2017 Health and Community Fitness Status of the 50 Largest Metropolitan Areas
This report is supported by a grant from the Anthem Foundation. The opinions expressed in this report are those of the authors and do not necessarily reflect the views of the Anthem Foundation.

**ACSM AMERICAN FITNESS INDEX® ADVISORY BOARD**

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)

Nicole R. Keith, Ph.D., FACSM  
(Indiana University/Regenstrief Institute, Inc.)

Roseann M. Lyle, Ph.D., FACSM  
(Purdue University)

Melinda M. Manore, Ph.D., R.D., CSSD, FACSM  
(Oregon State University)

Kenneth E. Powell, M.D., M.P.H., FACSM  
(Epidemiologic and Public Health Consultant)

Angela D. Smith, M.D., FACSM  
(Nemours/Alfred I. duPont Hospital for Children, Thomas Jefferson University)

Stella Lucia Volpe, Ph.D., R.D., LDN, FACSM  
(Drexel University)

**REPORT AUTHORS**

Brenda E. Chamness, M.S., MCHES®  
Senior Director, Strategic Health Programs

Terrell W. Zollinger, Dr.P.H.  
Professor Emeritus, Indiana University  
Richard M. Fairbanks School of Public Health  
Principal, T. Zollinger and Associates, LLC

Jessica M. Coffing, M.P.H.  
Research Associate, T. Zollinger and Associates, LLC

Walter R. Thompson, Ph.D., FACSM  
Regents Professor and Associate Dean, Georgia State University  
Chair, ACSM American Fitness Index® Advisory Board

Barbara E. Ainsworth, Ph.D., M.P.H., FACSM, FNak  
Regents Professor, Arizona State University  
Vice-Chair, ACSM American Fitness Index® Advisory Board

Marie N. Lewis, CHES®  
Research Administration and Programs Coordinator

**ACSM AMERICAN FITNESS INDEX® RESEARCH TEAM**

Terrell W. Zollinger, Dr.P.H.  
Professor Emeritus, Indiana University  
Richard M. Fairbanks School of Public Health  
Principal, T. Zollinger and Associates, LLC

Jessica M. Coffing, M.P.H.  
Research Associate, T. Zollinger and Associates, LLC

Derek A. Zollinger, M.S.  
Research Associate, T. Zollinger and Associates, LLC

**AMERICAN COLLEGE OF SPORTS MEDICINE STAFF**

Brenda E. Chamness, M.S., MCHES®  
Senior Director, Strategic Health Programs

Marie N. Lewis, CHES®  
Research Administration and Programs Coordinator

Questions and comments on the report should be directed to the American College of Sports Medicine at afi@acsm.org.
# Table of Contents

**Executive Summary** ........................................................................................................................................... 8

**Background and Need for Action** .................................................................................................................. 10

**ACSM American Fitness Index® (AFI) Program** ............................................................................................ 11
   **ACSM American Fitness Index® Program Components** .............................................................................. 11
   **Implementation** ........................................................................................................................................... 11
   **ACSM American Fitness Index® Advisory Board** ......................................................................................... 11

**Methodology** .................................................................................................................................................. 12
   **Why Choose Metropolitan Statistical Areas (MSAs) Over Cities?** ............................................................... 12
   **How Were the Indicators Selected for the Data Index?** .............................................................................. 12
   **What Data Sources Were Used to Create the Data Index?** ...................................................................... 12
   **How Was the Data Index Built?** .................................................................................................................. 12
   **How Should the Scores and Ranks Be Interpreted?** ................................................................................. 13
   **How Were the Areas of Excellence and Improvement Priority Areas Determined?** ...................................... 13
   **What Are the Limitations of the AFI Data Report?** .................................................................................... 14
   **References** .................................................................................................................................................. 15

**Metropolitan Area Snapshots**
   **Atlanta, GA** .................................................................................................................................................. 16
   **Austin, TX** .................................................................................................................................................. 18
   **Baltimore, MD** ........................................................................................................................................... 20
   **Birmingham, AL** ......................................................................................................................................... 22
   **Boston, MA** ............................................................................................................................................... 24
   **Buffalo, NY** ............................................................................................................................................... 26
   **Charlotte, NC** ........................................................................................................................................... 28
   **Chicago, IL** ............................................................................................................................................... 30
   **Cincinnati, OH** .......................................................................................................................................... 32
   **Cleveland, OH** .......................................................................................................................................... 34
   **Columbus, OH** .......................................................................................................................................... 36
   **Dallas, TX** ................................................................................................................................................ 38
   **Denver, CO** .............................................................................................................................................. 40
   **Detroit, MI** ............................................................................................................................................... 42
   **Hartford, CT** ............................................................................................................................................. 44
   **Houston, TX** ............................................................................................................................................. 46
   **Indianapolis, IN** ....................................................................................................................................... 48
### Metropolitan Area Snapshots (continued)

<table>
<thead>
<tr>
<th>Metropolitan Area</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jacksonville, FL</td>
<td>50</td>
</tr>
<tr>
<td>Kansas City, MO-KS</td>
<td>52</td>
</tr>
<tr>
<td>Las Vegas, NV</td>
<td>54</td>
</tr>
<tr>
<td>Los Angeles, CA</td>
<td>56</td>
</tr>
<tr>
<td>Louisville, KY</td>
<td>58</td>
</tr>
<tr>
<td>Memphis, TN</td>
<td>60</td>
</tr>
<tr>
<td>Miami, FL</td>
<td>62</td>
</tr>
<tr>
<td>Milwaukee, WI</td>
<td>64</td>
</tr>
<tr>
<td>Minneapolis-St. Paul, MN</td>
<td>66</td>
</tr>
<tr>
<td>Nashville, TN</td>
<td>68</td>
</tr>
<tr>
<td>New Orleans, LA</td>
<td>70</td>
</tr>
<tr>
<td>New York, NY</td>
<td>72</td>
</tr>
<tr>
<td>Oklahoma City, OK</td>
<td>74</td>
</tr>
<tr>
<td>Orlando, FL</td>
<td>76</td>
</tr>
<tr>
<td>Philadelphia, PA</td>
<td>78</td>
</tr>
<tr>
<td>Phoenix, AZ</td>
<td>80</td>
</tr>
<tr>
<td>Pittsburgh, PA</td>
<td>82</td>
</tr>
<tr>
<td>Portland, OR</td>
<td>84</td>
</tr>
<tr>
<td>Providence, RI</td>
<td>86</td>
</tr>
<tr>
<td>Raleigh, NC</td>
<td>88</td>
</tr>
<tr>
<td>Richmond, VA</td>
<td>90</td>
</tr>
<tr>
<td>Riverside, CA</td>
<td>92</td>
</tr>
<tr>
<td>Sacramento, CA</td>
<td>94</td>
</tr>
<tr>
<td>Saint Louis, MO-IL</td>
<td>96</td>
</tr>
<tr>
<td>Salt Lake City, UT</td>
<td>98</td>
</tr>
<tr>
<td>San Antonio, TX</td>
<td>100</td>
</tr>
<tr>
<td>San Diego, CA</td>
<td>102</td>
</tr>
<tr>
<td>San Francisco, CA</td>
<td>104</td>
</tr>
<tr>
<td>San Jose, CA</td>
<td>106</td>
</tr>
<tr>
<td>Seattle, WA</td>
<td>108</td>
</tr>
<tr>
<td>Tampa, FL</td>
<td>110</td>
</tr>
<tr>
<td>Virginia Beach, VA</td>
<td>112</td>
</tr>
<tr>
<td>Washington, DC</td>
<td>114</td>
</tr>
</tbody>
</table>

### Appendix A – Data Sources ................................................................. 116

### Appendix B – Members of the Expert Panel ......................................... 120

### Appendix C – U.S. Values, MSA Averages and MSA Ranges for AFI Indicators ................................................................. 122

### Appendix D – Counties in MSAs ............................................................ 124
May 2017

Dear Colleagues,

This year marks the 10th anniversary of the American College of Sports Medicine’s (ACSM) American Fitness Index® (AFI) program. The Anthem Foundation has been the sole sponsor of AFI since its inception, and we are excited about celebrating this collaboration and all that has been accomplished over the last decade to raise awareness and improve public health.

Over time, the AFI Data Report has become a reliable measure of community fitness for the country’s 50 largest metropolitan areas (MSAs). The report’s evidence-based analysis provides substantive data that can be used to affect real change. According to CNN in a story about AFI, “Cities continuously use the data provided by the American Fitness Index Data Report to make changes in their policies and urban planning.” The media outlet went on to explain that St. Louis jumped 11 places in one year, with much of its success attributed to an increase in residential recreational facilities, city parks and farmers’ markets – three key indicators of the report.

Nationally, several long-term trends are encouraging, including:
• Smoking rates have declined
• Death rates have dropped for diabetes and cardiovascular diseases
• The number of farmers’ markets have increased
• Increases in the percent of residents taking public transportation to work
• More residents are biking or walking to work
• Total park expenditures per capita increased

As far as this year’s report, half of the MSA’s improved their scores in the past year, and there were some remarkably positive shifts in several key indicators.

While these successes are worth celebrating, there is still much more to be done. The Anthem Foundation and ACSM are committed to continuing our work of enhancing the health and well-being of individuals, families and communities.

Thank you for your interest in the AFI Data Report. Now more than ever, we hope you will use and share this year’s report to help improve the quality of life for all citizens. To learn more, please visit AmericanFitnessIndex.org.

Sincerely,

Craig Samitt, MD
Chief Clinical Officer
Anthem, Inc.
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 2017 edition of the AFI Data Report celebrates 10 years of the program. The AFI Data Report 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 scores in the AFI Data Report 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 2017 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 – the central core plus surrounding suburban counties;
• Personal health indicators, as well as community and environmental indicators, are included in the data report;
• Data obtained from reputable sources and scientific methodologies are used to ensure validity and reliability;
• Unique areas of strength and opportunities for improvement are provided for each MSA to help guide community action;
• Data indicators are tracked and reported in five-year Data Trend Reports (http://americanfitnessindex.org/afi-trend-reports/);
• Materials, resources and connections to health promotion partners are provided by the AFI program to help cities improve their indicators (http://americanfitnessindex.org/acsm-american-fitness-index-resources/); 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. For this year’s 2017 AFI Data Report results, the Minneapolis/St. Paul, MN MSA reclaimed the number one spot, ousting Washington, DC’s recognition for the past three years in a row. Since 2008, this MSA has continued to rank near 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 and resources 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>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Minneapolis-St. Paul-Bloomington, MN-WI</td>
<td>80.2</td>
</tr>
<tr>
<td>2</td>
<td>Washington-Arlington-Alexandria, DC-VA-MD-WV</td>
<td>79.2</td>
</tr>
<tr>
<td>3</td>
<td>San Francisco-Oakland-Hayward, CA</td>
<td>73.3</td>
</tr>
<tr>
<td>4</td>
<td>Seattle-Tacoma-Bellevue, WA</td>
<td>72.2</td>
</tr>
<tr>
<td>5</td>
<td>San Jose-Sunnyvale-Santa Clara, CA</td>
<td>71.6</td>
</tr>
<tr>
<td>6</td>
<td>Boston-Cambridge-Newton, MA-NH</td>
<td>71.5*</td>
</tr>
<tr>
<td>7</td>
<td>Denver-Aurora-Lakewood, CO</td>
<td>71.5*</td>
</tr>
<tr>
<td>8</td>
<td>Portland-Vancouver-Hillsboro, OR-WA</td>
<td>67.7</td>
</tr>
<tr>
<td>9</td>
<td>Salt Lake City, UT</td>
<td>66.3</td>
</tr>
<tr>
<td>10</td>
<td>San Diego-Carlsbad, CA</td>
<td>65.6</td>
</tr>
<tr>
<td>11</td>
<td>Sacramento-Roseville-Arden-Arcade, CA</td>
<td>63.3</td>
</tr>
<tr>
<td>12</td>
<td>Austin-Round Rock, TX</td>
<td>61.2</td>
</tr>
<tr>
<td>13</td>
<td>Hartford-West Hartford-East Hartford, CT</td>
<td>60.5</td>
</tr>
<tr>
<td>14</td>
<td>Raleigh, NC</td>
<td>58.6</td>
</tr>
<tr>
<td>15</td>
<td>Chicago-Naperville-Elgin, IL-IN-WI</td>
<td>58.4</td>
</tr>
<tr>
<td>16</td>
<td>Los Angeles-Long Beach-Anaheim, CA</td>
<td>55.7</td>
</tr>
<tr>
<td>17</td>
<td>Atlanta-Sandy Springs-Roswell, GA</td>
<td>55.0</td>
</tr>
<tr>
<td>18</td>
<td>New York-Newark-Jersey City, NY-NJ-PA</td>
<td>54.5</td>
</tr>
<tr>
<td>19</td>
<td>Tampa-St. Petersburg-Clearwater, FL</td>
<td>54.1</td>
</tr>
<tr>
<td>20</td>
<td>Baltimore-Columbia-Towson, MD</td>
<td>54.0</td>
</tr>
<tr>
<td>21</td>
<td>Milwaukee-Waukesha-West Allis, WI</td>
<td>53.9*</td>
</tr>
<tr>
<td>22</td>
<td>Cincinnati, OH-KY-IN</td>
<td>53.9*</td>
</tr>
<tr>
<td>23</td>
<td>Miami-Fort Lauderdale-West Palm Beach, FL</td>
<td>52.6</td>
</tr>
<tr>
<td>24</td>
<td>Buffalo-Cheektowaga-Niagara Falls, NY</td>
<td>52.5</td>
</tr>
<tr>
<td>25</td>
<td>Orlando-Kissimmee-Sanford, FL</td>
<td>52.3</td>
</tr>
<tr>
<td>26</td>
<td>Saint Louis, MO-IL</td>
<td>51.6</td>
</tr>
<tr>
<td>27</td>
<td>Virginia Beach-Norfolk-Newport News, VA-NC</td>
<td>50.7</td>
</tr>
<tr>
<td>28</td>
<td>Cleveland-Elyria, OH</td>
<td>50.0</td>
</tr>
<tr>
<td>29</td>
<td>Pittsburgh, PA</td>
<td>49.0</td>
</tr>
<tr>
<td>30</td>
<td>Richmond, VA</td>
<td>48.9</td>
</tr>
<tr>
<td>31</td>
<td>Providence-Warwick, RI-MA</td>
<td>48.4*</td>
</tr>
<tr>
<td>32</td>
<td>Philadelphia-Camden-Wilmington, PA-NJ-DE-MD</td>
<td>48.4*</td>
</tr>
<tr>
<td>33</td>
<td>Phoenix-Mesa-Scottsdale, AZ</td>
<td>47.3*</td>
</tr>
<tr>
<td>34</td>
<td>Las Vegas-Henderson-Paradise, NV</td>
<td>47.3*</td>
</tr>
<tr>
<td>35</td>
<td>Jacksonville, FL</td>
<td>46.0</td>
</tr>
<tr>
<td>36</td>
<td>Kansas City, MO-KS</td>
<td>45.0</td>
</tr>
<tr>
<td>37</td>
<td>Riverside-San Bernardino-Ontario, CA</td>
<td>44.5</td>
</tr>
<tr>
<td>38</td>
<td>Dallas-Fort Worth-Arlington, TX</td>
<td>43.2</td>
</tr>
<tr>
<td>39</td>
<td>New Orleans-Metairie, LA</td>
<td>41.7</td>
</tr>
<tr>
<td>40</td>
<td>Houston-The Woodlands-Sugar Land, TX</td>
<td>39.0</td>
</tr>
<tr>
<td>41</td>
<td>Columbus, OH</td>
<td>37.4</td>
</tr>
<tr>
<td>42</td>
<td>Nashville-Davidson-Murfreesboro-Franklin, TN</td>
<td>36.8</td>
</tr>
<tr>
<td>43</td>
<td>Detroit-Warren-Dearborn, MI</td>
<td>35.8</td>
</tr>
<tr>
<td>44</td>
<td>San Antonio-New Braunfels, TX</td>
<td>34.7</td>
</tr>
<tr>
<td>45</td>
<td>Memphis, TN-MS-AR</td>
<td>33.2</td>
</tr>
<tr>
<td>46</td>
<td>Birmingham-Hoover, AL</td>
<td>31.2</td>
</tr>
<tr>
<td>47</td>
<td>Charlotte-Concord-Gastonia, NC-SC</td>
<td>30.3</td>
</tr>
<tr>
<td>48</td>
<td>Indianapolis-Carmel-Anderson, IN</td>
<td>29.9</td>
</tr>
<tr>
<td>49</td>
<td>Oklahoma City, OK</td>
<td>29.4</td>
</tr>
<tr>
<td>50</td>
<td>Louisville/Jefferson County, KY-IN</td>
<td>23.1</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.\(^1\) 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.\(^1\)

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 has 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/my-afi/) community application tool integrates the components of the AFI program into a health promotion approach that can be used for 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 communities 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 and comprehensive snapshot of the health status and contributing factors in major metropolitan areas across the nation.

• **Data Tracking**: Report trends of MSA health and community resources in five-year increments beginning with the 2009-2013 Data Trend Reports (http://americanfitnessindex.org/afi-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 tenth 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 2016 using data from the 2010 U.S. Census Annual Estimates of Population.

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 ACSM’s 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)
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 the city core as well as in their suburban area; likewise, the residents within the city limits may access resources in the surrounding areas in addition to those within the city itself. Since 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, the MSA data were used where possible in constructing the AFI Data Report. 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 within the MSAs. However, it would be possible for sub-communities within the MSA to collect local data using the measurements and strategy outlined in My AFI (http://americanfitnessindex.org/my-afi/) 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 Report were scored for relevance by a panel of 26 health and physical activity experts (listed in Appendix B) in 2008. 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 Data Report are reviewed by the AFI Advisory Board and updated regularly. In 2017, the following changes were made in the personal health indicators: a change in the definition of aerobic activity and measures for adequate sleep, prevalence of hypertension and stroke were added. Also for the 2017 report, the number of golf courses was removed and the number of basketball hoops added as a new environmental/community measure. Also, the Trust for Public Land began using an adjustment for the per capita park expenditure and the source of the school physical education requirement changed. Because of the continual improvements and updates in the components of the index, comparisons between the individual elements in AFI Data Reports as well as the overall score and the sub-scores from year to year need to be made with caution.

For the 2017 AFI report, 35 currently available indicators (18 personal health indicators, 17 community/environmental health indicators) were identified and weighted for the index and 16 description variables were selected. The MSA 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 for all of the MSAs (worst 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:

$$MSA\ Score_k = \left( \frac{\sum_{i=1}^{n} (r_{ki}w_{ki})}{MSA\ Score_{max}} \right) \times 100$$

r = MSA rank on indicator
w = weight assigned to indicator
k = indicator group
n = 18 for personal health indicators and 17 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 Tampa-St.Petersburg-Clearwater was 54.1 while the score for Baltimore-Columbia-Towson was 54.0. While the Tampa MSA was ranked higher than the Baltimore MSA, 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 (Minneapolis-St. Paul) and another carried the lowest rank (Louisville), 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.

**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 **moving average of the most recent three years** of AFI Data Report 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 **moving average of the most recent three years of AFI data**. New community indicators target goals were an average from the currently available 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 survey 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 and changes should still be valid. In addition, the data collection methods and variable definitions change over time, thus they are not exactly comparable from year to year. The AFI Data Reports detail the changes each year. The Trust for Public Land community/environmental indicators only includes city-level data, rather than 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 were 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 = 55.0

Areas of Excellence (at or better than target goal):
• Lower percentage of days when physical health was not good during the past 30 days
• Higher percentage within a 10 minute walk to a park
• 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 park-related expenditures per capita

Improvement Priority Areas (worse than 20% of target goal):
• Lower percentage consuming 2+ fruits per day
• Higher percentage currently smoking
• Higher percentage with asthma
• Higher percentage with high blood pressure
• Higher percentage with angina or coronary heart disease
• Higher percentage diagnosed with a stroke
• Higher percentage with diabetes
• Higher death rate for cardiovascular disease
• Higher death rate for diabetes
• Lower percentage of parkland as city land area
• Fewer acres of parkland per capita
• Fewer farmers' markets per capita
• Lower percentage using public transportation to work
• Lower percentage bicycling or walking to work

Description of Atlanta-Sandy Springs-Roswell, GA MSA
Population 5,710,795
Percent less than 18 years old 25.2%
Percent 18 to 64 years old 63.6%
Percent 65 years old and older 11.2%
Percent male 48.5%
Percent high school graduate or higher 88.7%
Percent White 54.7%
Percent Black or African American 33.6%
Percent Asian 5.6%
Percent Other Race 6.0%
Percent Hispanic/Latino 10.6%
Percent unemployed 6.7%
Median household income $60,219
Percent of households below poverty level 10.7%
Violent crime rate/100,000* 401.0
Percent with disability 9.8%

* 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 = 51.9; Rank = 22

- **Health Behaviors**
  - Percent any physical activity or exercise in the last 30 days: 75.7% (Target Goal*: 80.7%)
  - Percent meeting CDC aerobic activity guidelines: 49.5% (Target Goal*: 60.6%)
  - Percent meeting both CDC aerobic and strength activity guidelines: 19.8% (Target Goal*: 23.1%)
  - Percent consuming 2+ fruits per day: 25.5% (Target Goal*: 34.0%)
  - Percent consuming 3+ vegetables per day: 16.0% (Target Goal*: 18.5%)
  - Percent who get 7+ hours of sleep per day: 61.1% (Target Goal*: 69.8%)
  - Percent currently smoking: 16.0% (Target Goal*: 11.6%)

- **Chronic Health Problems**
  - Percent obese: 28.2% (Target Goal*: 25.3%)
  - Percent in excellent or very good health: 55.9% (Target Goal*: 58.0%)
  - Any days when physical health was not good during the past 30 days: 28.7% (Target Goal*: 31.3%)
  - Any days when mental health was not good during the past 30 days: 31.6% (Target Goal*: 28.8%)
  - Percent with asthma: 8.5% (Target Goal*: 6.7%)
  - Percent with high blood pressure: 36.2% (Target Goal*: 26.6%)
  - Percent with angina or coronary heart disease: 3.9% (Target Goal*: 2.8%)
  - Percent diagnosed with a stroke: 5.2% (Target Goal*: 2.0%)
  - Percent with diabetes: 9.9% (Target Goal*: 8.1%)
  - Death rate/100,000 for cardiovascular disease: 172.9 (Target Goal**: 141.3)
  - Death rate/100,000 for diabetes: 18.8 (Target Goal**: 14.9)

Community/Environmental Indicators – Score = 58.9; Rank = 19

(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: 5.9% (Target Goal**: 11.0%)
  - Acres of parkland/1,000 acres: 10.9 (Target Goal**: 18.9)
  - Farmers' markets/1,000,000: 12.1 (Target Goal**: 19.9)
  - Percent using public transportation to work: 3.1% (Target Goal**: 4.4%)
  - Percent bicycling or walking to work: 1.7% (Target Goal**: 2.9%)
  - Walk Score®: 48.0 (Target Goal**: 51.7)

- **Recreational Facilities**
  - Ball diamonds/10,000 people: 1.8 (Target Goal**: 1.9)
  - Dog parks/100,000 people: 0.9 (Target Goal**: 1.1)
  - Park playgrounds/10,000 people: 3.0 (Target Goal**: 2.4)
  - Basketball hoops/10,000 people: 2.8 (Target Goal**: 3.1)
  - Park units/10,000 people: 8.9 (Target Goal**: 8.9)
  - Recreational centers/20,000 people: 1.5 (Target Goal**: 4.4)
  - Swimming pools/100,000 people: 3.0 (Target Goal**: 5.0)
  - Tennis courts/10,000 people: 2.0 (Target Goal**: 3.8)

- **Policy for School P.E.**
  - Level of state requirement for Physical Education: 2.0 (Target Goal**: 2.5)

- **Park-related Expenditures**
  - Total park expenditure per resident: $146.00 (Target Goal**: $109.90)

*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. 
AUSTIN, TX
(Austin-Round Rock, TX MSA)

Total Score = 61.2

Areas of Excellence (at or better than of target goal):
• Higher percentage who get 7+ hours of sleep per day
• Lower percentage with angina or coronary heart disease
• Lower percentage diagnosed with a stroke
• Lower death rate for cardiovascular disease
• Lower death rate for diabetes
• Higher percentage of parkland as city land area
• More acres of parkland per capita
• More dog parks 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):
• Lower percentage consuming 2+ fruits per day
• Higher percentage with asthma
• Lower percentage using public transportation to work
• Lower Walk Score®
• Lower percentage within a 10 minute walk to a park
• Fewer ball diamonds per capita
• Fewer park playgrounds per capita
• Fewer basketball hoops per capita
• Fewer recreation centers per capita
• Fewer tennis courts per capita

Description of Austin-Round Rock, TX MSA
Population 2,000,860
Percent less than 18 years old 23.9%
Percent 18 to 64 years old 66.3%
Percent 65 years old and older 9.8%
Percent male 50.0%
Percent high school graduate or higher 89.2%
Percent White 76.8%
Percent Black or African American 7.5%
Percent Asian 5.6%
Percent Other Race 10.1%
Percent Hispanic/Latino 32.2%
Percent unemployed 4.5%
Median household income $67,195
Percent of households below poverty level 7.6%
Violent crime rate/100,000* 287.7
Percent with disability 8.9%

*Due to differences in jurisdictional definitions and reporting, the FBI recommends that these rates not be compared across areas.
### Personal Health Indicators – Score = 75.0; Rank = 7

