

WASHINGTON, DC

(Washington-Arlington-Alexandria, DC-VA-MD-WV MSA)

COUNTIES

Frederick MD, Montgomery MD, District of Columbia DC, Calvert MD, Charles MD, Prince George's MD, Arlington VA, Clarke VA, Fairfax VA, Fauquier VA, Loudoun VA, Prince William VA, Spotsylvania VA, Stafford VA, Warren VA, Alexandria City VA, Fairfax City VA, Falls Church City VA, Fredericksburg City VA, Manassas City VA, Manassas Park City VA, Jefferson WV

Ranking: Total Score = 73.5; Rank = 1

STRENGTHS/ADVANTAGES

- Lower percent unemployed
- Lower percentage of households below poverty level
- Higher percentage eating 5+ servings of fruits/vegetables per day
- Lower percent of days when mental health was not good during the past 30 days
- Lower percent with diabetes
- Higher percent of city land area as parkland
- Higher percent using public transportation to work
- More park units per capita
- More swimming pools per capita
- Higher level of state requirement for Physical Education classes
- Higher park-related expenditures per capita
- Higher median household income
- Lower percent with disability
- Lower percent currently smoking
- Lower percent obese
- Higher percent in excellent or very good health
- Lower percent with angina or coronary heart disease
- Lower death rate for diabetes
- More farmers' markets per capita
- Higher percent bicycling or walking to work
- More recreation centers per capita
- More tennis courts per capita
- Higher number of primary health care providers per capita

OPPORTUNITIES/CHALLENGES

- Fewer acres of parkland per capita
- Fewer park playgrounds per capita
- Fewer dog parks per capita
- Fewer golf courses per capita

DESCRIPTION OF WASHINGTON-ARLINGTON-ALEXANDRIA, DC-VA-MD-WV MSA

	Washington MSA	U.S. Value	MSA Average	MSA Range
Population	5,358,130	304,374,846	3,286,289	1,088,765 – 19,006,798
Percent less than 18 years old	24.3%	24.3%	24.8%	20.5% – 29.6%
Percent 18 to 64 years old	65.7%	62.9%	63.6%	60.8% – 66.4%
Percent 65 years old and older	10.1%	12.8%	11.7%	7.6% – 17.5%
Percent male	48.8%	49.3%	49.2%	48.0% – 51.2%
Percent high school graduate or higher	89.3%	85.0%	86.5%	76.8% – 92.7%
Percent White	57.9%	75.0%	72.6%	50.3% – 89.4%
Percent Black or African American	25.8%	12.4%	14.5%	1.5% – 44.8%
Percent Asian	8.5%	4.4%	5.0%	1.1% – 30.0%
Percent Other Race	7.8%	8.2%	7.5%	1.8% – 24.2%
Percent Hispanic/Latino	12.3%	15.4%	14.7%	1.1% – 53.2%
Percent unemployed	4.9%	6.4%	6.3%	3.7% – 10.4%
Median household income	\$85,824	\$52,029	\$57,827	\$46,158 – \$88,098
Percent of households below poverty level	4.8%	9.7%	8.4%	4.8% – 12.9%
Violent crime rate/100,000*	437.8	454.5		
Percent with disability	7.6%	12.1%	11.1%	7.6% – 14.4%

*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 = 76.1; Rank = 3

	Washington MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	80.1%	75.4%	76.3%	70.3% – 84.3%
Percent physically active at least moderately	48.6%	49.5%	48.8%	37.9% – 55.7%
Percent eating 5+ servings of fruits/vegetables per day	28.9%	24.4%	25.3%	17.1% – 36.2%
Percent currently smoking	12.3%	18.4%	17.8%	8.4% – 27.5%
Chronic Health Problems				
Percent obese	22.6%	26.7%	25.6%	18.4% – 34.1%
Percent in excellent or very good health	62.7%	55.1%	56.2%	47.2% – 63.8%
Any days when physical health was not good during the past 30 days	37.3%	35.7%	35.6%	28.2% – 43.2%
Any days when mental health was not good during the past 30 days	30.4%	33.7%	34.2%	26.8% – 41.5%
Percent with asthma	9.2%	8.8%	8.6%	4.4% – 11.4%
Percent with angina or coronary heart disease	3.1%	4.3%	4.2%	2.6% – 6.0%
Percent with diabetes	6.7%	8.3%	8.3%	5.3% – 12.2%
Death rate/100,000 for cardiovascular disease	204.9	216.6	212.4	134.5 – 272.8
Death rate/100,000 for diabetes	20.5	23.3	23.0	10.5 – 35.8
Health Care				
Percent with health insurance	90.2%	85.5%	86.2%	75.0% – 95.3%

Community/Environmental Indicators – Score = 70.8; Rank = 3 (note: most of these data were available only for the main city in the MSA)

	Washington	MSA Average	Range of all Cities
Built Environment			
Parkland as percent of city land area	19.4%	10.3%	2.6% – 21.9%
Acres of parkland/1,000	12.9	18.1	3.2 – 128.8
Farmers' markets/1,000,000	14.2	12.0	0.3 – 41.2
Percent using public transportation to work	13.4%	4.4%	0.5% – 30.4%
Percent bicycling or walking to work	3.7%	2.8%	1.0% – 6.6%
Recreational Facilities			
Ball diamonds/10,000	2.0	2.0	0.0 – 5.2
Dog parks/10,000	0.2	1.0	0.0 – 5.6
Park playgrounds/10,000	1.8	2.3	0.9 – 4.8
Golf courses/100,000	0.5	1.0	0.0 – 5.0
Park units/10,000	6.4	4.0	1.2 – 10.9
Recreation centers/20,000	2.4	1.1	0.1 – 2.6
Swimming pools/100,000	5.8	3.2	0.6 – 11.1
Tennis courts/10,000	3.6	2.1	0.7 – 6.9
Park-related expenditures per capita	\$277	\$102	\$12 – \$300
Level of state requirement for Physical Education classes**	3	2.5	0 – 3
Number of primary health care providers per 100,000	106.9	93.8	47.4 – 134.0

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level