Actively Moving America to Better Health
2015 Health and Community Fitness Status of the 50 Largest Metropolitan Areas
ACKNOWLEDGEMENTS

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ACSM AMERICAN FITNESS INDEX®
HEALTH AND COMMUNITY
FITNESS STATUS OF THE
50 LARGEST METROPOLITAN AREAS

2015 EDITION
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Dear Colleagues,

For eight years, the Anthem Foundation has proudly sponsored the American College of Sports Medicine (ACSM) American Fitness Index® (AFI). We’ve seen the growing impact of this report as it has become a trusted source for actionable data that leads to improvements in individual and community health.

As a global leader in exercise science and sports medicine, ACSM uses its research expertise to provide the AFI report as a reliable measure of community fitness for the country’s 50 largest metropolitan areas. The report serves as a scientific, objective assessment of each city’s strengths and challenges, and effectively informs local decision-making that can enhance the quality of life for its population.

To provide the most up-to-date measures of community health and fitness, access to city parks has been added as a new indicator in 2015. This indicator measures the percentage of city residents that live within a 10-minute walk to a public park. Easy access to parks removes barriers to physical activity by providing greater opportunities for running, walking or other healthy activities.

The Anthem Foundation and ACSM are pleased to share a vision for improving the health of our communities. A number of cities have used the AFI data report as a catalyst for developing strategic plans aimed at addressing opportunities to shape a healthier community. The Charlotte Chamber of Commerce has implemented a “Healthy Charlotte” goal to achieve a top 10 AFI ranking by 2018, while Oklahoma City launched “Wellness Now,” a plan to improve the health and wellness of their community.

It is heartening to see a city’s health improve over the years, and this year we see some remarkable shifts in rankings. Nine metro areas improved by five or more rankings—Cleveland, Kansas City and St. Louis saw the biggest leaps when comparing to last year. Las Vegas, where findings from AFI resulted in the expansion of a city coalition to drive health improvement efforts, also jumped significantly in the rankings.

We encourage you to use and share this year’s report in an effort to drive positive change in your community. To learn more, please visit AmericanFitnessIndex.org.

Best regards,

Sam Nussbaum
Executive Vice President, Clinical Health Policy and Chief Medical Officer
Executive Summary

With support and funding from the Anthem Foundation in 2007, the American College of Sports Medicine (ACSM) launched the ACSM American Fitness Index® (AFI) program in 2008 to help communities identify opportunities to improve the health of its residents and expand community assets to better support active, healthy lifestyles. The AFI reflects a composite of personal health measures, preventive health behaviors, levels of chronic disease conditions, as well as environmental and community resources and policies that support physical activity. In addition, demographic and economic diversity are included for each metropolitan area to illustrate the unique attributes of each city. Communities with the highest AFI scores are considered to have strong community fitness, a concept analogous to individuals having strong personal fitness.

The 50 largest metropolitan areas in the United States, as defined by the U.S. Office of Management and Budget using data from the U.S. Census Annual Estimates of Population, were included in this 2015 data report for the AFI program. Metropolitan Statistical Areas (MSAs) were chosen as the unit of measurement because they represent the group of counties comprising the larger urban areas where residents live, work and access community resources.

The AFI program is unique for several reasons:
• Cities are defined by MSAs;
• Personal health indicators, as well as community and environmental indicators, are included in the data report;
• Data come from reputable sources, and scientific methodologies are used to ensure validity and reliability;
• Unique areas of strength and opportunities for improvement are included for each MSA to help guide community action;
• Data indicators are tracked and reported in five-year Data Trend Reports;
• Materials, resources and connections to health promotion partners are provided by the AFI program to help cities improve their indicators; and
• Local, state and national health promotion partners form a network to support collaborative program efforts.

The first step in creating the report for the AFI program involved developing a strategy to identify, gather, analyze and present MSA-level data on the population, health and built environment of the communities. Measures were identified, assessed and scored by a national expert panel for inclusion into an index to compare each MSA’s attributes with the overall U.S. values and with the other large metropolitan areas. Based on benchmark comparisons, suggested areas of excellence and improvement priority areas for each MSA were noted.

There was considerable diversity in community fitness levels among the 50 MSAs. However, for this year’s 2015 AFI ranking results, the Washington, DC MSA edged out the number one spot for the second year in a row. Since 2008, the Washington, DC MSA has continued to rank at the top by investing in the community and environmental indicators that support a healthy and active lifestyle. Although, it continues to lead the way, many other MSAs have comparable ranking scores.

Cities that ranked near the top of the index have more strengths that support healthy living and fewer challenges that hinder it. The opposite is true for cities near the bottom of the index. All cities are commended for their areas of excellence and encouraged to focus future efforts on their improvement priority areas to achieve a healthy and active population.
<table>
<thead>
<tr>
<th>Rank</th>
<th>Metropolitan Area</th>
<th>SCORE</th>
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<tbody>
<tr>
<td>1</td>
<td>Washington-Arlington-Alexandria, DC-VA-MD-WV</td>
<td>79.6</td>
</tr>
<tr>
<td>2</td>
<td>Minneapolis-St.-Paul-Bloomington, MN-WI</td>
<td>75.6*</td>
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<td>3</td>
<td>San Diego-Carlsbad, CA</td>
<td>75.6*</td>
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<td>4</td>
<td>San Francisco-Oakland-Hayward, CA</td>
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</tr>
<tr>
<td>5</td>
<td>Sacramento--Roseville--Arden-Arcade, CA</td>
<td>71.4</td>
</tr>
<tr>
<td>6</td>
<td>Denver-Aurora-Lakewood, CO</td>
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<td>7</td>
<td>Portland-Vancouver-Hillsboro, OR-WA</td>
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<tr>
<td>8</td>
<td>Seattle-Tacoma-Bellevue, WA</td>
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<td>10</td>
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<td>Salt Lake City, UT</td>
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<td>Virginia Beach-Norfolk-Newport News, VA-NC</td>
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<td>Austin-Round Rock, TX</td>
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<td>Philadelphia-Camden-Wilmington, PA-NJ-DE-MD</td>
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<td>Los Angeles-Long Beach-Anaheim, CA</td>
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<td>New York-Newark-Jersey City, NY-NJ-PA</td>
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<td>25</td>
<td>Cleveland-Elyria, OH</td>
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<td>26</td>
<td>Kansas City, MO-KS</td>
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<td>27</td>
<td>Tampa-St. Petersburg-Clearwater, FL</td>
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<td>Providence-Warwick, RI-MA</td>
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<td>29</td>
<td>Saint Louis, MO-IL</td>
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<td>Miami-Fort Lauderdale-West Palm Beach, FL</td>
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</tr>
<tr>
<td>31</td>
<td>Las Vegas-Henderson-Paradise, NV</td>
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</tr>
<tr>
<td>32</td>
<td>Buffalo-Cheektowaga-Niagara Falls, NY</td>
<td>47.3</td>
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<tr>
<td>33</td>
<td>Milwaukee-Waukesha-West Allis, WI</td>
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<td>Riverside-San Bernardino-Ontario, CA</td>
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<td>Jacksonville, FL</td>
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<td>Orlando-Kissimmee-Sanford, FL</td>
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<td>38</td>
<td>Columbus, OH</td>
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<tr>
<td>39</td>
<td>Houston-The Woodlands-Sugar Land, TX</td>
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</tr>
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<td>40</td>
<td>Detroit-Warren-Dearborn, MI</td>
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<td>41</td>
<td>Dallas-Fort Worth-Arlington, TX</td>
<td>38.8</td>
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<tr>
<td>42</td>
<td>New Orleans-Metairie, LA</td>
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</tr>
<tr>
<td>43</td>
<td>Charlotte-Concord-Gastonia, NC-SC</td>
<td>37.4</td>
</tr>
<tr>
<td>44</td>
<td>Birmingham-Hoover, AL</td>
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</tr>
<tr>
<td>45</td>
<td>Nashville-Davidson--Murfreesboro--Franklin, TN</td>
<td>33.0</td>
</tr>
<tr>
<td>46</td>
<td>Louisville/Jefferson County, KY-IN</td>
<td>32.1</td>
</tr>
<tr>
<td>47</td>
<td>San Antonio-New Braunfels, TX</td>
<td>32.0</td>
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<tr>
<td>48</td>
<td>Oklahoma City, OK</td>
<td>29.6</td>
</tr>
<tr>
<td>49</td>
<td>Memphis, TN-MS-AR</td>
<td>27.3</td>
</tr>
<tr>
<td>50</td>
<td>Indianapolis-Carmel-Anderson, IN</td>
<td>26.8</td>
</tr>
</tbody>
</table>

* The scores shown have been rounded to the nearest tenth of a point resulting in some apparent ties; however, the rankings are based on the full calculated score values that were not equal in those cases.
Background and Need for Action

Physical activity for all!
Being physically active is one of the most important ways adults and children can improve and maintain their overall health.¹⁻⁴ For adults, regular exercise can reduce the risk of premature death, heart disease, stroke, high blood pressure, type 2 diabetes, breast cancer, colon cancer and the risk of falls. For children and adolescents, regular physical activity can decrease body fat and improve bone health, cardiorespiratory fitness and muscular strength. Physical activity also can decrease the risk of depression in adults and reduce depression symptoms in young people.¹⁻⁴

Emerging public health information suggests that to reach the U.S. Centers for Disease Control and Prevention’s goal to improve health and fitness, prevent disease and disability, and enhance quality of life for all Americans through physical activity, we must create a culture that integrates physical activity into our daily lives.² The ACSM American Fitness Index® (AFI) program developed a valid and reliable measure of health and community fitness at a metropolitan level to:
• provide community leaders with information to understand the personal, community, societal and environmental influences on physical activity and healthy eating;
• develop strategies to promote physical activity at multiple levels of influence;
• take action through local community mobilization with the AFI Community Action Guide, health promotion partners and other best practices;⁵ and,
• monitor changes in the measures as a result of community programs and other factors.

While the AFI data report provides detailed information for cities at the MSA level, the My AFI (http://americanfitnessindex.org/myafi/index.php) community application tool integrates the components of the AFI program into a health promotion approach that can be used by other communities not included in the AFI data report. Using this tool, leaders can understand the individual, societal and behavioral factors related to physical activity in their own community and implement culturally focused activities that are meaningful to their residents.

Overall, the goal of the AFI program is to help improve the health of the nation and promote active lifestyles by supporting local programming to develop a sustainable, healthy community culture. To accomplish this goal, community leaders and health planners need to be aware of their community’s health status and behaviors; key indicators, such as obesity and chronic disease rates, related to physical inactivity; built environment and resources; and policies that support a healthy community. The AFI program is specifically designed to provide these data and other valuable assistance to cities to help further efforts to improve the health and quality of life of residents, promote healthier lifestyles and encourage community resource development to support physical activity.
ACSM American Fitness Index® Program

With support and funding from the Anthem Foundation (www.anthem.foundation), the AFI program was created to develop a valid and reliable measure of the health and community fitness at the metropolitan level in the United States. The AFI program provides valuable resources that can help communities focus their programming efforts as well as assist them in developing collaborative activities and partnerships with other organizations that contribute to health promotion. Using the AFI data report, communities will be able to identify opportunities to improve the health status of their residents. Additionally, as communities implement targeted programs to improve health status and environmental resources, they will be able to measure their progress using the relevant AFI elements in future reports.

ACSM American Fitness Index® Program Components

The AFI program improves the health, fitness and quality of life of citizens through four key components:

- **Data:** Collect, aggregate and report metropolitan-level data related to healthy lifestyles, health outcomes and community resources that support a physically active society. Disseminate the AFI data report to give an accurate snapshot of the health status and contributing factors in major metropolitan areas across the nation.

- **Data Tracking:** Report MSA health trends in five-year increments beginning with the 2009-2013 Data Trend Reports.

- **Resources:** Serve as a resource for promoting and integrating research, education and practical applications of sports medicine and exercise science to maintain and enhance physical performance, fitness, health and quality of life.

- **Health Promotion Partners:** Help communities connect and partner with existing organizations and local, state and national programs on physical activity and healthy lifestyles initiatives.

Implementation

This eighth full-edition data report for the AFI program focuses on data collection and analysis for the 50 largest metropolitan areas in the United States. The program’s data report shows the results of identifying, collecting, analyzing, weighing and aggregating relevant data at the metropolitan level.

The metropolitan areas in this report represent the 50 largest MSAs defined by the U.S. Office of Management and Budget in 2013 using data from the 2010 U.S. Census Annual Estimates of Population. They are the cities and surrounding metropolitan areas of:

- Atlanta-Sandy Springs-Roswell, GA
- Austin-Round Rock, TX
- Baltimore-Columbia-Towson, MD
- Birmingham-Hoover, AL
- Boston-Cambridge-Newton, MA-NH
- Buffalo-Cheektowaga-Niagara Falls, NY
- Charlotte-Concord-Gastonia, NC-SC
- Chicago-Naperville-Elgin, IL-IN-WI
- Cincinnati, OH-KY-IN
- Cleveland-Elyria, OH
- Columbus, OH
- Dallas-Fort Worth-Arlington, TX
- Denver-Aurora-Lakewood, CO
- Detroit-Warren-Dearborn, MI
- Hartford-West Hartford-East Hartford, CT
- Houston-The Woodlands-Sugar Land, TX
- Indianapolis-Carmel-Anderson, IN
- Jacksonville, FL
- Kansas City, MO-KS
- Las Vegas-Henderson-Paradise, NV
• Los Angeles-Long Beach-Anaheim, CA
• Louisville/Jefferson County, KY-IN
• Memphis, TN-MS-AR
• Miami-Fort Lauderdale-West Palm Beach, FL
• Milwaukee-Waukesha-West Allis, WI
• Minneapolis-St. Paul-Bloomington, MN-WI
• Nashville-Davidson-Murfreesboro-Franklin, TN
• New Orleans-Metairie, LA
• New York-Newark-Jersey City, NY-NJ-PA
• Oklahoma City, OK
• Orlando-Kissimmee-Sanford, FL
• Philadelphia-Camden-Wilmington, PA-NJ-DE-MD
• Phoenix-Mesa-Scottsdale, AZ
• Pittsburgh, PA
• Portland-Vancouver-Hillsboro, OR-WA
• Providence-Warwick, RI-MA
• Raleigh, NC
• Richmond, VA
• Riverside-San Bernardino-Ontario, CA
• Sacramento-Roseville-Arden-Arcade, CA
• Saint Louis, MO-IL
• Salt Lake City, UT
• San Antonio-New Braunfels, TX
• San Diego-Carlsbad, CA
• San Francisco-Oakland-Hayward, CA
• San Jose-Sunnyvale-Santa Clara, CA
• Seattle-Tacoma-Bellevue, WA
• Tampa-St. Petersburg-Clearwater, FL
• Virginia Beach-Norfolk-Newport News, VA-NC
• Washington-Arlington-Alexandria, DC-VA-MD-WV

ACSM American Fitness Index® Advisory Board
The AFI program would not be possible without direction from the knowledgeable volunteers who make up the AFI Advisory Board. The AFI Advisory Board is comprised of experts with a vested interest in the fields of health and physical activity who volunteer their time to support the mission of the AFI program.

The AFI Advisory Board was created in 2007 to assist in the development of the AFI program and continues to offer on-going guidance to the program. Members of the AFI Advisory Board assure the AFI data report and overall program adhere to the ACSM Guiding Principles for Healthy Communities and the goals of the AFI program by:
• translating the science into practice;
• actively participating in strategic planning for the program;
• critically reviewing all program documentation and collateral materials; and
• providing expert guidance and feedback to communities.

ACSM greatly appreciates the contributions of our AFI Advisory Board members:
• Chair: Walter R. Thompson, Ph.D., FACSM (Georgia State University)
• Vice-Chair: Barbara E. Ainsworth, Ph.D., M.P.H., FACSM, FNAK (Arizona State University)
• Steven N. Blair, P.E.D., FACSM (University of South Carolina)
• Jacqueline N. Epping, M.Ed., FACSM (U.S. Centers for Disease Control and Prevention)
• John M. Jakicic, Ph.D., FACSM (University of Pittsburgh)
• Elizabeth A. Joy, M.D., M.P.H., FACSM (Intermountain Healthcare/University of Utah School of Medicine)
ACSM American Fitness Index® Guiding Principles for Healthy Communities

- Overall health improvement in U.S. cities requires a focus on the prevention of behavioral-linked diseases by effectively addressing the underlying unhealthy behaviors and community factors.
- The rise in chronic diseases attributable to physical inactivity and unhealthy diets are a “clear and present danger” to our health and health care systems, our cities, our nation and our future.
- All cities in the U.S., irrespective of size and current health status, can make significant advances in improving the health of its people through simple, affordable, effective steps.
- There is a need for even more synergy and collaboration to assist U.S. cities in actively making moves toward better health.

The AFI program will contribute to the Guiding Principles for Healthy Communities by creating effective partnerships and alliances at the national and local levels; by providing tools, strategies and expertise to cities and communities desiring to improve the health of its residents; and by supporting practices and policies that have proven to be effective.

Methodology

Scientific evidence, expert opinion and statistical methodologies were employed to select, weigh and combine the elements used to produce the AFI data report.

Why Choose MSAs Over Cities?

Defining a “city” by its city limits overlooks the interaction between the core of the city and the surrounding suburban areas. Residents outside the city limits have access to fitness-related resources in their suburban area as well as the city core; likewise, the residents within the city limits may access resources in the surrounding areas. Thus, the metropolitan area, including both the city core and the surrounding suburban areas, act as a unit to support the wellness efforts of residents of the area. Consequently, the MSA data were used where possible in constructing the AFI. It is understood that various parts of the central city and surrounding suburban area may have very different demographic and health behavior characteristics, as well as access to community-level resources to support physical activity. Currently, the nationally available data needed to measure these characteristics and resources are not available to allow comparisons of all of the smaller geographical levels in the MSAs. However, it would be possible for communities within the MSA to collect local data using the measurements and strategy outlined in My AFI (http://www.americanfitnessindex.org/myafi/index.php) to identify opportunities and to monitor improvements occurring as a result of their initiatives.

How Were the Indicators Selected for the Data Index?

Elements included in the data index must have met the following criteria to be included:
- Be related to the level of health status and/or physical activity environment for the MSA;
- Be measured recently and reported by a reputable agency or organization;
- Be available to the public;
- Be measured routinely and provided in a timely fashion; and
- Be modifiable through community effort (for example, smoking rate is included, climate is not).
What Data Sources Were Used to Create the Data Index?
The most current publicly available data at the time of analysis from federal reports and past studies provided the information used in this version of the data index. The largest single data source for the personal health indicators was the Behavioral Risk Factor Surveillance System (BRFSS) provided by the U.S. Centers for Disease Control and Prevention. Through a survey, conducted by the Center for City Park Excellence, the Trust for Public Land provided many of the community/environmental indicators, and the U.S. Census American Community Survey was the source for most of the MSA descriptions. The U.S. Department of Agriculture; State Report Cards (School Health Policies and Programs Study by the CDC); and the Federal Bureau of Investigation’s (FBI) Uniform Crime Reporting Program also provided data used in the MSA description. The data index elements and its data sources are shown in Appendix A.

How Was the Data Index Built?
Initial elements for the AFI data index were scored for relevance by a panel of 26 health and physical activity experts in 2008 (listed in Appendix B). Two Delphi method-type rounds of scoring were used to reach consensus on whether each item should be included in the data index and the weight it should carry in the calculations. The data elements used in the AFI report were reviewed and updated in 2015. Specifically, a new environmental/community measure, “percent within a 10 minute walk to a park” was added.

From this process, 32 currently available indicators were identified and weighted for the index and 16 description variables were selected. The description elements were not included in the data index calculation, but were shown for cities to use for comparison purposes. A weight of 1 was assigned to those elements that were considered to be of little importance by the panel of experts; 2 for those items considered to be of moderate importance; and 3 to those elements considered of high importance to include in the data index. Each item used in the scoring was first ranked (worse value = 1) and then multiplied by the weight assigned by consensus of the expert panel. The weighted ranks were then summed by indicator group to create scores for the personal health indicators and community/environmental indicators. Finally, the MSA scores were standardized to a scale with the upper limit of 100 by dividing the MSA score by the maximum possible value and multiplying by 100.

The following formula summarizes the scoring process:

\[
MSA \ Score_k = \left( \frac{\sum_{i=1}^{n} r_{ik} w_i}{MSA \ Score_{max}} \right) \times 100
\]

\( r = \) MSA rank on indicator
\( w = \) weight assigned to indicator
\( k = \) indicator group
\( n = 15 \) for personal health indicators and 16 for community/environmental indicators
\( MSA \ Score_{max} = \) hypothetical score if an MSA ranked best on each of the elements

The individual weights also were averaged for both indicator groups to create the total score. Both the indicator group scores and the total scores for the 50 cities were then ranked (best = 1) as shown on the Metropolitan Area Snapshots.
How Should the Scores and Ranks Be Interpreted?
It is important to consider both the score and rank for each city. While the ranking lists the MSAs from the highest score to the lowest score, the scores for many cities are very similar, indicating that there is relatively little difference among them. For example, the score for Cincinnati was 56.4 while the score for Chicago was 56.3. While Cincinnati was ranked higher than Chicago, these two metropolitan areas were actually very similar across all of the indicators; thus, there is little difference in the community wellness levels of the two MSAs. Also, while one city carried the highest rank (Washington, DC) and another carried the lowest rank (Indianapolis, IN), this does not necessarily mean that the highest ranked city has excellent values across all indicators and the lowest ranked city has the lowest values on all the indicators. The ranking merely indicates that, relative to each other, some cities scored better than others.

Consequently, comparisons between the 2015 AFI individual elements that did not change can be compared with earlier years’ data, but the overall score and the sub-scores for 2015 are not comparable to earlier years.

How Were the Areas of Excellence and Improvement Priority Areas Determined?
The Areas of Excellence and Improvement Priority Areas for each MSA were listed to assist communities in identifying potential areas where they might focus their efforts using approaches adopted by those cities that have strengths in the same area. This process involved comparing the data index elements of the MSA to a target goal. The target goals for the personal health indicators were derived by generating the 90th percentile from the pooled 2008-2012 AFI data. For those additional personal health indicators that were added later, the target goal was 90% of the currently available values. The target goals for the community health indicators were derived by calculating the average from the pooled 2008-2012 AFI data. New community indicators target goals were an average from the 2015 values. Data indicators with values equal to or better than the target goal were considered “Areas of Excellence.” Data indicators with values worse than 20% of the target goal were listed as “Improvement Priority Areas.”

What Are the Limitations of the AFI Data Report?
The items used for the personal health indicators were based on self-reported responses to the BRFSS and are subject to the well-known limitations of self-reported data. Since this limitation applies to all metropolitan areas included in this report, the biases should be similar across all areas, so the relative differences should still be valid. In addition, the BRFSS data collection method changed in 2011 relative to weighting methodology and the addition of the cell phone sampling frame; thus measures before and after 2011 are not exactly comparable. As per advice provided on the FBI Uniform Crime Reporting Program website, violent crime rates were not compared to U.S. values or averages of all MSAs. As indicated on the FBI website, data on violent crimes may not be comparable across all metropolitan areas because of differences in law enforcement policies and practices from area to area. The Trust for Public Land community/environmental indicators only includes city-level data, not data for the complete MSA. Consequently, most of the community/environmental indicators shown on the MSA tables are for the main city in the MSA and do not include resources in the rest of the MSA. Not all city-level data was available for each MSA from the Trust for Public Land. For those MSAs missing data their scores were adjusted for the ranking calculation.
References


ATLANTA, GA
(Atlanta-Sandy Springs-Roswell, GA MSA)

Total Score = 57.5; Rank = 14

Areas of Excellence (at or better than target goal):
• More park playgrounds per capita
• More golf courses per capita
• More park units per capita
• More recreation centers per capita
• More swimming pools per capita
• More tennis courts per capita

Improvement Priority Areas (worse than 20% of target goal):
• Lower percent meeting CDC aerobic activity guidelines
• Lower percent consuming 2+ fruits per day
• Higher percent currently smoking
• Higher percent obese
• Higher percent with asthma
• Higher percent with angina or coronary heart disease
• Higher percent with diabetes
• 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 dog parks per capita
• Lower level of state requirement for Physical Education classes

Description of Atlanta-Sandy Springs-Roswell, GA MSA
Population 5,522,942
Percent less than 18 years old 25.6%
Percent 18 to 64 years old 64.0%
Percent 65 years old and older 10.4%
Percent male 48.5%
Percent high school graduate or higher 88.2%
Percent White 56.1%
Percent Black or African American 33.0%
Percent Asian 5.3%
Percent Other Race 5.6%
Percent Hispanic/Latino 10.5%
Percent unemployed 9.8%
Median household income $55,733
Percent of households below poverty level 12.0%
Violent crime rate/100,000* 389.1
Percent with disability 10.2%

*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 = 61.2; Rank = 16

- Percent any physical activity or exercise in the last 30 days: 69.6% (Atlanta) / 82.6% (Target Goal)
- Percent meeting CDC aerobic activity guidelines: 25.1% (Atlanta) / 32.2% (Target Goal)
- Percent meeting both CDC aerobic and strength activity guidelines: 20.4% (Atlanta) / 23.3% (Target Goal)
- Percent consuming 2+ fruits per day: 26.6% (Atlanta) / 35.6% (Target Goal)
- Percent consuming 3+ vegetables per day: 16.7% (Atlanta) / 19.6% (Target Goal)
- Percent currently smoking: 15.9% (Atlanta) / 13.1% (Target Goal)

Chronic Health Problems

- Percent obese: 26.9% (Atlanta) / 21.3% (Target Goal)
- Percent in excellent or very good health: 53.4% (Atlanta) / 61.0% (Target Goal)
- Any days when physical health was not good during the past 30 days: 33.4% (Atlanta) / 30.4% (Target Goal)
- Any days when mental health was not good during the past 30 days: 31.2% (Atlanta) / 29.2% (Target Goal)
- Percent with asthma: 8.0% (Atlanta) / 6.5% (Target Goal)
- Percent with angina or coronary heart disease: 3.4% (Atlanta) / 2.8% (Target Goal)
- Percent with diabetes: 9.8% (Atlanta) / 6.4% (Target Goal)
- Death rate/100,000 for cardiovascular disease: 172.9 (Atlanta) / 167.1 (Target Goal)
- Death rate/100,000 for diabetes: 19.0 (Atlanta) / 17.0 (Target Goal)

Community/Environmental Indicators – Score = 54.0; Rank = 24

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

Built Environment

- Parkland as a percent of city land area: 5.2% (Atlanta) / 10.6% (Target Goal)
- Acres of parkland/1,000: 10.0 (Atlanta) / 18.6 (Target Goal)
- Farmers’ markets/1,000,000: 11.2 (Atlanta) / 13.1 (Target Goal)
- Percent using public transportation to work: 3.1% (Atlanta) / 4.3% (Target Goal)
- Percent bicycling or walking to work: 1.5% (Atlanta) / 2.8% (Target Goal)
- WalkScore®: 45.9 (Atlanta) / 51.1 (Target Goal)
- Percent within a 10 minute walk to a park: 63.0% (Atlanta) / 63.8% (Target Goal)

Recreational Facilities

- Ball diamonds/10,000: 1.8 (Atlanta) / 1.9 (Target Goal)
- Dog parks/100,000: 0.5 (Atlanta) / 0.9 (Target Goal)
- Park playgrounds/10,000: 2.5 (Atlanta) / 2.3 (Target Goal)
- Golf courses/100,000: 1.4 (Atlanta) / 0.9 (Target Goal)
- Park units/10,000: 4.1 (Atlanta) / 8.1 (Target Goal)
- Recreational centers/20,000: 1.5 (Atlanta) / 1.0 (Target Goal)
- Swimming pools/100,000: 3.1 (Atlanta) / 5.0 (Target Goal)
- Tennis courts/10,000: 2.0 (Atlanta) / 3.9 (Target Goal)

Policy for School P.E.

- Level of state requirement for Physical Education: 0.0 (Atlanta) / 2.5 (Target Goal)

Park-related Expenditures

- Total park expenditure per resident: $92.00 (Atlanta) / $101.80 (Target Goal)

*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.

**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
AUSTIN, TX
(Austin-Round Rock, TX MSA)

Total Score = 54.2; Rank = 20

Areas of Excellence (at or better than target goal):
- Lower percent with angina or coronary heart disease
- Lower death rate for cardiovascular disease
- Lower death rate for diabetes
- Higher percent of city land area as parkland
- More acres of parkland per capita
- More farmers’ markets per capita
- More dog parks per capita
- More swimming pools per capita

Improvement Priority Areas (worse than 20% of target goal):
- Lower percent meeting both CDC aerobic and strength activity guidelines
- Lower percent consuming 2+ fruits per day
- Higher percent obese
- Higher percent with asthma
- Higher percent with diabetes
- Lower percent using public transportation to work
- Lower Walk Score®
- Lower percent of population within a 10 minute walk to a park
- Fewer ball diamonds per capita
- Fewer park playgrounds per capita
- Fewer golf courses per capita
- Fewer recreation centers per capita
- Fewer tennis courts per capita
- Lower park-related expenditures per capita

Description of Austin-Round Rock, TX MSA

<table>
<thead>
<tr>
<th>Description</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population</td>
<td>1,883,051</td>
</tr>
<tr>
<td>Percent less than 18 years old</td>
<td>24.6%</td>
</tr>
<tr>
<td>Percent 18 to 64 years old</td>
<td>66.2%</td>
</tr>
<tr>
<td>Percent 65 years old and older</td>
<td>9.2%</td>
</tr>
<tr>
<td>Percent male</td>
<td>50.1%</td>
</tr>
<tr>
<td>Percent high school graduate or higher</td>
<td>88.6%</td>
</tr>
<tr>
<td>Percent White</td>
<td>79.8%</td>
</tr>
<tr>
<td>Percent Black or African American</td>
<td>7.2%</td>
</tr>
<tr>
<td>Percent Asian</td>
<td>5.0%</td>
</tr>
<tr>
<td>Percent Other Race</td>
<td>8.0%</td>
</tr>
<tr>
<td>Percent Hispanic/Latino</td>
<td>31.9%</td>
</tr>
<tr>
<td>Percent unemployed</td>
<td>6.3%</td>
</tr>
<tr>
<td>Median household income</td>
<td>$61,750</td>
</tr>
<tr>
<td>Percent of households below poverty level</td>
<td>9.2%</td>
</tr>
<tr>
<td>Violent crime rate/100,000*</td>
<td>271.3</td>
</tr>
<tr>
<td>Percent with disability</td>
<td>10.0%</td>
</tr>
</tbody>
</table>

*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 = 64.5; Rank = 14

<table>
<thead>
<tr>
<th>Health Behaviors</th>
<th>Austin</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent any physical activity or exercise in the last 30 days</td>
<td>72.0%</td>
<td>82.6%</td>
</tr>
<tr>
<td>Percent meeting CDC aerobic activity guidelines</td>
<td>26.2%</td>
<td>32.2%</td>
</tr>
<tr>
<td>Percent meeting both CDC aerobic and strength activity guidelines</td>
<td>14.9%</td>
<td>23.3%</td>
</tr>
<tr>
<td>Percent consuming 2+ fruits per day</td>
<td>26.0%</td>
<td>35.6%</td>
</tr>
<tr>
<td>Percent consuming 3+ vegetables per day</td>
<td>18.3%</td>
<td>19.6%</td>
</tr>
<tr>
<td>Percent currently smoking</td>
<td>14.6%</td>
<td>13.1%</td>
</tr>
</tbody>
</table>

## Chronic Health Problems

<table>
<thead>
<tr>
<th>Chronic Health Problems</th>
<th>Austin</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent obese</td>
<td>26.2%</td>
<td>21.3%</td>
</tr>
<tr>
<td>Percent in excellent or very good health</td>
<td>50.9%</td>
<td>61.0%</td>
</tr>
<tr>
<td>Any days when physical health was not good during the past 30 days</td>
<td>32.7%</td>
<td>30.4%</td>
</tr>
<tr>
<td>Any days when mental health was not good during the past 30 days</td>
<td>33.4%</td>
<td>29.2%</td>
</tr>
<tr>
<td>Percent with asthma</td>
<td>9.1%</td>
<td>6.5%</td>
</tr>
<tr>
<td>Percent with angina or coronary heart disease</td>
<td>2.1%</td>
<td>2.8%</td>
</tr>
<tr>
<td>Percent with diabetes</td>
<td>8.3%</td>
<td>6.4%</td>
</tr>
<tr>
<td>Death rate/100,000 for cardiovascular disease</td>
<td>128.8</td>
<td>167.1</td>
</tr>
<tr>
<td>Death rate/100,000 for diabetes</td>
<td>13.6</td>
<td>17.0</td>
</tr>
</tbody>
</table>

## Community/Environmental Indicators – Score = 44.5; Rank = 33

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

<table>
<thead>
<tr>
<th>Built Environment</th>
<th>Austin</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parkland as a percent of city land area</td>
<td>14.7%</td>
<td>10.6%</td>
</tr>
<tr>
<td>Acres of parkland/1,000</td>
<td>32.5</td>
<td>18.6</td>
</tr>
<tr>
<td>Farmers’ markets/1,000,000</td>
<td>16.5</td>
<td>13.1</td>
</tr>
<tr>
<td>Percent using public transportation to work</td>
<td>2.4%</td>
<td>4.3%</td>
</tr>
<tr>
<td>Percent bicycling or walking to work</td>
<td>2.5%</td>
<td>2.8%</td>
</tr>
<tr>
<td>WalkScore®</td>
<td>35.4</td>
<td>51.1</td>
</tr>
<tr>
<td>Percent within a 10 minute walk to a park</td>
<td>45.0%</td>
<td>63.8%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Recreational Facilities</th>
<th>Austin</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ball diamonds/10,000</td>
<td>0.8</td>
<td>1.9</td>
</tr>
<tr>
<td>Dog parks/100,000</td>
<td>1.3</td>
<td>0.9</td>
</tr>
<tr>
<td>Park playgrounds/10,000</td>
<td>1.3</td>
<td>2.3</td>
</tr>
<tr>
<td>Golf courses/100,000</td>
<td>0.6</td>
<td>0.9</td>
</tr>
<tr>
<td>Park units/10,000</td>
<td>3.4</td>
<td>4.1</td>
</tr>
<tr>
<td>Recreational centers/20,000</td>
<td>0.5</td>
<td>1.0</td>
</tr>
<tr>
<td>Swimming pools/100,000</td>
<td>3.1</td>
<td>4.2</td>
</tr>
<tr>
<td>Tennis courts/10,000</td>
<td>1.3</td>
<td>2.0</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Policy for School P.E.</th>
<th>Austin</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level of state requirement for Physical Education</td>
<td>2.0</td>
<td>2.5</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Park-related Expenditures</th>
<th>Austin</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total park expenditure per resident</td>
<td>$71.00</td>
<td>$101.80</td>
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</tbody>
</table>

*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.

**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
BALTIMORE, MD
(Baltimore-Columbia-Towson, MD MSA)

Total Score = 54.5; Rank = 19

Areas of Excellence (at or better than target goal):
• More farmers’ markets per capita
• Higher percent using public transportation to work
• Higher percent bicycling or walking to work
• Higher Walk Score®
• Higher percent of population within a 10 minute walk to a park
• More ball diamonds per capita
• More park playgrounds per capita
• More park units per capita
• More recreation centers per capita
• More swimming pools per capita

Improvement Priority Areas (worse than 20% of target goal):
• Lower percent meeting CDC aerobic activity guidelines
• Lower percent meeting both CDC aerobic and strength activity guidelines
• Lower percent consuming 3+ vegetables per day
• Higher percent currently smoking
• Higher percent obese
• Higher percent with asthma
• Higher percent with angina or coronary heart disease
• Higher percent with diabetes
• Fewer acres of parkland per capita
• Fewer dog parks per capita
• Lower park-related expenditures per capita
• Lower level of state requirement for Physical Education classes

Description of Baltimore-Columbia-Towson, MD MSA

Population 2,770,738
Percent less than 18 years old 22.3%
Percent 18 to 64 years old 64.0%
Percent 65 years old and older 13.7%
Percent male 48.3%
Percent high school graduate or higher 89.5%
Percent White 61.5%
Percent Black or African American 29.0%
Percent Asian 5.0%
Percent Other Race 4.5%
Percent Hispanic/Latino 5.1%
Percent unemployed 7.3%
Median household income $68,455
Percent of households below poverty level 7.8%
Violent crime rate/100,000* 633.4
Percent with disability 11.8%

*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 = 46.5; Rank = 28**

*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.

**Community/Environmental Indicators – Score = 62.0; Rank = 12**

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

---

**Health Behaviors**

- Percent any physical activity or exercise in the last 30 days: 67.5% (Target Goal: 82.6%)
- Percent meeting CDC aerobic activity guidelines: 21.8% (Target Goal: 32.2%)
- Percent meeting both CDC aerobic and strength activity guidelines: 17.0% (Target Goal: 23.3%)
- Percent consuming 2+ fruits per day: 29.6% (Target Goal: 35.6%)
- Percent consuming 3+ vegetables per day: 14.4% (Target Goal: 19.6%)
- Percent currently smoking: 18.0% (Target Goal: 13.1%)

**Chronic Health Problems**

- Percent obese: 28.8% (Target Goal: 21.3%)
- Percent in excellent or very good health: 55.1% (Target Goal: 61.0%)
- Any days when physical health was not good during the past 30 days: 33.9% (Target Goal: 30.4%)
- Any days when mental health was not good during the past 30 days: 34.9% (Target Goal: 29.2%)
- Percent with asthma: 9.9% (Target Goal: 6.5%)
- Percent with angina or coronary heart disease: 3.7% (Target Goal: 2.8%)
- Percent with diabetes: 9.8% (Target Goal: 6.4%)
- Death rate/100,000 for cardiovascular disease: 198.2 (Target Goal: 167.1)
- Death rate/100,000 for diabetes: 18.7 (Target Goal: 17.0)

**Built Environment**

- Parkland as a percent of city land area: 9.6% (Target Goal: 10.6%)
- Acres of parkland/1,000,000: 7.9 (Target Goal: 18.6)
- Farmers’ markets/1,000,000: 23.1 (Target Goal: 13.1)
- Percent using public transportation to work: 6.8% (Target Goal: 4.3%)
- Percent bicycling or walking to work: 3.0% (Target Goal: 2.8%)
- WalkScore®: 66.2 (Target Goal: 51.1)
- Percent within a 10 minute walk to a park: 63.8% (Target Goal: 85.0%)

**Recreational Facilities**

- Ball diamonds/10,000: 3.3 (Target Goal: 1.9)
- Dog parks/100,000: 0.3 (Target Goal: 0.9)
- Park playgrounds/10,000: 2.3 (Target Goal: 3.2)
- Golf courses/100,000: 0.8 (Target Goal: 0.9)
- Park units/10,000: 4.1 (Target Goal: 6.8)
- Recreational centers/20,000: 1.9 (Target Goal: 1.0)
- Swimming pools/100,000: 3.5 (Target Goal: 3.1)
- Tennis courts/10,000: 1.8 (Target Goal: 2.0)

**Policy for School P.E.**

- Level of state requirement for Physical Education: 0.0 (Target Goal: 2.5)

**Park-related Expenditures**

- Total park expenditure per resident: $71.00 (Target Goal: $101.80)

*The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
BIRMINGHAM, AL
(Birmingham-Hoover, AL MSA)

Total Score = 34.5; Rank = 44

Areas of Excellence (at or better than target goal):
• More farmers’ markets per capita
• More dog parks per capita
• More park playgrounds per capita
• More golf courses per capita
• More park units per capita
• More recreation centers per capita
• More swimming pools per capita
• More tennis courts per capita

Improvement Priority Areas (worse than 20% of target goal):
• Lower percent of any physical activity or exercise in the last 30 days
• Lower percent meeting CDC aerobic activity guidelines
• Lower percent meeting both CDC aerobic and strength activity guidelines
• Lower percent consuming 2+ fruits per day
• Lower percent consuming 3+ vegetables per day
• Higher percent currently smoking
• Higher percent obese
• Lower percent in excellent or very good health
• Higher percent of days when mental health was not good during the past 30 days
• Higher percent with asthma
• Higher percent with angina or coronary heart disease
• Higher percent with diabetes
• 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
• Lower Walk Score®
• Lower park-related expenditures per capita

Description of Birmingham-Hoover, AL MSA
Population 1,140,300
Percent less than 18 years old 23.5%
Percent 18 to 64 years old 62.4%
Percent 65 years old and older 14.2%
Percent male 48.1%
Percent high school graduate or higher 87.0%
Percent White 66.7%
Percent Black or African American 28.4%
Percent Asian 1.3%
Percent Other Race 3.6%
Percent Hispanic/Latino 4.4%
Percent unemployed 7.7%
Median household income $48,328
Percent of households below poverty level 12.5%
Violent crime rate/100,000* 529.8
Percent with disability 15.4%

*Due to differences in jurisdictional definitions and reporting, the FBI recommends that these rates not be compared across areas.
### Health Behaviors

<table>
<thead>
<tr>
<th>Behavior</th>
<th>Birmingham</th>
<th>Target Goal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent any physical activity or exercise in the last 30 days</td>
<td>62.9%</td>
<td>82.6%</td>
</tr>
<tr>
<td>Percent meeting CDC aerobic activity guidelines</td>
<td>25.0%</td>
<td>32.2%</td>
</tr>
<tr>
<td>Percent meeting both CDC aerobic and strength activity guidelines</td>
<td>13.0%</td>
<td>23.3%</td>
</tr>
<tr>
<td>Percent consuming 2+ fruits per day</td>
<td>21.7%</td>
<td>35.6%</td>
</tr>
<tr>
<td>Percent consuming 3+ vegetables per day</td>
<td>12.0%</td>
<td>19.6%</td>
</tr>
<tr>
<td>Percent currently smoking</td>
<td>21.6%</td>
<td>13.1%</td>
</tr>
</tbody>
</table>

### Chronic Health Problems

<table>
<thead>
<tr>
<th>Condition</th>
<th>Birmingham</th>
<th>Target Goal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent obese</td>
<td>33.4%</td>
<td>21.3%</td>
</tr>
<tr>
<td>Percent in excellent or very good health</td>
<td>46.8%</td>
<td>61.0%</td>
</tr>
<tr>
<td>Any days when physical health was not good during the past 30 days</td>
<td>35.7%</td>
<td>30.4%</td>
</tr>
<tr>
<td>Any days when mental health was not good during the past 30 days</td>
<td>36.7%</td>
<td>29.2%</td>
</tr>
<tr>
<td>Percent with asthma</td>
<td>8.4%</td>
<td>6.5%</td>
</tr>
<tr>
<td>Percent with angina or coronary heart disease</td>
<td>5.3%</td>
<td>2.8%</td>
</tr>
<tr>
<td>Percent with diabetes</td>
<td>12.5%</td>
<td>6.4%</td>
</tr>
<tr>
<td>Death rate/100,000 for cardiovascular disease</td>
<td></td>
<td>219.1</td>
</tr>
<tr>
<td>Death rate/100,000 for diabetes</td>
<td></td>
<td>17.0</td>
</tr>
</tbody>
</table>

### Community/Environmental Indicators

### Built Environment

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Birmingham</th>
<th>Target Goal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parkland as a percent of city land area</td>
<td>2.6%</td>
<td>10.6%</td>
</tr>
<tr>
<td>Acres of parkland/1,000</td>
<td>11.3</td>
<td>18.6</td>
</tr>
<tr>
<td>Farmers’ markets/1,000</td>
<td>24.6</td>
<td>13.1</td>
</tr>
<tr>
<td>Percent using public transportation to work</td>
<td>0.8%</td>
<td>4.3%</td>
</tr>
<tr>
<td>Percent bicycling or walking to work</td>
<td>1.0%</td>
<td>2.8%</td>
</tr>
<tr>
<td>WalkScore*</td>
<td>33.0</td>
<td>51.1</td>
</tr>
<tr>
<td>Percent within a 10 minute walk to a park</td>
<td>N/A***</td>
<td>63.8%</td>
</tr>
</tbody>
</table>

### Recreational Facilities

<table>
<thead>
<tr>
<th>Facility</th>
<th>Birmingham</th>
<th>Target Goal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ball diamonds/10,000</td>
<td>1.8</td>
<td>1.9</td>
</tr>
<tr>
<td>Dog parks/100,000</td>
<td>0.9</td>
<td>0.9</td>
</tr>
<tr>
<td>Park playgrounds/10,000</td>
<td>2.3</td>
<td>3.8</td>
</tr>
<tr>
<td>Golf courses/100,000</td>
<td>0.9</td>
<td>0.9</td>
</tr>
<tr>
<td>Park units/10,000</td>
<td>1.7</td>
<td>4.1</td>
</tr>
<tr>
<td>Recreational centers/20,000</td>
<td>1.0</td>
<td>8.0</td>
</tr>
<tr>
<td>Swimming pools/100,000</td>
<td>3.1</td>
<td>8.0</td>
</tr>
<tr>
<td>Tennis courts/10,000</td>
<td>2.0</td>
<td>4.2</td>
</tr>
</tbody>
</table>

### Policy for School P.E.

<table>
<thead>
<tr>
<th>Requirement for Physical Education</th>
<th>Birmingham</th>
<th>Target Goal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level of state requirement for Physical Education</td>
<td>2.0</td>
<td>2.5</td>
</tr>
</tbody>
</table>

### Park-related Expenditures

<table>
<thead>
<tr>
<th>Expenditure</th>
<th>Birmingham</th>
<th>Target Goal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total park expenditure per resident</td>
<td>$52.00</td>
<td>$101.80</td>
</tr>
</tbody>
</table>

---

*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.