**ACSM American Fitness Index® Components**

#### Health Behaviors

<table>
<thead>
<tr>
<th>Health Behavior</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>77.6%</td>
<td>80.7%</td>
</tr>
<tr>
<td>Percent meeting CDC aerobic activity guidelines</td>
<td>50.9%</td>
<td>60.6%</td>
</tr>
<tr>
<td>Percent meeting both CDC aerobic and strength activity guidelines</td>
<td>22.1%</td>
<td>23.1%</td>
</tr>
<tr>
<td>Percent consuming 2+ fruits per day</td>
<td>24.6%</td>
<td>34.0%</td>
</tr>
<tr>
<td>Percent consuming 3+ vegetables per day</td>
<td>18.0%</td>
<td>18.5%</td>
</tr>
<tr>
<td>Percent who get 7+ hours of sleep per day</td>
<td>71.6%</td>
<td>69.8%</td>
</tr>
<tr>
<td>Percent currently smoking</td>
<td>13.8%</td>
<td>11.6%</td>
</tr>
</tbody>
</table>

#### Chronic Health Problems

<table>
<thead>
<tr>
<th>Health Condition</th>
<th>Austin</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent obese</td>
<td>26.7%</td>
<td>23.5%</td>
</tr>
<tr>
<td>Percent in excellent or very good health</td>
<td>50.0%</td>
<td>58.0%</td>
</tr>
<tr>
<td>Any days when physical health was not good during the past 30 days</td>
<td>31.5%</td>
<td>31.3%</td>
</tr>
<tr>
<td>Any days when mental health was not good during the past 30 days</td>
<td>29.0%</td>
<td>28.8%</td>
</tr>
<tr>
<td>Percent with asthma</td>
<td>8.6%</td>
<td>6.7%</td>
</tr>
<tr>
<td>Percent with high blood pressure</td>
<td>28.6%</td>
<td>26.6%</td>
</tr>
<tr>
<td>Percent with angina or coronary heart disease</td>
<td>2.5%</td>
<td>2.8%</td>
</tr>
<tr>
<td>Percent diagnosed with a stroke</td>
<td>1.8%</td>
<td>2.0%</td>
</tr>
<tr>
<td>Percent with diabetes</td>
<td>8.6%</td>
<td>8.1%</td>
</tr>
<tr>
<td>Death rate/100,000 for cardiovascular disease</td>
<td>136.6</td>
<td>141.5</td>
</tr>
<tr>
<td>Death rate/100,000 for diabetes</td>
<td>13.9</td>
<td>14.9</td>
</tr>
</tbody>
</table>

### Community/Environmental Indicators – Score = 44.5; Rank = 35

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

#### Built Environment

<table>
<thead>
<tr>
<th>Environmental Feature</th>
<th>Austin</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parkland as a percent of city land area</td>
<td>14.6%</td>
<td>11.0%</td>
</tr>
<tr>
<td>Acres of parkland/1,000</td>
<td>29.9</td>
<td>18.9</td>
</tr>
<tr>
<td>Farmers’ markets/1,000,000</td>
<td>16.5</td>
<td>19.9</td>
</tr>
<tr>
<td>Percent using public transportation to work</td>
<td>2.3%</td>
<td>4.4%</td>
</tr>
<tr>
<td>Percent bicycling or walking to work</td>
<td>2.5%</td>
<td>2.9%</td>
</tr>
<tr>
<td>Walk Score*</td>
<td>39.0</td>
<td>51.7</td>
</tr>
<tr>
<td>Percent within a 10 minute walk to a park</td>
<td>48.0%</td>
<td>65.4%</td>
</tr>
</tbody>
</table>

#### Recreational Facilities

<table>
<thead>
<tr>
<th>Facility</th>
<th>Austin</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ball diamonds/10,000</td>
<td>0.4</td>
<td>1.9</td>
</tr>
<tr>
<td>Dog parks/100,000</td>
<td>1.3</td>
<td>1.1</td>
</tr>
<tr>
<td>Park playgrounds/10,000</td>
<td>1.1</td>
<td>2.4</td>
</tr>
<tr>
<td>Basketball hoops/10,000</td>
<td>1.7</td>
<td>3.1</td>
</tr>
<tr>
<td>Park units/10,000</td>
<td>3.5</td>
<td>4.4</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>3.0</td>
<td>3.8</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</th>
<th>Austin</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>Expenditure</th>
<th>Austin</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total park expenditure per resident</td>
<td>$88.00</td>
<td>$109.90</td>
</tr>
</tbody>
</table>

*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.
BALTIMORE, MD
(Baltimore-Columbia-Towson, MD MSA)

Total Score = 54.0

Areas of Excellence (at or better than target goal):
• 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 park playgrounds per capita
• More park units 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):
• Lower percentage consuming 3+ vegetables per day
• Higher percentage currently smoking
• Higher percentage obese
• Higher percentage with asthma
• Higher percentage with high blood pressure
• Higher percentage with angina or coronary heart disease
• Higher percentage diagnosed with a stroke
• Higher percentage with diabetes
• Higher death rate for cardiovascular disease
• Higher death rate for diabetes
• Fewer acres of parkland per capita
• Fewer dog parks per capita
• Fewer basketball hoops per capita
• Lower park-related expenditures per capita

Description of Baltimore-Columbia-Towson, MD MSA

Population 2,797,407
Percent less than 18 years old 22.1%
Percent 18 to 64 years old 63.6%
Percent 65 years old and older 14.3%
Percent male 48.3%
Percent high school graduate or higher 90.4%
Percent White 61.3%
Percent Black or African American 28.9%
Percent Asian 5.6%
Percent Other Race 4.3%
Percent Hispanic/Latino 5.5%
Percent unemployed 5.8%
Median household income $72,520
Percent of households below poverty level 7.1%
Violent crime rate/100,000* 624.7
Percent with disability 12.0%

*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 = 46.0; Rank = 28

**Components**

- **Community/Environmental Indicators – Score = 63.8; Rank = 9**
  (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: 74.7% (Baltimore), 80.7% (Target Goal)
- Percent meeting CDC aerobic activity guidelines: 52.2% (Baltimore), 60.6% (Target Goal)
- Percent meeting both CDC aerobic and strength activity guidelines: 20.7% (Baltimore), 23.1% (Target Goal)
- Percent consuming 2+ fruits per day: 29.4% (Baltimore), 34.0% (Target Goal)
- Percent consuming 3+ vegetables per day: 13.2% (Baltimore), 18.5% (Target Goal)
- Percent who get 7+ hours of sleep per day: 62.2% (Baltimore), 69.8% (Target Goal)
- Percent currently smoking: 16.9% (Baltimore), 11.6% (Target Goal)

**Chronic Health Problems**
- Percent obese: 31.5% (Baltimore), 23.5% (Target Goal)
- Percent in excellent or very good health: 54.5% (Baltimore), 58.0% (Target Goal)
- Any days when physical health was not good during the past 30 days: 33.5% (Baltimore), 31.3% (Target Goal)
- Any days when mental health was not good during the past 30 days: 33.2% (Baltimore), 28.8% (Target Goal)
- Percent with asthma: 9.9% (Baltimore), 6.7% (Target Goal)
- Percent with high blood pressure: 35.6% (Baltimore), 26.6% (Target Goal)
- Percent with angina or coronary heart disease: 4.2% (Baltimore), 2.8% (Target Goal)
- Percent diagnosed with a stroke: 3.4% (Baltimore), 2.0% (Target Goal)
- Percent with diabetes: 11.1% (Baltimore), 8.1% (Target Goal)
- Death rate/100,000 for cardiovascular disease: 195.5 (Baltimore), 141.3 (Target Goal)
- Death rate/100,000 for diabetes: 18.4 (Baltimore), 14.9 (Target Goal)

**Built Environment**
- Parkland as a percent of city land area: 9.6% (Baltimore), 11.0% (Target Goal)
- Acres of parkland/1,000: 7.9 (Baltimore), 18.9 (Target Goal)
- Farmers’ markets/1,000,000: 25.0 (Baltimore), 19.9 (Target Goal)
- Percent using public transportation to work: 6.5% (Baltimore), 4.4% (Target Goal)
- Percent bicycling or walking to work: 3.4% (Baltimore), 2.9% (Target Goal)
- Walk Score*: 69.0 (Baltimore), 51.7 (Target Goal)
- Percent within a 10 minute walk to a park: 85.2% (Baltimore), 65.4% (Target Goal)

**Recreational Facilities**
- Ball diamonds/10,000: 3.3 (Baltimore), 1.9 (Target Goal)
- Dog parks/100,000: 0.3 (Baltimore), 1.1 (Target Goal)
- Park playgrounds/10,000: 3.2 (Baltimore), 2.4 (Target Goal)
- Basketball hoops/10,000: 1.6 (Baltimore), 3.1 (Target Goal)
- Park units/10,000: 6.8 (Baltimore), 4.4 (Target Goal)
- Recreational centers/20,000: 1.3 (Baltimore), 1.0 (Target Goal)
- Swimming pools/100,000: 3.5 (Baltimore), 3.0 (Target Goal)
- Tennis courts/10,000: 1.8 (Baltimore), 2.0 (Target Goal)

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

**Park-related Expenditures**
- Total park expenditure per resident: $82.00 (Baltimore), $109.90 (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.
BIRMINGHAM, AL
(Birmingham-Hoover, AL MSA)

Total Score = 31.2

Areas of Excellence (at or better than target goal):
• More farmers’ markets per capita
• More park playgrounds per capita
• More basketball hoops 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 percentage meeting CDC aerobic activity guidelines
• Lower percentage meeting both CDC aerobic and strength activity guidelines
• Lower percentage consuming 2+ fruits per day
• Lower percentage consuming 3+ vegetables per day
• Higher percentage currently smoking
• Higher percentage obese
• Higher percentage of days when physical health was not good during the past 30 days
• Higher percentage with asthma
• Higher percentage with high blood pressure
• Higher percentage with angina or coronary heart disease
• Higher percentage diagnosed with a stroke
• Higher percentage with diabetes
• Higher death rate for cardiovascular disease
• Higher death rate for diabetes
• Lower percentage of parkland as city land area
• Fewer acres of parkland per capita
• Lower percentage using public transportation to work
• Lower percentage bicycling or walking to work
• Lower Walk Score®
• Lower park-related expenditures per capita

Description of Birmingham-Hoover, AL MSA

<table>
<thead>
<tr>
<th>Population</th>
<th>1,145,647</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent less than 18 years old</td>
<td>23.3%</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>14.9%</td>
</tr>
<tr>
<td>Percent male</td>
<td>47.8%</td>
</tr>
<tr>
<td>Percent high school graduate or higher</td>
<td>88.0%</td>
</tr>
<tr>
<td>Percent White</td>
<td>65.8%</td>
</tr>
<tr>
<td>Percent Black or African American</td>
<td>29.1%</td>
</tr>
<tr>
<td>Percent Asian</td>
<td>1.5%</td>
</tr>
<tr>
<td>Percent Other Race</td>
<td>3.6%</td>
</tr>
<tr>
<td>Percent Hispanic/Latino</td>
<td>4.1%</td>
</tr>
<tr>
<td>Percent unemployed</td>
<td>6.9%</td>
</tr>
<tr>
<td>Median household income</td>
<td>$51,459</td>
</tr>
<tr>
<td>Percent of households below poverty level</td>
<td>11.8%</td>
</tr>
<tr>
<td>Violent crime rate/100,000*</td>
<td>682.0</td>
</tr>
<tr>
<td>Percent with disability</td>
<td>15.1%</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 = 12.7; Rank = 50

#### Health Behaviors

<table>
<thead>
<tr>
<th>Health Behaviors</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>67.9%</td>
<td>80.7%</td>
</tr>
<tr>
<td>Percent meeting CDC aerobic activity guidelines</td>
<td>44.3%</td>
<td>60.6%</td>
</tr>
<tr>
<td>Percent meeting both CDC aerobic and strength activity guidelines</td>
<td>16.5%</td>
<td>23.1%</td>
</tr>
<tr>
<td>Percent consuming 2+ fruits per day</td>
<td>16.8%</td>
<td>34.0%</td>
</tr>
<tr>
<td>Percent consuming 3+ vegetables per day</td>
<td>8.8%</td>
<td>18.5%</td>
</tr>
<tr>
<td>Percent who get 7+ hours of sleep per day</td>
<td>58.1%</td>
<td>69.8%</td>
</tr>
<tr>
<td>Percent currently smoking</td>
<td>20.7%</td>
<td>11.6%</td>
</tr>
</tbody>
</table>

#### Chronic Health Problems

<table>
<thead>
<tr>
<th>Chronic Health Problems</th>
<th>Birmingham</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent obese</td>
<td>34.8%</td>
<td>23.5%</td>
</tr>
<tr>
<td>Percent in excellent or very good health</td>
<td>47.9%</td>
<td>58.0%</td>
</tr>
<tr>
<td>Any days when physical health was not good during the past 30 days</td>
<td>37.8%</td>
<td>31.3%</td>
</tr>
<tr>
<td>Any days when mental health was not good during the past 30 days</td>
<td>34.3%</td>
<td>28.8%</td>
</tr>
<tr>
<td>Percent with asthma</td>
<td>9.1%</td>
<td>6.7%</td>
</tr>
<tr>
<td>Percent with high blood pressure</td>
<td>38.6%</td>
<td>26.6%</td>
</tr>
<tr>
<td>Percent with angina or coronary heart disease</td>
<td>4.6%</td>
<td>2.8%</td>
</tr>
<tr>
<td>Percent diagnosed with a stroke</td>
<td>4.6%</td>
<td>2.0%</td>
</tr>
<tr>
<td>Percent with diabetes</td>
<td>12.7%</td>
<td>8.1%</td>
</tr>
<tr>
<td>Death rate/100,000 for cardiovascular disease</td>
<td>223.7</td>
<td>141.3</td>
</tr>
<tr>
<td>Death rate/100,000 for diabetes</td>
<td>19.0</td>
<td>14.9</td>
</tr>
</tbody>
</table>

### Community/Environmental Indicators – Score = 54.7; Rank = 26

#### Community/Environmental Indicators

<table>
<thead>
<tr>
<th>Community/Environmental Indicators</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>11.0%</td>
</tr>
<tr>
<td>Acres of parkland/1,000</td>
<td>11.3</td>
<td>18.9</td>
</tr>
<tr>
<td>Farmers’ markets/1,000,000</td>
<td>25.3</td>
<td>19.9</td>
</tr>
<tr>
<td>Percent using public transportation to work</td>
<td>0.7%</td>
<td>4.4%</td>
</tr>
<tr>
<td>Percent bicycling or walking to work</td>
<td>1.1%</td>
<td>2.9%</td>
</tr>
<tr>
<td>Walk Score*</td>
<td>35.0</td>
<td>51.7</td>
</tr>
<tr>
<td>Percent within a 10 minute walk to a park</td>
<td>***</td>
<td>65.4%</td>
</tr>
</tbody>
</table>

#### Recreational Facilities

<table>
<thead>
<tr>
<th>Recreational Facilities</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>1.1</td>
</tr>
<tr>
<td>Park playgrounds/10,000</td>
<td>2.4</td>
<td>3.8</td>
</tr>
<tr>
<td>Basketball hoops/10,000</td>
<td>3.1</td>
<td>9.4</td>
</tr>
<tr>
<td>Park units/10,000</td>
<td>5.1</td>
<td>4.4</td>
</tr>
<tr>
<td>Recreational centers/20,000</td>
<td>2.2</td>
<td>4.4</td>
</tr>
<tr>
<td>Swimming pools/100,000</td>
<td>3.0</td>
<td>8.9</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>Policy for School P.E.</th>
<th>Birmingham</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 Expenditures</th>
<th>Birmingham</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total park expenditure per resident</td>
<td>$63.00</td>
<td>$109.90</td>
</tr>
</tbody>
</table>

---

*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.

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

Total Score = 71.5

Areas of Excellence (at or better than target goal):
• Lower percentage obese
• Higher percentage in excellent or very good health
• Higher percentage of parkland as city land area
• More farmers’ markets per capita
• Higher percent 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 swimming pools per capita
• Higher level of state requirement for Physical Education classes

Improvement Priority Areas (worse than 20% of target goal):
• Higher percentage of days when mental health was not good during the past 30 days
• Higher percentage with asthma
• Higher percentage with angina or coronary heart disease
• Higher percentage diagnosed with a stroke
• Fewer acres of parkland per capita
• Fewer tennis courts per capita

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

Population 4,774,321
Percent less than 18 years old 20.4%
Percent 18 to 64 years old 65.0%
Percent 65 years old and older 14.6%
Percent male 48.6%
Percent high school graduate or higher 91.4%
Percent White 77.0%
Percent Black or African American 8.0%
Percent Asian 7.6%
Percent Other Race 7.3%
Percent Hispanic/Latino 10.6%
Percent unemployed 5.3%
Median household income $78,800
Percent of households below poverty level 7.0%
Violent crime rate/100,000* N/A‡
Percent with disability 10.6%

*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 = 70.4; Rank = 10**

<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>74.3%</td>
<td>80.7%</td>
</tr>
<tr>
<td>percent meeting CDC aerobic activity guidelines</td>
<td>52.8%</td>
<td>60.6%</td>
</tr>
<tr>
<td>percent meeting both CDC aerobic and strength activity guidelines</td>
<td>21.4%</td>
<td>23.1%</td>
</tr>
<tr>
<td>percent consuming 2+ fruits per day</td>
<td>27.8%</td>
<td>34.0%</td>
</tr>
<tr>
<td>percent consuming 3+ vegetables per day</td>
<td>15.8%</td>
<td>18.5%</td>
</tr>
<tr>
<td>percent who get 7+ hours of sleep per day</td>
<td>66.6%</td>
<td>69.8%</td>
</tr>
<tr>
<td>percent currently smoking</td>
<td>12.7%</td>
<td>11.6%</td>
</tr>
</tbody>
</table>

**Chronic Health Problems**

<table>
<thead>
<tr>
<th>Chronic Health Problems</th>
<th>Boston</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>percent obese</td>
<td>23.0%</td>
<td>23.5%</td>
</tr>
<tr>
<td>percent in excellent or very good health</td>
<td>58.4%</td>
<td>58.0%</td>
</tr>
<tr>
<td>any days when physical health was not good during the past 30 days</td>
<td>34.0%</td>
<td>31.3%</td>
</tr>
<tr>
<td>any days when mental health was not good during the past 30 days</td>
<td>34.7%</td>
<td>28.8%</td>
</tr>
<tr>
<td>percent with asthma</td>
<td>9.6%</td>
<td>6.7%</td>
</tr>
<tr>
<td>percent with high blood pressure</td>
<td>29.1%</td>
<td>26.6%</td>
</tr>
<tr>
<td>percent with angina or coronary heart disease</td>
<td>3.7%</td>
<td>2.8%</td>
</tr>
<tr>
<td>percent diagnosed with a stroke</td>
<td>2.4%</td>
<td>2.0%</td>
</tr>
<tr>
<td>percent with diabetes</td>
<td>8.8%</td>
<td>8.1%</td>
</tr>
<tr>
<td>death rate/100,000 for cardiovascular disease</td>
<td>146.0</td>
<td>141.3</td>
</tr>
<tr>
<td>death rate/100,000 for diabetes</td>
<td>16.2</td>
<td>14.9</td>
</tr>
</tbody>
</table>

**Community/Environmental Indicators – Score = 72.9; Rank = 4**

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

**Built Environment**

<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>17.0%</td>
<td>11.0%</td>
</tr>
<tr>
<td>acres of parkland/1,000</td>
<td>7.6</td>
<td>18.9</td>
</tr>
<tr>
<td>farmers’ markets/1,000,000</td>
<td>36.9</td>
<td>19.9</td>
</tr>
<tr>
<td>percent using public transportation to work</td>
<td>13.6%</td>
<td>4.4%</td>
</tr>
<tr>
<td>percent bicycling or walking to work</td>
<td>6.5%</td>
<td>2.9%</td>
</tr>
<tr>
<td>walk score*</td>
<td>81.0</td>
<td>51.7</td>
</tr>
<tr>
<td>percent within a 10 minute walk to a park</td>
<td>97.7%</td>
<td>65.4%</td>
</tr>
</tbody>
</table>

**Recreational Facilities**

<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>2.0</td>
<td>1.9</td>
</tr>
<tr>
<td>dog parks/100,000</td>
<td>1.1</td>
<td>1.1</td>
</tr>
<tr>
<td>park playgrounds/10,000</td>
<td>2.8</td>
<td>2.4</td>
</tr>
<tr>
<td>basketball hoops/10,000</td>
<td>3.6</td>
<td>3.1</td>
</tr>
<tr>
<td>park units/10,000</td>
<td>6.9</td>
<td>4.4</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>3.7</td>
<td>3.0</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>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>

**Park-related Expenditures**

<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>$107.00</td>
<td>$109.90</td>
</tr>
</tbody>
</table>

*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.
BUFFALO, NY
(Buffalo-Cheektowaga-Niagara Falls, NY MSA)

Total Score = 52.5

Areas of Excellence (at or better than target goal):
- Higher percentage meeting both CDC aerobic and strength activity guidelines
- Higher percentage consuming 2+ fruits per day
- More farmers’ markets per capita
- Higher Walk Score®
- Higher percentage within a 10 minute walk to a park
- More ball diamonds per capita
- More park playgrounds per capita
- More basketball hoops per capita
- More park units 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 percentage currently smoking
- Higher percentage obese
- Higher percentage of days when physical health was not good during the past 30 days
- Higher percentage of days when mental health was not good during the past 30 days
- Higher percentage with asthma
- Higher percentage with high blood pressure
- Higher percentage with angina or coronary heart disease
- Higher percentage diagnosed with a stroke
- Higher percentage with diabetes
- Higher death rate for cardiovascular disease
- Higher death rate for diabetes
- Lower percentage of parkland as city land area
- Fewer acres of parkland per capita
- Fewer dog parks per capita
- Fewer recreation centers per capita
- Lower park-related expenditures per capita

Description of Buffalo-Cheektowaga-Niagara Falls, NY MSA

Population 1,135,230
Percent less than 18 years old 20.5%
Percent 18 to 64 years old 62.6%
Percent 65 years old and older 16.9%
Percent male 48.4%
Percent high school graduate or higher 90.5%
Percent White 79.6%
Percent Black or African American 12.4%
Percent Asian 3.1%
Percent Other Race 4.9%
Percent Hispanic/Latino 4.8%
Percent unemployed 5.1%
Median household income $51,772
Percent of households below poverty level 10.8%
Violent crime rate/100,000* 401.8
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 = 47.8; Rank = 26

<table>
<thead>
<tr>
<th>Health Behaviors</th>
<th>Buffalo</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent any physical activity or exercise in the last 30 days</td>
<td>72.3%</td>
<td>80.7%</td>
</tr>
<tr>
<td>Percent meeting CDC aerobic activity guidelines</td>
<td>50.8%</td>
<td>60.6%</td>
</tr>
<tr>
<td>Percent meeting both CDC aerobic and strength activity guidelines</td>
<td>23.9%</td>
<td>23.1%</td>
</tr>
<tr>
<td>Percent consuming 2+ fruits per day</td>
<td>35.5%</td>
<td>34.0%</td>
</tr>
<tr>
<td>Percent consuming 3+ vegetables per day</td>
<td>18.1%</td>
<td>18.5%</td>
</tr>
<tr>
<td>Percent who get 7+ hours of sleep per day</td>
<td>63.7%</td>
<td>69.8%</td>
</tr>
<tr>
<td>Percent currently smoking</td>
<td>18.0%</td>
<td>11.6%</td>
</tr>
</tbody>
</table>

**Percent obese**
- Buffalo: 31.7%
- Target Goal: 23.5%

**Percent in excellent or very good health**
- Buffalo: 53.7%
- Target Goal: 58.0%

**Any days when physical health was not good during the past 30 days**
- Buffalo: 38.6%
- Target Goal: 31.3%

**Any days when mental health was not good during the past 30 days**
- Buffalo: 38.5%
- Target Goal: 28.8%

**Percent with asthma**
- Buffalo: 12.1%
- Target Goal: 6.7%

**Percent with high blood pressure**
- Buffalo: 35.2%
- Target Goal: 26.6%

**Percent with angina or coronary heart disease**
- Buffalo: 4.2%
- Target Goal: 2.8%

**Percent diagnosed with a stroke**
- Buffalo: 2.5%
- Target Goal: 2.0%

**Percent with diabetes**
- Buffalo: 10.2%
- Target Goal: 8.1%

**Death rate/100,000 for cardiovascular disease**
- Buffalo: 208.2
- Target Goal: 141.3

**Death rate/100,000 for diabetes**
- Buffalo: 21.0
- Target Goal: 14.9

### Community/Environmental Indicators – Score = 58.2; Rank = 20

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

<table>
<thead>
<tr>
<th>Built Environment</th>
<th>Buffalo</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parkland as a percent of city land area</td>
<td>7.5%</td>
<td>11.0%</td>
</tr>
<tr>
<td>Acres of parkland/1,000</td>
<td>7.4%</td>
<td>18.9</td>
</tr>
<tr>
<td>Farmers' markets/1,000,000</td>
<td>27.3%</td>
<td>19.9</td>
</tr>
<tr>
<td>Percent using public transportation to work</td>
<td>3.5%</td>
<td>4.4%</td>
</tr>
<tr>
<td>Percent bicycling or walking to work</td>
<td>2.6%</td>
<td>2.9%</td>
</tr>
<tr>
<td>Walk Score*</td>
<td>67.0%</td>
<td>51.7%</td>
</tr>
<tr>
<td>Percent within a 10 minute walk to a park</td>
<td>84.9%</td>
<td>65.4%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Recreational Facilities</th>
<th>Buffalo</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>0.8%</td>
<td>1.1%</td>
</tr>
<tr>
<td>Park playgrounds/10,000</td>
<td>2.4%</td>
<td>2.4%</td>
</tr>
<tr>
<td>Basketball hoops/10,000</td>
<td>3.1%</td>
<td>5.8%</td>
</tr>
<tr>
<td>Park units/10,000</td>
<td>3.1%</td>
<td>8.0%</td>
</tr>
<tr>
<td>Recreational centers/20,000</td>
<td>0.7%</td>
<td>4.4%</td>
</tr>
<tr>
<td>Swimming pools/100,000</td>
<td>3.9%</td>
<td>3.0%</td>
</tr>
<tr>
<td>Tennis courts/10,000</td>
<td>1.9%</td>
<td>2.0%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Policy for School P.E.</th>
<th>Buffalo</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>Buffalo</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total park expenditure per resident</td>
<td>$53.00</td>
<td>$109.90</td>
</tr>
</tbody>
</table>

