



2021 Portland, OR

	Highest Ranked City's Score	100 City Average	Portland, OR
Overall Rank & Score	#1 Arlington, VA (86.1)		#9 (69.2)

Personal Health Rank & Score	#1 Arlington, VA (89.1)		#18 (67.4)
Health Behaviors			
% exercising in the previous month	Arlington, VA (85.7)	75.7	79.0
% meeting aerobic activity guidelines	St. Petersburg, FL (65.4)	50.8	58.5
% meeting aerobic & strength activity guidelines	Anaheim, Irvine, & Santa Ana, CA (31.0)	23.7	26.4
% bicycling or walking to work	Boston, MA (19.3)	4.5	11.5
% using public transportation to work	New York, NY (55.6)	7.0	13.4
% consuming 2+ fruits/ day	Newark, NJ (41.7)	31.0	31.8
% consuming 3+ vegetables/ day	San Antonio, TX (20.9)	14.5	17.1
% sleeping 7+ hours/ day	Lubbock, TX (77.8)	64.8	69.2
% smoking	Arlington, VA (3.5)	13.8	13.1
Health Outcomes			
% in excellent or very good health	Arlington, VA (66.9)	49.9	53.2
% with poor physical health in the previous month	Arlington, VA (24.1)	36.6	38.6
% with poor mental health in the previous month	Newark, NY (27.3)	39.5	43.4
% with obesity	San Francisco, CA (8.6)	29.3	27.6
% with asthma	Plano, TX (4.6)	8.8	10.0
% with high blood pressure	Arlington, VA (15.2)	30.5	29.3
% with angina or coronary heart disease	Arlington, VA (0.3)	3.2	2.8
% with stroke	Laredo, TX (0.1)	3.2	2.5
% with diabetes	Arlington, VA (4.2)	10.2	6.9
Pedestrian fatalities/ 100,000 residents	Irvine, CA (0.0)	2.6	2.4

Community/Environment Rank & Score	Highest Ranked City's Score #1 Arlington, VA (81.7)	100 City Average	Portland, OR #16 (71.8)
Built Environment			
Air quality index	Norfolk, VA (98.1)	64.5	88.8
Bike Score	Minneapolis, MN (83.5)	54.1	82.4
% with food insecurity	Arlington, VA (6.7)	12.2	10.2
Parks/ 10,000 residents	Madison, WI (10.9)	4.0	5.1
% within a 10-minute walk to a park	Boston, MA & San Francisco, CA (100)	70.8	90.0
Walk Score	New York, NY (88.3)	48.0	66.6
Recreational Facilities			
Ball diamonds/ 10,000 residents	St. Paul, MN (5.2)	1.7	1.9
Basketball hoops/ 10,000 residents	Norfolk, VA (16.2)	3.4	3.4
Playgrounds/ 10,000 residents	Madison, WI (6.9)	2.4	2.1
Recreational centers/ 20,000 residents	Baton Rouge, LA (2.9)	0.9	0.5
Swimming pools/ 100,000 residents	Cleveland, OH (10.8)	2.3	1.8
Tennis courts/ 10,000 residents	Richmond, VA (5.9)	1.8	1.8
Policy & Funding			
Local Complete Streets policy	Multiple (2)	1.0	1
Park expenditure/ resident	San Francisco, CA (#309)	\$102	\$231
Physical education requirement	Multiple (3)	2.8	3
Resident Demographics			
Population		647,344	654,741
% less than 18 years old		22.1	17.7
% 65 years old and older		13.3	13.6
% American Indian or Alaska Native		0.8	0.8
% Asian		8.8	8.2
% Black or African American		19.7	5.6
% Native Hawaiian or Other Pacific Islander		0.3	0.3
% White		59.6	77.3
% Other Race or Multiple Races		10.7	7.9
% Hispanic/Latino		25.5	9.7
% with disability		11.8	12.0
% high school graduate+		87.0	93.5
% of households below poverty level		11.0	6.0
% under 18 yrs below poverty level		20.6	13.5