
<td>Percent currently smoking</td>
<td>13.6%</td>
<td>13.1%</td>
</tr>
</tbody>
</table>

#### Chronic Health Problems

<table>
<thead>
<tr>
<th>Health Behaviors</th>
<th>Dallas</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent obese</td>
<td>31.1%</td>
<td>21.3%</td>
</tr>
<tr>
<td>Percent in excellent or very good health</td>
<td>48.3%</td>
<td>61.0%</td>
</tr>
<tr>
<td>Any days when physical health was not good during the past 30 days</td>
<td>28.0%</td>
<td>30.4%</td>
</tr>
<tr>
<td>Any days when mental health was not good during the past 30 days</td>
<td>26.5%</td>
<td>29.2%</td>
</tr>
<tr>
<td>Percent with asthma</td>
<td>6.6%</td>
<td>6.5%</td>
</tr>
<tr>
<td>Percent with angina or coronary heart disease</td>
<td>3.0%</td>
<td>2.8%</td>
</tr>
<tr>
<td>Percent with diabetes</td>
<td>10.3%</td>
<td>6.4%</td>
</tr>
<tr>
<td>Death rate/100,000 for cardiovascular disease</td>
<td>174.4</td>
<td>167.1</td>
</tr>
<tr>
<td>Death rate/100,000 for diabetes</td>
<td>17.4</td>
<td>17.0</td>
</tr>
</tbody>
</table>

#### Community/Environmental Indicators – Score = 36.4; Rank = 42

Note: Most of these data were available only for the main city in the MSA

<table>
<thead>
<tr>
<th>Built Environment</th>
<th>Dallas</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parkland as a percent of city land area</td>
<td>12.6%</td>
<td>10.6%</td>
</tr>
<tr>
<td>Acres of parkland/1,000</td>
<td>21.6</td>
<td>18.6</td>
</tr>
<tr>
<td>Farmers’ markets/1,000,000</td>
<td>5.3</td>
<td>13.1</td>
</tr>
<tr>
<td>Percent using public transportation to work</td>
<td>1.6%</td>
<td>4.3%</td>
</tr>
<tr>
<td>Percent bicycling or walking to work</td>
<td>1.4%</td>
<td>2.8%</td>
</tr>
<tr>
<td>Walk Score®</td>
<td>43.6</td>
<td>51.1</td>
</tr>
<tr>
<td>Percent within a 10 minute walk to a park</td>
<td>54.2%</td>
<td>63.8%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Recreational Facilities</th>
<th>Dallas</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ball diamonds/10,000</td>
<td>1.0</td>
<td>1.9</td>
</tr>
<tr>
<td>Dog parks/100,000</td>
<td>0.4</td>
<td>0.9</td>
</tr>
<tr>
<td>Park playgrounds/10,000</td>
<td>1.7</td>
<td>2.3</td>
</tr>
<tr>
<td>Golf courses/100,000</td>
<td>0.5</td>
<td>0.9</td>
</tr>
<tr>
<td>Park units/10,000</td>
<td>3.0</td>
<td>4.1</td>
</tr>
<tr>
<td>Recreational centers/20,000</td>
<td>0.7</td>
<td>1.0</td>
</tr>
<tr>
<td>Swimming pools/100,000</td>
<td>1.4</td>
<td>3.1</td>
</tr>
<tr>
<td>Tennis courts/10,000</td>
<td>2.1</td>
<td>2.0</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Policy for School P.E.</th>
<th>Dallas</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level of state requirement for Physical Education</td>
<td>3.0</td>
<td>2.5</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Park-related Expenditures</th>
<th>Dallas</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total park expenditure per resident</td>
<td>$50.00</td>
<td>$101.80</td>
</tr>
</tbody>
</table>

*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.

**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
DENVER, CO
(Denver-Aurora-Lakewood, CO MSA)

Total Score = 72.6; Rank = 3

Areas of Excellence (at or better than target goal):
• Higher percent of any physical activity or exercise in the last 30 days
• Lower percent obese
• Lower death rate for cardiovascular disease
• Lower death rate for diabetes
• More farmers’ markets per capita
• Higher percent using public transportation to work
• Higher percent bicycling or walking to work
• Higher Walk Score®
• Higher percent of population within a 10 minute walk to a park
• 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
• More tennis courts per capita
• Higher park-related expenditures per capita
• Higher level of state requirement for Physical Education classes

Improvement Priority Areas (worse than 20% of target goal):
• Higher percent with asthma
• Lower percent of city land area as parkland
• Fewer acres of parkland per capita

Description of Denver-Aurora-Lakewood, CO MSA
Population 2,754,258
Percent less than 18 years old 23.8%
Percent 18 to 64 years old 64.5%
Percent 65 years old and older 11.7%
Percent male 49.9%
Percent high school graduate or higher 89.7%
Percent White 82.3%
Percent Black or African American 5.6%
Percent Asian 3.9%
Percent Other Race 8.3%
Percent Hispanic/Latino 22.8%
Percent unemployed 3.3%
Median household income $66,870.00
Percent of households below poverty level 7.4%
Violent crime rate/100,000* 331.2
Percent with disability 9.6%

*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 = 82.7; Rank = 1**

<table>
<thead>
<tr>
<th>Health Behaviors</th>
<th>Denver</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent any physical activity or exercise in the last 30 days</td>
<td>84.1%</td>
<td>82.6%</td>
</tr>
<tr>
<td>Percent meeting CDC aerobic activity guidelines</td>
<td>29.2%</td>
<td>32.2%</td>
</tr>
<tr>
<td>Percent meeting both CDC aerobic and strength activity guidelines</td>
<td>22.3%</td>
<td>23.3%</td>
</tr>
<tr>
<td>Percent consuming 2+ fruits per day</td>
<td>30.8%</td>
<td>35.6%</td>
</tr>
<tr>
<td>Percent consuming 3+ vegetables per day</td>
<td>16.8%</td>
<td>19.6%</td>
</tr>
<tr>
<td>Percent currently smoking</td>
<td>14.6%</td>
<td>13.1%</td>
</tr>
</tbody>
</table>

**Chronic Health Problems**

<table>
<thead>
<tr>
<th>Chronic Health Problems</th>
<th>Denver</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent obese</td>
<td>20.8%</td>
<td>21.3%</td>
</tr>
<tr>
<td>Percent in excellent or very good health</td>
<td>57.4%</td>
<td>61.0%</td>
</tr>
<tr>
<td>Any days when physical health was not good during the past 30 days</td>
<td>34.1%</td>
<td>30.4%</td>
</tr>
<tr>
<td>Any days when mental health was not good during the past 30 days</td>
<td>34.8%</td>
<td>29.2%</td>
</tr>
<tr>
<td>Percent with asthma</td>
<td>8.3%</td>
<td>6.5%</td>
</tr>
<tr>
<td>Percent with angina or coronary heart disease</td>
<td>2.9%</td>
<td>2.8%</td>
</tr>
<tr>
<td>Percent with diabetes</td>
<td>7.6%</td>
<td>6.4%</td>
</tr>
<tr>
<td>Death rate/100,000 for cardiovascular disease</td>
<td>142.0</td>
<td>167.1</td>
</tr>
<tr>
<td>Death rate/100,000 for diabetes</td>
<td>14.0</td>
<td>17.0</td>
</tr>
</tbody>
</table>

**Community/Environmental Indicators – Score = 62.8; Rank = 8**

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

**Built Environment**

<table>
<thead>
<tr>
<th>Built Environment</th>
<th>Denver</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parkland as a percent of city land area</td>
<td>7.9%</td>
<td>10.6%</td>
</tr>
<tr>
<td>Acres of parkland/1,000</td>
<td>9.1</td>
<td>18.6</td>
</tr>
<tr>
<td>Farmers’ markets/1,000,000</td>
<td>16.7</td>
<td>13.1</td>
</tr>
<tr>
<td>Percent using public transportation to work</td>
<td>4.5%</td>
<td>4.3%</td>
</tr>
<tr>
<td>Percent bicycling or walking to work</td>
<td>2.9%</td>
<td>2.8%</td>
</tr>
<tr>
<td>Walk Score*</td>
<td>55.7</td>
<td>51.1</td>
</tr>
<tr>
<td>Percent within a 10 minute walk to a park</td>
<td>83.6%</td>
<td>63.8%</td>
</tr>
</tbody>
</table>

**Recreational Facilities**

<table>
<thead>
<tr>
<th>Recreational Facilities</th>
<th>Denver</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ball diamonds/10,000</td>
<td>2.3</td>
<td>1.9</td>
</tr>
<tr>
<td>Dog parks/100,000</td>
<td>1.7</td>
<td>0.9</td>
</tr>
<tr>
<td>Park playgrounds/10,000</td>
<td>2.3</td>
<td>3.8</td>
</tr>
<tr>
<td>Golf courses/100,000</td>
<td>1.1</td>
<td>0.9</td>
</tr>
<tr>
<td>Park units/10,000</td>
<td>0.9</td>
<td>4.3</td>
</tr>
<tr>
<td>Recreational centers/20,000</td>
<td>0.9</td>
<td>4.1</td>
</tr>
<tr>
<td>Swimming pools/100,000</td>
<td>3.1</td>
<td>4.5</td>
</tr>
<tr>
<td>Tennis courts/10,000</td>
<td>2.3</td>
<td>2.0</td>
</tr>
</tbody>
</table>

**Policy for School P.E.**

<table>
<thead>
<tr>
<th>Policy for School P.E.</th>
<th>Denver</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level of state requirement for Physical Education</td>
<td>3.0</td>
<td>2.5</td>
</tr>
</tbody>
</table>

**Park-related Expenditures**

<table>
<thead>
<tr>
<th>Park-related Expenditures</th>
<th>Denver</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total park expenditure per resident</td>
<td>$104.00</td>
<td>$101.80</td>
</tr>
</tbody>
</table>

*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.

**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
DETROIT, MI
(Detroit-Warren-Dearborn, MI MSA)

Total Score = 40.4; Rank = 42

Areas of Excellence (at or better than target goal):
• More farmers’ markets per capita
• Higher Walk Score®
• Higher percent of population within a 10 minute walk to a park
• More ball diamonds per capita
• More park playgrounds per capita
• More park units per capita
• Higher level of state requirement for Physical Education classes

Improvement Priority Areas (worse than 20% of target goal):
• Lower percent meeting both CDC aerobic and strength activity guidelines
• Lower percent consuming 3+ vegetables per day
• Higher percent currently smoking
• Higher percent obese
• 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 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 recreation centers per capita
• Fewer swimming pools per capita
• Lower park-related expenditures per capita

Description of Detroit-Warren-Dearborn, MI MSA

Population 4,296,611
Percent less than 18 years old 22.9%
Percent 18 to 64 years old 62.4%
Percent 65 years old and older 14.7%
Percent male 48.5%
Percent high school graduate or higher 89.1%
Percent White 69.9%
Percent Black or African American 22.4%
Percent Asian 3.9%
Percent Other Race 3.7%
Percent Hispanic/Latino 4.2%
Percent unemployed 5.6%
Median household income $52,462.00
Percent of households below poverty level 12.1%
Violent crime rate/100,000* 529.4
Percent with disability 14.4%

*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 = 38.1; Rank = 37**

- **Percent any physical activity or exercise in the last 30 days**: 74.5%
- **Percent meeting CDC aerobic activity guidelines**: 28.6%
- **Percent meeting both CDC aerobic and strength activity guidelines**: 18.0%
- **Percent consuming 2+ fruits per day**: 30.8%
- **Percent consuming 3+ vegetables per day**: 13.6%
- **Percent currently smoking**: 22.0%

**Chronic Health Problems**

- **Percent obese**: 29.7%
- **Percent in excellent or very good health**: 50.4%
- **Any days when physical health was not good during the past 30 days**: 21.3%
- **Any days when mental health was not good during the past 30 days**: 61.0%
- **Percent with asthma**: 11.2%
- **Percent with angina or coronary heart disease**: 5.0%
- **Percent with diabetes**: 10.4%
- **Death rate/100,000 for cardiovascular disease**: 237.0
- **Death rate/100,000 for diabetes**: 167.1

**Community/Environmental Indicators – Score = 42.5; Rank = 36**

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

- **Parkland as a percent of city land area**: 6.4%
- **Acres of parkland/1,000**: 8.2
- **Farmers’ markets/1,000,000**: 17.7
- **Percent using public transportation to work**: 1.6%
- **Percent bicycling or walking to work**: 1.6%
- **Walk Score®**: 52.2
- **Percent within a 10 minute walk to a park**: 76.8%

**Recreational Facilities**

- **Ball diamonds/10,000**: 3.2
- **Dog parks/100,000**: 0.3
- **Park playgrounds/10,000**: 2.3
- **Golf courses/100,000**: 0.7
- **Park units/10,000**: 5.5
- **Recreational centers/20,000**: 0.4
- **Swimming pools/100,000**: 1.2
- **Tennis courts/10,000**: 1.8

**Policy for School P.E.**

- **Level of state requirement for Physical Education**: 3.0

**Park-related Expenditures**

- **Total park expenditure per resident**: $17.00

---

*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.

**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.*
HARTFORD, CT
(Hartford-West Hartford-East Hartford, CT MSA)

Total Score = 65.3; Rank = 9

Areas of Excellence (at or better than target goal):
- 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 bicycling or walking to work
- Higher Walk Score®
- More ball diamonds 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 level of state requirement for Physical Education classes

Improvement Priority Areas (worse than 20% of target goal):
- Higher percent obese
- 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
- Lower percent using public transportation to work
- Fewer dog parks per capita
- Lower park-related expenditures per capita

Description of Hartford-West Hartford-East Hartford, CT MSA

<table>
<thead>
<tr>
<th>Description</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population</td>
<td>1,214,295</td>
</tr>
<tr>
<td>Percent less than 18 years old</td>
<td>21.0%</td>
</tr>
<tr>
<td>Percent 18 to 64 years old</td>
<td>63.3%</td>
</tr>
<tr>
<td>Percent 65 years old and older</td>
<td>15.7%</td>
</tr>
<tr>
<td>Percent male</td>
<td>48.7%</td>
</tr>
<tr>
<td>Percent high school graduate or higher</td>
<td>90.2%</td>
</tr>
<tr>
<td>Percent White</td>
<td>76.8%</td>
</tr>
<tr>
<td>Percent Black or African American</td>
<td>11.0%</td>
</tr>
<tr>
<td>Percent Asian</td>
<td>4.5%</td>
</tr>
<tr>
<td>Percent Other Race</td>
<td>7.6%</td>
</tr>
<tr>
<td>Percent Hispanic/Latino</td>
<td>14.0%</td>
</tr>
<tr>
<td>Percent unemployed</td>
<td>5.2%</td>
</tr>
<tr>
<td>Median household income</td>
<td>$68,532.00</td>
</tr>
<tr>
<td>Percent of households below poverty level</td>
<td>8.0%</td>
</tr>
<tr>
<td>Violent crime rate/100,000*</td>
<td>252.2</td>
</tr>
<tr>
<td>Percent with disability</td>
<td>11.7%</td>
</tr>
</tbody>
</table>

*Due to differences in jurisdictional definitions and reporting, the FBI recommends that these rates not be compared across areas.
### Personal Health Indicators – Score = 68.4; Rank = 11

**Health Behaviors**
- Percent any physical activity or exercise in the last 30 days: Hartford 79.0%, Target Goal 82.6%
- Percent meeting CDC aerobic activity guidelines: Hartford 26.6%, Target Goal 32.2%
- Percent meeting both CDC aerobic and strength activity guidelines: Hartford 20.4%, Target Goal 23.3%
- Percent consuming 2+ fruits per day: Hartford 35.2%, Target Goal 35.6%
- Percent consuming 3+ vegetables per day: Hartford 16.9%, Target Goal 19.6%
- Percent currently smoking: Hartford 14.1%, Target Goal 13.1%

**Chronic Health Problems**
- Percent obese: Hartford 26.9%, Target Goal 21.3%
- Percent in excellent or very good health: Hartford 56.5%, Target Goal 61.0%
- Any days when physical health was not good during the past 30 days: Hartford 32.8%, Target Goal 30.4%
- Any days when mental health was not good during the past 30 days: Hartford 35.7%, Target Goal 29.2%
- Percent with asthma: Hartford 10.4%, Target Goal 6.5%
- Percent with angina or coronary heart disease: Hartford 3.8%, Target Goal 2.8%
- Percent with diabetes: Hartford 10.4%, Target Goal 6.4%
- Death rate/100,000 for cardiovascular disease: Hartford 156.2, Target Goal 167.1
- Death rate/100,000 for diabetes: Hartford 15.4, Target Goal 17.0

### Community/Environmental Indicators – Score = 62.1; Rank = 14

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

**Built Environment**
- Parkland as a percent of city land area: Hartford 20.7%, Target Goal 10.6%
- Acres of parkland/1,000 residents: Hartford 18.4, Target Goal 18.6
- Farmers’ markets/1,000,000 residents: Hartford 45.3, Target Goal 13.1
- Percent using public transportation to work: Hartford 2.7%, Target Goal 4.3%
- Percent bicycling or walking to work: Hartford 2.8%, Target Goal 2.8%
- Walk Score®: Hartford 68.0, Target Goal 51.1
- Percent within a 10 minute walk to a park: Hartford N/A, Target Goal 63.8%

**Recreational Facilities**
- Ball diamonds/10,000 residents: Hartford 3.7, Target Goal 1.9
- Dog parks/100,000 residents: Hartford 0.0, Target Goal 0.9
- Park playgrounds/10,000 residents: Hartford 2.2, Target Goal 2.3
- Golf courses/100,000 residents: Hartford 0.9, Target Goal 1.6
- Park units/10,000 residents: Hartford 4.4, Target Goal 4.1
- Recreational centers/20,000 residents: Hartford 1.0, Target Goal 1.0
- Swimming pools/100,000 residents: Hartford 4.8, Target Goal 3.1
- Tennis courts/10,000 residents: Hartford 2.2, Target Goal 2.0

**Policy for School P.E.**
- Level of state requirement for Physical Education: Hartford 3.0, Target Goal 2.5

**Park-related Expenditures**
- Total park expenditure per resident: Hartford $18.00, Target Goal $101.80

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*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.

**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.

***This measure was unavailable for this MSA. The community/environmental indicator score and total score were adjusted to allow fair comparisons with other MSAs.
HOUSTON, TX
(Houston-The Woodlands-Sugar Land, TX MSA)

Total Score = 40.6; Rank = 40

Areas of Excellence (at or better than target goal):
• Lower percent currently smoking
• Lower percent of days when physical health was not good during the past 30 days
• Lower percent with asthma
• Higher percent of city land area as parkland
• More acres of parkland per capita
• Higher level of state requirement for Physical Education classes

Improvement Priority Areas (worse than 20% of target goal):
• Lower percent meeting CDC aerobic activity guidelines
• Lower percent meeting both CDC aerobic and strength activity guidelines
• Lower percent consuming 2+ fruits per day
• Lower percent consuming 3+ vegetables per day
• Higher percent obese
• Lower percent in excellent or very good health
• Higher percent with diabetes
• Fewer farmers’ markets per capita
• Lower percent using public transportation to work
• Lower percent bicycling or walking to work
• Lower percent of population within a 10 minute walk to a park
• Fewer ball diamonds 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

Description of Houston-The Woodlands-Sugar Land, TX MSA
Population: 6,490,180
Percent less than 18 years old: 27.0%
Percent 18 to 64 years old: 63.2%
Percent 65 years old and older: 9.8%
Percent male: 49.7%
Percent high school graduate or higher: 82.0%
Percent White: 65.8%
Percent Black or African American: 17.2%
Percent Asian: 7.3%
Percent Other Race: 9.7%
Percent Hispanic/Latino: 36.3%
Percent unemployed: 3.8%
Median household income: $60,072.00
Percent of households below poverty level: 12.2%
Violent crime rate/100,000*: 567.4
Percent with disability: 9.7%

*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**

<table>
<thead>
<tr>
<th>Health Behaviors</th>
<th>Houston</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent any physical activity or exercise in the last 30 days</td>
<td>72.4%</td>
<td>82.6%</td>
</tr>
<tr>
<td>Percent meeting CDC aerobic activity guidelines</td>
<td>20.5%</td>
<td>32.2%</td>
</tr>
<tr>
<td>Percent meeting both CDC aerobic and strength activity guidelines</td>
<td>15.7%</td>
<td>23.3%</td>
</tr>
<tr>
<td>Percent consuming 2+ fruits per day</td>
<td>19.7%</td>
<td>35.6%</td>
</tr>
<tr>
<td>Percent consuming 3+ vegetables per day</td>
<td>13.2%</td>
<td>19.6%</td>
</tr>
<tr>
<td>Percent currently smoking</td>
<td>12.1%</td>
<td>13.1%</td>
</tr>
</tbody>
</table>

*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.

**Community/Environmental Indicators – Score = 38.5; Rank = 40**

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

<table>
<thead>
<tr>
<th>Built Environment</th>
<th>Houston</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parkland as a percent of city land area</td>
<td>14.3%</td>
<td>10.6%</td>
</tr>
<tr>
<td>Acres of parkland/1,000</td>
<td>24.1</td>
<td>18.6</td>
</tr>
<tr>
<td>Farmers’ markets/1,000,000</td>
<td>3.5</td>
<td>13.1</td>
</tr>
<tr>
<td>Percent using public transportation to work</td>
<td>2.4%</td>
<td>4.3%</td>
</tr>
<tr>
<td>Percent bicycling or walking to work</td>
<td>1.6%</td>
<td>2.8%</td>
</tr>
<tr>
<td>Walk Score®</td>
<td>44.2</td>
<td>51.1</td>
</tr>
<tr>
<td>Percent within a 10 minute walk to a park</td>
<td>45.5%</td>
<td>63.8%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Recreational Facilities</th>
<th>Houston</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ball diamonds/10,000</td>
<td>1.0</td>
<td>1.9</td>
</tr>
<tr>
<td>Dog parks/100,000</td>
<td>0.7</td>
<td>0.9</td>
</tr>
<tr>
<td>Park playgrounds/10,000</td>
<td>2.1</td>
<td>2.3</td>
</tr>
<tr>
<td>Golf courses/100,000</td>
<td>0.4</td>
<td>0.9</td>
</tr>
<tr>
<td>Park units/10,000</td>
<td>2.6</td>
<td>4.1</td>
</tr>
<tr>
<td>Recreational centers/20,000</td>
<td>0.7</td>
<td>1.0</td>
</tr>
<tr>
<td>Swimming pools/100,000</td>
<td>1.9</td>
<td>3.1</td>
</tr>
<tr>
<td>Tennis courts/10,000</td>
<td>1.0</td>
<td>2.0</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Policy for School P.E.</th>
<th>Houston</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level of state requirement for Physical Education</td>
<td>3.0</td>
<td>2.5</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Park-related Expenditures</th>
<th>Houston</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total park expenditure per resident</td>
<td>$37.00</td>
<td>$101.80</td>
</tr>
</tbody>
</table>

*The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
INDIANAPOLIS, IN
(Indianapolis-Carmel-Anderson, IN MSA)

Total Score = 26.6; Rank = 50

Areas of Excellence (at or better than target goal):
• More farmers’ markets per capita
• More golf courses per capita
• Higher level of state requirement for Physical Education classes

Improvement Priority Areas (worse than 20% of target goal):
• Lower percent meeting CDC aerobic activity guidelines
• Lower percent meeting both CDC aerobic and strength activity guidelines
• Lower percent consuming 2+ fruits per day
• Lower percent consuming 3+ vegetables per day
• Higher percent currently smoking
• 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 asthma
• Higher percent with angina or coronary heart disease
• Higher percent with 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
• Lower Walk Score®
• Lower percent of population within a 10 minute walk to a park
• 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-Anderson, IN MSA
Population 1,971,274
Percent less than 18 years old 25.2%
Percent 18 to 64 years old 62.4%
Percent 65 years old and older 12.4%
Percent male 48.8%
Percent high school graduate or higher 89.0%
Percent White 78.0%
Percent Black or African American 14.7%
Percent Asian 2.8%
Percent Other Race 4.5%
Percent Hispanic/Latino 6.4%
Percent unemployed 4.8%
Median household income $52,268.00
Percent of households below poverty level 10.6%
Violent crime rate/100,000* 646.3
Percent with disability 12.9%

*Due to differences in jurisdictional definitions and reporting, the FBI recommends that these rates not be compared across areas.
### Personal Health Indicators – Score = 24.2; Rank = 50

#### Health Behaviors
- **Percent any physical activity or exercise in the last 30 days**
  - Indianapolis: 23.4%
  - Target Goal*: 32.6%
- **Percent meeting CDC aerobic activity guidelines**
  - Indianapolis: 32.2%
  - Target Goal*: 45.6%
- **Percent meeting both CDC aerobic and strength activity guidelines**
  - Indianapolis: 23.3%
  - Target Goal*: 32.6%
- **Percent consuming 2+ fruits per day**
  - Indianapolis: 27.3%
  - Target Goal*: 32.6%
- **Percent consuming 3+ vegetables per day**
  - Indianapolis: 12.7%
  - Target Goal*: 11.6%
- **Percent currently smoking**
  - Indianapolis: 20.2%
  - Target Goal*: 11.6%

#### Chronic Health Problems
- **Percent obese**
  - Indianapolis: 32.6%
  - Target Goal*: 21.3%
- **Percent in excellent or very good health**
  - Indianapolis: 45.6%
  - Target Goal*: 61.0%
- **Any days when physical health was not good during the past 30 days**
  - Indianapolis: 37.6%
  - Target Goal*: 30.4%
- **Any days when mental health was not good during the past 30 days**
  - Indianapolis: 36.2%
  - Target Goal*: 29.2%
- **Percent with asthma**
  - Indianapolis: 11.6%
  - Target Goal*: 6.5%
- **Percent with angina or coronary heart disease**
  - Indianapolis: 4.5%
  - Target Goal*: 2.8%
- **Percent with diabetes**
  - Indianapolis: 11.0%
  - Target Goal*: 6.4%
- **Death rate/100,000 for cardiovascular disease**
  - Indianapolis: 183.6
  - Target Goal*: 167.1
- **Death rate/100,000 for diabetes**
  - Indianapolis: 17.2
  - Target Goal*: 17.0

### Community/Environmental Indicators – Score = 28.9; Rank = 49

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

#### Built Environment
- **Parkland as a percent of city land area**
  - Indianapolis: 5.0%
  - Target Goal**: 10.6%
- **Acres of parkland/1,000,000**
  - Indianapolis: 13.3
  - Target Goal**: 18.6
- **Farmers’ markets/1,000,000**
  - Indianapolis: 24.3
  - Target Goal**: 31.3
- **Percent using public transportation to work**
  - Indianapolis: 1.2%
  - Target Goal**: 4.3%
- **Percent bicycling or walking to work**
  - Indianapolis: 1.6%
  - Target Goal**: 2.8%
- **Walk Score®**
  - Indianapolis: 28.7
  - Target Goal**: 51.1
- **Percent within a 10 minute walk to a park**
  - Indianapolis: 31.6%
  - Target Goal**: 63.8%

#### Recreational Facilities
- **Ball diamonds/10,000**
  - Indianapolis: 0.7
  - Target Goal**: 1.9
- **Dog parks/100,000**
  - Indianapolis: 0.5
  - Target Goal**: 0.9
- **Park playgrounds/10,000**
  - Indianapolis: 1.5
  - Target Goal**: 2.3
- **Golf courses/100,000**
  - Indianapolis: 1.6
  - Target Goal**: 0.9
- **Park units/10,000**
  - Indianapolis: 2.5
  - Target Goal**: 4.1
- **Recreational centers/20,000**
  - Indianapolis: 0.5
  - Target Goal**: 1.0
- **Swimming pools/100,000**
  - Indianapolis: 2.6
  - Target Goal**: 3.1
- **Tennis courts/10,000**
  - Indianapolis: 1.3
  - Target Goal**: 2.0

#### Policy for School P.E.
- **Level of state requirement for Physical Education**
  - Indianapolis: 3.0
  - Target Goal**: 2.5

#### Park-related Expenditures
- **Total park expenditure per resident**
  - Indianapolis: $24.00
  - Target Goal**: $101.80

---

*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.