**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.

***This measure was unavailable for this MSA. The community/environmental indicator score and total score were adjusted to allow fair comparisons with the other MSAs.
BOSTON, MA
(Boston-Cambridge-Newton, MA-NH MSA)

Total Score = 68.1; Rank = 9

Areas of Excellence (at or better than target goal):
• Lower death rate for cardiovascular disease
• Lower death rate for diabetes
• Higher percent of city land as parkland
• More farmers’ markets per capita
• Higher percent using public transportation to work
• Higher percent bicycling or walking to work
• Higher Walk Score®
• Higher percent of population within a 10 minute walk to a park
• More ball diamonds per capita
• More park playgrounds per capita
• More park units per capita
• Higher park-related expenditures per capita
• Higher level of state requirement for Physical Education classes

Improvement Priority Areas (worse than 20% of target goal):
• Higher percent with asthma
• Higher percent with diabetes
• Fewer acres of parkland per capita
• Fewer dog parks per capita
• Fewer golf courses per capita
• Fewer recreation centers per capita
• Fewer swimming pools per capita

Description of Boston-Cambridge-Newton, MA-NH MSA

<table>
<thead>
<tr>
<th>Description</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population</td>
<td>4,684,299</td>
</tr>
<tr>
<td>Percent less than 18 years old</td>
<td>20.8%</td>
</tr>
<tr>
<td>Percent 18 to 64 years old</td>
<td>65.1%</td>
</tr>
<tr>
<td>Percent 65 years old and older</td>
<td>14.1%</td>
</tr>
<tr>
<td>Percent male</td>
<td>48.5%</td>
</tr>
<tr>
<td>Percent high school graduate or higher</td>
<td>91.2%</td>
</tr>
<tr>
<td>Percent White</td>
<td>77.8%</td>
</tr>
<tr>
<td>Percent Black or African American</td>
<td>7.7%</td>
</tr>
<tr>
<td>Percent Asian</td>
<td>7.0%</td>
</tr>
<tr>
<td>Percent Other Race</td>
<td>7.5%</td>
</tr>
<tr>
<td>Percent Hispanic/Latino</td>
<td>9.9%</td>
</tr>
<tr>
<td>Percent unemployed</td>
<td>7.2%</td>
</tr>
<tr>
<td>Median household income</td>
<td>$72,907</td>
</tr>
<tr>
<td>Percent of households below poverty level</td>
<td>7.2%</td>
</tr>
<tr>
<td>Violent crime rate/100,000*</td>
<td>354.5</td>
</tr>
<tr>
<td>Percent with disability</td>
<td>10.9%</td>
</tr>
</tbody>
</table>

*Due to differences in jurisdictional definitions and reporting, the FBI recommends that these rates not be compared across areas.
### Personal Health Indicators – Score = 72.0; Rank = 8

<table>
<thead>
<tr>
<th>Health Behaviors</th>
<th>Boston</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent any physical activity or exercise in the last 30 days</td>
<td>70.8%</td>
<td>82.6%</td>
</tr>
<tr>
<td>Percent meeting CDC aerobic activity guidelines</td>
<td>27.2%</td>
<td>32.2%</td>
</tr>
<tr>
<td>Percent meeting both CDC aerobic and strength activity guidelines</td>
<td>21.7%</td>
<td>23.3%</td>
</tr>
<tr>
<td>Percent consuming 2+ fruits per day</td>
<td>31.9%</td>
<td>35.6%</td>
</tr>
<tr>
<td>Percent consuming 3+ vegetables per day</td>
<td>16.4%</td>
<td>19.6%</td>
</tr>
<tr>
<td>Percent currently smoking</td>
<td>14.7%</td>
<td>13.1%</td>
</tr>
</tbody>
</table>

### Chronic Health Problems

<table>
<thead>
<tr>
<th>Boston</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent obese</td>
<td>23.0%</td>
</tr>
<tr>
<td>Percent in excellent or very good health</td>
<td>59.8%</td>
</tr>
<tr>
<td>Any days when physical health was not good during the past 30 days</td>
<td>36.5%</td>
</tr>
<tr>
<td>Any days when mental health was not good during the past 30 days</td>
<td>34.4%</td>
</tr>
<tr>
<td>Percent with asthma</td>
<td>10.3%</td>
</tr>
<tr>
<td>Percent with angina or coronary heart disease</td>
<td>3.2%</td>
</tr>
<tr>
<td>Percent with diabetes</td>
<td>8.4%</td>
</tr>
<tr>
<td>Death rate/100,000 for cardiovascular disease</td>
<td>146.1</td>
</tr>
<tr>
<td>Death rate/100,000 for diabetes</td>
<td>14.4</td>
</tr>
</tbody>
</table>

### Community/Environmental Indicators – Score = 64.4; Rank = 10

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

<table>
<thead>
<tr>
<th>Built Environment</th>
<th>Boston</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parkland as a percent of city land area</td>
<td>16.9%</td>
<td>10.6%</td>
</tr>
<tr>
<td>Acres of parkland/1,000</td>
<td>7.7</td>
<td>18.6</td>
</tr>
<tr>
<td>Farmers’ markets/1,000,000</td>
<td>13.1</td>
<td>36.7</td>
</tr>
<tr>
<td>Percent using public transportation to work</td>
<td>12.8%</td>
<td>4.3%</td>
</tr>
<tr>
<td>Percent bicycling or walking to work</td>
<td>6.3%</td>
<td>2.8%</td>
</tr>
<tr>
<td>WalkScore*</td>
<td>79.5</td>
<td>51.1</td>
</tr>
<tr>
<td>Percent within a 10 minute walk to a park</td>
<td>63.8%</td>
<td>96.0%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Recreational Facilities</th>
<th>Boston</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ball diamonds/10,000</td>
<td>2.3</td>
<td>1.9</td>
</tr>
<tr>
<td>Dog parks/100,000</td>
<td>0.5</td>
<td>0.9</td>
</tr>
<tr>
<td>Park playgrounds/10,000</td>
<td>0.3</td>
<td>2.3</td>
</tr>
<tr>
<td>Golf courses/100,000</td>
<td>0.3</td>
<td>0.9</td>
</tr>
<tr>
<td>Park units/10,000</td>
<td>0.0</td>
<td>4.1</td>
</tr>
<tr>
<td>Recreational centers/20,000</td>
<td>0.0</td>
<td>1.0</td>
</tr>
<tr>
<td>Swimming pools/100,000</td>
<td>1.1</td>
<td>3.1</td>
</tr>
<tr>
<td>Tennis courts/10,000</td>
<td>1.6</td>
<td>2.0</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Policy for School P.E.</th>
<th>Boston</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level of state requirement for Physical Education</td>
<td>3.0</td>
<td>2.5</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Park-related Expenditures</th>
<th>Boston</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total park expenditure per resident</td>
<td>$177.00</td>
<td>$101.80</td>
</tr>
</tbody>
</table>

*The target goal for the Personal Health indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.

**The target goal for the Community/Environmental indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
BUFFALO, NY
(Buffalo-Cheektowaga-Niagara Falls, NY MSA)

Total Score = 47.3; Rank = 32

Areas of Excellence (at or better than target goal):
• More farmers’ markets per capita
• Higher percent bicycling or walking to work
• Higher Walk Score®
• More ball diamonds per capita
• More park playgrounds per capita
• More golf courses per capita
• More park units per capita
• More swimming pools per capita
• More tennis courts per capita

Improvement Priority Areas (worse than 20% of target goal):
• Lower percent meeting CDC aerobic activity guidelines
• Lower percent meeting both CDC aerobic and strength activity guidelines
• Lower percent consuming 3+ vegetables per day
• Higher percent currently smoking
• Higher percent with asthma
• Higher percent with angina or coronary heart disease
• Higher percent with diabetes
• Higher death rate for cardiovascular disease
• Higher death rate for diabetes
• Lower percent of city land area as parkland
• Fewer acres of parkland per capita
• Lower percent using public transportation to work
• Fewer dog parks per capita
• Fewer recreation centers per capita
• Lower park-related expenditures per capita
• Lower level of state requirement for Physical Education classes

Description of Buffalo-Cheektowaga-Niagara Falls, NY MSA
Population 1,134,115
Percent less than 18 years old 20.7%
Percent 18 to 64 years old 62.9%
Percent 65 years old and older 16.4%
Percent male 48.4%
Percent high school graduate or higher 90.4%
Percent White 80.4%
Percent Black or African American 12.2%
Percent Asian 2.6%
Percent Other Race 4.8%
Percent Hispanic/Latino 4.5%
Percent unemployed 7.8%
Median household income $50,548
Percent of households below poverty level 10.5%
Violent crime rate/100,000* 430.2
Percent with disability 13.4%

*Due to differences in jurisdictional definitions and reporting, the FBI recommends that these rates not be compared across areas.
Personal Health Indicators – Score = 42.7; Rank = 34

Health Behaviors

- Percent any physical activity or exercise in the last 30 days: 66.8% (Buffalo), 82.6% (Target Goal*)
- Percent meeting CDC aerobic activity guidelines: 25.3% (Buffalo), 32.2% (Target Goal*)
- Percent meeting both CDC aerobic and strength activity guidelines: 16.2% (Buffalo), 23.3% (Target Goal*)
- Percent consuming 2+ fruits per day: 29.7% (Buffalo), 35.6% (Target Goal*)
- Percent consuming 3+ vegetables per day: 11.8% (Buffalo), 19.6% (Target Goal*)
- Percent currently smoking: 23.0% (Buffalo), 13.1% (Target Goal*)

Chronic Health Problems

- Percent obese: 24.2% (Buffalo), 21.3% (Target Goal*)
- Percent in excellent or very good health: 55.0% (Buffalo), 61.0% (Target Goal*)
- Any days when physical health was not good during the past 30 days: 32.8% (Buffalo), 30.4% (Target Goal*)
- Any days when mental health was not good during the past 30 days: 32.4% (Buffalo), 29.2% (Target Goal*)
- Percent with asthma: 11.7% (Buffalo), 6.5% (Target Goal*)
- Percent with angina or coronary heart disease: 6.0% (Buffalo), 2.8% (Target Goal*)
- Percent with diabetes: 7.9% (Buffalo), 6.4% (Target Goal*)
- Death rate/100,000 for cardiovascular disease: 221.0 (Buffalo), 167.1 (Target Goal*)
- Death rate/100,000 for diabetes: 23.4 (Buffalo), 17.0 (Target Goal*)

Community/Environmental Indicators – Score = 51.7; Rank = 28

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

Built Environment

- Parkland as a percent of city land area: 7.5% (Buffalo), 10.6% (Target Goal*)
- Acres of parkland: 7.3 (Buffalo), 18.6 (Target Goal*)
- Farmers’ markets: 26.5 (Buffalo), 13.1 (Target Goal*)
- Percent using public transportation to work: 2.9% (Buffalo), 4.3% (Target Goal*)
- Percent bicycling or walking to work: 3.1% (Buffalo), 2.8% (Target Goal*)
- WalkScore*: 64.9 (Buffalo), 51.1 (Target Goal*)
- Percent within a 10 minute walk to a park: N/A**

Recreational Facilities

- Ball diamonds/10,000: 2.4 (Buffalo), 1.9 (Target Goal*)
- Dog parks/100,000: 0.4 (Buffalo), 0.9 (Target Goal*)
- Park playgrounds/10,000: 2.4 (Buffalo), 2.3 (Target Goal*)
- Golf courses/100,000: 1.5 (Buffalo), 0.9 (Target Goal*)
- Park units/10,000: 7.9 (Buffalo), 4.1 (Target Goal*)
- Recreational centers/20,000: 0.7 (Buffalo), 1.0 (Target Goal*)
- Swimming pools/100,000: 3.9 (Buffalo), 3.1 (Target Goal*)
- Tennis courts/10,000: 2.1 (Buffalo), 2.0 (Target Goal*)

Policy for School P.E.

- Level of state requirement for Physical Education: 0.0 (Buffalo), 2.5 (Target Goal*)

Park-related Expenditures

- Total park expenditure per resident: 58.00 (Buffalo), 101.80 (Target Goal*)

*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.

**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.

***This measure was unavailable for this MSA. The community/environmental indicator score and total score were adjusted to allow fair comparisons with the other MSAs.
CHARLOTTE, NC  
(Charlotte-Concord-Gastonia, NC-SC MSA)

**Total Score = 37.4; Rank = 43**

**Areas of Excellence (at or better than target goal):**
- More acres of parkland per capita
- More farmers’ markets per capita
- Higher level of state requirement for Physical Education classes

**Improvement Priority Areas (worse than 20% of target goal):**
- Lower percent consuming 2+ fruits per day
- Lower percent consuming 3+ vegetables per day
- Higher percent currently smoking
- Higher percent obese
- Higher percent with asthma
- Higher percent with angina or coronary heart disease
- Higher percent with diabetes
- Lower percent of city land area as parkland
- Lower percent using public transportation to work
- Lower percent bicycling or walking to work
- Lower Walk Score®
- Lower percent of population within a 10 minute walk to a park
- Fewer ball diamonds per capita
- Fewer dog parks per capita
- Fewer park playgrounds per capita
- Fewer golf courses per capita
- Fewer park units per capita
- Fewer recreation centers per capita
- Fewer swimming pools per capita
- Fewer tennis courts per capita
- Lower park-related expenditures per capita

**Description of Charlotte-Concord-Gastonia, NC-SC MSA**

<table>
<thead>
<tr>
<th>Stat</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population</td>
<td>2,335,358</td>
</tr>
<tr>
<td>Percent less than 18 years old</td>
<td>24.9%</td>
</tr>
<tr>
<td>Percent 18 to 64 years old</td>
<td>63.1%</td>
</tr>
<tr>
<td>Percent 65 years old and older</td>
<td>12.0%</td>
</tr>
<tr>
<td>Percent male</td>
<td>48.6%</td>
</tr>
<tr>
<td>Percent high school graduate or higher</td>
<td>86.9%</td>
</tr>
<tr>
<td>Percent White</td>
<td>68.3%</td>
</tr>
<tr>
<td>Percent Black or African American</td>
<td>22.4%</td>
</tr>
<tr>
<td>Percent Asian</td>
<td>3.0%</td>
</tr>
<tr>
<td>Percent Other Race</td>
<td>6.3%</td>
</tr>
<tr>
<td>Percent Hispanic/Latino</td>
<td>9.6%</td>
</tr>
<tr>
<td>Percent unemployed</td>
<td>9.5%</td>
</tr>
<tr>
<td>Median household income</td>
<td>$51,251</td>
</tr>
<tr>
<td>Percent of households below poverty level</td>
<td>11.1%</td>
</tr>
<tr>
<td>Violent crime rate/100,000*</td>
<td>404.4</td>
</tr>
<tr>
<td>Percent with disability</td>
<td>11.4%</td>
</tr>
</tbody>
</table>

*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 = 47.6; Rank = 26

<table>
<thead>
<tr>
<th>Health Behaviors</th>
<th>Charlotte</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent any physical activity or exercise in the last 30 days</td>
<td>73.1%</td>
<td>82.6%</td>
</tr>
<tr>
<td>Percent meeting CDC aerobic activity guidelines</td>
<td>29.1%</td>
<td>32.2%</td>
</tr>
<tr>
<td>Percent meeting both CDC aerobic and strength activity guidelines</td>
<td>19.5%</td>
<td>23.3%</td>
</tr>
<tr>
<td>Percent consuming 2+ fruits per day</td>
<td>22.2%</td>
<td>35.6%</td>
</tr>
<tr>
<td>Percent consuming 3+ vegetables per day</td>
<td>10.8%</td>
<td>19.6%</td>
</tr>
<tr>
<td>Percent currently smoking</td>
<td>19.1%</td>
<td>13.1%</td>
</tr>
</tbody>
</table>

#### Chronic Health Problems

| Percent obese                             | 29.0%     | 21.3%        |
| Percent in excellent or very good health | 52.4%     | 61.0%        |
| Any days when physical health was not good during the past 30 days | 35.1% | 30.4% |
| Any days when mental health was not good during the past 30 days | 32.0% | 29.2% |
| Percent with asthma                       | 8.9%      | 6.5%         |
| Percent with angina or coronary heart disease | 4.4%  | 2.8%         |
| Percent with diabetes                     | 11.0%     | 6.4%         |
| Death rate/100,000 for cardiovascular disease | 171.1 | 167.1 |
| Death rate/100,000 for diabetes           | 18.4%     | 17.0%        |

#### Community/Environmental Indicators – Score = 27.8; Rank = 50

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

<table>
<thead>
<tr>
<th>Built Environment</th>
<th>Charlotte</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parkland as a percent of city land area</td>
<td>6.2%</td>
<td>10.6%</td>
</tr>
<tr>
<td>Acres of parkland/1,000</td>
<td>21.1</td>
<td>18.6</td>
</tr>
<tr>
<td>Farmers’ markets/1,000</td>
<td>20.1</td>
<td>13.1</td>
</tr>
<tr>
<td>Percent using public transportation to work</td>
<td>1.7%</td>
<td>4.3%</td>
</tr>
<tr>
<td>Percent bicycling or walking to work</td>
<td>1.5%</td>
<td>2.8%</td>
</tr>
<tr>
<td>WalkScore*</td>
<td>24.4</td>
<td>51.1</td>
</tr>
<tr>
<td>Percent within a 10 minute walk to a park</td>
<td>22.0%</td>
<td>63.8%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Recreational Facilities</th>
<th>Charlotte</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ball diamonds/10,000</td>
<td>0.8%</td>
<td>1.9</td>
</tr>
<tr>
<td>Dog parks/100,000</td>
<td>0.6%</td>
<td>0.9</td>
</tr>
<tr>
<td>Park playgrounds/10,000</td>
<td>1.2%</td>
<td>2.3</td>
</tr>
<tr>
<td>Golf courses/100,000</td>
<td>0.5%</td>
<td>0.9</td>
</tr>
<tr>
<td>Park units/10,000</td>
<td>2.4%</td>
<td>4.1</td>
</tr>
<tr>
<td>Recreational centers/20,000</td>
<td>0.5%</td>
<td>1.0</td>
</tr>
<tr>
<td>Swimming pools/100,000</td>
<td>0.5%</td>
<td>3.1</td>
</tr>
<tr>
<td>Tennis courts/10,000</td>
<td>1.4%</td>
<td>2.0</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Policy for School P.E.</th>
<th>Charlotte</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level of state requirement for Physical Education</td>
<td>3.0%</td>
<td>2.5%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Park-related Expenditures</th>
<th>Charlotte</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total park expenditure per resident</td>
<td>$50.00</td>
<td>$101.80</td>
</tr>
</tbody>
</table>

---

*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.

**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
CHICAGO, IL
(Chicago-Naperville-Elgin, IL-IN-WI MSA)

Total Score = 56.3; Rank = 17

Areas of Excellence (at or better than target goal):
• More farmers’ markets per capita
• Higher percent using public transportation to work
• Higher percent bicycling or walking to work
• Higher Walk Score®
• Higher percent of population within a 10 minute walk to a park
• More ball diamonds per capita
• More recreation centers per capita
• More tennis courts per capita
• Higher park-related expenditures per capita

Improvement Priority Areas (worse than 20% of target goal):
• Higher percent currently smoking
• Higher percent obese
• Lower percent in excellent or very good health
• Higher percent of days when physical health was not good during the past 30 days
• Higher percent of days when mental health was not good during the past 30 days
• Higher percent with asthma
• Higher percent with angina or coronary heart disease
• Higher percent with diabetes
• Fewer acres of parkland per capita
• Fewer dog parks per capita
• Fewer golf courses per capita
• Fewer park units per capita
• Lower level of state requirement for Physical Education classes

Description of Chicago-Naperville-Elgin, IL-IN-WI MSA

<table>
<thead>
<tr>
<th>Population</th>
<th>9,537,289</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent less than 18 years old</td>
<td>24.1%</td>
</tr>
<tr>
<td>Percent 18 to 64 years old</td>
<td>63.5%</td>
</tr>
<tr>
<td>Percent 65 years old and older</td>
<td>12.4%</td>
</tr>
<tr>
<td>Percent male</td>
<td>48.9%</td>
</tr>
<tr>
<td>Percent high school graduate or higher</td>
<td>87.2%</td>
</tr>
<tr>
<td>Percent White</td>
<td>66.8%</td>
</tr>
<tr>
<td>Percent Black or African American</td>
<td>16.9%</td>
</tr>
<tr>
<td>Percent Asian</td>
<td>6.0%</td>
</tr>
<tr>
<td>Percent Other Race</td>
<td>10.3%</td>
</tr>
<tr>
<td>Percent Hispanic/Latino</td>
<td>21.4%</td>
</tr>
<tr>
<td>Percent unemployed</td>
<td>9.8%</td>
</tr>
<tr>
<td>Median household income</td>
<td>$60,564</td>
</tr>
<tr>
<td>Percent of households below poverty level</td>
<td>10.8%</td>
</tr>
<tr>
<td>Violent crime rate/100,000*</td>
<td>N/A‡</td>
</tr>
<tr>
<td>Percent with disability</td>
<td>10.0%</td>
</tr>
</tbody>
</table>

*Due to differences in jurisdictional definitions and reporting, the FBI recommends that these rates not be compared across areas.
‡This measure was not available.
**ACSM American Fitness Index® Components**

**Personal Health Indicators – Score = 55.3; Rank = 18**

- **Percent any physical activity or exercise in the last 30 days**: Chicago: 70.7%, Target Goal: 82.6%
- **Percent meeting CDC aerobic activity guidelines**: Chicago: 28.5%, Target Goal: 32.2%
- **Percent meeting both CDC aerobic and strength activity guidelines**: Chicago: 20.3%, Target Goal: 23.3%
- **Percent consuming 2+ fruits per day**: Chicago: 35.4%, Target Goal: 35.6%
- **Percent consuming 3+ vegetables per day**: Chicago: 17.0%, Target Goal: 19.6%
- **Percent currently smoking**: Chicago: 16.1%, Target Goal: 13.1%

**Chronic Health Problems**

- **Percent obese**: Chicago: 29.8%, Target Goal: 21.3%
- **Percent in excellent or very good health**: Chicago: 48.2%, Target Goal: 61.0%
- **Any days when physical health was not good during the past 30 days**: Chicago: 42.2%, Target Goal: 30.4%
- **Any days when mental health was not good during the past 30 days**: Chicago: 41.1%, Target Goal: 29.2%
- **Percent with asthma**: Chicago: 7.9%, Target Goal: 6.5%
- **Percent with angina or coronary heart disease**: Chicago: 3.5%, Target Goal: 2.8%
- **Percent with diabetes**: Chicago: 9.9%, Target Goal: 6.4%
- **Death rate/100,000 for cardiovascular disease**: Chicago: 179.7, Target Goal: 167.1
- **Death rate/100,000 for diabetes**: Chicago: 20.4, Target Goal: 17.0

**Community/Environmental Indicators – Score = 57.4; Rank = 17**

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

**Built Environment**

- **Parkland as a percent of city land area**: Chicago: 9.1%, Target Goal: 10.6%
- **Acres of parkland/1,000**: Chicago: 4.6, Target Goal: 18.6
- **Farmers’ markets/1,000,000**: Chicago: 20.2, Target Goal: 13.1
- **Percent using public transportation to work**: Chicago: 11.8%, Target Goal: 4.3%
- **Percent bicycling or walking to work**: Chicago: 3.8%, Target Goal: 2.8%
- **WalkScore®**: Chicago: 74.8, Target Goal: 51.1
- **Percent within a 10 minute walk to a park**: Chicago: 91.0%, Target Goal: 63.8%

**Recreational Facilities**

- **Ball diamonds/10,000**: Chicago: 2.6, Target Goal: 1.9
- **Dog parks/100,000**: Chicago: 0.7, Target Goal: 0.9
- **Park playgrounds/10,000**: Chicago: 2.3, Target Goal: 1.9
- **Golf courses/100,000**: Chicago: 0.5, Target Goal: 0.9
- **Park units/10,000**: Chicago: 2.3, Target Goal: 4.1
- **Recreational centers/20,000**: Chicago: 1.0, Target Goal: 1.8
- **Swimming pools/100,000**: Chicago: 2.8, Target Goal: 3.1
- **Tennis courts/10,000**: Chicago: 2.0, Target Goal: 2.0

**Policy for School P.E.**

- **Level of state requirement for Physical Education**: Chicago: 2.5

**Park-related Expenditures**

- **Total park expenditure per resident**: Chicago: $170.00, Target Goal: $101.80

*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.

**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
CINCINNATI, OH
(Cincinnati, OH-KY-IN MSA)

Total Score = 56.4; Rank = 16

Areas of Excellence (at or better than target goal):
• Higher percent of city land area as parkland
• More acres of parkland per capita
• More farmers’ markets per capita
• 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
• More recreation centers per capita
• More swimming pools per capita
• More tennis courts per capita
• Higher park-related expenditures per capita

Improvement Priority Areas (worse than 20% of target goal):
• Lower percent meeting both CDC aerobic and strength activity guidelines
• Lower percent consuming 2+ fruits per day
• Lower percent consuming 3+ vegetables per day
• Higher percent currently smoking
• Higher percent obese
• Higher percent with asthma
• Higher percent with angina or coronary heart disease
• Higher percent with diabetes
• Higher death rate for diabetes
• Lower percent using public transportation to work
• Lower percent bicycling or walking to work
• Lower level of state requirement for Physical Education classes

Description of Cincinnati, OH-KY-IN MSA

<table>
<thead>
<tr>
<th>Description</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population</td>
<td>2,137,406</td>
</tr>
<tr>
<td>Percent less than 18 years old</td>
<td>24.4%</td>
</tr>
<tr>
<td>Percent 18 to 64 years old</td>
<td>62.3%</td>
</tr>
<tr>
<td>Percent 65 years old and older</td>
<td>13.3%</td>
</tr>
<tr>
<td>Percent male</td>
<td>48.9%</td>
</tr>
<tr>
<td>Percent high school graduate or higher</td>
<td>89.6%</td>
</tr>
<tr>
<td>Percent White</td>
<td>83.0%</td>
</tr>
<tr>
<td>Percent Black or African American</td>
<td>12.0%</td>
</tr>
<tr>
<td>Percent Asian</td>
<td>2.1%</td>
</tr>
<tr>
<td>Percent Other Race</td>
<td>2.9%</td>
</tr>
<tr>
<td>Percent Hispanic/Latino</td>
<td>2.8%</td>
</tr>
<tr>
<td>Percent unemployed</td>
<td>7.6%</td>
</tr>
<tr>
<td>Median household income</td>
<td>$53,378</td>
</tr>
<tr>
<td>Percent of households below poverty level</td>
<td>10.7%</td>
</tr>
<tr>
<td>Violent crime rate/100,000*</td>
<td>285.2</td>
</tr>
<tr>
<td>Percent with disability</td>
<td>12.4%</td>
</tr>
</tbody>
</table>

*Due to differences in jurisdictional definitions and reporting, the FBI recommends that these rates not be compared across areas.
### Personal Health Indicators – Score = 39.5; Rank = 38

#### Health Behaviors
- Percent any physical activity or exercise in the last 30 days: 67.2% (Target Goal: 82.6%)
- Percent meeting CDC aerobic activity guidelines: 16.6% (Target Goal: 23.3%)
- Percent meeting both CDC aerobic and strength activity guidelines: 12.3% (Target Goal: 19.6%)
- Percent consuming 2+ fruits per day: 24.1% (Target Goal: 35.6%)
- Percent consuming 3+ vegetables per day: 21.6% (Target Goal: 13.1%)

#### Chronic Health Problems
- Percent obese: 31.2% (Target Goal: 21.3%)
- Percent in excellent or very good health: 52.3% (Target Goal: 61.0%)
- Any days when physical health was not good during the past 30 days: 32.9% (Target Goal: 30.4%)
- Any days when mental health was not good during the past 30 days: 34.1% (Target Goal: 29.2%)
- Percent with asthma: 9.2% (Target Goal: 6.5%)
- Percent with angina or coronary heart disease: 4.3% (Target Goal: 2.8%)
- Percent with diabetes: 9.6% (Target Goal: 6.4%)
- Death rate/100,000 for cardiovascular disease: 184.7 (Target Goal: 167.1)
- Death rate/100,000 for diabetes: 22.7 (Target Goal: 17.0)

### Community/Environmental Indicators – Score = 72.3; Rank = 3

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

#### Built Environment
- Parkland as a percent of city land area: 14.0% (Target Goal: 10.6%)
- Acres of parkland/1,000: 23.0 (Target Goal: 18.6)
- Farmers’ markets/1,000,000: 24.3 (Target Goal: 13.1)
- Percent using public transportation to work: 2.2% (Target Goal: 4.3%)
- Percent bicycling or walking to work: 2.8% (Target Goal: 2.2%)
- WalkScore*: 50.1 (Target Goal: 51.1)
- Percent within a 10 minute walk to a park: N/A*** (Target Goal: 63.8%)

#### Recreational Facilities
- Ball diamonds/10,000: 4.0 (Target Goal: 1.9)
- Dog parks/100,000: 1.3 (Target Goal: 0.9)
- Park playgrounds/10,000: 2.3 (Target Goal: 5.1)
- Golf courses/100,000: 2.4 (Target Goal: 0.9)
- Park units/10,000: 4.1 (Target Goal: 12.2)
- Recreational centers/20,000: 1.7 (Target Goal: 1.0)
- Swimming pools/100,000: 3.1 (Target Goal: 8.8)
- Tennis courts/10,000: 2.0 (Target Goal: 4.2)

#### Policy for School P.E.
- Level of state requirement for Physical Education: 0.0 (Target Goal: 2.5)

#### Park-related Expenditures
- Total park expenditure per resident: $180.00 (Target Goal: $101.80)

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*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.

**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.

***This measure was unavailable for this MSA. The community/environmental indicator score and total score were adjusted to allow fair comparisons with the other MSAs.
CLEVELAND, OH
(Cleveland-Elyria, OH MSA)

Total Score = 50.5; Rank = 25

Areas of Excellence (at or better than target goal):
- Lower percent of days when mental health was not good during the past 30 days
- More farmers’ markets per capita
- Higher Walk Score®
- Higher percent of population within a 10 minute walk to a park
- More ball diamonds per capita
- More park playgrounds per capita
- More park units per capita
- More recreation centers per capita
- More swimming pools per capita
- More tennis courts per capita

Improvement Priority Areas (worse than 20% of target goal):
- Lower percent meeting both CDC aerobic and strength activity guidelines
- Lower percent consuming 3+ vegetables per day
- Higher percent currently smoking
- Higher percent obese
- Higher percent with angina or coronary heart disease
- Higher percent with diabetes
- Higher death rate for cardiovascular disease
- Higher death rate for diabetes
- Lower percent of city land area as parkland
- Fewer acres of parkland per capita
- Lower percent using public transportation to work
- Fewer dog parks per capita
- Lower level of state requirement for Physical Education classes

Description of Cleveland-Elyria, OH MSA

<table>
<thead>
<tr>
<th>Description</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population</td>
<td>2,064,725</td>
</tr>
<tr>
<td>Percent less than 18 years old</td>
<td>22.2%</td>
</tr>
<tr>
<td>Percent 18 to 64 years old</td>
<td>61.6%</td>
</tr>
<tr>
<td>Percent 65 years old and older</td>
<td>16.2%</td>
</tr>
<tr>
<td>Percent male</td>
<td>48.2%</td>
</tr>
<tr>
<td>Percent high school graduate or higher</td>
<td>89.4%</td>
</tr>
<tr>
<td>Percent White</td>
<td>74.4%</td>
</tr>
<tr>
<td>Percent Black or African American</td>
<td>19.9%</td>
</tr>
<tr>
<td>Percent Asian</td>
<td>2.1%</td>
</tr>
<tr>
<td>Percent Other Race</td>
<td>3.6%</td>
</tr>
<tr>
<td>Percent Hispanic/Latino</td>
<td>5.1%</td>
</tr>
<tr>
<td>Percent unemployed</td>
<td>8.9%</td>
</tr>
<tr>
<td>Median household income</td>
<td>$49,358</td>
</tr>
<tr>
<td>Percent of households below poverty level</td>
<td>11.6%</td>
</tr>
<tr>
<td>Violent crime rate/100,000*</td>
<td>N/A‡</td>
</tr>
<tr>
<td>Percent with disability</td>
<td>13.6%</td>
</tr>
</tbody>
</table>

*Due to differences in jurisdictional definitions and reporting, the FBI recommends that these rates not be compared across areas.
‡This measure was not available.
ACSM American Fitness Index® Components

**Personal Health Indicators – Score = 44.3; Rank = 31**

- Health Behaviors
  - Percent any physical activity or exercise in the last 30 days
    - Cleveland: 66.4%
    - Target Goal: 82.6%
  - Percent meeting CDC aerobic activity guidelines
    - Cleveland: 29.0%
    - Target Goal: 32.2%
  - Percent meeting both CDC aerobic and strength activity guidelines
    - Cleveland: 17.7%
    - Target Goal: 23.3%
  - Percent consuming 2+ fruits per day
    - Cleveland: 30.4%
    - Target Goal: 35.6%
  - Percent consuming 3+ vegetables per day
    - Cleveland: 13.2%
    - Target Goal: 19.6%
  - Percent currently smoking
    - Cleveland: 20.7%
    - Target Goal: 13.1%

- Chronic Health Problems
  - Percent obese
    - Cleveland: 28.7%
    - Target Goal: 21.3%
  - Percent in excellent or very good health
    - Cleveland: 49.5%
    - Target Goal: 61.0%
  - Any days when physical health was not good during the past 30 days
    - Cleveland: 32.8%
    - Target Goal: 30.4%
  - Any days when mental health was not good during the past 30 days
    - Cleveland: 28.7%
    - Target Goal: 29.2%
  - Percent with asthma
    - Cleveland: 7.8%
    - Target Goal: 6.5%
  - Percent with angina or coronary heart disease
    - Cleveland: 5.0%
    - Target Goal: 2.8%
  - Percent with diabetes
    - Cleveland: 12.3%
    - Target Goal: 6.4%
  - Death rate/100,000 for cardiovascular disease
    - Cleveland: 203.6
    - Target Goal: 167.1
  - Death rate/100,000 for diabetes
    - Cleveland: 22.4
    - Target Goal: 17.0

**Community/Environmental Indicators – Score = 56.4; Rank = 18.5**

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

- Built Environment
  - Parkland as a percent of city land area
    - Cleveland: 6.5%
    - Target Goal: 10.6%
  - Acres of parkland/1,000
    - Cleveland: 7.8
    - Target Goal: 18.6
  - Farmers’ markets/1,000,000
    - Cleveland: 23.2
    - Target Goal: 13.1
  - Percent using public transportation to work
    - Cleveland: 32.2%
    - Target Goal: 4.3%
  - Percent bicycling or walking to work
    - Cleveland: 2.4%
    - Target Goal: 2.8%
  - WalkScore*
    - Cleveland: 56.8
    - Target Goal: 51.1
  - Percent within a 10 minute walk to a park
    - Cleveland: 76.0%
    - Target Goal: 63.8%

- Recreational Facilities
  - Ball diamonds/10,000
    - Cleveland: 3.6
    - Target Goal: 1.9
  - Dog parks/100,000
    - Cleveland: 0.5
    - Target Goal: 0.9
  - Park playgrounds/10,000
    - Cleveland: 3.0
    - Target Goal: 2.3
  - Golf courses/100,000
    - Cleveland: 0.8
    - Target Goal: 0.9
  - Park units/10,000
    - Cleveland: 4.3
    - Target Goal: 4.1
  - Recreational centers/20,000
    - Cleveland: 1.1
    - Target Goal: 1.0
  - Swimming pools/100,000
    - Cleveland: 3.1
    - Target Goal: 3.0
  - Tennis courts/10,000
    - Cleveland: 2.8
    - Target Goal: 2.0

- Policy for School P.E.
  - Level of state requirement for Physical Education
    - Cleveland: 0.0
    - Target Goal: 2.5

- Park-related Expenditures
  - Total park expenditure per resident
    - Cleveland: $88.00
    - Target Goal: $101.80

*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.

