

SAINT LOUIS, MO

(Saint Louis, MO-IL MSA)

COUNTIES

Bond IL, Calhoun IL, Clinton IL, Jersey IL, Macoupin IL, Madison IL, Monroe IL, St. Clair IL, Crawford MO, Franklin MO, Jefferson MO, Lincoln MO, St. Charles MO, St. Louis MO, Warren MO, Washington MO, St. Louis City MO

Ranking: Total Score = 49.3; Rank = 26

STRENGTHS/ADVANTAGES

- Lower percent with diabetes
- More ball diamonds per capita
- More dog parks per capita
- More golf courses per capita
- More tennis courts per capita
- Higher level of state requirement for Physical Education classes

OPPORTUNITIES/CHALLENGES

- Lower percentage eating 5+ servings of fruits/vegetables per day
- Higher percent currently smoking
- Higher death rate for cardiovascular disease
- Lower percent of city land area as parkland
- Fewer acres of parkland per capita
- Lower percent using public transportation to work
- Lower percent bicycling or walking to work
- Fewer park playgrounds per capita
- Fewer recreation centers per capita
- Lower park-related expenditures per capita

DESCRIPTION OF SAINT LOUIS, MO-IL MSA

	Saint Louis MSA	U.S. Value	MSA Average	MSA Range
Population	2,828,990	307,006,550	3,325,885	1,123,804 – 19,069,796
Percent less than 18 years old	23.9%	24.3%	24.6%	20.2% – 29.4%
Percent 18 to 64 years old	62.9%	62.8%	63.6%	60.5% – 66.9%
Percent 65 years old and older	13.1%	12.9%	11.8%	7.9% – 17.2%
Percent male	48.4%	49.3%	49.2%	48.1% – 51.1%
Percent high school graduate or higher	88.7%	85.3%	86.7%	77.6% – 92.5%
Percent White	77.7%	74.8%	72.3%	49.8% – 88.6%
Percent Black or African American	17.9%	12.4%	15.0%	1.7% – 44.5%
Percent Asian	1.9%	4.5%	5.1%	1.2% – 30.2%
Percent Other Race	2.5%	8.3%	7.6%	1.9% – 24.5%
Percent Hispanic/Latino	2.3%	15.8%	15.1%	1.2% – 53.4%
Percent unemployed	9.5%	9.9%	9.8%	6.4% – 16.3%
Median household income	\$51,691	\$50,221	\$55,331	\$43,633 – \$85,168
Percent of households below poverty level	9.7%	10.5%	9.5%	4.9% – 15.1%
Violent crime rate/100,000*	N/A‡	429.4		
Percent with disability	12.4%	12.0%	11.0%	7.4% – 14.5%

‡This measure was not available.

*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 = 48.8; Rank = 25

	Saint Louis MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	75.7%	76.2%	77.2%	70.4% – 85.9%
Percent physically active at least moderately	52.2%	51.0%	48.7%	36.4% – 58.1%
Percent eating 5+ servings of fruits/vegetables per day	20.3%	23.4%	24.4%	15.8% – 30.0%
Percent currently smoking	22.3%	17.9%	17.0%	8.8% – 25.3%
Chronic Health Problems				
Percent obese	28.3%	26.9%	25.9%	18.1% – 34.3%
Percent in excellent or very good health	59.8%	56.0%	56.8%	46.4% – 66.6%
Any days when physical health was not good during the past 30 days	35.3%	35.5%	35.3%	29.5% – 40.3%
Any days when mental health was not good during the past 30 days	34.1%	33.7%	34.4%	23.8% – 41.9%
Percent with asthma	8.6%	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	7.0%	8.3%	8.3%	5.4% – 11.6%
Death rate/100,000 for cardiovascular disease	229.3	206.7	201.0	131.7 – 268.6
Death rate/100,000 for diabetes	23.5	22.5	21.9	9.9 – 31.4
Health Care				
Percent with health insurance	89.3%	85.6%	86.3%	77.3% – 94.4%

Community/Environmental Indicators – Score = 49.8; Rank = 29

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

	Saint Louis	MSA Average	Range of all Cities
Built Environment			
Parkland as percent of city land area	8.6%	10.6%	2.5% – 25.3%
Acres of parkland/1,000	9.6	18.9	2.3 – 94.1
Farmers' markets/1,000,000	14.8	14.8	1.0 – 41.0
Percent using public transportation to work	2.5%	4.3%	0.4% – 30.5%
Percent bicycling or walking to work	1.9%	2.8%	1.2% – 6.7%
Recreational Facilities			
Ball diamonds/10,000	3.2	2.0	0.3 – 5.7
Dog parks/10,000	1.1	0.9	0.0 – 5.7
Park playgrounds/10,000	2.0	2.3	0.9 – 4.8
Golf courses/100,000	1.1	1.0	0.0 – 5.0
Park units/10,000	4.0	4.2	1.2 – 10.9
Recreation centers/20,000	0.5	1.1	0.1 – 2.6
Swimming pools/100,000	2.8	3.1	0.6 – 9.2
Tennis courts/10,000	3.1	2.1	0.8 – 6.9
Park-related expenditures per capita	\$66	\$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	91.1	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