**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.*
JACKSONVILLE, FL
(Jacksonville, FL MSA)

Total Score = 49.5; Rank = 31

Areas of Excellence (at or better than target goal):
• Higher percent of city land area as parkland
• 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
• Higher level of state requirement for Physical Education classes

Improvement Priority Areas (worse than 20% of target goal):
• Lower percent meeting CDC aerobic activity guidelines
• Lower percent meeting both CDC aerobic and strength activity guidelines
• Higher percent currently smoking
• Higher percent obese
• Higher percent with angina or coronary heart disease
• Higher percent with diabetes
• Lower percent using public transportation to work
• Lower percent bicycling or walking to work
• Lower Walk Score®
• Lower percent of population within a 10 minute walk to a park
• Fewer dog parks per capita
• Fewer golf courses per capita
• Lower park-related expenditures per capita

Description of Jacksonville, FL MSA

<table>
<thead>
<tr>
<th>Metric</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population</td>
<td>1,419,127</td>
</tr>
<tr>
<td>Percent less than 18 years old</td>
<td>22.9%</td>
</tr>
<tr>
<td>Percent 18 to 64 years old</td>
<td>62.9%</td>
</tr>
<tr>
<td>Percent 65 years old and older</td>
<td>14.2%</td>
</tr>
<tr>
<td>Percent male</td>
<td>48.6%</td>
</tr>
<tr>
<td>Percent high school graduate or higher</td>
<td>90.0%</td>
</tr>
<tr>
<td>Percent White</td>
<td>70.5%</td>
</tr>
<tr>
<td>Percent Black or African American</td>
<td>21.8%</td>
</tr>
<tr>
<td>Percent Asian</td>
<td>3.7%</td>
</tr>
<tr>
<td>Percent Other Race</td>
<td>4.0%</td>
</tr>
<tr>
<td>Percent Hispanic/Latino</td>
<td>7.9%</td>
</tr>
<tr>
<td>Percent unemployed</td>
<td>5.2%</td>
</tr>
<tr>
<td>Median household income</td>
<td>$51,117.00</td>
</tr>
<tr>
<td>Percent of households below poverty level</td>
<td>11.5%</td>
</tr>
<tr>
<td>Violent crime rate/100,000*</td>
<td>561.1</td>
</tr>
<tr>
<td>Percent with disability</td>
<td>13.6%</td>
</tr>
</tbody>
</table>

*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 = 49.4; Rank = 27

Health Behaviors

- Percent any physical activity or exercise in the last 30 days: Jacksonville 76.8%; Target Goal 82.6%
- Percent meeting CDC aerobic activity guidelines: Jacksonville 23.3%; Target Goal 32.2%
- Percent meeting both CDC aerobic and strength activity guidelines: Jacksonville 17.1%; Target Goal 23.3%
- Percent consuming 2+ fruits per day: Jacksonville 29.3%; Target Goal 35.6%
- Percent consuming 3+ vegetables per day: Jacksonville 16.6%; Target Goal 19.6%
- Percent currently smoking: Jacksonville 18.5%; Target Goal 13.1%

Chronic Health Problems

- Percent obese: Jacksonville 31.3%; Target Goal 21.3%
- Percent in excellent or very good health: Jacksonville 51.8%; Target Goal 61.0%
- Any days when physical health was not good during the past 30 days: Jacksonville 32.5%; Target Goal 30.4%
- Any days when mental health was not good during the past 30 days: Jacksonville 30.2%; Target Goal 29.2%
- Percent with asthma: Jacksonville 7.8%; Target Goal 6.5%
- Percent with angina or coronary heart disease: Jacksonville 4.4%; Target Goal 2.8%
- Percent with diabetes: Jacksonville 10.3%; Target Goal 6.4%
- Death rate/100,000 for cardiovascular disease: Jacksonville 194.5; Target Goal 167.1
- Death rate/100,000 for diabetes: Jacksonville 19.5; Target Goal 17.0

Community/Environmental Indicators – Score = 49.7; Rank = 32

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

Built Environment

- Parkland as a percent of city land area: Jacksonville 14.1%; Target Goal 10.6%
- Acres of parkland/1,000: Jacksonville 78.3
- Farmers’ markets/1,000,000: Jacksonville 13.1
- Percent using public transportation to work: Jacksonville 1.2%; Target Goal 4.3%
- Percent bicycling or walking to work: Jacksonville 1.8%; Target Goal 2.8%
- Walk Score: Jacksonville 25.5; Target Goal 51.1
- Percent within a 10 minute walk to a park: Jacksonville 30.5%; Target Goal 63.8%

Recreational Facilities

- Ball diamonds/10,000: Jacksonville 3.2
- Dog parks/100,000: Jacksonville 0.4; Target Goal 0.9
- Park playgrounds/10,000: Jacksonville 3.4
- Golf courses/100,000: Jacksonville 0.4; Target Goal 0.9
- Park units/10,000: Jacksonville 5.0; Target Goal 4.1
- Recreational centers/20,000: Jacksonville 1.4
- Swimming pools/100,000: Jacksonville 4.2
- Tennis courts/10,000: Jacksonville 1.9

Policy for School P.E.

- Level of state requirement for Physical Education: Jacksonville 3.0; Target Goal 2.5

Park-related Expenditures

- Total park expenditure per resident: Jacksonville $27.00; Target Goal $101.80

*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.
**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
KANSAS CITY, MO
(Kansas City, MO-KS MSA)

Total Score = 50.3; Rank = 30

Areas of Excellence (at or better than target goal):
- Lower death rate for diabetes
- More acres of parkland per capita
- More farmers’ markets per capita
- Higher percent of population within a 10 minute walk to a park
- More ball diamonds 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

Improvement Priority Areas (worse than 20% of target goal):
- Lower percent meeting both CDC aerobic and strength activity guidelines
- Lower percent consuming 2+ fruits per day
- Lower percent consuming 3+ 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
- Lower percent using public transportation to work
- Lower percent bicycling or walking to work
- Lower Walk Score®
- Fewer dog parks per capita
- Fewer recreation centers per capita

Description of Kansas City, MO-KS MSA
Population 2,071,133
Percent less than 18 years old 24.9%
Percent 18 to 64 years old 61.8%
Percent 65 years old and older 13.3%
Percent male 49.1%
Percent high school graduate or higher 91.4%
Percent White 78.5%
Percent Black or African American 12.5%
Percent Asian 2.6%
Percent Other Race 6.3%
Percent Hispanic/Latino 8.7%
Percent unemployed 3.7%
Median household income $56,994.00
Percent of households below poverty level 8.8%
Violent crime rate/100,000* 482.1
Percent with disability 12.8%

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

**Score = 50.2; Rank = 25**

- **Health Behaviors**
  - Percent any physical activity or exercise in the last 30 days: 
    - Kansas City: 27.5%
    - Target Goal*: 32.2%
  - Percent meeting CDC aerobic activity guidelines: 
    - Kansas City: 18.3%
    - Target Goal*: 23.3%
  - Percent meeting both CDC aerobic and strength activity guidelines: 
    - Kansas City: 24.8%
    - Target Goal*: 35.6%
  - Percent consuming 2+ fruits per day: 
    - Kansas City: 13.8%
    - Target Goal*: 19.6%
  - Percent consuming 3+ vegetables per day: 
    - Kansas City: 18.6%
    - Target Goal*: 13.1%
  - Percent currently smoking: 
    - Kansas City: 31.1%
    - Target Goal*: 21.3%

### Chronic Health Problems

- **Percent obese**: 
  - Kansas City: 53.4%
  - Target Goal*: 21.3%
- **Percent in excellent or very good health**: 
  - Kansas City: 32.3%
  - Target Goal*: 61.0%
- **Any days when physical health was not good during the past 30 days**: 
  - Kansas City: 30.7%
  - Target Goal*: 29.2%
- **Any days when mental health was not good during the past 30 days**: 
  - Kansas City: 9.3%
  - Target Goal*: 6.5%
- **Percent with asthma**: 
  - Kansas City: 4.2%
  - Target Goal*: 2.8%
- **Percent with angina or coronary heart disease**: 
  - Kansas City: 11.0%
  - Target Goal*: 6.4%
  - Death rate/100,000 for cardiovascular disease: 
    - Kansas City: 182.6
    - Target Goal**: 167.1
- **Death rate/100,000 for diabetes**: 
  - Kansas City: 15.4
  - Target Goal**: 17.0

### Community/Environmental Indicators

**Score = 50.5; Rank = 31**

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

- **Built Environment**
  - Parkland as a percent of city land area: 
    - Kansas City: 9.1%
    - Target Goal**: 10.6%
  - Acres of parkland/1,000: 
    - Kansas City: 18.6
  - Farmers’ markets/1,000,000: 
    - Kansas City: 13.1
  - Percent using public transportation to work: 
    - Kansas City: 1.0%
    - Target Goal**: 4.3%
  - Percent bicycling or walking to work: 
    - Kansas City: 1.4%
    - Target Goal**: 2.8%
  - Walk Score®: 
    - Kansas City: 32.1
    - Target Goal**: 51.1
  - Percent within a 10 minute walk to a park: 
    - Kansas City: 64.1%
    - Target Goal**: 63.8%

- **Recreational Facilities**
  - Ball diamonds/10,000: 
    - Kansas City: 1.9
    - Target Goal**: 3.3
  - Dog parks/100,000: 
    - Kansas City: 0.6
    - Target Goal**: 0.9
  - Park playgrounds/10,000: 
    - Kansas City: 2.2
    - Target Goal**: 2.3
  - Golf courses/100,000: 
    - Kansas City: 1.3
    - Target Goal**: 0.9
  - Park units/10,000: 
    - Kansas City: 4.9
    - Target Goal**: 4.1
  - Recreational centers/20,000: 
    - Kansas City: 0.4
    - Target Goal**: 1.0
  - Swimming pools/100,000: 
    - Kansas City: 2.6
    - Target Goal**: 3.1
  - Tennis courts/10,000: 
    - Kansas City: 2.2
    - Target Goal**: 2.0

- **Policy for School P.E.**
  - Level of state requirement for Physical Education: 
    - Kansas City: 3.0
  - Target Goal**: 2.5

- **Park-related Expenditures**
  - Total park expenditure per resident: 
    - Kansas City: $115.00
    - Target Goal**: $101.80

*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.

**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
LAS VEGAS, NV
(Las Vegas-Henderson-Paradise, NV MSA)

Total Score = 40.4; Rank = 41

Areas of Excellence (at or better than target goal):
• Lower death rate for diabetes
• Higher percent using public transportation to work
• More dog parks per capita
• Higher park-related expenditures per capita

Improvement Priority Areas (worse than 20% of target goal):
• Lower percent consuming 2+ fruits per day
• Higher percent currently smoking
• Higher percent obese
• Lower percent in excellent or very good health
• Higher percent with asthma
• 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 farmers’ markets per capita
• Lower percent bicycling or walking to work
• Lower Walk Score®
• Lower percent of population within a 10 minute walk to a park
• Fewer ball diamonds 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

Description of Las Vegas-Henderson-Paradise, NV MSA
Population 2,069,681
Percent less than 18 years old 23.8%
Percent 18 to 64 years old 62.9%
Percent 65 years old and older 13.3%
Percent male 50.1%
Percent high school graduate or higher 84.5%
Percent White 62.5%
Percent Black or African American 11.1%
Percent Asian 9.3%
Percent Other Race 17.1%
Percent Hispanic/Latino 30.3%
Percent unemployed 6.0%
Median household income $51,214.00
Percent of households below poverty level 11.5%
Violent crime rate/100,000* 743.0
Percent with disability 12.8%

*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 = 45.9; Rank = 32**

- **Health Behaviors**
  - Percent any physical activity or exercise in the last 30 days: Las Vegas 75.9%; Target Goal* 82.6%
  - Percent meeting CDC aerobic activity guidelines: Las Vegas 26.3%; Target Goal* 32.2%
  - Percent meeting both CDC aerobic and strength activity guidelines: Las Vegas 19.4%; Target Goal* 23.3%
  - Percent consuming 2+ fruits per day: Las Vegas 27.3%; Target Goal* 35.6%
  - Percent consuming 3+ vegetables per day: Las Vegas 16.3%; Target Goal* 19.6%
  - Percent currently smoking: Las Vegas 16.9%; Target Goal* 13.1%

**Chronic Health Problems**
- Percent obese: Las Vegas 30.9%; Target Goal* 21.3%
- Percent in excellent or very good health: Las Vegas 43.9%; Target Goal* 61.0%
- Any days when physical health was not good during the past 30 days: Las Vegas 32.9%; Target Goal* 30.4%
- Any days when mental health was not good during the past 30 days: Las Vegas 30.0%; Target Goal* 29.2%
- Percent with asthma: Las Vegas 8.0%; Target Goal* 6.5%
- Percent with angina or coronary heart disease: Las Vegas 5.7%; Target Goal* 2.8%
- Percent with diabetes: Las Vegas 11.2%; Target Goal* 6.4%
- Death rate/100,000 for cardiovascular disease: Las Vegas 204.2; Target Goal* 167.1
- Death rate/100,000 for diabetes: Las Vegas 8.6; Target Goal* 17.0

**Community/Environmental Indicators – Score = 35.1; Rank = 46**

- **Built Environment**
  - Parkland as a percent of city land area: Las Vegas 3.5%; Target Goal** 10.6%
  - Acres of parkland/1,000: Las Vegas 5.1; Target Goal** 18.6
  - Farmers' markets/1,000,000: Las Vegas 4.3; Target Goal** 13.1
  - Percent using public transportation to work: Las Vegas 4.8%; Target Goal** 4.3%
  - Percent bicycling or walking to work: Las Vegas 2.1%; Target Goal** 2.8%
  - Walk Score®: Las Vegas 38.6; Target Goal** 51.1
  - Percent within a 10 minute walk to a park: Las Vegas 46.1%; Target Goal** 63.8%

- **Recreational Facilities**
  - Ball diamonds/10,000: Las Vegas 0.8; Target Goal** 1.9
  - Dog parks/100,000: Las Vegas 0.9; Target Goal** 1.0
  - Park playgrounds/10,000: Las Vegas 1.9; Target Goal** 2.3
  - Golf courses/100,000: Las Vegas 0.7; Target Goal** 0.9
  - Park units/10,000: Las Vegas 1.1; Target Goal** 4.1
  - Recreational centers/20,000: Las Vegas 0.8; Target Goal** 1.0
  - Swimming pools/100,000: Las Vegas 2.0; Target Goal** 3.1
  - Tennis courts/10,000: Las Vegas 1.1; Target Goal** 2.0

- **Policy for School P.E.**
  - Level of state requirement for Physical Education: Las Vegas 1.0; Target Goal** 2.5

- **Park-related Expenditures**
  - Total park expenditure per resident: Las Vegas $125.00; Target Goal** $101.80

*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.

**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
LOS ANGELES, CA
(Los Angeles-Long Beach-Anaheim, CA MSA)

Total Score = 50.8; Rank = 29

Areas of Excellence (at or better than target goal):
• Lower percent currently smoking
• Lower percent with asthma
• Lower death rate for cardiovascular disease
• Higher percent of city land area as parkland
• Higher percent using public transportation to work
• Higher percent bicycling or walking to work
• Higher Walk Score®
• More recreation centers per capita
• Higher level of state requirement for Physical Education classes

Improvement Priority Areas (worse than 20% of target goal):
• Higher percent with angina or coronary heart disease
• Higher percent with diabetes
• Fewer acres of parkland 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

Description of Los Angeles-Long Beach-Anaheim, CA MSA

<table>
<thead>
<tr>
<th>Description</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population</td>
<td>13,262,220</td>
</tr>
<tr>
<td>Percent less than 18 years old</td>
<td>22.8%</td>
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<tr>
<td>Percent 18 to 64 years old</td>
<td>64.8%</td>
</tr>
<tr>
<td>Percent 65 years old and older</td>
<td>12.4%</td>
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<tr>
<td>Percent male</td>
<td>49.3%</td>
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<tr>
<td>Percent high school graduate or higher</td>
<td>79.1%</td>
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<tr>
<td>Percent White</td>
<td>55.0%</td>
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<td>Percent Black or African American</td>
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<tr>
<td>Percent Asian</td>
<td>15.5%</td>
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<tr>
<td>Percent Other Race</td>
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<tr>
<td>Percent Hispanic/Latino</td>
<td>45.1%</td>
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<tr>
<td>Percent unemployed</td>
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<tr>
<td>Median household income</td>
<td>$60,514.00</td>
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<tr>
<td>Percent of households below poverty level</td>
<td>13.3%</td>
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<tr>
<td>Violent crime rate/100,000*</td>
<td>368.9</td>
</tr>
<tr>
<td>Percent with disability</td>
<td>9.5%</td>
</tr>
</tbody>
</table>

*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 = 61.3; Rank = 16**

- Percent any physical activity or exercise in the last 30 days
  - Los Angeles: 25.9%
  - Target Goal*: 23.8%
- Percent meeting CDC aerobic activity guidelines
  - Los Angeles: 19.6%
  - Target Goal*: 25.9%
- Percent meeting both CDC aerobic and strength activity guidelines
  - Los Angeles: 18.3%
  - Target Goal*: 19.6%
- Percent consuming 2+ fruits per day
  - Los Angeles: 35.5%
  - Target Goal*: 35.5%
- Percent consuming 3+ vegetables per day
  - Los Angeles: 12.3%
  - Target Goal*: 12.3%
- Percent currently smoking
  - Los Angeles: 67.5%
  - Target Goal*: 82.6%

**Chronic Health Problems**

- Percent in excellent or very good health
  - Los Angeles: 32.2%
  - Target Goal*: 49.0%
- Any days when physical health was not good during the past 30 days
  - Los Angeles: 33.5%
  - Target Goal*: 30.4%
- Any days when mental health was not good during the past 30 days
  - Los Angeles: 33.2%
  - Target Goal*: 29.2%
- Percent with asthma
  - Los Angeles: 6.5%
  - Target Goal*: 6.5%
- Percent with angina or coronary heart disease
  - Los Angeles: 3.9%
  - Target Goal*: 2.8%
- Percent with diabetes
  - Los Angeles: 12.2%
  - Target Goal*: 6.4%
- Death rate/100,000 for cardiovascular disease
  - Los Angeles: 161.0
  - Target Goal*: 167.1
- Death rate/100,000 for diabetes
  - Los Angeles: 20.2
  - Target Goal*: 17.0

**Community/Environmental Indicators – Score = 40.7; Rank = 39**

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

**Built Environment**

- Parkland as a percent of city land area
  - Los Angeles: 12.3%
  - Target Goal**: 10.6%
- Acres of parkland/1,000
  - Los Angeles: 9.3
  - Target Goal**: 18.6
- Farmers’ markets/1,000
  - Los Angeles: 11.0
  - Target Goal**: 13.1
- Percent using public transportation to work
  - Los Angeles: 5.8%
  - Target Goal**: 4.3%
- Percent bicycling or walking to work
  - Los Angeles: 3.5%
  - Target Goal**: 2.8%
- Walk Score®
  - Los Angeles: 63.9
- Percent within a 10 minute walk to a park
  - Los Angeles: 54.1%
  - Target Goal**: 63.8%

**Recreational Facilities**

- Ball diamonds/10,000
  - Los Angeles: 0.7
  - Target Goal**: 1.9
- Dog parks/100,000
  - Los Angeles: 0.3
  - Target Goal**: 0.9
- Park playgrounds/10,000
  - Los Angeles: 1.0
  - Target Goal**: 2.3
- Golf courses/100,000
  - Los Angeles: 0.4
  - Target Goal**: 0.9
- Park units/10,000
  - Los Angeles: 1.8
  - Target Goal**: 4.1
- Recreational centers/20,000
  - Los Angeles: 1.1
  - Target Goal**: 1.0
- Swimming pools/100,000
  - Los Angeles: 1.7
  - Target Goal**: 3.1
- Tennis courts/10,000
  - Los Angeles: 0.9
  - Target Goal**: 2.0

**Policy for School P.E.**

- Level of state requirement for Physical Education
  - Los Angeles: 3.0
  - Target Goal**: 2.5

**Park-related Expenditures**

- Total park expenditure per resident
  - Los Angeles: $82.00
  - Target Goal**: $101.80

*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.

**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
LOUISVILLE, KY
(Louisville/Jefferson County, KY-IN MSA)

Total Score = 31.8; Rank = 48

Areas of Excellence (at or better than target goal):
• Lower death rate for diabetes
• More acres of parkland per capita
• More farmers’ markets 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

Improvement Priority Areas (worse than 20% of target goal):
• Lower percent meeting CDC aerobic activity guidelines
• Lower percent meeting both CDC aerobic and strength activity guidelines
• Lower percent consuming 2+ fruits per day
• Lower percent consuming 3+ vegetables per day
• Higher percent currently smoking
• 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 with asthma
• Higher percent with angina or coronary heart disease
• Higher percent with diabetes
• Lower percent of city land area as parkland
• Lower percent using public transportation to work
• Lower percent bicycling or walking to work
• Lower Walk Score®
• Lower percent of population within a 10 minute walk to a park
• Fewer ball diamonds per capita
• Fewer park units per capita
• Fewer recreation centers per capita
• Fewer swimming pools per capita
• Lower park-related expenditures per capita

Description of Louisville/Jefferson County, KY-IN MSA
Population 1,269,702
Percent less than 18 years old 23.2%
Percent 18 to 64 years old 62.4%
Percent 65 years old and older 14.4%
Percent male 48.6%
Percent high school graduate or higher 88.2%
Percent White 80.5%
Percent Black or African American 14.2%
Percent Asian 1.8%
Percent Other Race 3.5%
Percent Hispanic/Latino 4.4%
Percent unemployed 4.2%
Median household income $50,932.00
Percent of households below poverty level 10.5%
Violent crime rate/100,000* 395.0
Percent with disability 14.7%

*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 = 28.2; Rank = 45

Health Behaviors

- Percent any physical activity or exercise in the last 30 days: 74.9% (Louisville), 82.6% (Target Goal)
- Percent meeting CDC aerobic activity guidelines: 25.5% (Louisville), 32.2% (Target Goal)
- Percent meeting both CDC aerobic and strength activity guidelines: 16.6% (Louisville), 23.3% (Target Goal)
- Percent consuming 2+ fruits per day: 24.6% (Louisville), 35.6% (Target Goal)
- Percent consuming 3+ vegetables per day: 12.1% (Louisville), 19.6% (Target Goal)
- Percent currently smoking: 20.7% (Louisville), 13.1% (Target Goal)

Chronic Health Problems

- Percent obese: 31.0% (Louisville), 21.3% (Target Goal)
- Percent in excellent or very good health: 47.4% (Louisville), 61.0% (Target Goal)
- Any days when physical health was not good during the past 30 days: 37.6% (Louisville), 30.4% (Target Goal)
- Any days when mental health was not good during the past 30 days: 34.6% (Louisville), 29.2% (Target Goal)
- Percent with asthma: 10.8% (Louisville), 6.5% (Target Goal)
- Percent with angina or coronary heart disease: 5.8% (Louisville), 2.8% (Target Goal)
- Percent with diabetes: 11.7% (Louisville), 6.4% (Target Goal)
- Death rate/100,000 for cardiovascular disease: 180.1 (Louisville), 167.1 (Target Goal)
- Death rate/100,000 for diabetes: 14.7 (Louisville), 17.0 (Target Goal)

Community/Environmental Indicators – Score = 35.2; Rank = 45

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

Built Environment

- Parkland as a percent of city land area: 6.7% (Louisville), 10.6% (Target Goal)
- Acres of parkland/1,000 people: 21.3 (Louisville), 18.6 (Target Goal)
- Farmers’ markets/1,000,000 people: 23.6 (Louisville), 13.1 (Target Goal)
- Percent using public transportation to work: 2.0% (Louisville), 4.3% (Target Goal)
- Percent bicycling or walking to work: 2.0% (Louisville), 2.8% (Target Goal)
- Walk Score®: 31.2 (Louisville), 51.1 (Target Goal)
- Percent within a 10 minute walk to a park: 31.5% (Louisville), 63.8% (Target Goal)

Recreational Facilities

- Ball diamonds/10,000 people: 1.3 (Louisville), 1.9 (Target Goal)
- Dog parks/100,000 people: 1.0 (Louisville), 0.9 (Target Goal)
- Park playgrounds/10,000 people: 1.8 (Louisville), 2.3 (Target Goal)
- Golf courses/100,000 people: 1.2 (Louisville), 0.9 (Target Goal)
- Park units/10,000 people: 1.8 (Louisville), 4.1 (Target Goal)
- Recreational centers/20,000 people: 0.4 (Louisville), 1.0 (Target Goal)
- Swimming pools/100,000 people: 0.8 (Louisville), 3.1 (Target Goal)
- Tennis courts/10,000 people: 2.3 (Louisville), 2.0 (Target Goal)

Policy for School P.E.

- Level of state requirement for Physical Education: 3.0 (Louisville), 2.5 (Target Goal)

Park-related Expenditures

- Total park expenditure per resident: $35.00 (Louisville), $101.80 (Target Goal)

*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.

