



2022 Anchorage, AK

	Best City's Score	100 City Average	Anchorage, AK
Overall Rank & Score	#1 Arlington, VA (85.0)		#56 (51.0)
Personal Health Rank & Score	#1 Arlington, VA (86.8)		#38 (56.5)
Health Behaviors			
% exercising in the previous month	Arlington, VA (93.8)	77.6	81.0
% meeting aerobic activity guidelines	St. Petersburg, FL (65.4)	50.9	55.5
% meeting aerobic & strength activity guidelines	Anaheim, Irvine & Santa Ana, CA (31.0)	23.8	25.6
% bicycling or walking to work	Boston, MA (19.3)	4.5	2.1
% using public transportation to work	New York, NY (55.6)	7.0	1.0
% consuming 2+ fruits/ day	Newark, NJ (41.7)	30.9	31.2
% consuming 3+ vegetables/ day	San Antonio, TX (20.9)	14.5	15.1
% sleeping 7+ hours/ day	San Jose, CA (78.8)	68.0	69.0
% smoking	San Francisco, CA (3.8)	12.8	16.3
Health Outcomes			
% in excellent or very good health	Arlington, VA (70.1)	55.9	59.7
% with poor physical health in the previous month	Arlington, VA (16.1)	27.5	26.4
% with poor mental health in the previous month	Miami, FL (26.6)	39.6	35.3
% with obesity	San Jose, CA (17.8)	30.0	31.6
% with asthma	San Jose, CA (3.5)	9.4	10.0
% with high blood pressure	Arlington, VA (15.2)	30.4	32.1
% with angina or coronary heart disease	San Francisco, CA (0.1)	3.4	3.2
% with stroke	Arlington, VA (0.4)	3.2	2.4
% with diabetes	Arlington, VA (5.2)	10.3	7.8
Pedestrian fatalities/ 100,000 residents	Irvine, CA (0.0)	2.6	1.4

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Community/Environment Rank & Score	Arlington, VA (82.5)		#67 (43.2)
Built Environment			
Air quality index	Norfolk, VA (99.2)	65.3	91.3
Bike Score	Minneapolis, MN (83.5)	54.2	51.8
% with food insecurity	Chesapeake, VA (7.2)	11.5	10.9
Parks/ 10,000 residents	Atlanta, GA (11.2)	4.1	7.6
% within a 10-minute walk to a park	Boston, MA & San Francisco, CA (100)	71.6	76.0
Walk Score	New York, NY (88.3)	48.0	27.8
Recreational Facilities			
Ball diamonds/ 10,000 residents	St. Paul, MN (5.2)	1.7	1.7
Basketball hoops/ 10,000 residents	Norfolk, VA (16.9)	3.4	1.7
Playgrounds/ 10,000 residents	Madison, WI (6.9)	2.5	2.9
Recreational centers/ 20,000 residents	Minneapolis, MN (2.3)	0.9	0.3
Swimming pools/ 100,000 residents	Cleveland, OH (10.9)	2.3	1.3
Tennis courts/ 10,000 residents	Norfolk, VA (6.0)	1.8	1.1
Policy & Funding			
Local Complete Streets policy	Multiple (2)	1.1	1
Park expenditure/ resident	Minneapolis, MN (\$302)	\$107	\$75
Physical education requirement	Multiple (3)	2.8	1
Resident Demographics			
Population		648,321	287,095
% less than 18 years old		22.1	24.0
% 65 years old and older		13.3	11.4
% American Indian or Alaska Native		0.9	8.9
% Asian		8.8	9.0
% Black or African American		19.2	5.3
% Native Hawaiian or Other Pacific Islander		0.3	2.8
% White		60.0	62.6
% Other Race or Multiple Races		10.8	11.4
% Hispanic/Latino		25.5	9.4
% with disability		11.7	11.0
% high school graduate+		87.1	95.1
% of households below poverty level		10.9	6.2
% under 18 yrs below poverty level		20.4	11.9