RANK
1

# MINNEAPOLIS, MN

(Minneapolis-St. Paul-Bloomington, MN-WI MSA)

## Total Score = 80.2

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

- Higher percentage meeting both CDC aerobic and strength activity guidelines
- Higher percentage who get 7+ hours of sleep per day
- Higher percentage in excellent or very good health
- Lower percentage of days when physical health was not good during the past 30 days
- Lower percentage with high blood pressure
- Lower percentage with angina or coronary heart disease
- Lower percentage diagnosed with a stroke
- Lower percentage with diabetes
- Lower death rate for cardiovascular disease
- Higher percentage of parkland as city land area
- More farmers' markets per capita
- Higher percentage using public transportation to work
- Higher percentage bicycling or walking to work
- Higher Walk Score®
- Higher percentage within a 10 minute walk to a park
- More ball diamonds per capita
- More dog parks per capita
- More park playgrounds per capita
- More basketball hoops 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 percentage consuming 3+ vegetables per day
- Higher percentage currently smoking
- Higher death rate for diabetes
- Fewer acres of parkland per capita
- Fewer swimming pools per capita

**Description of Minneapolis-St. Paul-Bloomington, MN-WI MSA**

| | |
|---|---|
| Population | 3,524,583 |
| Percent less than 18 years old | 24.0% |
| Percent 18 to 64 years old | 63.3% |
| Percent 65 years old and older | 12.7% |
| Percent male | 49.5% |
| Percent high school graduate or higher | 93.2% |
| Percent White | 79.9% |
| Percent Black or African American | 8.0% |
| Percent Asian | 6.4% |
| Percent Other Race | 5.7% |
| Percent Hispanic/Latino | 5.7% |
| Percent unemployed | 4.3% |
| Median household income | $71,008 |
| Percent of households below poverty level | 5.9% |
| Violent crime rate/100,000* | 285.2 |
| Percent with disability | 10.1% |

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

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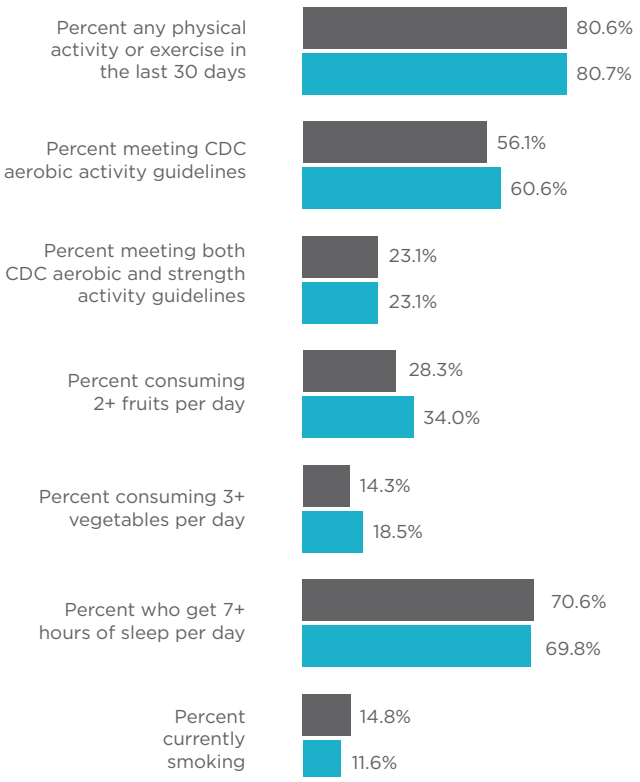
# ACSM American Fitness Index® Components