**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
MEMPHIS, TN
(Memphis, TN-MS-AR MSA)

Total Score = 33.3; Rank = 47

Areas of Excellence (at or better than target goal):
• 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
• More farmers’ markets per capita
• More golf courses per capita
• Higher level of state requirement for Physical Education classes

Improvement Priority Areas (worse than 20% of target goal):
• Lower percent meeting CDC aerobic activity guidelines
• Lower percent meeting both CDC aerobic and strength activity guidelines
• Lower percent consuming 2+ fruits per day
• Lower percent consuming 3+ vegetables per day
• Higher percent currently smoking
• Higher percent obese
• Lower percent in excellent or very good health
• 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 acres of parkland per capita
• Lower percent using public transportation to work
• Lower percent bicycling or walking to work
• Lower Walk Score®
• Lower percent of population within a 10 minute walk to a park
• Fewer dog parks per capita
• Fewer park units per capita
• Fewer tennis courts per capita
• Lower park-related expenditures per capita

Description of Memphis, TN-MS-AR MSA
Population 1,343,230
Percent less than 18 years old 25.5%
Percent 18 to 64 years old 62.4%
Percent 65 years old and older 12.1%
Percent male 47.9%
Percent high school graduate or higher 86.6%
Percent White 47.7%
Percent Black or African American 46.0%
Percent Asian 1.9%
Percent Other Race 4.4%
Percent Hispanic/Latino 5.2%
Percent unemployed 5.8%
Median household income $45,844.00
Percent of households below poverty level 15.9%
Violent crime rate/100,000* 1,033.5
Percent with disability 13.1%

*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 = 30.9; Rank = 42**

**Community/Environmental Indicators – Score = 35.5; Rank = 43**

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

**Health Behaviors**

- Percent any physical activity or exercise in the last 30 days
  - Memphis: 78.1%
  - Target Goal*: 82.6%
- Percent meeting CDC aerobic activity guidelines
  - Memphis: 21.6%
  - Target Goal*: 32.2%
- Percent meeting both CDC aerobic and strength activity guidelines
  - Memphis: 10.7%
  - Target Goal*: 23.3%
- Percent consuming 2+ fruits per day
  - Memphis: 19.9%
  - Target Goal*: 35.6%
- Percent consuming 3+ vegetables per day
  - Memphis: 12.0%
  - Target Goal*: 19.6%
- Percent currently smoking
  - Memphis: 18.1%
  - Target Goal*: 13.1%

**Chronic Health Problems**

- Percent obese
  - Memphis: 34.6%
  - Target Goal*: 21.3%
- Percent in excellent or very good health
  - Memphis: 48.1%
  - Target Goal*: 61.0%
- Any days when physical health was not good during the past 30 days
  - Memphis: 28.8%
  - Target Goal*: 30.4%
- Any days when mental health was not good during the past 30 days
  - Memphis: 27.6%
  - Target Goal*: 29.2%
- Percent with asthma
  - Memphis: 8.9%
  - Target Goal*: 6.5%
- Percent with angina or coronary heart disease
  - Memphis: 4.4%
  - Target Goal*: 2.8%
- Percent with diabetes
  - Memphis: 12.3%
  - Target Goal*: 6.4%
- Death rate/100,000 for cardiovascular disease
  - Memphis: 223.9
  - Target Goal*: 167.1
- Death rate/100,000 for diabetes
  - Memphis: 31.6
  - Target Goal*: 17.0

**Built Environment**

- Parkland as a percent of city land area
  - Memphis: 4.8%
  - Target Goal*: 10.6%
- Acres of parkland/1,000
  - Memphis: 14.4
  - Target Goal*: 18.6
- Farmers’ markets/1,000,000
  - Memphis: 13.4
  - Target Goal*: 13.1
- Percent using public transportation to work
  - Memphis: 1.0%
  - Target Goal*: 4.3%
- Percent bicycling or walking to work
  - Memphis: 1.2%
  - Target Goal*: 2.8%
- Walk Score®
  - Memphis: 33.0
  - Target Goal*: 51.1
- Percent within a 10 minute walk to a park
  - Memphis: 39.4%
  - Target Goal*: 63.8%

**Recreational Facilities**

- Ball diamonds/10,000
  - Memphis: 1.7
  - Target Goal*: 1.9
- Dog parks/100,000
  - Memphis: 0.5
  - Target Goal*: 0.9
- Park playgrounds/10,000
  - Memphis: 1.8
  - Target Goal*: 2.3
- Golf courses/100,000
  - Memphis: 1.4
  - Target Goal*: 0.9
- Park units/10,000
  - Memphis: 3.2
  - Target Goal*: 4.1
- Recreational centers/20,000
  - Memphis: 0.9
  - Target Goal*: 1.0
- Swimming pools/100,000
  - Memphis: 2.8
  - Target Goal*: 3.1
- Tennis courts/10,000
  - Memphis: 1.2
  - Target Goal*: 2.0

**Policy for School P.E.**

- Level of state requirement for Physical Education
  - Memphis: 3.0
  - Target Goal*: 2.5

**Park-related Expenditures**

- Total park expenditure per resident
  - Memphis: $52.00
  - Target Goal*: $101.80

---

*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.

**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
MIAMI, FL
(Miami-Fort Lauderdale-West Palm Beach, FL MSA)

Total Score = 48.2; Rank = 32

Areas of Excellence (at or better than target goal):
• 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
• Higher Walk Score®
• Higher percent of population within a 10 minute walk to a park
• More recreation centers per capita
• More swimming pools per capita
• Higher level of state requirement for Physical Education classes

Improvement Priority Areas (worse than 20% of target goal):
• Lower percent meeting CDC aerobic activity guidelines
• Lower percent meeting both CDC aerobic and strength activity guidelines
• Lower percent in excellent or very good health
• Higher percent with angina or coronary heart disease
• 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 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

Description of Miami-Fort Lauderdale-West Palm Beach, FL MSA
Population 5,929,819
Percent less than 18 years old 20.6%
Percent 18 to 64 years old 62.4%
Percent 65 years old and older 17.0%
Percent male 48.5%
Percent high school graduate or higher 84.9%
Percent White 71.6%
Percent Black or African American 21.4%
Percent Asian 2.5%
Percent Other Race 4.5%
Percent Hispanic/Latino 43.3%
Percent unemployed 5.1%
Median household income $48,458.00
Percent of households below poverty level 13.6%
Violent crime rate/100,000* 595.2
Percent with disability 11.2%

*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 = 54.9; Rank = 19

<table>
<thead>
<tr>
<th>Health Behaviors</th>
<th>Miami</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent any physical activity or exercise in the last 30 days</td>
<td>24.9%</td>
<td>21.3%</td>
</tr>
<tr>
<td>Percent meeting CDC aerobic activity guidelines</td>
<td>23.4%</td>
<td>32.2%</td>
</tr>
<tr>
<td>Percent meeting both CDC aerobic and strength activity guidelines</td>
<td>16.2%</td>
<td>23.3%</td>
</tr>
<tr>
<td>Percent consuming 2+ fruits per day</td>
<td>34.7%</td>
<td>35.6%</td>
</tr>
<tr>
<td>Percent consuming 3+ vegetables per day</td>
<td>16.5%</td>
<td>19.6%</td>
</tr>
<tr>
<td>Percent currently smoking</td>
<td>13.6%</td>
<td>13.1%</td>
</tr>
</tbody>
</table>

Chronic Health Problems

| Percent obese                                      | 24.9% | 21.3%        |
| Percent in excellent or very good health           | 47.7% | 61.0%        |
| Any days when physical health was not good during the past 30 days | 35.9% | 30.4%        |
| Any days when mental health was not good during the past 30 days | 28.8% | 29.2%        |
| Percent with asthma                                | 6.3%  | 6.5%         |
| Percent with angina or coronary heart disease       | 4.3%  | 2.8%         |
| Percent with diabetes                              | 11.8% | 6.4%         |
| Death rate/100,000 for cardiovascular disease       | 157.3 | 167.1        |
| Death rate/100,000 for diabetes                    | 16.7  | 17.0         |

Community/Environmental Indicators – Score = 41.7; Rank = 37

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

<table>
<thead>
<tr>
<th>Built Environment</th>
<th>Miami</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parkland as a percent of city land area</td>
<td>6.3%</td>
<td>10.6%</td>
</tr>
<tr>
<td>Acres of parkland/1,000</td>
<td>3.5</td>
<td>18.6</td>
</tr>
<tr>
<td>Farmers’ markets/1,000,000</td>
<td>9.8</td>
<td>13.1</td>
</tr>
<tr>
<td>Percent using public transportation to work</td>
<td>3.7%</td>
<td>4.3%</td>
</tr>
<tr>
<td>Percent bicycling or walking to work</td>
<td>2.3%</td>
<td>2.8%</td>
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<tr>
<td>Walk Score®</td>
<td>75.6</td>
<td>51.1</td>
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<tr>
<td>Percent within a 10 minute walk to a park</td>
<td>74.8%</td>
<td>63.8%</td>
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</tbody>
</table>

Recreational Facilities

<table>
<thead>
<tr>
<th>Recreational Facilities</th>
<th>Miami</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ball diamonds/10,000</td>
<td>0.6</td>
<td>1.9</td>
</tr>
<tr>
<td>Dog parks/100,000</td>
<td>0.7</td>
<td>0.9</td>
</tr>
<tr>
<td>Park playgrounds/10,000</td>
<td>0.2</td>
<td>2.3</td>
</tr>
<tr>
<td>Golf courses/100,000</td>
<td>0.2</td>
<td>0.9</td>
</tr>
<tr>
<td>Park units/10,000</td>
<td>0.9</td>
<td>2.8</td>
</tr>
<tr>
<td>Recreational centers/20,000</td>
<td>1.5</td>
<td>4.1</td>
</tr>
<tr>
<td>Swimming pools/100,000</td>
<td>1.0</td>
<td>3.6</td>
</tr>
<tr>
<td>Tennis courts/10,000</td>
<td>1.4</td>
<td>2.0</td>
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</tbody>
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Policy for School P.E.

<table>
<thead>
<tr>
<th>Policy for School P.E.</th>
<th>Miami</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level of state requirement for Physical Education</td>
<td>3.0</td>
<td>2.5</td>
</tr>
</tbody>
</table>

Park-related Expenditures

<table>
<thead>
<tr>
<th>Park-related Expenditures</th>
<th>Miami</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total park expenditure per resident</td>
<td>$80.00</td>
<td>$101.80</td>
</tr>
</tbody>
</table>

*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.
**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
MILWAUKEE, WI
(Milwaukee-Waukesha-West Allis, WI MSA)

Total Score = 54.2; Rank = 20

Areas of Excellence (at or better than target goal):
• Lower death rate for diabetes
• More farmers’ markets per capita
• Higher percent bicycling or walking to work
• Higher Walk Score®
• Higher percent of population within a 10 minute walk to a park
• 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

Improvement Priority Areas (worse than 20% of target goal):
• Lower percent meeting both CDC aerobic and strength activity guidelines
• Lower percent consuming 3+ vegetables per day
• 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 diabetes
• Fewer acres of parkland per capita
• Fewer dog parks per capita
• Fewer park units per capita

Description of Milwaukee-Waukesha-West Allis, WI MSA

Population 1,572,245
Percent less than 18 years old 23.7%
Percent 18 to 64 years old 62.5%
Percent 65 years old and older 13.8%
Percent male 48.7%
Percent high school graduate or higher 90.4%
Percent White 74.3%
Percent Black or African American 16.7%
Percent Asian 3.4%
Percent Other Race 5.6%
Percent Hispanic/Latino 10.2%
Percent unemployed 4.3%
Median household income $53,164.00
Percent of households below poverty level 11.5%
Violent crime rate/100,000* 634.0
Percent with disability 11.9%

*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 = 26**

*Note: most of these data were available only for the main city in the MSA*

- **Health Behaviors**
  - Percent any physical activity or exercise in the last 30 days: 76.7% (Milwaukee) vs. 82.6% (Target Goal)
  - Percent meeting CDC aerobic activity guidelines: 30.1% (Milwaukee) vs. 32.2% (Target Goal)
  - Percent meeting both CDC aerobic and strength activity guidelines: 16.6% (Milwaukee) vs. 23.3% (Target Goal)
  - Percent consuming 2+ fruits per day: 31.9% (Milwaukee) vs. 35.6% (Target Goal)
  - Percent consuming 3+ vegetables per day: 14.3% (Milwaukee) vs. 19.6% (Target Goal)
  - Percent currently smoking: 18.0% (Milwaukee) vs. 13.1% (Target Goal)

- **Chronic Health Problems**
  - Percent obese: 32.4% (Milwaukee) vs. 21.3% (Target Goal)
  - Percent in excellent or very good health: 51.4% (Milwaukee) vs. 61.0% (Target Goal)
  - Any days when physical health was not good during the past 30 days: 44.5% (Milwaukee) vs. 30.4% (Target Goal)
  - Any days when mental health was not good during the past 30 days: 38.2% (Milwaukee) vs. 29.2% (Target Goal)
  - Percent with asthma: 13.1% (Milwaukee) vs. 6.5% (Target Goal)
  - Percent with angina or coronary heart disease: 2.9% (Milwaukee) vs. 2.8% (Target Goal)
  - Percent with diabetes: 8.9% (Milwaukee) vs. 6.4% (Target Goal)
  - Death rate/100,000 for cardiovascular disease: 178.6 (Milwaukee) vs. 167.1 (Target Goal)
  - Death rate/100,000 for diabetes: 16.4 (Milwaukee) vs. 17.0 (Target Goal)

**Community/Environmental Indicators – Score = 58.6; Rank = 22**

*Note: most of these data were available only for the main city in the MSA*

- **Built Environment**
  - Parkland as a percent of city land area: 8.8% (Milwaukee) vs. 10.6% (Target Goal)
  - Acres of parkland/1,000: 8.7 (Milwaukee) vs. 18.6 (Target Goal)
  - Farmers’ markets/1,000,000: 28.6 (Milwaukee) vs. 13.1 (Target Goal)
  - Percent using public transportation to work: 3.5% (Milwaukee) vs. 4.3% (Target Goal)
  - Percent bicycling or walking to work: 3.1% (Milwaukee) vs. 2.8% (Target Goal)
  - Walk Score®: 59.4 (Milwaukee) vs. 51.1 (Target Goal)
  - Percent within a 10 minute walk to a park: 87.0% (Milwaukee) vs. 63.8% (Target Goal)

- **Recreational Facilities**
  - Ball diamonds/10,000: 2.3 (Milwaukee) vs. 1.9 (Target Goal)
  - Dog parks/100,000: 0.5 (Milwaukee) vs. 0.9 (Target Goal)
  - Park playgrounds/10,000: 2.6 (Milwaukee) vs. 2.3 (Target Goal)
  - Golf courses/100,000: 1.0 (Milwaukee) vs. 0.9 (Target Goal)
  - Park units/10,000: 2.9 (Milwaukee) vs. 4.1 (Target Goal)
  - Recreational centers/20,000: 0.9 (Milwaukee) vs. 1.0 (Target Goal)
  - Swimming pools/100,000: 3.1 (Milwaukee) vs. 3.8 (Target Goal)
  - Tennis courts/10,000: 2.8 (Milwaukee) vs. 2.0 (Target Goal)

- **Policy for School P.E.**
  - Level of state requirement for Physical Education: 3.0 (Milwaukee) vs. 2.5 (Target Goal)

- **Park-related Expenditures**
  - Total park expenditure per resident: $95.00 (Milwaukee) vs. $101.80 (Target Goal)

*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.

**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.**
MINNEAPOLIS, MN
(Minneapolis-St. Paul-Bloomington, MN-WI MSA)

Total Score = 76.7; Rank = 2

Areas of Excellence (at or better than target goal):
• 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
• Higher Walk Score®
• Higher percent of population within a 10 minute walk to a park
• 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

Improvement Priority Areas (worse than 20% of target goal):
• Lower percent consuming 3+ vegetables per day
• Higher percent with asthma
• Higher percent with diabetes
• Fewer acres of parkland per capita
• Fewer swimming pools per capita

Description of Minneapolis-St. Paul-Bloomington, MN-WI MSA
Population 3,495,176
Percent less than 18 years old 24.1%
Percent 18 to 64 years old 63.6%
Percent 65 years old and older 12.3%
Percent male 49.4%
Percent high school graduate or higher 93.2%
Percent White 80.2%
Percent Black or African American 7.8%
Percent Asian 6.3%
Percent Other Race 5.6%
Percent Hispanic/Latino 5.6%
Percent unemployed 3.4%
Median household income $69,111.00
Percent of households below poverty level 6.7%
Violent crime rate/100,000* 261.8
Percent with disability 9.8%

*Due to differences in jurisdictional definitions and reporting, the FBI recommends that these rates not be compared across areas.
### Personal Health Indicators – Score = 75.3 Rank = 4

**Health Behaviors**

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Minneapolis</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent any physical activity or exercise in the last 30 days</td>
<td>81.7%</td>
<td>82.6%</td>
</tr>
<tr>
<td>Percent meeting CDC aerobic activity guidelines</td>
<td>27.5%</td>
<td>32.2%</td>
</tr>
<tr>
<td>Percent meeting both CDC aerobic and strength activity guidelines</td>
<td>20.9%</td>
<td>23.3%</td>
</tr>
<tr>
<td>Percent consuming 2+ fruits per day</td>
<td>29.0%</td>
<td>35.6%</td>
</tr>
<tr>
<td>Percent consuming 3+ vegetables per day</td>
<td>14.8%</td>
<td>19.6%</td>
</tr>
<tr>
<td>Percent currently smoking</td>
<td>14.9%</td>
<td>13.1%</td>
</tr>
</tbody>
</table>

**Chronic Health Problems**

<table>
<thead>
<tr>
<th>Condition</th>
<th>Minneapolis</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent obese</td>
<td>25.5%</td>
<td>21.3%</td>
</tr>
<tr>
<td>Percent in excellent or very good health</td>
<td>58.8%</td>
<td>61.0%</td>
</tr>
<tr>
<td>Any days when physical health was not good during the past 30 days</td>
<td>32.2%</td>
<td>30.4%</td>
</tr>
<tr>
<td>Any days when mental health was not good during the past 30 days</td>
<td>32.4%</td>
<td>29.2%</td>
</tr>
<tr>
<td>Percent with asthma</td>
<td>8.4%</td>
<td>6.5%</td>
</tr>
<tr>
<td>Percent with angina or coronary heart disease</td>
<td>3.1%</td>
<td>2.8%</td>
</tr>
<tr>
<td>Percent with diabetes</td>
<td>7.8%</td>
<td>6.4%</td>
</tr>
<tr>
<td>Death rate/100,000 for cardiovascular disease</td>
<td>116.3</td>
<td>167.1</td>
</tr>
<tr>
<td>Death rate/100,000 for diabetes</td>
<td>15.7</td>
<td>17.0</td>
</tr>
</tbody>
</table>

### Community/Environmental Indicators – Score = 78.0; Rank = 2

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

**Built Environment**

- Parkland as a percent of city land area: 14.9% (Minneapolis), 10.6% (Target Goal)
- Acres of parkland/1,000: 12.6 (Minneapolis), 18.6 (Target Goal)
- Farmers’ markets/1,000,000: 29.8 (Minneapolis), 13.1 (Target Goal)
- Percent using public transportation to work: 4.8% (Minneapolis), 4.3% (Target Goal)
- Percent bicycling or walking to work: 3.4% (Minneapolis), 2.8% (Target Goal)
- Walk Score*: 65.4 (Minneapolis), 51.1 (Target Goal)
- Percent within a 10 minute walk to a park: 94.1% (Minneapolis), 63.8% (Target Goal)

**Recreational Facilities**

- Ball diamonds/10,000: 1.9 (Minneapolis), 4.9 (Target Goal)
- Dog parks/100,000: 0.9 (Minneapolis), 1.7 (Target Goal)
- Park playgrounds/10,000: 2.8 (Minneapolis), 2.3 (Target Goal)
- Golf courses/100,000: 1.8 (Minneapolis), 0.9 (Target Goal)
- Park units/10,000: 4.7 (Minneapolis), 4.1 (Target Goal)
- Recreational centers/20,000: 2.5 (Minneapolis), 1.0 (Target Goal)
- Swimming pools/100,000: 3.1 (Minneapolis), 4.5 (Target Goal)
- Tennis courts/10,000: 2.0 (Minneapolis), 0.9 (Target Goal)

**Policy for School P.E.**

- Level of state requirement for Physical Education: 3.0 (Minneapolis), 2.5 (Target Goal)

**Park-related Expenditures**

- Total park expenditure per resident: $230.00 (Minneapolis), $101.80 (Target Goal)

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*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.

**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
NASHVILLE, TN
(Nashville-Davidson-Murfreesboro-Franklin, TN MSA)

Total Score = 34.2; Rank = 46

Areas of Excellence (at or better than target goal):
• More acres of parkland per capita
• More farmers’ markets per capita
• More golf courses per capita
• Higher park-related expenditures per capita
• Higher level of state requirement for Physical Education classes

Improvement Priority Areas (worse than 20% of target goal):
• Lower percent meeting CDC aerobic activity guidelines
• Lower percent meeting both CDC aerobic and strength activity guidelines
• Lower percent consuming 2+ fruits per day
• Lower percent consuming 3+ vegetables per day
• 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 cardiovascular disease
• Lower percent using public transportation to work
• Lower percent bicycling or walking to work
• Lower Walk Score®
• Lower percent of population within a 10 minute walk to a park
• Fewer ball diamonds per capita
• Fewer park units per capita
• Fewer swimming pools per capita
• Fewer tennis courts per capita

Description of Nashville-Davidson-Murfreesboro-Franklin, TN MSA

Population 1,792,649
Percent less than 18 years old 23.7%
Percent 18 to 64 years old 64.1%
Percent 65 years old and older 12.2%
Percent male 48.8%
Percent high school graduate or higher 88.0%
Percent White 77.6%
Percent Black or African American 15.3%
Percent Asian 2.4%
Percent Other Race 4.7%
Percent Hispanic/Latino 6.8%
Percent unemployed 4.2%
Median household income $52,640.00
Percent of households below poverty level 11.1%
Violent crime rate/100,000* 610.9
Percent with disability 12.3%

*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 = 27.2; Rank = 46

**Health Behaviors**
- Percent any physical activity or exercise in the last 30 days: 77.0% (Target Goal: 82.6%)
- Percent meeting CDC aerobic activity guidelines: 21.3% (Target Goal: 32.2%)
- Percent meeting both CDC aerobic and strength activity guidelines: 14.3% (Target Goal: 23.3%)
- Percent consuming 2+ fruits per day: 16.6% (Target Goal: 35.6%)
- Percent consuming 3+ vegetables per day: 10.0% (Target Goal: 19.6%)
- Percent currently smoking: 22.9% (Target Goal: 13.1%)

**Chronic Health Problems**
- Percent obese: 29.4% (Target Goal: 21.3%)
- Percent in excellent or very good health: 50.9% (Target Goal: 61.0%)
- Any days when physical health was not good during the past 30 days: 38.0% (Target Goal: 30.4%)
- Any days when mental health was not good during the past 30 days: 34.5% (Target Goal: 29.2%)
- Percent with asthma: 7.1% (Target Goal: 6.5%)
- Percent with angina or coronary heart disease: 4.8% (Target Goal: 2.8%)
- Percent with diabetes: 11.8% (Target Goal: 6.4%)
- Death rate/100,000 for cardiovascular disease: 202.0 (Target Goal: 167.1)
- Death rate/100,000 for diabetes: 17.1 (Target Goal: 17.0)

Community/Environmental Indicators – Score = 40.9; Rank = 38

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

**Built Environment**
- Parkland as a percent of city land area: 10.1% (Target Goal: 10.6%)
- Acres of parkland/1,000: 49.0
- Farmers’ markets/1,000,000: 19.5
- Percent using public transportation to work: 1.3% (Target Goal: 4.3%)
- Percent bicycling or walking to work: 1.8% (Target Goal: 2.8%)
- Walk Score®: 26.5 (Target Goal: 51.1)
- Percent within a 10 minute walk to a park: 36.9% (Target Goal: 63.8%)

**Recreational Facilities**
- Ball diamonds/10,000: 1.4 (Target Goal: 1.9)
- Dog parks/100,000: 0.8 (Target Goal: 0.9)
- Park playgrounds/10,000: 2.1 (Target Goal: 2.3)
- Golf courses/100,000: 1.1 (Target Goal: 0.9)
- Park units/10,000: 2.2 (Target Goal: 4.1)
- Recreational centers/20,000: 0.8 (Target Goal: 1.0)
- Swimming pools/100,000: 1.5 (Target Goal: 3.1)
- Tennis courts/10,000: 0.8 (Target Goal: 2.0)

**Policy for School P.E.**
- Level of state requirement for Physical Education: 3.0 (Target Goal: 2.5)

**Park-related Expenditures**
- Total park expenditure per resident: $102.00 (Target Goal: $101.80)

*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.

**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.*
NEW ORLEANS, LA
(New Orleans-Metairie, LA MSA)

Total Score = 46.0; Rank = 33

Areas of Excellence (at or better than target goal):
• Lower percent with asthma
• Lower death rate for diabetes
• Higher percent of city land area as parkland
• More acres of parkland per capita
• More farmers’ markets per capita
• Higher percent bicycling or walking to work
• Higher Walk Score®
• Higher percent of population within a 10 minute walk to a park
• 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

Improvement Priority Areas (worse than 20% of target goal):
• Lower percent meeting CDC aerobic activity guidelines
• Lower percent meeting both CDC aerobic and strength activity guidelines
• Lower percent consuming 2+ fruits per day
• Lower percent consuming 3+ vegetables per day
• Higher percent currently smoking
• Higher percent obese
• Higher percent with angina or coronary heart disease
• Higher percent with diabetes
• Lower percent using public transportation to work
• Fewer ball diamonds per capita
• Fewer dog parks per capita
• Fewer recreation centers per capita
• Lower park-related expenditures per capita

Description of New Orleans-Metairie, LA MSA
Population 1,251,849
Percent less than 18 years old 22.4%
Percent 18 to 64 years old 63.9%
Percent 65 years old and older 13.7%
Percent male 48.4%
Percent high school graduate or higher 86.3%
Percent White 58.6%
Percent Black or African American 34.6%
Percent Asian 2.9%
Percent Other Race 3.8%
Percent Hispanic/Latino 8.5%
Percent unemployed 4.8%
Median household income $46,784.00
Percent of households below poverty level 13.5%
Violent crime rate/100,000* N/A‡
Percent with disability 13.0%

*Due to differences in jurisdictional definitions and reporting, the FBI recommends that these rates not be compared across areas.
‡This measure was not available.
ACSM American Fitness Index® Components

Personal Health Indicators – Score = 30.0; Rank = 43

Health Behaviors

<table>
<thead>
<tr>
<th>Activity</th>
<th>New Orleans</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent any physical activity in the last 30 days</td>
<td>23.7%</td>
<td>32.2%</td>
</tr>
<tr>
<td>Percent meeting CDC aerobic activity guidelines</td>
<td>16.1%</td>
<td>23.3%</td>
</tr>
<tr>
<td>Percent consuming 2+ fruits per day</td>
<td>20.7%</td>
<td>35.6%</td>
</tr>
<tr>
<td>Percent consuming 3+ vegetables per day</td>
<td>11.1%</td>
<td>19.6%</td>
</tr>
<tr>
<td>Percent currently smoking</td>
<td>21.4%</td>
<td>13.1%</td>
</tr>
</tbody>
</table>

Chronic Health Problems

<table>
<thead>
<tr>
<th>Condition</th>
<th>New Orleans</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent obese</td>
<td>34.9%</td>
<td>21.3%</td>
</tr>
<tr>
<td>Percent in excellent or very good health</td>
<td>52.1%</td>
<td>61.0%</td>
</tr>
<tr>
<td>Any days when physical health was not good during the past 30 days</td>
<td>35.3%</td>
<td>30.4%</td>
</tr>
<tr>
<td>Any days when mental health was not good during the past 30 days</td>
<td>34.4%</td>
<td>29.2%</td>
</tr>
<tr>
<td>Percent with asthma</td>
<td>6.4%</td>
<td>6.5%</td>
</tr>
<tr>
<td>Percent with angina or coronary heart disease</td>
<td>5.3%</td>
<td>2.8%</td>
</tr>
<tr>
<td>Percent with diabetes</td>
<td>10.5%</td>
<td>6.4%</td>
</tr>
<tr>
<td>Death rate/100,000 for cardiovascular disease</td>
<td>199.2</td>
<td>167.1</td>
</tr>
<tr>
<td>Death rate/100,000 for diabetes</td>
<td>16.1%</td>
<td>17.0%</td>
</tr>
</tbody>
</table>

Community/Environmental Indicators – Score = 61.3; Rank = 18

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

Built Environment

<table>
<thead>
<tr>
<th>Feature</th>
<th>New Orleans</th>
<th>Target Goal**</th>
</tr>
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<tbody>
<tr>
<td>Parkland as a percent of city land area</td>
<td>25.3%</td>
<td>10.6%</td>
</tr>
<tr>
<td>Acres of parkland/1,000</td>
<td>18.6</td>
<td>71.8</td>
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<tr>
<td>Farmers’ markets/1,000</td>
<td>16.0</td>
<td>13.1</td>
</tr>
<tr>
<td>Percent using public transportation to work</td>
<td>3.1%</td>
<td>4.3%</td>
</tr>
<tr>
<td>Percent bicycling or walking to work</td>
<td>3.6%</td>
<td>2.8%</td>
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<tr>
<td>Walk Score®</td>
<td>56.3</td>
<td>51.1</td>
</tr>
<tr>
<td>Percent within a 10 minute walk to a park</td>
<td>72.4%</td>
<td>63.8%</td>
</tr>
</tbody>
</table>

Recreational Facilities

<table>
<thead>
<tr>
<th>Facility</th>
<th>New Orleans</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ball diamonds/10,000</td>
<td>0.3</td>
<td>1.9</td>
</tr>
<tr>
<td>Dog parks/100,000</td>
<td>0.5</td>
<td>0.9</td>
</tr>
<tr>
<td>Park playgrounds/10,000</td>
<td>2.6</td>
<td>2.3</td>
</tr>
<tr>
<td>Golf courses/100,000</td>
<td>1.6</td>
<td>0.9</td>
</tr>
<tr>
<td>Park units/10,000</td>
<td>6.3</td>
<td>4.1</td>
</tr>
<tr>
<td>Recreational centers/20,000</td>
<td>0.5</td>
<td>1.0</td>
</tr>
<tr>
<td>Swimming pools/100,000</td>
<td>3.4</td>
<td>3.1</td>
</tr>
<tr>
<td>Tennis courts/10,000</td>
<td>1.6</td>
<td>2.0</td>
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</table>

Policy for School P.E.