---

*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.
CHARLOTTE, NC
(Charlotte-Concord-Gastonia, NC-SC MSA)

Total Score = 30.3

Areas of Excellence (at or better than target goal):
• More acres of parkland per capita

Improvement Priority Areas (worse than 20% of target goal):
• Lower percentage meeting CDC aerobic activity guidelines
• Lower percentage consuming 2+ fruits per day
• Lower percentage consuming 3+ vegetables per day
• Higher percentage currently smoking
• Higher percentage obese
• Higher percentage with high blood pressure
• Higher percentage with angina or coronary heart disease
• Higher percentage diagnosed with a stroke
• Higher percentage with diabetes
• Higher death rate for diabetes
• Lower percentage parkland as city land area
• Lower percentage using public transportation to work
• Lower percentage bicycling or walking to work
• Lower Walk Score®
• Lower percentage within a 10 minute walk to a park
• Fewer ball diamonds per capita
• Fewer dog parks per capita
• Fewer park playgrounds 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
• Lower level of state requirement for Physical Education classes

Description of Charlotte-Concord-Gastonia, NC-SC MSA
Population 2,426,363
Percent less than 18 years old 24.4%
Percent 18 to 64 years old 62.9%
Percent 65 years old and older 12.7%
Percent male 48.5%
Percent high school graduate or higher 87.9%
Percent White 68.3%
Percent Black or African American 22.5%
Percent Asian 3.4%
Percent Other Race 5.7%
Percent Hispanic/Latino 9.7%
Percent unemployed 6.9%
Median household income $54,836
Percent of households below poverty level 10.3%
Violent crime rate/100,000* N/A‡
Percent with disability 11.2%

*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 = 35.8; Rank = 40

Health Behaviors
- Percent any physical activity or exercise in the last 30 days: 73.5% (Charlotte), 80.7% (Target Goal*)
- Percent meeting CDC aerobic activity guidelines: 47.4% (Charlotte), 60.6% (Target Goal*)
- Percent meeting both CDC aerobic and strength activity guidelines: 18.6% (Charlotte), 23.1% (Target Goal*)
- Percent consuming 2+ fruits per day: 21.3% (Charlotte), 34.0% (Target Goal*)
- Percent consuming 3+ vegetables per day: 14.6% (Charlotte), 18.5% (Target Goal*)
- Percent who get 7+ hours of sleep per day: 66.1% (Charlotte), 69.8% (Target Goal*)
- Percent currently smoking: 16.8% (Charlotte), 11.6% (Target Goal*)

Chronic Health Problems
- Percent obese: 33.1% (Charlotte), 23.5% (Target Goal*)
- Percent in excellent or very good health: 51.0% (Charlotte), 58.0% (Target Goal*)
- Any days when physical health was not good during the past 30 days: 31.4% (Charlotte), 28.8% (Target Goal*)
- Any days when mental health was not good during the past 30 days: 7.0% (Charlotte), 6.7% (Target Goal*)
- Percent with asthma: 37.0% (Charlotte), 26.6% (Target Goal*)
- Percent with high blood pressure: 4.7% (Charlotte), 2.8% (Target Goal*)
- Percent with angina or coronary heart disease: 4.3% (Charlotte), 2.0% (Target Goal*)
- Percent diagnosed with a stroke: 12.3% (Charlotte), 8.1% (Target Goal*)
- Percent with diabetes: 167.2 (Charlotte), 141.3 (Target Goal*)
- Death rate/100,000 for cardiovascular disease: 21.4 (Charlotte), 14.9 (Target Goal*)
- Death rate/100,000 for diabetes: 33.1 (Charlotte), 23.5% (Target Goal*)

Community/Environmental Indicators – Score = 23.7; Rank = 50

(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: 6.4% (Charlotte), 11.0% (Target Goal*)
- Acres of parkland/1,000: 21.0 (Charlotte), 18.9 (Target Goal*)
- Farmers’ markets/1,000,000: 19.4 (Charlotte), 19.9 (Target Goal*)
- Percent using public transportation to work: 1.8% (Charlotte), 4.4% (Target Goal*)
- Percent bicycling or walking to work: 1.6% (Charlotte), 2.9% (Target Goal*)
- Walk Score*: 26.0 (Charlotte), 51.7 (Target Goal*)
- Percent within a 10 minute walk to a park: 26.7% (Charlotte), 65.4% (Target Goal*)

Recreational Facilities
- Ball diamonds/10,000: 1.1 (Charlotte), 1.9 (Target Goal*)
- Dog parks/100,000: 0.6 (Charlotte), 1.1 (Target Goal*)
- Park playgrounds/10,000: 1.8 (Charlotte), 2.4 (Target Goal*)
- Basketball hoops/10,000: 1.1 (Charlotte), 3.1 (Target Goal*)
- Park units/10,000: 2.4 (Charlotte), 4.4 (Target Goal*)
- Recreational centers/20,000: 0.5 (Charlotte), 1.0 (Target Goal*)
- Swimming pools/100,000: 0.5 (Charlotte), 3.0 (Target Goal*)
- Tennis courts/10,000: 1.5 (Charlotte), 2.0 (Target Goal*)

Policy for School P.E.
- Level of state requirement for Physical Education: 1.0 (Charlotte), 2.5 (Target Goal*)

Park-related Expenditures
- Total park expenditure per resident: $40.00 (Charlotte), $109.90 (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.
CHICAGO, IL
(Chicago-Naperville-Elgin, IL-IN-WI MSA)

Total Score = 58.4

Areas of Excellence (at or better than target goal):
- 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 park playgrounds 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):
- Higher percentage currently smoking
- Higher percentage obese
- Higher percentage of days when physical health was not good during the past 30 days
- Higher percentage of days when mental health was not good during the past 30 days
- Higher percentage with asthma
- Higher percentage with angina or coronary heart disease
- Higher percentage diagnosed with a stroke
- Higher percentage with diabetes
- Higher death rate for cardiovascular disease
- Higher death rate for diabetes
- Fewer acres of parkland per capita
- Fewer dog parks per capita
- Fewer park units per capita

Description of Chicago-Naperville-Elgin, IL-IN-WI MSA
Population 9,551,031
Percent less than 18 years old 23.5%
Percent 18 to 64 years old 63.4%
Percent 65 years old and older 13.1%
Percent male 48.9%
Percent high school graduate or higher 87.9%
Percent White 66.0%
Percent Black or African American 16.8%
Percent Asian 6.4%
Percent Other Race 10.7%
Percent Hispanic/Latino 21.9%
Percent unemployed 7.1%
Median household income $63,153
Percent of households below poverty level 10.0%
Violent crime rate/100,000* 377.6
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 = 52.3; Rank = 21

Components

Community/Environmental Indicators – Score = 65.7; Rank = 8

(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
  - Chicago: 75.0%
  - Target Goal*: 80.7%
- Percent meeting CDC aerobic activity guidelines
  - Chicago: 49.2%
  - Target Goal*: 60.6%
- Percent meeting both CDC aerobic and strength activity guidelines
  - Chicago: 20.2%
  - Target Goal*: 23.1%
- Percent consuming 2+ fruits per day
  - Chicago: 32.7%
  - Target Goal*: 34.0%
- Percent consuming 3+ vegetables per day
  - Chicago: 16.6%
  - Target Goal*: 18.5%
- Percent who get 7+ hours of sleep per day
  - Chicago: 65.5%
  - Target Goal*: 69.8%
- Percent currently smoking
  - Chicago: 14.7%
  - Target Goal*: 11.6%

Chronic Health Problems

- Percent obese
  - Chicago: 30.8%
  - Target Goal*: 25.3%
- Percent in excellent or very good health
  - Chicago: 49.8%
  - Target Goal*: 58.0%
- Any days when physical health was not good during the past 30 days
  - Chicago: 42.2%
  - Target Goal*: 31.3%
- Any days when mental health was not good during the past 30 days
  - Chicago: 40.4%
  - Target Goal*: 28.8%
- Percent with asthma
  - Chicago: 8.4%
  - Target Goal*: 6.7%
- Percent with high blood pressure
  - Chicago: 29.7%
  - Target Goal*: 26.6%
- Percent with angina or coronary heart disease
  - Chicago: 3.9%
  - Target Goal*: 2.8%
- Percent diagnosed with a stroke
  - Chicago: 3.0%
  - Target Goal*: 2.0%
- Percent with diabetes
  - Chicago: 10.0%
  - Target Goal*: 8.1%
- Death rate/100,000 for cardiovascular disease
  - Chicago: 180.3
  - Target Goal*: 141.3
- Death rate/100,000 for diabetes
  - Chicago: 20.6
  - Target Goal*: 14.9

Community/Environmental Indicators

Built Environment

- Parkland as a percent of city land area
  - Chicago: 9.2%
  - Target Goal**: 11.0%
- Acres of parkland/1,000
  - Chicago: 4.6
  - Target Goal**: 18.9
- Farmers’ markets/1,000
  - Chicago: 20.4
  - Target Goal**: 19.9
- Percent using public transportation to work
  - Chicago: 12.0%
  - Target Goal**: 4.4%
- Percent bicycling or walking to work
  - Chicago: 3.8%
  - Target Goal**: 2.9%
- Walk Score®
  - Chicago: 78.0
  - Target Goal**: 51.7
- Percent within a 10 minute walk to a park
  - Chicago: 91.9%
  - Target Goal**: 65.4%

Recreational Facilities

- Ball diamonds/10,000
  - Chicago: 2.6
  - Target Goal**: 1.9
- Dog parks/100,000
  - Chicago: 0.8
  - Target Goal**: 1.1
- Park playgrounds/10,000
  - Chicago: 2.4
  - Target Goal**: 2.4
- Basketball hoops/10,000
  - Chicago: 2.9
  - Target Goal**: 3.1
- Park units/10,000
  - Chicago: 2.8
  - Target Goal**: 4.4
- Recreational centers/20,000
  - Chicago: 1.8
  - Target Goal**: 1.0
- Swimming pools/100,000
  - Chicago: 2.9
  - Target Goal**: 3.0
- Tennis courts/10,000
  - Chicago: 2.0
  - Target Goal**: 2.0

Policy for School P.E.

- Level of state requirement for Physical Education
  - Chicago: 3.0
  - Target Goal**: 2.5

Park-related Expenditures

- Total park expenditure per resident
  - Chicago: $171.00
  - Target Goal**: $109.90

*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.
CINCINNATI, OH
(Cincinnati, OH-KY-IN MSA)

Total Score = 53.9

Areas of Excellence (at or better than target goal):
• Higher percentage of parkland as city land area
• More acres of parkland per capita
• More farmers’ markets per capita
• 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 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 percentage consuming 2+ fruits per day
• Lower percentage consuming 3+ vegetables per day
• Higher percentage currently smoking
• Higher percentage obese
• Higher percentage of days when physical health was not good during the past 30 days
• Higher percentage of days when mental health was not good during the past 30 days
• Higher percentage with asthma
• Higher percentage with high blood pressure
• Higher percentage with angina or coronary heart disease
• Higher percentage diagnosed with a stroke
• Higher percentage with diabetes
• Higher death rate for cardiovascular disease
• Higher death rate for diabetes
• Lower percentage using public transportation to work
• Lower percentage bicycling or walking to work
• Lower level of state requirement for Physical Education classes

Description of Cincinnati, OH-KY-IN MSA
Population 2,157,719
Percent less than 18 years old 24.0%
Percent 18 to 64 years old 62.1%
Percent 65 years old and older 13.9%
Percent male 48.9%
Percent high school graduate or higher 90.5%
Percent White 82.2%
Percent Black or African American 12.0%
Percent Asian 2.3%
Percent Other Race 3.4%
Percent Hispanic/Latino 3.0%
Percent unemployed 5.6%
Median household income $56,826
Percent of households below poverty level 9.3%
Violent crime rate/100,000* 259.4
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 = 37.2; Rank = 39

Health Behaviors
- Percent any physical activity or exercise in the last 30 days: 76.8% (Cincinnati), 80.7% (Target Goal*)
- Percent meeting CDC aerobic activity guidelines: 54.4% (Cincinnati), 60.6% (Target Goal*)
- Percent meeting both CDC aerobic and strength activity guidelines: 22.9% (Cincinnati), 23.1% (Target Goal*)
- Percent consuming ≥2 fruits per day: 23.2% (Cincinnati), 34.0% (Target Goal*)
- Percent consuming ≥3 vegetables per day: 12.2% (Cincinnati), 18.5% (Target Goal*)
- Percent who get ≥7 hours of sleep per day: 61.0% (Cincinnati), 69.8% (Target Goal*)
- Percent currently smoking: 21.7% (Cincinnati), 11.6% (Target Goal*)

Chronic Health Problems
- Percent obese: 30.0% (Cincinnati), 23.5% (Target Goal*)
- Percent in excellent or very good health: 52.4% (Cincinnati), 58.0% (Target Goal*)
- Any days when physical health was not good during the past 30 days: 38.5% (Cincinnati), 31.3% (Target Goal*)
- Any days when mental health was not good during the past 30 days: 36.6% (Cincinnati), 28.8% (Target Goal*)
- Percent with asthma: 8.4% (Cincinnati), 6.7% (Target Goal*)
- Percent with high blood pressure: 36.6% (Cincinnati), 26.6% (Target Goal*)
- Percent with angina or coronary heart disease: 4.6% (Cincinnati), 2.8% (Target Goal*)
- Percent diagnosed with a stroke: 2.8% (Cincinnati), 2.0% (Target Goal*)
- Percent with diabetes: 10.6% (Cincinnati), 8.1% (Target Goal*)
- Death rate/100,000 for cardiovascular disease: 185.9 (Cincinnati), 141.3 (Target Goal*)
- Death rate/100,000 for diabetes: 25.1 (Cincinnati), 14.9 (Target Goal*)

Community/Environmental Indicators – Score = 74.1; 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: 14.1% (Cincinnati), 11.0% (Target Goal*)
- Acres of parkland/1,000: 23.1 (Cincinnati), 18.9 (Target Goal*)
- Farmers’ markets/1,000,000: 21.3 (Cincinnati), 19.9 (Target Goal*)
- Percent using public transportation to work: 2.0% (Cincinnati), 4.4% (Target Goal*)
- Percent bicycling or walking to work: 2.2% (Cincinnati), 2.9% (Target Goal*)
- Walk Score®: 50.1 (Cincinnati), 51.7 (Target Goal*)
- Percent within a 10 minute walk to a park: 71.2% (Cincinnati), 65.4% (Target Goal*)

Recreational Facilities
- Ball diamonds/10,000: 4.1 (Cincinnati), 1.9 (Target Goal*)
- Dog parks/100,000: 1.3 (Cincinnati), 1.1 (Target Goal*)
- Park playgrounds/10,000: 2.4 (Cincinnati), 5.1 (Target Goal*)
- Basketball hoops/10,000: 3.1 (Cincinnati), 5.2 (Target Goal*)
- Park units/10,000: 4.4 (Cincinnati), 9.2 (Target Goal*)
- Recreational centers/20,000: 2.3 (Cincinnati), 2.1 (Target Goal*)
- Swimming pools/100,000: 3.0 (Cincinnati), 8.4 (Target Goal*)
- Tennis courts/10,000: 2.0 (Cincinnati), 3.2 (Target Goal*)

Policy for School P.E.
- Level of state requirement for Physical Education: 1.0 (Cincinnati), 2.5 (Target Goal*)

Park-related Expenditures
- Total park expenditure per resident: $206.00 (Cincinnati), $109.90 (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.
CLEVELAND, OH
(Cleveland-Elyria, OH MSA)

Total Score = 50.0

Areas of Excellence (at or better than target goal):
• More farmers’ markets per capita
• Higher Walk Score®
• Higher percentage within a 10 minute walk to a park
• More ball diamonds per capita
• More park playgrounds per capita
• More basketball hoops 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 percentage consuming 3+ vegetables per day
• Higher percentage currently smoking
• Higher percentage obese
• Higher percentage with asthma
• Higher percentage with high blood pressure
• Higher percentage diagnosed with a stroke
• Higher percentage with diabetes
• Higher death rate for cardiovascular disease
• Higher death rate for diabetes
• Lower percentage of parkland as city land area
• Fewer acres of parkland per capita
• Lower percentage using public transportation to work
• Fewer dog parks per capita
• Fewer park units per capita
• Lower level of state requirement for Physical Education classes

Description of Cleveland-Elyria, OH MSA

<table>
<thead>
<tr>
<th>Stat</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population</td>
<td>2,060,810</td>
</tr>
<tr>
<td>Percent less than 18 years old</td>
<td>21.7%</td>
</tr>
<tr>
<td>Percent 18 to 64 years old</td>
<td>61.3%</td>
</tr>
<tr>
<td>Percent 65 years old and older</td>
<td>17.0%</td>
</tr>
<tr>
<td>Percent male</td>
<td>48.4%</td>
</tr>
<tr>
<td>Percent high school graduate or higher</td>
<td>89.7%</td>
</tr>
<tr>
<td>Percent White</td>
<td>73.9%</td>
</tr>
<tr>
<td>Percent Black or African American</td>
<td>20.0%</td>
</tr>
<tr>
<td>Percent Asian</td>
<td>2.2%</td>
</tr>
<tr>
<td>Percent Other Race</td>
<td>3.9%</td>
</tr>
<tr>
<td>Percent Hispanic/Latino</td>
<td>5.5%</td>
</tr>
<tr>
<td>Percent unemployed</td>
<td>7.5%</td>
</tr>
<tr>
<td>Median household income</td>
<td>$51,049</td>
</tr>
<tr>
<td>Percent of households below poverty level</td>
<td>11.0%</td>
</tr>
<tr>
<td>Violent crime rate/100,000*</td>
<td>N/A‡</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.
‡This measure was not available.
ACSM American Fitness Index® Components

Personal Health Indicators – Score = 45.2; Rank = 29

**Health Behaviors**
- Percent any physical activity or exercise in the last 30 days: Cleveland 72.1% vs. Target Goal 80.7%
- Percent meeting CDC aerobic activity guidelines: Cleveland 50.8% vs. Target Goal 60.6%
- Percent meeting both CDC aerobic and strength activity guidelines: Cleveland 22.1% vs. Target Goal 23.1%
- Percent consuming 2+ fruits per day: Cleveland 27.2% vs. Target Goal 34.0%
- Percent consuming 3+ vegetables per day: Cleveland 12.8% vs. Target Goal 18.5%
- Percent who get 7+ hours of sleep per day: Cleveland 66.0% vs. Target Goal 69.8%
- Percent currently smoking: Cleveland 23.4% vs. Target Goal 11.6%

**Chronic Health Problems**
- Percent obese: Cleveland 29.1% vs. Target Goal 23.5%
- Percent in excellent or very good health: Cleveland 52.9% vs. Target Goal 58.0%
- Any days when physical health was not good during the past 30 days: Cleveland 35.7% vs. Target Goal 31.3%
- Any days when mental health was not good during the past 30 days: Cleveland 33.3% vs. Target Goal 28.8%
- Percent with asthma: Cleveland 10.8% vs. Target Goal 6.7%
- Percent with high blood pressure: Cleveland 33.5% vs. Target Goal 26.6%
- Percent with angina or coronary heart disease: Cleveland 3.4% vs. Target Goal 2.8%
- Percent diagnosed with a stroke: Cleveland 2.7% vs. Target Goal 2.0%
- Percent with diabetes: Cleveland 11.2% vs. Target Goal 8.1%
- Death rate/100,000 for cardiovascular disease: Cleveland 209.8 vs. Target Goal 141.3
- Death rate/100,000 for diabetes: Cleveland 21.7 vs. Target Goal 14.9

Community/Environmental Indicators – Score = 55.7; 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: Cleveland 6.4% vs. Target Goal 11.0%
- Acres of parkland/1,000: Cleveland 7.7 vs. Target Goal 18.9
- Farmers’ markets/1,000,000: Cleveland 25.7 vs. Target Goal 19.9
- Percent using public transportation to work: Cleveland 3.3% vs. Target Goal 4.4%
- Percent bicycling or walking to work: Cleveland 2.5% vs. Target Goal 2.9%
- Walk Score*: Cleveland 59.0 vs. Target Goal 51.7
- Percent within a 10 minute walk to a park: Cleveland 79.4% vs. Target Goal 65.4%

**Recreational Facilities**
- Ball diamonds/10,000: Cleveland 3.6 vs. Target Goal 1.9
- Dog parks/100,000: Cleveland 0.5 vs. Target Goal 1.1
- Park playgrounds/10,000: Cleveland 3.0 vs. Target Goal 2.4
- Basketball hoops/10,000: Cleveland 5.9 vs. Target Goal 3.1
- Park units/10,000: Cleveland 3.1 vs. Target Goal 4.4
- Recreational centers/20,000: Cleveland 1.1 vs. Target Goal 1.0
- Swimming pools/100,000: Cleveland 10.8 vs. Target Goal 3.0
- Tennis courts/10,000: Cleveland 2.5 vs. Target Goal 2.0

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

**Park-related Expenditures**
- Total park expenditure per resident: Cleveland $105.00 vs. Target Goal $109.90

*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.
COLUMBUS, OH
(Columbus, OH MSA)

Total Score = 37.4

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 percentage meeting both CDC aerobic and strength activity guidelines
• Lower percentage consuming 2+ fruits per day
• Lower percentage consuming 3+ vegetables per day
• Higher percentage currently smoking
• Higher percentage obese
• Higher percentage of days when mental health was not good during the past 30 days
• Higher percentage with asthma
• Higher percentage diagnosed with a stroke
• Higher percentage with diabetes
• Higher death rate for cardiovascular disease
• Higher death rate for diabetes
• Fewer acres of parkland per capita
• Lower percentage using public transportation to work
• Lower Walk Score®
• Lower percentage within a 10 minute walk to a park
• Fewer ball diamonds per capita
• Fewer dog parks per capita
• Fewer park playgrounds per capita
• Fewer basketball hoops per capita
• Fewer recreation centers per capita
• Fewer swimming pools per capita
• Lower level of state requirement for Physical Education classes

Description of Columbus, OH MSA

<table>
<thead>
<tr>
<th>Description</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population</td>
<td>2,021,632</td>
</tr>
<tr>
<td>Percent less than 18 years old</td>
<td>24.0%</td>
</tr>
<tr>
<td>Percent 18 to 64 years old</td>
<td>63.7%</td>
</tr>
<tr>
<td>Percent 65 years old and older</td>
<td>12.3%</td>
</tr>
<tr>
<td>Percent male</td>
<td>49.2%</td>
</tr>
<tr>
<td>Percent high school graduate or higher</td>
<td>90.9%</td>
</tr>
<tr>
<td>Percent White</td>
<td>76.9%</td>
</tr>
<tr>
<td>Percent Black or African American</td>
<td>14.9%</td>
</tr>
<tr>
<td>Percent Asian</td>
<td>3.7%</td>
</tr>
<tr>
<td>Percent Other Race</td>
<td>4.4%</td>
</tr>
<tr>
<td>Percent Hispanic/Latino</td>
<td>3.9%</td>
</tr>
<tr>
<td>Percent unemployed</td>
<td>5.6%</td>
</tr>
<tr>
<td>Median household income</td>
<td>$58,192</td>
</tr>
<tr>
<td>Percent of households below poverty level</td>
<td>10.2%</td>
</tr>
<tr>
<td>Violent crime rate/100,000*</td>
<td>298.0</td>
</tr>
<tr>
<td>Percent with disability</td>
<td>11.8%</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 = 34.4; Rank = 41

Health Behaviors
- Percent any physical activity or exercise in the last 30 days: 73.9% (Columbus), 80.7% (Target Goal*)
- Percent meeting CDC aerobic activity guidelines: 49.6% (Columbus), 60.6% (Target Goal*)
- Percent meeting both CDC aerobic and strength activity guidelines: 18.3% (Columbus), 23.1% (Target Goal*)
- Percent consuming 2+ fruits per day: 22.9% (Columbus), 34.0% (Target Goal*)
- Percent consuming 3+ vegetables per day: 12.0% (Columbus), 18.5% (Target Goal*)
- Percent who get 7+ hours of sleep per day: 60.2% (Columbus), 69.8% (Target Goal*)
- Percent currently smoking: 23.3% (Columbus), 11.6% (Target Goal*)