**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
COLUMBUS, OH
(Columbus, OH MSA)

Total Score = 41.0; Rank = 38

Areas of Excellence (at or better than target goal):
• More farmers’ markets per capita
• More park units per capita

Improvement Priority Areas (worse than 20% of target goal):
• Lower percent of any physical activity or exercise in the last 30 days
• Lower percent meeting CDC aerobic activity guidelines
• Lower percent consuming 2+ fruits per day
• Lower percent consuming 3+ vegetables per day
• Higher percent currently smoking
• Higher percent obese
• Higher percent with asthma
• Higher percent with angina or coronary heart disease
• Higher percent with diabetes
• Higher death rate for diabetes
• Lower percent of city land area as parkland
• Fewer acres of parkland per capita
• Lower percent using public transportation to work
• Lower Walk Score®
• Lower percent of population within a 10 minute walk to a park
• Fewer ball diamonds per capita
• Fewer dog parks per capita
• Fewer golf courses per capita
• Fewer recreation centers per capita
• Fewer swimming pools per capita
• Lower park-related expenditures per capita
• Lower level of state requirement for Physical Education classes

Description of Columbus, OH MSA
Population 1,967,066
Percent less than 18 years old 24.2%
Percent 18 to 64 years old 64.1%
Percent 65 years old and older 11.7%
Percent male 49.2%
Percent high school graduate or higher 90.0%
Percent White 77.8%
Percent Black or African American 14.5%
Percent Asian 3.3%
Percent Other Race 4.4%
Percent Hispanic/Latino 3.7%
Percent unemployed 6.3%
Median household income $54,079
Percent of households below poverty level 10.0%
Violent crime rate/100,000* N/A‡
Percent with disability 12.1%

*Due to differences in jurisdictional definitions and reporting, the FBI recommends that these rates not be compared across areas.
‡This measure was not available.
# ACSM American Fitness Index® Components

## Personal Health Indicators – Score = 39.6; Rank = 37

**Health Behaviors**

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Columbus</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent any physical activity or exercise in the last 30 days</td>
<td>66.0%</td>
<td>82.6%</td>
</tr>
<tr>
<td>Percent meeting CDC aerobic activity guidelines</td>
<td>25.4%</td>
<td>32.2%</td>
</tr>
<tr>
<td>Percent meeting both CDC aerobic and strength activity guidelines</td>
<td>18.6%</td>
<td>23.3%</td>
</tr>
<tr>
<td>Percent consuming 2+ fruits per day</td>
<td>27.1%</td>
<td>35.6%</td>
</tr>
<tr>
<td>Percent consuming 3+ vegetables per day</td>
<td>14.5%</td>
<td>19.6%</td>
</tr>
<tr>
<td>Percent currently smoking</td>
<td>22.2%</td>
<td>13.1%</td>
</tr>
</tbody>
</table>

**Chronic Health Problems**

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Columbus</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent obese</td>
<td>31.9%</td>
<td>21.3%</td>
</tr>
<tr>
<td>Percent in excellent or very good health</td>
<td>52.3%</td>
<td>61.0%</td>
</tr>
<tr>
<td>Any days when physical health was not good during the past 30 days</td>
<td>32.8%</td>
<td>30.4%</td>
</tr>
<tr>
<td>Any days when mental health was not good during the past 30 days</td>
<td>34.1%</td>
<td>29.2%</td>
</tr>
<tr>
<td>Percent with asthma</td>
<td>9.7%</td>
<td>6.5%</td>
</tr>
<tr>
<td>Percent with angina or coronary heart disease</td>
<td>4.1%</td>
<td>2.8%</td>
</tr>
<tr>
<td>Percent with diabetes</td>
<td>10.2%</td>
<td>6.4%</td>
</tr>
<tr>
<td>Death rate/100,000 for cardiovascular disease</td>
<td>186.6</td>
<td>167.1</td>
</tr>
<tr>
<td>Death rate/100,000 for diabetes</td>
<td>24.3%</td>
<td>17.0%</td>
</tr>
</tbody>
</table>

## Community/Environmental Indicators – Score = 42.4; Rank = 35

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

### Built Environment

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Columbus</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parkland as a percent of city land area</td>
<td>8.1%</td>
<td>10.6%</td>
</tr>
<tr>
<td>Acres of parkland/1,000</td>
<td>13.4</td>
<td>18.6</td>
</tr>
<tr>
<td>Farmers’ markets/1,000</td>
<td>28.0</td>
<td>13.1</td>
</tr>
<tr>
<td>Percent using public transportation to work</td>
<td>1.7%</td>
<td>4.3%</td>
</tr>
<tr>
<td>Percent bicycling or walking to work</td>
<td>2.7%</td>
<td>2.8%</td>
</tr>
<tr>
<td>WalkScore®</td>
<td>40.0</td>
<td>51.1</td>
</tr>
<tr>
<td>Percent within a 10 minute walk to a park</td>
<td>46.0%</td>
<td>63.8%</td>
</tr>
</tbody>
</table>

### Recreational Facilities

<table>
<thead>
<tr>
<th>Facility</th>
<th>Columbus</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ball diamonds/10,000</td>
<td>1.1</td>
<td>1.9</td>
</tr>
<tr>
<td>Dog parks/100,000</td>
<td>0.6</td>
<td>0.9</td>
</tr>
<tr>
<td>Park playgrounds/10,000</td>
<td>1.9</td>
<td>2.3</td>
</tr>
<tr>
<td>Golf courses/100,000</td>
<td>0.7</td>
<td>0.9</td>
</tr>
<tr>
<td>Park units/10,000</td>
<td>5.1</td>
<td></td>
</tr>
<tr>
<td>Recreational centers/20,000</td>
<td>0.7</td>
<td>1.0</td>
</tr>
<tr>
<td>Swimming pools/100,000</td>
<td>0.7</td>
<td>3.1</td>
</tr>
<tr>
<td>Tennis courts/10,000</td>
<td>1.7</td>
<td>2.0</td>
</tr>
</tbody>
</table>

### Policy for School P.E.

| Level of state requirement for Physical Education | 0.0 | 2.5 |

### Park-related Expenditures

| Total park expenditure per resident | $73.00 | $101.80 |

*The target goal for the Personal Health indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.

**The target goal for the Community/Environmental indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.*
DALLAS, TX
(Dallas-Fort Worth-Arlington, TX MSA)

Total Score = 38.8; Rank = 41

Areas of Excellence (at or better than target goal):
• Lower percent of days when mental health was not good during the past 30 days
• Higher percent of city land area as parkland
• More acres of parkland per capita
• More tennis courts per capita

Improvement Priority Areas (worse than 20% of target goal):
• Lower percent of any physical activity or exercise in the last 30 days
• Lower percent meeting CDC aerobic activity guidelines
• Lower percent meeting both CDC aerobic and strength activity guidelines
• Lower percent consuming 2+ fruits per day
• Lower percent consuming 3+ vegetables per day
• Higher percent obese
• Higher percent with asthma
• Higher percent with angina or coronary heart disease
• Higher percent with diabetes
• Fewer farmers’ markets per capita
• Lower percent using public transportation to work
• Lower percent bicycling or walking to work
• Fewer ball diamonds per capita
• Fewer dog parks per capita
• Fewer park playgrounds per capita
• Fewer golf courses per capita
• Fewer park units per capita
• Fewer recreation centers per capita
• Fewer swimming pools per capita
• Lower park-related expenditures per capita

Description of Dallas-Fort Worth-Arlington, TX MSA
Population 6,810,913
Percent less than 18 years old 27.0%
Percent 18 to 64 years old 63.1%
Percent 65 years old and older 9.9%
Percent male 49.3%
Percent high school graduate or higher 84.4%
Percent White 69.2%
Percent Black or African American 15.1%
Percent Asian 5.7%
Percent Other Race 10.0%
Percent Hispanic/Latino 28.0%
Percent unemployed 6.8%
Median household income $57,398
Percent of households below poverty level 11.5%
Violent crime rate/100,000* 332.9
Percent with disability 9.7%

*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 = 41.0; Rank = 35

**Health Behaviors**

- Percent any physical activity or exercise in the last 30 days: Dallas 61.9%, Target Goal 82.6%
- Percent meeting CDC aerobic activity guidelines: Dallas 20.5%, Target Goal 32.2%
- Percent meeting both CDC aerobic and strength activity guidelines: Dallas 13.6%, Target Goal 23.3%
- Percent consuming 2+ fruits per day: Dallas 23.9%, Target Goal 35.6%
- Percent consuming 3+ vegetables per day: Dallas 12.9%, Target Goal 19.6%
- Percent currently smoking: Dallas 14.2%, Target Goal 13.1%

**Chronic Health Problems**

- Percent obese: Dallas 28.3%, Target Goal 21.3%
- Percent in excellent or very good health: Dallas 49.2%, Target Goal 61.0%
- Any days when physical health was not good during the past 30 days: Dallas 32.9%, Target Goal 30.4%
- Any days when mental health was not good during the past 30 days: Dallas 28.4%, Target Goal 29.2%
- Percent with asthma: Dallas 7.9%, Target Goal 6.5%
- Percent with angina or coronary heart disease: Dallas 3.7%, Target Goal 2.8%
- Percent with diabetes: Dallas 10.6%, Target Goal 6.4%
- Death rate/100,000 for cardiovascular disease: Dallas 177.9, Target Goal 167.1
- Death rate/100,000 for diabetes: Dallas 17.9, Target Goal 17.0

#### Community/Environmental Indicators – Score = 36.7; Rank = 41

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

**Built Environment**

- Parkland as a percent of city land area: Dallas 10.8%, Target Goal 10.6%
- Acres of parkland/1,000,000: Dallas 18.8, Target Goal 18.6
- Farmers’ markets/1,000,000: Dallas 5.0, Target Goal 13.1
- Percent using public transportation to work: Dallas 1.4%, Target Goal 4.3%
- Percent bicycling or walking to work: Dallas 1.4%, Target Goal 2.8%
- WalkScore®: Dallas 43.6, Target Goal 51.1
- Percent within a 10 minute walk to a park: Dallas 55.0%, Target Goal 63.8%

**Recreational Facilities**

- Ball diamonds/10,000: Dallas 1.0, Target Goal 1.9
- Dog parks/100,000: Dallas 0.3, Target Goal 0.9
- Park playgrounds/10,000: Dallas 1.7, Target Goal 2.3
- Golf courses/100,000: Dallas 0.5, Target Goal 0.9
- Park units/10,000: Dallas 3.0, Target Goal 4.1
- Recreational centers/20,000: Dallas 0.7, Target Goal 1.0
- Swimming pools/100,000: Dallas 1.4, Target Goal 3.1
- Tennis courts/10,000: Dallas 2.1, Target Goal 2.0

**Policy for School P.E.**

- Level of state requirement for Physical Education: Dallas 2.0, Target Goal 2.5

**Park-related Expenditures**

- Total park expenditure per resident: Dallas $61.00, Target Goal $101.80

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*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.

**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.*
DENVER, CO
(Denver-Aurora-Lakewood, CO MSA)

Total Score = 71.1; Rank = 6

Areas of Excellence (at or better than target goal):
• Lower percent obese
• Lower percent with angina or coronary heart disease
• Lower death rate for cardiovascular disease
• Lower death rate for diabetes
• More farmers’ markets per capita
• Higher percent using public transportation to work
• Higher percent bicycling or walking to work
• Higher Walk Score®
• Higher percent of population within a 10 minute walk to a park
• 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
• More swimming pools per capita
• More tennis courts per capita
• Higher level of state requirement for Physical Education classes

Improvement Priority Areas (worse than 20% of target goal):
• Higher percent currently smoking
• Higher percent of days when mental health was not good during the past 30 days
• Higher percent with asthma
• Lower percent of city land area as parkland
• Fewer acres of parkland per capita

Description of Denver-Aurora-Lakewood, CO MSA

<table>
<thead>
<tr>
<th>Description</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population</td>
<td>2,697,476</td>
</tr>
<tr>
<td>Percent less than 18 years old</td>
<td>24.1%</td>
</tr>
<tr>
<td>Percent 18 to 64 years old</td>
<td>64.7%</td>
</tr>
<tr>
<td>Percent 65 years old and older</td>
<td>11.2%</td>
</tr>
<tr>
<td>Percent male</td>
<td>49.9%</td>
</tr>
<tr>
<td>Percent high school graduate or higher</td>
<td>90.1%</td>
</tr>
<tr>
<td>Percent White</td>
<td>82.1%</td>
</tr>
<tr>
<td>Percent Black or African American</td>
<td>5.4%</td>
</tr>
<tr>
<td>Percent Asian</td>
<td>3.8%</td>
</tr>
<tr>
<td>Percent Other Race</td>
<td>8.7%</td>
</tr>
<tr>
<td>Percent Hispanic/Latino</td>
<td>22.7%</td>
</tr>
<tr>
<td>Percent unemployed</td>
<td>6.6%</td>
</tr>
<tr>
<td>Median household income</td>
<td>$62,760</td>
</tr>
<tr>
<td>Percent of households below poverty level</td>
<td>8.6%</td>
</tr>
<tr>
<td>Violent crime rate/100,000*</td>
<td>328.5</td>
</tr>
<tr>
<td>Percent with disability</td>
<td>9.4%</td>
</tr>
</tbody>
</table>

*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 = 80.6; Rank = 2

Health Behaviors

- Percent any physical activity or exercise in the last 30 days: Denver 74.2%, Target Goal 82.6%
- Percent meeting CDC aerobic activity guidelines: Denver 29.2%, Target Goal 32.2%
- Percent meeting both CDC aerobic and strength activity guidelines: Denver 22.3%, Target Goal 23.3%
- Percent consuming 2+ fruits per day: Denver 30.8%, Target Goal 35.6%
- Percent consuming 3+ vegetables per day: Denver 16.8%, Target Goal 19.6%
- Percent currently smoking: Denver 16.4%, Target Goal 13.1%

Chronic Health Problems

- Percent obese: Denver 21.1%, Target Goal 21.3%
- Percent in excellent or very good health: Denver 57.9%, Target Goal 61.0%
- Any days when physical health was not good during the past 30 days: Denver 33.8%, Target Goal 30.4%
- Any days when mental health was not good during the past 30 days: Denver 35.5%, Target Goal 29.2%
- Percent with asthma: Denver 8.6%, Target Goal 6.5%
- Percent with angina or coronary heart disease: Denver 2.4%, Target Goal 2.8%
- Percent with diabetes: Denver 6.6%, Target Goal 6.4%
- Death rate/100,000 for cardiovascular disease: Denver 134.5, Target Goal 167.1
- Death rate/100,000 for diabetes: Denver 14.9, Target Goal 17.0

Community/Environmental Indicators – Score = 62.1; Rank = 11

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

Built Environment

- Parkland as a percent of city land area: Denver 7.9%, Target Goal 10.6%
- Acres of parkland/1,000: Denver 9.3, Target Goal 18.6
- Farmers’ markets/1,000,000: Denver 17.4, Target Goal 13.1
- Percent using public transportation to work: Denver 4.4%, Target Goal 4.3%
- Percent bicycling or walking to work: Denver 3.0%, Target Goal 2.8%
- WalkScore: Denver 55.7, Target Goal 51.1
- Percent within a 10 minute walk to a park: Denver 83.0%

Recreational Facilities

- Ball diamonds/10,000: Denver 2.3, Target Goal 1.9
- Dog parks/100,000: Denver 1.4, Target Goal 0.9
- Park playgrounds/10,000: Denver 2.4, Target Goal 2.3
- Golf courses/100,000: Denver 1.1, Target Goal 0.9
- Park units/10,000: Denver 4.3, Target Goal 4.1
- Recreational centers/20,000: Denver 0.9, Target Goal 1.0
- Swimming pools/100,000: Denver 3.1, Target Goal 4.6
- Tennis courts/10,000: Denver 2.3, Target Goal 2.0

Policy for School P.E.

- Level of state requirement for Physical Education: Denver 3.0

Park-related Expenditures

- Total park expenditure per resident: Denver $101.80

*The target goal for the Personal Health indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.

**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
Detroit, MI
(Detroit-Warren-Dearborn, MI MSA)

**Total Score = 39.0; Rank = 40**

**Areas of Excellence (at or better than target goal):**
- More farmers’ markets per capita
- Higher Walk Score®
- Higher percent of population within a 10 minute walk to a park
- More ball diamonds per capita
- More park playgrounds per capita
- More park units per capita

**Improvement Priority Areas (worse than 20% of target goal):**
- Lower percent meeting both CDC aerobic and strength activity guidelines
- Lower percent consuming 3+ vegetables per day
- Higher percent currently smoking
- Higher percent obese
- Higher percent of days when physical health was not good during the past 30 days
- Higher percent of days when mental health was not good during the past 30 days
- Higher percent with asthma
- Higher percent with angina or coronary heart disease
- Higher percent with diabetes
- Higher death rate for cardiovascular disease
- Higher death rate for diabetes
- 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 dog parks per capita
- Fewer golf courses per capita
- Fewer recreation centers per capita
- Fewer swimming pools per capita
- Lower park-related expenditures per capita

**Description of Detroit-Warren-Dearborn, MI MSA**

<table>
<thead>
<tr>
<th>Metric</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population</td>
<td>4,294,983</td>
</tr>
<tr>
<td>Percent less than 18 years old</td>
<td>23.2%</td>
</tr>
<tr>
<td>Percent 18 to 64 years old</td>
<td>62.5%</td>
</tr>
<tr>
<td>Percent 65 years old and older</td>
<td>14.3%</td>
</tr>
<tr>
<td>Percent male</td>
<td>48.5%</td>
</tr>
<tr>
<td>Percent high school graduate or higher</td>
<td>88.6%</td>
</tr>
<tr>
<td>Percent White</td>
<td>70.1%</td>
</tr>
<tr>
<td>Percent Black or African American</td>
<td>22.4%</td>
</tr>
<tr>
<td>Percent Asian</td>
<td>3.8%</td>
</tr>
<tr>
<td>Percent Other Race</td>
<td>3.7%</td>
</tr>
<tr>
<td>Percent Hispanic/Latino</td>
<td>4.1%</td>
</tr>
<tr>
<td>Percent unemployed</td>
<td>10.4%</td>
</tr>
<tr>
<td>Median household income</td>
<td>$51,857</td>
</tr>
<tr>
<td>Percent of households below poverty level</td>
<td>12.8%</td>
</tr>
<tr>
<td>Violent crime rate/100,000*</td>
<td>569.6</td>
</tr>
<tr>
<td>Percent with disability</td>
<td>14.4%</td>
</tr>
</tbody>
</table>

*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 = 36.1; Rank = 42

<table>
<thead>
<tr>
<th>Health Behaviors</th>
<th>Detroit</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent any physical activity or exercise in the last 30 days</td>
<td>70.0%</td>
<td>82.6%</td>
</tr>
<tr>
<td>Percent meeting CDC aerobic activity guidelines</td>
<td>28.6%</td>
<td>32.2%</td>
</tr>
<tr>
<td>Percent meeting both CDC aerobic and strength activity guidelines</td>
<td>18.0%</td>
<td>23.3%</td>
</tr>
<tr>
<td>Percent consuming 2+ fruits per day</td>
<td>30.8%</td>
<td>35.6%</td>
</tr>
<tr>
<td>Percent consuming 3+ vegetables per day</td>
<td>13.6%</td>
<td>19.6%</td>
</tr>
<tr>
<td>Percent currently smoking</td>
<td>21.6%</td>
<td>13.1%</td>
</tr>
</tbody>
</table>

Chronic Health Problems

<table>
<thead>
<tr>
<th>Detroit</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent obese</td>
<td>31.2%</td>
</tr>
<tr>
<td>Percent in excellent or very good health</td>
<td>49.2%</td>
</tr>
<tr>
<td>Any days when physical health was not good during the past 30 days</td>
<td>37.7%</td>
</tr>
<tr>
<td>Any days when mental health was not good during the past 30 days</td>
<td>36.1%</td>
</tr>
<tr>
<td>Percent with asthma</td>
<td>13.2%</td>
</tr>
<tr>
<td>Percent with angina or coronary heart disease</td>
<td>5.0%</td>
</tr>
<tr>
<td>Percent with diabetes</td>
<td>10.3%</td>
</tr>
<tr>
<td>Death rate/100,000 for cardiovascular disease</td>
<td>167.1</td>
</tr>
<tr>
<td>Death rate/100,000 for diabetes</td>
<td>17.0</td>
</tr>
</tbody>
</table>

Community/Environmental Indicators – Score = 41.8; Rank = 36

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

<table>
<thead>
<tr>
<th>Built Environment</th>
<th>Detroit</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parkland as a percent of city land area</td>
<td>6.7%</td>
<td>10.6%</td>
</tr>
<tr>
<td>Acres of parkland/1,000</td>
<td>8.4</td>
<td>18.6</td>
</tr>
<tr>
<td>Farmers’ markets/1,000,000</td>
<td>18.4</td>
<td>13.1</td>
</tr>
<tr>
<td>Percent using public transportation to work</td>
<td>1.7%</td>
<td>4.3%</td>
</tr>
<tr>
<td>Percent bicycling or walking to work</td>
<td>1.6%</td>
<td>2.8%</td>
</tr>
<tr>
<td>WalkScore*</td>
<td>52.2</td>
<td>51.1</td>
</tr>
<tr>
<td>Percent within a 10 minute walk to a park</td>
<td>74.0%</td>
<td>63.8%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Recreational Facilities</th>
<th>Detroit</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ball diamonds/10,000</td>
<td>1.9</td>
<td>3.1</td>
</tr>
<tr>
<td>Dog parks/100,000</td>
<td>0.0</td>
<td>0.9</td>
</tr>
<tr>
<td>Park playgrounds/10,000</td>
<td>2.3</td>
<td>4.4</td>
</tr>
<tr>
<td>Golf courses/100,000</td>
<td>0.7</td>
<td>0.9</td>
</tr>
<tr>
<td>Park units/10,000</td>
<td>5.6</td>
<td>4.1</td>
</tr>
<tr>
<td>Recreational centers/20,000</td>
<td>0.4</td>
<td>1.0</td>
</tr>
<tr>
<td>Swimming pools/100,000</td>
<td>1.3</td>
<td>3.1</td>
</tr>
<tr>
<td>Tennis courts/10,000</td>
<td>1.7</td>
<td>2.0</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Policy for School P.E.</th>
<th>Detroit</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level of state requirement for Physical Education</td>
<td>2.0</td>
<td>2.5</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Park-related Expenditures</th>
<th>Detroit</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total park expenditure per resident</td>
<td>$10.00</td>
<td>$101.80</td>
</tr>
</tbody>
</table>

*The target goal for the Personal Health indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.

**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
HARTFORD, CT
(Hartford-West Hartford-East Hartford, CT MSA)

Total Score = 64.8; Rank = 11

Areas of Excellence (at or better than target goal):
- Lower death rate for cardiovascular disease
- Lower death rate for diabetes
- Higher percent of city land area as parkland
- More farmers’ markets per capita
- Higher Walk Score®
- More ball diamonds per capita
- More golf courses per capita
- More park units 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

Improvement Priority Areas (worse than 20% of target goal):
- Higher percent obese
- Higher percent with asthma
- Higher percent with angina or coronary heart disease
- Higher percent with diabetes
- Lower percent using public transportation to work
- Fewer dog parks per capita
- Lower park-related expenditures per capita

Description of Hartford-West Hartford-East Hartford, CT MSA

- Population: 1,215,211
- Percent less than 18 years old: 21.3%
- Percent 18 to 64 years old: 63.3%
- Percent 65 years old and older: 15.4%
- Percent male: 48.7%
- Percent high school graduate or higher: 89.9%
- Percent White: 76.7%
- Percent Black or African American: 11.1%
- Percent Asian: 4.4%
- Percent Other Race: 7.8%
- Percent Hispanic/Latino: 13.6%
- Percent unemployed: 9.3%
- Median household income: $66,356
- Percent of households below poverty level: 7.8%
- Violent crime rate/100,000*: 264.3
- Percent with disability: 11.6%

*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 = 11**

- **Health Behaviors**
  - Percent any physical activity or exercise in the last 30 days: Hartford 70.9%, Target Goal 82.6%
  - Percent meeting CDC aerobic activity guidelines: Hartford 26.6%, Target Goal 32.2%
  - Percent meeting both CDC aerobic and strength activity guidelines: Hartford 20.4%, Target Goal 23.3%
  - Percent consuming 2+ fruits per day: Hartford 35.2%, Target Goal 35.6%
  - Percent consuming 3+ vegetables per day: Hartford 16.9%, Target Goal 19.6%
  - Percent currently smoking: Hartford 14.3%, Target Goal 13.1%

**Chronic Health Problems**

- Percent obese: Hartford 27.7%, Target Goal 21.3%
- Percent in excellent or very good health: Hartford 55.8%, Target Goal 61.0%
- Any days when physical health was not good during the past 30 days: Hartford 34.3%, Target Goal 30.4%
- Any days when mental health was not good during the past 30 days: Hartford 34.6%, Target Goal 29.2%
- Percent with asthma: Hartford 10.8%, Target Goal 6.5%
- Percent with angina or coronary heart disease: Hartford 8.4%, Target Goal 6.4%
- Percent with diabetes: Hartford 16.06, Target Goal 167.1
- Death rate/100,000 for cardiovascular disease: Hartford 2.3, Target Goal 16.0%
- Death rate/100,000 for diabetes: Hartford 2.2, Target Goal 2.3

**Community/Environmental Indicators – Score = 61.7; Rank = 13**

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

**Built Environment**

- Parkland as a percent of city land area: Hartford 19.9%, Target Goal 10.6%
- Acres of parkland/1,000: Hartford 17.7, Target Goal 18.6
- Farmers’ markets/1,000,000: Hartford 13.1, Target Goal 44.4
- Percent using public transportation to work: Hartford 3.1%, Target Goal 4.3%
- Percent bicycling or walking to work: Hartford 2.6%, Target Goal 2.8%
- WalkScore®: Hartford 51.1, Target Goal 68.0
- Percent within a 10 minute walk to a park: Hartford N/A, Target Goal 63.8%

**Recreational Facilities**

- Ball diamonds/10,000: Hartford 1.9, Target Goal 3.7
- Dog parks/100,000: Hartford 0.9, Target Goal 0.0
- Park playgrounds/10,000: Hartford 2.2, Target Goal 2.3
- Golf courses/100,000: Hartford 0.9, Target Goal 1.6
- Park units/10,000: Hartford 4.4, Target Goal 4.1
- Recreational centers/20,000: Hartford 1.0, Target Goal 1.0
- Swimming pools/100,000: Hartford 3.1, Target Goal 4.8
- Tennis courts/10,000: Hartford 2.2, Target Goal 2.0

**Policy for School P.E.**

- Level of state requirement for Physical Education: Hartford 2.5, Target Goal 3.0

**Park-related Expenditures**

- Total park expenditure per resident: Hartford $37.00, Target Goal $101.80

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*The target goal for the Personal Health indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.

**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.

***This measure was unavailable for this MSA. The community/environmental indicator score and total score were adjusted to allow fair comparisons with the other MSAs.
HOUSTON, TX
(Houston-The Woodlands-Sugar Land, TX MSA)

Total Score = 39.8; Rank = 39

Areas of Excellence (at or better than target goal):
• 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
• Higher percent of city land area as parkland
• More acres of parkland per capita

Improvement Priority Areas (worse than 20% of target goal):
• Lower percent of any physical activity or exercise in the last 30 days
• Lower percent meeting CDC aerobic activity guidelines
• Lower percent meeting both CDC aerobic and strength activity guidelines
• Lower percent consuming 2+ fruits per day
• Lower percent consuming 3+ vegetables per day
• Higher percent obese
• Lower percent in excellent or very good health
• Higher percent with diabetes
• Fewer farmers’ markets per capita
• Lower percent using public transportation to work
• Lower percent bicycling or walking to work
• Lower percent of population within a 10 minute walk to a park
• Fewer ball diamonds per capita
• Fewer dog parks per capita
• Fewer golf courses per capita
• Fewer park units per capita
• Fewer recreation centers per capita
• Fewer swimming pools per capita
• Fewer tennis courts per capita
• Lower park-related expenditures per capita

Description of Houston-The Woodlands-Sugar Land, TX MSA

<table>
<thead>
<tr>
<th>Description</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population</td>
<td>6,313,158</td>
</tr>
<tr>
<td>Percent less than 18 years old</td>
<td>27.3%</td>
</tr>
<tr>
<td>Percent 18 to 64 years old</td>
<td>63.2%</td>
</tr>
<tr>
<td>Percent 65 years old and older</td>
<td>9.5%</td>
</tr>
<tr>
<td>Percent male</td>
<td>49.8%</td>
</tr>
<tr>
<td>Percent high school graduate or higher</td>
<td>82.0%</td>
</tr>
<tr>
<td>Percent White</td>
<td>65.6%</td>
</tr>
<tr>
<td>Percent Black or African American</td>
<td>17.2%</td>
</tr>
<tr>
<td>Percent Asian</td>
<td>7.0%</td>
</tr>
<tr>
<td>Percent Other Race</td>
<td>10.2%</td>
</tr>
<tr>
<td>Percent Hispanic/Latino</td>
<td>36.1%</td>
</tr>
<tr>
<td>Percent unemployed</td>
<td>7.0%</td>
</tr>
<tr>
<td>Median household income</td>
<td>$57,366</td>
</tr>
<tr>
<td>Percent of households below poverty level</td>
<td>13.2%</td>
</tr>
<tr>
<td>Violent crime rate/100,000*</td>
<td>559.0</td>
</tr>
<tr>
<td>Percent with disability</td>
<td>9.7%</td>
</tr>
</tbody>
</table>

*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 = 44.4; Rank = 30**

<table>
<thead>
<tr>
<th>Health Behaviors</th>
<th>Houston</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent any physical activity or exercise in the last 30 days</td>
<td>64.6%</td>
<td>82.6%</td>
</tr>
<tr>
<td>Percent meeting CDC aerobic activity guidelines</td>
<td>20.5%</td>
<td>32.2%</td>
</tr>
<tr>
<td>Percent meeting both CDC aerobic and strength activity guidelines</td>
<td>15.7%</td>
<td>23.3%</td>
</tr>
<tr>
<td>Percent consuming 2+ fruits per day</td>
<td>19.7%</td>
<td>35.6%</td>
</tr>
<tr>
<td>Percent consuming 3+ vegetables per day</td>
<td>12.2%</td>
<td>19.6%</td>
</tr>
<tr>
<td>Percent currently smoking</td>
<td>13.4%</td>
<td>13.1%</td>
</tr>
</tbody>
</table>

**Chronic Health Problems**

<table>
<thead>
<tr>
<th>Health Behaviors</th>
<th>Houston</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent obese</td>
<td>28.5%</td>
<td>21.3%</td>
</tr>
<tr>
<td>Percent in excellent or very good health</td>
<td>42.7%</td>
<td>61.0%</td>
</tr>
<tr>
<td>Any days when physical health was not good during the past 30 days</td>
<td>25.9%</td>
<td>30.4%</td>
</tr>
<tr>
<td>Any days when mental health was not good during the past 30 days</td>
<td>22.2%</td>
<td>29.2%</td>
</tr>
<tr>
<td>Percent with asthma</td>
<td>5.2%</td>
<td>6.5%</td>
</tr>
<tr>
<td>Percent with angina or coronary heart disease</td>
<td>3.3%</td>
<td>2.8%</td>
</tr>
<tr>
<td>Percent with diabetes</td>
<td>10.7%</td>
<td>6.4%</td>
</tr>
<tr>
<td>Death rate/100,000 for cardiovascular disease</td>
<td>175.4</td>
<td>167.1</td>
</tr>
<tr>
<td>Death rate/100,000 for diabetes</td>
<td>18.1</td>
<td>17.0</td>
</tr>
</tbody>
</table>

**Community/Environmental Indicators – Score = 35.6; Rank = 42**

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

<table>
<thead>
<tr>
<th>Built Environment</th>
<th>Houston</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parkland as a percent of city land area</td>
<td>14.1%</td>
<td>10.6%</td>
</tr>
<tr>
<td>Acres of parkland/1,000</td>
<td>22.9</td>
<td>18.6</td>
</tr>
<tr>
<td>Farmers’ markets/1,000,000</td>
<td>3.3</td>
<td>13.1</td>
</tr>
<tr>
<td>Percent using public transportation to work</td>
<td>2.4%</td>
<td>4.3%</td>
</tr>
<tr>
<td>Percent bicycling or walking to work</td>
<td>2.0%</td>
<td>2.8%</td>
</tr>
<tr>
<td>WalkScore®</td>
<td>44.2</td>
<td>51.1</td>
</tr>
<tr>
<td>Percent within a 10 minute walk to a park</td>
<td>49.0%</td>
<td>63.8%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Recreational Facilities</th>
<th>Houston</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ball diamonds/10,000</td>
<td>1.1</td>
<td>1.9</td>
</tr>
<tr>
<td>Dog parks/100,000</td>
<td>0.6</td>
<td>0.9</td>
</tr>
<tr>
<td>Park playgrounds/10,000</td>
<td>1.3</td>
<td>2.3</td>
</tr>
<tr>
<td>Golf courses/100,000</td>
<td>0.4</td>
<td>0.9</td>
</tr>
<tr>
<td>Park units/10,000</td>
<td>1.9</td>
<td>4.1</td>
</tr>
<tr>
<td>Recreational centers/20,000</td>
<td>0.6</td>
<td>1.0</td>
</tr>
<tr>
<td>Swimming pools/100,000</td>
<td>1.9</td>
<td>3.1</td>
</tr>
<tr>
<td>Tennis courts/10,000</td>
<td>1.0</td>
<td>2.0</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Policy for School P.E.</th>
<th>Houston</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level of state requirement for Physical Education</td>
<td>2.0</td>
<td>2.5</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Park-related Expenditures</th>
<th>Houston</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total park expenditure per resident</td>
<td>$36.00</td>
<td>$101.80</td>
</tr>
</tbody>
</table>

*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.

**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
Total Score = 26.8; Rank = 50

Areas of Excellence (at or better than target goal):
• More farmers’ markets per capita
• More golf courses per capita

Improvement Priority Areas (worse than 20% of target goal):
• Lower percent of any physical activity or exercise in the last 30 days
• Lower percent meeting CDC aerobic activity guidelines
• Lower percent meeting both CDC aerobic and strength activity guidelines
• Lower percent consuming 2+ fruits per day
• Lower percent consuming 3+ vegetables per day
• Higher percent currently smoking
• Higher percent obese
• Higher percent with asthma
• Higher percent with angina or coronary heart disease
• Higher percent with diabetes
• 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
• Lower Walk Score®
• Lower percent of population within a 10 minute walk to a park
• Fewer ball diamonds per capita
• Fewer dog parks per capita
• Fewer park playgrounds per capita
• Fewer park units per capita
• Fewer recreation centers per capita
• Fewer tennis courts per capita
• Fewer park-related expenditures per capita
• Lower level of state requirement for Physical Education classes

Description of Indianapolis-Carmel-Anderson, IN MSA

<table>
<thead>
<tr>
<th>Category</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population</td>
<td>1,953,961</td>
</tr>
<tr>
<td>Percent less than 18 years old</td>
<td>25.4%</td>
</tr>
<tr>
<td>Percent 18 to 64 years old</td>
<td>62.5%</td>
</tr>
<tr>
<td>Percent 65 years old and older</td>
<td>12.1%</td>
</tr>
<tr>
<td>Percent male</td>
<td>48.8%</td>
</tr>
<tr>
<td>Percent high school graduate or higher</td>
<td>88.7%</td>
</tr>
<tr>
<td>Percent White</td>
<td>77.1%</td>
</tr>
<tr>
<td>Percent Black or African American</td>
<td>14.8%</td>
</tr>
<tr>
<td>Percent Asian</td>
<td>2.5%</td>
</tr>
<tr>
<td>Percent Other Race</td>
<td>5.6%</td>
</tr>
<tr>
<td>Percent Hispanic/Latino</td>
<td>6.3%</td>
</tr>
<tr>
<td>Percent unemployed</td>
<td>8.2%</td>
</tr>
<tr>
<td>Median household income</td>
<td>$51,087</td>
</tr>
<tr>
<td>Percent of households below poverty level</td>
<td>11.9%</td>
</tr>
<tr>
<td>Violent crime rate/100,000*</td>
<td>N/A‡</td>
</tr>
<tr>
<td>Percent with disability</td>
<td>12.8%</td>
</tr>
</tbody>
</table>

*Due to differences in jurisdictional definitions and reporting, the FBI recommends that these rates not be compared across areas.
‡This measure was not available.
### Personal Health Indicators – Score = 24.9; Rank = 46

#### Health Behaviors

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Indianapolis</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent any physical activity or exercise in the last 30 days</td>
<td>64.8%</td>
<td>82.6%</td>
</tr>
<tr>
<td>Percent meeting CDC aerobic activity guidelines</td>
<td>23.4%</td>
<td>32.2%</td>
</tr>
<tr>
<td>Percent meeting both CDC aerobic and strength activity guidelines</td>
<td>15.6%</td>
<td>23.3%</td>
</tr>
<tr>
<td>Percent consuming 2+ fruits per day</td>
<td>27.3%</td>
<td>35.6%</td>
</tr>
<tr>
<td>Percent consuming 3+ vegetables per day</td>
<td>12.7%</td>
<td>19.6%</td>
</tr>
<tr>
<td>Percent currently smoking</td>
<td>20.5%</td>
<td>13.1%</td>
</tr>
</tbody>
</table>

#### Chronic Health Problems

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Indianapolis</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent obese</td>
<td>32.1%</td>
<td>21.3%</td>
</tr>
<tr>
<td>Percent in excellent or very good health</td>
<td>48.8%</td>
<td>61.0%</td>
</tr>
<tr>
<td>Any days when physical health was not good during the past 30 days</td>
<td>35.6%</td>
<td>30.4%</td>
</tr>
<tr>
<td>Any days when mental health was not good during the past 30 days</td>
<td>34.8%</td>
<td>29.2%</td>
</tr>
<tr>
<td>Percent with asthma</td>
<td>11.1%</td>
<td>6.5%</td>
</tr>
<tr>
<td>Percent with angina or coronary heart disease</td>
<td>4.4%</td>
<td>2.8%</td>
</tr>
<tr>
<td>Percent with diabetes</td>
<td>11.1%</td>
<td>6.4%</td>
</tr>
<tr>
<td>Death rate/100,000 for cardiovascular disease</td>
<td>198.4</td>
<td>167.1</td>
</tr>
<tr>
<td>Death rate/100,000 for diabetes</td>
<td>18.1</td>
<td>17.0</td>
</tr>
</tbody>
</table>

### Community/Environmental Indicators – Score = 28.6; Rank = 49

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

#### Built Environment

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Indianapolis</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parkland as a percent of city land area</td>
<td>5.0%</td>
<td>10.6%</td>
</tr>
<tr>
<td>Acres of parkland/1,000</td>
<td>13.4</td>
<td>18.6</td>
</tr>
<tr>
<td>Farmers’ markets/1,000,000</td>
<td>22.5</td>
<td>13.1</td>
</tr>
<tr>
<td>Percent using public transportation to work</td>
<td>1.1%</td>
<td>4.3%</td>
</tr>
<tr>
<td>Percent bicycling or walking to work</td>
<td>1.8%</td>
<td>2.8%</td>
</tr>
<tr>
<td>WalkScore*</td>
<td>28.7</td>
<td>51.1</td>
</tr>
<tr>
<td>Percent within a 10 minute walk to a park</td>
<td>31.0%</td>
<td>63.8%</td>
</tr>
</tbody>
</table>

#### Recreational Facilities

<table>
<thead>
<tr>
<th>Facility</th>
<th>Indianapolis</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ball diamonds/10,000</td>
<td>0.7</td>
<td>1.9</td>
</tr>
<tr>
<td>Dog parks/100,000</td>
<td>0.5</td>
<td>0.9</td>
</tr>
<tr>
<td>Park playgrounds/10,000</td>
<td>1.6</td>
<td>2.3</td>
</tr>
<tr>
<td>Golf courses/100,000</td>
<td>0.9</td>
<td>1.6</td>
</tr>
<tr>
<td>Park units/10,000</td>
<td>2.5</td>
<td>4.1</td>
</tr>
<tr>
<td>Recreational centers/20,000</td>
<td>0.6</td>
<td>1.0</td>
</tr>
<tr>
<td>Swimming pools/100,000</td>
<td>2.6</td>
<td>3.1</td>
</tr>
<tr>
<td>Tennis courts/10,000</td>
<td>1.4</td>
<td>2.0</td>
</tr>
</tbody>
</table>

#### Policy for School P.E.

<table>
<thead>
<tr>
<th>Requirement for Physical Education</th>
<th>Indianapolis</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level of state requirement for Physical Education</td>
<td>0.0</td>
<td>2.5</td>
</tr>
</tbody>
</table>

#### Park-related Expenditures

<table>
<thead>
<tr>
<th>Expenditure</th>
<th>Indianapolis</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total park expenditure per resident</td>
<td>$24.00</td>
<td>$101.80</td>
</tr>
</tbody>
</table>

*The target goal for the Personal Health indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.

**The target goal for the Community/Environmental indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
JACKSONVILLE, FL
(Jacksonville, FL MSA)

Total Score = 43.5; Rank = 35

Areas of Excellence (at or better than target goal):
• Higher percent of city land area as parkland
• More acres of parkland per capita
• More ball diamonds per capita
• More park playgrounds per capita
• More park units per capita
• More recreation centers per capita
• More swimming pools per capita

Improvement Priority Areas (worse than 20% of target goal):
• Lower percent meeting CDC aerobic activity guidelines
• Lower percent meeting both CDC aerobic and strength activity guidelines
• Higher percent currently smoking
• Higher percent obese
• Higher percent of days when physical health was not good during the past 30 days
• Higher percent of days when mental health was not good during the past 30 days
• Higher percent with asthma
• Higher percent with angina or coronary heart disease
• Higher percent with diabetes
• Higher death rate for diabetes
• Lower percent using public transportation to work
• Lower percent bicycling or walking to work
• Lower Walk Score®
• Lower percent of population within a 10 minute walk to a park
• Fewer dog parks per capita
• Fewer golf courses per capita
• Lower park-related expenditures per capita
• Lower level of state requirement for Physical Education classes

Description of Jacksonville, FL MSA

<table>
<thead>
<tr>
<th>Description</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population</td>
<td>1,394,624</td>
</tr>
<tr>
<td>Percent less than 18 years old</td>
<td>22.8%</td>
</tr>
<tr>
<td>Percent 18 to 64 years old</td>
<td>63.4%</td>
</tr>
<tr>
<td>Percent 65 years old and older</td>
<td>13.8%</td>
</tr>
<tr>
<td>Percent male</td>
<td>48.8%</td>
</tr>
<tr>
<td>Percent high school graduate or higher</td>
<td>90.3%</td>
</tr>
<tr>
<td>Percent White</td>
<td>70.9%</td>
</tr>
<tr>
<td>Percent Black or African American</td>
<td>21.4%</td>
</tr>
<tr>
<td>Percent Asian</td>
<td>3.6%</td>
</tr>
<tr>
<td>Percent Other Race</td>
<td>4.1%</td>
</tr>
<tr>
<td>Percent Hispanic/Latino</td>
<td>7.7%</td>
</tr>
<tr>
<td>Percent unemployed</td>
<td>9.7%</td>
</tr>
<tr>
<td>Median household income</td>
<td>$51,495</td>
</tr>
<tr>
<td>Percent of households below poverty level</td>
<td>10.7%</td>
</tr>
<tr>
<td>Violent crime rate/100,000*</td>
<td>495.7</td>
</tr>
<tr>
<td>Percent with disability</td>
<td>13.1%</td>
</tr>
</tbody>
</table>

*Due to differences in jurisdictional definitions and reporting, the FBI recommends that these rates not be compared across areas.
### Personal Health Indicators – Score = 38.5; Rank = 40

#### Health Behaviors

<table>
<thead>
<tr>
<th>Behavior</th>
<th>Percent</th>
<th>Target Goal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent any physical activity or exercise in the last 30 days</td>
<td>70.5%</td>
<td>82.6%</td>
</tr>
<tr>
<td>Percent meeting CDC aerobic activity guidelines</td>
<td>23.3%</td>
<td>32.2%</td>
</tr>
<tr>
<td>Percent meeting both CDC aerobic and strength activity guidelines</td>
<td>17.1%</td>
<td>23.3%</td>
</tr>
<tr>
<td>Percent consuming 2+ fruits per day</td>
<td>29.3%</td>
<td>35.6%</td>
</tr>
<tr>
<td>Percent consuming 3+ vegetables per day</td>
<td>16.6%</td>
<td>19.6%</td>
</tr>
<tr>
<td>Percent currently smoking</td>
<td>17.6%</td>
<td>13.1%</td>
</tr>
</tbody>
</table>

#### Chronic Health Problems

<table>
<thead>
<tr>
<th>Problem</th>
<th>Percent</th>
<th>Target Goal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent obese</td>
<td>29.8%</td>
<td>21.3%</td>
</tr>
<tr>
<td>Percent in excellent or very good health</td>
<td>50.8%</td>
<td>61.0%</td>
</tr>
<tr>
<td>Any days when physical health was not good during the past 30 days</td>
<td>38.0%</td>
<td>30.4%</td>
</tr>
<tr>
<td>Any days when mental health was not good during the past 30 days</td>
<td>36.7%</td>
<td>29.2%</td>
</tr>
<tr>
<td>Percent with asthma</td>
<td>9.3%</td>
<td>6.5%</td>
</tr>
<tr>
<td>Percent with angina or coronary heart disease</td>
<td>4.2%</td>
<td>2.8%</td>
</tr>
<tr>
<td>Percent with diabetes</td>
<td>11.7%</td>
<td>6.4%</td>
</tr>
<tr>
<td>Death rate/100,000 for cardiovascular disease</td>
<td>196.4</td>
<td>167.1</td>
</tr>
<tr>
<td>Death rate/100,000 for diabetes</td>
<td>23.7%</td>
<td>17.0%</td>
</tr>
</tbody>
</table>

*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.

