

# RICHMOND, VA

(Richmond, VA MSA)

## COUNTIES

Amelia, Caroline, Charles City, Chesterfield, Cumberland, Dinwiddie, Goochland, Hanover, Henrico, King and Queen, King William, Louisa, New Kent, Powhatan, Prince George, Sussex, Colonial Heights City, Hopewell City, Petersburg City, Richmond City

## Ranking: Total Score = 64.2; Rank = 12

### STRENGTHS/ADVANTAGES

- Lower percent unemployed
- Lower percentage of households below poverty level
- Higher percent physically active at least moderately
- Higher percent eating 5+ servings of fruits/vegetables per day
- Lower percent of days when physical health was not good during the past 30 days
- Lower percent of days when mental health was not good during the past 30 days
- Lower percent with asthma
- Lower percent with angina or coronary heart disease
- Lower percent with diabetes
- Lower death rate for diabetes
- More ball diamonds per capita
- More dog parks per capita
- More park playgrounds per capita
- More recreation centers per capita
- More swimming pools per capita
- More tennis courts per capita
- Higher level of state requirement for Physical Education classes

### OPPORTUNITIES/CHALLENGES

- Higher percent currently smoking
- Higher percent obese
- Lower percent of city land area as parkland
- Fewer acres of parkland per capita
- Fewer farmers' markets per capita
- Lower percent using public transportation to work
- Lower percent bicycling or walking to work
- Fewer golf courses per capita
- Fewer park units per capita
- Lower park-related expenditures per capita

## DESCRIPTION OF RICHMOND, VA MSA

	Richmond MSA	U.S. Value	MSA Average	MSA Range
Population	1,238,187	307,006,550	3,325,885	1,123,804 – 19,069,796
Percent less than 18 years old	23.6%	24.3%	24.6%	20.2% – 29.4%
Percent 18 to 64 years old	64.4%	62.8%	63.6%	60.5% – 66.9%
Percent 65 years old and older	12.0%	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	85.4%	85.3%	86.7%	77.6% – 92.5%
Percent White	64.2%	74.8%	72.3%	49.8% – 88.6%
Percent Black or African American	29.6%	12.4%	15.0%	1.7% – 44.5%
Percent Asian	2.8%	4.5%	5.1%	1.2% – 30.2%
Percent Other Race	3.4%	8.3%	7.6%	1.9% – 24.5%
Percent Hispanic/Latino	4.2%	15.8%	15.1%	1.2% – 53.4%
Percent unemployed	8.7%	9.9%	9.8%	6.4% – 16.3%
Median household income	\$55,609	\$50,221	\$55,331	\$43,633 – \$85,168
Percent of households below poverty level	7.8%	10.5%	9.5%	4.9% – 15.1%
Violent crime rate/100,000*	293.2	429.4		
Percent with disability	11.6%	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 = 72.5; Rank = 7

	Richmond MSA	U.S. Value	MSA Average	MSA Range
<b>Health Behaviors</b>				
Percent any physical activity or exercise in the last 30 days	79.0%	76.2%	77.2%	70.4% – 85.9%
Percent physically active at least moderately	56.5%	51.0%	48.7%	36.4% – 58.1%
Percent eating 5+ servings of fruits/vegetables per day	29.0%	23.4%	24.4%	15.8% – 30.0%
Percent currently smoking	19.2%	17.9%	17.0%	8.8% – 25.3%
<b>Chronic Health Problems</b>				
Percent obese	28.9%	26.9%	25.9%	18.1% – 34.3%
Percent in excellent or very good health	61.6%	56.0%	56.8%	46.4% – 66.6%
Any days when physical health was not good during the past 30 days	29.6%	35.5%	35.3%	29.5% – 40.3%
Any days when mental health was not good during the past 30 days	26.6%	33.7%	34.4%	23.8% – 41.9%
Percent with asthma	6.8%	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	6.7%	8.3%	8.3%	5.4% – 11.6%
Death rate/100,000 for cardiovascular disease	209.0	206.7	201.0	131.7 – 268.6
Death rate/100,000 for diabetes	19.7	22.5	21.9	9.9 – 31.4
<b>Health Care</b>				
Percent with health insurance	90.5%	85.6%	86.3%	77.3% – 94.4%

### Community/Environmental Indicators – Score = 56.6; Rank = 18

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

	Richmond	MSA Average	Range of all Cities
<b>Built Environment</b>			
Parkland as percent of city land area	7.4%	10.6%	2.5% – 25.3%
Acres of parkland/1,000	14.1	18.9	2.3 – 94.1
Farmers' markets/1,000,000	9.7	14.8	1.0 – 41.0
Percent using public transportation to work	2.0%	4.3%	0.4% – 30.5%
Percent bicycling or walking to work	1.6%	2.8%	1.2% – 6.7%
<b>Recreational Facilities</b>			
Ball diamonds/10,000	2.8	2.0	0.3 – 5.7
Dog parks/10,000	1.0	0.9	0.0 – 5.7
Park playgrounds/10,000	3.0	2.3	0.9 – 4.8
Golf courses/100,000	0.5	1.0	0.0 – 5.0
Park units/10,000	3.3	4.2	1.2 – 10.9
Recreation centers/20,000	2.5	1.1	0.1 – 2.6
Swimming pools/100,000	4.5	3.1	0.6 – 9.2
Tennis courts/10,000	6.9	2.1	0.8 – 6.9
Park-related expenditures per capita	\$74	\$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	91.8	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