Chronic Health Problems
- Percent obese: 30.5% (Columbus), 25.5% (Target Goal*)
- Percent in excellent or very good health: 51.9% (Columbus), 58.0% (Target Goal*)
- Any days when physical health was not good during the past 30 days: 34.5% (Columbus), 31.3% (Target Goal*)
- Any days when mental health was not good during the past 30 days: 34.8% (Columbus), 28.8% (Target Goal*)
- Percent with asthma: 9.7% (Columbus), 6.7% (Target Goal*)
- Percent with high blood pressure: 31.8% (Columbus), 26.6% (Target Goal*)
- Percent with angina or coronary heart disease: 3.0% (Columbus), 2.8% (Target Goal*)
- Percent diagnosed with a stroke: 3.8% (Columbus), 2.0% (Target Goal*)
- Percent with diabetes: 10.5% (Columbus), 8.1% (Target Goal*)
- Death rate/100,000 for cardiovascular disease: 196.4 (Columbus), 141.3 (Target Goal*)
- Death rate/100,000 for diabetes: 25.2 (Columbus), 14.9 (Target Goal*)

Community/Environmental Indicators – Score = 41.0; Rank = 38
(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: 8.9% (Columbus), 11.0% (Target Goal*)
- Acres of parkland/1,000: 14.3 (Columbus), 18.9 (Target Goal*)
- Farmers’ markets/1,000,000: 27.2 (Columbus), 19.9 (Target Goal*)
- Percent using public transportation to work: 1.9% (Columbus), 4.4% (Target Goal*)
- Percent bicycling or walking to work: 2.6% (Columbus), 2.9% (Target Goal*)
- Walk Score*: 40.0 (Columbus), 51.7 (Target Goal*)
- Percent within a 10 minute walk to a park: 50.4% (Columbus), 65.4% (Target Goal*)

Recreational Facilities
- Ball diamonds/10,000: 1.1 (Columbus), 1.9 (Target Goal*)
- Dog parks/100,000: 0.6 (Columbus), 1.1 (Target Goal*)
- Park playgrounds/10,000: 1.8 (Columbus), 2.4 (Target Goal*)
- Basketball hoops/10,000: 1.8 (Columbus), 3.1 (Target Goal*)
- Park units/10,000: 5.1 (Columbus), 4.4 (Target Goal*)
- Recreational centers/20,000: 0.6 (Columbus), 1.0 (Target Goal*)
- Swimming pools/100,000: 0.7 (Columbus), 3.0 (Target Goal*)
- Tennis courts/10,000: 1.7 (Columbus), 2.0 (Target Goal*)

Policy for School P.E.
- Level of state requirement for Physical Education: 1.0 (Columbus), 2.5 (Target Goal*)

Park-related Expenditures
- Total park expenditure per resident: $107.00 (Columbus), $109.90 (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.
DALLAS, TX
(Dallas-Fort Worth-Arlington, TX MSA)

Total Score = 43.2

Areas of Excellence (at or better than target goal):
• Higher percentage consuming 3+ vegetables per day
• Lower percentage of days when mental health was not good during the past 30 days
• 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
• Higher percentage obese
• Lower percentage in excellent or very good health
• Higher percentage with angina or coronary heart disease
• 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
• 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 swimming pools per capita
• Lower park-related expenditures per capita

Description of Dallas-Fort Worth-Arlington, TX MSA

Population 7,102,796
Percent less than 18 years old 26.6%
Percent 18 to 64 years old 62.9%
Percent 65 years old and older 10.5%
Percent male 49.2%
Percent high school graduate or higher 84.4%
Percent White 69.8%
Percent Black or African American 15.5%
Percent Asian 6.4%
Percent Other Race 8.4%
Percent Hispanic/Latino 28.4%
Percent unemployed 4.9%
Median household income $61,644
Percent of households below poverty level 10.2%
Violent crime rate/100,000* 337.6
Percent with disability 9.8%

*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: Dallas 69.3%, Target Goal 80.7%
  - Percent meeting CDC aerobic activity guidelines: Dallas 43.5%, Target Goal 60.6%
  - Percent meeting both CDC aerobic and strength activity guidelines: Dallas 19.4%, Target Goal 23.1%
  - Percent consuming 2+ fruits per day: Dallas 28.0%, Target Goal 34.0%
  - Percent consuming 3+ vegetables per day: Dallas 19.2%, Target Goal 18.5%
  - Percent who get 7+ hours of sleep per day: Dallas 67.0%, Target Goal 69.8%
  - Percent currently smoking: Dallas 13.8%, Target Goal 11.6%

- Chronic Health Problems
  - Percent obese: Dallas 29.5%, Target Goal 25.5%
  - Percent in excellent or very good health: Dallas 45.0%, Target Goal 58.0%
  - Any days when physical health was not good during the past 30 days: Dallas 32.9%, Target Goal 31.3%
  - Any days when mental health was not good during the past 30 days: Dallas 26.8%, Target Goal 28.8%
  - Percent with asthma: Dallas 71.0%, Target Goal 6.7%
  - Percent with high blood pressure: Dallas 31.2%, Target Goal 26.6%
  - Percent with angina or coronary heart disease: Dallas 4.6%, Target Goal 2.8%
  - Percent diagnosed with a stroke: Dallas 5.1%, Target Goal 2.0%
  - Percent with diabetes: Dallas 12.4%, Target Goal 8.1%
  - Death rate/100,000 for cardiovascular disease: Dallas 171.7, Target Goal 141.3
  - Death rate/100,000 for diabetes: Dallas 18.1, Target Goal 14.9

Community/Environmental Indicators – Score = 37.5; Rank = 42
(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 12.6%, Target Goal 11.0%
  - Acres of parkland/1,000: Dallas 21.2, Target Goal 18.9
  - Farmers’ markets/1,000,000: Dallas 5.5, Target Goal 19.9
  - Percent using public transportation to work: Dallas 1.5%, Target Goal 4.4%
  - Percent bicycling or walking to work: Dallas 1.5%, Target Goal 2.9%
  - Walk Score*: Dallas 45.0, Target Goal 51.7
  - Percent within a 10 minute walk to a park: Dallas 57.8%, Target Goal 65.4%

- Recreational Facilities
  - Ball diamonds/10,000: Dallas 0.9, Target Goal 1.9
  - Dog parks/100,000: Dallas 0.4, Target Goal 1.1
  - Park playgrounds/10,000: Dallas 1.7, Target Goal 2.4
  - Basketball hoops/10,000: Dallas 2.5, Target Goal 3.1
  - Park units/10,000: Dallas 3.0, Target Goal 4.4
  - Recreational centers/20,000: Dallas 0.7, Target Goal 1.0
  - Swimming pools/100,000: Dallas 1.3, Target Goal 3.0
  - Tennis courts/10,000: Dallas 1.8, Target Goal 2.0

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

- Park-related Expenditures
  - Total park expenditure per resident: Dallas $79.00, Target Goal $109.90

---

*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.
DENVER, CO
(Denver-Aurora-Lakewood, CO MSA)

Total Score = 71.5

Areas of Excellence (at or better than target goal):
• Higher percentage of any physical activity or exercise in the last 30 days
• Higher percentage meeting both CDC aerobic and strength activity guidelines
• Higher percentage who get 7+ hours of sleep per day
• Lower percentage obese
• Higher percentage in excellent or very good health
• 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 Walk Score®
• Higher percentage within a 10 minute walk to a park
• More ball diamonds per capita
• More dog parks 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):
• Higher percentage currently smoking
• Higher percentage of days when mental health was not good during the past 30 days
• Higher percentage with asthma
• Lower percentage of parkland as city land area
• Fewer acres of parkland per capita
• Fewer basketball hoops per capita
• Lower level of state requirement for Physical Education classes

Description of Denver-Aurora-Lakewood, CO MSA
Population 2,814,330
Percent less than 18 years old 23.5%
Percent 18 to 64 years old 64.5%
Percent 65 years old and older 12.0%
Percent male 49.8%
Percent high school graduate or higher 90.5%
Percent White 81.6%
Percent Black or African American 5.6%
Percent Asian 3.9%
Percent Other Race 8.8%
Percent Hispanic/Latino 22.9%
Percent unemployed 4.5%
Median household income $70,283
Percent of households below poverty level 7.0%
Violent crime rate/100,000* 362.3
Percent with disability 8.9%

*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 = 85.6; Rank = 2

**Health Behaviors**

<table>
<thead>
<tr>
<th>Health Behavior</th>
<th>Denver</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent any physical activity or exercise in the last 30 days</td>
<td>82.3%</td>
<td>80.7%</td>
</tr>
<tr>
<td>Percent meeting CDC aerobic activity guidelines</td>
<td>59.8%</td>
<td>60.6%</td>
</tr>
<tr>
<td>Percent meeting both CDC aerobic and strength activity guidelines</td>
<td>25.5%</td>
<td>23.1%</td>
</tr>
<tr>
<td>Percent consuming 2+ fruits per day</td>
<td>29.6%</td>
<td>34.0%</td>
</tr>
<tr>
<td>Percent consuming 3+ vegetables per day</td>
<td>17.1%</td>
<td>18.5%</td>
</tr>
<tr>
<td>Percent who get 7+ hours of sleep per day</td>
<td>71.2%</td>
<td>69.8%</td>
</tr>
<tr>
<td>Percent currently smoking</td>
<td>14.1%</td>
<td>11.6%</td>
</tr>
</tbody>
</table>

**Chronic Health Problems**

<table>
<thead>
<tr>
<th>Health Behavior</th>
<th>Denver</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent obese</td>
<td>19.9%</td>
<td>23.5%</td>
</tr>
<tr>
<td>Percent in excellent or very good health</td>
<td>58.0%</td>
<td>58.0%</td>
</tr>
<tr>
<td>Any days when physical health was not good during the past 30 days</td>
<td>32.8%</td>
<td>31.3%</td>
</tr>
<tr>
<td>Any days when mental health was not good during the past 30 days</td>
<td>36.6%</td>
<td>28.8%</td>
</tr>
<tr>
<td>Percent with asthma</td>
<td>8.6%</td>
<td>6.7%</td>
</tr>
<tr>
<td>Percent with high blood pressure</td>
<td>26.6%</td>
<td>26.6%</td>
</tr>
<tr>
<td>Percent with angina or coronary heart disease</td>
<td>2.3%</td>
<td>2.8%</td>
</tr>
<tr>
<td>Percent diagnosed with a stroke</td>
<td>1.9%</td>
<td>2.0%</td>
</tr>
<tr>
<td>Percent with diabetes</td>
<td>6.8%</td>
<td>8.1%</td>
</tr>
<tr>
<td>Death rate/100,000 for cardiovascular disease</td>
<td>138.8</td>
<td>141.3</td>
</tr>
<tr>
<td>Death rate/100,000 for diabetes</td>
<td>15.6</td>
<td>14.9</td>
</tr>
</tbody>
</table>

### Community/Environmental Indicators – Score = 54.3; Rank = 27

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

**Built Environment**

<table>
<thead>
<tr>
<th>Environment</th>
<th>Denver</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parkland as a percent of city land area</td>
<td>8.0%</td>
<td>11.0%</td>
</tr>
<tr>
<td>Acres of parkland/1,000</td>
<td>9.0</td>
<td>18.9</td>
</tr>
<tr>
<td>Farmers’ markets/1,000,000</td>
<td>16.3</td>
<td>19.9</td>
</tr>
<tr>
<td>Percent using public transportation to work</td>
<td>4.0%</td>
<td>4.4%</td>
</tr>
<tr>
<td>Percent bicycling or walking to work</td>
<td>2.6%</td>
<td>2.9%</td>
</tr>
<tr>
<td>Walk Score*</td>
<td>60.0</td>
<td>51.7</td>
</tr>
<tr>
<td>Percent within a 10 minute walk to a park</td>
<td>86.4%</td>
<td>65.4%</td>
</tr>
</tbody>
</table>

**Recreational Facilities**

<table>
<thead>
<tr>
<th>Facility</th>
<th>Denver</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ball diamonds/10,000</td>
<td>2.1</td>
<td>1.9</td>
</tr>
<tr>
<td>Dog parks/100,000</td>
<td>1.4</td>
<td>1.1</td>
</tr>
<tr>
<td>Park playgrounds/10,000</td>
<td>2.3</td>
<td>2.4</td>
</tr>
<tr>
<td>Basketball hoops/10,000</td>
<td>1.6</td>
<td>3.1</td>
</tr>
<tr>
<td>Park units/10,000</td>
<td>4.3</td>
<td>4.4</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>3.0</td>
<td>4.4</td>
</tr>
<tr>
<td>Tennis courts/10,000</td>
<td>2.2</td>
<td>2.0</td>
</tr>
</tbody>
</table>

**Policy for School P.E.**

<table>
<thead>
<tr>
<th>Requirement for Physical Education</th>
<th>Denver</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>Denver</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>$120.00</td>
<td>$109.90</td>
<td></td>
</tr>
</tbody>
</table>
DETROIT, MI
(Detroit-Warren-Dearborn, MI MSA)

Total Score = 35.8

Areas of Excellence (at or better than target goal):
• Higher Walk Score®
• Higher percentage within a 10 minute walk to a park
• More ball diamonds per capita
• More park playgrounds per capita
• More basketball hoops per capita
• More park units per capita

Improvement Priority Areas (worse than 20% of target goal):
• Higher percentage currently smoking
• Higher percentage obese
• Higher percentage of days when mental health was not good during the past 30 days
• Higher percentage with asthma
• Higher percentage with high blood pressure
• Higher percentage with angina or coronary heart disease
• Higher percentage diagnosed with a stroke
• Higher percentage with diabetes
• Higher death rate for cardiovascular disease
• Higher death rate for diabetes
• Lower percentage of parkland as city land area
• Fewer acres of parkland per capita
• Lower percentage using public transportation to work
• Lower percentage bicycling or walking to work
• Fewer dog parks 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 Detroit-Warren-Dearborn, MI MSA
Population 4,302,043
Percent less than 18 years old 22.7%
Percent 18 to 64 years old 62.2%
Percent 65 years old and older 15.1%
Percent male 48.6%
Percent high school graduate or higher 89.3%
Percent White 69.8%
Percent Black or African American 22.4%
Percent Asian 4.1%
Percent Other Race 3.6%
Percent Hispanic/Latino 4.3%
Percent unemployed 8.0%
Median household income $53,628
Percent of households below poverty level 12.2%
Violent crime rate/100,000* 498.1
Percent with disability 14.3%

*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 = 33.2; Rank = 42

**Health Behaviors**

- Percent any physical activity or exercise in the last 30 days: Detroit 74.0%; Target Goal 80.7%
- Percent meeting CDC aerobic activity guidelines: Detroit 51.9%; Target Goal 60.6%
- Percent meeting both CDC aerobic and strength activity guidelines: Detroit 20.1%; Target Goal 23.1%
- Percent consuming 2+ fruits per day: Detroit 29.1%; Target Goal 34.0%
- Percent consuming 3+ vegetables per day: Detroit 15.3%; Target Goal 18.5%
- Percent who get 7+ hours of sleep per day: Detroit 60.5%; Target Goal 69.8%
- Percent currently smoking: Detroit 21.7%; Target Goal 11.6%

**Chronic Health Problems**

- Percent obese: Detroit 31.1%; Target Goal 23.5%
- Percent in excellent or very good health: Detroit 46.8%; Target Goal 58.0%
- Any days when physical health was not good during the past 30 days: Detroit 37.6%; Target Goal 31.3%
- Any days when mental health was not good during the past 30 days: Detroit 36.6%; Target Goal 28.8%
- Percent with asthma: Detroit 10.1%; Target Goal 6.7%
- Percent with high blood pressure: Detroit 35.1%; Target Goal 26.6%
- Percent with angina or coronary heart disease: Detroit 4.4%; Target Goal 2.8%
- Percent diagnosed with a stroke: Detroit 3.5%; Target Goal 2.0%
- Percent with diabetes: Detroit 10.7%; Target Goal 8.1%
- Death rate/100,000 for cardiovascular disease: Detroit 234.0; Target Goal 141.3
- Death rate/100,000 for diabetes: Detroit 24.6; Target Goal 14.9

Community/Environmental Indicators – Score = 38.9; Rank = 40
(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: Detroit 6.3%; Target Goal 11.0%
- Acres of parkland/1,000: Detroit 8.1; Target Goal 18.9
- Farmers’ markets/1,000,000: Detroit 17.9; Target Goal 19.9
- Percent using public transportation to work: Detroit 1.2%; Target Goal 4.4%
- Percent bicycling or walking to work: Detroit 1.8%; Target Goal 2.9%
- Walk Score*: Detroit 55.0; Target Goal 51.7
- Percent within a 10 minute walk to a park: Detroit 77.7%; Target Goal 65.4%

**Recreational Facilities**

- Ball diamonds/10,000: Detroit 3.2; Target Goal 1.9
- Dog parks/100,000: Detroit 0.6; Target Goal 1.1
- Park playgrounds/10,000: Detroit 4.5; Target Goal 2.4
- Basketball hoops/10,000: Detroit 3.1; Target Goal 3.1
- Park units/10,000: Detroit 4.5; Target Goal 4.5
- Recreational centers/20,000: Detroit 0.4; Target Goal 1.0
- Swimming pools/100,000: Detroit 3.0; Target Goal 1.2
- Tennis courts/10,000: Detroit 2.0; Target Goal 1.8

**Policy for School P.E.**

- Level of state requirement for Physical Education: Detroit 1.0; Target Goal 2.5

**Park-related Expenditures**

- Total park expenditure per resident: Detroit $19.00; Target Goal $109.90

---

*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.
HARTFORD, CT
(Hartford-West Hartford-East Hartford, CT MSA)

Total Score = 60.5

Areas of Excellence (at or better than target goal):
• Lower death rate for diabetes
• Higher percentage of parkland as city land area
• More farmers’ markets per capita
• Higher Walk Score
• More ball diamonds per capita
• More basketball hoops 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):
• Lower percentage consuming 3+ vegetables per day
• Higher percentage of days when mental health was not good during the past 30 days
• Higher percentage with asthma
• Higher percentage with high blood pressure
• Higher percentage with angina or coronary heart disease
• Higher percentage diagnosed with a stroke
• Lower percentage using public transportation to work
• Fewer dog parks per capita
• Fewer park playgrounds per capita
• Fewer tennis courts per capita
• Lower park-related expenditures per capita

Description of Hartford-West Hartford-East Hartford, CT MSA
Population 1,211,324
Percent less than 18 years old 20.7%
Percent 18 to 64 years old 63.3%
Percent 65 years old and older 16.0%
Percent male 48.8%
Percent high school graduate or higher 90.4%
Percent White 76.2%
Percent Black or African American 11.3%
Percent Asian 4.5%
Percent Other Race 7.9%
Percent Hispanic/Latino 14.3%
Percent unemployed 6.5%
Median household income $72,275
Percent of households below poverty level 7.2%
Violent crime rate/100,000* 252.8
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 = 64.5; Rank = 13**

- **Health Behaviors**
  - Percent any physical activity or exercise in the last 30 days: Hartford 75.5%, Target Goal 80.7%
  - Percent meeting CDC aerobic activity guidelines: Hartford 54.6%, Target Goal 60.6%
  - Percent meeting both CDC aerobic and strength activity guidelines: Hartford 22.4%, Target Goal 23.1%
  - Percent consuming 2+ fruits per day: Hartford 29.7%, Target Goal 34.0%
  - Percent consuming 3+ vegetables per day: Hartford 14.2%, Target Goal 18.5%
  - Percent who get 7+ hours of sleep per day: Hartford 66.1%, Target Goal 69.8%
  - Percent currently smoking: Hartford 12.9%, Target Goal 11.6%

- **Chronic Health Problems**
  - Percent obese: Hartford 24.7%, Target Goal 23.5%
  - Percent in excellent or very good health: Hartford 57.9%, Target Goal 58.0%
  - Any days when physical health was not good during the past 30 days: Hartford 35.9%, Target Goal 31.3%
  - Any days when mental health was not good during the past 30 days: Hartford 36.4%, Target Goal 28.8%
  - Percent with asthma: Hartford 11.6%, Target Goal 6.7%
  - Percent with high blood pressure: Hartford 32.1%, Target Goal 26.6%
  - Percent with angina or coronary heart disease: Hartford 3.8%, Target Goal 2.8%
  - Percent diagnosed with a stroke: Hartford 2.6%, Target Goal 2.0%
  - Percent with diabetes: Hartford 9.6%, Target Goal 8.1%
  - Death rate/100,000 for cardiovascular disease: Hartford 161.1, Target Goal 141.3
  - Death rate/100,000 for diabetes: Hartford 14.6, Target Goal 14.9

**Community/Environmental Indicators – Score = 55.5; Rank = 25**

(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 20.0%, Target Goal 11.0%
  - Acres of parkland/1,000: Hartford 18.0, Target Goal 18.9
  - Farmers’ markets/1,000,000: Hartford 47.1, Target Goal 19.9
  - Percent using public transportation to work: Hartford 2.8%, Target Goal 4.4%
  - Percent bicycling or walking to work: Hartford 2.6%, Target Goal 2.9%
  - Walk Score*: Hartford 71.0, Target Goal 51.7
  - Percent within a 10 minute walk to a park: Hartford 65.4%

- **Recreational Facilities**
  - Ball diamonds/10,000: Hartford 2.1, Target Goal 1.9
  - Dog parks/100,000: Hartford 0.0, Target Goal 1.1
  - Park playgrounds/10,000: Hartford 1.7, Target Goal 2.4
  - Basketball hoops/10,000: Hartford 2.4, Target Goal 4.0
  - Park units/10,000: Hartford 3.1, Target Goal 4.2
  - Recreational centers/20,000: Hartford 1.1, Target Goal 4.4
  - Swimming pools/100,000: Hartford 0.7, Target Goal 4.0
  - Tennis courts/10,000: Hartford 2.0

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

- **Park-related Expenditures**
  - Total park expenditure per resident: Hartford $75.00, Target Goal $109.90

---

*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.

***This measure was unavailable for this MSA. The community/environmental indicator score and total score were adjusted to allow fair comparisons with other MSAs.
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

<table>
<thead>
<tr>
<th>Stat</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population</td>
<td>6,656,947</td>
</tr>
<tr>
<td>Percent less than 18 years old</td>
<td>26.9%</td>
</tr>
<tr>
<td>Percent 18 to 64 years old</td>
<td>63.0%</td>
</tr>
<tr>
<td>Percent 65 years old and older</td>
<td>10.1%</td>
</tr>
<tr>
<td>Percent male</td>
<td>49.7%</td>
</tr>
<tr>
<td>Percent high school graduate or higher</td>
<td>82.3%</td>
</tr>
<tr>
<td>Percent White</td>
<td>65.9%</td>
</tr>
<tr>
<td>Percent Black or African American</td>
<td>17.2%</td>
</tr>
<tr>
<td>Percent Asian</td>
<td>7.5%</td>
</tr>
<tr>
<td>Percent Other Race</td>
<td>9.4%</td>
</tr>
<tr>
<td>Percent Hispanic/Latino</td>
<td>36.5%</td>
</tr>
<tr>
<td>Percent unemployed</td>
<td>5.6%</td>
</tr>
<tr>
<td>Median household income</td>
<td>$61,465</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>566.6</td>
</tr>
<tr>
<td>Percent with disability</td>
<td>9.5%</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 = 38.8; Rank = 36

**ACSM American Fitness Index® Components**

#### Health Behaviors

<table>
<thead>
<tr>
<th>Indicator</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>68.6%</td>
<td>80.7%</td>
</tr>
<tr>
<td>Percent meeting CDC aerobic activity guidelines</td>
<td>45.0%</td>
<td>60.6%</td>
</tr>
<tr>
<td>Percent meeting both CDC aerobic and strength activity guidelines</td>
<td>17.0%</td>
<td>23.1%</td>
</tr>
<tr>
<td>Percent consuming 2+ fruits per day</td>
<td>25.2%</td>
<td>34.0%</td>
</tr>
<tr>
<td>Percent consuming 3+ vegetables per day</td>
<td>16.4%</td>
<td>18.5%</td>
</tr>
<tr>
<td>Percent who get 7+ hours of sleep per day</td>
<td>65.7%</td>
<td>69.8%</td>
</tr>
<tr>
<td>Percent currently smoking</td>
<td>13.6%</td>
<td>11.6%</td>
</tr>
</tbody>
</table>

#### Chronic Health Problems

<table>
<thead>
<tr>
<th>Condition</th>
<th>Houston</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent obese</td>
<td>33.4%</td>
<td>23.5%</td>
</tr>
<tr>
<td>Percent in excellent or very good health</td>
<td>39.8%</td>
<td>58.0%</td>
</tr>
<tr>
<td>Any days when physical health was not good during the past 30 days</td>
<td>35.4%</td>
<td>31.3%</td>
</tr>
<tr>
<td>Any days when mental health was not good during the past 30 days</td>
<td>29.2%</td>
<td>28.8%</td>
</tr>
<tr>
<td>Percent with asthma</td>
<td>7.2%</td>
<td>6.7%</td>
</tr>
<tr>
<td>Percent with high blood pressure</td>
<td>31.1%</td>
<td>26.6%</td>
</tr>
<tr>
<td>Percent with angina or coronary heart disease</td>
<td>3.2%</td>
<td>2.8%</td>
</tr>
<tr>
<td>Percent diagnosed with a stroke</td>
<td>4.6%</td>
<td>2.0%</td>
</tr>
<tr>
<td>Percent with diabetes</td>
<td>14.5%</td>
<td>8.1%</td>
</tr>
</tbody>
</table>

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

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

#### Built Environment

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Houston</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parkland as a percent of city land area</td>
<td>14.3%</td>
<td>11.0%</td>
</tr>
<tr>
<td>Acres of parkland/1,000</td>
<td>23.6%</td>
<td>18.9%</td>
</tr>
<tr>
<td>Farmers’ markets/1,000,000</td>
<td>3.3%</td>
<td>19.9%</td>
</tr>
<tr>
<td>Percent using public transportation to work</td>
<td>2.2%</td>
<td>4.4%</td>
</tr>
<tr>
<td>Percent bicycling or walking to work</td>
<td>1.6%</td>
<td>2.9%</td>
</tr>
<tr>
<td>Walk Score*</td>
<td>48.0</td>
<td>51.7</td>
</tr>
<tr>
<td>Percent within a 10 minute walk to a park</td>
<td>48.2%</td>
<td>65.4%</td>
</tr>
</tbody>
</table>