### Community/Environmental Indicators – Score = 48.3; Rank = 30

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

#### Built Environment

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Value</th>
<th>Target Goal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parkland as a percent of city land area</td>
<td>13.9%</td>
<td>10.6%</td>
</tr>
<tr>
<td>Acres of parkland/1,000</td>
<td>77.8</td>
<td>18.6</td>
</tr>
<tr>
<td>Farmers’ markets/1,000,000</td>
<td>11.5</td>
<td>13.1</td>
</tr>
<tr>
<td>Percent using public transportation to work</td>
<td>1.1%</td>
<td>4.3%</td>
</tr>
<tr>
<td>Percent bicycling or walking to work</td>
<td>1.7%</td>
<td>2.8%</td>
</tr>
<tr>
<td>WalkScore*</td>
<td>25.5</td>
<td>51.1</td>
</tr>
<tr>
<td>Percent within a 10 minute walk to a park</td>
<td>30.0%</td>
<td>63.8%</td>
</tr>
</tbody>
</table>

#### Recreational Facilities

<table>
<thead>
<tr>
<th>Facility</th>
<th>Value</th>
<th>Target Goal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ball diamonds/10,000</td>
<td>1.9</td>
<td>3.2</td>
</tr>
<tr>
<td>Dog parks/100,000</td>
<td>0.4</td>
<td>0.9</td>
</tr>
<tr>
<td>Park playgrounds/10,000</td>
<td>2.3</td>
<td>3.4</td>
</tr>
<tr>
<td>Golf courses/100,000</td>
<td>0.4</td>
<td>0.9</td>
</tr>
<tr>
<td>Park units/10,000</td>
<td>5.1</td>
<td>4.1</td>
</tr>
<tr>
<td>Recreational centers/20,000</td>
<td>1.5</td>
<td>4.1</td>
</tr>
<tr>
<td>Swimming pools/100,000</td>
<td>3.1</td>
<td>4.2</td>
</tr>
<tr>
<td>Tennis courts/10,000</td>
<td>1.9</td>
<td>2.0</td>
</tr>
</tbody>
</table>

#### Policy for School P.E.

<table>
<thead>
<tr>
<th>Requirement for Physical Education</th>
<th>Value</th>
<th>Target Goal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level of state requirement</td>
<td>1.0</td>
<td>2.5</td>
</tr>
</tbody>
</table>

#### Park-related Expenditures

<table>
<thead>
<tr>
<th>Expenditure</th>
<th>Value</th>
<th>Target Goal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total park expenditure per resident</td>
<td>$36.00</td>
<td>$101.80</td>
</tr>
</tbody>
</table>

*The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
KANSAS CITY, MO
(Kansas City, MO-KS MSA)

Total Score = 50.5; Rank = 26

Areas of Excellence (at or better than target goal):
• More acres of parkland per capita
• More farmers’ markets per capita
• Higher percent of population within a 10 minute walk to a park
• More ball diamonds per capita
• More golf courses per capita
• More park units per capita
• More tennis courts per capita
• Higher park-related expenditures per capita

Improvement Priority Areas (worse than 20% of target goal):
• Lower percent meeting both CDC aerobic and strength activity guidelines
• Lower percent consuming 2+ fruits per day
• Lower percent consuming 3+ vegetables per day
• Higher percent currently smoking
• Higher percent obese
• Higher percent with asthma
• Higher percent with angina or coronary heart disease
• Higher percent with diabetes
• Lower percent using public transportation to work
• Lower percent bicycling or walking to work
• Lower Walk Score®
• Fewer dog parks per capita
• Fewer recreation centers per capita
• Lower level of state requirement for Physical Education classes

Description of Kansas City, MO-KS MSA
Population 2,054,473
Percent less than 18 years old 25.1%
Percent 18 to 64 years old 62.0%
Percent 65 years old and older 13.0%
Percent male 49.0%
Percent high school graduate or higher 91.2%
Percent White 78.9%
Percent Black or African American 12.6%
Percent Asian 2.5%
Percent Other Race 6.0%
Percent Hispanic/Latino 8.6%
Percent unemployed 6.1%
Median household income $56,248
Percent of households below poverty level 8.8%
Violent crime rate/100,000* 468.5
Percent with disability 11.6%

*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 = 53.2; Rank = 21

- Health Behaviors
  - Percent any physical activity or exercise in the last 30 days: 70.7% (Target Goal: 82.6%)
  - Percent meeting CDC aerobic activity guidelines: 27.5% (Target Goal: 32.2%)
  - Percent meeting both CDC aerobic and strength activity guidelines: 18.3% (Target Goal: 23.3%)
  - Percent consuming 2+ fruits per day: 24.8% (Target Goal: 35.6%)
  - Percent consuming 3+ vegetables per day: 13.8% (Target Goal: 19.6%)
  - Percent currently smoking: 19.2% (Target Goal: 13.1%)

Chronic Health Problems

- Percent obese: 30.0% (Target Goal: 21.3%)
- Percent in excellent or very good health: 53.3% (Target Goal: 61.0%)
- Any days when physical health was not good during the past 30 days: 32.9% (Target Goal: 30.4%)
- Any days when mental health was not good during the past 30 days: 31.3% (Target Goal: 29.2%)
- Percent with asthma: 9.9% (Target Goal: 6.5%)
- Percent with angina or coronary heart disease: 3.9% (Target Goal: 2.8%)
- Percent with diabetes: 8.9% (Target Goal: 6.4%)
- Death rate/100,000 for cardiovascular disease: 181.5 (Target Goal: 167.1)
- Death rate/100,000 for diabetes: 17.9 (Target Goal: 17.0)

Community/Environmental Indicators – Score = 48.0; Rank = 31

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

Built Environment

- Parkland as a percent of city land area: 9.0% (Target Goal: 10.6%)
- Acres of parkland/1,000: 37.7 (Target Goal: 18.6)
- Farmers’ markets/1,000,000: 30.7 (Target Goal: 13.1)
- Percent using public transportation to work: 1.2% (Target Goal: 4.3%)
- Percent bicycling or walking to work: 1.6% (Target Goal: 2.8%)
- WalkScore®: 32.1 (Target Goal: 51.1)
- Percent within a 10 minute walk to a park: 65.0% (Target Goal: 63.8%)

Recreational Facilities

- Ball diamonds/10,000: 3.3 (Target Goal: 1.9)
- Dog parks/100,000: 0.4 (Target Goal: 0.9)
- Park playgrounds/10,000: 2.2 (Target Goal: 2.3)
- Golf courses/100,000: 1.3 (Target Goal: 0.9)
- Park units/10,000: 4.9 (Target Goal: 4.1)
- Recreational centers/20,000: 0.4 (Target Goal: 1.0)
- Swimming pools/100,000: 2.6 (Target Goal: 3.1)
- Tennis courts/10,000: 2.3 (Target Goal: 2.0)

Policy for School P.E.

- Level of state requirement for Physical Education: 0.0 (Target Goal: 2.5)

Park-related Expenditures

- Total park expenditure per resident: $116.00 (Target Goal: $101.80)

*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.
**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
LAS VEGAS, NV
(Las Vegas-Henderson-Paradise, NV MSA)

Total Score = 47.4; Rank = 31

Areas of Excellence (at or better than target goal):
• Lower death rate for diabetes
• More dog parks per capita
• Higher park-related expenditures per capita

Improvement Priority Areas (worse than 20% of target goal):
• Lower percent consuming 2+ fruits per day
• Higher percent currently smoking
• Higher percent obese
• Higher percent with diabetes
• Higher death rate for cardiovascular disease
• Lower percent of city land area as parkland
• Fewer acres of parkland per capita
• Fewer farmers’ markets per capita
• Lower percent bicycling or walking to work
• Lower Walk Score®
• Lower percent of population within a 10 minute walk to a park
• 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
• Lower level of state requirement for Physical Education classes

Description of Las Vegas-Henderson-Paradise, NV MSA

Population 2,027,868
Percent less than 18 years old 24.1%
Percent 18 to 64 years old 63.0%
Percent 65 years old and older 12.8%
Percent male 50.2%
Percent high school graduate or higher 84.5%
Percent White 62.7%
Percent Black or African American 10.8%
Percent Asian 9.3%
Percent Other Race 17.2%
Percent Hispanic/Latino 30.0%
Percent unemployed 11.2%
Median household income $51,057
Percent of households below poverty level 12.1%
Violent crime rate/100,000* 678.0
Percent with disability 12.4%

*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 = 58.3; Rank = 17

- Percent any physical activity or exercise in the last 30 days: 71.4% (Las Vegas: 82.6%; Target Goal: 90%)
- Percent meeting CDC aerobic activity guidelines: 26.3% (Las Vegas: 32.2%; Target Goal: 90%)
- Percent meeting both CDC aerobic and strength activity guidelines: 19.4% (Las Vegas: 23.3%; Target Goal: 90%)
- Percent consuming 2+ fruits per day: 27.3% (Las Vegas: 35.6%; Target Goal: 90%)
- Percent consuming 3+ vegetables per day: 16.3% (Las Vegas: 19.6%; Target Goal: 90%)
- Percent currently smoking: 19.8% (Las Vegas: 13.1%; Target Goal: 90%)

Chronic Health Problems

- Percent obese: 28.2% (Las Vegas: 21.3%; Target Goal: 90%)
- Percent in excellent or very good health: 50.6% (Las Vegas: 61.0%; Target Goal: 90%)
- Any days when physical health was not good during the past 30 days: 31.9% (Las Vegas: 30.4%; Target Goal: 90%)
- Any days when mental health was not good during the past 30 days: 31.6% (Las Vegas: 29.2%; Target Goal: 90%)
- Percent with asthma: 7.6% (Las Vegas: 6.5%; Target Goal: 90%)
- Percent with angina or coronary heart disease: 3.1% (Las Vegas: 2.8%; Target Goal: 90%)
- Percent with diabetes: 10.9% (Las Vegas: 6.4%; Target Goal: 90%)
- Death rate/100,000 for cardiovascular disease: 203.1 (Las Vegas: 167.1; Target Goal: 90%)
- Death rate/100,000 for diabetes: 12.0 (Las Vegas: 17.0; Target Goal: 90%)

Community/Environmental Indicators – Score = 37.2; Rank = 40

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

- Parkland as a percent of city land area: 3.5% (Las Vegas: 10.6%; Target Goal: 90%)
- Acres of parkland/1,000,000: 5.2 (Las Vegas: 18.6; Target Goal: 90%)
- Farmers’ markets/1,000,000: 5.4 (Las Vegas: 13.1; Target Goal: 90%)
- Percent using public transportation to work: 3.5% (Las Vegas: 4.3%; Target Goal: 90%)
- Percent bicycling or walking to work: 2.1% (Las Vegas: 2.8%; Target Goal: 90%)
- WalkScore®: 38.6 (Las Vegas: 51.1; Target Goal: 90%)
- Percent within a 10 minute walk to a park: 45.0% (Las Vegas: 63.8%; Target Goal: 90%)

Recreational Facilities

- Ball diamonds/10,000: 0.8 (Las Vegas: 1.9; Target Goal: 90%)
- Dog parks/100,000: 0.9 (Las Vegas: 4.2; Target Goal: 90%)
- Park playgrounds/10,000: 0.7 (Las Vegas: 2.3; Target Goal: 90%)
- Golf courses/100,000: 0.9 (Las Vegas: 2.0; Target Goal: 90%)
- Park units/10,000: 1.1 (Las Vegas: 4.1; Target Goal: 90%)
- Recreational centers/20,000: 0.8 (Las Vegas: 1.0; Target Goal: 90%)
- Swimming pools/100,000: 1.1 (Las Vegas: 2.0; Target Goal: 90%)
- Tennis courts/10,000: 1.1 (Las Vegas: 2.0; Target Goal: 90%)

Policy for School P.E.

- Level of state requirement for Physical Education: 1.0 (Las Vegas: 2.5; Target Goal: 90%)

Park-related Expenditures

- Total park expenditure per resident: $137.00 (Las Vegas: $101.80; Target Goal: 90%)

*The target goal for the Personal Health indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.

**The target goal for the Community/Environmental indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
LOS ANGELES, CA
(Los Angeles-Long Beach-Anaheim, CA MSA)

Total Score = 52.0; Rank = 23

Areas of Excellence (at or better than target goal):
• Lower percent currently smoking
• Higher percent of city land area as parkland
• Higher percent using public transportation to work
• Higher percent bicycling or walking to work
• Higher Walk Score®
• More recreation centers per capita
• Higher level of state requirement for Physical Education classes

Improvement Priority Areas (worse than 20% of target goal):
• Lower percent in excellent or very good health
• Higher percent of days when mental health was not good during the past 30 days
• Higher percent with diabetes
• Fewer acres of parkland per capita
• Fewer ball diamonds per capita
• Fewer dog parks per capita
• Fewer park playgrounds per capita
• Fewer golf courses per capita
• Fewer park units per capita
• Fewer swimming pools per capita
• Fewer tennis courts per capita
• Lower park-related expenditures per capita

Description of Los Angeles-Long Beach-Anaheim, CA MSA

<table>
<thead>
<tr>
<th>Description</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population</td>
<td>13,131,431</td>
</tr>
<tr>
<td>Percent less than 18 years old</td>
<td>23.2%</td>
</tr>
<tr>
<td>Percent 18 to 64 years old</td>
<td>64.7%</td>
</tr>
<tr>
<td>Percent 65 years old and older</td>
<td>12.1%</td>
</tr>
<tr>
<td>Percent male</td>
<td>49.4%</td>
</tr>
<tr>
<td>Percent high school graduate or higher</td>
<td>78.6%</td>
</tr>
<tr>
<td>Percent White</td>
<td>55.8%</td>
</tr>
<tr>
<td>Percent Black or African American</td>
<td>6.7%</td>
</tr>
<tr>
<td>Percent Asian</td>
<td>15.2%</td>
</tr>
<tr>
<td>Percent Other Race</td>
<td>22.3%</td>
</tr>
<tr>
<td>Percent Hispanic/Latino</td>
<td>44.9%</td>
</tr>
<tr>
<td>Percent unemployed</td>
<td>9.6%</td>
</tr>
<tr>
<td>Median household income</td>
<td>$58,869</td>
</tr>
<tr>
<td>Percent of households below poverty level</td>
<td>13.7%</td>
</tr>
<tr>
<td>Violent crime rate/100,000*</td>
<td>353.3</td>
</tr>
<tr>
<td>Percent with disability</td>
<td>9.6%</td>
</tr>
</tbody>
</table>

*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 = 63.1; Rank = 15**

- Percent any physical activity or exercise in the last 30 days: 67.8% (Los Angeles) vs. 82.6% (Target Goal)
- Percent meeting CDC aerobic activity guidelines: 25.9% vs. 32.2%
- Percent meeting both CDC aerobic and strength activity guidelines: 19.6% vs. 23.3%
- Percent consuming 2+ fruits per day: 35.5% vs. 35.6%
- Percent consuming 3+ vegetables per day: 18.3% vs. 19.6%
- Percent currently smoking: 10.1% vs. 13.1%

**Chronic Health Problems**

- Percent obese: 23.9% vs. 21.3%
- Percent in excellent or very good health: 48.4% vs. 61.0%
- Any days when physical health was not good during the past 30 days: 34.6% vs. 30.4%
- Any days when mental health was not good during the past 30 days: 35.8% vs. 29.2%
- Percent with asthma: 6.9% vs. 6.5%
- Percent with angina or coronary heart disease: 3.0% vs. 2.8%
- Percent with diabetes: 12.5% vs. 6.4%
- Death rate/100,000 for cardiovascular disease: 174.6 vs. 167.1
- Death rate/100,000 for diabetes: 20.4 vs. 17.0

**Community/Environmental Indicators – Score = 41.6; Rank = 37**

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

**Built Environment**

- Parkland as a percent of city land area: 12.2% vs. 10.6%
- Acres of parkland/1,000: 9.4 vs. 18.6
- Farmers’ markets/1,000: 11.0 vs. 13.1
- Percent using public transportation to work: 5.8% vs. 4.3%
- Percent bicycling or walking to work: 3.5% vs. 2.8%
- WalkScore*: 63.9 vs. 51.1
- Percent within a 10 minute walk to a park: 54.0% vs. 63.8%

**Recreational Facilities**

- Ball diamonds/10,000: 0.7 vs. 1.9
- Dog parks/100,000: 0.3 vs. 0.9
- Park playgrounds/1,000: 1.0 vs. 2.3
- Golf courses/100,000: 0.4 vs. 0.9
- Park units/10,000: 1.7 vs. 4.1
- Recreational centers/20,000: 1.2 vs. 1.0
- Swimming pools/100,000: 1.7 vs. 3.1
- Tennis courts/10,000: 0.9 vs. 2.0

**Policy for School P.E.**

- Level of state requirement for Physical Education: 3.0 vs. 2.5

**Park-related Expenditures**

- Total park expenditure per resident: $62.00 vs. $101.80

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*The target goal for the Personal Health indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.

**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
LOUISVILLE, KY  
(Louisville/Jefferson County, KY-IN MSA)

Total Score = 32.1; Rank = 46

Areas of Excellence (at or better than target goal):
• More acres of parkland per capita
• More farmers’ markets per capita
• More golf courses per capita
• More tennis courts per capita

Improvement Priority Areas (worse than 20% of target goal):
• Lower percent of any physical activity or exercise in the last 30 days
• Lower percent meeting CDC aerobic activity guidelines
• Lower percent meeting both CDC aerobic and strength activity guidelines
• Lower percent consuming 2+ fruits per day
• Lower percent consuming 3+ vegetables per day
• Higher percent currently smoking
• Higher percent obese
• Higher percent of days when mental health was not good during the past 30 days
• Higher percent with asthma
• Higher percent with angina or coronary heart disease
• Higher percent with diabetes
• Higher death rate for diabetes
• Lower percent of city land area as parkland
• Lower percent using public transportation to work
• Lower percent bicycling or walking to work
• Lower Walk Score®
• Lower percent of population within a 10 minute walk to a park
• Fewer ball diamonds per capita
• Fewer park playgrounds per capita
• Fewer park units per capita
• Fewer recreation centers per capita
• Fewer swimming pools per capita
• Lower park-related expenditures per capita
• Lower level of state requirement for Physical Education classes

Description of Louisville/Jefferson County, KY-IN MSA

<table>
<thead>
<tr>
<th>Description</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population</td>
<td>1,262,261</td>
</tr>
<tr>
<td>Percent less than 18 years old</td>
<td>23.1%</td>
</tr>
<tr>
<td>Percent 18 to 64 years old</td>
<td>62.9%</td>
</tr>
<tr>
<td>Percent 65 years old and older</td>
<td>14.0%</td>
</tr>
<tr>
<td>Percent male</td>
<td>48.8%</td>
</tr>
<tr>
<td>Percent high school graduate or higher</td>
<td>88.3%</td>
</tr>
<tr>
<td>Percent White</td>
<td>80.9%</td>
</tr>
<tr>
<td>Percent Black or African American</td>
<td>13.9%</td>
</tr>
<tr>
<td>Percent Asian</td>
<td>1.6%</td>
</tr>
<tr>
<td>Percent Other Race</td>
<td>3.6%</td>
</tr>
<tr>
<td>Percent Hispanic/Latino</td>
<td>4.3%</td>
</tr>
<tr>
<td>Percent unemployed</td>
<td>7.6%</td>
</tr>
<tr>
<td>Median household income</td>
<td>$50,905</td>
</tr>
<tr>
<td>Percent of households below poverty level</td>
<td>10.0%</td>
</tr>
<tr>
<td>Violent crime rate/100,000*</td>
<td>N/A‡</td>
</tr>
<tr>
<td>Percent with disability</td>
<td>14.3%</td>
</tr>
</tbody>
</table>

*Due to differences in jurisdictional definitions and reporting, the FBI recommends that these rates not be compared across areas.
‡This measure was not available.
ACSM American Fitness Index® Components

Personal Health Indicators – Score = 29.5; Rank = 45

<table>
<thead>
<tr>
<th>Health Behaviors</th>
<th>Louisville</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent any physical activity or exercise in the last 30 days</td>
<td>65.0%</td>
<td>82.6%</td>
</tr>
<tr>
<td>Percent meeting CDC aerobic activity guidelines</td>
<td>25.5%</td>
<td>32.2%</td>
</tr>
<tr>
<td>Percent meeting both CDC aerobic and strength activity guidelines</td>
<td>16.6%</td>
<td>23.3%</td>
</tr>
<tr>
<td>Percent consuming 2+ fruits per day</td>
<td>24.6%</td>
<td>35.6%</td>
</tr>
<tr>
<td>Percent consuming 3+ vegetables per day</td>
<td>12.1%</td>
<td>19.6%</td>
</tr>
<tr>
<td>Percent currently smoking</td>
<td>22.5%</td>
<td>13.1%</td>
</tr>
</tbody>
</table>

Chronic Health Problems

| Death rate/100,000 for cardiovascular disease           | 30.2%      | 21.3%        |
| Death rate/100,000 for diabetes                        | 49.2%      | 61.0%        |
| Percent in excellent or very good health               | 35.9%      | 30.4%        |
| Percent with asthma                                    | 8.8%       | 6.5%         |
| Percent with angina or coronary heart disease          | 9.6%       | 6.4%         |
| Percent with diabetes                                   | 6.5%       | 6.4%         |

Community/Environmental Indicators – Score = 34.5; Rank = 44

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

<table>
<thead>
<tr>
<th>Built Environment</th>
<th>Louisville</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parkland as a percent of city land area</td>
<td>7.0%</td>
<td>10.6%</td>
</tr>
<tr>
<td>Acres of parkland/1,000</td>
<td>22.5</td>
<td>18.6</td>
</tr>
<tr>
<td>Farmers’ markets/1,000</td>
<td>22.2</td>
<td>13.1</td>
</tr>
<tr>
<td>Percent using public transportation to work</td>
<td>1.7%</td>
<td>4.3%</td>
</tr>
<tr>
<td>Percent bicycling or walking to work</td>
<td>1.7%</td>
<td>2.8%</td>
</tr>
<tr>
<td>WalkScore®</td>
<td>31.2</td>
<td>51.1</td>
</tr>
<tr>
<td>Percent within a 10 minute walk to a park</td>
<td>31.0%</td>
<td>63.8%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Recreational Facilities</th>
<th>Louisville</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ball diamonds/10,000</td>
<td>1.3</td>
<td>1.9</td>
</tr>
<tr>
<td>Dog parks/100,000</td>
<td>0.8</td>
<td>0.9</td>
</tr>
<tr>
<td>Park playgrounds/10,000</td>
<td>1.8</td>
<td>2.3</td>
</tr>
<tr>
<td>Golf courses/100,000</td>
<td>1.2</td>
<td>0.9</td>
</tr>
<tr>
<td>Park units/10,000</td>
<td>1.7</td>
<td>4.1</td>
</tr>
<tr>
<td>Recreational centers/20,000</td>
<td>0.4</td>
<td>1.0</td>
</tr>
<tr>
<td>Swimming pools/100,000</td>
<td>0.8</td>
<td>3.1</td>
</tr>
<tr>
<td>Tennis courts/10,000</td>
<td>2.3</td>
<td>2.0</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Policy for School P.E.</th>
<th>Louisville</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level of state requirement for Physical Education</td>
<td>1.0</td>
<td>2.5</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Park-related Expenditures</th>
<th>Louisville</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total park expenditure per resident</td>
<td>$567.00</td>
<td>$101.80</td>
</tr>
</tbody>
</table>

*The target goal for the Personal Health indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.

**The target goal for the Community/Environmental indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
MEMPHIS, TN  
(Memphis, TN-MS-Ar MSA)

Total Score = 27.3; Rank = 49

Areas of Excellence (at or better than target goal):
• Lower percent of days when mental health was not good during the past 30 days
• Lower percent with asthma
• More golf courses per capita
• More recreation centers per capita

Improvement Priority Areas (worse than 20% of target goal):
• Lower percent of any physical activity or exercise in the last 30 days
• Lower percent meeting CDC aerobic activity guidelines
• Lower percent meeting both CDC aerobic and strength activity guidelines
• Lower percent consuming 2+ fruits per day
• Lower percent consuming 3+ vegetables per day
• Higher percent currently smoking
• Higher percent obese
• Lower percent in excellent or very good health
• Higher percent with angina or coronary heart disease
• Higher percent with diabetes
• Higher death rate for cardiovascular disease
• Higher death rate for diabetes
• 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
• Lower Walk Score®
• Lower percent of population within a 10 minute walk to a park
• Fewer dog parks per capita
• Fewer park units per capita
• Fewer tennis courts per capita
• Lower park-related expenditures per capita
• Lower level of state requirement for Physical Education classes

Description of Memphis, TN-MS-AR MSA

<table>
<thead>
<tr>
<th>Description</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population</td>
<td>1,341,746</td>
</tr>
<tr>
<td>Percent less than 18 years old</td>
<td>25.7%</td>
</tr>
<tr>
<td>Percent 18 to 64 years old</td>
<td>62.6%</td>
</tr>
<tr>
<td>Percent 65 years old and older</td>
<td>11.6%</td>
</tr>
<tr>
<td>Percent male</td>
<td>48.0%</td>
</tr>
<tr>
<td>Percent high school graduate or higher</td>
<td>85.3%</td>
</tr>
<tr>
<td>Percent White</td>
<td>47.9%</td>
</tr>
<tr>
<td>Percent Black or African American</td>
<td>46.4%</td>
</tr>
<tr>
<td>Percent Asian</td>
<td>1.9%</td>
</tr>
<tr>
<td>Percent Other Race</td>
<td>3.8%</td>
</tr>
<tr>
<td>Percent Hispanic/Latino</td>
<td>5.2%</td>
</tr>
<tr>
<td>Percent unemployed</td>
<td>10.5%</td>
</tr>
<tr>
<td>Median household income</td>
<td>$46,962</td>
</tr>
<tr>
<td>Percent of households below poverty level</td>
<td>15.4%</td>
</tr>
<tr>
<td>Violent crime rate/100,000*</td>
<td>993.4</td>
</tr>
<tr>
<td>Percent with disability</td>
<td>13.6%</td>
</tr>
</tbody>
</table>

*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 = 20.0; Rank = 49

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Memphis</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent any physical activity or exercise in the last 30 days</td>
<td>54.5%</td>
<td>82.6%</td>
</tr>
<tr>
<td>Percent meeting CDC aerobic activity guidelines</td>
<td>21.6%</td>
<td>32.2%</td>
</tr>
<tr>
<td>Percent meeting both CDC aerobic and strength activity guidelines</td>
<td>10.7%</td>
<td>23.3%</td>
</tr>
<tr>
<td>Percent consuming 2+ fruits per day</td>
<td>19.9%</td>
<td>35.6%</td>
</tr>
<tr>
<td>Percent consuming 3+ vegetables per day</td>
<td>12.0%</td>
<td>19.6%</td>
</tr>
<tr>
<td>Percent currently smoking</td>
<td>21.9%</td>
<td>13.1%</td>
</tr>
</tbody>
</table>

**Note:** Most of these data were available only for the main city in the MSA.

#### Community/Environmental Indicators -- Score = 34.1; Rank = 47

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Memphis</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parkland as a percent of city land area</td>
<td>4.8%</td>
<td>10.6%</td>
</tr>
<tr>
<td>Acres of parkland/1,000</td>
<td>13.5</td>
<td>18.6</td>
</tr>
<tr>
<td>Farmers’ markets/1,000</td>
<td>12.7</td>
<td>13.1</td>
</tr>
<tr>
<td>Percent using public transportation to work</td>
<td>1.1%</td>
<td>4.3%</td>
</tr>
<tr>
<td>Percent bicycling or walking to work</td>
<td>1.6%</td>
<td>2.8%</td>
</tr>
<tr>
<td>WalkScore®</td>
<td>33.0</td>
<td>51.1</td>
</tr>
<tr>
<td>Percent within a 10 minute walk to a park</td>
<td>38.0%</td>
<td>63.8%</td>
</tr>
</tbody>
</table>

**Note:** Most of these data were available only for the main city in the MSA.

#### Health Behaviors

- **Percent any physical activity or exercise in the last 30 days:** 54.5% (Memphis) vs. 82.6% (Target Goal)
- **Percent meeting CDC aerobic activity guidelines:** 21.6% (Memphis) vs. 32.2% (Target Goal)
- **Percent meeting both CDC aerobic and strength activity guidelines:** 10.7% (Memphis) vs. 23.3% (Target Goal)
- **Percent consuming 2+ fruits per day:** 19.9% (Memphis) vs. 35.6% (Target Goal)
- **Percent consuming 3+ vegetables per day:** 12.0% (Memphis) vs. 19.6% (Target Goal)
- **Percent currently smoking:** 21.9% (Memphis) vs. 13.1% (Target Goal)

#### Chronic Health Problems

- **Percent obese:** 34.9% (Memphis) vs. 21.3% (Target Goal)
- **Percent in excellent or very good health:** 48.1% (Memphis) vs. 61.0% (Target Goal)
- **Any days when physical health was not good during the past 30 days:** 34.1% (Memphis) vs. 30.4% (Target Goal)
- **Any days when mental health was not good during the past 30 days:** 26.7% (Memphis) vs. 29.2% (Target Goal)
- **Percent with asthma:** 5.7% (Memphis) vs. 6.5% (Target Goal)
- **Percent with angina or coronary heart disease:** 6.5% (Memphis) vs. 2.8% (Target Goal)
- **Percent with diabetes:** 11.9% (Memphis) vs. 6.4% (Target Goal)
- **Death rate/100,000 for cardiovascular disease:** 233.8 (Memphis) vs. 167.1 (Target Goal)
- **Death rate/100,000 for diabetes:** 34.4 (Memphis) vs. 17.0 (Target Goal)

#### Built Environment

- **Parkland as a percent of city land area:** 4.8% (Memphis) vs. 10.6% (Target Goal)
- **Acres of parkland/1,000:** 13.5 (Memphis) vs. 18.6 (Target Goal)
- **Farmers’ markets/1,000:** 12.7 (Memphis) vs. 13.1 (Target Goal)
- **Percent using public transportation to work:** 1.1% (Memphis) vs. 4.3% (Target Goal)
- **Percent bicycling or walking to work:** 1.6% (Memphis) vs. 2.8% (Target Goal)
- **WalkScore®:** 33.0 (Memphis) vs. 51.1 (Target Goal)
- **Percent within a 10 minute walk to a park:** 38.0% (Memphis) vs. 63.8% (Target Goal)

#### Recreational Facilities

- **Ball diamonds/10,000:** 1.7 (Memphis) vs. 1.9 (Target Goal)
- **Dog parks/100,000:** 0.5 (Memphis) vs. 0.9 (Target Goal)
- **Park playgrounds/10,000:** 1.8 (Memphis) vs. 2.3 (Target Goal)
- **Golf courses/100,000:** 1.4 (Memphis) vs. 0.9 (Target Goal)
- **Park units/10,000:** 3.1 (Memphis) vs. 4.1 (Target Goal)
- **Recreational centers/20,000:** 1.0 (Memphis) vs. 1.0 (Target Goal)
- **Swimming pools/100,000:** 2.7 (Memphis) vs. 3.1 (Target Goal)
- **Tennis courts/10,000:** 1.2 (Memphis) vs. 2.0 (Target Goal)

#### Policy for School P.E.

- **Level of state requirement for Physical Education:** 0.0 (Memphis) vs. 2.5 (Target Goal)

#### Park-related Expenditures

- **Total park expenditure per resident:** $62.00 (Memphis) vs. $101.80 (Target Goal)

---

*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.

**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
MIAMI, FL
(Miami-Fort Lauderdale-West Palm Beach, FL MSA)

Total Score = 47.5; Rank = 30

Areas of Excellence (at or better than target goal):
• Lower percent currently smoking
• Lower death rate for cardiovascular disease
• Lower death rate for diabetes
• Higher Walk Score®
• Higher percent of population within a 10 minute walk to a park
• More recreation centers per capita
• More swimming pools per capita

Improvement Priority Areas (worse than 20% of target goal):
• Lower percent meeting CDC aerobic activity guidelines
• Lower percent meeting both CDC aerobic and strength activity guidelines
• Lower percent in excellent or very good health
• Higher percent of days when physical health was not good during the past 30 days
• Higher percent with angina or coronary heart disease
• Higher percent with diabetes
• Lower percent of city land area as parkland
• Fewer acres of parkland per capita
• Fewer farmers’ markets per capita
• Fewer ball diamonds per capita
• Fewer dog parks per capita
• Fewer park playgrounds per capita
• Fewer golf courses per capita
• Fewer park units per capita
• Fewer tennis courts per capita
• Lower park-related expenditures per capita
• Lower level of state requirement for Physical Education classes

Description of Miami-Fort Lauderdale-West Palm Beach, FL MSA
Population 5,828,191
Percent less than 18 years old 20.9%
Percent 18 to 64 years old 62.4%
Percent 65 years old and older 16.7%
Percent male 48.6%
Percent high school graduate or higher 84.7%
Percent White 71.6%
Percent Black or African American 21.3%
Percent Asian 2.4%
Percent Other Race 4.7%
Percent Hispanic/Latino 42.7%
Percent unemployed 10.0%
Median household income $46,946
Percent of households below poverty level 14.0%
Violent crime rate/100,000* 538.9
Percent with disability 11.2%

*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 = 52.8; Rank = 22

<table>
<thead>
<tr>
<th>Health Behaviors</th>
<th>Miami</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent any physical activity or exercise in the last 30 days</td>
<td>66.5%</td>
<td>82.6%</td>
</tr>
<tr>
<td>Percent meeting CDC aerobic activity guidelines</td>
<td>23.4%</td>
<td>32.2%</td>
</tr>
<tr>
<td>Percent meeting both CDC aerobic and strength activity guidelines</td>
<td>16.2%</td>
<td>23.3%</td>
</tr>
<tr>
<td>Percent consuming 2+ fruits per day</td>
<td>34.7%</td>
<td>35.6%</td>
</tr>
<tr>
<td>Percent consuming 3+ vegetables per day</td>
<td>16.5%</td>
<td>19.6%</td>
</tr>
<tr>
<td>Percent currently smoking</td>
<td>12.2%</td>
<td>13.1%</td>
</tr>
</tbody>
</table>

### Chronic Health Problems

<table>
<thead>
<tr>
<th>Miami</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent obese</td>
<td>23.7%</td>
</tr>
<tr>
<td>Percent in excellent or very good health</td>
<td>48.5%</td>
</tr>
<tr>
<td>Any days when physical health was not good during the past 30 days</td>
<td>37.2%</td>
</tr>
<tr>
<td>Any days when mental health was not good during the past 30 days</td>
<td>34.3%</td>
</tr>
<tr>
<td>Percent with asthma</td>
<td>7.2%</td>
</tr>
<tr>
<td>Percent with angina or coronary heart disease</td>
<td>4.0%</td>
</tr>
<tr>
<td>Percent with diabetes</td>
<td>11.0%</td>
</tr>
<tr>
<td>Death rate/100,000 for cardiovascular disease</td>
<td>159.8</td>
</tr>
<tr>
<td>Death rate/100,000 for diabetes</td>
<td>15.6</td>
</tr>
</tbody>
</table>

### Community/Environmental Indicators – Score = 42.6; Rank = 34

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

<table>
<thead>
<tr>
<th>Built Environment</th>
<th>Miami</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parkland as a percent of city land area</td>
<td>5.1%</td>
<td>10.6%</td>
</tr>
<tr>
<td>Acres of parkland/1,000</td>
<td>2.9</td>
<td>18.6</td>
</tr>
<tr>
<td>Farmers’ markets/1,000,000</td>
<td>9.8</td>
<td>13.1</td>
</tr>
<tr>
<td>Percent using public transportation to work</td>
<td>4.1%</td>
<td>4.3%</td>
</tr>
<tr>
<td>Percent bicycling or walking to work</td>
<td>2.5%</td>
<td>2.8%</td>
</tr>
<tr>
<td>WalkScore®</td>
<td>51.1</td>
<td>75.6</td>
</tr>
<tr>
<td>Percent within a 10 minute walk to a park</td>
<td>63.8%</td>
<td>74.0%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Recreational Facilities</th>
<th>Miami</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ball diamonds/10,000</td>
<td>0.6</td>
<td>1.9</td>
</tr>
<tr>
<td>Dog parks/100,000</td>
<td>0.7</td>
<td>0.9</td>
</tr>
<tr>
<td>Park playgrounds/10,000</td>
<td>1.4</td>
<td>2.3</td>
</tr>
<tr>
<td>Golf courses/100,000</td>
<td>0.2</td>
<td>0.9</td>
</tr>
<tr>
<td>Park units/10,000</td>
<td>0.9</td>
<td>2.8</td>
</tr>
<tr>
<td>Recreational centers/20,000</td>
<td>1.5</td>
<td>4.1</td>
</tr>
<tr>
<td>Swimming pools/100,000</td>
<td>3.6</td>
<td>3.1</td>
</tr>
<tr>
<td>Tennis courts/10,000</td>
<td>1.4</td>
<td>2.0</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Policy for School P.E.</th>
<th>Miami</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level of state requirement for Physical Education</td>
<td>1.0</td>
<td>2.5</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Park-related Expenditures</th>
<th>Miami</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total park expenditure per resident</td>
<td>$73.00</td>
<td>$101.80</td>
</tr>
</tbody>
</table>

*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.*

**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.*
MILWAUKEE, WI
(Milwaukee-Waukesha-West Allis, WI MSA)

Total Score = 46.8; Rank = 33

Areas of Excellence (at or better than target goal):
• Higher percent of city land area as parkland
• More farmers’ markets per capita
• Higher percent bicycling or walking to work
• Higher Walk Score®
• Higher percent of population within a 10 minute walk to a park
• More golf courses per capita

Improvement Priority Areas (worse than 20% of target goal):
• Lower percent meeting both CDC aerobic and strength activity guidelines
• Lower percent consuming 3+ vegetables per day
• Higher percent currently smoking
• Higher percent obese
• Higher percent of days when physical health was not good during the past 30 days
• Higher percent of days when mental health was not good during the past 30 days
• Higher percent with asthma
• Higher percent with angina or coronary heart disease
• Higher percent with diabetes
• Fewer acres of parkland per capita
• Fewer ball diamonds per capita
• Fewer dog parks per capita
• Fewer park units per capita
• Fewer swimming pools per capita
• Fewer tennis courts per capita
• Lower park-related expenditures per capita
• Lower level of state requirement for Physical Education classes

Description of Milwaukee-Waukesha-West Allis, WI MSA

<table>
<thead>
<tr>
<th>Description</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population</td>
<td>1,569,659</td>
</tr>
<tr>
<td>Percent less than 18 years old</td>
<td>23.8%</td>
</tr>
<tr>
<td>Percent 18 to 64 years old</td>
<td>62.7%</td>
</tr>
<tr>
<td>Percent 65 years old and older</td>
<td>13.5%</td>
</tr>
<tr>
<td>Percent male</td>
<td>48.8%</td>
</tr>
<tr>
<td>Percent high school graduate or higher</td>
<td>90.0%</td>
</tr>
<tr>
<td>Percent White</td>
<td>74.8%</td>
</tr>
<tr>
<td>Percent Black or African American</td>
<td>16.5%</td>
</tr>
<tr>
<td>Percent Asian</td>
<td>3.2%</td>
</tr>
<tr>
<td>Percent Other Race</td>
<td>5.5%</td>
</tr>
<tr>
<td>Percent Hispanic/Latino</td>
<td>10.1%</td>
</tr>
<tr>
<td>Percent unemployed</td>
<td>7.2%</td>
</tr>
<tr>
<td>Median household income</td>
<td>$51,957</td>
</tr>
<tr>
<td>Percent of households below poverty level</td>
<td>12.0%</td>
</tr>
<tr>
<td>Violent crime rate/100,000*</td>
<td>587.1</td>
</tr>
<tr>
<td>Percent with disability</td>
<td>12.2%</td>
</tr>
</tbody>
</table>

*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 = 47.4; Rank = 27

<table>
<thead>
<tr>
<th>Health Behaviors</th>
<th>Milwaukee</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent any physical activity or exercise in the last 30 days</td>
<td>69.8%</td>
<td>82.6%</td>
</tr>
<tr>
<td>Percent meeting CDC aerobic activity guidelines</td>
<td>30.1%</td>
<td>32.2%</td>
</tr>
<tr>
<td>Percent meeting both CDC aerobic and strength activity guidelines</td>
<td>16.6%</td>
<td>23.3%</td>
</tr>
<tr>
<td>Percent consuming 2+ fruits per day</td>
<td>31.9%</td>
<td>35.6%</td>
</tr>
<tr>
<td>Percent consuming 3+ vegetables per day</td>
<td>14.3%</td>
<td>19.6%</td>
</tr>
<tr>
<td>Percent currently smoking</td>
<td>20.3%</td>
<td>13.1%</td>
</tr>
</tbody>
</table>

Community/Environmental Indicators – Score = 46.3; Rank = 32

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

<table>
<thead>
<tr>
<th>Community/Environmental Indicators</th>
<th>Milwaukee</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parkland as a percent of city land area</td>
<td>10.6%</td>
<td>10.6%</td>
</tr>
<tr>
<td>Acres of parkland/1,000</td>
<td>10.5</td>
<td>18.6</td>
</tr>
<tr>
<td>Farmers’ markets/1,000,000</td>
<td>28.7</td>
<td>13.1</td>
</tr>
<tr>
<td>Percent using public transportation to work</td>
<td>3.6%</td>
<td>4.3%</td>
</tr>
<tr>
<td>Percent bicycling or walking to work</td>
<td>3.7%</td>
<td>2.8%</td>
</tr>
<tr>
<td>WalkScore®</td>
<td>59.4</td>
<td>51.1</td>
</tr>
<tr>
<td>Percent within a 10 minute walk to a park</td>
<td>86.0%</td>
<td>63.8%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Policy for School P.E.</th>
<th>Milwaukee</th>
<th>2.5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level of state requirement for Physical Education</td>
<td>0.0</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Chronic Health Problems</th>
<th>Milwaukee</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent obese</td>
<td>28.3%</td>
<td>21.3%</td>
</tr>
<tr>
<td>Percent in excellent or very good health</td>
<td>50.9</td>
<td>61.0%</td>
</tr>
<tr>
<td>Any days when physical health was not good during the past 30 days</td>
<td>41.9%</td>
<td>30.4%</td>
</tr>
<tr>
<td>Any days when mental health was not good during the past 30 days</td>
<td>36.3%</td>
<td>29.2%</td>
</tr>
<tr>
<td>Percent with asthma</td>
<td>15.1%</td>
<td>6.5%</td>
</tr>
<tr>
<td>Percent with angina or coronary heart disease</td>
<td>4.2%</td>
<td>2.8%</td>
</tr>
<tr>
<td>Percent with diabetes</td>
<td>8.7%</td>
<td>6.4%</td>
</tr>
<tr>
<td>Death rate/100,000 for cardiovascular disease</td>
<td>182.3</td>
<td>167.1</td>
</tr>
<tr>
<td>Death rate/100,000 for diabetes</td>
<td>17.8</td>
<td>17.0</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Recreational Facilities</th>
<th>Milwaukee</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ball diamonds/10,000</td>
<td>0.9</td>
<td>1.9</td>
</tr>
<tr>
<td>Dog parks/100,000</td>
<td>0.2</td>
<td>0.9</td>
</tr>
<tr>
<td>Park playgrounds/10,000</td>
<td>2.1</td>
<td>2.3</td>
</tr>
<tr>
<td>Golf courses/100,000</td>
<td>1.0</td>
<td>0.9</td>
</tr>
<tr>
<td>Park units/10,000</td>
<td>2.2</td>
<td>4.1</td>
</tr>
<tr>
<td>Recreational centers/20,000</td>
<td>0.9</td>
<td>1.0</td>
</tr>
<tr>
<td>Swimming pools/100,000</td>
<td>1.3</td>
<td>3.1</td>
</tr>
<tr>
<td>Tennis courts/10,000</td>
<td>1.3</td>
<td>2.0</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Park-related Expenditures</th>
<th>Milwaukee</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total park expenditure per resident</td>
<td>$73.00</td>
<td>$101.80</td>
</tr>
</tbody>
</table>

*The target goal for the Personal Health indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.

