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

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