#### Recreational Facilities

<table>
<thead>
<tr>
<th>Facility</th>
<th>Houston</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ball diamonds/10,000</td>
<td>1.0</td>
<td>1.9</td>
</tr>
<tr>
<td>Dog parks/100,000</td>
<td>0.7</td>
<td>1.1</td>
</tr>
<tr>
<td>Park playgrounds/10,000</td>
<td>2.0</td>
<td>2.4</td>
</tr>
<tr>
<td>Basketball hoops/10,000</td>
<td>2.3</td>
<td>3.1</td>
</tr>
<tr>
<td>Park units/10,000</td>
<td>2.6</td>
<td>4.4</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>1.9</td>
<td>3.0</td>
</tr>
<tr>
<td>Tennis courts/10,000</td>
<td>1.0</td>
<td>2.0</td>
</tr>
</tbody>
</table>

#### Policy for School P.E.

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

#### Park-related Expenditures

<table>
<thead>
<tr>
<th>Expenditure</th>
<th>Houston</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total park expenditure per resident</td>
<td>$37.00</td>
<td>$109.90</td>
</tr>
</tbody>
</table>

*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.
INDIANAPOLIS, IN  
(Indianapolis-Carmel-Anderson, IN MSA)

Total Score = 29.9

Areas of Excellence (at or better than target goal):
• More farmers’ markets 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 consuming 2+ fruits per day
• Higher percentage currently smoking
• Higher percentage obese
• Higher percentage of days when mental health was not good during the past 30 days
• Higher percentage with asthma
• Higher percentage with angina or coronary heart disease
• Higher percentage diagnosed with a stroke
• Higher percentage with diabetes
• Higher death rate for cardiovascular disease
• Higher death rate for diabetes
• Lower percentage of parkland as city land area
• Fewer acres of parkland per capita
• Lower percentage using public transportation to work
• Lower percentage bicycling or walking to work
• Lower Walk Score®
• Lower percentage within a 10 minute walk to a park
• Fewer ball diamonds per capita
• Fewer dog parks per capita
• Fewer park playgrounds per capita
• Fewer basketball hoops per capita
• Fewer park units per capita
• Fewer recreation centers per capita
• Fewer tennis courts per capita
• Lower park-related expenditures per capita

Description of Indianapolis-Carmel-Anderson, IN MSA
Population 1,988,817
Percent less than 18 years old 25.1%
Percent 18 to 64 years old 62.3%
Percent 65 years old and older 12.6%
Percent male 48.8%
Percent high school graduate or higher 88.9%
Percent White 77.9%
Percent Black or African American 14.8%
Percent Asian 2.9%
Percent Other Race 4.4%
Percent Hispanic/Latino 6.5%
Percent unemployed 5.8%
Median household income $54,322
Percent of households below poverty level 9.7%
Violent crime rate/100,000* 674.2
Percent with disability 12.6%

*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 = 45

Health Behaviors

<table>
<thead>
<tr>
<th>Health Behavior</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>72.0%</td>
<td>80.7%</td>
</tr>
<tr>
<td>Percent meeting CDC aerobic activity guidelines</td>
<td>45.1%</td>
<td>60.6%</td>
</tr>
<tr>
<td>Percent meeting both CDC aerobic and strength activity guidelines</td>
<td>19.0%</td>
<td>23.1%</td>
</tr>
<tr>
<td>Percent consuming 2+ fruits per day</td>
<td>26.3%</td>
<td>34.0%</td>
</tr>
<tr>
<td>Percent consuming 3+ vegetables per day</td>
<td>15.8%</td>
<td>18.5%</td>
</tr>
<tr>
<td>Percent who get 7+ hours of sleep per day</td>
<td>62.7%</td>
<td>69.8%</td>
</tr>
<tr>
<td>Percent currently smoking</td>
<td>19.6%</td>
<td>11.6%</td>
</tr>
</tbody>
</table>

Chronic Health Problems

<table>
<thead>
<tr>
<th>Health Problem</th>
<th>Indianapolis</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent obese</td>
<td>32.6%</td>
<td>23.5%</td>
</tr>
<tr>
<td>Percent in excellent or very good health</td>
<td>48.5%</td>
<td>58.0%</td>
</tr>
<tr>
<td>Any days when physical health was not good during the past 30 days</td>
<td>37.6%</td>
<td>31.3%</td>
</tr>
<tr>
<td>Any days when mental health was not good during the past 30 days</td>
<td>37.7%</td>
<td>28.8%</td>
</tr>
<tr>
<td>Percent with asthma</td>
<td>10.6%</td>
<td>6.7%</td>
</tr>
<tr>
<td>Percent with high blood pressure</td>
<td>30.4%</td>
<td>26.6%</td>
</tr>
<tr>
<td>Percent with angina or coronary heart disease</td>
<td>4.5%</td>
<td>3.0%</td>
</tr>
<tr>
<td>Percent diagnosed with a stroke</td>
<td>3.6%</td>
<td>2.0%</td>
</tr>
<tr>
<td>Percent with diabetes</td>
<td>9.8%</td>
<td>8.0%</td>
</tr>
<tr>
<td>Death rate/100,000 for cardiovascular disease</td>
<td>185.8</td>
<td>141.3</td>
</tr>
<tr>
<td>Death rate/100,000 for diabetes</td>
<td>25.7</td>
<td>14.9</td>
</tr>
</tbody>
</table>

Community/Environmental Indicators – Score = 27.8; Rank = 48.5

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

Built Environment

<table>
<thead>
<tr>
<th>Built Environment</th>
<th>Indianapolis</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parkland as a percent of city land area</td>
<td>5.1%</td>
<td>11.0%</td>
</tr>
<tr>
<td>Acres of parkland/1,000</td>
<td>13.5</td>
<td>18.9</td>
</tr>
<tr>
<td>Farmers’ markets/1,000,000</td>
<td>24.1</td>
<td>19.9</td>
</tr>
<tr>
<td>Percent using public transportation to work</td>
<td>0.9%</td>
<td>4.4%</td>
</tr>
<tr>
<td>Percent bicycling or walking to work</td>
<td>2.0%</td>
<td>2.9%</td>
</tr>
<tr>
<td>Walk Score®</td>
<td>28.7</td>
<td>51.7</td>
</tr>
<tr>
<td>Percent within a 10 minute walk to a park</td>
<td>32.5%</td>
<td>65.4%</td>
</tr>
</tbody>
</table>

Recreational Facilities

<table>
<thead>
<tr>
<th>Recreational Facilities</th>
<th>Indianapolis</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ball diamonds/10,000</td>
<td>1.2</td>
<td>1.9</td>
</tr>
<tr>
<td>Dog parks/100,000</td>
<td>0.5</td>
<td>1.1</td>
</tr>
<tr>
<td>Park playgrounds/10,000</td>
<td>1.5</td>
<td>2.4</td>
</tr>
<tr>
<td>Basketball hoops/10,000</td>
<td>2.2</td>
<td>3.1</td>
</tr>
<tr>
<td>Park units/10,000</td>
<td>2.5</td>
<td>4.4</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>2.6</td>
<td>3.0</td>
</tr>
<tr>
<td>Tennis courts/10,000</td>
<td>1.3</td>
<td>2.0</td>
</tr>
</tbody>
</table>

Policy for School P.E.

<table>
<thead>
<tr>
<th>Policy for School P.E.</th>
<th>Indianapolis</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 Expenditures</th>
<th>Indianapolis</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total park expenditure per resident</td>
<td>$33.00</td>
<td>$109.90</td>
</tr>
</tbody>
</table>

*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.
JACKSONVILLE, FL
(Jacksonville, FL MSA)

Total Score = 46.0

Areas of Excellence (at or better than target goal):
• Higher percentage of parkland as city land area
• 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
• More tennis courts 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 percentage obese
• Higher percentage of days when mental health was not good during the past 30 days
• Higher percentage with high blood pressure
• Higher percentage with angina or coronary heart disease
• 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 Walk Score®
• Lower percentage within a 10 minute walk to a park
• Fewer dog parks per capita
• Fewer basketball hoops per capita
• Lower park-related expenditures per capita

Description of Jacksonville, FL MSA

<table>
<thead>
<tr>
<th>Category</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population</td>
<td>1,449,481</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>62.8%</td>
</tr>
<tr>
<td>Percent 65 years old and older</td>
<td>14.6%</td>
</tr>
<tr>
<td>Percent male</td>
<td>48.7%</td>
</tr>
<tr>
<td>Percent high school graduate or higher</td>
<td>90.1%</td>
</tr>
<tr>
<td>Percent White</td>
<td>70.0%</td>
</tr>
<tr>
<td>Percent Black or African American</td>
<td>21.7%</td>
</tr>
<tr>
<td>Percent Asian</td>
<td>3.9%</td>
</tr>
<tr>
<td>Percent Other Race</td>
<td>4.4%</td>
</tr>
<tr>
<td>Percent Hispanic/Latino</td>
<td>8.2%</td>
</tr>
<tr>
<td>Percent unemployed</td>
<td>7.3%</td>
</tr>
<tr>
<td>Median household income</td>
<td>$53,221</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>493.7</td>
</tr>
<tr>
<td>Percent with disability</td>
<td>14.2%</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 = 41.6; Rank = 33**

- **Health Behaviors**
  - Percent any physical activity or exercise in the last 30 days: 75.7% (Jacksonville), 80.7% (Target Goal)
  - Percent meeting CDC aerobic activity guidelines: 50.9% (Jacksonville), 60.6% (Target Goal)
  - Percent meeting both CDC aerobic and strength activity guidelines: 18.8% (Jacksonville), 23.1% (Target Goal)
  - Percent consuming 2+ fruits per day: 29.3% (Jacksonville), 34.0% (Target Goal)
  - Percent consuming 3+ vegetables per day: 13.9% (Jacksonville), 18.5% (Target Goal)
  - Percent who get 7+ hours of sleep per day: 61.8% (Jacksonville), 69.8% (Target Goal)
  - Percent currently smoking: 16.2% (Jacksonville), 11.6% (Target Goal)

**Chronic Health Problems**

- Percent obese: 33.3% (Jacksonville), 23.5% (Target Goal)
- Percent in excellent or very good health: 54.0% (Jacksonville), 58.0% (Target Goal)
- Any days when physical health was not good during the past 30 days: 37.5% (Jacksonville), 31.3% (Target Goal)
- Any days when mental health was not good during the past 30 days: 36.9% (Jacksonville), 28.8% (Target Goal)
- Percent with asthma: 7.8% (Jacksonville), 6.7% (Target Goal)
- Percent with high blood pressure: 36.1% (Jacksonville), 26.6% (Target Goal)
- Percent with angina or coronary heart disease: 3.5% (Jacksonville), 2.8% (Target Goal)
- Percent diagnosed with a stroke: 4.3% (Jacksonville), 2.0% (Target Goal)
- Percent with diabetes: 10.1% (Jacksonville), 8.1% (Target Goal)
- Death rate/100,000 for cardiovascular disease: 188.2 (Jacksonville), 141.3 (Target Goal)
- Death rate/100,000 for diabetes: 22.6 (Jacksonville), 14.9 (Target Goal)

**Community/Environmental Indicators – Score = 51.3; Rank = 30**

(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: 13.8% (Jacksonville), 11.0% (Target Goal)
- Acres of parkland/1,000: 75.7 (Jacksonville)
- Farmers’ markets/1,000,000: 11.7 (Jacksonville), 19.9 (Target Goal)
- Percent using public transportation to work: 1.4% (Jacksonville), 4.4% (Target Goal)
- Percent bicycling or walking to work: 1.8% (Jacksonville), 2.9% (Target Goal)
- Walk Score*: 25.5 (Jacksonville), 51.7 (Target Goal)
- Percent within a 10 minute walk to a park: 33.0% (Jacksonville), 65.4% (Target Goal)

**Recreational Facilities**

- Ball diamonds/10,000: 1.9 (Jacksonville), 2.9 (Target Goal)
- Dog parks/100,000: 0.4 (Jacksonville), 1.1 (Target Goal)
- Park playgrounds/10,000: 2.4 (Jacksonville), 3.3 (Target Goal)
- Basketball hoops/10,000: 1.9 (Jacksonville), 3.1 (Target Goal)
- Park units/10,000: 4.8 (Jacksonville), 4.4 (Target Goal)
- Recreational centers/20,000: 1.4 (Jacksonville), 1.0 (Target Goal)
- Swimming pools/100,000: 3.0 (Jacksonville), 4.1 (Target Goal)
- Tennis courts/10,000: 2.1 (Jacksonville), 2.0 (Target Goal)

**Policy for School P.E.**

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

**Park-related Expenditures**

- Total park expenditure per resident: $34.00 (Jacksonville), $109.90 (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.
KANSAS CITY, MO
(Kansas City, MO-KS MSA)

Total Score = 45.0

Areas of Excellence (at or better than target goal):
- Lower percentage of days when physical health was not good during the past 30 days
- More acres of parkland per capita
- More farmers’ markets per capita
- More ball diamonds 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):
- Lower percentage consuming 2+ fruits per day
- Lower percentage consuming 3+ vegetables per day
- Higher percentage currently smoking
- Higher percentage obese
- Higher percentage with asthma
- Higher percentage with high blood pressure
- Higher percentage with angina or coronary heart disease
- Higher percentage diagnosed with a stroke
- Higher percentage with diabetes
- Higher death rate for cardiovascular disease
- Lower percentage using public transportation to work
- Lower percentage bicycling or walking to work
- Lower Walk Score®
- Fewer dog parks per capita
- Fewer basketball hoops per capita
- Fewer recreation centers per capita
- Fewer swimming pools per capita

Description of Kansas City, MO-KS MSA

Population: 2,087,471
Percent less than 18 years old: 24.7%
Percent 18 to 64 years old: 61.7%
Percent 65 years old and older: 13.6%
Percent male: 49.0%
Percent high school graduate or higher: 91.2%
Percent White: 78.8%
Percent Black or African American: 12.5%
Percent Asian: 2.8%
Percent Other Race: 5.9%
Percent Hispanic/Latino: 8.9%
Percent unemployed: 4.4%
Median household income: $60,502
Percent of households below poverty level: 8.2%
Violent crime rate/100,000*: 535.8
Percent with disability: 12.6%

*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 = 42.1; Rank = 32

#### Health Behaviors

<table>
<thead>
<tr>
<th>Health Behavior</th>
<th>Kansas City</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent any physical activity or exercise in the last 30 days</td>
<td>74.5%</td>
<td>80.7%</td>
</tr>
<tr>
<td>Percent meeting CDC aerobic activity guidelines</td>
<td>50.1%</td>
<td>60.6%</td>
</tr>
<tr>
<td>Percent meeting both CDC aerobic and strength activity guidelines</td>
<td>19.7%</td>
<td>23.1%</td>
</tr>
<tr>
<td>Percent consuming 2+ fruits per day</td>
<td>23.1%</td>
<td>34.0%</td>
</tr>
<tr>
<td>Percent consuming 3+ vegetables per day</td>
<td>13.9%</td>
<td>18.5%</td>
</tr>
<tr>
<td>Percent who get 7+ hours of sleep per day</td>
<td>69.1%</td>
<td>69.8%</td>
</tr>
<tr>
<td>Percent currently smoking</td>
<td>17.3%</td>
<td>11.6%</td>
</tr>
</tbody>
</table>

#### Chronic Health Problems

<table>
<thead>
<tr>
<th>Chronic Health Problem</th>
<th>Kansas City</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent obese</td>
<td>33.8%</td>
<td>23.5%</td>
</tr>
<tr>
<td>Percent in excellent or very good health</td>
<td>50.5%</td>
<td>58.0%</td>
</tr>
<tr>
<td>Any days when physical health was not good during the past 30 days</td>
<td>31.2%</td>
<td>31.3%</td>
</tr>
<tr>
<td>Any days when mental health was not good during the past 30 days</td>
<td>31.7%</td>
<td>28.8%</td>
</tr>
<tr>
<td>Percent with asthma</td>
<td>9.4%</td>
<td>6.7%</td>
</tr>
<tr>
<td>Percent with high blood pressure</td>
<td>33.9%</td>
<td>26.6%</td>
</tr>
<tr>
<td>Percent with angina or coronary heart disease</td>
<td>4.2%</td>
<td>2.8%</td>
</tr>
<tr>
<td>Percent diagnosed with a stroke</td>
<td>4.0%</td>
<td>2.0%</td>
</tr>
<tr>
<td>Percent with diabetes</td>
<td>11.9%</td>
<td>8.1%</td>
</tr>
<tr>
<td>Death rate/100,000 for cardiovascular disease</td>
<td>186.7</td>
<td>141.3</td>
</tr>
<tr>
<td>Death rate/100,000 for diabetes</td>
<td>16.9</td>
<td>14.9</td>
</tr>
</tbody>
</table>

### Community/Environmental Indicators – Score = 48.6; Rank = 32

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

#### Built Environment

<table>
<thead>
<tr>
<th>Built Environment</th>
<th>Kansas City</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parkland as a percent of city land area</td>
<td>9.1%</td>
<td>11.0%</td>
</tr>
<tr>
<td>Acres of parkland/1,000</td>
<td>37.6</td>
<td>18.9</td>
</tr>
<tr>
<td>Farmers' markets/1,000</td>
<td>28.3</td>
<td>19.9</td>
</tr>
<tr>
<td>Percent using public transportation to work</td>
<td>1.1%</td>
<td>4.4%</td>
</tr>
<tr>
<td>Percent bicycling or walking to work</td>
<td>1.4%</td>
<td>2.9%</td>
</tr>
<tr>
<td>Walk Score*</td>
<td>34.0</td>
<td>51.7</td>
</tr>
<tr>
<td>Percent within a 10 minute walk to a park</td>
<td>65.0%</td>
<td>65.4%</td>
</tr>
</tbody>
</table>

#### Recreational Facilities

<table>
<thead>
<tr>
<th>Recreational Facilities</th>
<th>Kansas City</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ball diamonds/10,000</td>
<td>2.9</td>
<td>1.9</td>
</tr>
<tr>
<td>Dog parks/100,000</td>
<td>0.6</td>
<td>1.1</td>
</tr>
<tr>
<td>Park playgrounds/10,000</td>
<td>2.3</td>
<td>2.4</td>
</tr>
<tr>
<td>Basketball hoops/10,000</td>
<td>1.6</td>
<td>3.1</td>
</tr>
<tr>
<td>Park units/10,000</td>
<td>4.9</td>
<td>4.4</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>1.9</td>
<td>3.0</td>
</tr>
<tr>
<td>Tennis courts/10,000</td>
<td>2.2</td>
<td>2.0</td>
</tr>
</tbody>
</table>

#### Policy for School P.E.

<table>
<thead>
<tr>
<th>Policy for School P.E.</th>
<th>Kansas City</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 Expenditures</th>
<th>Kansas City</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total park expenditure per resident</td>
<td>$132.00</td>
<td>$109.90</td>
</tr>
</tbody>
</table>

---

*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.
LAS VEGAS, NV
(Las Vegas-Henderson-Paradise, NV MSA)

**Total Score = 47.3**

**Areas of Excellence (at or better than target goal):**
- Higher percentage meeting both CDC aerobic and strength activity guidelines
- Lower percentage with high blood pressure
- Lower death rate for diabetes
- 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 percentage consuming 2+ fruits per day
- Lower percentage consuming 3+ vegetables per day
- Higher percentage currently smoking
- Lower percentage in excellent or very good health
- Higher percentage with angina or coronary heart disease
- Higher death rate for cardiovascular disease
- Lower percentage of parkland as city land area
- Fewer acres of parkland per capita
- Fewer farmers’ markets per capita
- Lower percentage bicycling or walking to work
- Lower Walk Score®
- Fewer ball diamonds per capita
- Fewer basketball hoops 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 Las Vegas-Henderson-Paradise, NV MSA**

<table>
<thead>
<tr>
<th>Description</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population</td>
<td>2,114,801</td>
</tr>
<tr>
<td>Percent less than 18 years old</td>
<td>23.6%</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>13.7%</td>
</tr>
<tr>
<td>Percent male</td>
<td>49.9%</td>
</tr>
<tr>
<td>Percent high school graduate or higher</td>
<td>85.1%</td>
</tr>
<tr>
<td>Percent White</td>
<td>62.2%</td>
</tr>
<tr>
<td>Percent Black or African American</td>
<td>11.0%</td>
</tr>
<tr>
<td>Percent Asian</td>
<td>9.7%</td>
</tr>
<tr>
<td>Percent Other Race</td>
<td>17.2%</td>
</tr>
<tr>
<td>Percent Hispanic/Latino</td>
<td>30.6%</td>
</tr>
<tr>
<td>Percent unemployed</td>
<td>8.3%</td>
</tr>
<tr>
<td>Median household income</td>
<td>$51,552</td>
</tr>
<tr>
<td>Percent of households below poverty level</td>
<td>11.7%</td>
</tr>
<tr>
<td>Violent crime rate/100,000*</td>
<td>815.0</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.
### ACSM American Fitness Index® Components

#### Personal Health Indicators – Score = 54.2; Rank = 19

**ACSM American Fitness Index® Components**

#### Health Behaviors

<table>
<thead>
<tr>
<th>Health Behaviors</th>
<th>Las Vegas</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent any physical activity or exercise in the last 30 days</td>
<td>74.0%</td>
<td>80.7%</td>
</tr>
<tr>
<td>Percent meeting CDC aerobic activity guidelines</td>
<td>52.8%</td>
<td>60.6%</td>
</tr>
<tr>
<td>Percent meeting both CDC aerobic and strength activity guidelines</td>
<td>23.1%</td>
<td>23.1%</td>
</tr>
<tr>
<td>Percent consuming 2+ fruits per day</td>
<td>19.1%</td>
<td>34.0%</td>
</tr>
<tr>
<td>Percent consuming 3+ vegetables per day</td>
<td>14.2%</td>
<td>18.5%</td>
</tr>
<tr>
<td>Percent who get 7+ hours of sleep per day</td>
<td>62.3%</td>
<td>69.8%</td>
</tr>
<tr>
<td>Percent currently smoking</td>
<td>19.3%</td>
<td>11.6%</td>
</tr>
</tbody>
</table>

#### Chronic Health Problems

<table>
<thead>
<tr>
<th>Chronic Health Problems</th>
<th>Las Vegas</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent obese</td>
<td>26.8%</td>
<td>23.5%</td>
</tr>
<tr>
<td>Percent in excellent or very good health</td>
<td>44.0%</td>
<td>58.0%</td>
</tr>
<tr>
<td>Any days when physical health was not good during the past 30 days</td>
<td>34.7%</td>
<td>31.3%</td>
</tr>
<tr>
<td>Any days when mental health was not good during the past 30 days</td>
<td>34.1%</td>
<td>28.8%</td>
</tr>
<tr>
<td>Percent with asthma</td>
<td>6.8%</td>
<td>6.7%</td>
</tr>
<tr>
<td>Percent with high blood pressure</td>
<td>26.2%</td>
<td>26.6%</td>
</tr>
<tr>
<td>Percent with angina or coronary heart disease</td>
<td>4.0%</td>
<td>2.8%</td>
</tr>
<tr>
<td>Percent diagnosed with a stroke</td>
<td>2.3%</td>
<td>2.0%</td>
</tr>
<tr>
<td>Percent with diabetes</td>
<td>9.3%</td>
<td>8.1%</td>
</tr>
<tr>
<td>Death rate/100,000 for cardiovascular disease</td>
<td>216.8</td>
<td></td>
</tr>
<tr>
<td>Death rate/100,000 for diabetes</td>
<td>141.3</td>
<td>14.9</td>
</tr>
</tbody>
</table>

#### Community/Environmental Indicators – Score = 38.9; Rank = 41

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

<table>
<thead>
<tr>
<th>Community/Environmental Indicators</th>
<th>Las Vegas</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parkland as a percent of city land area</td>
<td>5.5%</td>
<td>11.0%</td>
</tr>
<tr>
<td>Acres of parkland/1,000</td>
<td>7.8%</td>
<td>18.9%</td>
</tr>
<tr>
<td>Farmers’ markets/1,000,000</td>
<td>5.2%</td>
<td>19.9%</td>
</tr>
<tr>
<td>Percent using public transportation to work</td>
<td>4.2%</td>
<td>4.4%</td>
</tr>
<tr>
<td>Percent bicycling or walking to work</td>
<td>2.1%</td>
<td>2.9%</td>
</tr>
<tr>
<td>Walk Score*</td>
<td>40.0%</td>
<td>51.7%</td>
</tr>
<tr>
<td>Percent within a 10 minute walk to a park</td>
<td>58.0%</td>
<td>65.4%</td>
</tr>
</tbody>
</table>

#### Built Environment

<table>
<thead>
<tr>
<th>Built Environment</th>
<th>Las Vegas</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>1.1</td>
<td>4.2</td>
</tr>
<tr>
<td>Park playgrounds/10,000</td>
<td>1.9</td>
<td>2.4</td>
</tr>
<tr>
<td>Basketball hoops/10,000</td>
<td>1.0</td>
<td>3.1</td>
</tr>
<tr>
<td>Park units/10,000</td>
<td>1.0</td>
<td>4.4</td>
</tr>
<tr>
<td>Recreational centers/20,000</td>
<td>0.7</td>
<td>4.4</td>
</tr>
<tr>
<td>Swimming pools/100,000</td>
<td>2.0</td>
<td>3.0</td>
</tr>
<tr>
<td>Tennis courts/10,000</td>
<td>1.1</td>
<td>2.0</td>
</tr>
</tbody>
</table>

#### Recreational Facilities

<table>
<thead>
<tr>
<th>Policy for School P.E.</th>
<th>Las Vegas</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total park expenditure per resident</td>
<td>154.00</td>
<td>109.90</td>
</tr>
</tbody>
</table>

*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.
LOS ANGELES, CA
(Los Angeles-Long Beach-Anaheim, CA MSA)

Total Score = 55.7

Areas of Excellence (at or better than target goal):
• Higher percentage of any physical activity or exercise in the last 30 days
• Lower percentage currently smoking
• Lower percentage obese
• Lower percentage with asthma
• Higher percentage of parkland as city land area
• Higher percentage using public transportation to work
• Higher percentage 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):
• Higher percentage of days when mental health was not good during the past 30 days
• Higher percentage with angina or coronary heart disease
• Higher percentage with diabetes
• Higher death rate for diabetes
• 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 basketball hoops per capita
• Fewer park units per capita
• Fewer swimming pools per capita
• Fewer tennis courts per capita

Description of Los Angeles-Long Beach-Anaheim, CA MSA
Population 13,340,068
Percent less than 18 years old 22.5%
Percent 18 to 64 years old 64.7%
Percent 65 years old and older 12.8%
Percent male 49.3%
Percent high school graduate or higher 79.5%
Percent White 54.5%
Percent Black or African American 6.7%
Percent Asian 15.7%
Percent Other Race 23.1%
Percent Hispanic/Latino 45.1%
Percent unemployed 6.8%
Median household income $62,544
Percent of households below poverty level 11.7%
Violent crime rate/100,000* 431.9
Percent with disability 9.5%

*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 = 67.6; Rank = 11

ACSM American Fitness Index® Components

Community/Environmental Indicators – Score = 41.3; Rank = 37

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

Los Angeles | Target Goal*
--- | ---
Percent any physical activity or exercise in the last 30 days | 80.7% | 80.7%
Percent meeting CDC aerobic activity guidelines | 56.7% | 60.6%
Percent meeting both CDC aerobic and strength activity guidelines | 22.2% | 23.1%
Percent consuming 2+ fruit per day | 27.9% | 34.0%
Percent consuming 3+ vegetables per day | 16.1% | 18.5%
Percent who get 7+ hours of sleep per day | 64.1% | 69.8%
Percent currently smoking | 10.9% | 11.6%
Percent currently smoking | 23.3% | 25.5%
Percent in excellent or very good health | 48.3% | 58.0%
Any days when physical health was not good during the past 30 days | 35.4% | 31.3%
Any days when mental health was not good during the past 30 days | 35.2% | 28.8%
Percent with asthma | 6.3% | 6.7%
Percent with high blood pressure | 28.2% | 26.6%
Percent with angina or coronary heart disease | 3.5% | 2.8%
Percent diagnosed with a stroke | 2.3% | 2.0%
Percent with diabetes | 11.2% | 8.1%
Death rate/100,000 for cardiovascular disease | 141.3 | 164.7
Death rate/100,000 for diabetes | 20.6 | 14.9

Los Angeles | Target Goal**
--- | ---
Ball diamonds/10,000 | 0.7 | 1.9
Dog parks/100,000 | 0.3 | 1.1
Park playgrounds/10,000 | 1.1 | 2.4
Basketball hoops/10,000 | 0.7 | 3.1
Park units/10,000 | 1.8 | 4.4
Recreational centers/20,000 | 1.1 | 1.0
Swimming pools/100,000 | 1.7 | 3.0
Tennis courts/10,000 | 0.8 | 2.0

Policy for School P.E.