**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
MINNEAPOLIS, MN
(Minneapolis-St. Paul-Bloomington, MN-WI MSA)

Total Score = 75.6; Rank = 2

Areas of Excellence (at or better than target goal):
• Lower death rate for cardiovascular disease
• Higher percent of city land area as parkland
• More farmers’ markets per capita
• Higher percent using public transportation to work
• Higher percent bicycling or walking to work
• Higher Walk Score®
• Higher percent of population within a 10 minute walk to a park
• 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
• More recreation centers per capita
• More tennis courts per capita
• Higher park-related expenditures per capita

Improvement Priority Areas (worse than 20% of target goal):
• Lower percent consuming 3+ vegetables per day
• Fewer acres of parkland per capita
• Fewer swimming pools per capita
• Lower level of state requirement for Physical Education classes

Description of Minneapolis-St. Paul-Bloomington, MN-WI MSA
Population 3,459,146
Percent less than 18 years old 24.3%
Percent 18 to 64 years old 63.8%
Percent 65 years old and older 11.9%
Percent male 49.4%
Percent high school graduate or higher 93.0%
Percent White 80.7%
Percent Black or African American 7.6%
Percent Asian 6.0%
Percent Other Race 5.7%
Percent Hispanic/Latino 5.6%
Percent unemployed 5.6%
Median household income $67,194
Percent of households below poverty level 6.7%
Violent crime rate/100,000* 273.9
Percent with disability 9.6%

*Due to differences in jurisdictional definitions and reporting, the FBI recommends that these rates not be compared across areas.
### ACM American Fitness Index\textregistered Components

#### Personal Health Indicators – Score = 77.7 Rank = 6

**Health Behaviors**
- Percent any physical activity or exercise in the last 30 days
  - Minneapolis: 73.5%
  - Target Goal: 82.6%
- Percent meeting CDC aerobic activity guidelines
  - Minneapolis: 27.5%
  - Target Goal: 32.2%
- Percent meeting both CDC aerobic and strength activity guidelines
  - Minneapolis: 20.9%
  - Target Goal: 23.3%
- Percent consuming 2+ fruits per day
  - Minneapolis: 29.0%
  - Target Goal: 35.6%
- Percent consuming 3+ vegetables per day
  - Minneapolis: 14.8%
  - Target Goal: 19.6%
- Percent currently smoking
  - Minneapolis: 14.8%
  - Target Goal: 13.1%

#### Chronic Health Problems
- Percent obese
  - Minneapolis: 24.5%
  - Target Goal: 21.3%
- Percent in excellent or very good health
  - Minneapolis: 59.3%
  - Target Goal: 61.0%
- Any days when physical health was not good during the past 30 days
  - Minneapolis: 30.7%
  - Target Goal: 30.4%
- Any days when mental health was not good during the past 30 days
  - Minneapolis: 31.2%
  - Target Goal: 29.2%
- Percent with asthma
  - Minneapolis: 7.5%
  - Target Goal: 6.5%
- Percent with angina or coronary heart disease
  - Minneapolis: 3.4%
  - Target Goal: 2.8%
- Percent with diabetes
  - Minneapolis: 7.2%
  - Target Goal: 6.4%
- Death rate/100,000 for cardiovascular disease
  - Minneapolis: 122.1
  - Target Goal: 167.1
- Death rate/100,000 for diabetes
  - Minneapolis: 17.4
  - Target Goal: 17.0

#### Community/Environmental Indicators – Score = 73.6; Rank = 2

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

**Built Environment**
- Parkland as a percent of city land area
  - Minneapolis: 14.9%
  - Target Goal: 10.6%
- Acres of parkland/1,000
  - Minneapolis: 12.9
  - Target Goal: 18.6
- Farmers’ markets/1,000,000
  - Minneapolis: 30.9
  - Target Goal: 13.1
- Percent using public transportation to work
  - Minneapolis: 4.6%
  - Target Goal: 4.3%
- Percent bicycling or walking to work
  - Minneapolis: 3.3%
  - Target Goal: 2.8%
- WalkScore®
  - Minneapolis: 65.4
  - Target Goal: 51.1
- Percent within a 10 minute walk to a park
  - Minneapolis: 63.8%
  - Target Goal: 92.0%

**Recreational Facilities**
- Ball diamonds/10,000
  - Minneapolis: 1.9
  - Target Goal: 5.0
- Dog parks/100,000
  - Minneapolis: 0.9
  - Target Goal: 1.8
- Park playgrounds/10,000
  - Minneapolis: 2.9
  - Target Goal: 2.3
- Golf courses/100,000
  - Minneapolis: 0.9
  - Target Goal: 1.8
- Park units/10,000
  - Minneapolis: 4.8
  - Target Goal: 4.1
- Recreational centers/20,000
  - Minneapolis: 2.6
  - Target Goal: 1.0
- Swimming pools/100,000
  - Minneapolis: 3.1
  - Target Goal: 3.1
- Tennis courts/10,000
  - Minneapolis: 4.6
  - Target Goal: 2.0

**Policy for School P.E.**
- Level of state requirement for Physical Education
  - Minneapolis: 0.0
  - Target Goal: 2.5

**Park-related Expenditures**
- Total park expenditure per resident
  - Minneapolis: $214.00
  - Target Goal: $101.80

---

*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.

**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
NASHVILLE, TN  
(Nashville-Davidson-Murfreesboro-Franklin, TN MSA)

Total Score = 33.0; Rank = 45

Areas of Excellence (at or better than target goal):
• Lower percent of days when mental health was not good during the past 30 days
• Lower percent with asthma
• More acres of parkland per capita
• More farmers’ markets per capita
• More golf courses per capita

Improvement Priority Areas (worse than 20% of target goal):
• Lower percent of any physical activity or exercise in the last 30 days
• Lower percent meeting CDC aerobic activity guidelines
• Lower percent meeting both CDC aerobic and strength activity guidelines
• Lower percent consuming 2+ fruits per day
• Lower percent consuming 3+ vegetables per day
• Higher percent currently smoking
• Higher percent obese
• Higher percent with angina or coronary heart disease
• Higher percent with diabetes
• Higher death rate for diabetes
• Lower percent using public transportation to work
• Lower percent bicycling or walking to work
• Lower Walk Score®
• Lower percent of population within a 10 minute walk to a park
• Fewer dog parks per capita
• Fewer park units per capita
• Fewer swimming pools per capita
• Fewer tennis courts per capita
• Lower park-related expenditures per capita
• Lower level of state requirement for Physical Education classes

Description of Nashville-Davidson-Murfreesboro-Franklin, TN MSA
Population 1,757,912
Percent less than 18 years old 23.9%
Percent 18 to 64 years old 64.4%
Percent 65 years old and older 11.8%
Percent male 49.0%
Percent high school graduate or higher 88.2%
Percent White 77.9%
Percent Black or African American 15.4%
Percent Asian 2.4%
Percent Other Race 4.3%
Percent Hispanic/Latino 6.7%
Percent unemployed 6.8%
Median household income $51,996
Percent of households below poverty level 9.8%
Violent crime rate/100,000* 596.1
Percent with disability 11.6%

*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 = 31.6; Rank = 43

Health Behaviors

- Percent any physical activity or exercise in the last 30 days: 61.1% (Nashville), 82.6% (Target Goal*)
- Percent meeting CDC aerobic activity guidelines: 21.3% (Nashville), 32.2% (Target Goal*)
- Percent meeting both CDC aerobic and strength activity guidelines: 14.3% (Nashville), 23.3% (Target Goal*)
- Percent consuming 2+ fruits per day: 16.6% (Nashville), 35.6% (Target Goal*)
- Percent consuming 3+ vegetables per day: 10.0% (Nashville), 19.6% (Target Goal*)
- Percent currently smoking: 18.7% (Nashville), 13.1% (Target Goal*)

Chronic Health Problems

- Percent obese: 34.5% (Nashville), 21.3% (Target Goal*)
- Percent in excellent or very good health: 52.3% (Nashville), 61.0% (Target Goal*)
- Any days when physical health was not good during the past 30 days: 33.0% (Nashville), 30.4% (Target Goal*)
- Any days when mental health was not good during the past 30 days: 24.1% (Nashville), 29.2% (Target Goal*)
- Percent with asthma: 6.4% (Nashville), 6.5% (Target Goal*)
- Percent with angina or coronary heart disease: 5.7% (Nashville), 2.8% (Target Goal*)
- Percent with diabetes: 9.4% (Nashville), 6.4% (Target Goal*)
- Death rate/100,000 for cardiovascular disease: 196.7 (Nashville), 167.1 (Target Goal*)
- Death rate/100,000 for diabetes: 20.7% (Nashville), 17.0% (Target Goal*)

Community/Environmental Indicators – Score = 34.4; Rank = 46

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

Built Environment

- Parkland as a percent of city land area: 9.3% (Nashville), 10.6% (Target Goal*)
- Acres of parkland/1,000,000: 18.6 (Nashville), 45.5 (Target Goal*)
- Farmers’ markets/1,000,000: 17.1 (Nashville), 13.1 (Target Goal*)
- Percent using public transportation to work: 1.0% (Nashville), 4.3% (Target Goal*)
- Percent bicycling or walking to work: 1.7% (Nashville), 2.8% (Target Goal*)
- WalkScore®: 26.5 (Nashville), 51.1 (Target Goal*)
- Percent within a 10 minute walk to a park: 37.0% (Nashville), 63.8% (Target Goal*)

Recreational Facilities

- Ball diamonds/10,000: 1.4 (Nashville), 1.9 (Target Goal*)
- Dog parks/100,000: 0.5 (Nashville), 0.9 (Target Goal*)
- Park playgrounds/10,000: 2.1 (Nashville), 2.3 (Target Goal*)
- Golf courses/100,000: 1.1 (Nashville), 0.9 (Target Goal*)
- Park units/10,000: 2.2 (Nashville), 4.1 (Target Goal*)
- Recreational centers/20,000: 0.8 (Nashville), 1.0 (Target Goal*)
- Swimming pools/100,000: 1.5 (Nashville), 3.1 (Target Goal*)
- Tennis courts/10,000: 0.8 (Nashville), 2.0 (Target Goal*)

Policy for School P.E.

- Level of state requirement for Physical Education: 0.0 (Nashville), 2.5 (Target Goal*)

Park-related Expenditures

- Total park expenditure per resident: $62.00 (Nashville), $101.80 (Target Goal*)

*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.
**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
NEW ORLEANS, LA
(New Orleans-Metairie, LA MSA)

Total Score = 38.6; Rank = 42

Areas of Excellence (at or better than target goal):
- Lower percent with asthma
- Higher percent of city land area as parkland
- More acres of parkland per capita
- More farmers’ markets per capita
- Higher percent bicycling or walking to work
- Higher Walk Score®
- Higher percent of population within a 10 minute walk to a park
- More park playgrounds per capita
- More golf courses per capita
- More park units per capita
- More swimming pools per capita

Improvement Priority Areas (worse than 20% of target goal):
- Lower percent meeting CDC aerobic activity guidelines
- Lower percent meeting both CDC aerobic and strength activity guidelines
- Lower percent consuming 2+ fruits per day
- Lower percent consuming 3+ vegetables per day
- Higher percent currently smoking
- Higher percent obese
- Lower percent in excellent or very good health
- Higher percent of days when physical health was not good during the past 30 days
- Higher percent of days when mental health was not good during the past 30 days
- Higher percent with angina or coronary heart disease
- Higher percent with diabetes
- Higher death rate for cardiovascular disease
- Higher death rate for diabetes
- Lower percent using public transportation to work
- Fewer ball diamonds per capita
- Fewer dog parks per capita
- Fewer recreation centers per capita
- Lower park-related expenditures per capita
- Lower level of state requirement for Physical Education classes

Description of New Orleans-Metairie, LA MSA

<table>
<thead>
<tr>
<th>Description</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population</td>
<td>1,240,977</td>
</tr>
<tr>
<td>Percent less than 18 years old</td>
<td>22.7%</td>
</tr>
<tr>
<td>Percent 18 to 64 years old</td>
<td>64.0%</td>
</tr>
<tr>
<td>Percent 65 years old and older</td>
<td>13.3%</td>
</tr>
<tr>
<td>Percent male</td>
<td>48.5%</td>
</tr>
<tr>
<td>Percent high school graduate or higher</td>
<td>84.8%</td>
</tr>
<tr>
<td>Percent White</td>
<td>58.6%</td>
</tr>
<tr>
<td>Percent Black or African American</td>
<td>34.9%</td>
</tr>
<tr>
<td>Percent Asian</td>
<td>2.9%</td>
</tr>
<tr>
<td>Percent Other Race</td>
<td>3.6%</td>
</tr>
<tr>
<td>Percent Hispanic/Latino</td>
<td>8.3%</td>
</tr>
<tr>
<td>Percent unemployed</td>
<td>8.2%</td>
</tr>
<tr>
<td>Median household income</td>
<td>$45,981</td>
</tr>
<tr>
<td>Percent of households below poverty level</td>
<td>15.2%</td>
</tr>
<tr>
<td>Violent crime rate/100,000*</td>
<td>473.9</td>
</tr>
<tr>
<td>Percent with disability</td>
<td>13.6%</td>
</tr>
</tbody>
</table>

*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 = 20.6; Rank = 48**

- Health Behaviors
  - Percent any physical activity or exercise in the last 30 days: 67.5% (New Orleans) vs. 82.6% (Target Goal)
  - Percent meeting CDC aerobic activity guidelines: 23.7% (New Orleans) vs. 32.2% (Target Goal)
  - Percent meeting both CDC aerobic and strength activity guidelines: 16.1% (New Orleans) vs. 23.3% (Target Goal)
  - Percent consuming 2+ fruits per day: 20.7% (New Orleans) vs. 35.6% (Target Goal)
  - Percent consuming 3+ vegetables per day: 11.1% (New Orleans) vs. 19.6% (Target Goal)
  - Percent currently smoking: 23.0% (New Orleans) vs. 13.1% (Target Goal)

- Chronic Health Problems
  - Percent obese: 30.9% (New Orleans) vs. 21.3% (Target Goal)
  - Percent in excellent or very good health: 44.6% (New Orleans) vs. 61.0% (Target Goal)
  - Any days when physical health was not good during the past 30 days: 38.6% (New Orleans) vs. 30.4% (Target Goal)
  - Any days when mental health was not good during the past 30 days: 39.2% (New Orleans) vs. 29.2% (Target Goal)
  - Percent with asthma: 5.7% (New Orleans) vs. 6.5% (Target Goal)
  - Percent with angina or coronary heart disease: 4.8% (New Orleans) vs. 2.8% (Target Goal)
  - Percent with diabetes: 12.3% (New Orleans) vs. 6.4% (Target Goal)
  - Death rate/100,000 for cardiovascular disease: 203.3 (New Orleans) vs. 167.1 (Target Goal)
  - Death rate/100,000 for diabetes: 20.9 (New Orleans) vs. 17.0 (Target Goal)

**Community/Environmental Indicators – Score = 55.7; Rank = 22**

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

- Built Environment
  - Parkland as a percent of city land area: 26.4% (New Orleans) vs. 10.6% (Target Goal)
  - Acres of parkland/1,000: 77.0 (New Orleans) vs. 18.6 (Target Goal)
  - Farmers’ markets/1,000,000: 13.7 (New Orleans) vs. 13.1 (Target Goal)
  - Percent using public transportation to work: 2.7% (New Orleans) vs. 4.3% (Target Goal)
  - Percent bicycling or walking to work: 3.6% (New Orleans) vs. 2.8% (Target Goal)
  - WalkScore®: 56.3 (New Orleans) vs. 51.1 (Target Goal)
  - Percent within a 10 minute walk to a park: 74.0% (New Orleans) vs. 63.8% (Target Goal)

- Recreational Facilities
  - Ball diamonds/10,000: 0.4 (New Orleans) vs. 1.9 (Target Goal)
  - Dog parks/100,000: 0.3 (New Orleans) vs. 0.9 (Target Goal)
  - Park playgrounds/10,000: 2.6 (New Orleans) vs. 2.3 (Target Goal)
  - Golf courses/100,000: 1.6 (New Orleans) vs. 0.9 (Target Goal)
  - Park units/10,000: 6.3 (New Orleans) vs. 4.1 (Target Goal)
  - Recreational centers/20,000: 0.5 (New Orleans) vs. 1.0 (Target Goal)
  - Swimming pools/100,000: 3.5 (New Orleans) vs. 3.1 (Target Goal)
  - Tennis courts/10,000: 1.7 (New Orleans) vs. 2.0 (Target Goal)

- Policy for School P.E.
  - Level of state requirement for Physical Education: 0.0 (New Orleans) vs. 2.5 (Target Goal)

- Park-related Expenditures
  - Total park expenditure per resident: $68.00 (New Orleans) vs. $101.80 (Target Goal)

*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.

**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
NEW YORK, NY
(New York-Newark-Jersey City, NY-NJ-PA MSA)

Total Score = 50.9; Rank = 24

Areas of Excellence (at or better than target goal):
• Higher percent of city land area as parkland
• More farmers’ markets per capita
• Higher percent using public transportation to work
• Higher percent bicycling or walking to work
• Higher Walk Score®
• Higher percent of population within a 10 minute walk to a park
• More dog parks per capita
• More park units per capita
• Higher park-related expenditures per capita

Improvement Priority Areas (worse than 20% of target goal):
• Lower percent of any physical activity or exercise in the last 30 days
• Lower percent meeting CDC aerobic activity guidelines
• Lower percent meeting both CDC aerobic and strength activity guidelines
• Lower percent consuming 3+ vegetables per day
• Higher percent with asthma
• Higher percent with angina or coronary heart disease
• Higher percent with diabetes
• Fewer acres of parkland per capita
• Fewer ball diamonds per capita
• Fewer golf courses per capita
• Fewer recreation centers per capita
• Fewer swimming pools per capita
• Fewer tennis courts per capita
• Lower level of state requirement for Physical Education classes

Description of New York-Newark-Jersey City, NY-NJ-PA MSA

<table>
<thead>
<tr>
<th>Description</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population</td>
<td>19,949,502</td>
</tr>
<tr>
<td>Percent less than 18 years old</td>
<td>22.2%</td>
</tr>
<tr>
<td>Percent 18 to 64 years old</td>
<td>63.9%</td>
</tr>
<tr>
<td>Percent 65 years old and older</td>
<td>13.9%</td>
</tr>
<tr>
<td>Percent male</td>
<td>48.4%</td>
</tr>
<tr>
<td>Percent high school graduate or higher</td>
<td>85.3%</td>
</tr>
<tr>
<td>Percent White</td>
<td>58.9%</td>
</tr>
<tr>
<td>Percent Black or African American</td>
<td>17.2%</td>
</tr>
<tr>
<td>Percent Asian</td>
<td>10.4%</td>
</tr>
<tr>
<td>Percent Other Race</td>
<td>13.5%</td>
</tr>
<tr>
<td>Percent Hispanic/Latino</td>
<td>23.5%</td>
</tr>
<tr>
<td>Percent unemployed</td>
<td>8.8%</td>
</tr>
<tr>
<td>Median household income</td>
<td>$65,786</td>
</tr>
<tr>
<td>Percent of households below poverty level</td>
<td>11.3%</td>
</tr>
<tr>
<td>Violent crime rate/100,000*</td>
<td>390.2</td>
</tr>
<tr>
<td>Percent with disability</td>
<td>10.0%</td>
</tr>
</tbody>
</table>

*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 = 49.6; Rank = 24

- Health Behaviors
  - Percent any physical activity or exercise in the last 30 days: New York 65.5%, Target Goal 82.6%
  - Percent meeting CDC aerobic activity guidelines: New York 23.1%, Target Goal 32.2%
  - Percent meeting both CDC aerobic and strength activity guidelines: New York 17.1%, Target Goal 23.3%
  - Percent consuming 2+ fruits per day: New York 31.5%, Target Goal 35.6%
  - Percent consuming 3+ vegetables per day: New York 15.3%, Target Goal 19.6%
  - Percent currently smoking: New York 14.7%, Target Goal 13.1%

Chronic Health Problems

- Percent with asthma: New York 8.6%, Target Goal 6.5%
- Percent with angina or coronary heart disease: New York 4.0%, Target Goal 2.8%
- Percent with diabetes: New York 10.7%, Target Goal 6.4%
- Death rate/100,000 for cardiovascular disease: New York 194.2, Target Goal 167.1
- Death rate/100,000 for diabetes: New York 18.3, Target Goal 17.0

Community/Environmental Indicators – Score = 52.2; Rank = 27

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

- Built Environment
  - Parkland as a percent of city land area: New York 20.5%, Target Goal 10.6%
  - Acres of parkland/1,000: New York 4.6, Target Goal 18.6
  - Farmers’ markets/1,000,000: New York 18.7, Target Goal 13.1
  - Percent using public transportation to work: New York 30.9%, Target Goal 4.3%
  - Percent bicycling or walking to work: New York 8.5%, Target Goal 2.8%
  - WalkScore*: New York 87.6, Target Goal 51.1
  - Percent within a 10 minute walk to a park: New York 96.0%, Target Goal 63.8%

- Recreational Facilities
  - Ball diamonds/10,000: New York 0.9, Target Goal 1.9
  - Dog parks/100,000: New York 0.9, Target Goal 1.7
  - Park playgrounds/10,000: New York 2.0, Target Goal 2.3
  - Golf courses/100,000: New York 0.2, Target Goal 0.9
  - Park units/10,000: New York 4.1, Target Goal 5.0
  - Recreational centers/20,000: New York 0.1, Target Goal 1.0
  - Swimming pools/100,000: New York 0.6, Target Goal 3.1
  - Tennis courts/10,000: New York 0.8, Target Goal 2.0

- Policy for School P.E.
  - Level of state requirement for Physical Education: New York 2.5

- Park-related Expenditures
  - Total park expenditure per resident: New York $189.00

*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.
**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
OKLAHOMA CITY, OK
(Oklahoma City, OK MSA)

Total Score = 29.6; Rank = 48

Areas of Excellence (at or better than target goal):
• More acres of parkland per capita
• More farmers’ markets per capita
• More golf courses per capita

Improvement Priority Areas (worse than 20% of target goal):
• Lower percent of any physical activity or exercise in the last 30 days
• Lower percent meeting CDC aerobic activity guidelines
• Lower percent meeting both CDC aerobic and strength activity guidelines
• Lower percent consuming 2+ fruits per day
• Lower percent consuming 3+ vegetables per day
• Higher percent currently smoking
• Higher percent obese
• Lower percent in excellent or very good health
• Higher percent with asthma
• Higher percent with angina or coronary heart disease
• Higher percent with diabetes
• Higher death rate for cardiovascular disease
• Higher death rate for diabetes
• Lower percent of city land area as parkland
• Lower percent using public transportation to work
• Lower percent bicycling or walking to work
• Lower Walk Score®
• Lower percent of population within a 10 minute walk to a park
• Fewer ball diamonds per capita
• Fewer dog parks per capita
• Fewer swimming pools per capita
• Fewer tennis courts per capita
• Lower park-related expenditures per capita
• Lower level of state requirement for Physical Education classes

Description of Oklahoma City, OK MSA

<table>
<thead>
<tr>
<th>Population</th>
<th>1,319,677</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent less than 18 years old</td>
<td>24.9%</td>
</tr>
<tr>
<td>Percent 18 to 64 years old</td>
<td>62.7%</td>
</tr>
<tr>
<td>Percent 65 years old and older</td>
<td>12.4%</td>
</tr>
<tr>
<td>Percent male</td>
<td>49.3%</td>
</tr>
<tr>
<td>Percent high school graduate or higher</td>
<td>86.8%</td>
</tr>
<tr>
<td>Percent White</td>
<td>74.3%</td>
</tr>
<tr>
<td>Percent Black or African American</td>
<td>10.1%</td>
</tr>
<tr>
<td>Percent Asian</td>
<td>3.1%</td>
</tr>
<tr>
<td>Percent Other Race</td>
<td>12.5%</td>
</tr>
<tr>
<td>Percent Hispanic/Latino</td>
<td>12.1%</td>
</tr>
<tr>
<td>Percent unemployed</td>
<td>5.5%</td>
</tr>
<tr>
<td>Median household income</td>
<td>$50,136</td>
</tr>
<tr>
<td>Percent of households below poverty level</td>
<td>10.7%</td>
</tr>
<tr>
<td>Violent crime rate/100,000*</td>
<td>503.0</td>
</tr>
<tr>
<td>Percent with disability</td>
<td>13.5%</td>
</tr>
</tbody>
</table>

*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 = 24.1; Rank = 47

- **Percent any physical activity or exercise in the last 30 days**: 64.5%
- **Percent meeting CDC aerobic activity guidelines**: 23.9%
- **Percent meeting both CDC aerobic and strength activity guidelines**: 16.2%
- **Percent consuming 2+ fruits per day**: 18.6%
- **Percent consuming 3+ vegetables per day**: 10.0%
- **Percent currently smoking**: 20.9%

**Chronic Health Problems**
- **Percent obese**: 30.1%
- **Percent in excellent or very good health**: 46.7%
- **Any days when physical health was not good during the past 30 days**: 35.3%
- **Any days when mental health was not good during the past 30 days**: 34.3%
- **Percent with asthma**: 9.0%
- **Percent with angina or coronary heart disease**: 4.6%
- **Percent with diabetes**: 9.8%
- **Death rate/100,000 for cardiovascular disease**: 221.3
- **Death rate/100,000 for diabetes**: 24.9

### Community/Environmental Indicators – Score = 34.8; Rank = 43

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

#### Built Environment
- **Parkland as a percent of city land area**: 6.9%
- **Acres of parkland/1,000**: 10.6%
- **Farmers’ markets/1,000,000**: 18.6
- **Percent using public transportation to work**: 0.5%
- **Percent bicycling or walking to work**: 1.9%
- **WalkScore**: 31.6
- **Percent within a 10 minute walk to a park**: 35.0%

#### Recreational Facilities
- **Ball diamonds/10,000**: 0.5
- **Dog parks/100,000**: 0.5
- **Park playgrounds/1,000,000**: 1.9
- **Golf courses/100,000**: 2.3
- **Park units/10,000**: 1.3
- **Recreational centers/20,000**: 0.8
- **Swimming pools/100,000**: 4.3
- **Tennis courts/10,000**: 3.1

#### Policy for School P.E.
- **Level of state requirement for Physical Education**: 1.0

#### Park-related Expenditures
- **Total park expenditure per resident**: $41.00

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*The target goal for the Personal Health indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.

**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.*
ORLANDO, FL
(Orlando-Kissimmee-Sanford, FL MSA)

Total Score = 42.7; Rank = 36

Areas of Excellence (at or better than target goal):
• Lower death rate for cardiovascular disease
• More park units per capita
• More recreation centers per capita
• More swimming pools per capita
• Higher park-related expenditures per capita

Improvement Priority Areas (worse than 20% of target goal):
• Lower percent meeting CDC aerobic activity guidelines
• Lower percent meeting both CDC aerobic and strength activity guidelines
• Lower percent consuming 2+ fruits per day
• Higher percent obese
• Lower percent in excellent or very good health
• Higher percent with asthma
• Higher percent with angina or coronary heart disease
• Higher percent with diabetes
• Higher death rate for diabetes
• 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
• Lower Walk Score®
• Fewer dog parks per capita
• Fewer golf courses per capita
• Lower level of state requirement for Physical Education classes

Description of Orlando-Kissimmee-Sanford, FL MSA
Population 2,267,846
Percent less than 18 years old 22.7%
Percent 18 to 64 years old 64.0%
Percent 65 years old and older 13.4%
Percent male 49.0%
Percent high school graduate or higher 87.7%
Percent White 71.1%
Percent Black or African American 15.8%
Percent Asian 4.2%
Percent Other Race 8.9%
Percent Hispanic/Latino 27.3%
Percent unemployed 8.9%
Median household income $46,962
Percent of households below poverty level 13.0%
Violent crime rate/100,000* 540.1
Percent with disability 11.5%

*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 = 44.1; Rank = 32.5

<table>
<thead>
<tr>
<th>Health Behaviors</th>
<th>Orlando</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent any physical activity or exercise in the last 30 days</td>
<td>68.5%</td>
<td>82.6%</td>
</tr>
<tr>
<td>Percent meeting CDC aerobic activity guidelines</td>
<td>22.2%</td>
<td>32.2%</td>
</tr>
<tr>
<td>Percent meeting both CDC aerobic and strength activity guidelines</td>
<td>14.6%</td>
<td>23.3%</td>
</tr>
<tr>
<td>Percent consuming 2+ fruits per day</td>
<td>27.5%</td>
<td>35.6%</td>
</tr>
<tr>
<td>Percent consuming 3+ vegetables per day</td>
<td>16.9%</td>
<td>19.6%</td>
</tr>
<tr>
<td>Percent currently smoking</td>
<td>15.4%</td>
<td>13.1%</td>
</tr>
</tbody>
</table>

Chronic Health Problems

<table>
<thead>
<tr>
<th>Orlando</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent obese</td>
<td>27.3%</td>
</tr>
<tr>
<td>Percent in excellent or very good health</td>
<td>48.2%</td>
</tr>
<tr>
<td>Any days when physical health was not good during the past 30 days</td>
<td>35.2%</td>
</tr>
<tr>
<td>Any days when mental health was not good during the past 30 days</td>
<td>31.5%</td>
</tr>
<tr>
<td>Percent with asthma</td>
<td>8.4%</td>
</tr>
<tr>
<td>Percent with angina or coronary heart disease</td>
<td>4.1%</td>
</tr>
<tr>
<td>Percent with diabetes</td>
<td>11.3%</td>
</tr>
<tr>
<td>Death rate/100,000 for cardiovascular disease</td>
<td>160.5</td>
</tr>
<tr>
<td>Death rate/100,000 for diabetes</td>
<td>23.3</td>
</tr>
</tbody>
</table>

Community/Environmental Indicators – 41.3; Rank = 38

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

<table>
<thead>
<tr>
<th>Built Environment</th>
<th>Orlando</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parkland as a percent of city land area</td>
<td>5.5%</td>
<td>10.6%</td>
</tr>
<tr>
<td>Acres of parkland/1,000</td>
<td>11.9</td>
<td>18.6</td>
</tr>
<tr>
<td>Farmers’ markets/1,000,000</td>
<td>8.4</td>
<td>13.1</td>
</tr>
<tr>
<td>Percent using public transportation to work</td>
<td>1.7%</td>
<td>4.3%</td>
</tr>
<tr>
<td>Percent bicycling or walking to work</td>
<td>1.5%</td>
<td>2.8%</td>
</tr>
<tr>
<td>WalkScore®</td>
<td>39.3</td>
<td>51.1</td>
</tr>
<tr>
<td>Percent within a 10 minute walk to a park</td>
<td>N/A***</td>
<td>63.8%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Recreational Facilities</th>
<th>Orlando</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ball diamonds/10,000</td>
<td>1.5</td>
<td>1.9</td>
</tr>
<tr>
<td>Dog parks/100,000</td>
<td>0.0</td>
<td>0.9</td>
</tr>
<tr>
<td>Park playgrounds/10,000</td>
<td>2.1</td>
<td>2.3</td>
</tr>
<tr>
<td>Golf courses/100,000</td>
<td>0.4</td>
<td>0.9</td>
</tr>
<tr>
<td>Park units/10,000</td>
<td>4.8</td>
<td>4.8</td>
</tr>
<tr>
<td>Recreational centers/20,000</td>
<td>1.7</td>
<td>1.7</td>
</tr>
<tr>
<td>Swimming pools/100,000</td>
<td>3.1</td>
<td>4.4</td>
</tr>
<tr>
<td>Tennis courts/10,000</td>
<td>1.6</td>
<td>2.0</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Policy for School P.E.</th>
<th>Orlando</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level of state requirement for Physical Education</td>
<td>1.0</td>
<td>2.5</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Park-related Expenditures</th>
<th>Orlando</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total park expenditure per resident</td>
<td>$106.00</td>
<td>$101.80</td>
</tr>
</tbody>
</table>

*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.
**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
***This measure was unavailable for this MSA. The community/environmental indicator score and total score were adjusted to allow fair comparisons with the other MSAs.
PHILADELPHIA, PA
(Philadelphia-Camden-Wilmington, PA-NJ-DE-MD MSA)

Total Score = 52.5; Rank = 22

Areas of Excellence (at or better than target goal):
• Higher percent of city land area as parkland
• More farmers’ markets per capita
• Higher percent using public transportation to work
• Higher percent bicycling or walking to work
• Higher Walk Score®
• Higher percent of population within a 10 minute walk to a park
• More ball diamonds 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

Improvement Priority Areas (worse than 20% of target goal):
• Lower percent meeting CDC aerobic activity guidelines
• Lower percent meeting both CDC aerobic and strength activity guidelines
• Lower percent consuming 3+ vegetables per day
• Higher percent currently smoking
• Higher percent obese
• Higher percent of days when mental health was not good during the past 30 days
• Higher percent with asthma
• Higher percent with angina or coronary heart disease
• Higher percent with diabetes
• Fewer acres of parkland per capita
• Fewer dog parks per capita
• Fewer park playgrounds per capita
• Fewer golf courses per capita
• Fewer park units per capita
• Lower park-related expenditures per capita

Description of Philadelphia-Camden-Wilmington, PA-NJ-DE-MD MSA

<table>
<thead>
<tr>
<th>Description</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population</td>
<td>6,034,678</td>
</tr>
<tr>
<td>Percent less than 18 years old</td>
<td>22.5%</td>
</tr>
<tr>
<td>Percent 18 to 64 years old</td>
<td>63.3%</td>
</tr>
<tr>
<td>Percent 65 years old and older</td>
<td>14.2%</td>
</tr>
<tr>
<td>Percent male</td>
<td>48.3%</td>
</tr>
<tr>
<td>Percent high school graduate or higher</td>
<td>89.5%</td>
</tr>
<tr>
<td>Percent White</td>
<td>67.9%</td>
</tr>
<tr>
<td>Percent Black or African American</td>
<td>21.0%</td>
</tr>
<tr>
<td>Percent Asian</td>
<td>5.4%</td>
</tr>
<tr>
<td>Percent Other Race</td>
<td>5.7%</td>
</tr>
<tr>
<td>Percent Hispanic/Latino</td>
<td>8.5%</td>
</tr>
<tr>
<td>Percent unemployed</td>
<td>9.5%</td>
</tr>
<tr>
<td>Median household income</td>
<td>$60,482</td>
</tr>
<tr>
<td>Percent of households below poverty level</td>
<td>9.3%</td>
</tr>
<tr>
<td>Violent crime rate/100,000*</td>
<td>497.5</td>
</tr>
<tr>
<td>Percent with disability</td>
<td>12.3%</td>
</tr>
</tbody>
</table>

*Due to differences in jurisdictional definitions and reporting, the FBI recommends that these rates not be compared across areas.
### Personal Health Indicators – Score = 44.5; Rank = 29

<table>
<thead>
<tr>
<th>Health Behaviors</th>
<th>Philadelphia</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent any physical activity or exercise in the last 30 days</td>
<td>68.0%</td>
<td>82.6%</td>
</tr>
<tr>
<td>Percent meeting CDC aerobic activity guidelines</td>
<td>24.4%</td>
<td>32.2%</td>
</tr>
<tr>
<td>Percent meeting both CDC aerobic and strength activity guidelines</td>
<td>16.6%</td>
<td>23.3%</td>
</tr>
<tr>
<td>Percent consuming 2+ fruits per day</td>
<td>30.0%</td>
<td>35.6%</td>
</tr>
<tr>
<td>Percent consuming 3+ vegetables per day</td>
<td>13.0%</td>
<td>19.6%</td>
</tr>
<tr>
<td>Percent currently smoking</td>
<td>19.8%</td>
<td>13.1%</td>
</tr>
</tbody>
</table>

*The target goal for the Personal Health indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.