<table>
<thead>
<tr>
<th>Requirement</th>
<th>New Orleans</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level of state requirement for Physical Education</td>
<td>3.0</td>
<td>2.5</td>
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Park-related Expenditures

<table>
<thead>
<tr>
<th>Expenditure</th>
<th>New Orleans</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total park expenditure per resident</td>
<td>$81.00</td>
<td>$101.80</td>
</tr>
</tbody>
</table>

*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.

**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
NEW YORK, NY
(New York-Newark-Jersey City, NY-NJ-PA MSA)

Total Score = 53.8; Rank = 22

Areas of Excellence (at or better than target goal):
• Lower percent currently smoking
• 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
• Higher Walk Score®
• Higher percent of population within a 10 minute walk to a park
• 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

Improvement Priority Areas (worse than 20% of target goal):
• Lower percent meeting CDC aerobic activity guidelines
• Lower percent meeting both CDC aerobic and strength activity guidelines
• Lower percent consuming 3+ vegetables per day
• Higher percent obese
• Higher percent with asthma
• Higher percent with angina or coronary heart disease
• Higher percent with diabetes
• Fewer acres of parkland per capita
• Fewer ball diamonds 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-Newark-Jersey City, NY-NJ-PA MSA
Population 20,092,883
Percent less than 18 years old 22.0%
Percent 18 to 64 years old 63.9%
Percent 65 years old and older 14.1%
Percent male 48.3%
Percent high school graduate or higher 85.6%
Percent White 58.3%
Percent Black or African American 17.2%
Percent Asian 10.7%
Percent Other Race 13.9%
Percent Hispanic/Latino 23.8%
Percent unemployed 4.8%
Median household income $67,066.00
Percent of households below poverty level 11.4%
Violent crime rate/100,000* 371.4
Percent with disability 10.2%

*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 = 52.2; Rank = 22

Health Behaviors

- Percent any physical activity or exercise in the last 30 days
  - New York: 73.7%
  - Target Goal: 82.6%

- Percent meeting CDC aerobic activity guidelines
  - New York: 23.1%
  - Target Goal: 32.2%

- Percent meeting both CDC aerobic and strength activity guidelines
  - New York: 17.1%
  - Target Goal: 23.3%

- Percent consuming 2+ fruits per day
  - New York: 31.5%
  - Target Goal: 35.6%

- Percent consuming 3+ vegetables per day
  - New York: 15.3%
  - Target Goal: 19.6%

- Percent currently smoking
  - New York: 13.0%
  - Target Goal: 13.1%

Chronic Health Problems

- Percent obese
  - New York: 25.7%
  - Target Goal: 21.3%

- Percent in excellent or very good health
  - New York: 49.0%
  - Target Goal: 61.0%

- Any days when physical health was not good during the past 30 days
  - New York: 34.8%
  - Target Goal: 30.4%

- Any days when mental health was not good during the past 30 days
  - New York: 32.2%
  - Target Goal: 29.2%

- Percent with asthma
  - New York: 9.6%
  - Target Goal: 6.5%

- Percent with angina or coronary heart disease
  - New York: 4.2%
  - Target Goal: 2.8%

- Percent with diabetes
  - New York: 10.2%
  - Target Goal: 6.4%

- Death rate/100,000 for cardiovascular disease
  - New York: 186.5
  - Target Goal: 167.1

- Death rate/100,000 for diabetes
  - New York: 17.7
  - Target Goal: 17.0

Community/Environmental Indicators – Score = 55.4; Rank = 26

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

Built Environment

- Parkland as a percent of city land area
  - New York: 20.8%
  - Target Goal: 10.6%

- Acres of parkland/1,000
  - New York: 4.6
  - Target Goal: 18.6

- Farmers’ markets/1,000,000
  - New York: 18.8
  - Target Goal: 13.1

- Percent using public transportation to work
  - New York: 31.1%
  - Target Goal: 43.3%

- Percent bicycling or walking to work
  - New York: 6.6%
  - Target Goal: 2.8%

- Walk Score®
  - New York: 87.6
  - Target Goal: 51.1

- Percent within a 10 minute walk to a park
  - New York: 96.6%
  - Target Goal: 63.8%

Recreational Facilities

- Ball diamonds/10,000
  - New York: 1.0
  - Target Goal: 1.9

- Dog parks/100,000
  - New York: 1.6
  - Target Goal: 0.9

- Park playgrounds/10,000
  - New York: 2.0
  - Target Goal: 2.3

- Golf courses/100,000
  - New York: 0.2
  - Target Goal: 0.9

- Park units/10,000
  - New York: 5.0
  - Target Goal: 4.1

- Recreational centers/20,000
  - New York: 0.1
  - Target Goal: 1.0

- Swimming pools/100,000
  - New York: 0.6
  - Target Goal: 3.1

- Tennis courts/10,000
  - New York: 0.8
  - Target Goal: 2.0

Policy for School P.E.

- Level of state requirement for Physical Education
  - New York: 3.0
  - Target Goal: 2.5

Park-related Expenditures

- Total park expenditure per resident
  - New York: $162.00
  - Target Goal: $101.80

---

*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.

**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
OKLAHOMA CITY, OK
(Oklahoma City, OK MSA)

Total Score = 29.5; Rank = 49

Areas of Excellence (at or better than target goal):
• More acres of parkland per capita
• More farmers’ markets per capita
• More golf courses per capita

Improvement Priority Areas (worse than 20% of target goal):
• Lower percent meeting CDC aerobic activity guidelines
• Lower percent meeting both CDC aerobic and strength activity guidelines
• Lower percent consuming 2+ fruits per day
• Lower percent consuming 3+ 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
• Lower percent using public transportation to work
• Lower percent bicycling or walking to work
• Lower Walk Score®
• Lower percent of population within a 10 minute walk to a park
• Fewer ball diamonds per capita
• Fewer dog parks per capita
• Fewer park units 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 Oklahoma City, OK MSA

<table>
<thead>
<tr>
<th>Description</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population</td>
<td>1,336,767</td>
</tr>
<tr>
<td>Percent less than 18 years old</td>
<td>24.9%</td>
</tr>
<tr>
<td>Percent 18 to 64 years old</td>
<td>62.4%</td>
</tr>
<tr>
<td>Percent 65 years old and older</td>
<td>12.7%</td>
</tr>
<tr>
<td>Percent male</td>
<td>49.2%</td>
</tr>
<tr>
<td>Percent high school graduate or higher</td>
<td>88.5%</td>
</tr>
<tr>
<td>Percent White</td>
<td>74.2%</td>
</tr>
<tr>
<td>Percent Black or African American</td>
<td>10.5%</td>
</tr>
<tr>
<td>Percent Asian</td>
<td>3.3%</td>
</tr>
<tr>
<td>Percent Other Race</td>
<td>12.1%</td>
</tr>
<tr>
<td>Percent Hispanic/Latino</td>
<td>12.2%</td>
</tr>
<tr>
<td>Percent unemployed</td>
<td>3.6%</td>
</tr>
<tr>
<td>Median household income</td>
<td>$52,416.00</td>
</tr>
<tr>
<td>Percent of households below poverty level</td>
<td>11.0%</td>
</tr>
<tr>
<td>Violent crime rate/100,000*</td>
<td>463.7</td>
</tr>
<tr>
<td>Percent with disability</td>
<td>14.1%</td>
</tr>
</tbody>
</table>

*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 = 27.0; Rank = 47

Health Behaviors

- Percent any physical activity or exercise in the last 30 days: Oklahoma City: 74.5%; Target Goal*: 82.6%
- Percent meeting CDC aerobic activity guidelines: Oklahoma City: 23.9%; Target Goal*: 32.2%
- Percent meeting both CDC aerobic and strength activity guidelines: Oklahoma City: 16.2%; Target Goal*: 23.3%
- Percent consuming 2+ fruits per day: Oklahoma City: 18.6%; Target Goal*: 35.6%
- Percent consuming 3+ vegetables per day: Oklahoma City: 10.0%; Target Goal*: 19.6%
- Percent currently smoking: Oklahoma City: 18.4%; Target Goal*: 13.1%

Chronic Health Problems

- Percent obese: Oklahoma City: 31.2%; Target Goal*: 21.3%
- Percent in excellent or very good health: Oklahoma City: 50.6%; Target Goal*: 61.0%
- Any days when physical health was not good during the past 30 days: Oklahoma City: 35.5%; Target Goal*: 30.4%
- Any days when mental health was not good during the past 30 days: Oklahoma City: 34.9%; Target Goal*: 29.2%
- Percent with asthma: Oklahoma City: 9.9%; Target Goal*: 6.5%
- Percent with angina or coronary heart disease: Oklahoma City: 4.8%; Target Goal*: 2.8%
- Percent with diabetes: Oklahoma City: 10.7%; Target Goal*: 6.4%
- Death rate/100,000 for cardiovascular disease: Oklahoma City: 214.4; Target Goal**: 167.1
- Death rate/100,000 for diabetes: Oklahoma City: 23.2; Target Goal**: 17.0

Community/Environmental Indicators – Score = 31.9; Rank = 48

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

Built Environment

- Parkland as a percent of city land area: Oklahoma City: 6.9%; Target Goal**: 10.6%
- Acres of parkland/1,000: Oklahoma City: 42.6
- Farmers’ markets/1,000,000: Oklahoma City: 14.2
- Percent using public transportation to work: Oklahoma City: 0.4%; Target Goal**: 4.3%
- Percent bicycling or walking to work: Oklahoma City: 1.9%; Target Goal**: 2.8%
- Walk Score®: Oklahoma City: 31.6; Target Goal**: 51.1
- Percent within a 10 minute walk to a park: Oklahoma City: 41.3%; Target Goal**: 63.8%

Recreational Facilities

- Ball diamonds/10,000: Oklahoma City: 0.5; Target Goal**: 1.9
- Dog parks/100,000: Oklahoma City: 0.5; Target Goal**: 0.9
- Park playgrounds/10,000: Oklahoma City: 1.9; Target Goal**: 2.3
- Golf courses/100,000: Oklahoma City: 1.3; Target Goal**: 0.9
- Park units/10,000: Oklahoma City: 2.6; Target Goal**: 4.1
- Recreational centers/20,000: Oklahoma City: 0.8; Target Goal**: 1.0
- Swimming pools/100,000: Oklahoma City: 0.8; Target Goal**: 3.1
- Tennis courts/10,000: Oklahoma City: 1.2; Target Goal**: 2.0

Policy for School P.E.

- Level of state requirement for Physical Education: Oklahoma City: 1.0; Target Goal**: 2.5

Park-related Expenditures

- Total park expenditure per resident: Oklahoma City: $69.00; Target Goal**: $101.80

*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.

**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
ORLANDO, FL
(Orlando-Kissimmee-Sanford, FL MSA)

Total Score = 40.3; Rank = 43

Areas of Excellence (at or better than target goal):
• More park units per capita
• More recreation centers per capita
• More swimming pools per capita
• Higher park-related expenditures per capita
• Higher level of state requirement for Physical Education classes

Improvement Priority Areas (worse than 20% of target goal):
• Lower percent meeting CDC aerobic activity guidelines
• Lower percent meeting both CDC aerobic and strength activity guidelines
• Lower percent consuming 2+ fruits per day
• 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 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
• 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
• Lower Walk Score®
• Fewer ball diamonds per capita
• Fewer dog parks per capita
• Fewer golf courses per capita

Description of Orlando-Kissimmee-Sanford, FL MSA
Population 2,321,418
Percent less than 18 years old 22.4%
Percent 18 to 64 years old 63.8%
Percent 65 years old and older 13.8%
Percent male 49.0%
Percent high school graduate or higher 88.8%
Percent White 71.5%
Percent Black or African American 16.3%
Percent Asian 4.2%
Percent Other Race 7.9%
Percent Hispanic/Latino 27.9%
Percent unemployed 5.1%
Median household income $48,270.00
Percent of households below poverty level 12.0%
Violent crime rate/100,000* 685.4
Percent with disability 11.6%

*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 = 35.9; Rank = 40

Health Behaviors

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Orlando</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent any physical activity or exercise in the last 30 days</td>
<td>77.7%</td>
<td>82.6%</td>
</tr>
<tr>
<td>Percent meeting CDC aerobic activity guidelines</td>
<td>22.2%</td>
<td>32.2%</td>
</tr>
<tr>
<td>Percent meeting both CDC aerobic and strength activity guidelines</td>
<td>14.6%</td>
<td>23.3%</td>
</tr>
<tr>
<td>Percent consuming 2+ fruits per day</td>
<td>27.5%</td>
<td>35.6%</td>
</tr>
<tr>
<td>Percent consuming 3+ vegetables per day</td>
<td>16.9%</td>
<td>19.6%</td>
</tr>
<tr>
<td>Percent currently smoking</td>
<td>15.4%</td>
<td>13.1%</td>
</tr>
</tbody>
</table>

Chronic Health Problems

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Orlando</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent obese</td>
<td>26.8%</td>
<td>21.3%</td>
</tr>
<tr>
<td>Percent in excellent or very good health</td>
<td>46.8%</td>
<td>61.0%</td>
</tr>
<tr>
<td>Any days when physical health was not good during the past 30 days</td>
<td>38.2%</td>
<td>30.4%</td>
</tr>
<tr>
<td>Any days when mental health was not good during the past 30 days</td>
<td>34.8%</td>
<td>29.2%</td>
</tr>
<tr>
<td>Percent with asthma</td>
<td>10.3%</td>
<td>6.5%</td>
</tr>
<tr>
<td>Percent with angina or coronary heart disease</td>
<td>6.0%</td>
<td>2.8%</td>
</tr>
<tr>
<td>Percent with diabetes</td>
<td>12.2%</td>
<td>6.4%</td>
</tr>
<tr>
<td>Death rate/100,000 for cardiovascular disease</td>
<td>167.4</td>
<td>167.1</td>
</tr>
<tr>
<td>Death rate/100,000 for diabetes</td>
<td>21.6</td>
<td>17.0</td>
</tr>
</tbody>
</table>

Community/Environmental Indicators – Score = 44.8; Rank = 35
(note: most of these data were available only for the main city in the MSA)

Built Environment

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Orlando</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parkland as a percent of city land area</td>
<td>5.5%</td>
<td>10.6%</td>
</tr>
<tr>
<td>Acres of parkland/1,000</td>
<td>11.6</td>
<td>18.6</td>
</tr>
<tr>
<td>Farmers’ markets/1,000,000</td>
<td>8.6</td>
<td>13.1</td>
</tr>
<tr>
<td>Percent using public transportation to work</td>
<td>2.0%</td>
<td>4.3%</td>
</tr>
<tr>
<td>Percent bicycling or walking to work</td>
<td>1.5%</td>
<td>2.8%</td>
</tr>
<tr>
<td>Walk Score®</td>
<td>39.3</td>
<td>51.1</td>
</tr>
<tr>
<td>Percent within a 10 minute walk to a park</td>
<td>N/A***</td>
<td>63.8%</td>
</tr>
</tbody>
</table>

Recreational Facilities

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Orlando</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ball diamonds/10,000</td>
<td>1.4</td>
<td>1.9</td>
</tr>
<tr>
<td>Dog parks/100,000</td>
<td>0.4</td>
<td>0.9</td>
</tr>
<tr>
<td>Park playgrounds/10,000</td>
<td>2.1</td>
<td>2.3</td>
</tr>
<tr>
<td>Golf courses/100,000</td>
<td>0.4</td>
<td>0.9</td>
</tr>
<tr>
<td>Park units/10,000</td>
<td>4.7</td>
<td>4.1</td>
</tr>
<tr>
<td>Recreational centers/20,000</td>
<td>1.6</td>
<td>1.0</td>
</tr>
<tr>
<td>Swimming pools/100,000</td>
<td>3.1</td>
<td>4.3</td>
</tr>
<tr>
<td>Tennis courts/10,000</td>
<td>1.4</td>
<td>2.0</td>
</tr>
</tbody>
</table>

Policy for School P.E.

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Orlando</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level of state requirement for Physical Education</td>
<td>3.0</td>
<td>2.5</td>
</tr>
</tbody>
</table>

Park-related Expenditures

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Orlando</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total park expenditure per resident</td>
<td>$118.00</td>
<td>$101.80</td>
</tr>
</tbody>
</table>

*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.
**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
***This measure was unavailable for this MSA. The community/environmental indicator score and total score were adjusted to allow fair comparisons with other MSAs.
PHILADELPHIA, PA
(Philadelphia-Camden-Wilmington, PA-NJ-DE-MD MSA)

Total Score = 52.3; Rank = 24

Areas of Excellence (at or better than target goal):
• 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
• Higher Walk Score®
• Higher percent of population within a 10 minute walk to a park
• More ball diamonds 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

Improvement Priority Areas (worse than 20% of target goal):
• Lower percent meeting CDC aerobic activity guidelines
• Lower percent meeting both CDC aerobic and strength activity guidelines
• Lower percent consuming 3+ vegetables per day
• Higher percent currently smoking
• Higher percent obese
• 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
• 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
Population 6,051,170
Percent less than 18 years old 22.3%
Percent 18 to 64 years old 63.2%
Percent 65 years old and older 14.5%
Percent male 48.3%
Percent high school graduate or higher 89.5%
Percent White 67.7%
Percent Black or African American 20.9%
Percent Asian 5.6%
Percent Other Race 5.8%
Percent Hispanic/Latino 8.8%
Percent unemployed 5.2%
Median household income $62,171.00
Percent of households below poverty level 9.3%
Violent crime rate/100,000* 459.6
Percent with disability 12.2%

*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 = 29

Health Behaviors
- Percent any physical activity or exercise in the last 30 days: 78.1% (Philadelphia), 82.6% (Target Goal*)
- Percent meeting CDC aerobic activity guidelines: 24.4% (Philadelphia), 32.2% (Target Goal*)
- Percent meeting both CDC aerobic and strength activity guidelines: 16.6% (Philadelphia), 23.3% (Target Goal*)
- Percent consuming 2+ fruits per day: 30.0% (Philadelphia), 35.6% (Target Goal*)
- Percent consuming 3+ vegetables per day: 13.0% (Philadelphia), 19.6% (Target Goal*)
- Percent currently smoking: 17.0% (Philadelphia), 13.1% (Target Goal*)

Chronic Health Problems
- Percent obese: 29.0% (Philadelphia), 21.3% (Target Goal*)
- Percent in excellent or very good health: 53.1% (Philadelphia), 61.0% (Target Goal*)
- Any days when physical health was not good during the past 30 days: 34.7% (Philadelphia), 30.4% (Target Goal*)
- Any days when mental health was not good during the past 30 days: 35.5% (Philadelphia), 29.2% (Target Goal*)
- Percent with asthma: 8.7% (Philadelphia), 6.5% (Target Goal*)
- Percent with angina or coronary heart disease: 5.1% (Philadelphia), 2.8% (Target Goal*)
- Percent with diabetes: 10.2% (Philadelphia), 6.4% (Target Goal*)
- Death rate/100,000 for cardiovascular disease: 185.7 (Philadelphia), 167.1 (Target Goal*)
- Death rate/100,000 for diabetes: 19.2 (Philadelphia), 17.0 (Target Goal*)

Community/Environmental Indicators – Score = 57.5; Rank = 24

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

Built Environment
- Parkland as a percent of city land area: 13.0% (Philadelphia), 10.6% (Target Goal**)
- Acres of parkland/1,000: 7.0 (Philadelphia), 18.6 (Target Goal**)
- Farmers’ markets/1,000,000: 21.3 (Philadelphia), 13.1 (Target Goal**)
- Percent using public transportation to work: 9.7% (Philadelphia), 4.3% (Target Goal**)
- Percent bicycling or walking to work: 4.3% (Philadelphia), 2.8% (Target Goal**)
- Walk Score®: 76.5 (Philadelphia), 51.1 (Target Goal**)
- Percent within a 10 minute walk to a park: 92.3% (Philadelphia), 63.8% (Target Goal**)

Recreational Facilities
- Ball diamonds/10,000: 2.7 (Philadelphia), 1.9 (Target Goal**)
- Dog parks/100,000: 0.3 (Philadelphia), 0.9 (Target Goal**)
- Park playgrounds/10,000: 1.6 (Philadelphia), 2.3 (Target Goal**)
- Golf courses/100,000: 0.4 (Philadelphia), 0.9 (Target Goal**)
- Park units/10,000: 2.5 (Philadelphia), 4.1 (Target Goal**)
- Recreational centers/20,000: 2.1 (Philadelphia), 4.8 (Target Goal**)
- Swimming pools/100,000: 3.1 (Philadelphia), 3.1 (Target Goal**)
- Tennis courts/10,000: 2.0 (Philadelphia), 2.0 (Target Goal**)

Policy for School P.E.
- Level of state requirement for Physical Education: 3.0 (Philadelphia), 2.5 (Target Goal**)

Park-related Expenditures
- Total park expenditure per resident: $66.00 (Philadelphia), $101.80 (Target Goal**)

*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.
**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
PHOENIX, AZ
(Phoenix-Mesa-Scottsdale, AZ MSA)

Total Score = 44.9; Rank = 34

Areas of Excellence (at or better than target goal):
• Lower death rate for cardiovascular disease
• Higher percent of city land area as parkland
• More acres of parkland per capita
• Higher level of state requirement for Physical Education classes

Improvement Priority Areas (worse than 20% of target goal):
• Lower percent meeting CDC aerobic activity guidelines
• Lower percent consuming 2+ fruits per day
• Lower percent consuming 3+ vegetables per day
• Higher percent obese
• Higher percent with asthma
• 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
• Lower Walk Score®
• Lower percent of population within a 10 minute walk to a park
• 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

Description of Phoenix-Mesa-Scottsdale, AZ MSA
Population  4,489,109
Percent less than 18 years old  25.0%
Percent 18 to 64 years old  60.8%
Percent 65 years old and older  14.2%
Percent male  49.7%
Percent high school graduate or higher  86.6%
Percent White  79.2%
Percent Black or African American  5.1%
Percent Asian  3.8%
Percent Other Race  12.0%
Percent Hispanic/Latino  30.2%
Percent unemployed  4.3%
Median household income  $53,365.00
Percent of households below poverty level  12.4%
Violent crime rate/100,000*  N/A‡
Percent with disability  11.2%

*Due to differences in jurisdictional definitions and reporting, the FBI recommends that these rates not be compared across areas.
‡This measure was not available.
ACSM American Fitness Index® Components

Personal Health Indicators – Score = 52.9; Rank = 21

Health Behaviors

- Percent any physical activity or exercise in the last 30 days: 78.9% Phoenix, 82.6% Target Goal*
- Percent meeting CDC aerobic activity guidelines: 24.6% Phoenix, 32.2% Target Goal*
- Percent meeting both CDC aerobic and strength activity guidelines: 18.8% Phoenix, 23.3% Target Goal*
- Percent consuming 2+ fruits per day: 26.9% Phoenix, 35.6% Target Goal*
- Percent consuming 3+ vegetables per day: 15.1% Phoenix, 19.6% Target Goal*
- Percent currently smoking: 15.7% Phoenix, 13.1% Target Goal*

Chronic Health Problems

- Percent obese: 29.4% Phoenix, 21.3% Target Goal*
- Percent in excellent or very good health: 51.4% Phoenix, 61.0% Target Goal*
- Any days when physical health was not good during the past 30 days: 34.6% Phoenix, 30.4% Target Goal*
- Any days when mental health was not good during the past 30 days: 32.6% Phoenix, 29.2% Target Goal*
- Percent with asthma: 9.8% Phoenix, 6.5% Target Goal*
- Percent with angina or coronary heart disease: 4.0% Phoenix, 2.8% Target Goal*
- Percent with diabetes: 9.7% Phoenix, 6.4% Target Goal*
- Death rate/100,000 for cardiovascular disease: 145.5 Phoenix, 167.1 Target Goal*
- Death rate/100,000 for diabetes: 24.0 Phoenix, 17.0 Target Goal*

Community/Environmental Indicators – Score = 37.1; Rank = 41

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

Community/Environmental Indicators

Built Environment

- Parkland as a percent of city land area: 15.0% Phoenix, 10.6% Target Goal**
- Acres of parkland/1,000,000: 32.5 Phoenix, 18.6 Target Goal**
- Farmers’ markets/1,000,000: 8.7 Phoenix, 13.1 Target Goal**
- Percent using public transportation to work: 2.1% Phoenix, 4.3% Target Goal**
- Percent bicycling or walking to work: 2.4% Phoenix, 2.8% Target Goal**
- Walk Score®: 38.3 Phoenix, 51.1 Target Goal**
- Percent within a 10 minute walk to a park: 45.2% Phoenix, 63.8% Target Goal**

Recreational Facilities

- Ball diamonds/10,000: 0.8 Phoenix, 1.9 Target Goal**
- Dog parks/100,000: 0.4 Phoenix, 0.9 Target Goal**
- Park playgrounds/10,000: 1.7 Phoenix, 2.3 Target Goal**
- Golf courses/100,000: 0.7 Phoenix, 0.9 Target Goal**
- Park units/10,000: 1.5 Phoenix, 4.1 Target Goal**
- Recreational centers/20,000: 0.5 Phoenix, 1.0 Target Goal**
- Swimming pools/100,000: 1.9 Phoenix, 3.1 Target Goal**
- Tennis courts/10,000: 0.9 Phoenix, 2.0 Target Goal**

Policy for School P.E.