Level of state requirement for Physical Education | 3.0 | 2.5

Park-related Expenditures

Total park expenditure per resident | $88.00 | $109.90

*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.
LOUISVILLE, KY

(Louisville/Jefferson County, KY-IN MSA)

Total Score = 23.1

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

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
• Lower percentage consuming 3+ vegetables per day
• Higher percentage currently smoking
• Higher percentage obese
• Higher percentage of days when mental health was not good during the past 30 days
• Higher percentage with asthma
• Higher percentage with high blood pressure
• Higher percentage with angina or coronary heart disease
• Higher percentage diagnosed with a stroke
• Higher percentage with diabetes
• Higher death rate for cardiovascular disease
• Higher death rate for diabetes
• Lower percentage of parkland as city land area
• Lower percentage using public transportation to work
• Lower percentage bicycling or walking to work
• Lower Walk Score®
• Lower percentage within a 10 minute walk to a park
• Fewer ball diamonds per capita
• Fewer basketball hoops per capita
• Fewer park units per capita
• Fewer recreation centers per capita
• Fewer swimming pools per capita
• Lower park-related expenditures per capita
• Higher level of state requirement for Physical Education classes

Description of Louisville/Jefferson County, KY-IN MSA

Population 1,278,413
Percent less than 18 years old 22.9%
Percent 18 to 64 years old 62.4%
Percent 65 years old and older 14.7%
Percent male 48.7%
Percent high school graduate or higher 89.6%
Percent White 80.7%
Percent Black or African American 13.9%
Percent Asian 1.9%
Percent Other Race 3.4%
Percent Hispanic/Latino 4.4%
Percent unemployed 5.7%
Median household income $52,898
Percent of households below poverty level 9.2%
Violent crime rate/100,000* 422.9
Percent with disability 14.1%

*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 = 13.7; Rank = 49

Health Behaviors

- Percent any physical activity or exercise in the last 30 days: 67.2% (Louisville), 80.7% (Target Goal)
- Percent meeting CDC aerobic activity guidelines: 45.6% (Louisville), 60.6% (Target Goal)
- Percent meeting both CDC aerobic and strength activity guidelines: 18.4% (Louisville), 23.1% (Target Goal)
- Percent consuming 2+ fruits per day: 19.1% (Louisville), 34.0% (Target Goal)
- Percent consuming 3+ vegetables per day: 8.5% (Louisville), 18.5% (Target Goal)
- Percent who get 7+ hours of sleep per day: 63.7% (Louisville), 69.8% (Target Goal)
- Percent currently smoking: 24.0% (Louisville), 11.6% (Target Goal)

Chronic Health Problems

- Percent obese: 33.1% (Louisville), 23.5% (Target Goal)
- Percent in excellent or very good health: 46.9% (Louisville), 58.0% (Target Goal)
- Any days when physical health was not good during the past 30 days: 35.9% (Louisville), 31.3% (Target Goal)
- Any days when mental health was not good during the past 30 days: 37.4% (Louisville), 28.8% (Target Goal)
- Percent with asthma: 10.8% (Louisville), 6.7% (Target Goal)
- Percent with high blood pressure: 37.5% (Louisville), 26.6% (Target Goal)
- Percent with angina or coronary heart disease: 6.1% (Louisville), 2.8% (Target Goal)
- Percent diagnosed with a stroke: 4.0% (Louisville), 2.0% (Target Goal)
- Percent with diabetes: 199.1 (Louisville), 141.3 (Target Goal)
- Death rate/100,000 for cardiovascular disease: 24.6 (Louisville), 14.9 (Target Goal)
- Death rate/100,000 for diabetes: 33.1% (Louisville), 34.6% (Target Goal)

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

(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: 7.3% (Louisville), 11.0% (Target Goal)
- Acres of parkland/1,000: 23.1 (Louisville), 18.9 (Target Goal)
- Farmers’ markets/1,000,000: 24.2 (Louisville), 19.9 (Target Goal)
- Percent using public transportation to work: 1.9% (Louisville), 4.4% (Target Goal)
- Percent bicycling or walking to work: 2.2% (Louisville), 2.9% (Target Goal)
- Walk Score*: 33.0 (Louisville), 51.7 (Target Goal)
- Percent within a 10 minute walk to a park: 32.8% (Louisville), 65.4% (Target Goal)

Recreational Facilities

- Ball diamonds/10,000: 1.3 (Louisville), 1.9 (Target Goal)
- Dog parks/100,000: 0.9 (Louisville), 1.1 (Target Goal)
- Park playgrounds/10,000: 2.4 (Louisville), 2.4 (Target Goal)
- Basketball hoops/10,000: 2.3 (Louisville), 3.1 (Target Goal)
- Park units/10,000: 1.7 (Louisville), 4.4 (Target Goal)
- Recreational centers/20,000: 0.4 (Louisville), 1.0 (Target Goal)
- Swimming pools/100,000: 0.8 (Louisville), 3.0 (Target Goal)
- Tennis courts/10,000: 2.3 (Louisville), 2.0 (Target Goal)

Policy for School P.E.

- Level of state requirement for Physical Education: 1.0 (Louisville), 2.5 (Target Goal)

Park-related Expenditures

- Total park expenditure per resident: $66.00 (Louisville), $109.90 (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.
MEMPHIS, TN
(Memphis, TN-MS-AR MSA)

Total Score = 33.2

Areas of Excellence (at or better than target goal):
• Lower percentage with asthma
• 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 consuming 2+ fruits per day
• Lower percentage consuming 3+ vegetables per day
• Higher percentage currently smoking
• Higher percentage obese
• Higher percentage with high blood pressure
• Higher percentage with angina or coronary heart disease
• Higher percentage diagnosed with a stroke
• Higher percentage with diabetes
• Higher death rate for cardiovascular disease
• Higher death rate for diabetes
• Lower percentage of parkland as city land area
• Fewer acres of parkland per capita
• Fewer farmers’ markets per capita
• Lower percentage using public transportation to work
• Lower percentage bicycling or walking to work
• Lower Walk Score®
• Lower percentage within a 10 minute walk to a park
• Fewer dog parks per capita
• Fewer park playgrounds per capita
• Fewer park units per capita
• Fewer tennis courts per capita
• Lower park-related expenditures per capita

Description of Memphis, TN-MS-AR MSA
Population 1,344,127
Percent less than 18 years old 25.3%
Percent 18 to 64 years old 62.2%
Percent 65 years old and older 12.5%
Percent male 47.7%
Percent high school graduate or higher 86.5%
Percent White 47.2%
Percent Black or African American 46.6%
Percent Asian 2.1%
Percent Other Race 4.0%
Percent Hispanic/Latino 5.3%
Percent unemployed 8.0%
Median household income $48,524
Percent of households below poverty level 13.8%
Violent crime rate/100,000* 1038.0
Percent with disability 12.6%

*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 = 32.7; Rank = 43

**ACSM American Fitness Index® Components**

<table>
<thead>
<tr>
<th>Health Behaviors</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>71.9%</td>
<td>80.7%</td>
</tr>
<tr>
<td>Percent meeting CDC aerobic activity guidelines</td>
<td>47.4%</td>
<td>60.6%</td>
</tr>
<tr>
<td>Percent meeting both CDC aerobic and strength activity guidelines</td>
<td>21.9%</td>
<td>23.1%</td>
</tr>
<tr>
<td>Percent consuming 2+ fruits per day</td>
<td>24.7%</td>
<td>34.0%</td>
</tr>
<tr>
<td>Percent consuming 3+ vegetables per day</td>
<td>13.3%</td>
<td>18.5%</td>
</tr>
<tr>
<td>Percent who get 7+ hours of sleep per day</td>
<td>69.6%</td>
<td>69.8%</td>
</tr>
<tr>
<td>Percent currently smoking</td>
<td>18.9%</td>
<td>11.6%</td>
</tr>
</tbody>
</table>

**Chronic Health Problems**

<table>
<thead>
<tr>
<th>Chronic Health Problems</th>
<th>Memphis</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent obese</td>
<td>41.2%</td>
<td>23.5%</td>
</tr>
<tr>
<td>Percent in excellent or very good health</td>
<td>47.1%</td>
<td>58.0%</td>
</tr>
<tr>
<td>Any days when physical health was not good during the past 30 days</td>
<td>34.5%</td>
<td>31.3%</td>
</tr>
<tr>
<td>Any days when mental health was not good during the past 30 days</td>
<td>30.0%</td>
<td>28.8%</td>
</tr>
<tr>
<td>Percent with asthma</td>
<td>5.9%</td>
<td>6.7%</td>
</tr>
<tr>
<td>Percent with high blood pressure</td>
<td>43.4%</td>
<td>26.6%</td>
</tr>
<tr>
<td>Percent with angina or coronary heart disease</td>
<td>4.4%</td>
<td>2.8%</td>
</tr>
<tr>
<td>Percent diagnosed with a stroke</td>
<td>4.4%</td>
<td>2.0%</td>
</tr>
<tr>
<td>Percent with diabetes</td>
<td>16.0%</td>
<td>8.1%</td>
</tr>
<tr>
<td>Death rate/100,000 for cardiovascular disease</td>
<td>237.2</td>
<td>141.3</td>
</tr>
<tr>
<td>Death rate/100,000 for diabetes</td>
<td>32.6</td>
<td>14.9</td>
</tr>
</tbody>
</table>

Community/Environmental Indicators – Score = 33.9; Rank = 45

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

**Built Environment**

<table>
<thead>
<tr>
<th>Built Environment</th>
<th>Memphis</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parkland as a percent of city land area</td>
<td>4.7%</td>
<td>11.0%</td>
</tr>
<tr>
<td>Acres of parkland/1,000</td>
<td>13.9</td>
<td>18.9</td>
</tr>
<tr>
<td>Farmers' markets/1,000,000</td>
<td>13.4</td>
<td>19.9</td>
</tr>
<tr>
<td>Percent using public transportation to work</td>
<td>1.1%</td>
<td>4.4%</td>
</tr>
<tr>
<td>Percent bicycling or walking to work</td>
<td>1.2%</td>
<td>2.9%</td>
</tr>
<tr>
<td>Walk Score®</td>
<td>36.0</td>
<td>51.7</td>
</tr>
<tr>
<td>Percent within a 10 minute walk to a park</td>
<td>41.1%</td>
<td>65.4%</td>
</tr>
</tbody>
</table>

**Recreational Facilities**

<table>
<thead>
<tr>
<th>Recreational Facilities</th>
<th>Memphis</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ball diamonds/10,000</td>
<td>1.7</td>
<td>1.9</td>
</tr>
<tr>
<td>Dog parks/100,000</td>
<td>0.5</td>
<td>1.1</td>
</tr>
<tr>
<td>Park playgrounds/10,000</td>
<td>1.8</td>
<td>2.4</td>
</tr>
<tr>
<td>Basketball hoops/10,000</td>
<td>2.9</td>
<td>3.1</td>
</tr>
<tr>
<td>Park units/10,000</td>
<td>3.1</td>
<td>4.4</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>2.7</td>
<td>3.0</td>
</tr>
<tr>
<td>Tennis courts/10,000</td>
<td>1.2</td>
<td>2.0</td>
</tr>
</tbody>
</table>

**Policy for School P.E.**

<table>
<thead>
<tr>
<th>Policy for School P.E.</th>
<th>Memphis</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 Expenditures</th>
<th>Memphis</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total park expenditure per resident</td>
<td>$58.00</td>
<td>$109.90</td>
</tr>
</tbody>
</table>

*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.
MIAMI, FL
(Miami-Fort Lauderdale-West Palm Beach, FL MSA)

Total Score = 52.6

Areas of Excellence (at or better than target goal):
• Lower percentage with asthma
• Higher Walk Score®
• Higher percentage within a 10 minute walk to a park
• More basketball hoops 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):
• Lower percentage meeting CDC aerobic activity guidelines
• Higher percentage of days when mental health was not good during the past 30 days
• Higher percentage with angina or coronary heart disease
• Lower percentage of parkland as city land area
• 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 park units per capita
• Fewer tennis courts per capita
• Lower park-related expenditures per capita

Description of Miami-Fort Lauderdale-West Palm Beach, FL MSA
Population 6,012,331
Percent less than 18 years old 20.6%
Percent 18 to 64 years old 62.0%
Percent 65 years old and older 17.4%
Percent male 48.5%
Percent high school graduate or higher 84.8%
Percent White 70.7%
Percent Black or African American 21.5%
Percent Asian 2.5%
Percent Other Race 5.3%
Percent Hispanic/Latino 43.8%
Percent unemployed 7.1%
Median household income $50,441
Percent of households below poverty level 12.8%
Violent crime rate/100,000* 510.1
Percent with disability 10.9%

*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 = 58.9; Rank = 17**

- **Health Behaviors**
  - Percent any physical activity or exercise in the last 30 days: 72.4% (Miami: 80.7%)
  - Percent meeting CDC aerobic activity guidelines: 47.0% (Miami: 60.6%)
  - Percent meeting both CDC aerobic and strength activity guidelines: 20.2% (Miami: 23.1%)
  - Percent consuming 2+ fruits per day: 30.2% (Miami: 34.0%)
  - Percent consuming 3+ vegetables per day: 16.5% (Miami: 18.5%)
  - Percent who get 7+ hours of sleep per day: 64.0% (Miami: 69.8%)
  - Percent currently smoking: 12.5% (Miami: 11.6%)

- **Chronic Health Problems**
  - Percent obese: 26.6% (Miami: 23.5%)
  - Percent in excellent or very good health: 49.9% (Miami: 58.0%)
  - Any days when physical health was not good during the past 30 days: 36.3% (Miami: 31.3%)
  - Any days when mental health was not good during the past 30 days: 35.9% (Miami: 28.8%)
  - Percent with asthma: 6.7% (Miami: 6.7%)
  - Percent with high blood pressure: 31.3% (Miami: 26.6%)
  - Percent with angina or coronary heart disease: 3.5% (Miami: 2.8%)
  - Percent diagnosed with a stroke: 2.4% (Miami: 2.0%)
  - Percent with diabetes: 9.7% (Miami: 8.1%)
  - Death rate/100,000 for cardiovascular disease: 153.4 (Miami: 141.3)
  - Death rate/100,000 for diabetes: 17.3 (Miami: 14.9)

**Community/Environmental Indicators – Score = 45.0; Rank = 34**

*(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: 6.3% (Miami: 11.0%)
  - Acres of parkland/1,000: 3.4 (Miami: 18.9)
  - Farmers’ markets/1,000,000: 9.5 (Miami: 19.9)
  - Percent using public transportation to work: 3.8% (Miami: 4.4%)
  - Percent bicycling or walking to work: 2.3% (Miami: 2.9%)
  - Walk Score**: 51.7 (Miami: 78.0)
  - Percent within a 10 minute walk to a park: 78.3% (Miami: 65.4%)

- **Recreational Facilities**
  - Ball diamonds/10,000: 0.6 (Miami: 1.9)
  - Dog parks/100,000: 0.7 (Miami: 1.1)
  - Park playgrounds/10,000: 3.4 (Miami: 4.4)
  - Basketball hoops/10,000: 3.3 (Miami: 3.1)
  - Park units/10,000: 1.5 (Miami: 1.0)
  - Recreational centers/20,000: 1.5 (Miami: 3.5)
  - Swimming pools/100,000: 3.0 (Miami: 3.1)
  - Tennis courts/10,000: 1.3 (Miami: 2.0)

- **Policy for School P.E.**
  - Level of state requirement for Physical Education: 3.0 (Miami: 2.5)

- **Park-related Expenditures**
  - Total park expenditure per resident: $85.00 (Miami: $109.90)

---

*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.*
MILWAUKEE, WI
(Milwaukee-Waukesha-West Allis, WI MSA)

Total Score = 53.9

Areas of Excellence (at or better than target goal):
• More farmers’ markets per capita
• 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 park playgrounds per capita
• More basketball hoops 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 percentage consuming 3+ vegetables per day
• Higher percentage currently smoking
• Higher percentage obese
• Higher percentage of days when physical health was not good during the past 30 days
• Higher percentage of days when mental health was not good during the past 30 days
• Higher percentage with asthma
• Higher percentage with high blood pressure
• Higher percentage diagnosed with a stroke
• Higher percentage with diabetes
• Higher death rate for cardiovascular disease
• Higher death rate for diabetes
• Lower percentage of parkland as city land area
• Fewer acres of parkland per capita
• Fewer dog parks per capita

Description of Milwaukee-Waukesha-West Allis, WI MSA

Population 1,575,747
Percent less than 18 years old 23.5%
Percent 18 to 64 years old 62.3%
Percent 65 years old and older 14.2%
Percent male 48.6%
Percent high school graduate or higher 90.5%
Percent White 73.7%
Percent Black or African American 16.5%
Percent Asian 3.5%
Percent Other Race 6.3%
Percent Hispanic/Latino 10.4%
Percent unemployed 4.8%
Median household income $56,247
Percent of households below poverty level 10.0%
Violent crime rate/100,000* 680.1
Percent with disability 12.2%

*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 = 47.3; Rank = 27

Health Behaviors

- Percent any physical activity or exercise in the last 30 days: Milwaukee 76.1% vs. Target Goal 80.7%
- Percent meeting CDC aerobic activity guidelines: Milwaukee 56.6% vs. Target Goal 60.6%
- Percent meeting both CDC aerobic and strength activity guidelines: Milwaukee 19.9% vs. Target Goal 23.1%
- Percent consuming 2+ fruits per day: Milwaukee 32.2% vs. Target Goal 34.0%
- Percent consuming 3+ vegetables per day: Milwaukee 13.6% vs. Target Goal 18.5%
- Percent who get 7+ hours of sleep per day: Milwaukee 66.5% vs. Target Goal 69.8%
- Percent currently smoking: Milwaukee 19.3% vs. Target Goal 11.6%

Chronic Health Problems

- Percent obese: Milwaukee 33.8% vs. Target Goal 23.5%
- Percent in excellent or very good health: Milwaukee 50.2% vs. Target Goal 58.0%
- Any days when physical health was not good during the past 30 days: Milwaukee 36.7% vs. Target Goal 28.8%
- Percent with asthma: Milwaukee 12.6% vs. Target Goal 6.7%
- Percent with high blood pressure: Milwaukee 34.1% vs. Target Goal 26.6%
- Percent with angina or coronary heart disease: Milwaukee 3.2% vs. Target Goal 2.8%
- Percent diagnosed with a stroke: Milwaukee 2.7% vs. Target Goal 2.0%
- Percent with diabetes: Milwaukee 10.0% vs. Target Goal 8.1%
- Death rate/100,000 for cardiovascular disease: Milwaukee 180.8 vs. Target Goal 141.3
- Death rate/100,000 for diabetes: Milwaukee 19.7 vs. Target Goal 14.9

Community/Environmental Indicators – Score = 62.0; 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: Milwaukee 8.7% vs. Target Goal 11.0%
- Acres of parkland/1,000 acres: Milwaukee 8.6 vs. Target Goal 18.9
- Farmers’ markets/1,000,000 people: Milwaukee 27.9 vs. Target Goal 19.9
- Percent using public transportation to work: Milwaukee 3.8% vs. Target Goal 4.4%
- Percent bicycling or walking to work: Milwaukee 3.5% vs. Target Goal 2.9%
- Walk Score*: Milwaukee 61.0 vs. Target Goal 51.7
- Percent within a 10 minute walk to a park: Milwaukee 65.4% vs. Target Goal 87.7%

Recreational Facilities

- Ball diamonds/10,000 people: Milwaukee 2.3 vs. Target Goal 1.9
- Dog parks/100,000 people: Milwaukee 0.5 vs. Target Goal 1.1
- Park playgrounds/10,000 people: Milwaukee 2.7 vs. Target Goal 2.4
- Basketball hoops/10,000 people: Milwaukee 5.6 vs. Target Goal 3.1
- Park units/10,000 people: Milwaukee 3.7 vs. Target Goal 4.4
- Recreational centers/20,000 people: Milwaukee 0.9 vs. Target Goal 1.0
- Swimming pools/100,000 people: Milwaukee 3.8 vs. Target Goal 3.0
- Tennis courts/10,000 people: Milwaukee 2.8 vs. Target Goal 2.0

Policy for School P.E.