### Chronic Health Problems

<table>
<thead>
<tr>
<th>Philadelphia</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent obese</td>
<td>28.2%</td>
</tr>
<tr>
<td>Percent in excellent or very good health</td>
<td>53.5%</td>
</tr>
<tr>
<td>Any days when physical health was not good during the past 30 days</td>
<td>34.9%</td>
</tr>
<tr>
<td>Any days when mental health was not good during the past 30 days</td>
<td>36.4%</td>
</tr>
<tr>
<td>Percent with asthma</td>
<td>10.8%</td>
</tr>
<tr>
<td>Percent with angina or coronary heart disease</td>
<td>4.1%</td>
</tr>
<tr>
<td>Percent with diabetes</td>
<td>9.4%</td>
</tr>
<tr>
<td>Death rate/100,000 for cardiovascular disease</td>
<td>188.4</td>
</tr>
<tr>
<td>Death rate/100,000 for diabetes</td>
<td>19.8</td>
</tr>
</tbody>
</table>

**The target goal for the Community/Environmental indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.

### Community/Environmental Indicators – Score = 60.0; Rank = 15

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

#### Built Environment

<table>
<thead>
<tr>
<th>Parkland as a percent of city land area</th>
<th>Philadelphia</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent using public transportation to work</td>
<td>10.0%</td>
<td>4.3%</td>
</tr>
<tr>
<td>Percent bicycling or walking to work</td>
<td>4.7%</td>
<td>2.8%</td>
</tr>
<tr>
<td>WalkScore®</td>
<td>51.1</td>
<td>76.5</td>
</tr>
<tr>
<td>Percent within a 10 minute walk to a park</td>
<td>63.8%</td>
<td>92.0%</td>
</tr>
</tbody>
</table>

**The level of state requirement for Physical Education was 2.5.

#### Recreational Facilities

<table>
<thead>
<tr>
<th>Philadelphia</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ball diamonds/10,000</td>
<td>2.7</td>
</tr>
<tr>
<td>Dog parks/100,000</td>
<td>0.9</td>
</tr>
<tr>
<td>Park playgrounds/10,000</td>
<td>1.6</td>
</tr>
<tr>
<td>Golf courses/100,000</td>
<td>0.4</td>
</tr>
<tr>
<td>Park units/10,000</td>
<td>0.9</td>
</tr>
<tr>
<td>Recreational centers/20,000</td>
<td>2.1</td>
</tr>
<tr>
<td>Swimming pools/100,000</td>
<td>3.1</td>
</tr>
<tr>
<td>Tennis courts/10,000</td>
<td>2.0</td>
</tr>
</tbody>
</table>

#### Policy for School P.E.

<table>
<thead>
<tr>
<th>Philadelphia</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level of state requirement for Physical Education</td>
<td>3.0</td>
</tr>
</tbody>
</table>

#### Park-related Expenditures

<table>
<thead>
<tr>
<th>Philadelphia</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total park expenditure per resident</td>
<td>$71.00</td>
</tr>
</tbody>
</table>

### Notes:
- *The target goal for the Personal Health indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.
- **The target goal for the Community/Environmental indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
PHOENIX, AZ
(Phoenix-Mesa-Scottsdale, AZ MSA)

Total Score = 41.1; Rank = 37

Areas of Excellence (at or better than target goal):
• Lower death rate for cardiovascular disease
• Higher percent of city land area as parkland
• More acres of parkland per capita

Improvement Priority Areas (worse than 20% of target goal):
• Lower percent meeting CDC aerobic activity guidelines
• Lower percent consuming 2+ fruits per day
• Lower percent consuming 3+ vegetables per day
• Higher percent obese
• Higher percent of days when physical health was not good in the past 30 days
• Higher percent of days when mental health was not good in the past 30 days
• Higher percent with asthma
• Higher percent with diabetes
• Higher death rate for diabetes
• Fewer farmers’ markets per capita
• Lower percent using public transportation to work
• Lower Walk Score®
• Lower percent of population within a 10 minute walk to a park
• Fewer ball diamonds per capita
• Fewer dog parks per capita
• Fewer park playgrounds per capita
• Fewer golf courses per capita
• Fewer park units per capita
• Fewer recreation centers per capita
• Fewer swimming pools per capita
• Fewer tennis courts per capita
• Lower level of state requirement for Physical Education classes

Description of Phoenix-Mesa-Scottsdale, AZ MSA

| Population | 4,398,762 |
| Percent less than 18 years old | 25.3% |
| Percent 18 to 64 years old | 60.9% |
| Percent 65 years old and older | 13.7% |
| Percent male | 49.7% |
| Percent high school graduate or higher | 86.5% |
| Percent White | 80.1% |
| Percent Black or African American | 5.1% |
| Percent Asian | 3.5% |
| Percent Other Race | 11.3% |
| Percent Hispanic/Latino | 29.9% |
| Percent unemployed | 7.7% |
| Median household income | $51,847 |
| Percent of households below poverty level | 13.0% |
| Violent crime rate/100,000* | 392.3 |
| Percent with disability | 10.8% |

*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 = 48.0; Rank = 25

- **Health Behaviors**
  - Percent any physical activity or exercise in the last 30 days: Phoenix 67.0%, Target Goal 82.6%
  - Percent meeting CDC aerobic activity guidelines: Phoenix 24.6%, Target Goal 32.2%
  - Percent meeting both CDC aerobic and strength activity guidelines: Phoenix 18.8%, Target Goal 23.3%
  - Percent consuming 2+ fruits per day: Phoenix 26.9%, Target Goal 35.6%
  - Percent consuming 3+ vegetables per day: Phoenix 15.1%, Target Goal 19.6%
  - Percent currently smoking: Phoenix 14.1%, Target Goal 13.1%

- **Chronic Health Problems**
  - Percent obese: Phoenix 25.7%, Target Goal 21.3%
  - Percent in excellent or very good health: Phoenix 53.8%, Target Goal 61.0%
  - Any days when physical health was not good during the past 30 days: Phoenix 41.3%, Target Goal 30.4%
  - Any days when mental health was not good during the past 30 days: Phoenix 36.5%, Target Goal 29.2%
  - Percent with asthma: Phoenix 8.6%, Target Goal 6.5%
  - Percent with angina or coronary heart disease: Phoenix 3.4%, Target Goal 2.8%
  - Percent with diabetes: Phoenix 12.7%, Target Goal 6.4%
  - Death rate/100,000 for cardiovascular disease: Phoenix 150.0, Target Goal 167.1
  - Death rate/100,000 for diabetes: Phoenix 22.1, Target Goal 17.0

Community/Environmental Indicators – Score = 34.5; Rank = 45

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

- **Built Environment**
  - Parkland as a percent of city land area: Phoenix 15.0%, Target Goal 10.6%
  - Acres of parkland/1,000: Phoenix 33.1, Target Goal 18.6
  - Farmers’ markets/1,000,000: Phoenix 8.6, Target Goal 13.1
  - Percent using public transportation to work: Phoenix 2.6%, Target Goal 4.3%
  - Percent bicycling or walking to work: Phoenix 2.3%, Target Goal 2.8%
  - WalkScore®: Phoenix 38.3, Target Goal 51.1
  - Percent within a 10 minute walk to a park: Phoenix 45.0%, Target Goal 63.8%

- **Recreational Facilities**
  - Ball diamonds/10,000: Phoenix 0.8, Target Goal 1.9
  - Dog parks/100,000: Phoenix 0.3, Target Goal 0.9
  - Park playgrounds/10,000: Phoenix 1.1, Target Goal 2.3
  - Golf courses/100,000: Phoenix 0.7, Target Goal 0.9
  - Park units/10,000: Phoenix 1.5, Target Goal 4.1
  - Recreational centers/20,000: Phoenix 0.6, Target Goal 1.0
  - Swimming pools/100,000: Phoenix 1.9, Target Goal 3.1
  - Tennis courts/10,000: Phoenix 0.8, Target Goal 2.0

- **Policy for School P.E.**
  - Level of state requirement for Physical Education: Phoenix 0.0, Target Goal 2.5

- **Park-related Expenditures**
  - Total park expenditure per resident: Phoenix $101.00, Target Goal $101.80

*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.

**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
PITTSBURGH, PA
(Pittsburgh, PA MSA)

Total Score = 53.0; Rank = 21

Areas of Excellence (at or better than target goal):
• More farmers’ markets per capita
• Higher percent using public transportation to work
• Higher percent bicycling or walking to work
• Higher Walk Score®
• More ball diamonds per capita
• More dog parks per capita
• More park playgrounds per capita
• More park units 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

Improvement Priority Areas (worse than 20% of target goal):
• Lower percent meeting CDC aerobic activity guidelines
• Lower percent meeting both CDC aerobic and strength activity guidelines
• Lower percent consuming 3+ vegetables per day
• Higher percent currently smoking
• Higher percent obese
• Higher percent of days when physical health was not good during the past 30 days
• Higher percent with asthma
• Higher percent with angina or coronary heart disease
• Higher percent with diabetes
• Higher death rate for diabetes
• Fewer acres of parkland per capita
• Fewer golf courses per capita

Description of Pittsburgh, PA MSA
Population 2,360,867
Percent less than 18 years old 19.5%
Percent 18 to 64 years old 62.5%
Percent 65 years old and older 18.0%
Percent male 48.5%
Percent high school graduate or higher 92.5%
Percent White 87.5%
Percent Black or African American 8.2%
Percent Asian 2.0%
Percent Other Race 2.3%
Percent Hispanic/Latino 1.5%
Percent unemployed 7.1%
Median household income $51,291
Percent of households below poverty level 8.5%
Violent crime rate/100,000* 292.8
Percent with disability 13.9%

*Due to differences in jurisdictional definitions and reporting, the FBI recommends that these rates not be compared across areas.
### Personal Health Indicators – Score = 36.8 Rank = 41

**Health Behaviors**

<table>
<thead>
<tr>
<th>Health Behavior</th>
<th>Pittsburgh</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent any physical activity or exercise in the last 30 days</td>
<td>67.9%</td>
<td>82.6%</td>
</tr>
<tr>
<td>Percent meeting CDC aerobic activity guidelines</td>
<td>25.6%</td>
<td>32.2%</td>
</tr>
<tr>
<td>Percent meeting both CDC aerobic and strength activity guidelines</td>
<td>16.5%</td>
<td>23.3%</td>
</tr>
<tr>
<td>Percent consuming 2+ fruits per day</td>
<td>30.0%</td>
<td>35.6%</td>
</tr>
<tr>
<td>Percent consuming 3+ vegetables per day</td>
<td>11.6%</td>
<td>19.6%</td>
</tr>
<tr>
<td>Percent currently smoking</td>
<td>19.6%</td>
<td>13.1%</td>
</tr>
</tbody>
</table>

### Chronic Health Problems

<table>
<thead>
<tr>
<th>Health Problem</th>
<th>Pittsburgh</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent obese</td>
<td>30.2%</td>
<td>21.3%</td>
</tr>
<tr>
<td>Percent in excellent or very good health</td>
<td>51.3%</td>
<td>61.0%</td>
</tr>
<tr>
<td>Any days when physical health was not good during the past 30 days</td>
<td>37.4%</td>
<td>30.4%</td>
</tr>
<tr>
<td>Any days when mental health was not good during the past 30 days</td>
<td>32.8%</td>
<td>29.2%</td>
</tr>
<tr>
<td>Percent with asthma</td>
<td>8.5%</td>
<td>6.5%</td>
</tr>
<tr>
<td>Percent with angina or coronary heart disease</td>
<td>5.2%</td>
<td>2.8%</td>
</tr>
<tr>
<td>Percent with diabetes</td>
<td>10.6%</td>
<td>6.4%</td>
</tr>
<tr>
<td>Death rate/100,000 for cardiovascular disease</td>
<td>195.1</td>
<td>167.1</td>
</tr>
<tr>
<td>Death rate/100,000 for diabetes</td>
<td>23.1%</td>
<td>17.0%</td>
</tr>
</tbody>
</table>

### Community/Environmental Indicators – Score = 68.2; Rank = 6

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

**Built Environment**

<table>
<thead>
<tr>
<th>Environment Feature</th>
<th>Pittsburgh</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parkland as a percent of city land area</td>
<td>8.8%</td>
</tr>
<tr>
<td>Acres of parkland/1,000</td>
<td>10.2</td>
</tr>
<tr>
<td>Farmers’ markets/1,000,000</td>
<td>18.6</td>
</tr>
<tr>
<td>Percent using public transportation to work</td>
<td>4.9%</td>
</tr>
<tr>
<td>Percent bicycling or walking to work</td>
<td>4.3%</td>
</tr>
<tr>
<td>Percent consuming 2+ fruits per day</td>
<td>3.7%</td>
</tr>
<tr>
<td>Percent consuming 3+ vegetables per day</td>
<td>2.8%</td>
</tr>
<tr>
<td>Percent currently smoking</td>
<td>19.6%</td>
</tr>
<tr>
<td>Percent within a 10 minute walk to a park</td>
<td>8.8%</td>
</tr>
</tbody>
</table>

**Recreational Facilities**

<table>
<thead>
<tr>
<th>Recreation Facility</th>
<th>Pittsburgh</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ball diamonds/10,000</td>
<td>4.2</td>
</tr>
<tr>
<td>Dog parks/100,000</td>
<td>1.9</td>
</tr>
<tr>
<td>Park playgrounds/10,000</td>
<td>1.3</td>
</tr>
<tr>
<td>Golf courses/100,000</td>
<td>0.9</td>
</tr>
<tr>
<td>Park units/10,000</td>
<td>2.3</td>
</tr>
<tr>
<td>Park units/10,000</td>
<td>0.3</td>
</tr>
<tr>
<td>Recreational centers/20,000</td>
<td>1.6</td>
</tr>
<tr>
<td>Swimming pools/100,000</td>
<td>3.1</td>
</tr>
<tr>
<td>Tennis courts/10,000</td>
<td>2.8</td>
</tr>
</tbody>
</table>

**Policy for School P.E.**

<table>
<thead>
<tr>
<th>School Physical Education Requirement Level</th>
<th>Pittsburgh</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level of state requirement for Physical Education</td>
<td>3.0</td>
<td>2.5</td>
</tr>
</tbody>
</table>

**Park-related Expenditures**

<table>
<thead>
<tr>
<th>Park-related Expenditure</th>
<th>Pittsburgh</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total park expenditure per resident</td>
<td>$84.00</td>
<td>$101.80</td>
</tr>
</tbody>
</table>

*The target goal for the Personal Health indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.

**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.

***This measure was unavailable for this MSA. The community/environmental indicator score and total score were adjusted to allow for fair comparisons with the other MSAs.
PORTLAND, OR
(Portland-Vancouver-Hillsboro, OR-WA MSA)

Total Score = 69.6; Rank = 7

Areas of Excellence (at or better than target goal):
• Higher percent meeting CDC aerobic activity guidelines
• Lower death rate for cardiovascular disease
• Higher percent of city land area as parkland
• More acres of parkland per capita
• More farmers’ markets per capita
• Higher percent using public transportation to work
• Higher percent bicycling or walking to work
• Higher Walk Score®
• Higher percent of population within a 10 minute walk to a park
• More ball diamonds per capita
• More dog parks per capita
• More golf courses per capita
• More park units per capita
• More tennis courts per capita
• Higher park-related expenditures per capita

Improvement Priority Areas (worse than 20% of target goal):
• Higher percent currently smoking
• Higher percent of days when physical health was not good during the past 30 days
• Higher percent of days when mental health was not good during the past 30 days
• Higher percent with asthma
• Higher percent with angina or coronary heart disease
• Higher percent with diabetes
• Higher death rate for diabetes
• Fewer recreation centers per capita
• Fewer swimming pools per capita

Description of Portland-Vancouver-Hillsboro, OR-WA MSA
Population 2,314,554
Percent less than 18 years old 22.8%
Percent 18 to 64 years old 64.4%
Percent 65 years old and older 12.8%
Percent male 49.5%
Percent high school graduate or higher 90.8%
Percent White 82.6%
Percent Black or African American 3.0%
Percent Asian 5.9%
Percent Other Race 8.5%
Percent Hispanic/Latino 11.3%
Percent unemployed 8.7%
Median household income $59,168
Percent of households below poverty level 9.2%
Violent crime rate/100,000* 250.9
Percent with disability 12.5%

*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 = 68.3; Rank = 10

**Health Behaviors**

- Percent any physical activity or exercise in the last 30 days
  - Portland: 75.4%
  - Target Goal: 82.6%

- Percent meeting CDC aerobic activity guidelines
  - Portland: 32.6%
  - Target Goal: 32.2%

- Percent meeting both CDC aerobic and strength activity guidelines
  - Portland: 22.0%
  - Target Goal: 23.3%

- Percent consuming 2+ fruits per day
  - Portland: 33.0%
  - Target Goal: 35.6%

- Percent consuming 3+ vegetables per day
  - Portland: 18.5%
  - Target Goal: 19.6%

- Percent currently smoking
  - Portland: 15.8%
  - Target Goal: 13.1%

#### Chronic Health Problems

- Percent obese
  - Portland: 25.5%
  - Target Goal: 21.3%

- Percent in excellent or very good health
  - Portland: 55.4%
  - Target Goal: 61.0%

- Any days when physical health was not good during the past 30 days
  - Portland: 37.9%
  - Target Goal: 30.4%

- Any days when mental health was not good during the past 30 days
  - Portland: 38.4%
  - Target Goal: 29.2%

- Percent with asthma
  - Portland: 10.6%
  - Target Goal: 6.5%

- Percent with angina or coronary heart disease
  - Portland: 3.5%
  - Target Goal: 2.8%

- Percent with diabetes
  - Portland: 9.3%
  - Target Goal: 6.4%

- Death rate/100,000 for cardiovascular disease
  - Portland: 143.7
  - Target Goal: 167.1

- Death rate/100,000 for diabetes
  - Portland: 23.5
  - Target Goal: 17.0

#### Community/Environmental Indicators – Score = 70.8; Rank = 5

*Note: most of these data were available only for the main city in the MSA*

**Built Environment**

- Parkland as a percent of city land area
  - Portland: 17.4%
  - Target Goal: 10.6%

- Acres of parkland/1,000
  - Portland: 23.6
  - Target Goal: 18.6

- Farmers’ markets/1,000,000
  - Portland: 31.5
  - Target Goal: 13.1

- Percent using public transportation to work
  - Portland: 6.4%
  - Target Goal: 4.3%

- Percent bicycling or walking to work
  - Portland: 5.6%
  - Target Goal: 2.8%

- WalkScore®
  - Portland: 62.8
  - Target Goal: 51.1

- Percent within a 10 minute walk to a park
  - Portland: 83.0%
  - Target Goal: 63.8%

**Recreational Facilities**

- Ball diamonds/10,000
  - Portland: 2.0
  - Target Goal: 1.9

- Dog parks/100,000
  - Portland: 0.9
  - Target Goal: 5.3

- Park playgrounds/10,000
  - Portland: 2.1
  - Target Goal: 2.3

- Golf courses/100,000
  - Portland: 1.2
  - Target Goal: 0.9

- Park units/10,000
  - Portland: 5.3
  - Target Goal: 4.1

- Recreational centers/20,000
  - Portland: 0.6
  - Target Goal: 1.0

- Swimming pools/100,000
  - Portland: 2.2
  - Target Goal: 3.1

- Tennis courts/10,000
  - Portland: 2.1
  - Target Goal: 2.0

**Policy for School P.E.**

- Level of state requirement for Physical Education
  - Portland: 2.0
  - Target Goal: 2.5

**Park-related Expenditures**

- Total park expenditure per resident
  - Portland: $146.00
  - Target Goal: $101.80

*The target goal for the Personal Health indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.

**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
PROVIDENCE, RI
(Providence-Warwick, RI-MA MSA)

Total Score = 49.4; Rank = 28

Areas of Excellence (at or better than target goal):
- More farmers’ markets per capita
- Higher percent bicycling or walking to work
- Higher Walk Score®
- More ball diamonds per capita
- More dog parks per capita
- More park playgrounds per capita
- More park units per capita
- More recreation centers per capita

Improvement Priority Areas (worse than 20% of target goal):
- Lower percent of any physical activity or exercise in the last 30 days
- Lower percent meeting CDC aerobic activity guidelines
- Lower percent meeting both CDC aerobic and strength activity guidelines
- Lower percent consuming 3+ vegetables per day
- Higher percent currently smoking
- Higher percent obese
- Higher percent of days when physical health was not good during the past 30 days
- Higher percent of days when mental health was not good during the past 30 days
- Higher percent with asthma
- Higher percent with angina or coronary heart disease
- Higher percent with diabetes
- Fewer acres of parkland per capita
- Lower percent using public transportation to work
- Fewer golf courses per capita
- Fewer swimming pools per capita
- Fewer tennis courts per capita
- Lower park-related expenditures per capita
- Lower level of state requirement for Physical Education classes

Description of Providence-Warwick, RI-MA MSA

<table>
<thead>
<tr>
<th>Category</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population</td>
<td>1,604,291</td>
</tr>
<tr>
<td>Percent less than 18 years old</td>
<td>20.6%</td>
</tr>
<tr>
<td>Percent 18 to 64 years old</td>
<td>63.9%</td>
</tr>
<tr>
<td>Percent 65 years old and older</td>
<td>15.5%</td>
</tr>
<tr>
<td>Percent male</td>
<td>48.7%</td>
</tr>
<tr>
<td>Percent high school graduate or higher</td>
<td>84.8%</td>
</tr>
<tr>
<td>Percent White</td>
<td>82.8%</td>
</tr>
<tr>
<td>Percent Black or African American</td>
<td>5.3%</td>
</tr>
<tr>
<td>Percent Asian</td>
<td>2.8%</td>
</tr>
<tr>
<td>Percent Other Race</td>
<td>9.1%</td>
</tr>
<tr>
<td>Percent Hispanic/Latino</td>
<td>11.2%</td>
</tr>
<tr>
<td>Percent unemployed</td>
<td>9.6%</td>
</tr>
<tr>
<td>Median household income</td>
<td>$55,055</td>
</tr>
<tr>
<td>Percent of households below poverty level</td>
<td>10.9%</td>
</tr>
<tr>
<td>Violent crime rate/100,000*</td>
<td>338.2</td>
</tr>
<tr>
<td>Percent with disability</td>
<td>13.3%</td>
</tr>
</tbody>
</table>

*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 = 44.1; Rank = 32.5

- **Health Behaviors**
  - Percent any physical activity or exercise in the last 30 days: Providence 65.2%, Target Goal 82.6%
  - Percent meeting CDC aerobic activity guidelines: Providence 25.2%, Target Goal 32.2%
  - Percent meeting both CDC aerobic and strength activity guidelines: Providence 16.7%, Target Goal 23.3%
  - Percent consuming 2+ fruits per day: Providence 31.1%, Target Goal 35.6%
  - Percent consuming 3+ vegetables per day: Providence 13.4%, Target Goal 19.6%
  - Percent currently smoking: Providence 18.1%, Target Goal 13.1%

- **Chronic Health Problems**
  - Percent obese: Providence 28.2%, Target Goal 21.3%
  - Percent in excellent or very good health: Providence 52.6%, Target Goal 61.0%
  - Any days when physical health was not good during the past 30 days: Providence 37.3%, Target Goal 30.4%
  - Any days when mental health was not good during the past 30 days: Providence 35.2%, Target Goal 29.2%
  - Percent with asthma: Providence 12.8%, Target Goal 6.5%
  - Percent with angina or coronary heart disease: Providence 4.4%, Target Goal 2.8%
  - Percent with diabetes: Providence 9.1%, Target Goal 6.4%
  - Death rate/100,000 for cardiovascular disease: Providence 173.9, Target Goal 167.1
  - Death rate/100,000 for diabetes: Providence 17.7, Target Goal 17.0

Community/Environmental Indicators – Score = 54.4; Rank = 23

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

- **Built Environment**
  - Parkland as a percent of city land area: Providence 9.7%, Target Goal 10.6%
  - Acres of parkland/1,000: Providence 6.4, Target Goal 18.6
  - Farmers’ markets/1,000,000: Providence 13.1, Target Goal 48.6
  - Percent using public transportation to work: Providence 2.7%, Target Goal 4.3%
  - Percent bicycling or walking to work: Providence 3.8%, Target Goal 2.8%
  - WalkScore®: Providence 76.0, Target Goal N/A**
  - Percent within a 10 minute walk to a park: Providence 51.1, Target Goal 63.8%

- **Recreational Facilities**
  - Ball diamonds/10,000: Providence 2.2, Target Goal 1.9
  - Dog parks/100,000: Providence 1.1, Target Goal 0.9
  - Park playgrounds/10,000: Providence 2.3, Target Goal 3.4
  - Golf courses/100,000: Providence 0.6, Target Goal 0.9
  - Park units/10,000: Providence 6.5, Target Goal 4.1
  - Recreational centers/20,000: Providence 1.0, Target Goal 1.0
  - Swimming pools/100,000: Providence 2.2, Target Goal 3.1
  - Tennis courts/10,000: Providence 0.9, Target Goal 2.0

- **Policy for School P.E.**
  - Level of state requirement for Physical Education: Providence 0.0, Target Goal 2.5

- **Park-related Expenditures**
  - Total park expenditure per resident: Providence $71.00, Target Goal $101.80

*The target goal for the Personal Health indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.

**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.

***This measure was unavailable for this MSA. The community/environmental indicator score and total score were adjusted to allow fair comparisons with the other MSAs.
RALEIGH, NC
(Raleigh, NC MSA)

Total Score = 60.1; Rank = 13

Areas of Excellence (at or better than target goal):
• Lower percent of days when mental health was not good during the past 30 days
• Lower percent with angina or coronary heart disease
• Lower death rate for cardiovascular disease
• Higher percent of city land area as parkland
• More acres of parkland per capita
• More farmers’ markets per capita
• More park units per capita
• More recreation centers per capita
• More tennis courts per capita
• Higher park-related expenditures per capita
• Higher level of state requirement for Physical Education classes

Improvement Priority Areas (worse than 20% of target goal):
• Lower percent consuming 2+ fruits per day
• Lower percent consuming 3+ vegetables per day
• Higher percent with diabetes
• Lower percent using public transportation to work
• Lower percent bicycling or walking to work
• Lower Walk Score®
• Lower percent of population within a 10 minute walk to a park
• Fewer ball diamonds per capita
• Fewer dog parks per capita
• Fewer golf courses per capita

Description of Raleigh, NC MSA
Population 1,214,516
Percent less than 18 years old 25.4%
Percent 18 to 64 years old 64.4%
Percent 65 years old and older 10.2%
Percent male 48.8%
Percent high school graduate or higher 90.0%
Percent White 69.2%
Percent Black or African American 20.1%
Percent Asian 5.0%
Percent Other Race 5.7%
Percent Hispanic/Latino 10.3%
Percent unemployed 7.4%
Median household income $61,710
Percent of households below poverty level 8.7%
Violent crime rate/100,000* 219.3
Percent with disability 9.0%

*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 = 66.8; Rank = 12

<table>
<thead>
<tr>
<th>Health Behaviors</th>
<th>Raleigh</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent any physical activity or exercise in the last 30 days</td>
<td>27.1%</td>
<td>82.6%</td>
</tr>
<tr>
<td>Percent meeting CDC aerobic activity guidelines</td>
<td>19.1%</td>
<td>32.2%</td>
</tr>
<tr>
<td>Percent meeting both CDC aerobic and strength activity guidelines</td>
<td>12.9%</td>
<td>19.6%</td>
</tr>
<tr>
<td>Percent consuming 2+ fruits per day</td>
<td>20.5%</td>
<td>35.6%</td>
</tr>
<tr>
<td>Percent consuming 3+ vegetables per day</td>
<td>14.4%</td>
<td>13.1%</td>
</tr>
</tbody>
</table>

#### Chronic Health Problems

<table>
<thead>
<tr>
<th>Chronic Health Problems</th>
<th>Raleigh</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent obese</td>
<td>24.6%</td>
<td>21.3%</td>
</tr>
<tr>
<td>Percent in excellent or very good health</td>
<td>57.0%</td>
<td>61.0%</td>
</tr>
<tr>
<td>Any days when physical health was not good during the past 30 days</td>
<td>27.5%</td>
<td>29.2%</td>
</tr>
<tr>
<td>Any days when mental health was not good during the past 30 days</td>
<td>32.2%</td>
<td>30.4%</td>
</tr>
<tr>
<td>Percent with asthma</td>
<td>6.7%</td>
<td>6.5%</td>
</tr>
<tr>
<td>Percent with angina or coronary heart disease</td>
<td>2.8%</td>
<td>2.8%</td>
</tr>
<tr>
<td>Percent with diabetes</td>
<td>10.5%</td>
<td>6.4%</td>
</tr>
<tr>
<td>Death rate/100,000 for cardiovascular disease</td>
<td>152.0</td>
<td>167.1</td>
</tr>
<tr>
<td>Death rate/100,000 for diabetes</td>
<td>18.4</td>
<td>17.0</td>
</tr>
</tbody>
</table>

#### Community/Environmental Indicators – Score = 53.8; Rank = 25

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

<table>
<thead>
<tr>
<th>Built Environment</th>
<th>Raleigh</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parkland as a percent of city land area</td>
<td>14.1%</td>
<td>10.6%</td>
</tr>
<tr>
<td>Acres of parkland/1,000</td>
<td>30.4</td>
<td>16.6</td>
</tr>
<tr>
<td>Farmers’ markets/ 1,000,000</td>
<td>14.8</td>
<td>13.1</td>
</tr>
<tr>
<td>Percent using public transportation to work</td>
<td>1.0%</td>
<td>4.3%</td>
</tr>
<tr>
<td>Percent bicycling or walking to work</td>
<td>1.6%</td>
<td>2.8%</td>
</tr>
<tr>
<td>WalkScore®</td>
<td>28.8</td>
<td>51.1</td>
</tr>
<tr>
<td>Percent within a 10 minute walk to a park</td>
<td>48.0%</td>
<td>63.8%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Recreational Facilities</th>
<th>Raleigh</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ball diamonds/10,000</td>
<td>1.4</td>
<td>1.9</td>
</tr>
<tr>
<td>Dog parks/100,000</td>
<td>0.7</td>
<td>0.9</td>
</tr>
<tr>
<td>Park playgrounds/10,000</td>
<td>2.2</td>
<td>2.3</td>
</tr>
<tr>
<td>Golf courses/100,000</td>
<td>0.0</td>
<td>0.9</td>
</tr>
<tr>
<td>Park units/10,000</td>
<td>0.9</td>
<td>4.1</td>
</tr>
<tr>
<td>Recreational centers/20,000</td>
<td>1.7</td>
<td>2.4</td>
</tr>
<tr>
<td>Swimming pools/100,000</td>
<td>0.0</td>
<td>3.1</td>
</tr>
<tr>
<td>Tennis courts/10,000</td>
<td>2.6</td>
<td>2.0</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Policy for School P.E.</th>
<th>Raleigh</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level of state requirement for Physical Education</td>
<td>3.0</td>
<td>2.5</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Park-related Expenditures</th>
<th>Raleigh</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total park expenditure per resident</td>
<td>$172.00</td>
<td>$101.80</td>
</tr>
</tbody>
</table>

*The target goal for the Personal Health indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.

**The target goal for the Community/Environmental indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
RICHMOND, VA
(Richmond, VA MSA)

Total Score = 55.0; Rank = 18

Areas of Excellence (at or better than target goal):
• Lower death rate of diabetes
• More farmers’ markets per capita
• More dog parks per capita
• More park playgrounds per capita
• More park units per capita
• More recreation centers per capita
• More swimming pools per capita
• More tennis courts per capita

Improvement Priority Areas (worse than 20% of target goal):
• Lower percent meeting CDC aerobic activity guidelines
• Higher percent consuming 3+ vegetables per day
• Higher percent currently smoking
• Higher percent obese
• Higher percent with asthma
• Higher percent with angina or coronary heart disease
• Higher percent with diabetes
• Lower percent of city land area as parkland
• Fewer acres of parkland per capita
• Lower percent using public transportation to work
• Fewer golf courses per capita
• Lower park-related expenditures per capita
• Lower level of state requirement for Physical Education classes

Description of Richmond, VA MSA
Population 1,245,764
Percent less than 18 years old 22.6%
Percent 18 to 64 years old 64.1%
Percent 65 years old and older 13.3%
Percent male 48.3%
Percent high school graduate or higher 87.8%
Percent White 60.8%
Percent Black or African American 30.3%
Percent Asian 3.5%
Percent Other Race 5.4%
Percent Hispanic/Latino 5.6%
Percent unemployed 7.9%
Median household income $57,286
Percent of households below poverty level 10.5%
Violent crime rate/100,000* 243.8
Percent with disability 12.3%

*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 = 54.1; Rank = 19

Health Behaviors
- Percent any physical activity or exercise in the last 30 days: Richmond 70.8%, Target Goal 82.6%
- Percent meeting CDC aerobic activity guidelines: Richmond 23.4%, Target Goal 32.2%
- Percent meeting both CDC aerobic and strength activity guidelines: Richmond 22.9%, Target Goal 23.3%
- Percent consuming 2+ fruits per day: Richmond 30.4%, Target Goal 35.6%
- Percent consuming 3+ vegetables per day: Richmond 14.5%, Target Goal 19.6%
- Percent currently smoking: Richmond 20.2%, Target Goal 13.1%

Chronic Health Problems
- Percent obese: Richmond 29.0%, Target Goal 21.3%
- Percent in excellent or very good health: Richmond 53.8%, Target Goal 61.0%
- Any days when physical health was not good during the past 30 days: Richmond 35.6%, Target Goal 30.4%
- Any days when mental health was not good during the past 30 days: Richmond 32.1%, Target Goal 29.2%
- Percent with asthma: Richmond 9.5%, Target Goal 6.5%
- Percent with angina or coronary heart disease: Richmond 3.7%, Target Goal 2.8%
- Percent with diabetes: Richmond 10.3%, Target Goal 6.4%
- Death rate/100,000 for cardiovascular disease: Richmond 183.1, Target Goal 167.1
- Death rate/100,000 for diabetes: Richmond 14.3, Target Goal 17.0

Community/Environmental Indicators – Score = 56.0; Rank = 21
(note: most of these data were available only for the main city in the MSA)

Built Environment
- Parkland as a percent of city land area: Richmond 7.3%, Target Goal 10.6%
- Acres of parkland/1,000: Richmond 13.1, Target Goal 18.6%
- Farmers’ markets/1,000,000: Richmond 13.1, Target Goal 31.3%
- Percent using public transportation to work: Richmond 1.3%, Target Goal 4.3%
- Percent bicycling or walking to work: Richmond 2.5%, Target Goal 2.8%
- WalkScore®: Richmond 49.2, Target Goal 51.1
- Percent within a 10 minute walk to a park: Richmond N/A, Target Goal 63.8%

Recreational Facilities
- Ball diamonds/10,000: Richmond 1.5, Target Goal 1.9
- Dog parks/100,000: Richmond 1.4, Target Goal 0.9
- Park playgrounds/10,000: Richmond 2.3, Target Goal 2.3
- Golf courses/100,000: Richmond 0.0, Target Goal 0.9
- Park units/10,000: Richmond 4.1, Target Goal 7.9
- Recreational centers/20,000: Richmond 4.1, Target Goal 4.1
- Swimming pools/100,000: Richmond 3.1, Target Goal 6.4
- Tennis courts/10,000: Richmond 2.0, Target Goal 6.4

Policy for School P.E.
- Level of state requirement for Physical Education: Richmond 1.0, Target Goal 2.5

Park-related Expenditures
- Total park expenditure per resident: Richmond $81.00, Target Goal $101.80

*The target goal for the Personal Health indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.
**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
***This measure was unavailable for this MSA. The community/environmental indicator score and total score were adjusted to allow fair comparisons with the other MSAs.
RIVERSIDE, CA  
(Riverside-San Bernardino-Ontario, CA MSA)

Total Score = 44.8; Rank = 34

Areas of Excellence (at or better than target goal):
- Higher percent consuming 3+ vegetables per day
- More dog parks per capita
- More recreation centers per capita
- More swimming pools per capita
- Higher level of state requirement for Physical Education classes

Improvement Priority Areas (worse than 20% of target goal):
- Higher percent obese
- Lower percent in excellent or very good health
- Higher percent of days when mental health was not good during the past 30 days
- Higher percent with asthma
- Higher percent with angina or coronary heart disease
- Higher percent with diabetes
- Higher death rate for cardiovascular disease
- Higher death rate for diabetes
- 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
- Lower Walk Score®
- Lower percent of population within a 10 minute walk to a park
- Fewer park playgrounds per capita
- Fewer golf courses per capita
- Fewer tennis courts per capita
- Fewer park units per capita
- Lower park-related expenditures per capita

Description of Riverside-San Bernardino-Ontario, CA MSA

<table>
<thead>
<tr>
<th>Description</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population</td>
<td>4,380,878</td>
</tr>
<tr>
<td>Percent less than 18 years old</td>
<td>27.3%</td>
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<tr>
<td>Percent 18 to 64 years old</td>
<td>61.3%</td>
</tr>
<tr>
<td>Percent 65 years old and older</td>
<td>11.5%</td>
</tr>
<tr>
<td>Percent male</td>
<td>49.8%</td>
</tr>
<tr>
<td>Percent high school graduate or higher</td>
<td>79.6%</td>
</tr>
<tr>
<td>Percent White</td>
<td>64.3%</td>
</tr>
<tr>
<td>Percent Black or African American</td>
<td>7.5%</td>
</tr>
<tr>
<td>Percent Asian</td>
<td>6.4%</td>
</tr>
<tr>
<td>Percent Other Race</td>
<td>21.8%</td>
</tr>
<tr>
<td>Percent Hispanic/Latino</td>
<td>48.9%</td>
</tr>
<tr>
<td>Percent unemployed</td>
<td>12.6%</td>
</tr>
<tr>
<td>Median household income</td>
<td>$53,220</td>
</tr>
<tr>
<td>Percent of households below poverty level</td>
<td>14.5%</td>
</tr>
<tr>
<td>Violent crime rate/100,000*</td>
<td>333.3</td>
</tr>
<tr>
<td>Percent with disability</td>
<td>11.2%</td>
</tr>
</tbody>
</table>

*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 = 51.9; Rank = 23

- Health Behaviors
  - Percent any physical activity or exercise in the last 30 days: 70.2% Riverside, 82.6% Target Goal
  - Percent meeting CDC aerobic activity guidelines: 27.9% Riverside, 32.2% Target Goal
  - Percent meeting both CDC aerobic and strength activity guidelines: 19.5% Riverside, 23.3% Target Goal
  - Percent consuming 2+ fruits per day: 33.5% Riverside, 35.6% Target Goal
  - Percent consuming 3+ vegetables per day: 20.2% Riverside, 19.6% Target Goal
  - Percent currently smoking: 14.6% Riverside, 13.1% Target Goal

- Chronic Health Problems
  - Percent obese: 30.2% Riverside, 21.3% Target Goal
  - Percent in excellent or very good health: 44.0% Riverside, 61.0% Target Goal
  - Any days when physical health was not good during the past 30 days: 35.6% Riverside, 30.4% Target Goal
  - Any days when mental health was not good during the past 30 days: 38.5% Riverside, 29.2% Target Goal
  - Percent with asthma: 8.3% Riverside, 6.5% Target Goal
  - Percent with angina or coronary heart disease: 4.0% Riverside, 2.8% Target Goal
  - Percent with diabetes: 10.5% Riverside, 6.4% Target Goal
  - Death rate/100,000 for cardiovascular disease: 203.1 Riverside, 167.1 Target Goal
  - Death rate/100,000 for diabetes: 8.5 Riverside, 5.7 Target Goal

Community/Environmental Indicators – Score = 38.1; Rank = 39
(note: most of these data were available only for the main city in the MSA)

- Built Environment
  - Parkland as a percent of city land area: 7.1% Riverside, 10.6% Target Goal
  - Acres of parkland/1,000: 11.8 Riverside, 18.6 Target Goal
  - Farmers’ markets/1,000,000: 9.8 Riverside, 13.1 Target Goal
  - Percent using public transportation to work: 1.5% Riverside, 4.3% Target Goal
  - Percent bicycling or walking to work: 2.1% Riverside, 2.8% Target Goal
  - WalkScore®: 38.9 Riverside, 51.1 Target Goal
  - Percent within a 10 minute walk to a park: 45.0% Riverside, 63.8% Target Goal

- Recreational Facilities
  - Ball diamonds/10,000: 1.6 Riverside, 1.9 Target Goal
  - Dog parks/100,000: 1.3 Riverside, 0.9 Target Goal
  - Park playgrounds/10,000: 1.3 Riverside, 2.3 Target Goal
  - Golf courses/100,000: 0.3 Riverside, 0.9 Target Goal
  - Park units/10,000: 2.1 Riverside, 4.1 Target Goal
  - Recreational centers/20,000: 1.0 Riverside, 1.0 Target Goal
  - Swimming pools/100,000: 3.2 Riverside, 3.1 Target Goal
  - Tennis courts/10,000: 0.8 Riverside, 2.0 Target Goal

- Policy for School P.E.
  - Level of state requirement for Physical Education: 3.0 Riverside, 2.5 Target Goal

- Park-related Expenditures
  - Total park expenditure per resident: $67.00 Riverside, $101.80 Target Goal

*The target goal for the Personal Health indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.

