

BIRMINGHAM, AL

(Birmingham-Hoover, AL MSA)

COUNTIES

Bibb, Blount, Chilton, Jefferson, St. Clair, Shelby, Walker

Ranking: Total Score = 33.6 Rank = 47

STRENGTHS/ADVANTAGES

- More farmers' markets per capita
- More park playgrounds per capita
- More park units per capita
- More recreation centers per capita
- More swimming pools per capita
- Higher level of state requirement for Physical Education classes
- Higher number of primary health care providers per capita

OPPORTUNITIES/CHALLENGES

- Lower median household income
- Higher percentage of households below poverty level
- Lower percent physically active at least moderately
- Lower percentage eating 5+ servings of fruits/vegetables per day
- Higher percent currently smoking
- Higher percent obese
- Lower percent in excellent or very good health
- Higher percent with angina or coronary heart disease
- Higher percent with diabetes
- Higher death rate for cardiovascular disease
- Lower percent of city land area as parkland
- Fewer acres of parkland per capita
- Lower percent using public transportation to work
- Lower percent bicycling or walking to work
- Fewer ball diamonds per capita
- Fewer dog parks per capita
- Fewer golf courses per capita
- Fewer tennis courts per capita
- Lower park-related expenditures per capita

DESCRIPTION OF BIRMINGHAM-HOOVER, AL MSA

	Birmingham MSA	U.S. Value	MSA Average	MSA Range
Population	1,131,070	307,006,550	3,325,885	1,123,804 – 19,069,796
Percent less than 18 years old	24.1%	24.3%	24.6%	20.2% – 29.4%
Percent 18 to 64 years old	62.9%	62.8%	63.6%	60.5% – 66.9%
Percent 65 years old and older	13.0%	12.9%	11.8%	7.9% – 17.2%
Percent male	48.3%	49.3%	49.2%	48.1% – 51.1%
Percent high school graduate or higher	85.7%	85.3%	86.7%	77.6% – 92.5%
Percent White	68.1%	74.8%	72.3%	49.8% – 88.6%
Percent Black or African American	28.0%	12.4%	15.0%	1.7% – 44.5%
Percent Asian	1.2%	4.5%	5.1%	1.2% – 30.2%
Percent Other Race	2.7%	8.3%	7.6%	1.9% – 24.5%
Percent Hispanic/Latino	3.7%	15.8%	15.1%	1.2% – 53.4%
Percent unemployed	9.9%	9.9%	9.8%	6.4% – 16.3%
Median household income	\$44,868	\$50,221	\$55,331	\$43,633 – \$85,168
Percent of households below poverty level	10.5%	10.5%	9.5%	4.9% – 15.1%
Violent crime rate/100,000*	534.6	429.4		
Percent with disability	14.5%	12.0%	11.0%	7.4% – 14.5%

*Due to differences in jurisdictional definitions and reporting, the FBI recommends that these rates not be compared across areas

ACSM AMERICAN FITNESS INDEX™ COMPONENTS

Personal Health Indicators – Score = 20.3; Rank = 49

	Birmingham MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	70.4%	76.2%	77.2%	70.4% – 85.9%
Percent physically active at least moderately	42.6%	51.0%	48.7%	36.4% – 58.1%
Percent eating 5+ servings of fruits/vegetables per day	19.8%	23.4%	24.4%	15.8% – 30.0%
Percent currently smoking	21.8%	17.9%	17.0%	8.8% – 25.3%
Chronic Health Problems				
Percent obese	31.2%	26.9%	25.9%	18.1% – 34.3%
Percent in excellent or very good health	49.4%	56.0%	56.8%	46.4% – 66.6%
Any days when physical health was not good during the past 30 days	36.0%	35.5%	35.3%	29.5% – 40.3%
Any days when mental health was not good during the past 30 days	34.7%	33.7%	34.4%	23.8% – 41.9%
Percent with asthma	8.1%	8.8%	8.3%	4.5% – 11.9%
Percent with angina or coronary heart disease	5.0%	3.8%	3.6%	2.4% – 5.6%
Percent with diabetes	10.2%	8.3%	8.3%	5.4% – 11.6%
Death rate/100,000 for cardiovascular disease	229.7	206.7	201.0	131.7 – 268.6
Death rate/100,000 for diabetes	23.8	22.5	21.9	9.9 – 31.4
Health Care				
Percent with health insurance	87.2%	85.6%	86.3%	77.3% – 94.4%

Community/Environmental Indicators – Score = 45.9; Rank = 33

(note: most of these data were available only for the main city in the MSA)

	Birmingham	MSA Average	Range of all Cities
Built Environment			
Parkland as percent of city land area	2.5%	10.6%	2.5% – 25.3%
Acres of parkland/1,000	10.5	18.9	2.3 – 94.1
Farmers' markets/1,000,000	18.6	14.8	1.0 – 41.0
Percent using public transportation to work	0.7%	4.3%	0.4% – 30.5%
Percent bicycling or walking to work	1.4%	2.8%	1.2% – 6.7%
Recreational Facilities			
Ball diamonds/10,000	1.7	2.0	0.3 – 5.7
Dog parks/10,000	0.0	0.9	0.0 – 5.7
Park playgrounds/10,000	3.5	2.3	0.9 – 4.8
Golf courses/100,000	0.9	1.0	0.0 – 5.0
Park units/10,000	4.8	4.2	1.2 – 10.9
Recreation centers/20,000	1.5	1.1	0.1 – 2.6
Swimming pools/100,000	7.4	3.1	0.6 – 9.2
Tennis courts/10,000	1.3	2.1	0.8 – 6.9
Park-related expenditures per capita	\$37	\$101.5	\$12.0 – \$259.0
Level of state requirement for Physical Education classes**	3	2.5	0 – 3
Number of primary health care providers per 100,000	103.4	93.2	46.8 – 133.7

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level