

RALEIGH, NC

(Raleigh-Cary, NC MSA)

COUNTIES

Franklin, Johnston, Wake

Ranking: Total Score = 50.0; Rank = 24

STRENGTHS/ADVANTAGES

- Lower percent unemployed
- Lower percentage of households below poverty level
- Lower percent with asthma
- Lower percent with angina or coronary heart disease
- Lower percent with diabetes
- Higher percent of city land area as parkland
- More acres of parkland per capita
- More park units per capita
- More recreation centers per capita
- More tennis courts per capita
- Higher park-related expenditures per capita
- Higher level of state requirement for Physical Education classes

OPPORTUNITIES/CHALLENGES

- Higher percent of days when mental health was not good during the past 30 days
- 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 golf courses per capita
- Fewer swimming pools per capita
- Lower number of primary health care providers per capita

DESCRIPTION OF RALEIGH-CARY, NC MSA

	Raleigh MSA	U.S. Value	MSA Average	MSA Range
Population	1,125,827	307,006,550	3,325,885	1,123,804 – 19,069,796
Percent less than 18 years old	26.5%	24.3%	24.6%	20.2% – 29.4%
Percent 18 to 64 years old	64.9%	62.8%	63.6%	60.5% – 66.9%
Percent 65 years old and older	8.6%	12.9%	11.8%	7.9% – 17.2%
Percent male	49.5%	49.3%	49.2%	48.1% – 51.1%
Percent high school graduate or higher	89.4%	85.3%	86.7%	77.6% – 92.5%
Percent White	70.8%	74.8%	72.3%	49.8% – 88.6%
Percent Black or African American	19.9%	12.4%	15.0%	1.7% – 44.5%
Percent Asian	3.8%	4.5%	5.1%	1.2% – 30.2%
Percent Other Race	5.5%	8.3%	7.6%	1.9% – 24.5%
Percent Hispanic/Latino	9.3%	15.8%	15.1%	1.2% – 53.4%
Percent unemployed	8.5%	9.9%	9.8%	6.4% – 16.3%
Median household income	\$59,316	\$50,221	\$55,331	\$43,633 – \$85,168
Percent of households below poverty level	7.9%	10.5%	9.5%	4.9% – 15.1%
Violent crime rate/100,000*	278.2	429.4		
Percent with disability	8.2%	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 = 45.8; Rank = 28

	Raleigh MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	78.6%	76.2%	77.2%	70.4% – 85.9%
Percent physically active at least moderately	45.2%	51.0%	48.7%	36.4% – 58.1%
Percent eating 5+ servings of fruits/vegetables per day	23.5%	23.4%	24.4%	15.8% – 30.0%
Percent currently smoking	17.8%	17.9%	17.0%	8.8% – 25.3%
Chronic Health Problems				
Percent obese	26.4%	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	35.9%	35.5%	35.3%	29.5% – 40.3%
Any days when mental health was not good during the past 30 days	39.4%	33.7%	34.4%	23.8% – 41.9%
Percent with asthma	7.4%	8.8%	8.3%	4.5% – 11.9%
Percent with angina or coronary heart disease	3.0%	3.8%	3.6%	2.4% – 5.6%
Percent with diabetes	6.1%	8.3%	8.3%	5.4% – 11.6%
Death rate/100,000 for cardiovascular disease	195.6	206.7	201.0	131.7 – 268.6
Death rate/100,000 for diabetes	23.1	22.5	21.9	9.9 – 31.4
Health Care				
Percent with health insurance	81.8%	85.6%	86.3%	77.3% – 94.4%

Community/Environmental Indicators – Score = 53.8; Rank = 23

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

	Raleigh	MSA Average	Range of all Cities
Built Environment			
Parkland as percent of city land area	31.6	10.6%	2.5% – 25.3%
Acres of parkland/1,000	11.5	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	1.9%	4.3%	0.4% – 30.5%
Percent bicycling or walking to work		2.8%	1.2% – 6.7%
Recreational Facilities			
Ball diamonds/10,000	1.5	2.0	0.3 – 5.7
Dog parks/10,000	0.8	0.9	0.0 – 5.7
Park playgrounds/10,000	2.2	2.3	0.9 – 4.8
Golf courses/100,000	0.0	1.0	0.0 – 5.0
Park units/10,000	4.9	4.2	1.2 – 10.9
Recreation centers/20,000	1.5	1.1	0.1 – 2.6
Swimming pools/100,000	2.0	3.1	0.6 – 9.2
Tennis courts/10,000	2.9	2.1	0.8 – 6.9
Park-related expenditures per capita	\$128	\$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	72.5	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