**The target goal for the Community/Environmental indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
SACRAMENTO, CA
(Sacramento-Roseville-Arden-Arcade, CA MSA)

Total Score = 71.4; Rank = 5

Areas of Excellence (at or better than target goal):
- Higher percent meeting both CDC aerobic and strength activity guidelines
- Higher percent consuming 2+ fruits per day
- Higher percent consuming 3+ vegetables per day
- Lower percent with angina or coronary heart disease
- More farmers’ markets per capita
- Higher percent bicycling or walking to work
- Higher percent of population with a 10 minute walk to park
- 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
- More recreation centers per capita
- Higher percent bicycling or walking to work
- Higher percent of population with a 10 minute walk to park
- More recreation centers per capita
- Higher park-related expenditures per capita
- Higher level of state requirement for Physical Education classes

Improvement Priority Areas (worse than 20% of target goal):
- Higher percent of days when mental health was not good during the past 30 days
- Higher percent with asthma
- Higher percent with diabetes
- Higher death rate for diabetes
- Lower percent of city land area as parkland
- Fewer acres of parkland per capita
- Lower percent using public transportation to work
- Fewer tennis courts per capita

Description of Sacramento-Roseville-Arden-Arcade, CA MSA

<table>
<thead>
<tr>
<th>Stat</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population</td>
<td>2,215,770</td>
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<tr>
<td>Percent less than 18 years old</td>
<td>23.9%</td>
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<tr>
<td>Percent 18 to 64 years old</td>
<td>62.5%</td>
</tr>
<tr>
<td>Percent 65 years old and older</td>
<td>13.5%</td>
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<tr>
<td>Percent male</td>
<td>49.1%</td>
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<tr>
<td>Percent high school graduate or higher</td>
<td>88.4%</td>
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<tr>
<td>Percent White</td>
<td>66.8%</td>
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<tr>
<td>Percent Black or African American</td>
<td>7.2%</td>
</tr>
<tr>
<td>Percent Asian</td>
<td>12.4%</td>
</tr>
<tr>
<td>Percent Other Race</td>
<td>13.6%</td>
</tr>
<tr>
<td>Percent Hispanic/Latino</td>
<td>20.8%</td>
</tr>
<tr>
<td>Percent unemployed</td>
<td>11.4%</td>
</tr>
<tr>
<td>Median household income</td>
<td>$57,027</td>
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<tr>
<td>Percent of households below poverty level</td>
<td>12.1%</td>
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<tr>
<td>Violent crime rate/100,000*</td>
<td>415.9</td>
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<tr>
<td>Percent with disability</td>
<td>12.5%</td>
</tr>
</tbody>
</table>

*Due to differences in jurisdictional definitions and reporting, the FBI recommends that these rates not be compared across areas.
### Personal Health Indicators – Score = 77.7; Rank = 5

**Health Behaviors**
- Percent any physical activity or exercise in the last 30 days: 74.3% (Sacramento), 82.6% (Target Goal)
- Percent meeting CDC aerobic activity guidelines: 30.3% (Sacramento), 32.2% (Target Goal)
- Percent meeting both CDC aerobic and strength activity guidelines: 25.2% (Sacramento), 23.3% (Target Goal)
- Percent consuming 2+ fruits per day: 37.9% (Sacramento), 35.6% (Target Goal)
- Percent consuming 3+ vegetables per day: 22.5% (Sacramento), 19.6% (Target Goal)
- Percent currently smoking: 14.1% (Sacramento), 13.1% (Target Goal)

**Chronic Health Problems**
- Percent obese: 25.2% (Sacramento), 21.3% (Target Goal)
- Percent in excellent or very good health: 56.6% (Sacramento), 61.0% (Target Goal)
- Any days when physical health was not good during the past 30 days: 32.5% (Sacramento), 30.4% (Target Goal)
- Any days when mental health was not good during the past 30 days: 39.9% (Sacramento), 29.2% (Target Goal)
- Percent with asthma: 12.2% (Sacramento), 6.5% (Target Goal)
- Percent with angina or coronary heart disease: 2.1% (Sacramento), 2.8% (Target Goal)
- Percent with diabetes: 9.8% (Sacramento), 6.4% (Target Goal)
- Death rate/100,000 for cardiovascular disease: 170.5 (Sacramento), 167.1 (Target Goal)
- Death rate/100,000 for diabetes: 21.2 (Sacramento), 17.0 (Target Goal)

### Community/Environmental Indicators – Score = 65.5; Rank = 7

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

**Built Environment**
- Parkland as a percent of city land area: 8.2% (Sacramento), 10.6% (Target Goal)
- Acres of parkland/1,000: 10.7% (Sacramento), 18.6% (Target Goal)
- Farmers’ markets/1,000,000: 27.5 (Sacramento), 13.1 (Target Goal)
- Percent using public transportation to work: 2.6% (Sacramento), 4.3% (Target Goal)
- Percent bicycling or walking to work: 4.2% (Sacramento), 2.8% (Target Goal)
- WalkScore®: 43.4 (Sacramento), 51.1 (Target Goal)
- Percent within a 10 minute walk to a park: 75.0% (Sacramento), 63.8% (Target Goal)

**Recreational Facilities**
- Ball diamonds/10,000: 2.1 (Sacramento), 1.9 (Target Goal)
- Dog parks/100,000: 0.9 (Sacramento), 1.7 (Target Goal)
- Park playgrounds/10,000: 2.3 (Sacramento), 4.0 (Target Goal)
- Golf courses/100,000: 2.1 (Sacramento), 0.9 (Target Goal)
- Park units/10,000: 4.1 (Sacramento), 4.8 (Target Goal)
- Recreational centers/20,000: 1.0 (Sacramento), 1.0 (Target Goal)
- Swimming pools/100,000: 2.5 (Sacramento), 3.1 (Target Goal)
- Tennis courts/10,000: 2.0 (Sacramento), 1.0 (Target Goal)

**Policy for School P.E.**
- Level of state requirement for Physical Education: 3.0 (Sacramento), 2.5 (Target Goal)

**Park-related Expenditures**
- Total park expenditure per resident: $203.00 (Sacramento), $101.80 (Target Goal)

---

*The target goal for the Personal Health indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.

**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.*
SAINT LOUIS, MO
(Saint Louis, MO-IL MSA)

Total Score = 48.1; Rank = 29

Areas of Excellence (at or better than target goal):
• More farmers’ markets per capita
• Higher Walk Score®
• Higher percent of population within a 10 minute walk to a park
• More ball diamonds per capita
• More dog parks per capita
• More park playgrounds per capita
• More golf courses per capita
• More tennis courts per capita
• Higher park-related expenditures per capita

Improvement Priority Areas (worse than 20% of target goal):
• Lower percent meeting both aerobic and strength activity guidelines
• Lower percent consuming 2+ fruits per day
• Lower percent consuming 3+ vegetables per day
• Higher percent currently smoking
• Higher percent obese
• Higher percent with asthma
• Higher percent with angina or coronary heart disease
• Higher percent with diabetes
• Fewer acres of parkland per capita
• Lower percent using public transportation to work
• Lower percent bicycling or walking to work
• Fewer recreation centers per capita
• Lower level of state requirement for Physical Education classes

Description of Saint Louis, MO-IL MSA

<table>
<thead>
<tr>
<th>Description</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population</td>
<td>2,801,056</td>
</tr>
<tr>
<td>Percent less than 18 years old</td>
<td>23.0%</td>
</tr>
<tr>
<td>Percent 18 to 64 years old</td>
<td>62.6%</td>
</tr>
<tr>
<td>Percent 65 years old and older</td>
<td>14.4%</td>
</tr>
<tr>
<td>Percent male</td>
<td>48.5%</td>
</tr>
<tr>
<td>Percent high school graduate or higher</td>
<td>90.9%</td>
</tr>
<tr>
<td>Percent White</td>
<td>76.7%</td>
</tr>
<tr>
<td>Percent Black or African American</td>
<td>18.1%</td>
</tr>
<tr>
<td>Percent Asian</td>
<td>2.3%</td>
</tr>
<tr>
<td>Percent Other Race</td>
<td>2.9%</td>
</tr>
<tr>
<td>Percent Hispanic/Latino</td>
<td>2.8%</td>
</tr>
<tr>
<td>Percent unemployed</td>
<td>8.1%</td>
</tr>
<tr>
<td>Median household income</td>
<td>$54,449</td>
</tr>
<tr>
<td>Percent of households below poverty level</td>
<td>9.6%</td>
</tr>
<tr>
<td>Violent crime rate/100,000*</td>
<td>431.7</td>
</tr>
<tr>
<td>Percent with disability</td>
<td>12.3%</td>
</tr>
</tbody>
</table>

*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 = 39.2; Rank = 39**

- **Percent any physical activity or exercise in the last 30 days**
  - Saint Louis: 68.5%
  - Target Goal*: 82.6%

- **Percent meeting CDC aerobic activity guidelines**
  - Saint Louis: 28.7%
  - Target Goal*: 32.2%

- **Percent meeting both CDC aerobic and strength activity guidelines**
  - Saint Louis: 15.7%
  - Target Goal*: 23.3%

- **Percent consuming 2+ fruits per day**
  - Saint Louis: 26.2%
  - Target Goal*: 35.6%

- **Percent consuming 3+ vegetables per day**
  - Saint Louis: 12.6%
  - Target Goal*: 19.6%

- **Percent currently smoking**
  - Saint Louis: 20.6%
  - Target Goal*: 13.1%

---

**Chronic Health Problems**

- **Percent obese**
  - Saint Louis: 28.4%
  - Target Goal*: 21.3%

- **Percent in excellent or very good health**
  - Saint Louis: 52.2%
  - Target Goal*: 61.0%

- **Any days when physical health was not good during the past 30 days**
  - Saint Louis: 36.4%
  - Target Goal*: 30.4%

- **Any days when mental health was not good during the past 30 days**
  - Saint Louis: 33.8%
  - Target Goal*: 29.2%

- **Percent with asthma**
  - Saint Louis: 10.7%
  - Target Goal*: 6.5%

- **Percent with angina or coronary heart disease**
  - Saint Louis: 4.3%
  - Target Goal*: 2.8%

- **Percent with diabetes**
  - Saint Louis: 10.0%
  - Target Goal*: 6.4%

- **Death rate/100,000 for cardiovascular disease**
  - Saint Louis: 217.4
  - Target Goal**: 167.1

- **Death rate/100,000 for diabetes**
  - Saint Louis: 20.2
  - Target Goal**: 17.0

---

**Community/Environmental Indicators – Score = 56.4; Rank = 18.5**

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

**Built Environment**

- **Parkland as a percent of city land area**
  - Saint Louis: 9.4%
  - Target Goal**: 10.6%

- **Acres of parkland/1,000,000**
  - Saint Louis: 11.6
  - Target Goal**: 18.6

- **Farmers’ markets/1,000,000**
  - Saint Louis: 20.3
  - Target Goal**: 13.1

- **Percent using public transportation to work**
  - Saint Louis: 2.9%
  - Target Goal**: 4.3%

- **Percent bicycling or walking to work**
  - Saint Louis: 1.8%
  - Target Goal**: 2.8%

- **WalkScore®**
  - Saint Louis: 59.8
  - Target Goal**: 51.1

- **Percent within a 10 minute walk to a park**
  - Saint Louis: 80.0%
  - Target Goal**: 63.8%

---

**Recreational Facilities**

- **Ball diamonds/10,000**
  - Saint Louis: 3.6
  - Target Goal**: 1.9

- **Dog parks/100,000**
  - Saint Louis: 1.6
  - Target Goal**: 0.9

- **Park playgrounds/10,000**
  - Saint Louis: 2.3
  - Target Goal**: 2.3

- **Golf courses/100,000**
  - Saint Louis: 1.3
  - Target Goal**: 0.9

- **Park units/10,000**
  - Saint Louis: 3.5
  - Target Goal**: 4.1

- **Recreational centers/20,000**
  - Saint Louis: 2.8
  - Target Goal**: 2.8

- **Swimming pools/100,000**
  - Saint Louis: 3.1
  - Target Goal**: 3.1

- **Tennis courts/10,000**
  - Saint Louis: 2.0
  - Target Goal**: 3.6

---

**Policy for School P.E.**

- **Level of state requirement for Physical Education**
  - Saint Louis: 0.0
  - Target Goal**: 2.5

---

**Park-related Expenditures**

- **Total park expenditure per resident**
  - Saint Louis: $116.00
  - Target Goal**: $101.80

---

*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.

**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
SALT LAKE CITY, UT
(Salt Lake City, UT MSA)

Total Score = 61.9; Rank = 12

Areas of Excellence (at or better than target goal):
• Lower percent currently smoking
• Lower percent with angina or coronary heart disease
• Lower death rate for cardiovascular disease
• Higher Walk Score®
• 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
• More tennis courts per capita

Improvement Priority Areas (worse than 20% of target goal):
• Higher percent of days when mental health was not good during the past 30 days
• Higher percent with asthma
• Higher death rate for diabetes
• 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
• Fewer recreation centers per capita
• Fewer swimming pools per capita
• Lower park-related expenditures per capita

Description of Salt Lake City, UT MSA

<table>
<thead>
<tr>
<th>Description</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population</td>
<td>1,140,483</td>
</tr>
<tr>
<td>Percent less than 18 years old</td>
<td>28.9%</td>
</tr>
<tr>
<td>Percent 18 to 64 years old</td>
<td>61.8%</td>
</tr>
<tr>
<td>Percent 65 years old and older</td>
<td>9.3%</td>
</tr>
<tr>
<td>Percent male</td>
<td>50.2%</td>
</tr>
<tr>
<td>Percent high school graduate or higher</td>
<td>90.2%</td>
</tr>
<tr>
<td>Percent White</td>
<td>82.1%</td>
</tr>
<tr>
<td>Percent Black or African American</td>
<td>1.6%</td>
</tr>
<tr>
<td>Percent Asian</td>
<td>3.4%</td>
</tr>
<tr>
<td>Percent Other Race</td>
<td>12.9%</td>
</tr>
<tr>
<td>Percent Hispanic/Latino</td>
<td>17.3%</td>
</tr>
<tr>
<td>Percent unemployed</td>
<td>5.8%</td>
</tr>
<tr>
<td>Median household income</td>
<td>$61,520</td>
</tr>
<tr>
<td>Percent of households below poverty level</td>
<td>8.9%</td>
</tr>
<tr>
<td>Violent crime rate/100,000*</td>
<td>356.6</td>
</tr>
<tr>
<td>Percent with disability</td>
<td>9.4%</td>
</tr>
</tbody>
</table>

*Due to differences in jurisdictional definitions and reporting, the FBI recommends that these rates not be compared across areas.
### Health Behaviors

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Salt Lake City</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent any physical activity or exercise in the last 30 days</td>
<td>73.1%</td>
<td>82.6%</td>
</tr>
<tr>
<td>Percent meeting CDC aerobic activity guidelines</td>
<td>28.3%</td>
<td>32.2%</td>
</tr>
<tr>
<td>Percent meeting both CDC aerobic and strength activity guidelines</td>
<td>19.9%</td>
<td>23.3%</td>
</tr>
<tr>
<td>Percent consuming 2+ fruits per day</td>
<td>33.0%</td>
<td>35.0%</td>
</tr>
<tr>
<td>Percent consuming 3+ vegetables per day</td>
<td>16.7%</td>
<td>19.6%</td>
</tr>
<tr>
<td>Percent currently smoking</td>
<td>10.9%</td>
<td>13.1%</td>
</tr>
</tbody>
</table>

### Chronic Health Problems

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Salt Lake City</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent obese</td>
<td>25.0%</td>
<td>21.3%</td>
</tr>
<tr>
<td>Percent in excellent or very good health</td>
<td>57.3%</td>
<td>61.0%</td>
</tr>
<tr>
<td>Any days when physical health was not good</td>
<td>35.7%</td>
<td>30.4%</td>
</tr>
<tr>
<td>Any days when mental health was not good</td>
<td>38.7%</td>
<td>29.2%</td>
</tr>
<tr>
<td>Percent with asthma</td>
<td>10.1%</td>
<td>6.5%</td>
</tr>
<tr>
<td>Percent with angina or coronary heart disease</td>
<td>2.5%</td>
<td>2.8%</td>
</tr>
<tr>
<td>Percent with diabetes</td>
<td>7.4%</td>
<td>6.4%</td>
</tr>
<tr>
<td>Death rate/100,000 for cardiovascular disease</td>
<td>160.7</td>
<td>167.1</td>
</tr>
<tr>
<td>Death rate/100,000 for diabetes</td>
<td>27.7</td>
<td>17.0</td>
</tr>
</tbody>
</table>

### Community/Environmental Indicators

#### Built Environment

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Salt Lake City</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parkland as a percent of city land area</td>
<td>2.8%</td>
<td>10.6%</td>
</tr>
<tr>
<td>Acres of parkland/1,000</td>
<td>10.6</td>
<td>18.6</td>
</tr>
<tr>
<td>Farmers’ markets/1,000,000</td>
<td>9.6</td>
<td>13.1</td>
</tr>
<tr>
<td>Percent using public transportation to work</td>
<td>3.2%</td>
<td>4.3%</td>
</tr>
<tr>
<td>Percent bicycling or walking to work</td>
<td>2.5%</td>
<td>2.8%</td>
</tr>
<tr>
<td>WalkScore®</td>
<td>55.0</td>
<td>51.1</td>
</tr>
<tr>
<td>Percent within a 10 minute walk to a park</td>
<td>N/A***</td>
<td>63.8%</td>
</tr>
</tbody>
</table>

#### Recreational Facilities

<table>
<thead>
<tr>
<th>Facility</th>
<th>Salt Lake City</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ball diamonds/10,000</td>
<td>1.9</td>
<td>1.9</td>
</tr>
<tr>
<td>Dog parks/10,000</td>
<td>0.9</td>
<td>3.7</td>
</tr>
<tr>
<td>Park playgrounds/10,000</td>
<td>2.3</td>
<td>3.1</td>
</tr>
<tr>
<td>Golf courses/100,000</td>
<td>0.9</td>
<td>5.2</td>
</tr>
<tr>
<td>Park units/10,000</td>
<td>4.1</td>
<td>6.6</td>
</tr>
<tr>
<td>Recreational centers/20,000</td>
<td>0.5</td>
<td>1.0</td>
</tr>
<tr>
<td>Swimming pools/100,000</td>
<td>1.0</td>
<td>3.1</td>
</tr>
<tr>
<td>Tennis courts/10,000</td>
<td>2.0</td>
<td>3.7</td>
</tr>
</tbody>
</table>

#### Park-related Expenditures

<table>
<thead>
<tr>
<th>Expenditure</th>
<th>Salt Lake City</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total park expenditure per resident</td>
<td>$55.00</td>
<td>$101.80</td>
</tr>
</tbody>
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---

*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.

**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.

***This measure was unavailable for this MSA. The community/environmental indicator score and total score were adjusted to allow fair comparisons with the other MSAs.
SAN ANTONIO, TX
(San Antonio-New Braunfels, TX MSA)

Total Score = 32.0; Rank = 47

Areas of Improvement:
- Slightly higher percent consuming 3+ vegetables per day
- Moderately lower percent currently smoking
- Slightly lower percent with angina or coronary heart disease
- Slightly more acres of parkland per capita
- Slightly higher percent using public transportation to work

Improvement Priority Areas (worse than 20% of target goal):
- Lower percent of any physical activity or exercise in the last 30 days
- Lower percent meeting CDC aerobic activity guidelines
- Lower percent meeting both CDC aerobic and strength activity guidelines
- Lower percent consuming 2+ fruits per day
- Higher percent obese
- Lower percent in excellent or very good health
- Higher percent with asthma
- Higher percent with diabetes
- Higher death rate for diabetes
- Lower percent of city land area as parkland
- Lower percent bicycling or walking to work
- Lower Walk Score®
- Lower percent of population within a 10 minute walk to a park
- Fewer ball diamonds per capita
- Fewer dog parks per capita
- Fewer park playgrounds per capita
- Fewer golf courses per capita
- Fewer park units per capita
- Fewer recreation centers per capita
- Fewer swimming pools per capita
- Fewer tennis courts per capita
- Lower park-related expenditures per capita

Description of San Antonio-New Braunfels, TX MSA

Population 2,277,550
Percent less than 18 years old 26.0%
Percent 18 to 64 years old 62.1%
Percent 65 years old and older 11.9%
Percent male 49.3%
Percent high school graduate or higher 84.2%
Percent White 81.1%
Percent Black or African American 6.5%
Percent Asian 2.2%
Percent Other Race 10.2%
Percent Hispanic/Latino 54.5%
Percent unemployed 6.9%
Median household income $51,716
Percent of households below poverty level 12.5%
Violent crime rate/100,000* 459.7
Percent with disability 13.5%

*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 = 31.3; Rank = 44**

**Health Behaviors**
- Percent any physical activity or exercise in the last 30 days: San Antonio 64.5%; Target Goal 82.6%
- Percent meeting CDC aerobic activity guidelines: San Antonio 20.8%; Target Goal 32.2%
- Percent meeting both CDC aerobic and strength activity guidelines: San Antonio 15.7%; Target Goal 23.3%
- Percent consuming 2+ fruits per day: San Antonio 22.8%; Target Goal 35.6%
- Percent consuming 3+ vegetables per day: San Antonio 15.7%; Target Goal 19.6%
- Percent currently smoking: San Antonio 14.8%; Target Goal 13.1%

**Chronic Health Problems**
- Percent obese: San Antonio 36.1%; Target Goal 21.3%
- Percent in excellent or very good health: San Antonio 40.7%; Target Goal 61.0%
- Any days when physical health was not good during the past 30 days: San Antonio 36.2%; Target Goal 30.4%
- Any days when mental health was not good during the past 30 days: San Antonio 30.3%; Target Goal 29.2%
- Percent with asthma: San Antonio 8.6%; Target Goal 6.5%
- Percent with angina or coronary heart disease: San Antonio 3.2%; Target Goal 2.8%
- Percent with diabetes: San Antonio 12.9%; Target Goal 6.4%
- Death rate/100,000 for cardiovascular disease: San Antonio 187.4; Target Goal 167.1
- Death rate/100,000 for diabetes: San Antonio 24.3; Target Goal 17.0

**Community/Environmental Indicators – Score = 32.8; Rank = 48**

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

**Built Environment**
- Parkland as a percent of city land area: San Antonio 8.4%; Target Goal 10.6%
- Acres of parkland/1,000: San Antonio 17.8; Target Goal 18.6
- Farmers’ markets/1,000,000: San Antonio 11.0; Target Goal 13.1
- Percent using public transportation to work: San Antonio 2.5%; Target Goal 4.3%
- Percent bicycling or walking to work: San Antonio 1.9%; Target Goal 2.8%
- WalkScore®: San Antonio 33.7; Target Goal 51.1
- Percent within a 10 minute walk to a park: San Antonio 35.0%; Target Goal 63.8%

**Recreational Facilities**
- Ball diamonds/10,000: San Antonio 1.0; Target Goal 1.9
- Dog parks/100,000: San Antonio 0.4; Target Goal 0.9
- Park playgrounds/10,000: San Antonio 1.4; Target Goal 2.3
- Golf courses/100,000: San Antonio 0.5; Target Goal 0.9
- Park units/10,000: San Antonio 1.8; Target Goal 4.1
- Recreational centers/20,000: San Antonio 0.6; Target Goal 1.0
- Swimming pools/100,000: San Antonio 1.9; Target Goal 3.1
- Tennis courts/10,000: San Antonio 0.9; Target Goal 2.0

**Policy for School P.E.**
- Level of state requirement for Physical Education: San Antonio 2.0; Target Goal 2.5

**Park-related Expenditures**
- Total park expenditure per resident: San Antonio $52.00; Target Goal $101.80

*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.

**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.*
SAN DIEGO, CA
(San Diego-Carlsbad, CA MSA)

Total Score = 75.6 Rank = 3

Areas of Excellence (at or better than target goal):
• Higher percent meeting CDC aerobic activity guidelines
• Higher percent meeting both CDC aerobic and strength activity guidelines
• Higher percent consuming 2+ fruits per day
• Higher percent consuming 3+ vegetables per day
• Lower percent currently smoking
• Lower percent obese
• Lower death rate for cardiovascular disease
• Higher percent of city land area as parkland
• More acres of parkland per capita
• More farmers’ markets per capita
• Higher percent bicycling or walking to work
• Higher percent of population within a 10 minute walk to a park
• More ball diamonds per capita
• More dog parks per capita
• More recreation centers per capita
• Higher park-related expenditures per capita
• Higher level of state requirement for Physical Education classes

Improvement Priority Areas (worse than 20% of target goal):
• Higher percent with asthma
• Higher percent with diabetes
• Lower percent using public transportation to work
• Fewer golf courses per capita
• Fewer swimming pools per capita
• Fewer tennis courts per capita

Description of San Diego-Carlsbad, CA MSA

<table>
<thead>
<tr>
<th>Description</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population</td>
<td>3,211,252</td>
</tr>
<tr>
<td>Percent less than 18 years old</td>
<td>22.6%</td>
</tr>
<tr>
<td>Percent 18 to 64 years old</td>
<td>65.0%</td>
</tr>
<tr>
<td>Percent 65 years old and older</td>
<td>12.3%</td>
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<tr>
<td>Percent male</td>
<td>50.3%</td>
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<tr>
<td>Percent high school graduate or higher</td>
<td>85.5%</td>
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<tr>
<td>Percent White</td>
<td>71.4%</td>
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<tr>
<td>Percent Black or African American</td>
<td>5.1%</td>
</tr>
<tr>
<td>Percent Asian</td>
<td>11.2%</td>
</tr>
<tr>
<td>Percent Other Race</td>
<td>12.3%</td>
</tr>
<tr>
<td>Percent Hispanic/Latino</td>
<td>32.9%</td>
</tr>
<tr>
<td>Percent unemployed</td>
<td>9.0%</td>
</tr>
<tr>
<td>Median household income</td>
<td>$61,426</td>
</tr>
<tr>
<td>Percent of households below poverty level</td>
<td>11.3%</td>
</tr>
<tr>
<td>Violent crime rate/100,000*</td>
<td>348.6</td>
</tr>
<tr>
<td>Percent with disability</td>
<td>9.8%</td>
</tr>
</tbody>
</table>

*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 = 86.7; Rank = 1**

<table>
<thead>
<tr>
<th>Health Behaviors</th>
<th>San Diego</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent any physical activity or exercise in the last 30 days</td>
<td>76.3%</td>
<td>82.6%</td>
</tr>
<tr>
<td>Percent meeting CDC aerobic activity guidelines</td>
<td>33.0%</td>
<td>32.2%</td>
</tr>
<tr>
<td>Percent meeting both CDC aerobic and strength activity guidelines</td>
<td>24.5%</td>
<td>23.3%</td>
</tr>
<tr>
<td>Percent consuming 2+ fruits per day</td>
<td>36.2%</td>
<td>35.6%</td>
</tr>
<tr>
<td>Percent consuming 3+ vegetables per day</td>
<td>22.5%</td>
<td>19.6%</td>
</tr>
<tr>
<td>Percent currently smoking</td>
<td>9.5%</td>
<td>13.1%</td>
</tr>
</tbody>
</table>

**Chronic Health Problems**

<table>
<thead>
<tr>
<th>Chronic Health Problems</th>
<th>San Diego</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent obese</td>
<td>20.4%</td>
<td>21.3%</td>
</tr>
<tr>
<td>Percent in excellent or very good health</td>
<td>57.7%</td>
<td>61.0%</td>
</tr>
<tr>
<td>Any days when physical health was not good during the past 30 days</td>
<td>33.9%</td>
<td>30.4%</td>
</tr>
<tr>
<td>Any days when mental health was not good during the past 30 days</td>
<td>33.4%</td>
<td>29.2%</td>
</tr>
<tr>
<td>Percent with asthma</td>
<td>9.9%</td>
<td>6.5%</td>
</tr>
<tr>
<td>Percent with angina or coronary heart disease</td>
<td>3.3%</td>
<td>2.8%</td>
</tr>
<tr>
<td>Percent with diabetes</td>
<td>8.1%</td>
<td>6.4%</td>
</tr>
<tr>
<td>Death rate/100,000 for cardiovascular disease</td>
<td>157.7</td>
<td>167.1</td>
</tr>
<tr>
<td>Death rate/100,000 for diabetes</td>
<td>18.9%</td>
<td>17.0%</td>
</tr>
</tbody>
</table>

**Community/Environmental Indicators – Score = 64.6; Rank = 9**

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

<table>
<thead>
<tr>
<th>Built Environment</th>
<th>San Diego</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parkland as a percent of city land area</td>
<td>23.5%</td>
<td>10.6%</td>
</tr>
<tr>
<td>Acres of parkland/1,000</td>
<td>36.2</td>
<td>18.6</td>
</tr>
<tr>
<td>Farmers’ markets/1,000</td>
<td>15.6</td>
<td>13.1</td>
</tr>
<tr>
<td>Percent using public transportation to work</td>
<td>3.2%</td>
<td>4.3%</td>
</tr>
<tr>
<td>Percent bicycling or walking to work</td>
<td>3.7%</td>
<td>2.8%</td>
</tr>
<tr>
<td>WalkScore®</td>
<td>48.5</td>
<td>51.1</td>
</tr>
<tr>
<td>Percent within a 10 minute walk to a park</td>
<td>75.0%</td>
<td>63.8%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Recreational Facilities</th>
<th>San Diego</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ball diamonds/10,000</td>
<td>2.3</td>
<td>1.9</td>
</tr>
<tr>
<td>Dog parks/100,000</td>
<td>1.1</td>
<td>0.9</td>
</tr>
<tr>
<td>Park playgrounds/10,000</td>
<td>2.5</td>
<td>2.3</td>
</tr>
<tr>
<td>Golf courses/100,000</td>
<td>0.6</td>
<td>0.9</td>
</tr>
<tr>
<td>Park units/10,000</td>
<td>3.4</td>
<td>4.1</td>
</tr>
<tr>
<td>Recreational centers/20,000</td>
<td>1.0</td>
<td>1.0</td>
</tr>
<tr>
<td>Swimming pools/100,000</td>
<td>1.0</td>
<td>3.1</td>
</tr>
<tr>
<td>Tennis courts/10,000</td>
<td>1.1</td>
<td>2.0</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Policy for School P.E.</th>
<th>San Diego</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level of state requirement for Physical Education</td>
<td>3.0</td>
<td>2.5</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Park-related Expenditures</th>
<th>San Diego</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total park expenditure per resident</td>
<td>$108.00</td>
<td>$101.80</td>
</tr>
</tbody>
</table>

*The target goal for the Personal Health indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.

**The target goal for the Community/Environmental indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
SAN FRANCISCO, CA
(San Francisco-Oakland-Hayward, CA MSA)

Total Score = 72.6; Rank = 4

Areas of Excellence (at or better than target goal):
• Higher percent consuming 3+ vegetables per day
• Lower percent currently smoking
• Lower percent obese
• Lower percent with angina or coronary heart disease
• Lower death rate for cardiovascular disease
• Lower death rate for diabetes
• Higher percent of city land area as parkland
• More farmers’ markets per capita
• Higher percent using public transportation to work
• Higher percent bicycling or walking to work
• Higher Walk Score®
• Higher percent of population within a 10 minute walk to a park
• More dog parks per capita
• Higher park-related expenditures per capita
• Higher level of state requirement for Physical Education classes

Improvement Priority Areas (worse than 20% of target goal):
• Higher percent of days when physical health was not good during the past 30 days
• Higher percent of days when mental health was not good during the past 30 days
• Higher percent with asthma
• Higher percent with diabetes
• Fewer acres of parkland per capita
• Fewer ball diamonds per capita
• Fewer park playgrounds per capita
• Fewer park units per capita
• Fewer recreation centers per capita
• Fewer swimming pools per capita

Description of San Francisco-Oakland-Hayward, CA MSA
Population 4,516,276
Percent less than 18 years old 20.6%
Percent 18 to 64 years old 65.7%
Percent 65 years old and older 13.7%
Percent male 49.4%
Percent high school graduate or higher 88.1%
Percent White 53.2%
Percent Black or African American 7.9%
Percent Asian 24.1%
Percent Other Race 14.8%
Percent Hispanic/Latino 21.9%
Percent unemployed 8.0%
Median household income $79,624
Percent of households below poverty level 7.3%
Violent crime rate/100,000* 558.6
Percent with disability 10.1%

*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 = 80.1; Rank = 3**

<table>
<thead>
<tr>
<th>Health Behaviors</th>
<th>San Francisco</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent any physical activity or exercise in the last 30 days</td>
<td>72.9%</td>
<td>82.6%</td>
</tr>
<tr>
<td>Percent meeting CDC aerobic activity guidelines</td>
<td>30.6%</td>
<td>32.2%</td>
</tr>
<tr>
<td>Percent meeting both CDC aerobic and strength activity guidelines</td>
<td>23.1%</td>
<td>23.3%</td>
</tr>
<tr>
<td>Percent consuming 2+ fruits per day</td>
<td>34.1%</td>
<td>35.6%</td>
</tr>
<tr>
<td>Percent consuming 3+ vegetables per day</td>
<td>20.8%</td>
<td>19.6%</td>
</tr>
<tr>
<td>Percent currently smoking</td>
<td>11.1%</td>
<td>13.1%</td>
</tr>
</tbody>
</table>

**Chronic Health Problems**

<table>
<thead>
<tr>
<th>Health Behaviors</th>
<th>San Francisco</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent obese</td>
<td>17.0%</td>
<td>21.3%</td>
</tr>
<tr>
<td>Percent in excellent or very good health</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Percent with asthma</td>
<td>9.8%</td>
<td>6.5%</td>
</tr>
<tr>
<td>Percent with angina or coronary heart disease</td>
<td>8.1%</td>
<td>6.4%</td>
</tr>
<tr>
<td>Percent with diabetes</td>
<td>6.5%</td>
<td>2.6%</td>
</tr>
<tr>
<td>Death rate/100,000 for cardiovascular disease</td>
<td>132.9</td>
<td>167.1</td>
</tr>
<tr>
<td>Death rate/100,000 for diabetes</td>
<td>15.6</td>
<td>17.0</td>
</tr>
</tbody>
</table>

**Community/Environmental Indicators – Score = 65.3; Rank = 8**

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

<table>
<thead>
<tr>
<th>Built Environment</th>
<th>San Francisco</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parkland as a percent of city land area</td>
<td>19.0%</td>
<td>10.6%</td>
</tr>
<tr>
<td>Acres of parkland/1,000</td>
<td>6.9</td>
<td>18.6</td>
</tr>
<tr>
<td>Farmers’ markets/1,000,000</td>
<td>27.9</td>
<td>13.1</td>
</tr>
<tr>
<td>Percent using public transportation to work</td>
<td>16.1%</td>
<td>4.3%</td>
</tr>
<tr>
<td>Percent bicycling or walking to work</td>
<td>6.4%</td>
<td>2.8%</td>
</tr>
<tr>
<td>WalkScore®</td>
<td>51.1</td>
<td>83.9</td>
</tr>
<tr>
<td>Percent within a 10 minute walk to a park</td>
<td>63.8%</td>
<td>98.0%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Recreational Facilities</th>
<th>San Francisco</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ball diamonds/10,000</td>
<td>0.9</td>
<td>1.9</td>
</tr>
<tr>
<td>Dog parks/100,000</td>
<td>0.9</td>
<td>3.3</td>
</tr>
<tr>
<td>Park playgrounds/10,000</td>
<td>1.6</td>
<td>2.3</td>
</tr>
<tr>
<td>Golf courses/100,000</td>
<td>0.8</td>
<td>0.9</td>
</tr>
<tr>
<td>Park units/10,000</td>
<td>2.9</td>
<td>4.1</td>
</tr>
<tr>
<td>Recreational centers/20,000</td>
<td>0.6</td>
<td>1.0</td>
</tr>
<tr>
<td>Swimming pools/100,000</td>
<td>1.1</td>
<td>3.1</td>
</tr>
<tr>
<td>Tennis courts/10,000</td>
<td>1.8</td>
<td>2.0</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Policy for School P.E.</th>
<th>San Francisco</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level of state requirement for Physical Education</td>
<td>3.0</td>
<td>2.5</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Park-related Expenditures</th>
<th>San Francisco</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total park expenditure per resident</td>
<td>105.0</td>
<td>205.0</td>
</tr>
</tbody>
</table>

*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.

**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
SAN JOSE, CA
(San Jose-Sunnyvale-Santa Clara, CA MSA)

Total Score = 65.9; Rank = 10

Areas of Excellence (at or better than target goal):
• Higher percent consuming 3+ vegetables per day
• Lower percent currently smoking
• Lower percent obese
• Lower percent of days when mental health was not good during the past 30 days
• Lower death rate for cardiovascular disease
• Higher percent of city land area as parkland
• More farmers’ markets per capita
• Higher percent bicycling or walking to work
• Higher percent of population within a 10 minute walk to a park
• More dog parks per capita
• More park playgrounds per capita
• More recreation centers per capita
• Higher level of state requirement for Physical Education classes

Improvement Priority Areas (worse than 20% of target goal):
• Higher percent with asthma
• Higher percent with diabetes
• Higher death rate for diabetes
• 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

<table>
<thead>
<tr>
<th>Description</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population</td>
<td>1,919,641</td>
</tr>
<tr>
<td>Percent less than 18 years old</td>
<td>23.5%</td>
</tr>
<tr>
<td>Percent 18 to 64 years old</td>
<td>64.5%</td>
</tr>
<tr>
<td>Percent 65 years old and older</td>
<td>11.9%</td>
</tr>
<tr>
<td>Percent male</td>
<td>50.3%</td>
</tr>
<tr>
<td>Percent high school graduate or higher</td>
<td>86.5%</td>
</tr>
<tr>
<td>Percent White</td>
<td>48.3%</td>
</tr>
<tr>
<td>Percent Black or African American</td>
<td>2.7%</td>
</tr>
<tr>
<td>Percent Asian</td>
<td>32.5%</td>
</tr>
<tr>
<td>Percent Other Race</td>
<td>16.5%</td>
</tr>
<tr>
<td>Percent Hispanic/Latino</td>
<td>27.7%</td>
</tr>
<tr>
<td>Percent unemployed</td>
<td>8.3%</td>
</tr>
<tr>
<td>Median household income</td>
<td>$91,533</td>
</tr>
<tr>
<td>Percent of households below poverty level</td>
<td>7.2%</td>
</tr>
<tr>
<td>Violent crime rate/100,000*</td>
<td>249.8</td>
</tr>
<tr>
<td>Percent with disability</td>
<td>7.7%</td>
</tr>
</tbody>
</table>

*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 = 75.6; Rank = 7

- **Health Behaviors**
  - Percent any physical activity or exercise in the last 30 days: San José 66.9% | Target Goal 82.6%
  - Percent meeting CDC aerobic activity guidelines: San José 26.7% | Target Goal 32.2%
  - Percent meeting both CDC aerobic and strength activity guidelines: San José 21.3% | Target Goal 23.3%
  - Percent consuming 2+ fruits per day: San José 30.0% | Target Goal 35.6%
  - Percent consuming 3+ vegetables per day: San José 23.9% | Target Goal 19.6%
  - Percent currently smoking: San José 6.9% | Target Goal 13.1%

- **Chronic Health Problems**
  - Percent obese: San José 17.9% | Target Goal 21.3%
  - Percent in excellent or very good health: San José 59.3% | Target Goal 61.0%
  - Any days when physical health was not good during the past 30 days: San José 36.0% | Target Goal 30.4%
  - Any days when mental health was not good during the past 30 days: San José 27.6% | Target Goal 29.2%
  - Percent with asthma: San José 8.2% | Target Goal 6.5%
  - Percent with angina or coronary heart disease: San José 3.4% | Target Goal 2.8%
  - Percent with diabetes: San José 8.8% | Target Goal 6.4%
  - Death rate/100,000 for cardiovascular disease: San José 129.1 | Target Goal 167.1
  - Death rate/100,000 for diabetes: San José 21.0 | Target Goal 17.0

Community/Environmental Indicators – Score = 56.4; Rank = 20

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

- **Built Environment**
  - Parkland as a percent of city land area: San José 14.7% | Target Goal 10.6%
  - Acres of parkland/1,000: San José 16.8 | Target Goal 18.6
  - Farmers’ markets/1,000,000: San José 20.3 | Target Goal 13.1
  - Percent using public transportation to work: San José 4.2% | Target Goal 4.3%
  - Percent bicycling or walking to work: San José 3.9% | Target Goal 2.8%
  - WalkScore®: San José 48.1 | Target Goal 51.1
  - Percent within a 10 minute walk to a park: San José 67.0% | Target Goal 63.8%

- **Recreational Facilities**
  - Ball diamonds/10,000: San José 0.5 | Target Goal 1.9
  - Dog parks/100,000: San José 0.9 | Target Goal 0.9
  - Park playgrounds/10,000: San José 0.3 | Target Goal 2.6
  - Golf courses/100,000: San José 0.9 | Target Goal 2.3
  - Park units/10,000: San José 1.1 | Target Goal 2.5
  - Recreational centers/20,000: San José 1.0 | Target Goal 4.1
  - Swimming pools/100,000: San José 0.6 | Target Goal 3.1
  - Tennis courts/10,000: San José 1.0 | Target Goal 2.0

- **Policy for School P.E.**
  - Level of state requirement for Physical Education: San José 3.0 | Target Goal 2.5

- **Park-related Expenditures**
  - Total park expenditure per resident: San José $100.00 | Target Goal $101.80

*The target goal for the Personal Health indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.

