

PORTLAND, OR

(Portland-Vancouver-Beaverton, OR-WA MSA)

COUNTIES

Clackamas OR, Columbia OR, Multnomah OR, Washington OR, Yamhill OR, Clark WA, Skamania WA

Ranking: Total Score = 67.7; Rank = 4

STRENGTHS/ADVANTAGES

- Lower percentage of households below poverty level
- Higher percent physically active at least moderately
- Lower percent with angina or coronary heart disease
- Lower percent with diabetes
- Lower death rate for cardiovascular disease
- Higher percent of city land area as parkland
- More acres of parkland per capita
- More farmers' markets per capita
- Higher percent using public transportation to work
- Higher percent bicycling or walking to work
- More ball diamonds per capita
- More dog parks per capita
- More golf courses per capita
- More park units per capita
- Higher park-related expenditures per capita
- Higher number of primary health care providers per capita

OPPORTUNITIES/CHALLENGES

- Higher percent unemployed
- Higher percent with asthma
- Higher death rate for diabetes
- Fewer park playgrounds per capita
- Fewer recreation centers per capita
- Fewer swimming pools per capita
- Lower level of state requirement for Physical Education classes

DESCRIPTION OF PORTLAND-VANCOUVER-BEAVERTON, OR MSA

	Portland MSA	U.S. Value	MSA Average	MSA Range
Population	2,241,841	307,006,550	3,325,885	1,123,804 – 19,069,796
Percent less than 18 years old	23.8%	24.3%	24.6%	20.2% – 29.4%
Percent 18 to 64 years old	65.3%	62.8%	63.6%	60.5% – 66.9%
Percent 65 years old and older	10.9%	12.9%	11.8%	7.9% – 17.2%
Percent male	49.8%	49.3%	49.2%	48.1% – 51.1%
Percent high school graduate or higher	90.1%	85.3%	86.7%	77.6% – 92.5%
Percent White	82.8%	74.8%	72.3%	49.8% – 88.6%
Percent Black or African American	2.7%	12.4%	15.0%	1.7% – 44.5%
Percent Asian	5.4%	4.5%	5.1%	1.2% – 30.2%
Percent Other Race	9.1%	8.3%	7.6%	1.9% – 24.5%
Percent Hispanic/Latino	10.6%	15.8%	15.1%	1.2% – 53.4%
Percent unemployed	11.6%	9.9%	9.8%	6.4% – 16.3%
Median household income	\$55,521	\$50,221	\$55,331	\$43,633 – \$85,168
Percent of households below poverty level	8.4%	10.5%	9.5%	4.9% – 15.1%
Violent crime rate/100,000*	268.5	429.4		
Percent with disability	10.9%	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 = 66.7; Rank = 12

	Portland MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	83.2%	76.2%	77.2%	70.4% – 85.9%
Percent physically active at least moderately	54.7%	51.0%	48.7%	36.4% – 58.1%
Percent eating 5+ servings of fruits/vegetables per day	24.2%	23.4%	24.4%	15.8% – 30.0%
Percent currently smoking	15.9%	17.9%	17.0%	8.8% – 25.3%
Chronic Health Problems				
Percent obese	24.0%	26.9%	25.9%	18.1% – 34.3%
Percent in excellent or very good health	62.1%	56.0%	56.8%	46.4% – 66.6%
Any days when physical health was not good during the past 30 days	36.3%	35.5%	35.3%	29.5% – 40.3%
Any days when mental health was not good during the past 30 days	34.7%	33.7%	34.4%	23.8% – 41.9%
Percent with asthma	9.7%	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	6.7%	8.3%	8.3%	5.4% – 11.6%
Death rate/100,000 for cardiovascular disease	174.1	206.7	201.0	131.7 – 268.6
Death rate/100,000 for diabetes	27.3	22.5	21.9	9.9 – 31.4
Health Care				
Percent with health insurance	85.8%	85.6%	86.3%	77.3% – 94.4%

Community/Environmental Indicators – Score = 68.7; Rank = 5

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

	Portland	MSA Average	Range of all Cities
Built Environment			
Parkland as percent of city land area	15.7%	10.6%	2.5% – 25.3%
Acres of parkland/1,000	24.2	18.9	2.3 – 94.1
Farmers' markets/1,000,000	24.1	14.8	1.0 – 41.0
Percent using public transportation to work	6.1%	4.3%	0.4% – 30.5%
Percent bicycling or walking to work	5.3%	2.8%	1.2% – 6.7%
Recreational Facilities			
Ball diamonds/10,000	5.7	2.0	0.3 – 5.7
Dog parks/10,000	5.7	0.9	0.0 – 5.7
Park playgrounds/10,000	1.9	2.3	0.9 – 4.8
Golf courses/100,000	1.3	1.0	0.0 – 5.0
Park units/10,000	5.4	4.2	1.2 – 10.9
Recreation centers/20,000	0.6	1.1	0.1 – 2.6
Swimming pools/100,000	2.5	3.1	0.6 – 9.2
Tennis courts/10,000	2.1	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**	1	2.5	0 – 3
Number of primary health care providers per 100,000	105.9	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