

HOUSTON, TX

(Houston-Sugar Land-Baytown, TX MSA)

COUNTIES

Austin, Brazoria, Chambers, Fort Bend, Galveston, Harris, Liberty, Montgomery, San Jacinto, Waller

Ranking: Total Score = 37.6; Rank = 42

STRENGTHS/ADVANTAGES

- Lower percent unemployed
- Lower percent with asthma
- Higher level of state requirement for Physical Education classes
- Lower percent with disability
- Higher percent of city land area as parkland
- More acres of parkland per capita

OPPORTUNITIES/CHALLENGES

- Higher percentage of households below poverty level
- Lower percent using public transportation to work
- Fewer ball diamonds per capita
- Fewer park playgrounds per capita
- Fewer park units per capita
- Fewer swimming pools per capita
- Lower number of primary health care providers per capita
- Lower percent with health insurance
- Fewer farmers' markets per capita
- Lower percent bicycling or walking to work
- Fewer dog parks per capita
- Fewer golf courses per capita
- Fewer recreation centers per capita
- Fewer tennis courts per capita
- Lower park-related expenditures per capita

DESCRIPTION OF HOUSTON-SUGAR LAND-BAYTOWN, TX MSA

	Houston MSA	U.S. Value	MSA Average	MSA Range
Population	5,728,143	304,374,846	3,286,289	1,088,765 – 19,006,798
Percent less than 18 years old	28.2%	24.3%	24.8%	20.5% – 29.6%
Percent 18 to 64 years old	63.5%	62.9%	63.6%	60.8% – 66.4%
Percent 65 years old and older	8.3%	12.8%	11.7%	7.6% – 17.5%
Percent male	50.1%	49.3%	49.2%	48.0% – 51.2%
Percent high school graduate or higher	80.1%	85.0%	86.5%	76.8% – 92.7%
Percent White	65.6%	75.0%	72.6%	50.3% – 89.4%
Percent Black or African American	16.5%	12.4%	14.5%	1.5% – 44.8%
Percent Asian	5.8%	4.4%	5.0%	1.1% – 30.0%
Percent Other Race	12.0%	8.2%	7.5%	1.8% – 24.2%
Percent Hispanic/Latino	34.0%	15.4%	14.7%	1.1% – 53.2%
Percent unemployed	5.2%	6.4%	6.3%	3.7% – 10.4%
Median household income	\$56,250	\$52,029	\$57,827	\$46,158 – \$88,098
Percent of households below poverty level	10.7%	9.7%	8.4%	4.8% – 12.9%
Violent crime rate/100,000*	688.3	454.5		
Percent with disability	9.3%	12.1%	11.1%	7.6% – 14.4%

*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 = 43.5; Rank = 34

	Houston MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	74.1%	75.4%	76.3%	70.3% – 84.3%
Percent physically active at least moderately	48.0%	49.5%	48.8%	37.9% – 55.7%
Percent eating 5+ servings of fruits/vegetables per day	25.2%	24.4%	25.3%	17.1% – 36.2%
Percent currently smoking	17.4%	18.4%	17.8%	8.4% – 27.5%
Chronic Health Problems				
Percent obese	26.8%	26.7%	25.6%	18.4% – 34.1%
Percent in excellent or very good health	51.6%	55.1%	56.2%	47.2% – 63.8%
Any days when physical health was not good during the past 30 days	35.3%	35.7%	35.6%	28.2% – 43.2%
Any days when mental health was not good during the past 30 days	33.4%	33.7%	34.2%	26.8% – 41.5%
Percent with asthma	6.1%	8.8%	8.6%	4.4% – 11.4%
Percent with angina or coronary heart disease	4.1%	4.3%	4.2%	2.6% – 6.0%
Percent with diabetes	8.8%	8.3%	8.3%	5.3% – 12.2%
Death rate/100,000 for cardiovascular disease	210.2	216.6	212.4	134.5 – 272.8
Death rate/100,000 for diabetes	23.2	23.3	23.0	10.5 – 35.8
Health Care				
Percent with health insurance	75.0%	85.5%	86.2%	75.0% – 95.3%

Community/Environmental Indicators – Score = 31.6; Rank = 46 (note: most of these data were available only for the main city in the MSA)

	Houston	MSA Average	Range of all Cities
Built Environment			
Parkland as percent of city land area	14.2%	10.3%	2.6% – 21.9%
Acres of parkland/1,000	23.9	18.1	3.2 – 128.8
Farmers' markets/1,000,000	0.5	12.0	0.3 – 41.2
Percent using public transportation to work	2.6%	4.4%	0.5% – 30.4%
Percent bicycling or walking to work	1.6%	2.8%	1.0% – 6.6%
Recreational Facilities			
Ball diamonds/10,000	1.0	2.0	0.0 – 5.2
Dog parks/10,000	0.3	1.0	0.0 – 5.6
Park playgrounds/10,000	1.3	2.3	0.9 – 4.8
Golf courses/100,000	0.5	1.0	0.0 – 5.0
Park units/10,000	1.7	4.0	1.2 – 10.9
Recreation centers/20,000	0.6	1.1	0.1 – 2.6
Swimming pools/100,000	1.8	3.2	0.6 – 11.1
Tennis courts/10,000	1.0	2.1	0.7 – 6.9
Park-related expenditures per capita	\$40	\$102	\$12 – \$300
Level of state requirement for Physical Education classes**	3	2.5	0 – 3
Number of primary health care providers per 100,000	74.6	93.8	47.4 – 134.0

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