**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
SEATTLE, WA
(Seattle-Tacoma-Bellevue, WA MSA)

Total Score = 68.5; Rank = 8

Areas of Excellence (at or better than target goal):
• Lower death rate for cardiovascular disease
• More farmers’ markets per capita
• Higher percent using public transportation to work
• Higher percent bicycling or walking to work
• Higher Walk Score®
• Higher percent of population within a 10 minute walk to a park
• More dog parks per capita
• More park units per capita
• More tennis courts per capita
• Higher park-related expenditures per capita
• Higher level of state requirement for Physical Education classes

Improvement Priority Areas (worse than 20% of target goal):
• Higher percent obese
• Higher percent of days when physical health was not good during the past 30 days
• Higher percent of days when mental health was not good during the past 30 days
• Higher percent with asthma
• Higher percent with angina or coronary heart disease
• Higher percent with diabetes
• Fewer acres of parkland per capita
• Fewer swimming pools per capita

Description of Seattle-Tacoma-Bellevue, WA MSA
Population 3,610,105
Percent less than 18 years old 22.3%
Percent 18 to 64 years old 65.8%
Percent 65 years old and older 11.9%
Percent male 49.9%
Percent high school graduate or higher 91.7%
Percent White 72.5%
Percent Black or African American 5.7%
Percent Asian 12.1%
Percent Other Race 9.7%
Percent Hispanic/Latino 9.5%
Percent unemployed 7.3%
Median household income $67,479
Percent of households below poverty level 8.4%
Violent crime rate/100,000* 323.5
Percent with disability 11.2%

*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 = 64.9; Rank = 13**

- **Health Behaviors**
  - Percent any physical activity or exercise in the last 30 days: 77.0% (Seattle), 82.6% (Target Goal)
  - Percent meeting CDC aerobic activity guidelines: 31.4% (Seattle), 32.2% (Target Goal)
  - Percent meeting both CDC aerobic and strength activity guidelines: 20.2% (Seattle), 23.3% (Target Goal)
  - Percent consuming 2+ fruits per day: 28.8% (Seattle), 35.6% (Target Goal)
  - Percent consuming 3+ vegetables per day: 16.0% (Seattle), 19.6% (Target Goal)
  - Percent currently smoking: 14.5% (Seattle), 13.1% (Target Goal)

**Chronic Health Problems**

- Percent obese: 25.7% (Seattle), 21.3% (Target Goal)
- Percent in excellent or very good health: 55.6% (Seattle), 61.0% (Target Goal)
- Any days when physical health was not good during the past 30 days: 38.1% (Seattle), 30.4% (Target Goal)
- Any days when mental health was not good during the past 30 days: 37.7% (Seattle), 29.2% (Target Goal)
- Percent with asthma: 9.8% (Seattle), 6.5% (Target Goal)
- Percent with angina or coronary heart disease: 3.7% (Seattle), 2.8% (Target Goal)
- Percent with diabetes: 8.4% (Seattle), 6.4% (Target Goal)
- Death rate/100,000 for cardiovascular disease: 148.2 (Seattle), 167.1 (Target Goal)
- Death rate/100,000 for diabetes: 19.0% (Seattle), 17.0% (Target Goal)

**Community/Environmental Indicators – 72.1; Rank = 4**

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

**Built Environment**

- Parkland as a percent of city land area: 10.5% (Seattle), 10.6% (Target Goal)
- Acres of parkland/1,000: 8.7 (Seattle), 18.6 (Target Goal)
- Farmers’ markets/1,000,000: 19.1 (Seattle), 13.1 (Target Goal)
- Percent using public transportation to work: 9.3% (Seattle), 4.3% (Target Goal)
- Percent bicycling or walking to work: 4.6% (Seattle), 2.8% (Target Goal)
- WalkScore®: 70.8 (Seattle), 51.1 (Target Goal)
- Percent within a 10 minute walk to a park: 88.0% (Seattle), 63.8% (Target Goal)

**Recreational Facilities**

- Ball diamonds/10,000: 1.8 (Seattle), 1.9 (Target Goal)
- Dog parks/100,000: 0.9 (Seattle), 2.2 (Target Goal)
- Park playgrounds/10,000: 2.0 (Seattle), 2.3 (Target Goal)
- Golf courses/100,000: 0.8 (Seattle), 0.9 (Target Goal)
- Park units/10,000: 6.9 (Seattle), 4.1 (Target Goal)
- Recreational centers/20,000: 0.8 (Seattle), 1.0 (Target Goal)
- Swimming pools/100,000: 3.1 (Seattle), 1.6 (Target Goal)
- Tennis courts/10,000: 2.6 (Seattle), 2.9 (Target Goal)

**Policy for School P.E.**

- Level of state requirement for Physical Education: 3.0 (Seattle), 2.5 (Target Goal)

**Park-related Expenditures**

- Total park expenditure per resident: $239.00 (Seattle), $101.80 (Target Goal)

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*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.

**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.*
TAMPA, FL
(Tampa-St. Petersburg-Clearwater, FL MSA)

Total Score = 50.2; Rank = 27

Areas of Excellence (at or better than target goal):
- 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
- More recreation centers per capita
- More swimming pools per capita
- Higher park-related expenditures per capita

Improvement Priority Areas (worse than 20% of target goal):
- Lower percent meeting both CDC aerobic and strength activity guidelines
- Lower percent consuming 3+ vegetables per day
- Higher percent currently smoking
- Higher percent obese
- Higher percent of days when physical health was not good during the past 30 days
- Higher percent with asthma
- Higher percent with angina or coronary heart disease
- Higher percent with diabetes
- Higher death rate for diabetes
- Lower percent of city land area as parkland
- Fewer acres of parkland per capita
- Lower percent using public transportation to work
- Fewer tennis courts per capita
- Lower level of state requirement for Physical Education classes

Description of Tampa-St. Petersburg-Clearwater, FL MSA

Population: 2,870,569
- Percent less than 18 years old: 20.7%
- Percent 18 to 64 years old: 61.0%
- Percent 65 years old and older: 18.4%
- Percent male: 48.4%
- Percent high school graduate or higher: 88.3%
- Percent White: 79.2%
- Percent Black or African American: 11.9%
- Percent Asian: 3.2%
- Percent Other Race: 5.7%
- Percent Hispanic/Latino: 17.3%
- Percent unemployed: 8.9%
- Median household income: $45,880
- Percent of households below poverty level: 11.1%
- Violent crime rate/100,000*: 396.5
- Percent with disability: 13.6%

*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 = 40.8; Rank = 36**

- Health Behaviors
  - Percent any physical activity or exercise in the last 30 days
    - Tampa: 26.4%
    - Target Goal: 82.6%
  - Percent meeting CDC aerobic activity guidelines
    - Tampa: 16.6%
    - Target Goal: 23.3%
  - Percent meeting both CDC aerobic and strength activity guidelines
    - Tampa: 29.1%
    - Target Goal: 35.6%
  - Percent consuming 2+ fruits per day
    - Tampa: 15.6%
    - Target Goal: 19.6%
  - Percent consuming 3+ vegetables per day
    - Tampa: 19.0%
    - Target Goal: 13.1%

**Chronic Health Problems**

- Tampa
  - Percent obese: 27.8%
  - Percent in excellent or very good health: 49.6%
  - Any days when physical health was not good during the past 30 days: 37.8%
  - Any days when mental health was not good during the past 30 days: 34.1%
  - Percent with asthma: 8.7%
  - Percent with angina or coronary heart disease: 5.6%
  - Percent with diabetes: 11.5%
  - Death rate/100,000 for cardiovascular disease: 171.7
  - Death rate/100,000 for diabetes: 22.6

**Community/Environmental Indicators – 59.5; Rank = 16**

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

- Policy for School P.E.
  - Level of state requirement for Physical Education
    - Tampa: 1.0
    - Target Goal: 2.5

- Built Environment
  - Parkland as a percent of city land area
    - Tampa: 6.7%
    - Acres of parkland/1,000
      - Tampa: 10.0
    - Farmers’ markets/1,000
      - Tampa: 10.5
    - Percent using public transportation to work
      - Tampa: 1.4%
    - Percent bicycling or walking to work
      - Tampa: 2.2%
    - WalkScore®
      - Tampa: 46.3
    - Percent within a 10 minute walk to a park
      - Tampa: 59.0%

- Recreational Facilities
  - Ball diamonds/10,000
    - Tampa: 2.6
  - Dog parks/100,000
    - Tampa: 0.9
  - Park playgrounds/10,000
    - Tampa: 2.8
  - Golf courses/100,000
    - Tampa: 1.4
  - Park units/10,000
    - Tampa: 0.9
  - Recreational centers/20,000
    - Tampa: 1.5
  - Swimming pools/100,000
    - Tampa: 3.1
  - Tennis courts/10,000
    - Tampa: 1.4

- Park-related Expenditures
  - Total park expenditure per resident
    - Tampa: $131.00

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*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.

**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
VIRGINIA BEACH, VA
(Virginia Beach-Norfolk-Newport News, VA-NC MSA)

Total Score = 57.5; Rank = 15

Areas of Excellence (at or better than target goal):
- Lower percent of days when mental health was not good during the past 30 days
- Higher percent of city land area as parkland
- More acres of parkland per capita
- More farmers’ markets per capita
- Higher percent bicycling or walking to work
- More ball diamonds per capita
- More park playgrounds per capita
- More golf courses per capita
- More park units per capita
- More tennis courts per capita
- Higher park-related expenditures per capita

Improvement Priority Areas (worse than 20% of target goal):
- Lower percent consuming 3+ vegetables per day
- Higher percent currently smoking
- Higher percent obese
- Higher percent with asthma
- Higher percent with diabetes
- Higher death rate for diabetes
- Lower percent using public transportation to work
- Lower Walk Score®
- Fewer dog parks per capita
- Fewer recreation centers per capita
- Fewer swimming pools per capita
- Lower level of state requirement for Physical Education classes

Description of Virginia Beach-Norfolk-Newport News, VA-NC MSA
Population 1,707,369
Percent less than 18 years old 22.7%
Percent 18 to 64 years old 64.8%
Percent 65 years old and older 12.6%
Percent male 49.3%
Percent high school graduate or higher 90.7%
Percent White 60.5%
Percent Black or African American 30.7%
Percent Asian 3.7%
Percent Other Race 5.1%
Percent Hispanic/Latino 6.1%
Percent unemployed 7.9%
Median household income $56,161
Percent of households below poverty level 9.5%
Violent crime rate/100,000* 303.5
Percent with disability 11.4%

*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 = 53.4; Rank = 20

- **Percent any physical activity or exercise in the last 30 days:**
  - Virginia Beach: 67.2%
  - Target Goal*: 82.6%

- **Percent meeting CDC aerobic activity guidelines:**
  - Virginia Beach: 26.4%
  - Target Goal*: 32.2%

- **Percent meeting both CDC aerobic and strength activity guidelines:**
  - Virginia Beach: 21.0%
  - Target Goal*: 23.3%

- **Percent consuming 2+ fruits per day:**
  - Virginia Beach: 29.0%
  - Target Goal*: 35.6%

- **Percent consuming 3+ vegetables per day:**
  - Virginia Beach: 13.2%
  - Target Goal*: 19.6%

- **Percent currently smoking:**
  - Virginia Beach: 20.2%
  - Target Goal*: 13.1%

#### Chronic Health Problems

- **Percent obese:**
  - Virginia Beach: 29.0%
  - Target Goal*: 21.3%

- **Percent in excellent or very good health:**
  - Virginia Beach: 52.6%
  - Target Goal*: 61.0%

- **Any days when physical health was not good during the past 30 days:**
  - Virginia Beach: 32.1%
  - Target Goal*: 30.4%

- **Any days when mental health was not good during the past 30 days:**
  - Virginia Beach: 27.5%
  - Target Goal*: 29.2%

- **Percent with asthma:**
  - Virginia Beach: 9.5%
  - Target Goal*: 6.5%

- **Percent with angina or coronary heart disease:**
  - Virginia Beach: 3.0%
  - Target Goal*: 2.8%

- **Percent with diabetes:**
  - Virginia Beach: 10.8%
  - Target Goal*: 6.4%

- **Death rate/100,000 for cardiovascular disease:**
  - Virginia Beach: 179.7
  - Target Goal*: 167.1

- **Death rate/100,000 for diabetes:**
  - Virginia Beach: 21.8
  - Target Goal*: 17.0

#### Community/Environmental Indicators – Score = 61.6; Rank = 14

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

- **Built Environment**
  - Parkland as a percent of city land area:
    - Virginia Beach: 15.6%
    - Target Goal**: 10.6%
  - Acres of parkland/1,000:
    - Virginia Beach: 55.7
  - Farmers’ markets/1,000,000:
    - Virginia Beach: 18.6
  - Percent using public transportation to work:
    - Virginia Beach: 1.7%
    - Target Goal**: 4.3%
  - Percent bicycling or walking to work:
    - Virginia Beach: 3.5%
    - Target Goal**: 2.8%
  - WalkScore®:
    - Virginia Beach: 31.1
    - Target Goal**: 51.1
  - Percent within a 10 minute walk to a park:
    - Virginia Beach: 66.0%
    - Target Goal**: 63.8%

- **Recreational Facilities**
  - Ball diamonds/10,000:
    - Virginia Beach: 3.1
    - Target Goal**: 1.9
  - Dog parks/100,000:
    - Virginia Beach: 0.4
    - Target Goal**: 0.9
  - Park playgrounds/10,000:
    - Virginia Beach: 2.3
    - Target Goal**: 4.8
  - Golf courses/100,000:
    - Virginia Beach: 1.1
    - Target Goal**: 0.9
  - Park units/10,000:
    - Virginia Beach: 4.1
    - Target Goal**: 6.3
  - Recreational centers/20,000:
    - Virginia Beach: 0.3
    - Target Goal**: 1.0
  - Swimming pools/100,000:
    - Virginia Beach: 1.3
    - Target Goal**: 3.1
  - Tennis courts/10,000:
    - Virginia Beach: 3.6
    - Target Goal**: 2.0

- **Policy for School P.E.**
  - Level of state requirement for Physical Education:
    - Virginia Beach: 1.0
    - Target Goal**: 2.5

- **Park-related Expenditures**
  - Total park expenditure per resident:
    - Virginia Beach: $170.00
    - Target Goal**: $101.80

---

*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.

**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.*
WASHINGTON, D.C.
(Washington-Arlington-Alexandria, DC-VA-MD-WV MSA)

Total Score = 79.6; Rank = 1

Areas of Excellence (at or better than target goal):
• Lower percent with angina or coronary heart disease
• Lower death rate for cardiovascular disease
• Lower death rate for diabetes
• Higher percent of city land area as parkland
• More farmers’ markets per capita
• Higher percent using public transportation to work
• Higher percent bicycling or walking to work
• Higher Walk Score®
• Higher percent of population within a 10 minute walk to a park
• More dog parks per capita
• More park units per capita
• More recreation centers per capita
• More swimming pools per capita
• More tennis courts per capita
• Higher park-related expenditures per capita

Improvement Priority Areas (worse than 20% of target goal):
• Lower percent meeting CDC aerobic activity guidelines
• Higher percent with asthma
• Higher percent with diabetes
• Fewer acres of parkland per capita
• Fewer golf courses per capita

Description of Washington-Arlington-Alexandria, DC-VA-MD-WV MSA
Population 5,949,859
Percent less than 18 years old 23.4%
Percent 18 to 64 years old 65.6%
Percent 65 years old and older 11.0%
Percent male 48.8%
Percent high school graduate or higher 90.5%
Percent White 56.1%
Percent Black or African American 25.5%
Percent Asian 9.5%
Percent Other Race 8.9%
Percent Hispanic/Latino 14.7%
Percent unemployed 6.7%
Median household income $90,149
Percent of households below poverty level 6.0%
Violent crime rate/100,000* 331.1
Percent with disability 8.2%

*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 = 79.0; Rank = 4

- Percent any physical activity or exercise in the last 30 days: 73.0%
- Percent meeting CDC aerobic activity guidelines: 24.3%
- Percent meeting both CDC aerobic and strength activity guidelines: 21.3%
- Percent consuming 2+ fruits per day: 32.0%
- Percent consuming 3+ vegetables per day: 17.6%
- Percent currently smoking: 13.5%

Chronic Health Problems

- Percent obese: 24.4%
- Percent in excellent or very good health: 57.6%
- Any days when physical health was not good during the past 30 days: 33.2%
- Any days when mental health was not good during the past 30 days: 30.7%
- Percent with asthma: 8.8%
- Percent with angina or coronary heart disease: 2.4%
- Percent with diabetes: 8.1%
- Death rate/100,000 for cardiovascular disease: 152.8
- Death rate/100,000 for diabetes: 167.1

Community/Environmental Indicators – Score = 80.2; Rank = 1

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

Built Environment

- Parkland as a percent of city land area: 21.9%
- Acres of parkland/1,000: 13.5
- Farmers’ markets/1,000,000: 28.7
- Percent using public transportation to work: 14.2%
- Percent bicycling or walking to work: 4.2%
- WalkScore®: 74.1
- Percent within a 10 minute walk to a park: 95.0%

Recreational Facilities

- Ball diamonds/10,000: 1.5
- Dog parks/100,000: 1.1
- Park playgrounds/10,000: 1.8
- Golf courses/100,000: 0.6
- Park units/10,000: 0.9
- Recreational centers/20,000: 1.0
- Swimming pools/100,000: 3.1
- Tennis courts/10,000: 3.3

Policy for School P.E.

- Level of state requirement for Physical Education: 2.0

Park-related Expenditures

- Total park expenditure per resident: $287.00
- Level of state requirement for Physical Education: $101.80

*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.

**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
## Appendix A – Data Sources

<table>
<thead>
<tr>
<th>Variable</th>
<th>Data Source</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent high school graduate or higher</td>
<td>U.S. Census – 2013 American Community Survey – 1 Year Estimates</td>
<td><a href="http://factfinder2.census.gov/faces/nav/jsf/pages/index.xhtml">http://factfinder2.census.gov/faces/nav/jsf/pages/index.xhtml</a></td>
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<tr>
<td>Percent in each race groups</td>
<td>U.S. Census – 2013 American Community Survey – 1 Year Estimates</td>
<td><a href="http://factfinder2.census.gov/faces/nav/jsf/pages/index.xhtml">http://factfinder2.census.gov/faces/nav/jsf/pages/index.xhtml</a></td>
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<tr>
<td>Percent any physical activity or exercising in the last 30 days</td>
<td>2013 CDC BRFSS</td>
<td><a href="http://www.cdc.gov/brfss/annual_data/annual_2013.html">http://www.cdc.gov/brfss/annual_data/annual_2013.html</a></td>
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# Appendix A – Data Sources

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<td>Percent eating 2+ fruits per day</td>
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<td>Percent eating 3+ vegetables per day</td>
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<td>Percent with asthma</td>
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<td>Parkland as a percent of city land area</td>
<td>2014 City Park Facts – The Trust for Public Land</td>
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<td>Farmers’ markets/1,000,000</td>
<td>2014 – USDA Farmers Markets</td>
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<td>Percent using public transportation to work</td>
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<td>Percent within a 10 minute walk to a park</td>
<td>2014 Park Score Index – The Trust for Public Land</td>
<td><a href="http://parkscore.tpl.org/">http://parkscore.tpl.org/</a></td>
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<td>Ball diamonds/10,000</td>
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<td>Dog parks/100,000</td>
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<td>Tennis courts/10,000</td>
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<td>Park-related expenditures per capita</td>
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<td><a href="http://www.tpl.org/">http://www.tpl.org/</a></td>
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<td>Level of state requirement for Physical Education classes</td>
<td>2012 – School Health Policies and Programs Study</td>
<td><a href="http://www.cdc.gov/healthyyouth/shpps/2012/data/physical_education/index.htm">http://www.cdc.gov/healthyyouth/shpps/2012/data/physical_education/index.htm</a></td>
</tr>
</tbody>
</table>
Appendix B – Members of the Expert Panel

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Appendix B – Members of the Expert Panel

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Brown Medical School and the Miriam Hospital
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Wes Wong, M.D., M.M.M.
Community Health Network
Indianapolis, Indiana
### Appendix C – U.S. Values, MSA Averages and MSA Ranges for AFI Indicators

<table>
<thead>
<tr>
<th></th>
<th>U.S. Value</th>
<th>MSA Average</th>
<th>MSA Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population</td>
<td>316,128,839</td>
<td>3,456,851</td>
<td>1,134,115 – 19,949,502</td>
</tr>
<tr>
<td>Percent less than 18 years old</td>
<td>23.3%</td>
<td>23.6%</td>
<td>19.5% – 28.9%</td>
</tr>
<tr>
<td>Percent 18 to 64 years old</td>
<td>62.6%</td>
<td>63.4%</td>
<td>60.9% – 66.2%</td>
</tr>
<tr>
<td>Percent 65 years old and older</td>
<td>14.1%</td>
<td>13.0%</td>
<td>9.2% – 18.4%</td>
</tr>
<tr>
<td>Percent male</td>
<td>49.2%</td>
<td>49.0%</td>
<td>48.0% – 50.3%</td>
</tr>
<tr>
<td>Percent high school graduate or higher</td>
<td>86.6%</td>
<td>87.9%</td>
<td>78.6% – 93.0%</td>
</tr>
<tr>
<td>Percent White</td>
<td>73.7%</td>
<td>70.8%</td>
<td>47.9% – 87.5%</td>
</tr>
<tr>
<td>Percent Black or African American</td>
<td>12.6%</td>
<td>15.3%</td>
<td>1.6% – 46.4%</td>
</tr>
<tr>
<td>Percent Asian</td>
<td>5.1%</td>
<td>5.8%</td>
<td>1.3% – 32.5%</td>
</tr>
<tr>
<td>Percent Other Race</td>
<td>8.6%</td>
<td>8.1%</td>
<td>2.3% – 22.3%</td>
</tr>
<tr>
<td>Percent Hispanic/Latino</td>
<td>17.1%</td>
<td>16.2%</td>
<td>1.5% – 54.5%</td>
</tr>
<tr>
<td>Percent unemployed</td>
<td>8.4%</td>
<td>8.2%</td>
<td>5.5% – 12.6%</td>
</tr>
<tr>
<td>Median household income</td>
<td>$52,250</td>
<td>$57,654</td>
<td>$45,880 – $91,533</td>
</tr>
<tr>
<td>Percent of households below poverty level</td>
<td>11.6%</td>
<td>10.6%</td>
<td>6.0% – 15.4%</td>
</tr>
<tr>
<td>Violent crime rate/100,000*</td>
<td>367.9</td>
<td>422.0</td>
<td>219.3 – 993.4</td>
</tr>
<tr>
<td>Percent with disability</td>
<td>12.6%</td>
<td>11.6%</td>
<td>7.7% – 15.4%</td>
</tr>
</tbody>
</table>

*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

<table>
<thead>
<tr>
<th></th>
<th>U.S. Value</th>
<th>MSA Average</th>
<th>MSA Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Health Behaviors</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Percent any physical activity or exercise in the last 30 days</td>
<td>74.5%</td>
<td>68.7%</td>
<td>54.5% – 77.0%</td>
</tr>
<tr>
<td>Percent meeting CDC aerobic activity guidelines</td>
<td>26.3%</td>
<td>26.0%</td>
<td>20.5% – 33.0%</td>
</tr>
<tr>
<td>Percent meeting both CDC aerobic and strength activity guidelines</td>
<td>16.5%</td>
<td>18.2%</td>
<td>10.7% – 25.2%</td>
</tr>
<tr>
<td>Percent consuming 2+ fruits per day</td>
<td>25.0%</td>
<td>28.4%</td>
<td>16.6% – 37.9%</td>
</tr>
<tr>
<td>Percent consuming 3+ vegetables per day</td>
<td>13.3%</td>
<td>15.2%</td>
<td>10.0% – 23.9%</td>
</tr>
<tr>
<td>Percent currently smoking</td>
<td>19.0%</td>
<td>17.0%</td>
<td>6.9% – 23.0%</td>
</tr>
<tr>
<td>Chronic Health Problems</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Percent obese</td>
<td>29.4%</td>
<td>27.6%</td>
<td>17.0% – 36.1%</td>
</tr>
<tr>
<td>Percent in excellent or very good health</td>
<td>52.2%</td>
<td>51.9%</td>
<td>40.7% – 59.8%</td>
</tr>
</tbody>
</table>
### Appendix C – U.S. Values, MSA Averages and MSA Ranges for AFI Indicators

<table>
<thead>
<tr>
<th>Indicator</th>
<th>MSA Average+</th>
<th>Range of All Cities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Any days when physical health was not good during the past 30 days</td>
<td>35.1%</td>
<td>35.1% – 25.9% – 42.2%</td>
</tr>
<tr>
<td>Any days when mental health was not good during the past 30 days</td>
<td>32.6%</td>
<td>33.5% – 22.2% – 41.1%</td>
</tr>
<tr>
<td>Percent with asthma</td>
<td>9.0%</td>
<td>9.1% – 5.2% – 15.1%</td>
</tr>
<tr>
<td>Percent with angina or coronary heart disease</td>
<td>4.1%</td>
<td>3.9% – 2.1% – 6.5%</td>
</tr>
<tr>
<td>Percent with diabetes</td>
<td>9.7%</td>
<td>10.0% – 6.6% – 12.9%</td>
</tr>
<tr>
<td>Death rate/100,000 for cardiovascular disease</td>
<td>184.6</td>
<td>177.9 – 122.1 – 236.9</td>
</tr>
<tr>
<td>Death rate/100,000 for diabetes</td>
<td>21.2</td>
<td>20.2 – 12.0 – 34.4</td>
</tr>
</tbody>
</table>

#### Community/Environmental Indicators
(note: most of these data were available only for the main city in the MSA)

<table>
<thead>
<tr>
<th>Indicator</th>
<th>MSA Average+</th>
<th>Range of All Cities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Built Environment</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Parkland as percent of city land area</td>
<td>11.0%</td>
<td>2.6% – 26.4%</td>
</tr>
<tr>
<td>Acres of parkland/1,000</td>
<td>18.9%</td>
<td>2.9 – 77.8</td>
</tr>
<tr>
<td>Farmers’ markets/1,000,000</td>
<td>19.8%</td>
<td>3.3 – 48.6</td>
</tr>
<tr>
<td>Percent using public transportation to work</td>
<td>4.4%</td>
<td>0.5% – 30.9%</td>
</tr>
<tr>
<td>Percent bicycling or walking to work</td>
<td>2.9%</td>
<td>1.0% – 6.5%</td>
</tr>
<tr>
<td>Walk Score®</td>
<td>51.1%</td>
<td>24.4% – 87.6%</td>
</tr>
<tr>
<td>Percent living within a 10 minute walk of a public park</td>
<td>63.8%</td>
<td>22.0% – 98.0%</td>
</tr>
<tr>
<td>Recreational Facilities</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ball diamonds/10,000</td>
<td>1.9</td>
<td>0.4 – 5.0</td>
</tr>
<tr>
<td>Dog parks/10,000</td>
<td>1.1</td>
<td>0.0 – 5.3</td>
</tr>
<tr>
<td>Park playgrounds/10,000</td>
<td>2.4</td>
<td>1.0 – 5.1</td>
</tr>
<tr>
<td>Golf courses/100,000</td>
<td>1.0</td>
<td>0.0 – 5.2</td>
</tr>
<tr>
<td>Park units/10,000</td>
<td>4.4</td>
<td>1.1 – 12.2</td>
</tr>
<tr>
<td>Recreation centers/20,000</td>
<td>1.0</td>
<td>0.0 – 2.6</td>
</tr>
<tr>
<td>Swimming pools/100,000</td>
<td>3.0</td>
<td>0.5 – 10.7</td>
</tr>
<tr>
<td>Tennis courts/10,000</td>
<td>2.1</td>
<td>0.8 – 6.4</td>
</tr>
<tr>
<td>Park-related expenditures per capita</td>
<td>$100.7</td>
<td>$10.0 – $287.0</td>
</tr>
<tr>
<td>Level of state requirement for Physical Education classes**</td>
<td>1.4</td>
<td>0 – 3</td>
</tr>
</tbody>
</table>

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

+Averages were calculated from 2014 data and may differ from the community/environmental indicator target goal values.
## Appendix D – Counties in MSAs

<table>
<thead>
<tr>
<th>Atlanta-Sandy Springs-Roswell, GA</th>
<th>Birmingham-Hoover, AL</th>
<th>Cincinnati, OH-KY-IN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Barrow County, GA</td>
<td>Bibb County, AL</td>
<td>Dearborn County, IN</td>
</tr>
<tr>
<td>Bartow County, GA</td>
<td>Blount County, AL</td>
<td>Ohio County, IN</td>
</tr>
<tr>
<td>Butts County, GA</td>
<td>Chilton County, AL</td>
<td>Union County, IN</td>
</tr>
<tr>
<td>Carroll County, GA</td>
<td>Jefferson County, AL</td>
<td>Boone County, KY</td>
</tr>
<tr>
<td>Cherokee County, GA</td>
<td>St. Clair County, AL</td>
<td>Bracken County, KY</td>
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<tr>
<td>Clayton County, GA</td>
<td>Shelby County, AL</td>
<td>Campbell County, KY</td>
</tr>
<tr>
<td>Cobb County, GA</td>
<td>Walker County, AL</td>
<td>Gallatin County, KY</td>
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<tr>
<td>Coweta County, GA</td>
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<td>Grant County, KY</td>
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<tr>
<td>Dawson County, GA</td>
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<td>Kenton County, KY</td>
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<tr>
<td>DeKalb County, GA</td>
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<td>Pendleton County, KY</td>
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<tr>
<td>Douglas County, GA</td>
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<td>Brown County, OH</td>
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<tr>
<td>Fayette County, GA</td>
<td></td>
<td>Butler County, OH</td>
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<tr>
<td>Forsyth County, GA</td>
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<td>Clermont County, OH</td>
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<tr>
<td>Fulton County, GA</td>
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<td>Hamilton County, OH</td>
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<tr>
<td>Gwinnett County, GA</td>
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<td>Warren County, OH</td>
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<td>Haralson County, GA</td>
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<td>Heard County, GA</td>
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<td>Henry County, GA</td>
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<td>Jasper County, GA</td>
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<tr>
<td>Lamar County, GA</td>
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<tr>
<td>Meriwether County, GA</td>
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<tr>
<td>Morgan County, GA</td>
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<tr>
<td>Newton County, GA</td>
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<tr>
<td>Paulding County, GA</td>
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<td>Pickens County, GA</td>
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<tr>
<td>Pike County, GA</td>
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<tr>
<td>Rockdale County, GA</td>
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<td></td>
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<tr>
<td>Spalding County, GA</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Walton County, GA</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

| Austin-Round Rock, TX            |                        |                      |
| Bastrop County, TX               |                        |                      |
| Caldwell County, TX              |                        |                      |
| Hays County, TX                  |                        |                      |
| Travis County, TX                |                        |                      |
| Williamson County, TX            |                        |                      |

| Baltimore-Columbia-Towson, MD    |                        |                      |
| Anne Arundel County, MD          |                        |                      |
| Baltimore County, MD             |                        |                      |
| Carroll County, MD               |                        |                      |
| Harford County, MD               |                        |                      |
| Howard County, MD                |                        |                      |
| Queen Anne’s County, MD          |                        |                      |
| Baltimore city, MD               |                        |                      |

| Buffalo-Cheektowaga-Niagara Falls, NY |                        |                      |
| Erie County, NY                   |                        |                      |
| Niagara County, NY                |                        |                      |

| Charlotte-Concord-Gastonia, NC-SC |                        |                      |
| Cabarrus County, NC               |                        |                      |
| Gaston County, NC                 |                        |                      |
| Iredell County, NC                |                        |                      |
| Lincoln County, NC                |                        |                      |
| Mecklenburg County, NC            |                        |                      |
| Rowan County, NC                  |                        |                      |
| Union County, NC                  |                        |                      |
| Chester County, SC                |                        |                      |
| Lancaster County, SC              |                        |                      |
| York County, SC                   |                        |                      |

| Chicago-Naperville-Elgin, IL-IN-WI |                        |                      |
| Cook County, IL                    |                        |                      |
| DuPage County, IL                   |                        |                      |
| Grundy County, IL                    |                        |                      |
| Kendall County, IL                   |                        |                      |
| McHenry County, IL                   |                        |                      |
| Will County, IL                       |                        |                      |
| DeKalb County, IL                    |                        |                      |
| Kane County, IL                       |                        |                      |
| Jasper County, IN                    |                        |                      |
| Lake County, IN                      |                        |                      |
| Newton County, IN                    |                        |                      |
| Porter County, IN                    |                        |                      |
| Lake County, IL                      |                        |                      |
| Kenosha County, WI                   |                        |                      |

| Cincinnati, OH-KY-IN               |                        |                      |
| Dearborn County, IN                 |                        |                      |
| Ohio County, IN                      |                        |                      |
| Union County, IN                     |                        |                      |
| Boone County, KY                      |                        |                      |
| Bracken County, KY                   |                        |                      |
| Campbell County, KY                  |                        |                      |
| Gallatin County, KY                  |                        |                      |
| Grant County, KY                      |                        |                      |
| Kenton County, KY                     |                        |                      |
| Pendleton County, KY                 |                        |                      |
| Brown County, OH                      |                        |                      |
| Butler County, OH                     |                        |                      |
| Clermont County, OH                  |                        |                      |
| Hamilton County, OH                  |                        |                      |
| Warren County, OH                     |                        |                      |

| Cleveland-Elyria, OH               |                        |                      |
| Cuyahoga County, OH                 |                        |                      |
| Geauga County, OH                    |                        |                      |
| Lake County, OH                      |                        |                      |
| Lorain County, OH                    |                        |                      |
| Medina County, OH                    |                        |                      |

| Columbus, OH                         |                        |                      |
| Delaware County, OH                   |                        |                      |
| Fairfield County, OH                  |                        |                      |
| Franklin County, OH                   |                        |                      |
| Hocking County, OH                    |                        |                      |
| Licking County, OH                    |                        |                      |
| Madison County, OH                    |                        |                      |
| Morrow County, OH                     |                        |                      |
| Perry County, OH                      |                        |                      |
| Pickaway County, OH                   |                        |                      |
| Union County, OH                      |                        |                      |

| Dallas-Fort Worth-Arlington, TX      |                        |                      |
| Collin County, TX                     |                        |                      |
| Dallas County, TX                     |                        |                      |
| Denton County, TX                     |                        |                      |
| Ellis County, TX                      |                        |                      |
| Hunt County, TX                       |                        |                      |
| Kaufman County, TX                    |                        |                      |
| Rockwall County, TX                   |                        |                      |
| Hood County, TX                       |                        |                      |
| Johnson County, TX                    |                        |                      |
| Parker County, TX                     |                        |                      |
| Somervell County, TX                  |                        |                      |
| Tarrant County, TX                    |                        |                      |
| Wise County, TX                       |                        |                      |
# Appendix D – Counties in MSAs

<table>
<thead>
<tr>
<th>Area</th>
<th>Counties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Denver-Aurora-Lakewood, CO</td>
<td>Adams County, CO, Arapahoe County, CO, Broomfield County, CO, Clear Creek County, CO, Denver County, CO, Douglas County, CO, Elbert County, CO, Gilpin County, CO, Jefferson County, CO, Park County, CO</td>
</tr>
<tr>
<td>Detroit-Warren-Dearborn, MI</td>
<td>Wayne County, MI, Lapeer County, MI, Livingston County, MI, Macomb County, MI, Oakland County, MI, St. Clair County, MI</td>
</tr>
<tr>
<td>Hartford-West Hartford-East Hartford, CT</td>
<td>Hartford County, CT, Middlesex County, CT, Tolland County, CT</td>
</tr>
<tr>
<td>Houston-The Woodlands-Sugar Land, TX</td>
<td>Austin County, TX, Brazoria County, TX, Chambers County, TX, Fort Bend County, TX, Galveston County, TX, Harris County, TX, Liberty County, TX, Montgomery County, TX, Waller County, TX</td>
</tr>
<tr>
<td>Indianapolis-Carmel-Anderson, IN</td>
<td>Boone County, IN, Brown County, IN, Hamilton County, IN, Hancock County, IN, Hendricks County, IN, Johnson County, IN, Madison County, IN, Marion County, IN, Morgan County, IN, Putnam County, IN, Shelby County, IN</td>
</tr>
<tr>
<td>Jacksonville, FL</td>
<td>Baker County, FL, Clay County, FL, Duval County, FL, Nassau County, FL, St. Johns County, FL</td>
</tr>
<tr>
<td>Las Vegas-Henderson-Paradise, NV</td>
<td>Clark County, NV</td>
</tr>
<tr>
<td>Los Angeles-Long Beach-Anaheim, CA</td>
<td>Orange County, CA, Los Angeles County, CA</td>
</tr>
<tr>
<td>Louisville/Jefferson County, KY-IN</td>
<td>Clark County, KY, Floyd County, KY, Harrison County, KY, Scott County, KY, Washington County, KY, Bullitt County, KY, Henry County, KY, Jefferson County, KY, Oldham County, KY, Shelby County, KY, Spencer County, KY, Trimble County, KY</td>
</tr>
<tr>
<td>Memphis, TN-MS-AR</td>
<td>Crittenden County, AR, Benton County, MS, DeSoto County, MS, Marshall County, MS, Tate County, MS, Tunica County, MS, Fayette County, TN, Shelby County, TN, Tipton County, TN</td>
</tr>
<tr>
<td>Miami-Fort Lauderdale-West Beach, FL</td>
<td>Broward County, FL, Miami-Dade County, FL, Palm Beach County, FL</td>
</tr>
<tr>
<td>Milwaukee-Waukesha-West Allis, WI</td>
<td>Milwaukee County, WI, Ozaukee County, WI, Washington County, WI, Waukesha County, WI</td>
</tr>
<tr>
<td>Minneapolis-St. Paul-Bloomington, MN-WI</td>
<td>Anoka County, MN, Carver County, MN, Chisago County, MN, Dakota County, MN, Hennepin County, MN, Isanti County, MN, Le Sueur County, MN, Mille Lacs County, MN, Ramsey County, MN, Scott County, MN, Sherburne County, MN, Sibley County, MN, Washington County, MN, Wright County, MN, Pierce County, WI, St. Croix County, WI</td>
</tr>
</tbody>
</table>
### Appendix D – Counties in MSAs

<table>
<thead>
<tr>
<th>County Area</th>
<th>Counties</th>
<th>County Area</th>
<th>Counties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nashville-Davidson-Murfreesboro-Franklin, TN</td>
<td>Cannon County, TN, Cheatham County, TN, Davidson County, TN, Dickson County, TN, Hickman County, TN, Macon County, TN, Maury County, TN, Robertson County, TN, Rutherford County, TN, Smith County, TN, Sumner County, TN, Trousdale County, TN, Williamson County, TN, Wilson County, TN</td>
<td>Oklahoma City, OK</td>
<td>Canadian County, OK, Cleveland County, OK, Grady County, OK, Lincoln County, OK, Logan County, OK, McClain County, OK, Oklahoma County, OK</td>
</tr>
<tr>
<td>New Orleans-Metairie, LA</td>
<td>Jefferson Parish, LA, Orleans Parish, LA, Plaquemines Parish, LA, St. Bernard Parish, LA, St. Charles Parish, LA, St. James Parish, LA, St. John the Baptist Parish, LA, St. Tammany Parish, LA</td>
<td>Orlando-Kissimmee-Sanford, FL</td>
<td>Lake County, FL, Orange County, FL, Osceola County, FL, Seminole County, FL</td>
</tr>
<tr>
<td>Portland-Vancouver-Hillsboro, OR-WA</td>
<td>Clackamas County, OR, Columbia County, OR, Multnomah County, OR, Washington County, OR, Yamhill County, OR, Clark County, WA, Skamania County, WA</td>
<td>Providence-Warwick, RI-MA</td>
<td>Bristol County, MA, Bristol County, RI, Kent County, RI, Newport County, RI, Providence County, RI, Washington County, RI</td>
</tr>
<tr>
<td>Raleigh, NC</td>
<td>Franklin County, NC, Johnston County, NC, Wake County, NC</td>
<td>Richmond, VA</td>
<td>Amelia County, VA, Caroline County, VA, Charles City County, VA, Chesterfield County, VA, Dinwiddie County, VA, Goochland County, VA, Hanover County, VA, Henrico County, VA, King William County, VA, New Kent County, VA, Powhatan County, VA, Prince George County, VA, Sussex County, VA, Colonial Heights city, VA, Hopewell city, VA, Petersburg city, VA, Richmond city, VA</td>
</tr>
<tr>
<td>Pittsburgh, PA</td>
<td>Allegheny County, PA, Armstrong County, PA, Beaver County, PA, Butler County, PA, Fayette County, PA, Washington County, PA, Westmoreland County, PA</td>
<td>Phoenix-Mesa-Scottsdale, AZ</td>
<td>Maricopa County, AZ, Pinal County, AZ</td>
</tr>
</tbody>
</table>
Appendix D – Counties in MSAs

Riverside-San Bernardino-Ontario, CA
Riverside County, CA
San Bernardino County, CA
Sacramento-Roseville-Arden-Arcade, CA
El Dorado County, CA
Placer County, CA
Sacramento County, CA
Yolo County, CA
St. Louis, MO-IL
Bond County, IL
Calhoun County, IL
Clinton County, IL
Jersey County, IL
Macoupin County, IL
Madison County, IL
Monroe County, IL
St. Clair County, IL
Franklin County, MO
Jefferson County, MO
Lincoln County, MO
St. Charles County, MO
St. Louis County, MO
Warren County, MO
St. Louis city, MO
Salt Lake City, UT
Salt Lake County, UT
Tooele County, UT
San Antonio-New Braunfels, TX
Atascosa County, TX
Bandera County, TX
Bexar County, TX
Comal County, TX
Guadalupe County, TX
Kendall County, TX
Medina County, TX
Wilson County, TX
San Diego-Carlsbad, CA
San Diego County, CA
San Francisco-Oakland-Hayward, CA
Alameda County, CA
Contra Costa County, CA
San Francisco County, CA
San Mateo County, CA
Marin County, CA
San Jose-Sunnyvale-Santa Clara, CA
San Benito County, CA
Santa Clara County, CA
Seattle-Tacoma-Bellevue, WA
King County, WA
Snohomish County, WA
Pierce County, WA
Tampa-St. Petersburg-Clearwater, FL
Hernando County, FL
Hillsborough County, FL
Pasco County, FL
Pinellas County, FL
Virginia Beach-Norfolk-Newport News, VA-NC
Currituck County, NC
Gates County, NC
Gloucester County, VA
Isle of Wight County, VA
James City County, VA
Mathews County, VA
York County, VA
Chesapeake city, VA
Hampton city, VA
Newport News city, VA
Norfolk city, VA
Poquoson city, VA
Portsmouth city, VA
Suffolk city, VA
Virginia Beach city, VA
Williamsburg city, VA
Washington-Arlington-Alexandria, DC-VA-MD-WV
Frederick County, MD
Montgomery County, MD
District of Columbia, DC
Calvert County, MD
Charles County, MD
Prince George’s County, MD
Arlington County, VA
Clarke County, VA
Culpeper County, VA
Fairfax County, VA
Fauquier County, VA
Loudoun County, VA
Prince William County, VA
Rappahannock County, VA
Spotsylvania County, VA
Stafford County, VA
Warren County, VA
Alexandria city, VA
Fairfax city, VA
Falls Church city, VA
Fredericksburg city, VA
Manassas city, VA
Manassas Park city, VA
Jefferson County, WV