

SAN JOSE, CA

(San Jose-Sunnyvale-Santa Clara, CA MSA)

COUNTIES

San Benito, Santa Clara

Ranking: Total Score = 65.2; Rank = 11

STRENGTHS/ADVANTAGES

- Higher median household income
- Lower percentage of households below poverty level
- Higher percentage eating 5+ servings of fruits/vegetables per day
- Lower percent currently smoking
- Lower percent obese
- Lower percent of days when physical health was not good during the last 30 days
- Lower percent with asthma
- Lower percent with angina or coronary heart disease
- Lower death rate for cardiovascular disease
- Higher percent of city land area as parkland
- Higher percent bicycling or walking to work
- Higher park-related expenditures per capita
- Higher level of state requirement for Physical Education classes
- Higher number of primary health care providers per capita

OPPORTUNITIES/CHALLENGES

- Fewer acres of parkland per capita
- Lower percent using public transportation to work
- Fewer ball diamonds per capita
- Fewer golf courses per capita
- Fewer park units per capita
- Fewer swimming pools per capita
- Fewer tennis courts per capita

DESCRIPTION OF SAN JOSE-SUNNYVALE-SANTA CLARA, CA MSA

	San Jose MSA	U.S. Value	MSA Average	MSA Range
Population	1,839,700	307,006,550	3,325,885	1,123,804 – 19,069,796
Percent less than 18 years old	24.6%	24.3%	24.6%	20.2% – 29.4%
Percent 18 to 64 years old	64.5%	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	51.1%	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	51.2%	74.8%	72.3%	49.8% – 88.6%
Percent Black or African American	2.5%	12.4%	15.0%	1.7% – 44.5%
Percent Asian	30.2%	4.5%	5.1%	1.2% – 30.2%
Percent Other Race	16.1%	8.3%	7.6%	1.9% – 24.5%
Percent Hispanic/Latino	27.1%	15.8%	15.1%	1.2% – 53.4%
Percent unemployed	10.5%	9.9%	9.8%	6.4% – 16.3%
Median household income	\$84,483	\$50,221	\$55,331	\$43,633 – \$85,168
Percent of households below poverty level	6.6%	10.5%	9.5%	4.9% – 15.1%
Violent crime rate/100,000*	288.6	429.4		
Percent with disability	7.4%	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 = 78.5; Rank = 3

	San Jose MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
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	47.4%	51.0%	48.7%	36.4% – 58.1%
Percent eating 5+ servings of fruits/vegetables per day	29.3%	23.4%	24.4%	15.8% – 30.0%
Percent currently smoking	8.8%	17.9%	17.0%	8.8% – 25.3%
Chronic Health Problems				
Percent obese	20.8%	26.9%	25.9%	18.1% – 34.3%
Percent in excellent or very good health	58.3%	56.0%	56.8%	46.4% – 66.6%
Any days when physical health was not good during the past 30 days	29.5%	35.5%	35.3%	29.5% – 40.3%
Any days when mental health was not good during the past 30 days	33.1%	33.7%	34.4%	23.8% – 41.9%
Percent with asthma	4.5%	8.8%	8.3%	4.5% – 11.9%
Percent with angina or coronary heart disease	2.7%	3.8%	3.6%	2.4% – 5.6%
Percent with diabetes	8.9%	8.3%	8.3%	5.4% – 11.6%
Death rate/100,000 for cardiovascular disease	146.6	206.7	201.0	131.7 – 268.6
Death rate/100,000 for diabetes	22.6	22.5	21.9	9.9 – 31.4
Health Care				
Percent with health insurance	91.9%	85.6%	86.3%	77.3% – 94.4%

Community/Environmental Indicators – Score = 52.9; Rank = 24

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

	San Jose	MSA Average	Range of all Cities
Built Environment			
Parkland as percent of city land area	14.3%	10.6%	2.5% – 25.3%
Acres of parkland/1,000	16.9	18.9	2.3 – 94.1
Farmers' markets/1,000,000	14.7	14.8	1.0 – 41.0
Percent using public transportation to work	3.1%	4.3%	0.4% – 30.5%
Percent bicycling or walking to work	3.6%	2.8%	1.2% – 6.7%
Recreational Facilities			
Ball diamonds/10,000	0.5	2.0	0.3 – 5.7
Dog parks/10,000	0.9	0.9	0.0 – 5.7
Park playgrounds/10,000	2.4	2.3	0.9 – 4.8
Golf courses/100,000	0.3	1.0	0.0 – 5.0
Park units/10,000	2.7	4.2	1.2 – 10.9
Recreation centers/20,000	1.1	1.1	0.1 – 2.6
Swimming pools/100,000	0.6	3.1	0.6 – 9.2
Tennis courts/10,000	0.8	2.1	0.8 – 6.9
Park-related expenditures per capita	\$147	\$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	111.3	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