

NASHVILLE, TN

(Nashville–Davidson–Murfreesboro–Franklin, TN MSA)

COUNTIES

Cannon, Cheatham, Davidson, Dickson, Hickman, Macon, Robertson, Rutherford, Smith, Sumner, Trousdale, Williamson, Wilson

Ranking: Total Score = 42.3; Rank = 37

STRENGTHS/ADVANTAGES

- Higher percentage eating 5+ servings of fruits/vegetables per day
- Lower percent of days when mental health was not good during the past 30 days
- Lower percent with asthma
- Lower percent with diabetes
- More golf courses per capita
- More tennis courts per capita
- Higher level of state requirement for Physical Education classes

OPPORTUNITIES/CHALLENGES

- Lower percent physically active at least moderately
- Higher percent currently smoking
- Higher percent with angina or coronary heart disease
- Higher death rate for cardiovascular disease
- Higher death rate for diabetes
- Lower percent of city land area as parkland
- 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 park units per capita
- Fewer recreation centers per capita
- Fewer swimming pools per capita

DESCRIPTION OF NASHVILLE-DAVIDSON-MURFREESBORO-FRANKLIN, TN MSA

	Nashville MSA	U.S. Value	MSA Average	MSA Range
Population	1,582,264	307,006,550	3,325,885	1,123,804 – 19,069,796
Percent less than 18 years old	24.4%	24.3%	24.6%	20.2% – 29.4%
Percent 18 to 64 years old	64.8%	62.8%	63.6%	60.5% – 66.9%
Percent 65 years old and older	10.7%	12.9%	11.8%	7.9% – 17.2%
Percent male	49.2%	49.3%	49.2%	48.1% – 51.1%
Percent high school graduate or higher	86.9%	85.3%	86.7%	77.6% – 92.5%
Percent White	78.9%	74.8%	72.3%	49.8% – 88.6%
Percent Black or African American	15.3%	12.4%	15.0%	1.7% – 44.5%
Percent Asian	2.2%	4.5%	5.1%	1.2% – 30.2%
Percent Other Race	3.6%	8.3%	7.6%	1.9% – 24.5%
Percent Hispanic/Latino	6.0%	15.8%	15.1%	1.2% – 53.4%
Percent unemployed	9.4%	9.9%	9.8%	6.4% – 16.3%
Median household income	\$51,066	\$50,221	\$55,331	\$43,633 – \$85,168
Percent of households below poverty level	9.5%	10.5%	9.5%	4.9% – 15.1%
Violent crime rate/100,000*	659.4	429.4		
Percent with disability	11.1%	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 = 42.5; Rank = 35

	Nashville MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	72.0%	76.2%	77.2%	70.4% – 85.9%
Percent physically active at least moderately	40.2%	51.0%	48.7%	36.4% – 58.1%
Percent eating 5+ servings of fruits/vegetables per day	27.7%	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	27.1%	26.9%	25.9%	18.1% – 34.3%
Percent in excellent or very good health	57.2%	56.0%	56.8%	46.4% – 66.6%
Any days when physical health was not good during the past 30 days	36.9%	35.5%	35.3%	29.5% – 40.3%
Any days when mental health was not good during the past 30 days	27.3%	33.7%	34.4%	23.8% – 41.9%
Percent with asthma	6.5%	8.8%	8.3%	4.5% – 11.9%
Percent with angina or coronary heart disease	4.1%	3.8%	3.6%	2.4% – 5.6%
Percent with diabetes	6.5%	8.3%	8.3%	5.4% – 11.6%
Death rate/100,000 for cardiovascular disease	227.1	206.7	201.0	131.7 – 268.6
Death rate/100,000 for diabetes	24.8	22.5	21.9	9.9 – 31.4
Health Care				
Percent with health insurance	84.7%	85.6%	86.3%	77.3% – 94.4%

Community/Environmental Indicators – Score = 42.0; Rank = 36

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

	Nashville	MSA Average	Range of all Cities
Built Environment			
Parkland as percent of city land area	3.4%	10.6%	2.5% – 25.3%
Acres of parkland/1,000	18.1	18.9	2.3 – 94.1
Farmers' markets/1,000,000	8.8	14.8	1.0 – 41.0
Percent using public transportation to work	1.2%	4.3%	0.4% – 30.5%
Percent bicycling or walking to work	1.2%	2.8%	1.2% – 6.7%
Recreational Facilities			
Ball diamonds/10,000	1.5	2.0	0.3 – 5.7
Dog parks/10,000	0.5	0.9	0.0 – 5.7
Park playgrounds/10,000	1.9	2.3	0.9 – 4.8
Golf courses/100,000	1.2	1.0	0.0 – 5.0
Park units/10,000	1.9	4.2	1.2 – 10.9
Recreation centers/20,000	0.9	1.1	0.1 – 2.6
Swimming pools/100,000	2.5	3.1	0.6 – 9.2
Tennis courts/10,000	2.9	2.1	0.8 – 6.9
Park-related expenditures per capita	\$93	\$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	90.0	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