- Level of state requirement for Physical Education: 3.0 Phoenix, 2.5 Target Goal**

Total park expenditure per resident: $84.00 Phoenix, $101.80 Target Goal**

*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.
**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
PITTSBURGH, PA
(Pittsburgh, PA MSA)

Total Score = 51.3; Rank = 27

Areas of Excellence (at or better than target goal):
• More farmers’ markets per capita
• Higher percent using public transportation to work
• Higher percent bicycling or walking to work
• Higher Walk Score®
• 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

Improvement Priority Areas (worse than 20% of target goal):
• Lower percent meeting CDC aerobic activity guidelines
• Lower percent meeting both CDC aerobic and strength activity guidelines
• Lower percent consuming 3+ vegetables per day
• 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 asthma
• Higher percent with angina or coronary heart disease
• Higher percent with diabetes
• 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
Population 2,355,968
Percent less than 18 years old 19.3%
Percent 18 to 64 years old 62.4%
Percent 65 years old and older 18.3%
Percent male 48.5%
Percent high school graduate or higher 93.0%
Percent White 87.1%
Percent Black or African American 8.3%
Percent Asian 2.1%
Percent Other Race 2.6%
Percent Hispanic/Latino 1.6%
Percent unemployed 3.9%
Median household income $52,293.00
Percent of households below poverty level 8.7%
Violent crime rate/100,000* 287.2
Percent with disability 14.0%

*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 = 32.6 Rank = 41

Health Behaviors

- Percent any physical activity or exercise in the last 30 days
  - Pittsburgh: 25.6%
  - Target Goal*: 90%

- Percent meeting CDC aerobic activity guidelines
  - Pittsburgh: 22.2%
  - Target Goal*: 90%

- Percent meeting both CDC aerobic and strength activity guidelines
  - Pittsburgh: 16.5%
  - Target Goal*: 90%

- Percent consuming 2+ fruits per day
  - Pittsburgh: 30.0%
  - Target Goal*: 90%

- Percent consuming 3+ vegetables per day
  - Pittsburgh: 11.6%
  - Target Goal*: 90%

- Percent currently smoking
  - Pittsburgh: 19.5%
  - Target Goal*: 90%

Chronic Health Problems

- Percent obese
  - Pittsburgh: 31.7%
  - Target Goal*: 21.3%

- Percent in excellent or very good health
  - Pittsburgh: 52.7%
  - Target Goal*: 61.0%

- Any days when physical health was not good during the past 30 days
  - Pittsburgh: 37.0%
  - Target Goal*: 30.4%

- Any days when mental health was not good during the past 30 days
  - Pittsburgh: 34.8%
  - Target Goal*: 29.2%

- Percent with asthma
  - Pittsburgh: 9.4%
  - Target Goal*: 6.5%

- Percent with angina or coronary heart disease
  - Pittsburgh: 12.5%
  - Target Goal*: 6.4%

- Percent with diabetes
  - Pittsburgh: 196.3
  - Target Goal*: 167.1

Community/Environmental Indicators – Score = 70.1; Rank = 5

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

Built Environment

- Parkland as a percent of city land area
  - Pittsburgh: 8.4%
  - Target Goal**: 10.6%

- Acres of parkland/1,000
  - Pittsburgh: 9.8
  - Target Goal**: 18.6

- Farmers’ markets/1,000,000
  - Pittsburgh: 20.4
  - Target Goal**: 13.1

- Percent using public transportation to work
  - Pittsburgh: 5.6%
  - Target Goal**: 4.3%

- Percent bicycling or walking to work
  - Pittsburgh: 3.8%
  - Target Goal**: 2.8%

- Walk Score®
  - Pittsburgh: 59.8
  - Target Goal**: 51.1

- Percent within a 10 minute walk to a park
  - Pittsburgh: N/A***
  - Target Goal**: 63.8%

Recreational Facilities

- Ball diamonds/10,000
  - Pittsburgh: 4.2
  - Target Goal**: 1.9

- Dog parks/100,000
  - Pittsburgh: 0.9
  - Target Goal**: 2.0

- Park playgrounds/10,000
  - Pittsburgh: 2.3
  - Target Goal**: 4.2

- Golf courses/100,000
  - Pittsburgh: 0.3
  - Target Goal**: 0.9

- Park units/10,000
  - Pittsburgh: 4.1
  - Target Goal**: 7.0

- Recreational centers/20,000
  - Pittsburgh: 1.6
  - Target Goal**: 1.0

- Swimming pools/100,000
  - Pittsburgh: 3.1
  - Target Goal**: 3.6

- Tennis courts/10,000
  - Pittsburgh: 2.8
  - Target Goal**: 2.0

Policy for School P.E.

- Level of state requirement for Physical Education
  - Pittsburgh: 3.0
  - Target Goal**: 2.5

Park-related Expenditures

- Total park expenditure per resident
  - Pittsburgh: $54.00
  - Target Goal**: $101.80

*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.

**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.

***This measure was unavailable for this MSA. The community/environmental indicator score and total score were adjusted to allow fair comparisons with other MSAs.
PORTLAND, OR
(Portland-Vancouver-Hillsboro, OR-WA MSA)

Ranking: Total Score = 69.6; Rank = 4

Areas of Excellence (at or better than target goal):
• Higher percent of any physical activity or exercise in the last 30 days
• Higher percent meeting CDC aerobic activity guidelines
• 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
• Higher Walk Score®
• Higher percent of population within a 10 minute walk to a park
• More ball diamonds per capita
• More dog parks per capita
• More golf courses per capita
• More park units per capita
• More tennis courts per capita
• Higher park-related expenditures per capita

Improvement Priority Areas (worse than 20% of target goal):
• 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 angina or coronary heart disease
• Higher percent with diabetes
• Higher death rate for diabetes
• Fewer recreation centers per capita
• Fewer swimming pools per capita

Description of Portland-Vancouver-Hillsboro, OR-WA MSA
Population 2,348,247
Percent less than 18 years old 22.6%
Percent 18 to 64 years old 64.1%
Percent 65 years old and older 13.3%
Percent male 49.5%
Percent high school graduate or higher 91.0%
Percent White 81.4%
Percent Black or African American 2.7%
Percent Asian 6.1%
Percent Other Race 9.8%
Percent Hispanic/Latino 11.5%
Percent unemployed 4.8%
Median household income $60,248.00
Percent of households below poverty level 9.1%
Violent crime rate/100,000* 258.7
Percent with disability 12.7%

*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 = 71.8; Rank = 8**
- Percent any physical activity or exercise in the last 30 days: 84.8% (Target Goal: 82.6%)
- Percent meeting CDC aerobic activity guidelines: 32.6% (Target Goal: 32.2%)
- Percent meeting both CDC aerobic and strength activity guidelines: 22.0% (Target Goal: 23.3%)
- Percent consuming 2+ fruits per day: 33.0% (Target Goal: 35.6%)
- Percent consuming 3+ vegetables per day: 18.5% (Target Goal: 19.6%)
- Percent currently smoking: 14.4% (Target Goal: 13.1%)

**Chronic Health Problems**
- Percent obese: 25.4% (Target Goal: 21.3%)
- Percent in excellent or very good health: 55.3% (Target Goal: 61.0%)
- Any days when physical health was not good during the past 30 days: 38.1% (Target Goal: 30.4%)
- Any days when mental health was not good during the past 30 days: 39.2% (Target Goal: 29.2%)
- Percent with asthma: 10.5% (Target Goal: 6.5%)
- Percent with angina or coronary heart disease: 3.7% (Target Goal: 2.8%)
- Percent with diabetes: 8.8% (Target Goal: 6.4%)
- Death rate/100,000 for cardiovascular disease: 141.2 (Target Goal: 167.1)
- Death rate/100,000 for diabetes: 21.0 (Target Goal: 17.0)

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

**Built Environment**
- Parkland as a percent of city land area: 17.7% (Target Goal: 10.6%)
- Acres of parkland/1,000: 23.7 (Target Goal: 18.6)
- Farmers’ markets/1,000,000: 30.2 (Target Goal: 13.1)
- Percent using public transportation to work: 6.5% (Target Goal: 4.3%)
- Percent bicycling or walking to work: 5.9% (Target Goal: 2.8%)
- Walk Score®: 62.8 (Target Goal: 51.1)
- Percent within a 10 minute walk to a park: 83.6% (Target Goal: 63.8%)

**Recreational Facilities**
- Ball diamonds/10,000: 2.0 (Target Goal: 1.9)
- Dog parks/100,000: 0.9 (Target Goal: 5.4)
- Park playgrounds/10,000: 2.1 (Target Goal: 2.3)
- Golf courses/100,000: 1.2 (Target Goal: 0.9)
- Park units/10,000: 4.1 (Target Goal: 5.5)
- Recreational centers/20,000: 0.6 (Target Goal: 1.0)
- Swimming pools/100,000: 2.1 (Target Goal: 3.1)
- Tennis courts/10,000: 2.0 (Target Goal: 2.0)

**Policy for School P.E.**
- Level of state requirement for Physical Education: 2.0 (Target Goal: 2.5)

**Park-related Expenditures**
- Total park expenditure per resident: $141.00 (Target Goal: $101.80)

*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.
**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.*
PROVIDENCE, RI
(Providence-Warwick, RI-MA MSA)

Total Score = 54.2; Rank = 21

Areas of Excellence (at or better than target goal):
- Lower death rate for diabetes
- More farmers’ markets per capita
- Higher percent bicycling or walking to work
- Higher Walk Score®
- 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
- Higher level of state requirement for Physical Education classes

Improvement Priority Areas (worse than 20% of target goal):
- Lower percent meeting CDC aerobic activity guidelines
- Lower percent meeting both CDC aerobic and strength activity guidelines
- Lower percent consuming 3+ vegetables per day
- 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
- Fewer acres of parkland per capita
- Lower percent using public transportation to work
- Fewer golf courses per capita
- Fewer tennis courts per capita
- Lower park-related expenditures per capita

Description of Providence-Warwick, RI-MA MSA
Population 1,609,367
Percent less than 18 years old 20.5%
Percent 18 to 64 years old 63.7%
Percent 65 years old and older 15.8%
Percent male 48.4%
Percent high school graduate or higher 84.6%
Percent White 82.8%
Percent Black or African American 5.8%
Percent Asian 2.9%
Percent Other Race 8.4%
Percent Hispanic/Latino 11.6%
Percent unemployed 4.8%
Median household income $55,836.00
Percent of households below poverty level 9.9%
Violent crime rate/100,000* 328.9
Percent with disability 14.0%

*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 = 46.9; Rank = 30

- **Health Behaviors**
  - Percent any physical activity or exercise in the last 30 days: 76.4% (Providence), 82.6% (Target Goal)
  - Percent meeting CDC aerobic activity guidelines: 25.2% (Providence), 32.2% (Target Goal)
  - Percent meeting both CDC aerobic and strength activity guidelines: 16.7% (Providence), 23.3% (Target Goal)
  - Percent consuming 2+ fruits per day: 31.1% (Providence), 35.6% (Target Goal)
  - Percent consuming 3+ vegetables per day: 13.4% (Providence), 19.6% (Target Goal)
  - Percent currently smoking: 16.8% (Providence), 13.1% (Target Goal)

- **Chronic Health Problems**
  - Percent obese: 27.8% (Providence), 21.3% (Target Goal)
  - Percent in excellent or very good health: 53.6% (Providence), 61.0% (Target Goal)
  - Any days when physical health was not good during the past 30 days: 36.7% (Providence), 30.4% (Target Goal)
  - Any days when mental health was not good during the past 30 days: 35.2% (Providence), 29.2% (Target Goal)
  - Percent with asthma: 11.6% (Providence), 6.5% (Target Goal)
  - Percent with angina or coronary heart disease: 4.7% (Providence), 2.8% (Target Goal)
  - Percent with diabetes: 10.7% (Providence), 6.4% (Target Goal)
  - Death rate/100,000 for cardiovascular disease: 173.8 (Providence), 167.1 (Target Goal)
  - Death rate/100,000 for diabetes: 15.6 (Providence), 17.0 (Target Goal)

Community/Environmental Indicators – Score = 61.6; Rank = 16

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

- **Built Environment**
  - Parkland as a percent of city land area: 9.7% (Providence), 10.6% (Target Goal)
  - Acres of parkland/1,000: 6.4 (Providence), 18.6 (Target Goal)
  - Farmers’ markets/1,000,000: 13.1 (Providence)
  - Percent using public transportation to work: 2.8% (Providence), 4.3% (Target Goal)
  - Percent bicycling or walking to work: 3.9% (Providence), 2.8% (Target Goal)
  - Walk Score®: 76.0 (Providence), 51.1 (Target Goal)
  - Percent within a 10 minute walk to a park: N/A** (Providence), 63.8% (Target Goal)

- **Recreational Facilities**
  - Ball diamonds/10,000: 2.2 (Providence), 1.9 (Target Goal)
  - Dog parks/100,000: 1.1 (Providence), 0.9 (Target Goal)
  - Park playgrounds/10,000: 2.3 (Providence), 3.3 (Target Goal)
  - Golf courses/100,000: 0.6 (Providence), 0.9 (Target Goal)
  - Park units/10,000: 4.1 (Provision), 6.4 (Target Goal)
  - Recreational centers/20,000: 1.0 (Providence), 1.0 (Target Goal)
  - Swimming pools/100,000: 2.8 (Providence), 3.1 (Target Goal)
  - Tennis courts/10,000: 2.0 (Providence), 0.9 (Target Goal)

- **Policy for School P.E.**
  - Level of state requirement for Physical Education: 3.0 (Providence), 2.5 (Target Goal)

- **Park-related Expenditures**
  - Total park expenditure per resident: $78.00 (Providence), $101.80 (Target Goal)

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*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.

**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.

***This measure was unavailable for this MSA. The community/environmental indicator score and total score were adjusted to allow fair comparisons with other MSAs.
RALEIGH, NC
(Raleigh, NC MSA)

**Total Score = 59.3; Rank = 15.5**

**Areas of Excellence (at or better than target goal):**
- Higher percent of any physical activity or exercise in the last 30 days
- Higher percent in excellent or very good health
- Lower percent with asthma
- 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 farmers’ markets 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

**Improvement Priority Areas (worse than 20% of target goal):**
- Lower percent consuming 2+ fruits per day
- Lower percent consuming 3+ vegetables per day
- Higher percent currently smoking
- Higher percent with angina or coronary heart disease
- Higher percent with diabetes
- Lower percent using public transportation to work
- Lower percent bicycling or walking to work
- Lower Walk Score®
- Fewer ball diamonds per capita
- Fewer golf courses per capita
- Fewer swimming pools per capita

**Description of Raleigh, NC MSA**

<table>
<thead>
<tr>
<th>Description</th>
<th>Value</th>
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<tbody>
<tr>
<td>Population</td>
<td>1,242,974</td>
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<tr>
<td>Percent less than 18 years old</td>
<td>25.2%</td>
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<tr>
<td>Percent 18 to 64 years old</td>
<td>64.2%</td>
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<tr>
<td>Percent 65 years old and older</td>
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<tr>
<td>Percent male</td>
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<td>Percent high school graduate or higher</td>
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<td>Percent White</td>
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<td>Percent Black or African American</td>
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<td>Percent Asian</td>
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<td>Percent Other Race</td>
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<tr>
<td>Percent Hispanic/Latino</td>
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<tr>
<td>Percent unemployed</td>
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<tr>
<td>Median household income</td>
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<tr>
<td>Percent of households below poverty level</td>
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<tr>
<td>Violent crime rate/100,000*</td>
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<tr>
<td>Percent with disability</td>
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</tr>
</tbody>
</table>

*Due to differences in jurisdictional definitions and reporting, the FBI recommends that these rates not be compared across areas.
‡This measure was not available.
ACSM American Fitness Index® Components

### Personal Health Indicators – Score = 68.2; Rank = 12

**Health Behaviors**
- Percent any physical activity or exercise in the last 30 days: 83.9% (Raleigh), 82.6% (Target Goal)
- Percent meeting CDC aerobic activity guidelines: 27.1% (Raleigh), 32.2% (Target Goal)
- Percent meeting both CDC aerobic and strength activity guidelines: 19.1% (Raleigh), 23.3% (Target Goal)
- Percent consuming 2+ fruits per day: 20.5% (Raleigh), 35.6% (Target Goal)
- Percent consuming 3+ vegetables per day: 12.9% (Raleigh), 19.6% (Target Goal)
- Percent currently smoking: 16.5% (Raleigh), 13.1% (Target Goal)

**Chronic Health Problems**
- Percent obese: 24.8% (Raleigh), 21.3% (Target Goal)
- Percent in excellent or very good health: 61.5% (Raleigh), 61.0% (Target Goal)
- Any days when physical health was not good during the past 30 days: 31.1% (Raleigh), 30.4% (Target Goal)
- Any days when mental health was not good during the past 30 days: 33.5% (Raleigh), 29.2% (Target Goal)
- Percent with asthma: 6.0% (Raleigh), 6.5% (Target Goal)
- Percent with angina or coronary heart disease: 4.2% (Raleigh), 2.8% (Target Goal)
- Percent with diabetes: 7.9% (Raleigh), 6.4% (Target Goal)
- Death rate/100,000 for cardiovascular disease: 149.2 (Raleigh), 167.1 (Target Goal)
- Death rate/100,000 for diabetes: 15.2 (Raleigh), 17.0 (Target Goal)

### Community/Environmental Indicators – Score = 50.7; Rank = 30

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

**Built Environment**
- Parkland as a percent of city land area: 14.2% (Raleigh), 10.6% (Target Goal)
- Acres of parkland/1,000: 30.0 (Raleigh), 18.6 (Target Goal)
- Farmers’ markets/1,000,000: 14.5 (Raleigh), 13.1 (Target Goal)
- Percent using public transportation to work: 1.0% (Raleigh), 4.3% (Target Goal)
- Percent bicycling or walking to work: 1.5% (Raleigh), 2.8% (Target Goal)
- Walk Score®: 28.8 (Raleigh), 51.1 (Target Goal)
- Percent within a 10 minute walk to a park: 53.4% (Raleigh), 63.8% (Target Goal)

**Recreational Facilities**
- Ball diamonds/10,000: 1.4 (Raleigh), 1.9 (Target Goal)
- Dog parks/100,000: 0.7 (Raleigh), 0.9 (Target Goal)
- Park playgrounds/10,000: 2.2 (Raleigh), 2.3 (Target Goal)
- Golf courses/100,000: 2.3 (Raleigh), 2.6 (Target Goal)
- Park units/10,000: 5.0 (Raleigh), 4.1 (Target Goal)
- Recreational centers/20,000: 1.7 (Raleigh), 1.0 (Target Goal)
- Swimming pools/100,000: 2.3 (Raleigh), 3.1 (Target Goal)
- Tennis courts/10,000: 2.6 (Raleigh), 2.0 (Target Goal)

**Policy for School P.E.**
- Level of state requirement for Physical Education: 3.0 (Raleigh), 2.5 (Target Goal)

**Park-related Expenditures**
- Total park expenditure per resident: $155.00 (Raleigh), $101.80 (Target Goal)

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*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.

**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.*
Total Score = 55.1; Rank = 18

Areas of Excellence (at or better than target goal):
- Lower death rate of diabetes
- More farmers’ markets per capita
- More dog parks 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

Improvement Priority Areas (worse than 20% of target goal):
- Lower percent meeting CDC aerobic activity guidelines
- Lower percent consuming 3+ 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
- 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 golf courses per capita

Description of Richmond, VA MSA

<table>
<thead>
<tr>
<th>Population</th>
<th>1,260,029</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent less than 18 years old</td>
<td>22.3%</td>
</tr>
<tr>
<td>Percent 18 to 64 years old</td>
<td>64.1%</td>
</tr>
<tr>
<td>Percent 65 years old and older</td>
<td>13.6%</td>
</tr>
<tr>
<td>Percent male</td>
<td>48.7%</td>
</tr>
<tr>
<td>Percent high school graduate or higher</td>
<td>88.4%</td>
</tr>
<tr>
<td>Percent White</td>
<td>62.1%</td>
</tr>
<tr>
<td>Percent Black or African American</td>
<td>29.7%</td>
</tr>
<tr>
<td>Percent Asian</td>
<td>3.8%</td>
</tr>
<tr>
<td>Percent Other Race</td>
<td>4.4%</td>
</tr>
<tr>
<td>Percent Hispanic/Latino</td>
<td>5.7%</td>
</tr>
<tr>
<td>Percent unemployed</td>
<td>4.7%</td>
</tr>
<tr>
<td>Median household income</td>
<td>$60,936.00</td>
</tr>
<tr>
<td>Percent of households below poverty level</td>
<td>8.3%</td>
</tr>
<tr>
<td>Violent crime rate/100,000*</td>
<td>232.2</td>
</tr>
<tr>
<td>Percent with disability</td>
<td>11.7%</td>
</tr>
</tbody>
</table>

*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 = 57.3; Rank = 18

Health Behaviors
- Percent any physical activity or exercise in the last 30 days
  - Richmond: 23.4%
  - Target Goal*: 82.6%
- Percent meeting CDC aerobic activity guidelines
  - Richmond: 29.1%
  - Target Goal*: 32.2%
- Percent meeting both CDC aerobic and strength activity guidelines
  - Richmond: 22.9%
  - Target Goal*: 30.4%
- Percent consuming 2+ fruits per day
  - Richmond: 14.5%
  - Target Goal*: 35.6%
- Percent consuming 3+ vegetables per day
  - Richmond: 19.6%
- Percent currently smoking
  - Richmond: 13.1%

Chronic Health Problems
- Percent obese
  - Richmond: 29.1%
  - Target Goal*: 21.3%
- Percent in excellent or very good health
  - Richmond: 61.0%
  - Target Goal*: 61.0%
- Any days when physical health was not good during the past 30 days
  - Richmond: 32.2%
  - Target Goal*: 30.4%
- Any days when mental health was not good during the past 30 days
  - Richmond: 29.4%
  - Target Goal*: 29.2%
- Percent with asthma
  - Richmond: 8.5%
  - Target Goal*: 6.5%
- Percent with angina or coronary heart disease
  - Richmond: 10.0%
  - Target Goal*: 6.4%
- Percent with diabetes
  - Richmond: 5.2%
  - Target Goal*: 2.8%
- Death rate/100,000 for cardiovascular disease
  - Richmond: 187.0
- Death rate/100,000 for diabetes
  - Richmond: 167.1

Community/Environmental Indicators – Score = 52.8; Rank = 28
(note: most of these data were available only for the main city in the MSA)

Built Environment
- Parkland as a percent of city land area
  - Richmond: 5.3%
  - Target Goal**: 10.6%
- Acres of parkland/1,000
  - Richmond: 9.5
  - Target Goal**: 18.6
- Farmers’ markets/1,000
  - Richmond: 13.1
- Percent using public transportation to work
  - Richmond: 2.0%
  - Target Goal**: 4.3%
- Percent bicycling or walking to work
  - Richmond: 2.0%
  - Target Goal**: 2.8%
- Walk Score®
  - Richmond: 49.2
- Percent within a 10 minute walk to a park
  - Richmond: N/A**
  - Target Goal**: 63.8%

Recreational Facilities
- Ball diamonds/10,000
  - Richmond: 1.5
- Dog parks/100,000
  - Richmond: 1.4
- Park playgrounds/10,000
  - Richmond: 2.2
- Golf courses/100,000
  - Richmond: 0.0
- Park units/10,000
  - Richmond: 0.9
- Recreational centers/20,000
  - Richmond: 1.2
- Swimming pools/100,000
  - Richmond: 3.1
- Tennis courts/10,000
  - Richmond: 2.0

Policy for School P.E.
- Level of state requirement for Physical Education
  - Richmond: 3.0
- Target Goal**: 2.5

Park-related Expenditures
- Total park expenditure per resident
  - Richmond: $89.00
  - Target Goal**: $101.80

*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.
**The target goal for Recreational Facilities that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
***This measure was unavailable for this MSA. The community/environmental indicator score and total score were adjusted to allow fair comparisons with other MSAs.
RIVERSIDE, CA
(Riverside-San Bernardino-Ontario, CA MSA)

Total Score = 42.7; Rank = 36

Areas of Excellence (at or better than target goal):
• Higher percent consuming 3+ vegetables per day
• More dog parks per capita
• More recreation centers per capita
• Higher level of state requirement for Physical Education classes

Improvement Priority Areas (worse than 20% of target goal):
• 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 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
• 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
• Lower Walk Score®
• Lower percent of population within a 10 minute walk to a park
• 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 Riverside-San Bernardino-Ontario, CA MSA
Population 4,441,890
Percent less than 18 years old 26.8%
Percent 18 to 64 years old 61.4%
Percent 65 years old and older 11.8%
Percent male 49.7%
Percent high school graduate or higher 79.7%
Percent White 62.1%
Percent Black or African American 7.2%
Percent Asian 6.6%
Percent Other Race 24.1%
Percent Hispanic/Latino 49.4%
Percent unemployed 6.8%
Median household income $54,586.00
Percent of households below poverty level 14.7%
Violent crime rate/100,000* 327.5
Percent with disability 11.0%

*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 = 50.5; Rank = 23

**Health Behaviors**
- Percent any physical activity or exercise in the last 30 days: Riverside 27.9%, Target Goal 32.2%
- Percent meeting CDC aerobic activity guidelines: Riverside 19.5%, Target Goal 23.3%
- Percent consuming 2+ fruits per day: Riverside 33.5%, Target Goal 35.6%
- Percent consuming 3+ vegetables per day: Riverside 20.2%, Target Goal 19.6%
- Percent currently smoking: Riverside 13.7%, Target Goal 13.1%

### Chronic Health Problems
- Percent obese: Riverside 28.8%, Target Goal 21.3%
- Percent in excellent or very good health: Riverside 47.6%, Target Goal 61.0%
- Any days when physical health was not good during the past 30 days: Riverside 37.0%, Target Goal 30.4%
- Any days when mental health was not good during the past 30 days: Riverside 36.2%, Target Goal 29.2%
- Percent with asthma: Riverside 9.9%, Target Goal 6.5%
- Percent with angina or coronary heart disease: Riverside 3.6%, Target Goal 2.8%
- Percent with diabetes: Riverside 11.4%, Target Goal 6.4%
- Death rate/100,000 for cardiovascular disease: Riverside 188.8, Target Goal 167.1
- Death rate/100,000 for diabetes: Riverside 25.3, Target Goal 17.0

### Community/Environmental Indicators – Score = 35.3; Rank = 44

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

#### Built Environment
- Parkland as a percent of city land area: Riverside 7.1%, Target Goal 10.6%
- Acres of parkland/1,000: Riverside 11.6, Target Goal 18.6
- Farmers’ markets/1,000,000: Riverside 9.9, Target Goal 13.1
- Percent using public transportation to work: Riverside 1.6%, Target Goal 4.3%
- Percent bicycling or walking to work: Riverside 2.0%, Target Goal 2.8%
- Walk Score®: Riverside 38.9, Target Goal 51.1
- Percent within a 10 minute walk to a park: Riverside 45.2%, Target Goal 63.8%

#### Recreational Facilities
- Ball diamonds/10,000: Riverside 1.5, Target Goal 1.9
- Dog parks/100,000: Riverside 1.3, Target Goal 0.9
- Park playgrounds/10,000: Riverside 1.4, Target Goal 2.3
- Golf courses/100,000: Riverside 0.3, Target Goal 0.9
- Park units/10,000: Riverside 2.1, Target Goal 4.1
- Recreational centers/20,000: Riverside 1.1, Target Goal 1.0
- Swimming pools/100,000: Riverside 2.2, Target Goal 3.1
- Tennis courts/10,000: Riverside 0.8, Target Goal 2.0

#### Policy for School P.E.
- Level of state requirement for Physical Education: Riverside 3.0, Target Goal 2.5

#### Park-related Expenditures
- Total park expenditure per resident: Riverside $75.00, Target Goal $101.80

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*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.

