



2019 Ranking - Long Beach, CA

	Highest Ranked City & Score		Long Beach, CA
Overall Rank & Score	Arlington, VA #1 (87.3)		#18 (62.5)
Personal Health Rank & Score	Arlington, VA #1 (93.5)		#18 (70.1)
Health Behaviors			
% exercising in the last 30 days	Arlington, VA	92.6	79.9
% meeting aerobic activity guidelines	Madison, WI	65.0	56.4
% meeting aerobic & strength activity guidelines	Arlington, VA	32.9	23.9
% bicycling or walking to work	Washington, D.C.	17.7	3.5
% using public transportation to work	New York, NY	55.8	5.5
% consuming 2+ fruits/ day	Madison, WI	46.6	38.8
% consuming 3+ vegetables/ day	Washington, DC	29.5	14.7
% smoking	Arlington, VA	6.5	12.5
Health Outcomes			
% in excellent or very good health	Arlington, VA	71.4	49.1
% physical health not good during the past 30 days	Arlington, VA	24.8	32.1
% mental health not good during the past 30 days	Stockton, CA	27.1	34.5
% with obesity	San Francisco, CA	16.3	25.4
% with asthma	San Francisco, CA	3.4	8.1
% with high blood pressure	Boston, MA	20.2	25.9
% with angina or coronary heart disease	Lubbock, TX	0.0	2.6
% with stroke	Lubbock, TX	0.4	1.4
% with diabetes	San Francisco, CA	4.1	9.7
Pedestrian fatality rate/ 100,000 residents	Arlington, VA	0.0	2.6
Community/Environment Rank & Score	Arlington, VA #1 (79.0)		#41 (52.3)
Built Environment			
Air quality index	Norfolk, VA	98.3	10.4
Bike Score®	Minneapolis, MN	81.9	61.5
Farmers' markets/ 1,000,000 residents	Washington, D.C.	82.1	12.8
Park units/ 10,000 residents	Madison, WI	11.3	3.5
% within a 10-minute walk to a park	San Francisco, CA	100	81.0
Walk Score®	New York, NY	89.2	69.9
Recreational Facilities			
Ball diamonds/ 10,000 residents	St. Paul, MN	5.2	1.1
Basketball hoops/ 10,000 residents	Norfolk, VA	28.3	1.6
Park playgrounds/ 10,000 residents	Madison, WI	7.0	1.4
Recreational centers/ 20,000 residents	Baton Rouge, LA	2.9	1.1
Swimming pools/ 100,000 residents	Cleveland, OH	10.9	0.6
Tennis courts/ 10,000 residents	Louisville, KY	6.9	1.0
Policy & Funding			
Local complete streets policy	Multiple	2	1
Park expenditure/ resident (adjusted)	Portland, OR	\$382	\$157
Physical education requirement	Multiple	3	3