

RANK
40

HOUSTON, TX

(Houston-The Woodlands-Sugar Land, TX MSA)

Total Score = 39.0

Areas of Excellence (at or better than target goal):

- Higher percentage of parkland as city land area
- More acres of parkland per capita
- Higher level of state requirement for Physical Education classes

Improvement Priority Areas (worse than 20% of target goal):

- Lower percentage meeting CDC aerobic activity guidelines
- Lower percentage meeting both CDC aerobic and strength activity guidelines
- Lower percentage consuming 2+ fruits per day
- Higher percentage obese
- Lower percentage in excellent or very good health
- Higher percentage diagnosed with a stroke
- Higher percentage with diabetes
- Higher death rate for cardiovascular disease
- Higher death rate for diabetes
- Fewer farmers' markets per capita
- Lower percentage using public transportation to work
- Lower percentage bicycling or walking to work
- Lower percentage within a 10 minute walk to a park
- Fewer ball diamonds per capita
- Fewer dog parks per capita
- Fewer basketball hoops 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

Population	6,656,947
Percent less than 18 years old	26.9%
Percent 18 to 64 years old	63.0%
Percent 65 years old and older	10.1%
Percent male	49.7%
Percent high school graduate or higher	82.3%
Percent White	65.9%
Percent Black or African American	17.2%
Percent Asian	7.5%
Percent Other Race	9.4%
Percent Hispanic/Latino	36.5%
Percent unemployed	5.6%
Median household income	\$61,465
Percent of households below poverty level	12.0%
Violent crime rate/100,000*	566.6
Percent with disability	9.5%

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

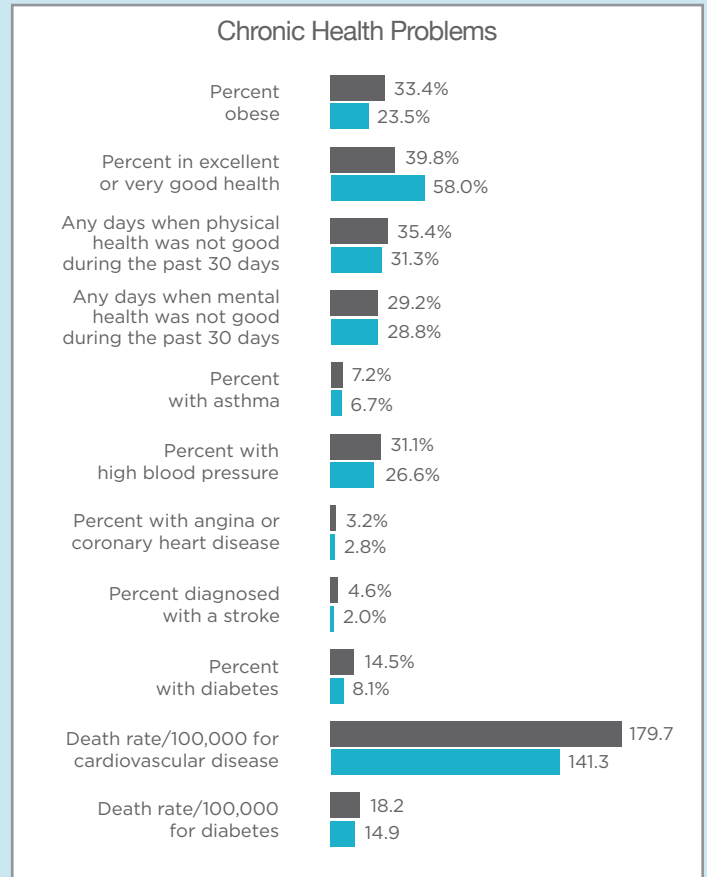
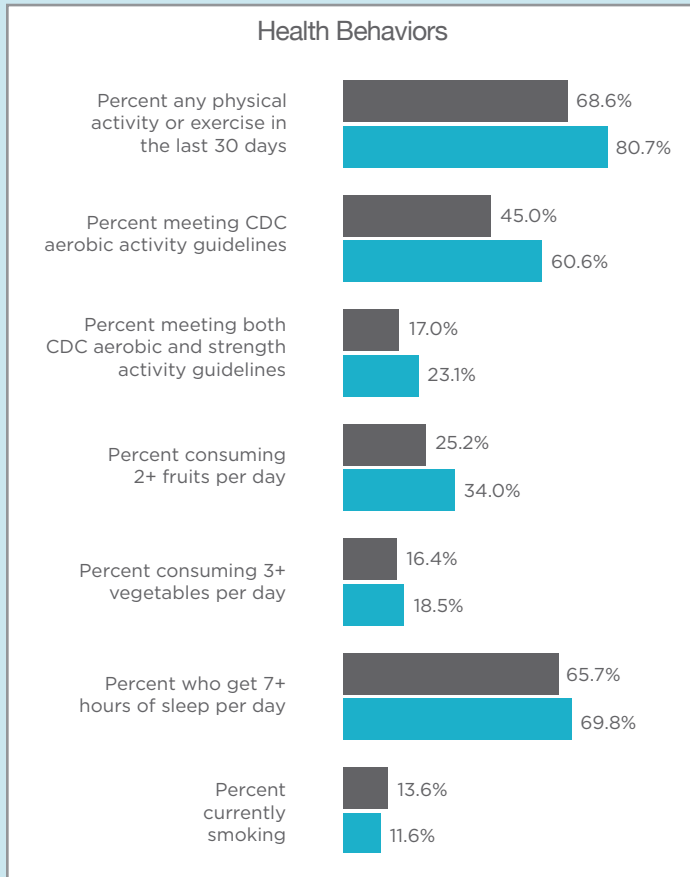
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ACSM American Fitness Index[®] Components