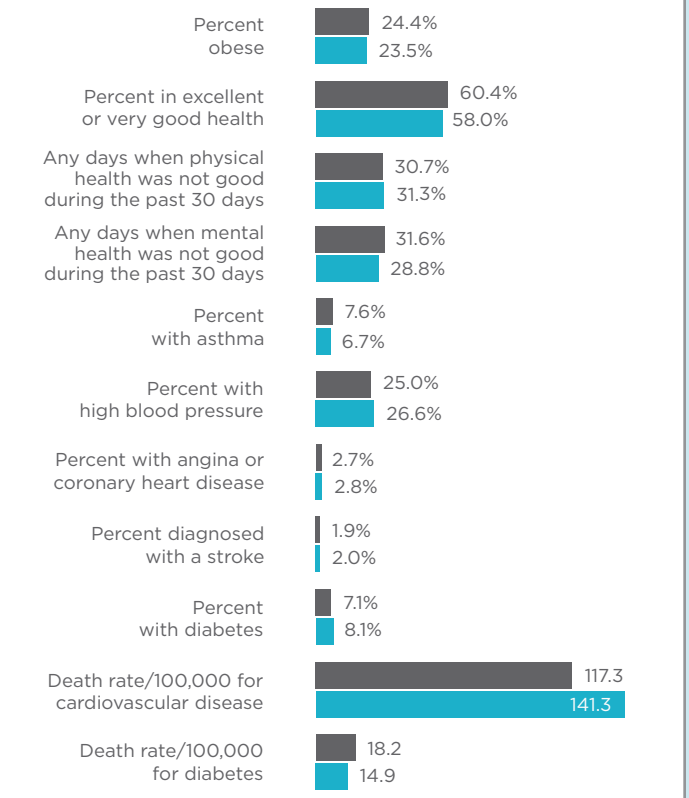
## Personal Health Indicators – Score = 82.5; Rank = 4

Minneapolis | Target Goal*

### Health Behaviors




### Chronic Health Problems

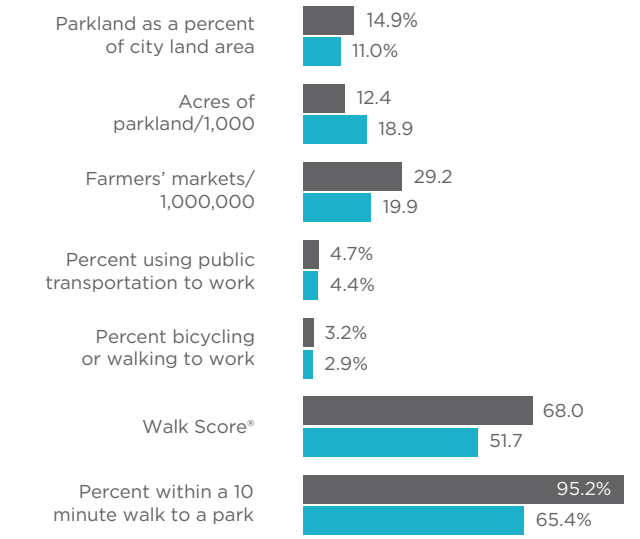



## Community/Environmental Indicators – Score = 77.3; Rank = 2

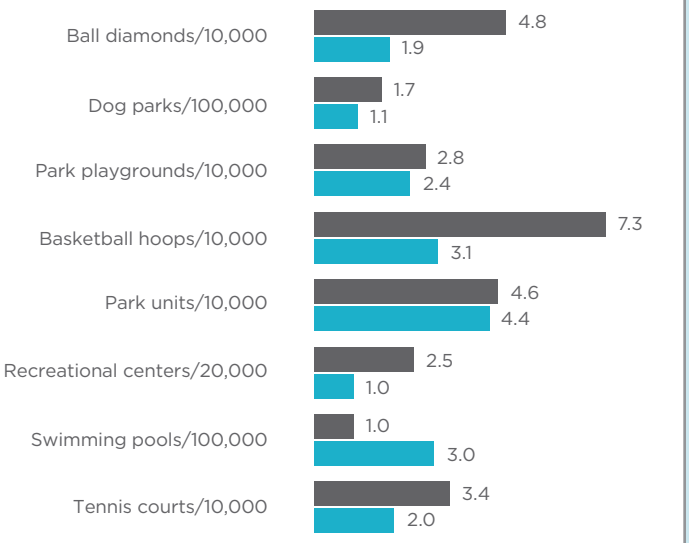
(note: most of these data were available only for the main city in the MSA)

Minneapolis | Target Goal**

### Built Environment




### Recreational Facilities




### Policy for School P.E.

### Park-related Expenditures

*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.