

DENVER, CO

(Denver-Aurora, CO MSA)

COUNTIES

Adams, Arapahoe, Broomfield, Clear Creek, Denver, Douglas, Elbert, Gilpin, Jefferson, Park

Ranking: Total Score = 67.6; Rank = 5

STRENGTHS/ADVANTAGES

- Lower percent unemployed
- Higher percent physically active at least moderately
- Lower percent obese
- Lower percent with angina or coronary heart disease
- Lower percent with diabetes
- Lower death rate for cardiovascular disease
- Lower death rate for diabetes
- More ball diamonds per capita
- More dog parks per capita
- More golf courses per capita
- More park units per capita
- More swimming pools per capita
- More tennis courts per capita
- Higher park-related expenditures per capita

OPPORTUNITIES/CHALLENGES

- Lower percent of city land area as parkland
- Fewer acres of parkland per capita
- Lower level of state requirement for Physical Education classes

DESCRIPTION OF DENVER-AURORA, CO MSA

	Denver MSA	U.S. Value	MSA Average	MSA Range
Population	2,552,195	307,006,550	3,325,885	1,123,804 – 19,069,796
Percent less than 18 years old	25.1%	24.3%	24.6%	20.2% – 29.4%
Percent 18 to 64 years old	64.9%	62.8%	63.6%	60.5% – 66.9%
Percent 65 years old and older	10.0%	12.9%	11.8%	7.9% – 17.2%
Percent male	50.1%	49.3%	49.2%	48.1% – 51.1%
Percent high school graduate or higher	88.8%	85.3%	86.7%	77.6% – 92.5%
Percent White	81.7%	74.8%	72.3%	49.8% – 88.6%
Percent Black or African American	5.5%	12.4%	15.0%	1.7% – 44.5%
Percent Asian	3.4%	4.5%	5.1%	1.2% – 30.2%
Percent Other Race	9.4%	8.3%	7.6%	1.9% – 24.5%
Percent Hispanic/Latino	22.3%	15.8%	15.1%	1.2% – 53.4%
Percent unemployed	8.7%	9.9%	9.8%	6.4% – 16.3%
Median household income	\$59,007	\$50,221	\$55,331	\$43,633 – \$85,168
Percent of households below poverty level	8.7%	10.5%	9.5%	4.9% – 15.1%
Violent crime rate/100,000*	346.9	429.4		
Percent with disability	8.9%	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 = 78.0; Rank = 4

	Denver MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	83.3%	76.2%	77.2%	70.4% – 85.9%
Percent physically active at least moderately	55.8%	51.0%	48.7%	36.4% – 58.1%
Percent eating 5+ servings of fruits/vegetables per day	24.3%	23.4%	24.4%	15.8% – 30.0%
Percent currently smoking	16.4%	17.9%	17.0%	8.8% – 25.3%
Chronic Health Problems				
Percent obese	18.8%	26.9%	25.9%	18.1% – 34.3%
Percent in excellent or very good health	61.7%	56.0%	56.8%	46.4% – 66.6%
Any days when physical health was not good during the past 30 days	34.2%	35.5%	35.3%	29.5% – 40.3%
Any days when mental health was not good during the past 30 days	35.0%	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	2.6%	3.8%	3.6%	2.4% – 5.6%
Percent with diabetes	5.4%	8.3%	8.3%	5.4% – 11.6%
Death rate/100,000 for cardiovascular disease	160.0	206.7	201.0	131.7 – 268.6
Death rate/100,000 for diabetes	15.9	22.5	21.9	9.9 – 31.4
Health Care				
Percent with health insurance	86.2%	85.6%	86.3%	77.3% – 94.4%

Community/Environmental Indicators – Score = 58.0; Rank = 16

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

	Denver	MSA Average	Range of all Cities
Built Environment			
Parkland as percent of city land area	6.0%	10.6%	2.5% – 25.3%
Acres of parkland/1,000	9.9	18.9	2.3 – 94.1
Farmers' markets/1,000,000	15.3	14.8	1.0 – 41.0
Percent using public transportation to work	4.6%	4.3%	0.4% – 30.5%
Percent bicycling or walking to work	2.9%	2.8%	1.2% – 6.7%
Recreational Facilities			
Ball diamonds/10,000	2.2	2.0	0.3 – 5.7
Dog parks/10,000	1.0	0.9	0.0 – 5.7
Park playgrounds/10,000	2.4	2.3	0.9 – 4.8
Golf courses/100,000	1.2	1.0	0.0 – 5.0
Park units/10,000	5.9	4.2	1.2 – 10.9
Recreation centers/20,000	1.0	1.1	0.1 – 2.6
Swimming pools/100,000	6.7	3.1	0.6 – 9.2
Tennis courts/10,000	2.4	2.1	0.8 – 6.9
Park-related expenditures per capita	\$119	\$101.5	\$12.0 – \$259.0
Level of state requirement for Physical Education classes**	0	2.5	0 – 3
Number of primary health care providers per 100,000	94.5	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