

# SACRAMENTO, CA

(Sacramento-Arden Arcade-Roseville, CA MSA)

## COUNTIES

El Dorado, Placer, Sacramento, Yolo

# Ranking: Total Score = 65.3; Rank = 10

### STRENGTHS/ADVANTAGES

- Higher percentage eating 5+ servings of fruits/vegetables per day
- Lower percent currently smoking
- Lower death rate for diabetes
- More farmers' markets per capita
- Higher percent bicycling or walking to work
- More ball diamonds per capita
- More dog parks per capita
- More park playgrounds per capita
- More golf courses per capita
- More park units per capita
- Higher park-related expenditures per capita
- Higher level of state requirement for Physical Education classes

### OPPORTUNITIES/CHALLENGES

- Higher percent unemployed
- Higher percent with asthma
- Lower percent of city land area as parkland
- Fewer acres of parkland per capita
- Lower percent using public transportation to work
- Fewer swimming pools per capita
- Fewer tennis courts per capita

## DESCRIPTION OF SACRAMENTO-ARDEN ARCADE-ROSEVILLE, CA MSA

|   | Sacramento MSA | U.S. Value  | MSA Average | MSA Range              |
|---|----------------|-------------|-------------|------------------------|
| Population                                | 2,127,355      | 307,006,550 | 3,325,885   | 1,123,804 – 19,069,796 |
| Percent less than 18 years old            | 25.1%          | 24.3%       | 24.6%       | 20.2% – 29.4%          |
| Percent 18 to 64 years old                | 63.0%          | 62.8%       | 63.6%       | 60.5% – 66.9%          |
| Percent 65 years old and older            | 11.9%          | 12.9%       | 11.8%       | 7.9% – 17.2%           |
| Percent male                              | 49.3%          | 49.3%       | 49.2%       | 48.1% – 51.1%          |
| Percent high school graduate or higher    | 87.0%          | 85.3%       | 86.7%       | 77.6% – 92.5%          |
| Percent White                             | 68.0%          | 74.8%       | 72.3%       | 49.8% – 88.6%          |
| Percent Black or African American         | 7.1%           | 12.4%       | 15.0%       | 1.7% – 44.5%           |
| Percent Asian                             | 11.3%          | 4.5%        | 5.1%        | 1.2% – 30.2%           |
| Percent Other Race                        | 13.6%          | 8.3%        | 7.6%        | 1.9% – 24.5%           |
| Percent Hispanic/Latino                   | 19.3%          | 15.8%       | 15.1%       | 1.2% – 53.4%           |
| Percent unemployed                        | 11.9%          | 9.9%        | 9.8%        | 6.4% – 16.3%           |
| Median household income                   | \$57,361       | \$50,221    | \$55,331    | \$43,633 – \$85,168    |
| Percent of households below poverty level | 9.4%           | 10.5%       | 9.5%        | 4.9% – 15.1%           |
| Violent crime rate/100,000*               | 508.5          | 429.4       |             |                        |
| Percent with disability                   | 12.2%          | 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 = 68.2; Rank = 10

|  | Sacramento MSA | U.S. Value | MSA Average | MSA Range     |
|--|----------------|------------|-------------|---------------|
| <b>Health Behaviors</b>  |                |            |             |               |
| Percent any physical activity or exercise in the last 30 days      | 81.5%          | 76.2%      | 77.2%       | 70.4% – 85.9% |
| Percent physically active at least moderately                      | 53.2%          | 51.0%      | 48.7%       | 36.4% – 58.1% |
| Percent eating 5+ servings of fruits/vegetables per day            | 29.9%          | 23.4%      | 24.4%       | 15.8% – 30.0% |
| Percent currently smoking  | 12.8%          | 17.9%      | 17.0%       | 8.8% – 25.3%  |
| <b>Chronic Health Problems</b>                                     |                |            |             |               |
| Percent obese  | 25.9%          | 26.9%      | 25.9%       | 18.1% – 34.3% |
| Percent in excellent or very good health                           | 59.4%          | 56.0%      | 56.8%       | 46.4% – 66.6% |
| Any days when physical health was not good during the past 30 days | 34.3%          | 35.5%      | 35.3%       | 29.5% – 40.3% |
| Any days when mental health was not good during the past 30 days   | 34.3%          | 33.7%      | 34.4%       | 23.8% – 41.9% |
| Percent with asthma  | 9.9%           | 8.8%       | 8.3%        | 4.5% – 11.9%  |
| Percent with angina or coronary heart disease                      | 3.4%           | 3.8%       | 3.6%        | 2.4% – 5.6%   |
| Percent with diabetes  | 8.4%           | 8.3%       | 8.3%        | 5.4% – 11.6%  |
| Death rate/100,000 for cardiovascular disease                      | 189.7          | 206.7      | 201.0       | 131.7 – 268.6 |
| Death rate/100,000 for diabetes                                    | 19.3           | 22.5       | 21.9        | 9.9 – 31.4    |
| <b>Health Care</b>   |                |            |             |               |
| Percent with health insurance                                      | 88.7%          | 85.6%      | 86.3%       | 77.3% – 94.4% |

### Community/Environmental Indicators – Score = 62.7; Rank = 10

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

|   | Sacramento | MSA Average | Range of all Cities |
|---|------------|-------------|---------------------|
| <b>Built Environment</b>                                    |            |             |                     |
| Parkland as percent of city land area                       | 8.1%       | 10.6%       | 2.5% – 25.3%        |
| Acres of parkland/1,000                                     | 10.9       | 18.9        | 2.3 – 94.1          |
| Farmers' markets/1,000,000                                  | 20.7       | 14.8        | 1.0 – 41.0          |
| Percent using public transportation to work                 | 2.7%       | 4.3%        | 0.4% – 30.5%        |
| Percent bicycling or walking to work                        | 3.5%       | 2.8%        | 1.2% – 6.7%         |
| <b>Recreational Facilities</b>                              |            |             |                     |
| Ball diamonds/10,000  | 2.2        | 2.0         | 0.3 – 5.7           |
| Dog parks/10,000  | 1.5        | 0.9         | 0.0 – 5.7           |
| Park playgrounds/10,000                                     | 3.9        | 2.3         | 0.9 – 4.8           |
| Golf courses/100,000  | 1.3        | 1.0         | 0.0 – 5.0           |
| Park units/10,000   | 4.7        | 4.2         | 1.2 – 10.9          |
| Recreation centers/20,000                                   | 1.0        | 1.1         | 0.1 – 2.6           |
| Swimming pools/100,000                                      | 2.6        | 3.1         | 0.6 – 9.2           |
| Tennis courts/10,000  | 1.1        | 2.1         | 0.8 – 6.9           |
| Park-related expenditures per capita                        | \$160      | \$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         | 93.7       | 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