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.

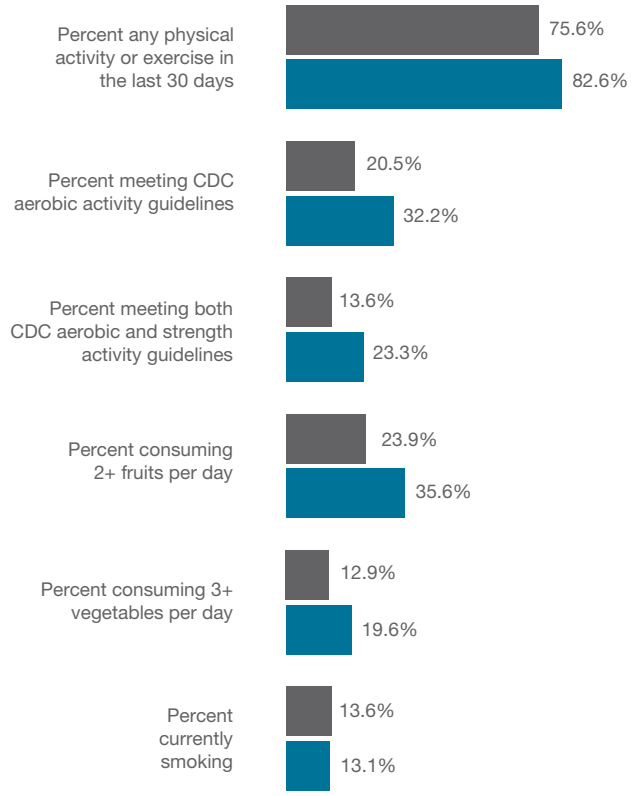
Supported by Amerigroup Foundation

ACSM American Fitness Index® Components

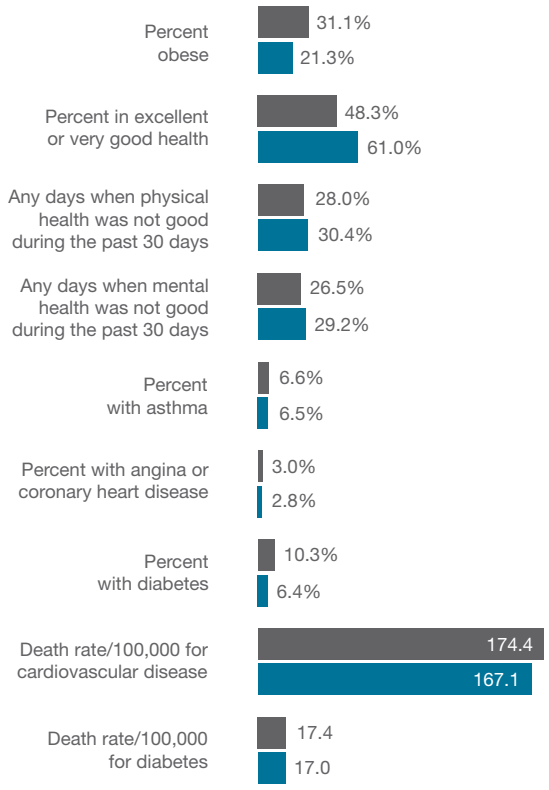
Personal Health Indicators – Score = 48.2; Rank = 28

Dallas | Target Goal*

Health Behaviors



Chronic Health Problems

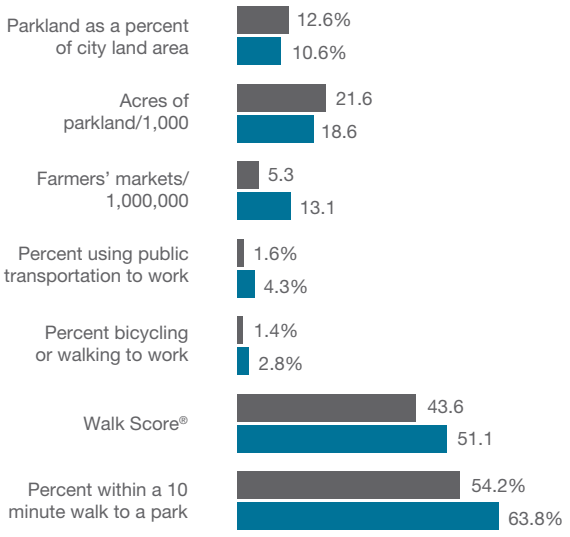


Community/Environmental Indicators – Score = 36.4; Rank = 42

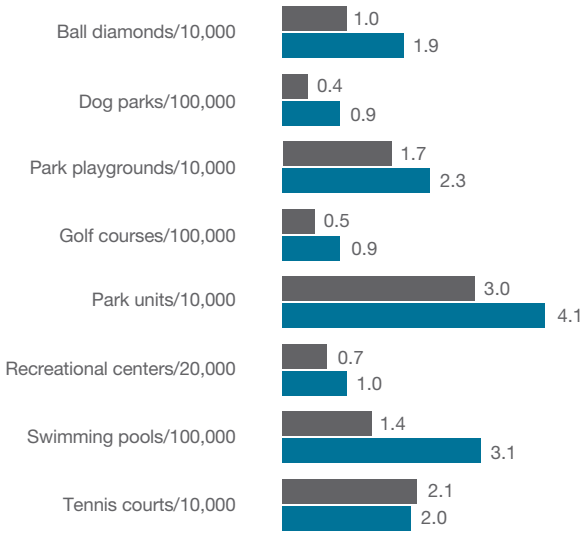
(note: most of these data were available only for the main city in the MSA)

Dallas | Target Goal**

Built Environment



Recreational Facilities



Policy for School P.E.

Park-related Expenditures

*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.