**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.*
SACRAMENTO, CA
(Sacramento-Roseville-Arden-Arcade, CA MSA)

Total Score = 62.4; Rank = 13

Areas of Excellence (at or better than target goal):
• Higher percent meeting both CDC aerobic and strength activity guidelines
• Higher percent consuming 2+ fruits per day
• Higher percent consuming 3+ vegetables per day
• More farmers’ markets per capita
• Higher percent bicycling or walking to work
• Higher percent of population within a 10 minute walk to a park
• 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
• Higher park-related expenditures per capita
• Higher level of state requirement for Physical Education classes

Improvement Priority Areas (worse than 20% of target goal):
• Higher percent obese
• Higher percent of days when physical 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
• Lower percent of city land area as parkland
• Fewer acres of parkland per capita
• Lower percent using public transportation to work
• Fewer tennis courts per capita

Description of Sacramento-Roseville-Arden-Arcade, CA MSA
Population 2,244,397
Percent less than 18 years old 23.6%
Percent 18 to 64 years old 62.5%
Percent 65 years old and older 13.9%
Percent male 49.0%
Percent high school graduate or higher 88.4%
Percent White 65.8%
Percent Black or African American 7.3%
Percent Asian 13.0%
Percent Other Race 13.9%
Percent Hispanic/Latino 21.0%
Percent unemployed 5.4%
Median household income $60,015.00
Percent of households below poverty level 11.4%
Violent crime rate/100,000* 410.6
Percent with disability 12.7%

*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 = 63.1; Rank = 15**

<table>
<thead>
<tr>
<th>Health Behaviors</th>
<th>Sacramento</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent any physical activity or exercise in the last 30 days</td>
<td>73.3%</td>
<td>82.6%</td>
</tr>
<tr>
<td>Percent meeting CDC aerobic activity guidelines</td>
<td>30.3%</td>
<td>32.2%</td>
</tr>
<tr>
<td>Percent meeting both CDC aerobic and strength activity guidelines</td>
<td>25.2%</td>
<td>23.3%</td>
</tr>
<tr>
<td>Percent consuming 2+ fruits per day</td>
<td>37.9%</td>
<td>35.6%</td>
</tr>
<tr>
<td>Percent consuming 3+ vegetables per day</td>
<td>22.5%</td>
<td>19.6%</td>
</tr>
<tr>
<td>Percent currently smoking</td>
<td>13.6%</td>
<td>13.1%</td>
</tr>
</tbody>
</table>

**Chronic Health Problems**

| Percent obese                                         | 26.9%      | 21.3%        |
| Percent in excellent or very good health              | 54.2%      | 61.0%        |
| Any days when physical health was not good during the past 30 days | 39.3%      | 30.4%        |
| Any days when mental health was not good during the past 30 days | 34.6%      | 29.2%        |
| Percent with asthma                                    | 10.3%      | 6.5%         |
| Percent with angina or coronary heart disease          | 4.8%       | 2.8%         |
| Percent with diabetes                                  | 10.4%      | 6.4%         |
| Death rate/100,000 for cardiovascular disease         | 168.1      | 167.1        |
| Death rate/100,000 for diabetes                       | 20.1       | 17.0         |

**Community/Environmental Indicators – Score = 61.7; Rank = 15**

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

<table>
<thead>
<tr>
<th>Built Environment</th>
<th>Sacramento</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parkland as a percent of city land area</td>
<td>7.8%</td>
<td>10.6%</td>
</tr>
<tr>
<td>Acres of parkland/1,000</td>
<td>10.6%</td>
<td>18.6</td>
</tr>
<tr>
<td>Farmers’ markets/1,000,000</td>
<td>13.1%</td>
<td>27.2</td>
</tr>
<tr>
<td>Percent using public transportation to work</td>
<td>2.7%</td>
<td>4.3%</td>
</tr>
<tr>
<td>Percent bicycling or walking to work</td>
<td>3.8%</td>
<td>2.8%</td>
</tr>
<tr>
<td>Walk Score®</td>
<td>43.4</td>
<td>51.1</td>
</tr>
<tr>
<td>Percent within a 10 minute walk to a park</td>
<td>76.6%</td>
<td>63.8%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Recreational Facilities</th>
<th>Sacramento</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ball diamonds/10,000</td>
<td>2.1</td>
<td>1.9</td>
</tr>
<tr>
<td>Dog parks/100,000</td>
<td>0.9</td>
<td>2.1</td>
</tr>
<tr>
<td>Park playgrounds/10,000</td>
<td>2.3</td>
<td>3.9</td>
</tr>
<tr>
<td>Golf courses/100,000</td>
<td>0.9</td>
<td>2.1</td>
</tr>
<tr>
<td>Park units/10,000</td>
<td>1.0</td>
<td>4.8</td>
</tr>
<tr>
<td>Recreational centers/20,000</td>
<td>1.0</td>
<td>4.1</td>
</tr>
<tr>
<td>Swimming pools/100,000</td>
<td>2.5</td>
<td>3.1</td>
</tr>
<tr>
<td>Tennis courts/10,000</td>
<td>1.0</td>
<td>2.0</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Policy for School P.E.</th>
<th>Sacramento</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level of state requirement for Physical Education</td>
<td>3.0</td>
<td>2.5</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Park-related Expenditures</th>
<th>Sacramento</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total park expenditure per resident</td>
<td>$104.00</td>
<td>$101.80</td>
</tr>
</tbody>
</table>
SAINT LOUIS, MO
(Saint Louis, MO-IL MSA)

Total Score = 50.9; Rank = 28

Areas of Excellence (at or better than target goal):
- More farmers’ markets per capita
- Higher Walk Score®
- Higher percent of population within a 10 minute walk to a park
- More ball diamonds per capita
- More dog parks per capita
- More park playgrounds per capita
- More golf courses 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

Improvement Priority Areas (worse than 20% of target goal):
- Lower percent meeting both aerobic and strength activity guidelines
- Lower percent consuming 2+ fruits per day
- Lower percent consuming 3+ 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
- Fewer acres of parkland per capita
- Lower percent using public transportation to work
- Lower percent bicycling or walking to work
- Fewer recreation centers per capita

Description of Saint Louis, MO-IL MSA

<table>
<thead>
<tr>
<th>Description</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population</td>
<td>2,806,207</td>
</tr>
<tr>
<td>Percent less than 18 years old</td>
<td>22.8%</td>
</tr>
<tr>
<td>Percent 18 to 64 years old</td>
<td>62.3%</td>
</tr>
<tr>
<td>Percent 65 years old and older</td>
<td>14.9%</td>
</tr>
<tr>
<td>Percent male</td>
<td>48.3%</td>
</tr>
<tr>
<td>Percent high school graduate or higher</td>
<td>91.0%</td>
</tr>
<tr>
<td>Percent White</td>
<td>76.4%</td>
</tr>
<tr>
<td>Percent Black or African American</td>
<td>18.3%</td>
</tr>
<tr>
<td>Percent Asian</td>
<td>2.3%</td>
</tr>
<tr>
<td>Percent Other Race</td>
<td>3.0%</td>
</tr>
<tr>
<td>Percent Hispanic/Latino</td>
<td>2.8%</td>
</tr>
<tr>
<td>Percent unemployed</td>
<td>4.6%</td>
</tr>
<tr>
<td>Median household income</td>
<td>$55,535.00</td>
</tr>
<tr>
<td>Percent of households below poverty level</td>
<td>9.2%</td>
</tr>
<tr>
<td>Violent crime rate/100,000*</td>
<td>429.8</td>
</tr>
<tr>
<td>Percent with disability</td>
<td>12.5%</td>
</tr>
</tbody>
</table>

*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 = 39.1; Rank = 36

- Health Behaviors
  - Percent any physical activity or exercise in the last 30 days: Saint Louis 75.1%, Target Goal 82.6%
  - Percent meeting CDC aerobic activity guidelines: Saint Louis 28.7%, Target Goal 32.2%
  - Percent meeting both CDC aerobic and strength activity guidelines: Saint Louis 15.7%, Target Goal 23.3%
  - Percent consuming 2+ fruits per day: Saint Louis 26.2%, Target Goal 35.6%
  - Percent consuming 3+ vegetables per day: Saint Louis 12.6%, Target Goal 19.6%
  - Percent currently smoking: Saint Louis 17.8%, Target Goal 13.1%

- Chronic Health Problems
  - Percent obese: Saint Louis 28.9%, Target Goal 21.3%
  - Percent in excellent or very good health: Saint Louis 54.1%, Target Goal 61.0%
  - Any days when physical health was not good during the past 30 days: Saint Louis 35.6%, Target Goal 30.4%
  - Any days when mental health was not good during the past 30 days: Saint Louis 31.7%, Target Goal 29.2%
  - Percent with asthma: Saint Louis 10.8%, Target Goal 6.5%
  - Percent with angina or coronary heart disease: Saint Louis 4.9%, Target Goal 2.8%
  - Percent with diabetes: Saint Louis 12.9%, Target Goal 6.4%
  - Death rate/100,000 for cardiovascular disease: Saint Louis 21.3%, Target Goal 16.7%
  - Death rate/100,000 for diabetes: Saint Louis 17.5, Target Goal 17.0

Community/Environmental Indicators – Score = 62.3; Rank = 12

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

- Built Environment
  - Parkland as a percent of city land area: Saint Louis 9.4%, Target Goal 10.6%
  - Acres of parkland/1,000 population: Saint Louis 11.6, Target Goal 18.6
  - Farmers’ markets/1,000,000 population: Saint Louis 21.7, Target Goal 13.1
  - Percent using public transportation to work: Saint Louis 2.9%, Target Goal 4.3%
  - Percent bicycling or walking to work: Saint Louis 2.1%, Target Goal 2.8%
  - Walk Score®: Saint Louis 59.8, Target Goal 51.1
  - Percent within a 10 minute walk to a park: Saint Louis 78.8%, Target Goal 63.8%

- Recreational Facilities
  - Ball diamonds/10,000 population: Saint Louis 1.9, Target Goal 3.6
  - Dog parks/100,000 population: Saint Louis 0.9, Target Goal 1.6
  - Park playgrounds/10,000 population: Saint Louis 2.4, Target Goal 2.3
  - Golf courses/100,000 population: Saint Louis 1.3, Target Goal 0.9
  - Park units/10,000 population: Saint Louis 3.5, Target Goal 4.1
  - Recreational centers/20,000 population: Saint Louis 0.6, Target Goal 1.0
  - Swimming pools/100,000 population: Saint Louis 3.5, Target Goal 3.1
  - Tennis courts/10,000 population: Saint Louis 2.0, Target Goal 3.5

- Policy for School P.E.
  - Level of state requirement for Physical Education: Saint Louis 3.0, Target Goal 2.5

- Park-related Expenditures
  - Total park expenditure per resident: Saint Louis $125.00, Target Goal $101.80

*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.

**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
SALT LAKE CITY, UT
(Salt Lake City, UT MSA)

Total Score = 65.5; Rank = 8

Areas of Excellence (at or better than target goal):
- Lower percent currently smoking
- Lower percent with angina or coronary heart disease
- Lower death rate for cardiovascular disease
- Higher percent bicycling or walking to work
- Higher Walk Score®
- 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 tennis courts per capita
- Higher level of state requirement for Physical Education classes

Improvement Priority Areas (worse than 20% of target goal):
- Higher percent obese
- Higher percent of days when mental health was not good during the past 30 days
- Higher percent with asthma
- 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 recreation centers per capita
- Fewer swimming pools per capita
- Lower park-related expenditures per capita

Description of Salt Lake City, UT MSA

<table>
<thead>
<tr>
<th>Description</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population</td>
<td>1,153,340</td>
</tr>
<tr>
<td>Percent less than 18 years old</td>
<td>28.7%</td>
</tr>
<tr>
<td>Percent 18 to 64 years old</td>
<td>61.7%</td>
</tr>
<tr>
<td>Percent 65 years old and older</td>
<td>9.6%</td>
</tr>
<tr>
<td>Percent male</td>
<td>50.3%</td>
</tr>
<tr>
<td>Percent high school graduate or higher</td>
<td>89.6%</td>
</tr>
<tr>
<td>Percent White</td>
<td>81.5%</td>
</tr>
<tr>
<td>Percent Black or African American</td>
<td>1.7%</td>
</tr>
<tr>
<td>Percent Asian</td>
<td>3.6%</td>
</tr>
<tr>
<td>Percent Other Race</td>
<td>13.2%</td>
</tr>
<tr>
<td>Percent Hispanic/Latino</td>
<td>17.5%</td>
</tr>
<tr>
<td>Percent unemployed</td>
<td>3.5%</td>
</tr>
<tr>
<td>Median household income</td>
<td>$62,642.00</td>
</tr>
<tr>
<td>Percent of households below poverty level</td>
<td>8.4%</td>
</tr>
<tr>
<td>Violent crime rate/100,000*</td>
<td>348.0</td>
</tr>
<tr>
<td>Percent with disability</td>
<td>9.2%</td>
</tr>
</tbody>
</table>

*Due to differences in jurisdictional definitions and reporting, the FBI recommends that these rates not be compared across areas.
### Personal Health Indicators – Score = 73.6; Rank = 6

**Health Behaviors**
- Percent any physical activity or exercise in the last 30 days
  - Target Goal: 82.6%
- Percent meeting CDC aerobic activity guidelines
  - Target Goal: 32.2%
- Percent meeting both CDC aerobic and strength activity guidelines
  - Target Goal: 23.3%
- Percent consuming 2+ fruits per day
  - Target Goal: 35.6%
- Percent consuming 3+ vegetables per day
  - Target Goal: 19.6%
- Percent currently smoking
  - Target Goal: 13.1%

### Chronic Health Problems
- Percent obese
  - Target Goal: 21.3%
- Percent in excellent or very good health
  - Target Goal: 61.0%
- Any days when physical health was not good during the past 30 days
  - Target Goal: 30.4%
- Any days when mental health was not good during the past 30 days
  - Target Goal: 29.2%
- Percent with asthma
  - Target Goal: 6.5%
- Percent with angina or coronary heart disease
  - Target Goal: 2.8%
- Percent with diabetes
  - Target Goal: 6.4%
- Percent with diabetes
  - Target Goal: 164.7
- Death rate/100,000 for cardiovascular disease
  - Target Goal: 167.1
- Death rate/100,000 for diabetes
  - Target Goal: 23.6

### Community/Environmental Indicators – Score = 57.3; Rank = 25

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

**Built Environment**
- Parkland as a percent of city land area
  - Target Goal: 10.6%
- Acres of parkland/1,000
  - Target Goal: 18.6
- Farmers’ markets/1,000,000
  - Target Goal: 9.5
- Percent using public transportation to work
  - Target Goal: 4.3%
- Percent bicycling or walking to work
  - Target Goal: 2.8%
- Walk Score®
  - Target Goal: 55.0
- Percent within a 10 minute walk to a park
  - Target Goal: N/A**

**Recreational Facilities**
- Ball diamonds/10,000
  - Target Goal: 1.9
- Dog parks/100,000
  - Target Goal: 0.9
- Park playgrounds/10,000
  - Target Goal: 2.3
- Golf courses/100,000
  - Target Goal: 0.9
- Park units/10,000
  - Target Goal: 4.1
- Recreational centers/20,000
  - Target Goal: 0.5
- Swimming pools/100,000
  - Target Goal: 1.0
- Tennis courts/10,000
  - Target Goal: 2.0

**Policy for School P.E.**
- Level of state requirement for Physical Education
  - Target Goal: 3.0

**Park-related Expenditures**
- Total park expenditure per resident
  - Target Goal: $101.80
SAN ANTONIO, TX
(San Antonio-New Braunfels, TX MSA)

Total Score = 35.0; Rank = 45

Areas of Excellence (at or better than target goal):
• 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
• Higher level of state requirement for Physical Education classes

Improvement Priority Areas (worse than 20% of target goal):
• Lower percent meeting CDC aerobic activity guidelines
• Lower percent meeting both CDC aerobic and strength activity guidelines
• Lower percent consuming 2+ fruits per day
• Higher percent obese
• Lower percent in excellent or very good health
• Higher percent with asthma
• Higher percent with angina or coronary heart disease
• Higher percent with diabetes
• Higher death rate for diabetes
• Lower percent using public transportation to work
• Lower percent bicycling or walking to work
• Lower Walk Score®
• Lower percent of population within a 10 minute walk to a park
• 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

Description of San Antonio- New Braunfels, TX MSA
Population 2,328,652
Percent less than 18 years old 25.9%
Percent 18 to 64 years old 62.0%
Percent 65 years old and older 12.1%
Percent male 49.2%
Percent high school graduate or higher 84.0%
Percent White 80.8%
Percent Black or African American 6.7%
Percent Asian 2.3%
Percent Other Race 10.1%
Percent Hispanic/Latino 54.7%
Percent unemployed 4.0%
Median household income $52,689.00
Percent of households below poverty level 13.0%
Violent crime rate/100,000* 404.9
Percent with disability 13.8%

*Due to differences in jurisdictional definitions and reporting, the FBI recommends that these rates not be compared across areas.
### Personal Health Indicators – Score = 37.8; Rank = 39

#### Health Behaviors

<table>
<thead>
<tr>
<th>Indicator</th>
<th>San Antonio</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent any physical activity or exercise in the last 30 days</td>
<td>72.2%</td>
<td>82.6%</td>
</tr>
<tr>
<td>Percent meeting CDC aerobic activity guidelines</td>
<td>20.8%</td>
<td>32.2%</td>
</tr>
<tr>
<td>Percent meeting both CDC aerobic and strength activity guidelines</td>
<td>15.7%</td>
<td>23.3%</td>
</tr>
<tr>
<td>Percent consuming 2+ fruits per day</td>
<td>22.8%</td>
<td>35.6%</td>
</tr>
<tr>
<td>Percent consuming 3+ vegetables per day</td>
<td>15.7%</td>
<td>19.6%</td>
</tr>
<tr>
<td>Percent currently smoking</td>
<td>13.0%</td>
<td>13.1%</td>
</tr>
</tbody>
</table>

#### Chronic Health Problems

<table>
<thead>
<tr>
<th>Condition</th>
<th>San Antonio</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent obese</td>
<td>32.0%</td>
<td>21.3%</td>
</tr>
<tr>
<td>Percent in excellent or very good health</td>
<td>44.1%</td>
<td>61.0%</td>
</tr>
<tr>
<td>Any days when physical health was not good during the past 30 days</td>
<td>29.7%</td>
<td>30.4%</td>
</tr>
<tr>
<td>Any days when mental health was not good during the past 30 days</td>
<td>28.9%</td>
<td>29.2%</td>
</tr>
<tr>
<td>Percent with asthma</td>
<td>8.6%</td>
<td>6.5%</td>
</tr>
<tr>
<td>Percent with angina or coronary heart disease</td>
<td>3.7%</td>
<td>2.8%</td>
</tr>
<tr>
<td>Percent with diabetes</td>
<td>14.0%</td>
<td>6.4%</td>
</tr>
<tr>
<td>Death rate/100,000 for cardiovascular disease</td>
<td>183.5</td>
<td>167.1</td>
</tr>
<tr>
<td>Death rate/100,000 for diabetes</td>
<td>23.3</td>
<td>17.0</td>
</tr>
</tbody>
</table>

### Community/Environmental Indicators – Score = 32.3; Rank = 47

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

#### Built Environment

<table>
<thead>
<tr>
<th>Indicator</th>
<th>San Antonio</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parkland as a percent of city land area</td>
<td>8.7%</td>
<td>10.6%</td>
</tr>
<tr>
<td>Acres of parkland/1,000</td>
<td>18.0</td>
<td>18.6</td>
</tr>
<tr>
<td>Farmers’ markets/1,000,000</td>
<td>11.6</td>
<td>13.1</td>
</tr>
<tr>
<td>Percent using public transportation to work</td>
<td>2.1%</td>
<td>4.3%</td>
</tr>
<tr>
<td>Percent bicycling or walking to work</td>
<td>1.9%</td>
<td>2.8%</td>
</tr>
<tr>
<td>Walk Score®</td>
<td>33.7</td>
<td>51.1</td>
</tr>
<tr>
<td>Percent within a 10 minute walk to a park</td>
<td>34.8%</td>
<td>63.8%</td>
</tr>
</tbody>
</table>

#### Recreational Facilities

<table>
<thead>
<tr>
<th>Facility</th>
<th>San Antonio</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ball diamonds/10,000</td>
<td>1.0</td>
<td>1.9</td>
</tr>
<tr>
<td>Dog parks/100,000</td>
<td>0.4</td>
<td>0.9</td>
</tr>
<tr>
<td>Park playgrounds/10,000</td>
<td>1.6</td>
<td>2.3</td>
</tr>
<tr>
<td>Golf courses/100,000</td>
<td>0.5</td>
<td>0.9</td>
</tr>
<tr>
<td>Park units/10,000</td>
<td>0.9</td>
<td>2.1</td>
</tr>
<tr>
<td>Recreational centers/20,000</td>
<td>0.6</td>
<td>4.1</td>
</tr>
<tr>
<td>Swimming pools/100,000</td>
<td>1.8</td>
<td>3.1</td>
</tr>
<tr>
<td>Tennis courts/10,000</td>
<td>0.8</td>
<td>2.0</td>
</tr>
</tbody>
</table>

#### Policy for School P.E.

<table>
<thead>
<tr>
<th>Requirement</th>
<th>San Antonio</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level of state requirement for Physical Education</td>
<td>3.0</td>
<td>2.5</td>
</tr>
</tbody>
</table>

#### Park-related Expenditures

<table>
<thead>
<tr>
<th>Expenditure</th>
<th>San Antonio</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total park expenditure per resident</td>
<td>$97.00</td>
<td>$101.80</td>
</tr>
</tbody>
</table>

---

*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.
**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
SAN DIEGO, CA
(San Diego-Carlsbad, CA MSA)

Total Score = 64.1 Rank = 10

Areas of Excellence (at or better than target goal):
• Higher percent meeting CDC aerobic activity guidelines
• Higher percent meeting both CDC aerobic and strength activity guidelines
• Higher percent consuming 2+ fruits per day
• Higher percent consuming 3+ vegetables per day
• Lower percent currently smoking
• Lower percent with asthma
• 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 bicycling or walking to work
• Higher percent of population within a 10 minute walk to a park
• More ball diamonds per capita
• More dog parks per capita
• More recreation centers per capita
• Higher park-related expenditures per capita
• Higher level of state requirement for Physical Education classes

Improvement Priority Areas (worse than 20% of target goal):
• 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
• Lower percent using public transportation to work
• Fewer golf courses per capita
• Fewer swimming pools per capita
• Fewer tennis courts per capita

Description of San Diego-Carlsbad, CA MSA

<table>
<thead>
<tr>
<th>Description</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population</td>
<td>3,263,431</td>
</tr>
<tr>
<td>Percent less than 18 years old</td>
<td>22.3%</td>
</tr>
<tr>
<td>Percent 18 to 64 years old</td>
<td>65.0%</td>
</tr>
<tr>
<td>Percent 65 years old and older</td>
<td>12.7%</td>
</tr>
<tr>
<td>Percent male</td>
<td>50.3%</td>
</tr>
<tr>
<td>Percent high school graduate or higher</td>
<td>86.6%</td>
</tr>
<tr>
<td>Percent White</td>
<td>70.9%</td>
</tr>
<tr>
<td>Percent Black or African American</td>
<td>5.0%</td>
</tr>
<tr>
<td>Percent Asian</td>
<td>11.6%</td>
</tr>
<tr>
<td>Percent Other Race</td>
<td>12.5%</td>
</tr>
<tr>
<td>Percent Hispanic/Latino</td>
<td>33.2%</td>
</tr>
<tr>
<td>Percent unemployed</td>
<td>4.6%</td>
</tr>
<tr>
<td>Median household income</td>
<td>$66,192.00</td>
</tr>
<tr>
<td>Percent of households below poverty level</td>
<td>10.7%</td>
</tr>
<tr>
<td>Violent crime rate/100,000*</td>
<td>325.2</td>
</tr>
<tr>
<td>Percent with disability</td>
<td>9.7%</td>
</tr>
</tbody>
</table>

*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 = 70.8; Rank = 10

Health Behaviors
- Percent any physical activity or exercise in the last 30 days: 71.4% (San Diego) vs. 82.6% (Target Goal*)
- Percent meeting CDC aerobic activity guidelines: 33.0% vs. 32.2%
- Percent meeting both CDC aerobic and strength activity guidelines: 24.5% vs. 23.3%
- Percent consuming 2+ fruits per day: 36.2% vs. 35.6%
- Percent consuming 3+ vegetables per day: 22.5% vs. 19.6%
- Percent currently smoking: 11.6% vs. 13.1%

Chronic Health Problems
- Percent obese: 23.0% vs. 21.3%
- Percent in excellent or very good health: 56.6% vs. 61.0%
- Any days when physical health was not good during the past 30 days: 37.2% vs. 30.4%
- Any days when mental health was not good during the past 30 days: 37.3% vs. 29.2%
- Percent with asthma: 6.2% vs. 6.5%
- Percent with angina or coronary heart disease: 3.4% vs. 2.8%
- Percent with diabetes: 13.1% vs. 6.4%
- Death rate/100,000 for cardiovascular disease: 145.3 vs. 167.1
- Death rate/100,000 for diabetes: 17.4 vs. 17.0

Community/Environmental Indicators – Score = 57.6; Rank = 23
(note: most of these data were available only for the main city in the MSA)

Built Environment
- Parkland as a percent of city land area: 23.5% (San Diego) vs. 10.6% (Target Goal**)
- Acres of parkland/1,000: 35.7 vs. 18.6
- Farmers’ markets/1,000,000: 15.0 vs. 13.1
- Percent using public transportation to work: 2.7% vs. 4.3%
- Percent bicycling or walking to work: 3.7% vs. 2.8%
- Walk Score®: 48.5 (San Diego) vs. 51.1 (Target Goal)
- Percent within a 10 minute walk to a park: 75.8% vs. 63.8%

Recreational Facilities
- Ball diamonds/10,000: 2.3 vs. 1.9
- Dog parks/100,000: 1.1 vs. 0.9
- Park playgrounds/10,000: 2.3 vs. 1.9
- Golf courses/100,000: 0.6 vs. 0.9
- Park units/10,000: 3.3 vs. 4.1
- Recreational centers/20,000: 1.0 vs. 1.0
- Swimming pools/100,000: 1.0 vs. 3.1
- Tennis courts/10,000: 1.1 vs. 2.0

Policy for School P.E.
- Level of state requirement for Physical Education: 3.0 vs. 2.5

Park-related Expenditures
- Total park expenditure per resident: $111.00 vs. $101.80

*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.

