

# HOUSTON, TX

(Houston-Sugar Land-Baytown, TX MSA)

## COUNTIES

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

## Ranking: Total Score = 38.3; Rank = 42

### STRENGTHS/ADVANTAGES

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

### OPPORTUNITIES/CHALLENGES

- Higher percentage of households below poverty level
- Lower percent with health insurance
- Fewer farmers' markets 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 park playgrounds per capita
- Fewer golf courses per capita
- Fewer park units per capita
- Fewer recreation centers per capita
- Fewer swimming pools per capita
- Fewer tennis courts per capita
- Lower park-related expenditures per capita
- Lower number of primary health care providers per capita

## DESCRIPTION OF HOUSTON-SUGAR LAND-BAYTOWN, TX MSA

	Houston MSA	U.S. Value	MSA Average	MSA Range
Population	5,867,489	307,006,550	3,325,885	1,123,804 – 19,069,796
Percent less than 18 years old	28.5%	24.3%	24.6%	20.2% – 29.4%
Percent 18 to 64 years old	63.0%	62.8%	63.6%	60.5% – 66.9%
Percent 65 years old and older	8.5%	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	80.0%	85.3%	86.7%	77.6% – 92.5%
Percent White	67.6%	74.8%	72.3%	49.8% – 88.6%
Percent Black or African American	16.8%	12.4%	15.0%	1.7% – 44.5%
Percent Asian	6.1%	4.5%	5.1%	1.2% – 30.2%
Percent Other Race	9.5%	8.3%	7.6%	1.9% – 24.5%
Percent Hispanic/Latino	34.4%	15.8%	15.1%	1.2% – 53.4%
Percent unemployed	7.6%	9.9%	9.8%	6.4% – 16.3%
Median household income	\$54,146	\$50,221	\$55,331	\$43,633 – \$85,168
Percent of households below poverty level	12.2%	10.5%	9.5%	4.9% – 15.1%
Violent crime rate/100,000*	706.8	429.4		
Percent with disability	9.0%	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 = 44.7; Rank = 32

	Houston MSA	U.S. Value	MSA Average	MSA Range
<b>Health Behaviors</b>				
Percent any physical activity or exercise in the last 30 days	74.2%	76.2%	77.2%	70.4% – 85.9%
Percent physically active at least moderately	46.3%	51.0%	48.7%	36.4% – 58.1%
Percent eating 5+ servings of fruits/vegetables per day	22.4%	23.4%	24.4%	15.8% – 30.0%
Percent currently smoking	17.1%	17.9%	17.0%	8.8% – 25.3%
<b>Chronic Health Problems</b>				
Percent obese	27.3%	26.9%	25.9%	18.1% – 34.3%
Percent in excellent or very good health	54.6%	56.0%	56.8%	46.4% – 66.6%
Any days when physical health was not good during the past 30 days	34.7%	35.5%	35.3%	29.5% – 40.3%
Any days when mental health was not good during the past 30 days	33.8%	33.7%	34.4%	23.8% – 41.9%
Percent with asthma	6.2%	8.8%	8.3%	4.5% – 11.9%
Percent with angina or coronary heart disease	2.9%	3.8%	3.6%	2.4% – 5.6%
Percent with diabetes	7.8%	8.3%	8.3%	5.4% – 11.6%
Death rate/100,000 for cardiovascular disease	209.1	206.7	201.0	131.7 – 268.6
Death rate/100,000 for diabetes	21.9	22.5	21.9	9.9 – 31.4
<b>Health Care</b>				
Percent with health insurance	77.6%	85.6%	86.3%	77.3% – 94.4%

## Community/Environmental Indicators – Score = 32.4; Rank = 47

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

	Houston	MSA Average	Range of all Cities
<b>Built Environment</b>			
Parkland as percent of city land area	13.7%	10.6%	2.5% – 25.3%
Acres of parkland/1,000	22.6	18.9	2.3 – 94.1
Farmers' markets/1,000,000	1.0	14.8	1.0 – 41.0
Percent using public transportation to work	2.2%	4.3%	0.4% – 30.5%
Percent bicycling or walking to work	1.8%	2.8%	1.2% – 6.7%
<b>Recreational Facilities</b>			
Ball diamonds/10,000	1.1	2.0	0.3 – 5.7
Dog parks/10,000	0.5	0.9	0.0 – 5.7
Park playgrounds/10,000	1.2	2.3	0.9 – 4.8
Golf courses/100,000	0.4	1.0	0.0 – 5.0
Park units/10,000	1.9	4.2	1.2 – 10.9
Recreation centers/20,000	0.6	1.1	0.1 – 2.6
Swimming pools/100,000	1.9	3.1	0.6 – 9.2
Tennis courts/10,000	1.0	2.1	0.8 – 6.9
Park-related expenditures per capita	\$36	\$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	75.1	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