



2022 Arlington, VA

| | Best City's Score | 100 City Average | Arlington, VA |
|---|--|------------------|------------------|
| Overall Rank & Score | #1 Arlington, VA (85.0) | | #1 (85.0) |
| Personal Health Rank & Score | #1 Arlington, VA (86.8) | | #1 (86.8) |
| Health Behaviors | | | |
| % exercising in the previous month | Arlington, VA (93.8) | 77.6 | 93.8 |
| % meeting aerobic activity guidelines | St. Petersburg, FL (65.4) | 50.9 | 56.3 |
| % meeting aerobic & strength activity guidelines | Anaheim, Irvine & Santa Ana, CA (31.0) | 23.8 | 25.9 |
| % bicycling or walking to work | Boston, MA (19.3) | 4.5 | 5.7 |
| % using public transportation to work | New York, NY (55.6) | 7.0 | 29.8 |
| % consuming 2+ fruits/ day | Newark, NJ (41.7) | 30.9 | 41.6 |
| % consuming 3+ vegetables/ day | San Antonio, TX (20.9) | 14.5 | 12.6 |
| % sleeping 7+ hours/ day | San Jose, CA (78.8) | 68.0 | 72.0 |
| % smoking | San Francisco, CA (3.8) | 12.8 | 5.3 |
| Health Outcomes | | | |
| % in excellent or very good health | Arlington, VA (70.1) | 55.9 | 70.1 |
| % with poor physical health in the previous month | Arlington, VA (16.1) | 27.5 | 16.1 |
| % with poor mental health in the previous month | Miami, FL (26.6) | 39.6 | 37.7 |
| % with obesity | San Jose, CA (17.8) | 30.0 | 20.4 |
| % with asthma | San Jose, CA (3.5) | 9.4 | 5.1 |
| % with high blood pressure | Arlington, VA (15.2) | 30.4 | 15.2 |
| % with angina or coronary heart disease | San Francisco, CA (0.1) | 3.4 | 2.4 |
| % with stroke | Arlington, VA (0.4) | 3.2 | 0.4 |
| % with diabetes | Arlington, VA (5.2) | 10.3 | 5.2 |
| Pedestrian fatalities/ 100,000 residents | Irvine, CA (0.0) | 2.6 | 1.7 |

| Community/Environment Rank & Score | Best City's Score Arlington, VA (82.5) | 100 City Average | Arlington, VA #1 (82.5) |
|---|--|-------------------------|-----------------------------------|
| Built Environment | | | |
| Air quality index | Norfolk, VA (99.2) | 65.3 | 93.7 |
| Bike Score | Minneapolis, MN (83.5) | 54.2 | 71.7 |
| % with food insecurity | Chesapeake, VA (7.2) | 11.5 | 7.8 |
| Parks/ 10,000 residents | Atlanta, GA (11.2) | 4.1 | 6.6 |
| % within a 10-minute walk to a park | Boston, MA & San Francisco, CA (100) | 71.6 | 99.0 |
| Walk Score | New York, NY (88.3) | 48.0 | 69.2 |
| Recreational Facilities | | | |
| Ball diamonds/ 10,000 residents | St. Paul, MN (5.2) | 1.7 | 1.5 |
| Basketball hoops/ 10,000 residents | Norfolk, VA (16.9) | 3.4 | 3.9 |
| Playgrounds/ 10,000 residents | Madison, WI (6.9) | 2.5 | 5.4 |
| Recreational centers/ 20,000 residents | Minneapolis, MN (2.3) | 0.9 | 1.1 |
| Swimming pools/ 100,000 residents | Cleveland, OH (10.9) | 2.3 | 1.7 |
| Tennis courts/ 10,000 residents | Norfolk, VA (6.0) | 1.8 | 3.8 |
| Policy & Funding | | | |
| Local Complete Streets policy | Multiple (2) | 1.1 | 1 |
| Park expenditure/ resident | Minneapolis, MN (\$302) | \$107 | \$255 |
| Physical education requirement | Multiple (3) | 2.8 | 3 |
| Resident Demographics | | | |
| Population | | 648,321 | 240,119 |
| % less than 18 years old | | 22.1 | 18.1 |
| % 65 years old and older | | 13.3 | 11.0 |
| % American Indian or Alaska Native | | 0.9 | 0.3 |
| % Asian | | 8.8 | 10.3 |
| % Black or African American | | 19.2 | 9.5 |
| % Native Hawaiian or Other Pacific Islander | | 0.3 | 0.0 |
| % White | | 60.0 | 72.2 |
| % Other Race or Multiple Races | | 10.8 | 7.8 |
| % Hispanic/Latino | | 25.5 | 15.6 |
| % with disability | | 11.7 | 6.3 |
| % high school graduate+ | | 87.1 | 94.5 |
| % of households below poverty level | | 10.9 | 6.5 |
| % under 18 yrs below poverty level | | 20.4 | 11.7 |