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

Park-related Expenditures

- Total park expenditure per resident: Milwaukee $108.00 vs. Target Goal $109.90

*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.
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.
ACSM American Fitness Index® Components

Personal Health Indicators – Score = 82.5; Rank = 4

- Percent any physical activity or exercise in the last 30 days: 80.6% (Minneapolis) vs. 80.7% (Target Goal)
- Percent meeting CDC aerobic activity guidelines: 56.1% (Minneapolis) vs. 60.6% (Target Goal)
- Percent meeting both CDC aerobic and strength activity guidelines: 23.1% (Minneapolis) vs. 23.1% (Target Goal)
- Percent consuming 2+ fruits per day: 28.3% (Minneapolis) vs. 34.0% (Target Goal)
- Percent consuming 3+ vegetables per day: 14.3% (Minneapolis) vs. 18.5% (Target Goal)
- Percent who get 7+ hours of sleep per day: 70.6% (Minneapolis) vs. 69.8% (Target Goal)
- Percent currently smoking: 14.8% (Minneapolis) vs. 11.6% (Target Goal)

Chronic Health Problems

- Percent obese: 24.4% (Minneapolis) vs. 23.5% (Target Goal)
- Percent in excellent or very good health: 60.4% (Minneapolis) vs. 58.0% (Target Goal)
- Any days when physical health was not good during the past 30 days: 30.7% (Minneapolis) vs. 31.3% (Target Goal)
- Any days when mental health was not good during the past 30 days: 31.6% (Minneapolis) vs. 28.8% (Target Goal)
- Percent with asthma: 7.6% (Minneapolis) vs. 6.7% (Target Goal)
- Percent with high blood pressure: 25.0% (Minneapolis) vs. 26.6% (Target Goal)
- Percent with angina or coronary heart disease: 2.7% (Minneapolis) vs. 2.8% (Target Goal)
- Percent diagnosed with a stroke: 1.9% (Minneapolis) vs. 2.0% (Target Goal)
- Percent with diabetes: 7.1% (Minneapolis) vs. 8.1% (Target Goal)
- Death rate/100,000 for cardiovascular disease: 117.3 (Minneapolis) vs. 141.3 (Target Goal)
- Death rate/100,000 for diabetes: 18.2 (Minneapolis) vs. 14.9 (Target Goal)

Community/Environmental Indicators – Score = 77.3; 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: 14.9% (Minneapolis) vs. 11.0% (Target Goal)
- Acres of parkland/1,000: 12.4 (Minneapolis) vs. 18.9 (Target Goal)
- Farmers’ markets/1,000,000: 29.2 (Minneapolis) vs. 19.9 (Target Goal)
- Percent using public transportation to work: 4.7% (Minneapolis) vs. 4.4% (Target Goal)
- Percent bicycling or walking to work: 3.2% (Minneapolis) vs. 2.9% (Target Goal)
- Walk Score*: 68.0 (Minneapolis) vs. 51.7 (Target Goal)
- Percent within a 10 minute walk to a park: 95.2% (Minneapolis) vs. 65.4% (Target Goal)

Recreational Facilities

- Ball diamonds/10,000: 4.8 (Minneapolis) vs. 1.9 (Target Goal)
- Dog parks/100,000: 1.7 (Minneapolis) vs. 1.1 (Target Goal)
- Park playgrounds/10,000: 2.8 (Minneapolis) vs. 2.4 (Target Goal)
- Basketball hoops/10,000: 7.3 (Minneapolis) vs. 3.1 (Target Goal)
- Park units/10,000: 4.6 (Minneapolis) vs. 4.4 (Target Goal)
- Recreational centers/20,000: 2.5 (Minneapolis) vs. 1.0 (Target Goal)
- Swimming pools/100,000: 3.0 (Minneapolis) vs. 3.4 (Target Goal)
- Tennis courts/10,000: 2.0 (Minneapolis) vs. 2.0 (Target Goal)

Policy for School P.E.

- Level of state requirement for Physical Education: 3.0 (Minneapolis) vs. 2.5 (Target Goal)

Park-related Expenditures

- Total park expenditure per resident: $211.00 (Minneapolis) vs. $109.90 (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.
NASHVILLE, TN
(Nashville-Davidson-Murfreesboro-Franklin, TN MSA)

Total Score = 36.8

Areas of Excellence (at or better than target goal):
• More acres of parkland per capita
• More park units 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 currently smoking
• Higher percentage obese
• Higher percentage with asthma
• Higher percentage with high blood pressure
• Higher percentage with angina or coronary heart disease
• Higher percentage diagnosed with a stroke
• Higher death rate for cardiovascular disease
• Higher death rate for diabetes
• Lower percentage using public transportation to work
• Lower percentage bicycling or walking to work
• Lower Walk Score®
• Lower percentage within a 10 minute walk to a park
• Fewer ball diamonds per capita
• Fewer swimming pools per capita
• Fewer tennis courts per capita

Description of Nashville-Davidson-Murfreesboro-Franklin, TN MSA

Population 1,830,345
Percent less than 18 years old 23.5%
Percent 18 to 64 years old 64.1%
Percent 65 years old and older 12.4%
Percent male 48.7%
Percent high school graduate or higher 89.0%
Percent White 77.9%
Percent Black or African American 15.1%
Percent Asian 2.4%
Percent Other Race 4.5%
Percent Hispanic/Latino 6.9%
Percent unemployed 4.9%
Median household income $57,985
Percent of households below poverty level 9.1%
Violent crime rate/100,000* 612.7
Percent with disability 12.7%

*Due to differences in jurisdictional definitions and reporting, the FBI recommends that these rates not be compared across areas.
### Personal Health Indicators – Score = 32.2; Rank = 44

#### Health Behaviors

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Nashville</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent any physical activity or exercise in the last 30 days</td>
<td>68.7%</td>
<td>80.7%</td>
</tr>
<tr>
<td>Percent meeting CDC aerobic activity guidelines</td>
<td>45.2%</td>
<td>60.6%</td>
</tr>
<tr>
<td>Percent meeting both CDC aerobic and strength activity guidelines</td>
<td>18.3%</td>
<td>23.1%</td>
</tr>
<tr>
<td>Percent consuming 2+ fruits per day</td>
<td>23.5%</td>
<td>34.0%</td>
</tr>
<tr>
<td>Percent consuming 3+ vegetables per day</td>
<td>17.6%</td>
<td>18.5%</td>
</tr>
<tr>
<td>Percent who get 7+ hours of sleep per day</td>
<td>59.4%</td>
<td>69.8%</td>
</tr>
<tr>
<td>Percent currently smoking</td>
<td>19.7%</td>
<td>11.6%</td>
</tr>
</tbody>
</table>

#### Chronic Health Problems

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Nashville</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent obese</td>
<td>32.1%</td>
<td>23.5%</td>
</tr>
<tr>
<td>Percent in excellent or very good health</td>
<td>47.7%</td>
<td>58.0%</td>
</tr>
<tr>
<td>Any days when physical health was not good during the past 30 days</td>
<td>35.7%</td>
<td>31.3%</td>
</tr>
<tr>
<td>Any days when mental health was not good during the past 30 days</td>
<td>31.4%</td>
<td>28.8%</td>
</tr>
<tr>
<td>Percent with asthma</td>
<td>10.7%</td>
<td>6.7%</td>
</tr>
<tr>
<td>Percent with high blood pressure</td>
<td>36.0%</td>
<td>26.6%</td>
</tr>
<tr>
<td>Percent with angina or coronary heart disease</td>
<td>5.0%</td>
<td>2.8%</td>
</tr>
<tr>
<td>Percent diagnosed with a stroke</td>
<td>2.5%</td>
<td>2.0%</td>
</tr>
<tr>
<td>Percent with diabetes</td>
<td>9.3%</td>
<td>8.1%</td>
</tr>
<tr>
<td>Death rate/100,000 for cardiovascular disease</td>
<td>199.5</td>
<td>141.3</td>
</tr>
<tr>
<td>Death rate/100,000 for diabetes</td>
<td>20.1</td>
<td>14.9</td>
</tr>
</tbody>
</table>

### Community/Environmental Indicators – Score = 42.3; Rank = 36

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

#### Built Environment

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Nashville</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parkland as a percent of city land area</td>
<td>10.7%</td>
<td>11.0%</td>
</tr>
<tr>
<td>Acres of parkland/1,000</td>
<td>18.9</td>
<td>19.9</td>
</tr>
<tr>
<td>Farmers' markets/1,000,000</td>
<td>19.7</td>
<td>19.9</td>
</tr>
<tr>
<td>Percent using public transportation to work</td>
<td>1.3%</td>
<td>4.4%</td>
</tr>
<tr>
<td>Percent bicycling or walking to work</td>
<td>1.3%</td>
<td>2.9%</td>
</tr>
<tr>
<td>Walk Score*</td>
<td>28.0</td>
<td>51.7</td>
</tr>
<tr>
<td>Percent within a 10 minute walk to a park</td>
<td>38.4%</td>
<td>65.4%</td>
</tr>
</tbody>
</table>

#### Recreational Facilities

<table>
<thead>
<tr>
<th>Facility</th>
<th>Nashville</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>0.9</td>
<td>1.1</td>
</tr>
<tr>
<td>Park playgrounds/10,000</td>
<td>2.1</td>
<td>2.4</td>
</tr>
<tr>
<td>Basketball hoops/10,000</td>
<td>3.0</td>
<td>3.1</td>
</tr>
<tr>
<td>Park units/10,000</td>
<td>4.4</td>
<td>4.4</td>
</tr>
<tr>
<td>Recreational centers/20,000</td>
<td>0.8</td>
<td>1.0</td>
</tr>
<tr>
<td>Swimming pools/100,000</td>
<td>1.5</td>
<td>3.0</td>
</tr>
<tr>
<td>Tennis courts/10,000</td>
<td>0.7</td>
<td>2.0</td>
</tr>
</tbody>
</table>

#### Policy for School P.E.

<table>
<thead>
<tr>
<th>Requirement</th>
<th>Nashville</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>Expenditure</th>
<th>Nashville</th>
<th>Target Goal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total park expenditure per resident</td>
<td>$107.00</td>
<td>$109.90</td>
</tr>
</tbody>
</table>

*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.
NEW ORLEANS, LA
(New Orleans-Metairie, LA MSA)

Total Score = 41.7

Areas of Excellence (at or better than target goal):
• Lower death rate for diabetes
• Higher percentage of parkland as city land area
• More acres of parkland per capita
• Higher percentage bicycling or walking to work
• Higher Walk Score®
• Higher percentage within a 10 minute walk to a park
• More park playgrounds per capita
• More park units per capita
• More swimming pools 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 meeting CDC aerobic activity guidelines
• Lower percentage consuming 2+ fruits per day
• Lower percentage consuming 3+ vegetables per day
• Higher percentage currently smoking
• Higher percentage obese
• Lower percentage in excellent or very good health
• Higher percentage of days when mental health was not good during the past 30 days
• Higher percentage with high blood pressure
• Higher percentage with angina or coronary heart disease
• Higher percentage diagnosed with a stroke
• Higher percentage with diabetes
• Higher death rate for cardiovascular disease
• Lower percentage using public transportation to work
• Fewer ball diamonds per capita
• Fewer dog parks per capita
• Fewer basketball hoops per capita
• Fewer recreation centers per capita

Description of New Orleans-Metairie, LA MSA
Population 1,262,888
Percent less than 18 years old 22.5%
Percent 18 to 64 years old 63.5%
Percent 65 years old and older 14.0%
Percent male 48.4%
Percent high school graduate or higher 86.2%
Percent White 58.1%
Percent Black or African American 34.9%
Percent Asian 3.0%
Percent Other Race 4.0%
Percent Hispanic/Latino 8.6%
Percent unemployed 7.0%
Median household income $48,343
Percent of households below poverty level 13.7%
Violent crime rate/100,000* 534.4
Percent with disability 13.7%

*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 = 24.3; Rank = 48

Health Behaviors

<table>
<thead>
<tr>
<th>Health Behavior</th>
<th>New Orleans</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>80.7%</td>
</tr>
<tr>
<td>Percent meeting CDC aerobic activity guidelines</td>
<td>47.5%</td>
<td>60.6%</td>
</tr>
<tr>
<td>Percent meeting both CDC aerobic and strength activity guidelines</td>
<td>19.9%</td>
<td>23.1%</td>
</tr>
<tr>
<td>Percent consuming 2+ fruits per day</td>
<td>25.5%</td>
<td>34.0%</td>
</tr>
<tr>
<td>Percent consuming 3+ vegetables per day</td>
<td>12.0%</td>
<td>18.5%</td>
</tr>
<tr>
<td>Percent who get 7+ hours of sleep per day</td>
<td>63.9%</td>
<td>69.8%</td>
</tr>
<tr>
<td>Percent currently smoking</td>
<td>21.4%</td>
<td>11.6%</td>
</tr>
</tbody>
</table>

Chronic Health Problems

<table>
<thead>
<tr>
<th>Chronic Health Problem</th>
<th>New Orleans</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent obese</td>
<td>32.5%</td>
<td>23.5%</td>
</tr>
<tr>
<td>Percent in excellent or very good health</td>
<td>46.1%</td>
<td>58.0%</td>
</tr>
<tr>
<td>Any days when physical health was not good during the past 30 days</td>
<td>36.9%</td>
<td>31.3%</td>
</tr>
<tr>
<td>Any days when mental health was not good during the past 30 days</td>
<td>36.4%</td>
<td>28.8%</td>
</tr>
<tr>
<td>Percent with asthma</td>
<td>7.9%</td>
<td>6.7%</td>
</tr>
<tr>
<td>Percent with high blood pressure</td>
<td>36.1%</td>
<td>26.6%</td>
</tr>
<tr>
<td>Percent with angina or coronary heart disease</td>
<td>5.7%</td>
<td>2.8%</td>
</tr>
<tr>
<td>Percent diagnosed with a stroke</td>
<td>4.0%</td>
<td>2.0%</td>
</tr>
<tr>
<td>Percent with diabetes</td>
<td>12.8%</td>
<td>8.1%</td>
</tr>
<tr>
<td>Death rate/100,000 for cardiovascular disease</td>
<td>188.3</td>
<td>141.3</td>
</tr>
<tr>
<td>Death rate/100,000 for diabetes</td>
<td>14.5</td>
<td>14.9</td>
</tr>
</tbody>
</table>

Community/Environmental Indicators – Score = 62.9; Rank = 10

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

<table>
<thead>
<tr>
<th>Component</th>
<th>New Orleans</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parkland as a percent of city land area</td>
<td>25.6%</td>
<td>11.0%</td>
</tr>
<tr>
<td>Acres of parkland/1,000</td>
<td>18.9</td>
<td>71.7</td>
</tr>
<tr>
<td>Farmers’ markets/1,000,000</td>
<td>16.6</td>
<td>19.9</td>
</tr>
<tr>
<td>Percent using public transportation to work</td>
<td>3.3%</td>
<td>4.4%</td>
</tr>
<tr>
<td>Percent bicycling or walking to work</td>
<td>3.8%</td>
<td>2.9%</td>
</tr>
<tr>
<td>Walk Score*</td>
<td>57.0</td>
<td>51.7</td>
</tr>
<tr>
<td>Percent within a 10 minute walk to a park</td>
<td>76.5%</td>
<td>65.4%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Component</th>
<th>New Orleans</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ball diamonds/10,000</td>
<td>0.3</td>
<td>1.9</td>
</tr>
<tr>
<td>Dog parks/100,000</td>
<td>0.8</td>
<td>1.1</td>
</tr>
<tr>
<td>Park playgrounds/10,000</td>
<td>2.5</td>
<td>2.4</td>
</tr>
<tr>
<td>Basketball hoops/10,000</td>
<td>1.7</td>
<td>3.1</td>
</tr>
<tr>
<td>Park units/10,000</td>
<td>6.2</td>
<td>4.4</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>4.2</td>
<td>3.0</td>
</tr>
<tr>
<td>Tennis courts/10,000</td>
<td>1.6</td>
<td>2.0</td>
</tr>
</tbody>
</table>

Policy for School P.E.

<table>
<thead>
<tr>
<th>Component</th>
<th>New Orleans</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>

Recreational Facilities

<table>
<thead>
<tr>
<th>Component</th>
<th>New Orleans</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total park expenditure per resident</td>
<td>$127.00</td>
<td>$109.90</td>
</tr>
</tbody>
</table>

*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.
NEW YORK, NY
(New York-Newark-Jersey City, NY-NJ-PA MSA)

Total Score = 54.5

Areas of Excellence (at or better than target goal):
• Higher percentage of parkland as city land area
• 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 dog parks per capita
• More basketball hoops 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 meeting CDC aerobic activity guidelines
• Higher percentage with asthma
• Higher percentage with angina or coronary heart disease
• Higher percentage with diabetes
• Higher death rate for cardiovascular disease
• Fewer acres of parkland per capita
• Fewer ball diamonds per capita
• Fewer park units per capita
• Fewer recreation centers per capita
• Fewer swimming pools per capita
• Fewer tennis courts per capita

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>20,182,305</td>
</tr>
<tr>
<td>Percent less than 18 years old</td>
<td>21.9%</td>
</tr>
<tr>
<td>Percent 18 to 64 years old</td>
<td>63.7%</td>
</tr>
<tr>
<td>Percent 65 years old and older</td>
<td>14.4%</td>
</tr>
<tr>
<td>Percent male</td>
<td>48.4%</td>
</tr>
<tr>
<td>Percent high school graduate or higher</td>
<td>85.7%</td>
</tr>
<tr>
<td>Percent White</td>
<td>58.0%</td>
</tr>
<tr>
<td>Percent Black or African American</td>
<td>17.0%</td>
</tr>
<tr>
<td>Percent Asian</td>
<td>11.0%</td>
</tr>
<tr>
<td>Percent Other Race</td>
<td>13.9%</td>
</tr>
<tr>
<td>Percent Hispanic/Latino</td>
<td>24.1%</td>
</tr>
<tr>
<td>Percent unemployed</td>
<td>6.5%</td>
</tr>
<tr>
<td>Median household income</td>
<td>$68,743</td>
</tr>
<tr>
<td>Percent of households below poverty level</td>
<td>11.0%</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 = 53.3; Rank = 20

- **Health Behaviors**
  - Percent any physical activity or exercise in the last 30 days: 71.2% (New York: 80.7%)
  - Percent meeting CDC aerobic activity guidelines: 47.2% (New York: 60.6%)
  - Percent meeting both CDC aerobic and strength activity guidelines: 20.1% (New York: 23.1%)
  - Percent consuming 2+ fruits per day: 28.1% (New York: 34.0%)
  - Percent consuming 3+ vegetables per day: 15.0% (New York: 18.5%)
  - Percent who get 7+ hours of sleep per day: 60.8% (New York: 69.8%)
  - Percent currently smoking: 12.9% (New York: 11.6%)

### Chronic Health Problems

- Percent obese
  - New York: 24.6%
  - Target Goal*: 25.5%
- Percent in excellent or very good health
  - New York: 50.3%
  - Target Goal*: 58.0%
- Any days when physical health was not good during the past 30 days
  - New York: 35.1%
  - Target Goal*: 31.3%
- Any days when mental health was not good during the past 30 days
  - New York: 31.8%
  - Target Goal*: 28.8%
- Percent with asthma
  - New York: 8.6%
  - Target Goal*: 6.7%
- Percent with high blood pressure
  - New York: 30.1%
  - Target Goal*: 26.6%
- Percent with angina or coronary heart disease
  - New York: 3.9%
  - Target Goal*: 2.8%
- Percent diagnosed with a stroke
  - New York: 2.3%
  - Target Goal*: 2.0%
- Percent with diabetes
  - New York: 10.0%
  - Target Goal*: 8.1%
- Death rate/100,000 for cardiovascular disease
  - New York: 188.2
  - Target Goal*: 141.3
- Death rate/100,000 for diabetes
  - New York: 17.3
  - Target Goal*: 14.9

### Community/Environmental Indicators – Score = 55.9; 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: 21.1% (New York: 11.0%)
- Acres of parkland/1,000
  - New York: 4.7
  - Target Goal*: 18.9
- Farmers’ markets/1,000,000
  - New York: 18.7
  - Target Goal*: 19.9
- Percent using public transportation to work
  - New York: 4.4%
  - Target Goal*: 31.5%
- Percent bicycling or walking to work
  - New York: 6.7%
  - Target Goal*: 2.9%
- Walk Score®
  - New York: 89.0
  - Target Goal*: 51.7
  - Percent within a 10 minute walk to a park
  - New York: 97.0%
  - Target Goal*: 65.4%

#### Recreational Facilities

- Ball diamonds/10,000
  - New York: 1.0
  - Target Goal*: 1.9
- Dog parks/100,000
  - New York: 1.5
  - Target Goal*: 1.3
- Park playgrounds/10,000
  - New York: 2.0
  - Target Goal*: 2.4
- Basketball hoops/10,000
  - New York: 3.5
  - Target Goal*: 3.1
- Park units/10,000
  - New York: 2.6
  - Target Goal*: 4.4
- Recreational centers/20,000
  - New York: 0.1
  - Target Goal*: 1.0
- Swimming pools/100,000
  - New York: 0.6
  - Target Goal*: 3.0
- 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: 3.0
  - Target Goal*: 2.5

#### Park-related Expenditures

- Total park expenditure per resident
  - New York: $185.00
  - Target Goal*: $109.90

---

*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.
OKLAHOMA CITY, OK
(Oklahoma City, OK MSA)

Total Score = 29.4

Areas of Excellence (at or better than target goal):
• More acres of parkland per capita

Improvement Priority Areas (worse than 20% of target goal):
• Lower percentage consuming 2+ fruits per day
• Lower percentage consuming 3+ vegetables per day
• Higher percentage currently smoking
• Higher percentage obese
• Lower percentage in excellent or very good health
• Higher percentage with asthma
• Higher percentage with high blood pressure
• Higher percentage with angina or coronary heart disease
• Higher percentage diagnosed with a stroke
• Higher percentage with diabetes
• Higher death rate for cardiovascular disease
• Higher death rate for diabetes
• Lower percentage of parkland as city land area
• Fewer farmers’ markets per capita
• Lower percentage using public transportation to work
• Lower percentage bicycling or walking to work
• Lower Walk Score®
• Lower percentage within a 10 minute walk to a park
• Fewer ball diamonds per capita
• Fewer dog parks per capita
• Fewer park playgrounds per capita
• Fewer basketball hoops 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 Oklahoma City, OK MSA
Population 1,358,452
Percent less than 18 years old 24.9%
Percent 18 to 64 years old 62.1%
Percent 65 years old and older 13.0%
Percent male 49.3%
Percent high school graduate or higher 88.0%
Percent White 74.0%
Percent Black or African American 10.0%
Percent Asian 3.1%
Percent Other Race 13.0%
Percent Hispanic/Latino 12.7%
Percent unemployed 4.7%
Median household income $52,221
Percent of households below poverty level 10.3%
Violent crime rate/100,000* 462.0
Percent with disability 13.4%

*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 = 30.7; Rank = 46

Health Behaviors

<table>
<thead>
<tr>
<th>Health Behaviors</th>
<th>Oklahoma City</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>80.7%</td>
</tr>
<tr>
<td>Percent meeting CDC aerobic activity guidelines</td>
<td>49.1%</td>
<td>60.6%</td>
</tr>
<tr>
<td>Percent meeting both CDC aerobic and strength activity guidelines</td>
<td>19.2%</td>
<td>23.1%</td>
</tr>
<tr>
<td>Percent consuming 2+ fruits per day</td>
<td>15.7%</td>
<td>34.0%</td>
</tr>
<tr>
<td>Percent consuming 3+ vegetables per day</td>
<td>11.5%</td>
<td>18.5%</td>
</tr>
<tr>
<td>Percent who get 7+ hours of sleep per day</td>
<td>65.3%</td>
<td>69.8%</td>
</tr>
<tr>
<td>Percent currently smoking</td>
<td>19.3%</td>
<td>11.6%</td>
</tr>
</tbody>
</table>

Chronic Health Problems

<table>
<thead>
<tr>
<th>Chronic Health Problems</th>
<th>Oklahoma City</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent obese</td>
<td>29.8%</td>
<td>23.5%</td>
</tr>
<tr>
<td>Percent in excellent or very good health</td>
<td>46.1%</td>
<td>58.0%</td>
</tr>
<tr>
<td>Any days when physical health was not good during the past 30 days</td>
<td>34.7%</td>
<td>31.3%</td>
</tr>
<tr>
<td>Any days when mental health was not good during the past 30 days</td>
<td>32.8%</td>
<td>28.8%</td>
</tr>
<tr>
<td>Percent with asthma</td>
<td>9.0%</td>
<td>6.7%</td>
</tr>
<tr>
<td>Percent with high blood pressure</td>
<td>33.5%</td>
<td>26.6%</td>
</tr>
<tr>
<td>Percent with angina or coronary heart disease</td>
<td>4.3%</td>
<td>2.8%</td>
</tr>
<tr>
<td>Percent diagnosed with a stroke</td>
<td>3.5%</td>
<td>2.0%</td>
</tr>
<tr>
<td>Percent with diabetes</td>
<td>11.4%</td>
<td>8.1%</td>
</tr>
<tr>
<td>Death rate/100,000 for cardiovascular disease</td>
<td>224.0</td>
<td>141.3</td>
</tr>
<tr>
<td>Death rate/100,000 for diabetes</td>
<td>33.1%</td>
<td>14.9%</td>
</tr>
</tbody>
</table>

Community/Environmental Indicators – Score = 27.8; Rank = 48.5

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

Built Environment

<table>
<thead>
<tr>
<th>Built Environment</th>
<th>Oklahoma City</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parkland as a percent of city land area</td>
<td>6.9%</td>
<td>11.0%</td>
</tr>
<tr>
<td>Acres of parkland/1,000</td>
<td>41.9</td>
<td></td>
</tr>
<tr>
<td>Farmers’ markets/1,000,000</td>
<td>14.0</td>
<td>19.9</td>
</tr>
<tr>
<td>Percent using public transportation to work</td>
<td>0.4%</td>
<td>4.4%</td>
</tr>
<tr>
<td>Percent bicycling or walking to work</td>
<td>1.9%</td>
<td>2.9%</td>
</tr>
<tr>
<td>Walk Score*</td>
<td>31.6</td>
<td>51.7</td>
</tr>
<tr>
<td>Percent within a 10 minute walk to a park</td>
<td>42.2%</td>
<td>65.4%</td>
</tr>
</tbody>
</table>

Recreational Facilities

<table>
<thead>
<tr>
<th>Recreational Facilities</th>
<th>Oklahoma City</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ball diamonds/10,000</td>
<td>0.5</td>
<td>1.9</td>
</tr>
<tr>
<td>Dog parks/100,000</td>
<td>0.5</td>
<td>1.1</td>
</tr>
<tr>
<td>Park playgrounds/10,000</td>
<td>1.8</td>
<td>2.4</td>
</tr>
<tr>
<td>Basketball hoops/10,000</td>
<td>2.0</td>
<td>3.1</td>
</tr>
<tr>
<td>Park units/10,000</td>
<td>2.6</td>
<td>4.4</td>
</tr>
<tr>
<td>Recreational centers/20,000</td>
<td>0.8</td>
<td>1.0</td>
</tr>
<tr>
<td>Swimming pools/100,000</td>
<td>0.8</td>
<td>3.0</td>
</tr>
<tr>
<td>Tennis courts/10,000</td>
<td>1.2</td>
<td>2.0</td>
</tr>
</tbody>
</table>

Policy for School P.E.

