

NEW YORK, NY

(New York-Northern New Jersey-Long Island, NY-NJ-PA MSA)

COUNTIES

Middlesex NJ, Monmouth NJ, Ocean NJ, Somerset NJ, Essex NJ, Hunterdon NJ, Morris NJ, Sussex NJ, Union NJ, Bergen NJ, Hudson NJ, Passaic NJ, Nassau NY, Suffolk NY, Bronx NY, Kings NY, New York NY, Putnam NY, Queens NY, Richmond NY, Rockland NY, Westchester NY, Pike PA

Ranking: Total Score = 48.3; Rank = 30

STRENGTHS/ADVANTAGES

- Higher median household income
- Lower percent obese
- Lower death rate for diabetes
- Higher percent of city land area as parkland
- Higher percent using public transportation to work
- Higher percent bicycling or walking to work
- More dog parks per capita
- More park units 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

- Lower percent physically active at least moderately
- Higher death rate for cardiovascular disease
- Fewer acres of parkland per capita
- Fewer farmers' markets per capita
- Fewer ball diamonds per capita
- Fewer park playgrounds per capita
- Fewer golf courses per capita
- Fewer recreation centers per capita
- Fewer swimming pools per capita
- Fewer tennis courts per capita

DESCRIPTION OF NEW YORK-NORTHERN NEW JERSEY-LONG ISLAND, NY-NJ-PA MSA

	New York MSA	U.S. Value	MSA Average	MSA Range
Population	19,069,796	307,006,550	3,325,885	1,123,804 – 19,069,796
Percent less than 18 years old	23.2%	24.3%	24.6%	20.2% – 29.4%
Percent 18 to 64 years old	63.8%	62.8%	63.6%	60.5% – 66.9%
Percent 65 years old and older	13.0%	12.9%	11.8%	7.9% – 17.2%
Percent male	48.5%	49.3%	49.2%	48.1% – 51.1%
Percent high school graduate or higher	84.3%	85.3%	86.7%	77.6% – 92.5%
Percent White	61.3%	74.8%	72.3%	49.8% – 88.6%
Percent Black or African American	17.7%	12.4%	15.0%	1.7% – 44.5%
Percent Asian	9.5%	4.5%	5.1%	1.2% – 30.2%
Percent Other Race	11.5%	8.3%	7.6%	1.9% – 24.5%
Percent Hispanic/Latino	21.8%	15.8%	15.1%	1.2% – 53.4%
Percent unemployed	9.3%	9.9%	9.8%	6.4% – 16.3%
Median household income	\$62,887	\$50,221	\$55,331	\$43,633 – \$85,168
Percent of households below poverty level	10.0%	10.5%	9.5%	4.9% – 15.1%
Violent crime rate/100,000*	381.9	429.4		
Percent with disability	9.9%	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 = 47.0; Rank = 26

	New York MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	72.9%	76.2%	77.2%	70.4% – 85.9%
Percent physically active at least moderately	43.2%	51.0%	48.7%	36.4% – 58.1%
Percent eating 5+ servings of fruits/vegetables per day	24.9%	23.4%	24.4%	15.8% – 30.0%
Percent currently smoking	15.4%	17.9%	17.0%	8.8% – 25.3%
Chronic Health Problems				
Percent obese	21.3%	26.9%	25.9%	18.1% – 34.3%
Percent in excellent or very good health	54.1%	56.0%	56.8%	46.4% – 66.6%
Any days when physical health was not good during the past 30 days	35.5%	35.5%	35.3%	29.5% – 40.3%
Any days when mental health was not good during the past 30 days	33.2%	33.7%	34.4%	23.8% – 41.9%
Percent with asthma	8.2%	8.8%	8.3%	4.5% – 11.9%
Percent with angina or coronary heart disease	3.6%	3.8%	3.6%	2.4% – 5.6%
Percent with diabetes	8.9%	8.3%	8.3%	5.4% – 11.6%
Death rate/100,000 for cardiovascular disease	234.5	206.7	201.0	131.7 – 268.6
Death rate/100,000 for diabetes	19.0	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 = 49.5; Rank = 30

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

	New York	MSA Average	Range of all Cities
Built Environment			
Parkland as percent of city land area	19.5%	10.6%	2.5% – 25.3%
Acres of parkland/1,000	4.5	18.9	2.3 – 94.1
Farmers' markets/1,000,000	12.6	14.8	1.0 – 41.0
Percent using public transportation to work	30.5%	4.3%	0.4% – 30.5%
Percent bicycling or walking to work	6.7%	2.8%	1.2% – 6.7%
Recreational Facilities			
Ball diamonds/10,000	0.9	2.0	0.3 – 5.7
Dog parks/10,000	1.6	0.9	0.0 – 5.7
Park playgrounds/10,000	1.2	2.3	0.9 – 4.8
Golf courses/100,000	0.2	1.0	0.0 – 5.0
Park units/10,000	5.0	4.2	1.2 – 10.9
Recreation centers/20,000	0.1	1.1	0.1 – 2.6
Swimming pools/100,000	0.9	3.1	0.6 – 9.2
Tennis courts/10,000	0.9	2.1	0.8 – 6.9
Park-related expenditures per capita	\$157	\$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	128.7	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