**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
SAN FRANCISCO, CA
(San Francisco-Oakland-Hayward, CA MSA)

Total Score = 69.3; Rank = 5

Areas of Excellence (at or better than target goal):

• Higher percent consuming 3+ vegetables per day
• Lower percent currently smoking
• 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
• Higher Walk Score®
• Higher percent of population within a 10 minute walk to a park
• More dog parks per capita
• Higher park-related expenditures per capita
• Higher level of state requirement for Physical Education classes

Improvement Priority Areas (worse than 20% of target goal):

• Higher percent with asthma
• Higher percent with diabetes
• Fewer acres of parkland per capita
• Fewer ball diamonds per capita
• Fewer park playgrounds per capita
• Fewer park units per capita
• Fewer recreation centers per capita
• Fewer swimming pools per capita

Description of San Francisco-Oakland-Hayward, CA MSA

<table>
<thead>
<tr>
<th>Description</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population</td>
<td>4,594,060</td>
</tr>
<tr>
<td>Percent less than 18 years old</td>
<td>20.4%</td>
</tr>
<tr>
<td>Percent 18 to 64 years old</td>
<td>65.6%</td>
</tr>
<tr>
<td>Percent 65 years old and older</td>
<td>14.0%</td>
</tr>
<tr>
<td>Percent male</td>
<td>49.3%</td>
</tr>
<tr>
<td>Percent high school graduate or higher</td>
<td>88.1%</td>
</tr>
<tr>
<td>Percent White</td>
<td>51.9%</td>
</tr>
<tr>
<td>Percent Black or African American</td>
<td>7.6%</td>
</tr>
<tr>
<td>Percent Asian</td>
<td>24.7%</td>
</tr>
<tr>
<td>Percent Other Race</td>
<td>15.8%</td>
</tr>
<tr>
<td>Percent Hispanic/Latino</td>
<td>21.9%</td>
</tr>
<tr>
<td>Percent unemployed</td>
<td>4.3%</td>
</tr>
<tr>
<td>Median household income</td>
<td>$83,222.00</td>
</tr>
<tr>
<td>Percent of households below poverty level</td>
<td>6.8%</td>
</tr>
<tr>
<td>Violent crime rate/100,000*</td>
<td>498.1</td>
</tr>
<tr>
<td>Percent with disability</td>
<td>9.9%</td>
</tr>
</tbody>
</table>

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

- **Score**: 77.3; **Rank**: 3

#### Health Behaviors

- Percent any physical activity or exercise in the last 30 days: San Francisco: 70.8%, Target: 82.6%
- Percent meeting CDC aerobic activity guidelines: San Francisco: 30.6%, Target: 32.2%
- Percent meeting both CDC aerobic and strength activity guidelines: San Francisco: 23.1%, Target: 23.3%
- Percent consuming 2+ fruits per day: San Francisco: 34.1%, Target: 35.6%
- Percent consuming 3+ vegetables per day: San Francisco: 20.8%, Target: 19.6%
- Percent currently smoking: San Francisco: 10.4%, Target: 13.1%

#### Chronic Health Problems

- Percent obese: San Francisco: 23.1%, Target: 21.3%
- Percent in excellent or very good health: San Francisco: 55.1%, Target: 61.0%
- Percent with asthma: San Francisco: 8.6%, Target: 6.5%
- Percent with angina or coronary heart disease: San Francisco: 2.9%, Target: 2.8%
- Percent with diabetes: San Francisco: 10.5%, Target: 6.4%
- Death rate/100,000 for cardiovascular disease: San Francisco: 125.3, Target: 167.1
- Death rate/100,000 for diabetes: San Francisco: 16.7, Target: 17.0

### Community/Environmental Indicators

- **Score**: 61.5; **Rank**: 17

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

#### Built Environment

- Parkland as a percent of city land area: San Francisco: 19.0%, Target: 10.6%
- Acres of parkland/1,000: San Francisco: 6.8, Target: 18.6
- Farmers’ markets/1,000,000: San Francisco: 27.2
- Percent using public transportation to work: San Francisco: 16.7%, Target: 4.3%
- Percent bicycling or walking to work: San Francisco: 6.9%, Target: 2.8%
- Walk Score®: San Francisco: 83.9, Target: 51.1
- Percent within a 10 minute walk to a park: San Francisco: 98.2%, Target: 63.8%

#### Recreational Facilities

- Ball diamonds/10,000: San Francisco: 0.9, Target: 1.9
- Dog parks/100,000: San Francisco: 0.9
- Park playgrounds/10,000: San Francisco: 1.6, Target: 2.3
- Golf courses/100,000: San Francisco: 0.8, Target: 0.9
- Park units/10,000: San Francisco: 2.9, Target: 4.1
- Recreational centers/20,000: San Francisco: 0.6, Target: 1.0
- Swimming pools/100,000: San Francisco: 1.3, Target: 3.1
- Tennis courts/10,000: San Francisco: 1.9, Target: 2.0

#### Policy for School P.E.

- Level of state requirement for Physical Education: San Francisco: 3.0

#### Park-related Expenditures

- Total park expenditure per resident: San Francisco: $217.00

---

*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.

**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008-2012. New community indicators target goals were an average of the 2014 values.
SAN JOSE, CA
(San Jose-Sunnyvale-Santa Clara, CA MSA)

Total Score = 63.4; Rank = 11

Areas of Excellence (at or better than target goal):
• Higher percent consuming 3+ vegetables per day
• Lower percent currently smoking
• Lower percent obese
• Higher percent in excellent or very good health
• Lower death rate for cardiovascular disease
• Higher percent of city land area as parkland
• More farmers’ markets per capita
• Higher percent bicycling or walking to work
• Higher percent of population within a 10 minute walk to a park
• More dog parks per capita
• More park playgrounds per capita
• More recreation centers per capita
• Higher park-related expenditures per capita
• Higher level of state requirement for Physical Education classes

Improvement Priority Areas (worse than 20% of target goal):
• Higher percent with asthma
• Higher percent with angina or coronary heart disease
• Higher percent with diabetes
• Higher death rate for diabetes
• 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

<table>
<thead>
<tr>
<th>Description</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population</td>
<td>1,952,872</td>
</tr>
<tr>
<td>Percent less than 18 years old</td>
<td>23.2%</td>
</tr>
<tr>
<td>Percent 18 to 64 years old</td>
<td>64.6%</td>
</tr>
<tr>
<td>Percent 65 years old and older</td>
<td>12.2%</td>
</tr>
<tr>
<td>Percent male</td>
<td>50.3%</td>
</tr>
<tr>
<td>Percent high school graduate or higher</td>
<td>87.2%</td>
</tr>
<tr>
<td>Percent White</td>
<td>49.0%</td>
</tr>
<tr>
<td>Percent Black or African American</td>
<td>2.5%</td>
</tr>
<tr>
<td>Percent Asian</td>
<td>33.5%</td>
</tr>
<tr>
<td>Percent Other Race</td>
<td>15.1%</td>
</tr>
<tr>
<td>Percent Hispanic/Latino</td>
<td>27.5%</td>
</tr>
<tr>
<td>Percent unemployed</td>
<td>4.3%</td>
</tr>
<tr>
<td>Median household income</td>
<td>$96,481.00</td>
</tr>
<tr>
<td>Percent of households below poverty level</td>
<td>5.6%</td>
</tr>
<tr>
<td>Violent crime rate/100,000*</td>
<td>249.8</td>
</tr>
<tr>
<td>Percent with disability</td>
<td>7.7%</td>
</tr>
</tbody>
</table>

*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 = 74.8; Rank = 5

**ACSM American Fitness Index® Components**

**Community/Environmental Indicators – Score = 52.4; Rank = 29**

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

### Built Environment

- Parkland as a percent of city land area
  - San Jose: 14.3%
  - Target Goal: 10.6%
- Acres of parkland/1,000
  - San Jose: 16.0
  - Target Goal: 18.6
- Farmers’ markets/1,000,000
  - San Jose: 21.0
  - Target Goal: 13.1
- Percent using public transportation to work
  - San Jose: 4.0%
  - Target Goal: 4.3%
- Percent bicycling or walking to work
  - San Jose: 3.3%
  - Target Goal: 2.8%
- Walk Score®
  - San Jose: 48.1
  - Target Goal: 51.1
- Percent within a 10 minute walk to a park
  - San Jose: 69.3%
  - Target Goal: 63.8%

### Recreational Facilities

- Ball diamonds/10,000
  - San Jose: 0.5
  - Target Goal: 1.9
- Dog parks/100,000
  - San Jose: 0.9
  - Target Goal: 0.9
- Park playgrounds/10,000
  - San Jose: 2.6
  - Target Goal: 2.3
- Golf courses/100,000
  - San Jose: 0.3
  - Target Goal: 0.9
- Park units/10,000
  - San Jose: 2.4
  - Target Goal: 4.1
- Recreational centers/20,000
  - San Jose: 1.1
  - Target Goal: 1.0
- Swimming pools/100,000
  - San Jose: 0.6
  - Target Goal: 3.1
- Tennis courts/10,000
  - San Jose: 0.9
  - Target Goal: 2.0

### Policy for School P.E.

- Level of state requirement for Physical Education
  - San Jose: 3.0
  - Target Goal: 2.5

### Park-related Expenditures

- Total park expenditure per resident
  - San Jose: $163.00
  - Target Goal: $101.80

---

*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.*

*The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.*
SEATTLE, WA
(Seattle-Tacoma-Bellevue, WA MSA)

Total Score = 69.0; Rank = 6

Areas of Excellence (at or better than target goal):
• Higher percent of any physical activity or exercise in the last 30 days
• Lower death rate for cardiovascular disease
• 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
• Higher Walk Score®
• Higher percent of population within a 10 minute walk to a park
• More ball diamonds per capita
• More dog parks per capita
• More park playgrounds 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

Improvement Priority Areas (worse than 20% of target goal):
• 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 diabetes
• Higher death rate for diabetes
• Fewer acres of parkland per capita
• Fewer swimming pools per capita

Description of Seattle-Tacoma-Bellevue, WA MSA

<table>
<thead>
<tr>
<th>Category</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population</td>
<td>3,671,478</td>
</tr>
<tr>
<td>Percent less than 18 years old</td>
<td>22.1%</td>
</tr>
<tr>
<td>Percent 18 to 64 years old</td>
<td>65.6%</td>
</tr>
<tr>
<td>Percent 65 years old and older</td>
<td>12.3%</td>
</tr>
<tr>
<td>Percent male</td>
<td>50.0%</td>
</tr>
<tr>
<td>Percent high school graduate or higher</td>
<td>91.8%</td>
</tr>
<tr>
<td>Percent White</td>
<td>71.5%</td>
</tr>
<tr>
<td>Percent Black or African American</td>
<td>5.5%</td>
</tr>
<tr>
<td>Percent Asian</td>
<td>12.5%</td>
</tr>
<tr>
<td>Percent Other Race</td>
<td>10.6%</td>
</tr>
<tr>
<td>Percent Hispanic/Latino</td>
<td>9.6%</td>
</tr>
<tr>
<td>Percent unemployed</td>
<td>3.9%</td>
</tr>
<tr>
<td>Median household income</td>
<td>$71,273.00</td>
</tr>
<tr>
<td>Percent of households below poverty level</td>
<td>7.2%</td>
</tr>
<tr>
<td>Violent crime rate/100,000*</td>
<td>327.3</td>
</tr>
<tr>
<td>Percent with disability</td>
<td>11.1%</td>
</tr>
</tbody>
</table>

*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 = 67.5; Rank = 13

<table>
<thead>
<tr>
<th>Health Behaviors</th>
<th>Seattle</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent any physical activity or exercise in the last 30 days</td>
<td>83.0%</td>
<td>82.6%</td>
</tr>
<tr>
<td>Percent meeting CDC aerobic activity guidelines</td>
<td>31.4%</td>
<td>32.2%</td>
</tr>
<tr>
<td>Percent meeting both CDC aerobic and strength activity guidelines</td>
<td>20.2%</td>
<td>23.3%</td>
</tr>
<tr>
<td>Percent consuming 2+ fruits per day</td>
<td>28.8%</td>
<td>35.6%</td>
</tr>
<tr>
<td>Percent consuming 3+ vegetables per day</td>
<td>16.0%</td>
<td>19.6%</td>
</tr>
<tr>
<td>Percent currently smoking</td>
<td>14.3%</td>
<td>13.1%</td>
</tr>
</tbody>
</table>

#### Chronic Health Problems

<table>
<thead>
<tr>
<th>Seattle</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent obese</td>
<td>25.6%</td>
</tr>
<tr>
<td>Percent in excellent or very good health</td>
<td>54.6%</td>
</tr>
<tr>
<td>Any days when physical health was not good during the past 30 days</td>
<td>36.6%</td>
</tr>
<tr>
<td>Any days when mental health was not good during the past 30 days</td>
<td>37.2%</td>
</tr>
<tr>
<td>Percent with asthma</td>
<td>9.3%</td>
</tr>
<tr>
<td>Percent with angina or coronary heart disease</td>
<td>3.4%</td>
</tr>
<tr>
<td>Percent with diabetes</td>
<td>8.7%</td>
</tr>
<tr>
<td>Death rate/100,000 for cardiovascular disease</td>
<td>144.7</td>
</tr>
<tr>
<td>Death rate/100,000 for diabetes</td>
<td>20.8</td>
</tr>
</tbody>
</table>

#### Community/Environmental Indicators – Score = 70.5; Rank = 4

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

<table>
<thead>
<tr>
<th>Community/Environmental Indicators</th>
<th>Seattle</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parkland as a percent of city land area</td>
<td>12.4%</td>
<td>10.6%</td>
</tr>
<tr>
<td>Acres of parkland/1,000</td>
<td>10.0</td>
<td>18.6</td>
</tr>
<tr>
<td>Farmers’ markets/1,000,000</td>
<td>18.8</td>
<td>13.1</td>
</tr>
<tr>
<td>Percent using public transportation to work</td>
<td>9.6%</td>
<td>4.3%</td>
</tr>
<tr>
<td>Percent bicycling or walking to work</td>
<td>4.8%</td>
<td>2.8%</td>
</tr>
<tr>
<td>Walk Score®</td>
<td>70.8</td>
<td>51.1</td>
</tr>
<tr>
<td>Percent within a 10 minute walk to a park</td>
<td>92.3%</td>
<td>63.8%</td>
</tr>
</tbody>
</table>

#### Built Environment

<table>
<thead>
<tr>
<th>Recreational Facilities</th>
<th>Seattle</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ball diamonds/10,000</td>
<td>1.9</td>
<td>1.9</td>
</tr>
<tr>
<td>Dog parks/100,000</td>
<td>0.9</td>
<td>2.1</td>
</tr>
<tr>
<td>Park playgrounds/10,000</td>
<td>2.3</td>
<td>2.3</td>
</tr>
<tr>
<td>Golf courses/100,000</td>
<td>0.8</td>
<td>0.9</td>
</tr>
<tr>
<td>Park units/10,000</td>
<td>7.0</td>
<td>4.1</td>
</tr>
<tr>
<td>Recreational centers/20,000</td>
<td>0.8</td>
<td>1.0</td>
</tr>
<tr>
<td>Swimming pools/100,000</td>
<td>1.5</td>
<td>3.1</td>
</tr>
<tr>
<td>Tennis courts/10,000</td>
<td>2.5</td>
<td>2.0</td>
</tr>
</tbody>
</table>

#### Policy for School P.E.

<table>
<thead>
<tr>
<th>Total park expenditure per resident</th>
<th>Seattle</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level of state requirement for Physical Education</td>
<td>3.0</td>
<td>2.5</td>
</tr>
<tr>
<td>Total park expenditure per resident</td>
<td>$298.00</td>
<td>$101.80</td>
</tr>
</tbody>
</table>

---

*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.

**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
TAMPA, FL
(Tampa-St. Petersburg-Clearwater, FL MSA)

Total Score = 51.7; Rank = 26

Areas of Excellence (at or better than target goal):
• 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
• Higher park-related expenditures per capita
• Higher level of state requirement for Physical Education classes

Improvement Priority Areas (worse than 20% of target goal):
• Lower percent meeting both CDC aerobic and strength activity guidelines
• Lower percent consuming 3+ vegetables per day
• Higher percent currently smoking
• Higher percent obese
• Lower percent in excellent or very good health
• 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
• Fewer acres of parkland per capita
• Fewer farmers’ markets per capita
• Lower percent using public transportation to work
• Fewer tennis courts per capita

Description of Tampa-St. Petersburg-Clearwater, FL MSA
Population 2,915,582
Percent less than 18 years old 20.5%
Percent 18 to 64 years old 60.8%
Percent 65 years old and older 18.7%
Percent male 48.4%
Percent high school graduate or higher 88.2%
Percent White 78.4%
Percent Black or African American 12.0%
Percent Asian 3.2%
Percent Other Race 6.5%
Percent Hispanic/Latino 17.7%
Percent unemployed 4.3%
Median household income $46,876.00
Percent of households below poverty level 11.1%
Violent crime rate/100,000* 447.5
Percent with disability 13.8%

*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 = 40.2; Rank = 35

- **Health Behaviors**
  - Percent any physical activity or exercise in the last 30 days
    - Tampa: 29.4%
    - Target Goal*: 21.3%
  - Percent meeting CDC aerobic activity guidelines
    - Tampa: 16.6%
    - Target Goal*: 32.2%
  - Percent meeting both CDC aerobic and strength activity guidelines
    - Tampa: 16.5%
    - Target Goal*: 23.3%
  - Percent consuming 2+ fruits per day
    - Tampa: 29.1%
    - Target Goal*: 35.6%
  - Percent consuming 3+ vegetables per day
    - Tampa: 15.6%
    - Target Goal*: 19.6%
  - Percent currently smoking
    - Tampa: 21.1%
    - Target Goal*: 13.1%

**Chronic Health Problems**

- Percent obese
  - Tampa: 29.4%
  - Target Goal*: 21.3%
- Percent in excellent or very good health
  - Tampa: 47.9%
  - Target Goal*: 61.0%
- Any days when physical health was not good during the past 30 days
  - Tampa: 36.0%
  - Target Goal*: 30.4%
- Any days when mental health was not good during the past 30 days
  - Tampa: 32.3%
  - Target Goal*: 29.2%
- Percent with asthma
  - Tampa: 8.8%
  - Target Goal*: 6.5%
- Percent with angina or coronary heart disease
  - Tampa: 6.2%
  - Target Goal*: 2.8%
- Percent with diabetes
  - Tampa: 12.5%
  - Target Goal*: 6.4%
- Death rate/100,000 for cardiovascular disease
  - Tampa: 169.2
  - Target Goal*: 167.1
- Death rate/100,000 for diabetes
  - Tampa: 22.7
  - Target Goal*: 17.0

**Community/Environmental Indicators** – Score = 62.7; Rank = 10

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

- **Built Environment**
  - Parkland as a percent of city land area
    - Tampa: 6.9%
    - Target Goal**: 10.6%
  - Acres of parkland/1,000
    - Tampa: 13.7
    - Target Goal**: 18.6
  - Farmers’ markets/1,000,000
    - Tampa: 10.3
    - Target Goal**: 13.1
  - Percent using public transportation to work
    - Tampa: 1.5%
    - Target Goal**: 4.3%
  - Percent bicycling or walking to work
    - Tampa: 2.4%
    - Target Goal**: 2.8%
  - Walk Score®
    - Tampa: 46.3
    - Target Goal**: 51.1
  - Percent within a 10 minute walk to a park
    - Tampa: 59.3%
    - Target Goal**: 63.8%

- **Recreational Facilities**
  - Ball diamonds/10,000
    - Tampa: 1.9
    - Target Goal**: 3.6
  - Dog parks/100,000
    - Tampa: 0.9
    - Target Goal**: 2.8
  - Park playgrounds/10,000
    - Tampa: 2.3
    - Target Goal**: 2.3
  - Golf courses/100,000
    - Tampa: 1.4
    - Target Goal**: 0.9
  - Park units/10,000
    - Tampa: 4.1
    - Target Goal**: 5.4
  - Recreational centers/20,000
    - Tampa: 1.8
    - Target Goal**: 1.0
  - Swimming pools/100,000
    - Tampa: 4.0
    - Target Goal**: 3.1
  - Tennis courts/10,000
    - Tampa: 1.4
    - Target Goal**: 2.0

- **Policy for School P.E.**
  - Level of state requirement for Physical Education
    - Tampa: 3.0
    - Target Goal**: 2.5

- **Park-related Expenditures**
  - Total park expenditure per resident
    - Tampa: $145.00
    - Target Goal**: $101.80

*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.

**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
VIRGINIA BEACH, VA
(Virginia Beach-Norfolk-Newport News, VA-NC MSA)

Total Score = 54.6; Rank = 19

Areas of Excellence (at or better than target goal):
• Lower percent of days when mental health was not good during the past 30 days
• Higher percent of city land area as parkland
• More acres of parkland per capita
• More farmers’ markets per capita
• Higher percent bicycling or walking to work
• 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

Improvement Priority Areas (worse than 20% of target goal):
• Lower percent consuming 3+ 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 diabetes
• Lower percent using public transportation to work
• Lower Walk Score®
• Fewer recreation centers per capita
• Fewer swimming pools per capita

Description of Virginia Beach-Norfolk-Newport News, VA-NC MSA
Population 1,716,624
Percent less than 18 years old 22.5%
Percent 18 to 64 years old 64.6%
Percent 65 years old and older 12.9%
Percent male 49.0%
Percent high school graduate or higher 90.2%
Percent White 59.6%
Percent Black or African American 30.8%
Percent Asian 3.8%
Percent Other Race 5.8%
Percent Hispanic/Latino 6.3%
Percent unemployed 4.5%
Median household income $58,871.00
Percent of households below poverty level 9.5%
Violent crime rate/100,000* 308.6
Percent with disability 11.8%

*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 = 46.8; Rank = 31

Health Behaviors

- Percent any physical activity or exercise in the last 30 days
  - Virginia Beach: 26.4%
  - Target Goal*: 76.0%
  - Percent meeting CDC aerobic activity guidelines
  - Virginia Beach: 21.0%
  - Target Goal*: 42.2%
  - Percent meeting both CDC aerobic and strength activity guidelines
  - Virginia Beach: 21.0%
  - Target Goal*: 23.3%
  - Percent consuming 2+ fruits per day
  - Virginia Beach: 29.0%
  - Target Goal*: 35.6%
  - Percent consuming 3+ vegetables per day
  - Virginia Beach: 13.2%
  - Target Goal*: 19.6%
  - Percent currently smoking
  - Virginia Beach: 22.3%
  - Target Goal*: 13.1%

Chronic Health Problems

- Percent obese
  - Virginia Beach: 33.2%
  - Target Goal*: 21.3%
- Percent in excellent or very good health
  - Virginia Beach: 52.7%
  - Target Goal*: 61.0%
- Any days when physical health was not good during the past 30 days
  - Virginia Beach: 36.4%
  - Target Goal*: 30.4%
- Any days when mental health was not good during the past 30 days
  - Virginia Beach: 28.3%
  - Target Goal*: 29.2%
- Percent with asthma
  - Virginia Beach: 8.4%
  - Target Goal*: 6.5%
- Percent with angina or coronary heart disease
  - Virginia Beach: 4.2%
  - Target Goal*: 2.8%
- Percent with diabetes
  - Virginia Beach: 11.0%
  - Target Goal*: 6.4%
- Death rate/100,000 for cardiovascular disease
  - Virginia Beach: 179.2
  - Target Goal*: 167.1
- Death rate/100,000 for diabetes
  - Virginia Beach: 21.7
  - Target Goal*: 17.0

Community/Environmental Indicators – Score = 62.2; Rank = 13

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

Built Environment

- Parkland as a percent of city land area
  - Virginia Beach: 15.6%
  - Target Goal*: 10.6%
- Acres of parkland/1,000
  - Virginia Beach: 55.6
- Farmers’ markets/1,000,000
  - Virginia Beach: 14.6
- Percent using public transportation to work
  - Virginia Beach: 1.6%
  - Target Goal*: 4.3%
- Percent bicycling or walking to work
  - Virginia Beach: 3.5%
  - Target Goal*: 2.8%
- Walk Score®
  - Virginia Beach: 31.1
  - Target Goal*: 51.1
- Percent within a 10 minute walk to a park
  - Virginia Beach: 56.9%
  - Target Goal*: 63.8%

Recreational Facilities

- Ball diamonds/10,000
  - Virginia Beach: 3.1
  - Target Goal*: 1.9
- Dog parks/100,000
  - Virginia Beach: 0.7
  - Target Goal*: 0.9
- Park playgrounds/10,000
  - Virginia Beach: 2.3
  - Target Goal*: 4.1
- Golf courses/100,000
  - Virginia Beach: 1.1
  - Target Goal*: 0.9
- Park units/10,000
  - Virginia Beach: 6.3
  - Target Goal*: 4.1
- Recreational centers/20,000
  - Virginia Beach: 0.3
  - Target Goal*: 1.0
- Swimming pools/100,000
  - Virginia Beach: 1.6
  - Target Goal*: 3.1
- Tennis courts/10,000
  - Virginia Beach: 2.0
  - Target Goal*: 3.6

Policy for School P.E.

- Level of state requirement for Physical Education
  - Virginia Beach: 3.0
  - Target Goal*: 2.5

Park-related Expenditures

- Total park expenditure per resident
  - Virginia Beach: $156.00
  - Target Goal*: $101.80

*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.
**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
WASHINGTON, DC
(Washington-Arlington-Alexandria, DC-VA-MD-WV MSA)

Total Score = 77.9; Rank = 1

Areas of Excellence (at or better than target goal):
• Lower percent currently smoking
• Lower percent of days when mental health was not good during the past 30 days
• 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
• Higher Walk Score®
• Higher percent of population within a 10 minute walk to a park
• More dog parks 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

Improvement Priority Areas (worse than 20% of target goal):
• Lower percent meeting CDC aerobic activity guidelines
• Higher percent with asthma
• Higher percent with diabetes
• Fewer acres of parkland per capita
• Fewer golf courses per capita

Description of Washington-Arlington-Alexandria, DC-VA-MD-WV MSA

Population 6,033,737
Percent less than 18 years old 23.3%
Percent 18 to 64 years old 65.3%
Percent 65 years old and older 11.4%
Percent male 48.9%
Percent high school graduate or higher 90.2%
Percent White 55.8%
Percent Black or African American 25.2%
Percent Asian 9.9%
Percent Other Race 9.2%
Percent Hispanic/Latino 15.1%
Percent unemployed 4.5%
Median household income $91,193.00
Percent of households below poverty level 6.0%
Violent crime rate/100,000* 316.6
Percent with disability 8.5%

*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 = 81.7; Rank = 2**

- **Health Behaviors**
  - Percent any physical activity or exercise in the last 30 days: 80.1% (Target Goal: 82.6%)
  - Percent meeting CDC aerobic activity guidelines: 24.3% (Target Goal: 32.2%)
  - Percent meeting both CDC aerobic and strength activity guidelines: 21.3% (Target Goal: 23.3%)
  - Percent consuming 2+ fruits per day: 32.0% (Target Goal: 35.6%)
  - Percent consuming 3+ vegetables per day: 17.6% (Target Goal: 19.6%)
  - Percent currently smoking: 12.6% (Target Goal: 13.1%)

**Chronic Health Problems**

- Percent obese: 25.3% (Target Goal: 21.3%)
- Percent in excellent or very good health: 59.5% (Target Goal: 61.0%)
- Any days when physical health was not good during the past 30 days: 31.2% (Target Goal: 30.4%)
- Any days when mental health was not good during the past 30 days: 28.8% (Target Goal: 29.2%)
- Percent with asthma: 8.0% (Target Goal: 6.5%)
- Percent with angina or coronary heart disease: 3.0% (Target Goal: 2.8%)
- Percent with diabetes: 8.5% (Target Goal: 6.4%)
- Death rate/100,000 for cardiovascular disease: 146.8 (Target Goal: 167.1)
- Death rate/100,000 for diabetes: 15.3 (Target Goal: 17.0)

**Community/Environmental Indicators – Score = 74.2; Rank = 3**

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

**Built Environment**

- Parkland as a percent of city land area: 21.9% (Target Goal: 10.6%)
- Acres of parkland/1,000: 13.2 (Target Goal: 18.6)
- Farmers’ markets/1,000,000: 28.5 (Target Goal: 13.1)
- Percent using public transportation to work: 14.3% (Target Goal: 4.3%)
- Percent bicycling or walking to work: 3.9% (Target Goal: 2.8%)
- Walk Score®: 74.1 (Target Goal: 51.1)
- Percent within a 10 minute walk to a park: 96.3% (Target Goal: 63.8%)

**Recreational Facilities**

- Ball diamonds/10,000: 1.5 (Target Goal: 1.9)
- Dog parks/100,000: 1.7 (Target Goal: 0.9)
- Park playgrounds/10,000: 1.8 (Target Goal: 2.3)
- Golf courses/100,000: 0.6 (Target Goal: 0.9)
- Park units/10,000: 4.1 (Target Goal: 6.3)
- Recreational centers/20,000: 2.3 (Target Goal: 1.0)
- Swimming pools/100,000: 3.1 (Target Goal: 5.4)
- Tennis courts/10,000: 2.0 (Target Goal: 3.1)

**Policy for School P.E.**

- Level of state requirement for Physical Education: 2.0 (Target Goal: 2.5)

**Park-related Expenditures**

- Total park expenditure per resident: $346.00 (Target Goal: $101.80)

*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.