Personal Health Indicators – Score = 38.8; Rank = 36

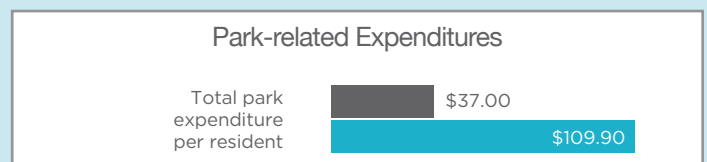
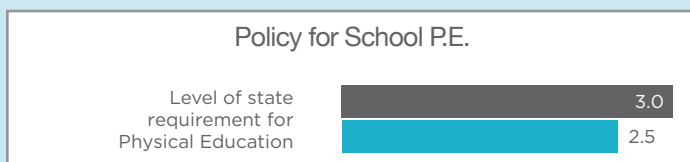
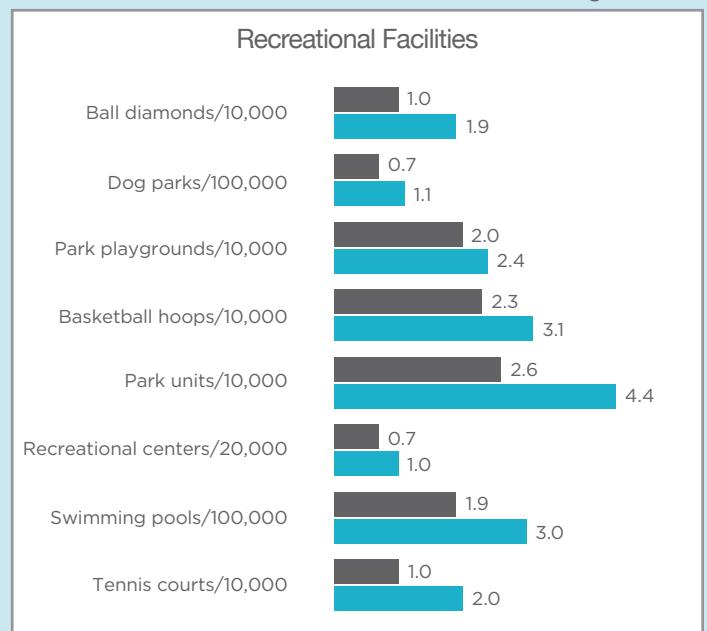
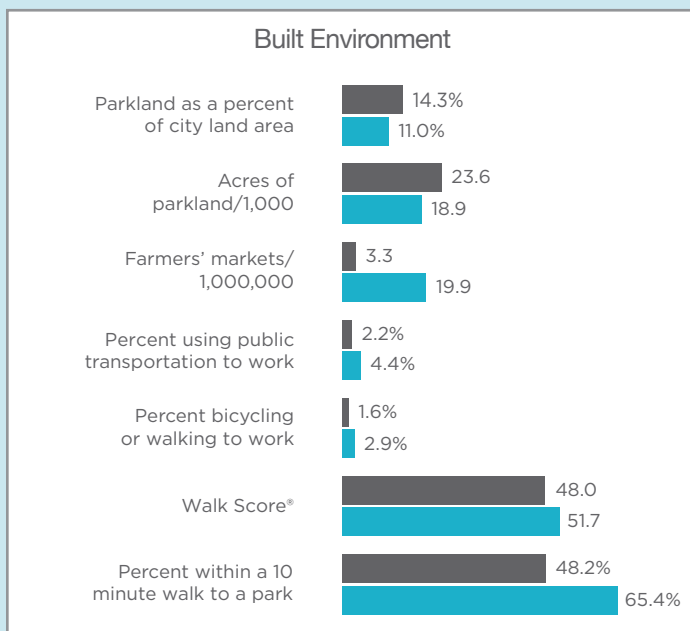
■ Houston ■ Target Goal*



Community/Environmental Indicators – Score = 39.2; Rank = 39

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

■ Houston ■ Target Goal**



*The target goal for the Personal Health Indicators was the 90th percentile from the most recent three years, 2015 to 2017. For the newly added personal health indicators the target goals were 90% of the 2017 values.
 **The target goal for the Community/Environmental Indicators was the MSA average for 2015 to 2017. New or recently changed community indicators target goals were an average of the 2017 values.