

BOSTON, MA

(Boston-Cambridge-Quincy, MA-NH MSA)

COUNTIES

Norfolk MA, Plymouth MA, Suffolk MA, Middlesex MA, Essex MA, Rockingham NH, Strafford NH

Ranking: Total Score = 69.1; Rank = 3

STRENGTHS/ADVANTAGES

- Lower percent unemployed
- Higher median household income
- Lower percentage of households below poverty level
- Lower percent currently smoking
- Lower percent obese
- Lower death rate for cardiovascular disease
- Lower death rate for diabetes
- Higher percent of city land area as parkland
- More farmers' markets per capita
- Higher percent using public transportation to work
- Higher percent bicycling or walking to work
- More ball diamonds per capita
- More park playgrounds per capita
- More park units per capita
- More recreation centers per capita
- Higher park related expenditures per capita
- Higher level of state requirement for Physical Education classes
- Higher number of primary health care providers per capita

OPPORTUNITIES/CHALLENGES

- Higher percent with asthma
- Fewer acres of parkland per capita
- Fewer dog parks per capita
- Fewer golf courses per capita
- Fewer swimming pools per capita
- Fewer tennis courts per capita

DESCRIPTION OF BOSTON-CAMBRIDGE-QUINCY, MA-NH MSA

	Boston MSA	U.S. Value	MSA Average	MSA Range
Population	4,588,680	307,006,550	3,325,885	1,123,804 – 19,069,796
Percent less than 18 years old	21.7%	24.3%	24.6%	20.2% – 29.4%
Percent 18 to 64 years old	65.5%	62.8%	63.6%	60.5% – 66.9%
Percent 65 years old and older	12.9%	12.9%	11.8%	7.9% – 17.2%
Percent male	48.7%	49.3%	49.2%	48.1% – 51.1%
Percent high school graduate or higher	90.6%	85.3%	86.7%	77.6% – 92.5%
Percent White	80.7%	74.8%	72.3%	49.8% – 88.6%
Percent Black or African American	7.0%	12.4%	15.0%	1.7% – 44.5%
Percent Asian	6.0%	4.5%	5.1%	1.2% – 30.2%
Percent Other Race	6.3%	8.3%	7.6%	1.9% – 24.5%
Percent Hispanic/Latino	8.3%	15.8%	15.1%	1.2% – 53.4%
Percent unemployed	8.6%	9.9%	9.8%	6.4% – 16.3%
Median household income	\$69,334	\$50,221	\$55,331	\$43,633 – \$85,168
Percent of households below poverty level	6.0%	10.5%	9.5%	4.9% – 15.1%
Violent crime rate/100,000*	400.2	429.4		
Percent with disability	10.2%	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 = 71.7; Rank = 8

	Boston MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	80.2%	76.2%	77.2%	70.4% – 85.9%
Percent physically active at least moderately	47.5%	51.0%	48.7%	36.4% – 58.1%
Percent eating 5+ servings of fruits/vegetables per day	25.4%	23.4%	24.4%	15.8% – 30.0%
Percent currently smoking	14.2%	17.9%	17.0%	8.8% – 25.3%
Chronic Health Problems				
Percent obese	21.1%	26.9%	25.9%	18.1% – 34.3%
Percent in excellent or very good health	62.0%	56.0%	56.8%	46.4% – 66.6%
Any days when physical health was not good during the past 30 days	35.0%	35.5%	35.3%	29.5% – 40.3%
Any days when mental health was not good during the past 30 days	33.5%	33.7%	34.4%	23.8% – 41.9%
Percent with asthma	10.8%	8.8%	8.3%	4.5% – 11.9%
Percent with angina or coronary heart disease	3.5%	3.8%	3.6%	2.4% – 5.6%
Percent with diabetes	7.6%	8.3%	8.3%	5.4% – 11.6%
Death rate/100,000 for cardiovascular disease	171.8	206.7	201.0	131.7 – 268.6
Death rate/100,000 for diabetes	16.5	22.5	21.9	9.9 – 31.4
Health Care				
Percent with health insurance	94.4%	85.6%	86.3%	77.3% – 94.4%

Community/Environmental Indicators – Score = 66.7; Rank = 7

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

	Boston	MSA Average	Range of all Cities
Built Environment			
Parkland as percent of city land area	15.8%	10.6%	2.5% – 25.3%
Acres of parkland/1,000	7.9	18.9	2.3 – 94.1
Farmers' markets/1,000,000	27.5	14.8	1.0 – 41.0
Percent using public transportation to work	12.2%	4.3%	0.4% – 30.5%
Percent bicycling or walking to work	6.2%	2.8%	1.2% – 6.7%
Recreational Facilities			
Ball diamonds/10,000	2.4	2.0	0.3 – 5.7
Dog parks/10,000	0.5	0.9	0.0 – 5.7
Park playgrounds/10,000	3.6	2.3	0.9 – 4.8
Golf courses/100,000	0.3	1.0	0.0 – 5.0
Park units/10,000	5.9	4.2	1.2 – 10.9
Recreation centers/20,000	1.3	1.1	0.1 – 2.6
Swimming pools/100,000	1.9	3.1	0.6 – 9.2
Tennis courts/10,000	1.6	2.1	0.8 – 6.9
Park-related expenditures per capita	\$112	\$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	133.7	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