**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
# Appendix A – Data Sources

<table>
<thead>
<tr>
<th>Variable</th>
<th>Data Source</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent high school graduate or higher</td>
<td>U.S. Census – 2014 American Community Survey – 1 Year Estimates</td>
<td><a href="http://factfinder2.census.gov/faces/nav/jsf/pages/index.xhtml">http://factfinder2.census.gov/faces/nav/jsf/pages/index.xhtml</a></td>
</tr>
<tr>
<td>Percent in each race groups</td>
<td>U.S. Census – 2014 American Community Survey – 1 Year Estimates</td>
<td><a href="http://factfinder2.census.gov/faces/nav/jsf/pages/index.xhtml">http://factfinder2.census.gov/faces/nav/jsf/pages/index.xhtml</a></td>
</tr>
<tr>
<td>Percent any physical activity or exercise in the last 30 days</td>
<td>2014 CDC BRFSS</td>
<td><a href="http://www.cdc.gov/brfss/annual_data/annual_2014.html">www.cdc.gov/brfss/annual_data/annual_2014.html</a></td>
</tr>
</tbody>
</table>
## Appendix A – Data Sources

<table>
<thead>
<tr>
<th>Variable</th>
<th>Data Source</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent meeting CDC aerobic activity guidelines</td>
<td>2014 CDC BRFSS</td>
<td><a href="http://www.cdc.gov/brfss/annual_data/annual_2014.html">www.cdc.gov/brfss/annual_data/annual_2014.html</a></td>
</tr>
<tr>
<td>Percent meeting CDC aerobic and strength activity guidelines</td>
<td>2014 CDC BRFSS</td>
<td><a href="http://www.cdc.gov/brfss/annual_data/annual_2014.html">www.cdc.gov/brfss/annual_data/annual_2014.html</a></td>
</tr>
<tr>
<td>Percent eating 2+ fruits per day</td>
<td>2014 CDC BRFSS</td>
<td><a href="http://www.cdc.gov/brfss/annual_data/annual_2014.html">www.cdc.gov/brfss/annual_data/annual_2014.html</a></td>
</tr>
<tr>
<td>Percent eating 3+ vegetables per day</td>
<td>2014 CDC BRFSS</td>
<td><a href="http://www.cdc.gov/brfss/annual_data/annual_2014.html">www.cdc.gov/brfss/annual_data/annual_2014.html</a></td>
</tr>
<tr>
<td>Percent currently smoking</td>
<td>2014 CDC BRFSS</td>
<td><a href="http://www.cdc.gov/brfss/annual_data/annual_2014.html">www.cdc.gov/brfss/annual_data/annual_2014.html</a></td>
</tr>
<tr>
<td>Percent obese</td>
<td>2014 CDC BRFSS</td>
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</tr>
<tr>
<td>Percent in excellent or very good health</td>
<td>2014 CDC BRFSS</td>
<td><a href="http://www.cdc.gov/brfss/annual_data/annual_2014.html">www.cdc.gov/brfss/annual_data/annual_2014.html</a></td>
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<tr>
<td>Any days when physical health was not good during the past 30 days</td>
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<tr>
<td>Any days when mental health was not good during the past 30 days</td>
<td>2014 CDC BRFSS</td>
<td><a href="http://www.cdc.gov/brfss/annual_data/annual_2014.html">www.cdc.gov/brfss/annual_data/annual_2014.html</a></td>
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<td>Percent with asthma</td>
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</tr>
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<td>Percent with angina or coronary heart disease</td>
<td>2014 CDC BRFSS</td>
<td><a href="http://www.cdc.gov/brfss/annual_data/annual_2014.html">www.cdc.gov/brfss/annual_data/annual_2014.html</a></td>
</tr>
<tr>
<td>Percent with diabetes</td>
<td>2014 CDC BRFSS</td>
<td><a href="http://www.cdc.gov/brfss/annual_data/annual_2014.html">www.cdc.gov/brfss/annual_data/annual_2014.html</a></td>
</tr>
<tr>
<td>Death rate/100,000 for cardiovascular disease</td>
<td>2014 CDC Wonder</td>
<td><a href="http://www.wonder.cdc.gov">www.wonder.cdc.gov</a></td>
</tr>
<tr>
<td>Death rate/100,000 for diabetes</td>
<td>2014 CDC Wonder</td>
<td><a href="http://www.wonder.cdc.gov">www.wonder.cdc.gov</a></td>
</tr>
<tr>
<td>Parkland as a percent of city land area</td>
<td>2015 City Park Facts – The Trust for Public Land</td>
<td><a href="http://www.tpl.org/">www.tpl.org/</a></td>
</tr>
</tbody>
</table>
## Appendix A – Data Sources

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<td>2015 City Park Facts – The Trust for Public Land</td>
<td><a href="http://www.tpl.org">www.tpl.org</a></td>
</tr>
<tr>
<td>Farmers’ markets/1,000,000</td>
<td>2015 – USDA Farmers Markets</td>
<td><a href="http://www.ams.usda.gov/AMSv1.0/farmersmarkets">www.ams.usda.gov/AMSv1.0/farmersmarkets</a></td>
</tr>
<tr>
<td>Percent using public transportation to work</td>
<td>U.S. Census – 2014 American Community Survey – 1 Year Estimates</td>
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<td>Percent bicycling or walking to work</td>
<td>U.S. Census – 2014 American Community Survey – 1 Year Estimates</td>
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<tr>
<td>Percent within a 10 minute walk to a park</td>
<td>2015 City Park Facts – The Trust for Public Land</td>
<td><a href="http://www.tpl.org">www.tpl.org</a></td>
</tr>
<tr>
<td>Ball diamonds/10,000</td>
<td>2015 – The Trust for Public Land</td>
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<td>Dog parks/100,000</td>
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</tr>
<tr>
<td>Park playgrounds/10,000</td>
<td>2015 – The Trust for Public Land</td>
<td><a href="http://www.tpl.org">www.tpl.org</a></td>
</tr>
<tr>
<td>Golf courses/100,000</td>
<td>2014 – The Trust for Public Land</td>
<td><a href="http://www.tpl.org">www.tpl.org</a></td>
</tr>
<tr>
<td>Park units/10,000</td>
<td>2015 – The Trust for Public Land</td>
<td><a href="http://www.tpl.org">www.tpl.org</a></td>
</tr>
<tr>
<td>Recreation centers/20,000</td>
<td>2015 – The Trust for Public Land</td>
<td><a href="http://www.tpl.org">www.tpl.org</a></td>
</tr>
<tr>
<td>Swimming pools/100,000</td>
<td>2015 – The Trust for Public Land</td>
<td><a href="http://www.tpl.org">www.tpl.org</a></td>
</tr>
<tr>
<td>Tennis courts/10,000</td>
<td>2015 – The Trust for Public Land</td>
<td><a href="http://www.tpl.org">www.tpl.org</a></td>
</tr>
<tr>
<td>Park-related expenditures per capita</td>
<td>2015 – The Trust for Public Land</td>
<td><a href="http://www.tpl.org">www.tpl.org</a></td>
</tr>
<tr>
<td>Level of state requirement for Physical Education classes</td>
<td>2014 – School Health Policies and Programs Study</td>
<td><a href="http://www.cdc.gov/healthyyouth/data/shpps/index.htm">www.cdc.gov/healthyyouth/data/shpps/index.htm</a></td>
</tr>
</tbody>
</table>
Appendix B – Members of the Expert Panel

AFI ADVISORY BOARD MEMBERS:

Barbara E. Ainsworth, Ph.D., M.P.H., FACSM, FNAK
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Epidemiologic and Public Health Consultant
Atlanta, Georgia

Angela Smith, M.D., FACSM
Nemours/Alfred I. duPont Hospital for Children,
Thomas Jefferson University

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Georgia State University
Atlanta, Georgia

Stella Lucia Volpe, Ph.D., R.D., FACSM
Drexel University
Philadelphia, Pennsylvania
Appendix B – Members of the Expert Panel

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Montreal, Quebec, Canada

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Columbia, South Carolina

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Southern California Permanente Medical Group  
Pasadena, California

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Chapel Hill, North Carolina

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Austin, Texas

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San Diego, California

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HealthPartners  
Minneapolis, Minnesota

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Rancho Cucamonga, California

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Columbia, South Carolina

David Williams, Ph.D.  
Brown Medical School and the Miriam Hospital  
Providence, Rhode Island

Wes Wong, M.D., M.M.M.  
Community Health Network  
Indianapolis, Indiana
## Appendix C – U.S. Values, MSA Averages and MSA Ranges for AFI Indicators

<table>
<thead>
<tr>
<th></th>
<th>U.S. Value</th>
<th>MSA Average</th>
<th>MSA Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population</td>
<td>318,857,056</td>
<td>3,497,725</td>
<td>1,136,360 – 20,092,883</td>
</tr>
<tr>
<td>Percent less than 18 years old</td>
<td>23.1%</td>
<td>23.4%</td>
<td>19.3% – 28.7%</td>
</tr>
<tr>
<td>Percent 18 to 64 years old</td>
<td>62.4%</td>
<td>63.3%</td>
<td>60.8% – 66.4%</td>
</tr>
<tr>
<td>Percent 65 years old and older</td>
<td>14.5%</td>
<td>13.4%</td>
<td>9.4% – 18.7%</td>
</tr>
<tr>
<td>Percent male</td>
<td>49.2%</td>
<td>49.0%</td>
<td>47.9% – 50.3%</td>
</tr>
<tr>
<td>Percent high school graduate or higher</td>
<td>86.9%</td>
<td>88.2%</td>
<td>79.1% – 93.2%</td>
</tr>
<tr>
<td>Percent White</td>
<td>73.4%</td>
<td>70.5%</td>
<td>47.7% – 87.1%</td>
</tr>
<tr>
<td>Percent Black or African American</td>
<td>12.7%</td>
<td>15.3%</td>
<td>1.7% – 46.0%</td>
</tr>
<tr>
<td>Percent Asian</td>
<td>5.2%</td>
<td>6.0%</td>
<td>1.4% – 33.5%</td>
</tr>
<tr>
<td>Percent Other Race</td>
<td>8.7%</td>
<td>8.2%</td>
<td>2.6% – 24.1%</td>
</tr>
<tr>
<td>Percent Hispanic/Latino</td>
<td>17.3%</td>
<td>16.4%</td>
<td>1.6% – 54.7%</td>
</tr>
<tr>
<td>Percent unemployed</td>
<td>4.5%</td>
<td>4.6%</td>
<td>3.3% – 6.8%</td>
</tr>
<tr>
<td>Median household income</td>
<td>$53,657</td>
<td>$59,244</td>
<td>$45,844 – $96,481</td>
</tr>
<tr>
<td>Percent of households below poverty level</td>
<td>11.3%</td>
<td>10.4%</td>
<td>5.6% – 15.9%</td>
</tr>
<tr>
<td>Violent crime rate/100,000*</td>
<td>365.5</td>
<td>434.5</td>
<td>232.2 – 1033.5</td>
</tr>
<tr>
<td>Percent with disability</td>
<td>12.6%</td>
<td>11.7%</td>
<td>7.7% – 15.5%</td>
</tr>
</tbody>
</table>

*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

<table>
<thead>
<tr>
<th></th>
<th>U.S. Value</th>
<th>MSA Average</th>
<th>MSA Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Health Behaviors</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Percent any physical activity or exercise in the last 30 days</td>
<td>74.8%</td>
<td>76.8%</td>
<td>67.5% – 84.8%</td>
</tr>
<tr>
<td>Percent meeting CDC aerobic activity guidelines</td>
<td>26.3%</td>
<td>26.0%</td>
<td>20.5% – 33.0%</td>
</tr>
<tr>
<td>Percent meeting both CDC aerobic and strength activity guidelines</td>
<td>16.5%</td>
<td>18.2%</td>
<td>10.7% – 25.2%</td>
</tr>
<tr>
<td>Percent consuming 2+ fruits per day</td>
<td>25.0%</td>
<td>28.4%</td>
<td>16.6% – 37.9%</td>
</tr>
<tr>
<td>Percent consuming 3+ vegetables per day</td>
<td>13.3%</td>
<td>15.2%</td>
<td>10.0% – 23.9%</td>
</tr>
<tr>
<td>Percent currently smoking</td>
<td>16.4%</td>
<td>16.2%</td>
<td>7.0% – 22.9%</td>
</tr>
<tr>
<td>Chronic Health Problems</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Percent obese</td>
<td>28.9%</td>
<td>28.7%</td>
<td>19.7% – 34.9%</td>
</tr>
<tr>
<td>Percent in excellent or very good health</td>
<td>50.6%</td>
<td>52.1%</td>
<td>43.6% – 61.5%</td>
</tr>
</tbody>
</table>
### Personal Health Indicators

<table>
<thead>
<tr>
<th>Measure</th>
<th>U.S. Value</th>
<th>MSA Average</th>
<th>MSA Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Any days when physical health was not good during the past 30 days</td>
<td>34.6%</td>
<td>34.8%</td>
<td>28.0% – 44.5%</td>
</tr>
<tr>
<td>Any days when mental health was not good during the past 30 days</td>
<td>33.1%</td>
<td>33.6%</td>
<td>26.5% – 39.6%</td>
</tr>
<tr>
<td>Percent with asthma</td>
<td>8.9%</td>
<td>9.0%</td>
<td>5.1% – 13.1%</td>
</tr>
<tr>
<td>Percent with angina or coronary heart disease</td>
<td>4.4%</td>
<td>4.2%</td>
<td>2.4% – 7.8%</td>
</tr>
<tr>
<td>Percent with diabetes</td>
<td>10.5%</td>
<td>10.7%</td>
<td>7.6% – 14.0%</td>
</tr>
<tr>
<td>Death rate/100,000 for cardiovascular disease</td>
<td>181.2</td>
<td>174.6</td>
<td>116.3 – 237.0</td>
</tr>
<tr>
<td>Death rate/100,000 for diabetes</td>
<td>20.9</td>
<td>18.7</td>
<td>8.6 – 31.6</td>
</tr>
</tbody>
</table>

### Community/Environmental Indicators

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

<table>
<thead>
<tr>
<th>Measure</th>
<th>MSA Average+</th>
<th>Range of All Cities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parkland as percent of city land area</td>
<td>11.0%</td>
<td>2.6% – 25.3%</td>
</tr>
<tr>
<td>Acres of parkland/1,000</td>
<td>19.8</td>
<td>3.5 – 78.3</td>
</tr>
<tr>
<td>Farmers’ markets/1,000,000</td>
<td>4.4%</td>
<td>0.4% – 31.1%</td>
</tr>
<tr>
<td>Percent using public transportation to work</td>
<td>2.9%</td>
<td>1.2% – 6.9%</td>
</tr>
<tr>
<td>Percent bicycling or walking to work</td>
<td>51.1</td>
<td>24.4 – 87.6</td>
</tr>
<tr>
<td>Percent living within a ten-minute walk of a public park</td>
<td>64.8%</td>
<td>26.8% – 98.2%</td>
</tr>
</tbody>
</table>

### Recreational Facilities

<table>
<thead>
<tr>
<th>Facility</th>
<th>MSA Average</th>
<th>Range of All Cities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ball diamonds/10,000</td>
<td>1.9</td>
<td>0.3 – 4.9</td>
</tr>
<tr>
<td>Dog parks/10,000</td>
<td>1.2</td>
<td>0.0 – 5.4</td>
</tr>
<tr>
<td>Park playgrounds/10,000</td>
<td>2.4</td>
<td>1.0 – 5.1</td>
</tr>
<tr>
<td>Golf courses/100,000</td>
<td>1.0</td>
<td>0.0 – 5.2</td>
</tr>
<tr>
<td>Park units/10,000</td>
<td>4.3</td>
<td>1.1 – 8.9</td>
</tr>
<tr>
<td>Recreation centers/20,000</td>
<td>1.0</td>
<td>0.0 – 2.5</td>
</tr>
<tr>
<td>Swimming pools/100,000</td>
<td>3.0</td>
<td>0.5 – 10.8</td>
</tr>
<tr>
<td>Tennis courts/10,000</td>
<td>2.1</td>
<td>0.8 – 6.2</td>
</tr>
<tr>
<td>Park-related expenditures per capita</td>
<td>$105.9</td>
<td>$17 – $346</td>
</tr>
<tr>
<td>Level of state requirement for Physical Education classes**</td>
<td>2.9</td>
<td>1 – 3</td>
</tr>
</tbody>
</table>

**2 = required at two levels; 1 = required at only one level

+ Averages were calculated from 2016 data and may differ from the community/environmental indicator target goal values.
**Appendix D – Counties in MSAs**

### Atlanta-Sandy Springs-Roswell, GA
- Barrow County, GA
- Bartow County, GA
- Butts County, GA
- Carroll County, GA
- Cherokee County, GA
- Clayton County, GA
- Cobb County, GA
- Coweta County, GA
- Dawson County, GA
- DeKalb County, GA
- Douglas County, GA
- Fayette County, GA
- Forsyth County, GA
- Fulton County, GA
- Gwinnett County, GA
- Haralson County, GA
- Heard County, GA
- Henry County, GA
- Jasper County, GA
- Lamar County, GA
- Meriwether County, GA
- Morgan County, GA
- Newton County, GA
- Paulding County, GA
- Pickens County, GA
- Pike County, GA
- Rockdale County, GA
- Spalding County, GA
- Walton County, GA

### Birmingham-Hoover, AL
- Bibb County, AL
- Blount County, AL
- Chilton County, AL
- Jefferson County, AL
- St. Clair County, AL
- Shelby County, AL
- Walker County, AL

### Boston-Cambridge-Newton, MA-NH
- Norfolk County, MA
- Plymouth County, MA
- Suffolk County, MA
- Essex County, MA
- Middlesex County, MA
- Rockingham County, NH
- Strafford County, NH

### Buffalo-Cheektowaga-Niagara Falls, NY
- Erie County, NY
- Niagara County, NY

### Charlotte-Concord-Gastonia, NC-SC
- Cabarrus County, NC
- Gaston County, NC
- Iredell County, NC
- Lincoln County, NC
- Mecklenburg County, NC
- Rowan County, NC
- Union County, NC
- Chester County, SC
- Lancaster County, SC
- York County, SC

### Chicago-Naperville-Elgin, IL-IN-WI
- Cook County, IL
- DuPage County, IL
- Grundy County, IL
- Kendall County, IL
- McHenry County, IL
- Will County, IL
- DeKalb County, IL
- Kane County, IL
- Jasper County, IN
- Lake County, IN
- Newton County, IN
- Porter County, IN

### Cincinnati, OH-KY-IN
- Dearborn County, IN
- Ohio County, IN
- Union County, IN
- Boone County, KY
- Bracken County, KY
- Campbell County, KY
- Gallatin County, KY
- Grant County, KY
- Kenton County, KY
- Pendleton County, KY
- Brown County, OH
- Butler County, OH
- Clermont County, OH
- Hamilton County, OH
- Warren County, OH

### Cleveland-Elyria, OH
- Cuyahoga County, OH
- Geauga County, OH
- Lake County, OH
- Lorain County, OH
- Medina County, OH

### Columbus, OH
- Delaware County, OH
- Fairfield County, OH
- Franklin County, OH
- Hocking County, OH
- Licking County, OH
- Madison County, OH
- Morrow County, OH
- Perry County, OH
- Pickaway County, OH
- Union County, OH

### Dallas-Fort Worth-Arlington, TX
- Collin County, TX
- Dallas County, TX
- Denton County, TX
- Ellis County, TX
- Hunt County, TX
- Kaufman County, TX
- Rockwall County, TX
- Hood County, TX

### Baltimore-Columbia-Towson, MD
- Anne Arundel County, MD
- Baltimore County, MD
- Carroll County, MD
- Harford County, MD
- Howard County, MD
- Queen Anne’s County, MD
- Baltimore city, MD

### Lake County, IL
- Kenosha County, WI

### Boston-Cambridge-Newton, MA-NH
- Norfolk County, MA
- Plymouth County, MA
- Suffolk County, MA
- Essex County, MA
- Middlesex County, MA
- Rockingham County, NH
- Strafford County, NH

### Buffalo-Cheektowaga-Niagara Falls, NY
- Erie County, NY
- Niagara County, NY

### Charlotte-Concord-Gastonia, NC-SC
- Cabarrus County, NC
- Gaston County, NC
- Iredell County, NC
- Lincoln County, NC
- Mecklenburg County, NC
- Rowan County, NC
- Union County, NC
- Chester County, SC
- Lancaster County, SC
- York County, SC

### Chicago-Naperville-Elgin, IL-IN-WI
- Cook County, IL
- DuPage County, IL
- Grundy County, IL
- Kendall County, IL
- McHenry County, IL
- Will County, IL
- DeKalb County, IL
- Kane County, IL
- Jasper County, IN
- Lake County, IN
- Newton County, IN
- Porter County, IN
## Appendix D – Counties in MSAs

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<th>Johnson County, TX</th>
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<th>Shelby County, KY</th>
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<td>Trimble County, KY</td>
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<td>Marion County, IN</td>
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Appendix D – Counties in MSAs

Cheatham County, TN
Davidson County, TN
Dickson County, TN
Hickman County, TN
Macon County, TN
Maury County, TN
Robertson County, TN
Rutherford County, TN
Smith County, TN
Sumner County, TN
Trousdale County, TN
Williamson County, TN
Wilson County, TN

New Orleans-Metairie, LA
Jefferson Parish, LA
Orleans Parish, LA
Plaquemines Parish, LA
St. Bernard Parish, LA
St. Charles Parish, LA
St. James Parish, LA
St. John the Baptist Parish, LA
St. Tammany Parish, LA

New York-Newark-Jersey City, NY-NJ-PA
Dutchess County, NY
Putnam County, NY
Nassau County, NY
Suffolk County, NY
Essex County, NJ
Hunterdon County, NJ
Morris County, NJ
Somerset County, NJ
Sussex County, NJ
Union County, NJ
Pike County, PA
Bergen County, NJ
Hudson County, NJ
Middlesex County, NJ
Monmouth County, NJ
Ocean County, NJ
Passaic County, NJ
Bronx County, NY
Kings County, NY
New York County, NY
Orange County, NY
Queens County, NY
Richmond County, NY

Rockland County, NY
Westchester County, NY

Oklahoma City, OK
Canadian County, OK
Cleveland County, OK
Grady County, OK
Lincoln County, OK
Logan County, OK
McClain County, OK
Oklahoma County, OK

Orlando-Kissimmee-Sanford, FL
Lake County, FL
Orange County, FL
Osceola County, FL
Seminole County, FL

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

Phoenix-Mesa-Scottsdale, AZ
Maricopa County, AZ
Pinal County, AZ

Pittsburgh, PA
Allegheny County, PA
Armstrong County, PA
Beaver County, PA
Butler County, PA
Fayette County, PA
Washington County, PA
Westmoreland County, PA

Portland-Vancouver-Hillsboro, OR-WA
Clackamas County, OR
Columbia County, OR

Multnomah County, OR
Washington County, OR
Yamhill County, OR
Clark County, WA
Skamania County, WA

Providence-Warwick, RI-MA
Bristol County, MA
Bristol County, RI
Kent County, RI
Newport County, RI
Providence County, RI
Washington County, RI

Raleigh, NC
Franklin County, NC
Johnston County, NC
Wake County, NC

Richmond, VA
Amelia County, VA
Caroline County, VA
Charles City County, VA
Chesterfield County, VA
Dickinson County, VA
Goochland County, VA
Hanover County, VA
Henrico County, VA
King William County, VA
New Kent County, VA
Powhatan County, VA
Prince George County, VA
Sussex County, VA
Colonial Heights city, VA
Hopewell city, VA
Petersburg city, VA
Richmond city, VA

Riverside-San Bernardino-Ontario, CA
Riverside County, CA
San Bernardino County, CA

Sacramento-Roseville-Arden-Arcade, CA
El Dorado County, CA
Placer County, CA
Sacramento County, CA

Yolo County, CA
Appendix D – Counties in MSAs

Saint Louis, MO-IL
Bond County, IL
Calhoun County, IL
Clinton County, IL
Jersey County, IL
Macoupin County, IL
Madison County, IL
Monroe County, IL
St. Clair County, IL
Franklin County, MO
Jefferson County, MO
Lincoln County, MO
St. Charles County, MO
St. Louis County, MO
Warren County, MO
St. Louis city, MO

Salt Lake City, UT
Salt Lake County, UT
Tooele County, UT

San Antonio-New Braunfels, TX
Atascosa County, TX
Bandera County, TX
Bexar County, TX
Comal County, TX
Guadalupe County, TX
Kendall County, TX
Medina County, TX
Wilson County, TX

San Diego-Carlsbad, CA
San Diego County, CA

San Francisco-Oakland-Hayward, CA
Alameda County, CA
Contra Costa County, CA
San Francisco County, CA
San Mateo County, CA
Marin County, CA

San Jose-Sunnyvale-Santa Clara, CA
San Benito County, CA
Santa Clara County, CA

Seattle-Tacoma-Bellevue, WA
King County, WA
Snohomish County, WA
Pierce County, WA

Tampa-St. Petersburg-Clearwater, FL
Hernando County, FL
Hillsborough County, FL
Pasco County, FL
Pinellas County, FL

Virginia Beach-Norfolk-Newport News, VA-NC
Currituck County, NC
Gates County, NC
Gloucester County, VA
Isle of Wight County, VA
James City County, VA
Mathews County, VA
York County, 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

Washington-Arlington-Alexandria, DC-VA-MD-WV
Frederick County, MD
Montgomery County, MD
District of Columbia, DC
Calvert County, MD
Charles County, MD
Prince George’s County, MD
Arlington County, VA
Clarke County, VA
Culpeper County, VA
Fairfax County, VA
Fauquier County, VA
Loudoun County, VA
Prince William County, VA
Rappahannock County, VA
Spotsylvania County, VA
Stafford County, VA
Warren County, VA
Alexandria city, VA
Fairfax city, VA
Falls Church city, VA
Fredericksburg city, VA
Manassas city, VA
Manassas Park city, VA
Jefferson County, WV