

10TH ANNIVERSARY

ACSM  AMERICAN
FITNESS INDEX®

2007 A DECADE OF ACTIVELY MOVING AMERICA TO BETTER HEALTH 2017

2017

TOP TEN FITTEST METROPOLITAN AREAS

- 1 Minneapolis, MN
- 2 Washington, DC
- 3 San Francisco, CA
- 4 Seattle, WA
- 5 San Jose, CA
- 6 Boston, MA
- 7 Denver, CO
- 8 Portland, OR
- 9 Salt Lake City, UT
- 10 San Diego, CA



Across the 50 MSAs, there was a **10.5%** decrease in the percent of individuals with diagnosed angina or coronary heart disease.



San Jose, CA had the highest score for personal health indicators.

86.7

Washington, DC had the highest score for community/environmental indicators.

78.3

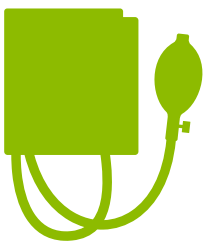
Birmingham had the most basketball hoops with

9.4 per 10,000 residents.



Only 23.2%

of San Jose residents have been diagnosed with high blood pressure.



31.5%

of New Yorkers used public transportation to get to work.



To view the full report, visit: www.americanfitnessindex.org

Funded by the Anthem Foundation

The Anthem Foundation has invested more than one million dollars for AFI data research and technical assistance to communities since 2006.

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