<table>
<thead>
<tr>
<th>Policy for School P.E.</th>
<th>Oklahoma City</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>

Park-related Expenditures

<table>
<thead>
<tr>
<th>Park-related Expenditures</th>
<th>Oklahoma City</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total park expenditure per resident</td>
<td>$58.00</td>
<td>$109.90</td>
</tr>
</tbody>
</table>

*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.
ORLANDO, FL
(Orlando-Kissimmee-Sanford, FL MSA)

Total Score = 52.3

Areas of Excellence (at or better than target goal):
• Lower percentage with asthma
• More basketball hoops per capita
• More park units per capita
• More recreation centers per capita
• More swimming pools 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 2+ fruits per day
• Higher percentage currently smoking
• Higher percentage with high blood pressure
• Higher percentage with angina or coronary heart disease
• Higher percentage diagnosed with a stroke
• Higher percentage with diabetes
• Higher death rate for diabetes
• Lower percentage of parkland as city land area
• Fewer acres of parkland per capita
• Fewer farmers’ markets per capita
• Lower percentage using public transportation to work
• Lower percentage bicycling or walking to work
• Lower Walk Score®
• Fewer ball diamonds per capita
• Fewer dog parks per capita
• Fewer tennis courts per capita

Description of Orlando-Kissimmee-Sanford, FL MSA
Population 2,387,138
Percent less than 18 years old 22.3%
Percent 18 to 64 years old 63.7%
Percent 65 years old and older 14.0%
Percent male 48.8%
Percent high school graduate or higher 89.8%
Percent White 70.9%
Percent Black or African American 16.1%
Percent Asian 4.3%
Percent Other Race 8.8%
Percent Hispanic/Latino 28.7%
Percent unemployed 6.4%
Median household income $51,077
Percent of households below poverty level 11.4%
Violent crime rate/100,000* 529.7
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 = 56.0; Rank = 18

<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>75.7%</td>
<td>80.7%</td>
</tr>
<tr>
<td>Percent meeting CDC aerobic activity guidelines</td>
<td>50.7%</td>
<td>60.6%</td>
</tr>
<tr>
<td>Percent meeting both CDC aerobic and strength activity guidelines</td>
<td>20.9%</td>
<td>23.1%</td>
</tr>
<tr>
<td>Percent consuming 2+ fruits per day</td>
<td>25.7%</td>
<td>34.0%</td>
</tr>
<tr>
<td>Percent consuming 3+ vegetables per day</td>
<td>16.3%</td>
<td>18.5%</td>
</tr>
<tr>
<td>Percent who get 7+ hours of sleep per day</td>
<td>66.3%</td>
<td>69.8%</td>
</tr>
<tr>
<td>Percent currently smoking</td>
<td>14.8%</td>
<td>11.6%</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>24.5%</td>
</tr>
<tr>
<td>Percent in excellent or very good health</td>
<td>50.5%</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>28.9%</td>
</tr>
<tr>
<td>Percent with asthma</td>
<td>6.5%</td>
</tr>
<tr>
<td>Percent with high blood pressure</td>
<td>32.6%</td>
</tr>
<tr>
<td>Percent with angina or coronary heart disease</td>
<td>4.2%</td>
</tr>
<tr>
<td>Percent diagnosed with a stroke</td>
<td>2.5%</td>
</tr>
<tr>
<td>Percent with diabetes</td>
<td>12.2%</td>
</tr>
<tr>
<td>Death rate/100,000 for cardiovascular disease</td>
<td>167.9</td>
</tr>
<tr>
<td>Death rate/100,000 for diabetes</td>
<td>19.6</td>
</tr>
</tbody>
</table>

Community/Environmental Indicators – Score = 47.6; Rank = 33
(note: most of these data were available only for the main city in the MSA)

<table>
<thead>
<tr>
<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>
</tr>
<tr>
<td>Acres of parkland/1,000</td>
<td>11.3</td>
</tr>
<tr>
<td>Farmers’ markets/1,000,000</td>
<td>9.2</td>
</tr>
<tr>
<td>Percent using public transportation to work</td>
<td>2.2%</td>
</tr>
<tr>
<td>Percent bicycling or walking to work</td>
<td>1.1%</td>
</tr>
<tr>
<td>Walk Score*</td>
<td>41.0</td>
</tr>
<tr>
<td>Percent within a 10 minute walk to a park</td>
<td>***</td>
</tr>
</tbody>
</table>

Policy for School P.E.

<table>
<thead>
<tr>
<th>Orlando</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>

Recreational Facilities

<table>
<thead>
<tr>
<th>Orlando</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ball diamonds/10,000</td>
<td>1.4</td>
</tr>
<tr>
<td>Dog parks/100,000</td>
<td>0.4</td>
</tr>
<tr>
<td>Park playgrounds/10,000</td>
<td>2.1</td>
</tr>
<tr>
<td>Basketball hoops/10,000</td>
<td>3.1</td>
</tr>
<tr>
<td>Park units/10,000</td>
<td>4.7</td>
</tr>
<tr>
<td>Recreational centers/20,000</td>
<td>1.6</td>
</tr>
<tr>
<td>Swimming pools/100,000</td>
<td>4.2</td>
</tr>
<tr>
<td>Tennis courts/10,000</td>
<td>1.3</td>
</tr>
</tbody>
</table>

Park-related Expenditures

<table>
<thead>
<tr>
<th>Orlando</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total park expenditure per resident</td>
<td>$144.00</td>
</tr>
</tbody>
</table>

*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.
***This measure was unavailable for this MSA. The community/environmental indicator score and total score were adjusted to allow fair comparisons with other MSAs.
PHILADELPHIA, PA
(Philadelphia-Camden-Wilmington, PA-NJ-DE-MD MSA)

Total Score = 48.4

Areas of Excellence (at or better than target goal):
• 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 basketball hoops 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 percentage consuming 3+ vegetables per day
• Higher percentage currently smoking
• Higher percentage of days when mental health was not good during the past 30 days
• Higher percentage with asthma
• Higher percentage with high blood pressure
• Higher percentage with angina or coronary heart disease
• Higher percentage diagnosed with a stroke
• Higher percentage with diabetes
• Higher death rate for cardiovascular disease
• Higher death rate for diabetes
• Fewer acres of parkland per capita
• Fewer dog parks per capita
• Fewer park playgrounds per capita
• Fewer park units per capita
• Lower park-related expenditures per capita

Description of Philadelphia-Camden-Wilmington, PA-NJ-DE-MD MSA
Population 6,069,875
Percent less than 18 years old 22.1%
Percent 18 to 64 years old 63.1%
Percent 65 years old and older 14.8%
Percent male 48.3%
Percent high school graduate or higher 89.9%
Percent White 67.2%
Percent Black or African American 20.7%
Percent Asian 5.9%
Percent Other Race 6.2%
Percent Hispanic/Latino 9.0%
Percent unemployed 7.1%
Median household income $65,123
Percent of households below poverty level 9.3%
Violent crime rate/100,000* 459.8
Percent with disability 12.6%

*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 = 39.6; Rank = 35

**Health Behaviors**
- Percent any physical activity or exercise in the last 30 days: Philadelphia 72.4%, Target 80.7%
- Percent meeting CDC aerobic activity guidelines: Philadelphia 49.0%, Target 60.6%
- Percent meeting both CDC aerobic and strength activity guidelines: Philadelphia 20.4%, Target 23.1%
- Percent consuming 2+ fruits per day: Philadelphia 27.7%, Target 34.0%
- Percent consuming 3+ vegetables per day: Philadelphia 12.7%, Target 18.5%
- Percent who get 7+ hours of sleep per day: Philadelphia 63.3%, Target 69.8%
- Percent currently smoking: Philadelphia 15.3%, Target 11.6%

#### Chronic Health Problems
- Percent obese: Philadelphia 27.2%, Target 23.5%
- Percent meeting both CDC aerobic and strength activity guidelines: Philadelphia 20.4%, Target 23.1%
- Percent consuming 2+ fruits per day: Philadelphia 27.7%, Target 34.0%
- Percent consuming 3+ vegetables per day: Philadelphia 12.7%, Target 18.5%
- Percent who get 7+ hours of sleep per day: Philadelphia 63.3%, Target 69.8%
- Percent currently smoking: Philadelphia 15.3%, Target 11.6%

#### Community/Environmental Indicators – Score = 59.0; Rank = 18

**Built Environment**
- Parkland as a percent of city land area: Philadelphia 13.1%, Target 11.0%
- Acres of parkland/1,000 acres: Philadelphia 6.9, Target 18.9
- Farmers’ markets/1,000,000 population: Philadelphia 21.6, Target 19.9
- Percent using public transportation to work: Philadelphia 9.7%, Target 4.4%
- Percent bicycling or walking to work: Philadelphia 4.5%, Target 2.9%
- Walk Score*: Philadelphia 78.0, Target 51.7
- Percent within a 10 minute walk to a park: Philadelphia 93.2%, Target 65.4%

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

**Recreational Facilities**
- Ball diamonds/10,000 population: Philadelphia 2.6, Target 1.9
- Dog parks/10,000 population: Philadelphia 0.3, Target 1.1
- Park playgrounds/10,000 population: Philadelphia 1.6, Target 2.4
- Basketball hoops/10,000 population: Philadelphia 4.1, Target 3.1
- Park units/10,000 population: Philadelphia 2.5, Target 4.4
- Recreational centers/20,000 population: Philadelphia 2.1, Target 2.1
- Swimming pools/100,000 population: Philadelphia 4.7, Target 3.0
- Tennis courts/10,000 population: Philadelphia 2.0, Target 2.0

**Park-related Expenditures**
- Total park expenditure per resident: Philadelphia $59.00, Target $109.90

*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.
PHOENIX, AZ
(Phoenix-Mesa-Scottsdale, AZ MSA)

Total Score = 47.3

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

Improvement Priority Areas (worse than 20% of target goal):
• Lower percentage consuming 2+ fruits per day
• Higher percentage obese
• Higher percentage with asthma
• Higher percentage with angina or coronary heart disease
• Higher percentage diagnosed with a stroke
• Higher percentage with diabetes
• Higher death rate for diabetes
• Fewer farmers’ markets per capita
• Lower percentage using public transportation to work
• Lower Walk Score®
• Lower percentage within a 10 minute walk to a park
• Fewer ball diamonds per capita
• Fewer dog parks per capita
• Fewer park playgrounds 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
• Lower level of state requirement for Physical Education classes

Description of Phoenix-Mesa-Scottsdale, AZ MSA
Population 4,574,531
Percent less than 18 years old 24.6%
Percent 18 to 64 years old 60.7%
Percent 65 years old and older 14.7%
Percent male 49.7%
Percent high school graduate or higher 86.5%
Percent White 78.1%
Percent Black or African American 5.4%
Percent Asian 3.8%
Percent Other Race 12.7%
Percent Hispanic/Latino 30.4%
Percent unemployed 5.9%
Median household income $55,547
Percent of households below poverty level 11.7%
Violent crime rate/100,000* 388.4
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 = 59.6; Rank = 16

Health Behaviors

<table>
<thead>
<tr>
<th>Health Behavior</th>
<th>Phoenix</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent any physical activity or exercise in the last 30 days</td>
<td>75.5%</td>
<td>80.7%</td>
</tr>
<tr>
<td>Percent meeting CDC aerobic activity guidelines</td>
<td>52.9%</td>
<td>60.6%</td>
</tr>
<tr>
<td>Percent meeting both CDC aerobic and strength activity guidelines</td>
<td>21.3%</td>
<td>23.1%</td>
</tr>
<tr>
<td>Percent consuming 2+ fruits per day</td>
<td>27.1%</td>
<td>34.0%</td>
</tr>
<tr>
<td>Percent consuming 3+ vegetables per day</td>
<td>16.5%</td>
<td>18.5%</td>
</tr>
<tr>
<td>Percent who get 7+ hours of sleep per day</td>
<td>66.6%</td>
<td>69.8%</td>
</tr>
<tr>
<td>Percent currently smoking</td>
<td>13.2%</td>
<td>11.6%</td>
</tr>
</tbody>
</table>

Chronic Health Problems

<table>
<thead>
<tr>
<th>Health Behavior</th>
<th>Phoenix</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent obese</td>
<td>29.3%</td>
<td>23.5%</td>
</tr>
<tr>
<td>Percent in excellent or very good health</td>
<td>51.1%</td>
<td>58.0%</td>
</tr>
<tr>
<td>Any days when physical health was not good during the past 30 days</td>
<td>35.9%</td>
<td>31.3%</td>
</tr>
<tr>
<td>Any days when mental health was not good during the past 30 days</td>
<td>33.7%</td>
<td>28.8%</td>
</tr>
<tr>
<td>Percent with asthma</td>
<td>8.9%</td>
<td>6.7%</td>
</tr>
<tr>
<td>Percent with high blood pressure</td>
<td>31.0%</td>
<td>26.6%</td>
</tr>
<tr>
<td>Percent with angina or coronary heart disease</td>
<td>3.7%</td>
<td>2.8%</td>
</tr>
<tr>
<td>Percent diagnosed with a stroke</td>
<td>3.0%</td>
<td>2.0%</td>
</tr>
<tr>
<td>Percent with diabetes</td>
<td>10.0%</td>
<td>8.1%</td>
</tr>
<tr>
<td>Death rate/100,000 for cardiovascular disease</td>
<td>148.8</td>
<td>141.3</td>
</tr>
<tr>
<td>Death rate/100,000 for diabetes</td>
<td>24.1</td>
<td>14.9</td>
</tr>
</tbody>
</table>

Community/Environmental Indicators – Score = 32.5; Rank = 46
(note: most of these data were available only for the main city in the MSA)

Built Environment

<table>
<thead>
<tr>
<th>Environment Indicator</th>
<th>Phoenix</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parkland as a percent of city land area</td>
<td>15.0%</td>
<td>11.0%</td>
</tr>
<tr>
<td>Acres of parkland/1,000</td>
<td>32.0</td>
<td>18.9</td>
</tr>
<tr>
<td>Farmers’ markets/1,000</td>
<td>9.0</td>
<td>19.9</td>
</tr>
<tr>
<td>Percent using public transportation to work</td>
<td>2.2%</td>
<td>4.4%</td>
</tr>
<tr>
<td>Percent bicycling or walking to work</td>
<td>2.7%</td>
<td>2.9%</td>
</tr>
<tr>
<td>Walk Score*</td>
<td>40.0</td>
<td>51.7</td>
</tr>
<tr>
<td>Percent within a 10 minute walk to a park</td>
<td>45.4%</td>
<td>65.4%</td>
</tr>
</tbody>
</table>

Recreational Facilities

<table>
<thead>
<tr>
<th>Facility</th>
<th>Phoenix</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>1.1</td>
</tr>
<tr>
<td>Park playgrounds/10,000</td>
<td>0.7</td>
<td>2.4</td>
</tr>
<tr>
<td>Basketball hoops/10,000</td>
<td>0.9</td>
<td>3.1</td>
</tr>
<tr>
<td>Park units/10,000</td>
<td>1.5</td>
<td>4.4</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>1.9</td>
<td>3.0</td>
</tr>
<tr>
<td>Tennis courts/10,000</td>
<td>0.8</td>
<td>2.0</td>
</tr>
</tbody>
</table>

Policy for School P.E.

<table>
<thead>
<tr>
<th>Requirement</th>
<th>Phoenix</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>Phoenix</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total park expenditure per resident</td>
<td>$79.00</td>
<td>$109.90</td>
</tr>
</tbody>
</table>

*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.
PITTSBURGH, PA
(Pittsburgh, PA MSA)

Total Score = 49.0

Areas of Excellence (at or better than target goal):
• 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 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 percentage meeting CDC aerobic activity guidelines
• Lower percentage meeting both CDC aerobic and strength activity guidelines
• Lower percentage consuming 2+ fruits per day
• Lower percentage consuming 3+ vegetables per day
• Higher percentage currently smoking
• Higher percentage obese
• Higher percentage of days when physical health was not good during the past 30 days
• Higher percentage of days when mental health was not good during the past 30 days
• Higher percentage with high blood pressure
• Higher percentage with angina or coronary heart disease
• Higher percentage diagnosed with a stroke
• Higher percentage with diabetes
• Higher death rate for cardiovascular disease
• Higher death rate for diabetes
• Lower percentage of parkland as city land area
• Fewer acres of parkland per capita
• Lower park-related expenditures per capita

Description of Pittsburgh, PA MSA
Population  2,353,045
Percent less than 18 years old 19.2%
Percent 18 to 64 years old 62.1%
Percent 65 years old and older 18.7%
Percent male 48.6%
Percent high school graduate or higher 93.0%
Percent White 87.0%
Percent Black or African American 8.0%
Percent Asian 2.2%
Percent Other Race 2.8%
Percent Hispanic/Latino 1.7%
Percent unemployed 5.7%
Median household income $54,080
Percent of households below poverty level 8.1%
Violent crime rate/100,000* 266.3
Percent with disability 14.3%

*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 = 30.4; Rank = 47

Health Behaviors
- Percent any physical activity or exercise in the last 30 days: 71.6% (Pittsburgh), 80.7% (Target Goal)
- Percent meeting CDC aerobic activity guidelines: 48.2% (Pittsburgh), 60.6% (Target Goal)
- Percent meeting both CDC aerobic and strength activity guidelines: 18.2% (Pittsburgh), 23.1% (Target Goal)
- Percent consuming 2+ fruits per day: 25.9% (Pittsburgh), 34.0% (Target Goal)
- Percent consuming 3+ vegetables per day: 12.1% (Pittsburgh), 18.5% (Target Goal)
- Percent who get 7+ hours of sleep per day: 61.0% (Pittsburgh), 69.8% (Target Goal)
- Percent currently smoking: 19.4% (Pittsburgh), 11.6% (Target Goal)

Chronic Health Problems
- Percent obese: 31.6% (Pittsburgh), 23.5% (Target Goal)
- Percent in excellent or very good health: 50.7% (Pittsburgh), 58.0% (Target Goal)
- Any days when physical health was not good during the past 30 days: 39.7% (Pittsburgh), 31.3% (Target Goal)
- Any days when mental health was not good during the past 30 days: 36.0% (Pittsburgh), 28.8% (Target Goal)
- Percent with asthma: 7.6% (Pittsburgh), 6.7% (Target Goal)
- Percent with high blood pressure: 34.0% (Pittsburgh), 26.6% (Target Goal)
- Percent with angina or coronary heart disease: 4.4% (Pittsburgh), 2.8% (Target Goal)
- Percent diagnosed with a stroke: 3.2% (Pittsburgh), 2.0% (Target Goal)
- Percent with diabetes: 10.3% (Pittsburgh), 8.1% (Target Goal)
- Death rate/100,000 for cardiovascular disease: 199.2 (Pittsburgh), 141.3 (Target Goal)
- Death rate/100,000 for diabetes: 21.3 (Pittsburgh), 14.9 (Target Goal)

Community/Environmental Indicators – Score = 71.7; Rank = 6
(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: 8.4% (Pittsburgh), 11.0% (Target Goal)
- Acres of parkland/1,000: 9.8 (Pittsburgh), 18.9 (Target Goal)
- Farmers’ markets/1,000,000: 21.2 (Pittsburgh), 19.9 (Target Goal)
- Percent using public transportation to work: 5.4% (Pittsburgh), 4.4% (Target Goal)
- Percent bicycling or walking to work: 4.0% (Pittsburgh), 2.9% (Target Goal)
- Walk Score*: 61.0 (Pittsburgh), 51.7 (Target Goal)
- Percent within a 10 minute walk to a park: 83.9% (Pittsburgh), 65.4% (Target Goal)

Recreational Facilities
- Ball diamonds/10,000: 4.2 (Pittsburgh)
- Dog parks/100,000: 2.0 (Pittsburgh)
- Park playgrounds/10,000: 4.2 (Pittsburgh)
- Basketball hoops/10,000: 3.5 (Pittsburgh)
- Park units/10,000: 7.0 (Pittsburgh)
- Recreational centers/20,000: 4.4 (Pittsburgh)
- Swimming pools/100,000: 6.2 (Pittsburgh)
- Tennis courts/10,000: 2.8 (Pittsburgh)

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

Park-related Expenditures
- Total park expenditure per resident: $30.00 (Pittsburgh), $109.90 (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.
PORTLAND, OR
(Portland-Vancouver-Hillsboro, OR-WA MSA)

Total Score = 67.7

Areas of Excellence (at or better than target goal):
• Higher percentage of any physical activity or exercise in the last 30 days
• Higher percentage meeting CDC aerobic activity guidelines
• Higher percentage meeting both CDC aerobic and strength activity guidelines
• Higher percentage consuming 3+ vegetables per day
• Higher percentage of parkland as city land area
• More acres of parkland per capita
• 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 basketball hoops 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 percentage currently smoking
• Higher percentage obese
• Higher percentage of days when physical health was not good during the past 30 days
• Higher percentage of days when mental health was not good during the past 30 days
• Higher percentage with asthma
• Higher percentage with angina or coronary heart disease
• Higher percentage diagnosed with a stroke
• Higher percentage 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 2,389,228
Percent less than 18 years old 22.2%
Percent 18 to 64 years old 64.1%
Percent 65 years old and older 13.7%
Percent male 49.4%
Percent high school graduate or higher 90.8%
Percent White 82.1%
Percent Black or African American 2.8%
Percent Asian 6.3%
Percent Other Race 8.7%
Percent Hispanic/Latino 11.7%
Percent unemployed 6.1%
Median household income $63,850
Percent of households below poverty level 7.4%
Violent crime rate/100,000* N/A‡
Percent with disability 12.7%

*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 = 64.0; Rank = 15

*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.*

#### Health Behaviors

<table>
<thead>
<tr>
<th>Metric</th>
<th>Portland</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent any physical activity in the last 30 days</td>
<td>83.0%</td>
<td>80.7%</td>
</tr>
<tr>
<td>Percent meeting CDC aerobic activity guidelines</td>
<td>60.7%</td>
<td>60.6%</td>
</tr>
<tr>
<td>Percent meeting both CDC aerobic and strength activity guidelines</td>
<td>23.4%</td>
<td>23.1%</td>
</tr>
<tr>
<td>Percent consuming 2+ fruits per day</td>
<td>30.1%</td>
<td>34.0%</td>
</tr>
<tr>
<td>Percent consuming 3+ vegetables per day</td>
<td>19.4%</td>
<td>18.5%</td>
</tr>
<tr>
<td>Percent who get 7+ hours of sleep per day</td>
<td>68.8%</td>
<td>69.8%</td>
</tr>
<tr>
<td>Percent currently smoking</td>
<td>15.6%</td>
<td>11.6%</td>
</tr>
</tbody>
</table>

#### Chronic Health Problems

<table>
<thead>
<tr>
<th>Metric</th>
<th>Portland</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent obese</td>
<td>29.8%</td>
<td>23.5%</td>
</tr>
<tr>
<td>Percent in excellent or very good health</td>
<td>53.9%</td>
<td>58.0%</td>
</tr>
<tr>
<td>Any days when physical health was not good during the past 30 days</td>
<td>41.4%</td>
<td>31.3%</td>
</tr>
<tr>
<td>Any days when mental health was not good during the past 30 days</td>
<td>38.5%</td>
<td>28.8%</td>
</tr>
<tr>
<td>Percent with asthma</td>
<td>11.2%</td>
<td>6.7%</td>
</tr>
<tr>
<td>Percent with high blood pressure</td>
<td>28.9%</td>
<td>26.6%</td>
</tr>
<tr>
<td>Percent with angina or coronary heart disease</td>
<td>3.9%</td>
<td>2.8%</td>
</tr>
<tr>
<td>Percent diagnosed with a stroke</td>
<td>3.1%</td>
<td>2.0%</td>
</tr>
<tr>
<td>Percent with diabetes</td>
<td>10.0%</td>
<td>8.1%</td>
</tr>
<tr>
<td>Death rate/100,000 for cardiovascular disease</td>
<td>149.0</td>
<td>141.3</td>
</tr>
<tr>
<td>Death rate/100,000 for diabetes</td>
<td>22.4%</td>
<td>14.9%</td>
</tr>
</tbody>
</table>

### Community/Environmental Indicators – Score = 72.1; Rank = 5

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

#### Built Environment

<table>
<thead>
<tr>
<th>Metric</th>
<th>Portland</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parkland as a percent of city land area</td>
<td>17.8%</td>
<td>11.0%</td>
</tr>
<tr>
<td>Acres of parkland/1,000</td>
<td>23.4%</td>
<td>18.9%</td>
</tr>
<tr>
<td>Farmers’ markets/1,000</td>
<td>30.1%</td>
<td>19.9%</td>
</tr>
<tr>
<td>Percent using public transportation to work</td>
<td>6.9%</td>
<td>4.4%</td>
</tr>
<tr>
<td>Percent bicycling or walking to work</td>
<td>6.1%</td>
<td>2.9%</td>
</tr>
<tr>
<td>Walk Score*</td>
<td>64.0</td>
<td>51.7%</td>
</tr>
<tr>
<td>Percent within a 10 minute walk to a park</td>
<td>65.4%</td>
<td>84.8%</td>
</tr>
</tbody>
</table>

#### Recreational Facilities

<table>
<thead>
<tr>
<th>Metric</th>
<th>Portland</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ball diamonds/10,000</td>
<td>2.0</td>
<td>1.9</td>
</tr>
<tr>
<td>Dog parks/100,000</td>
<td>1.1</td>
<td>5.3</td>
</tr>
<tr>
<td>Park playgrounds/10,000</td>
<td>2.1</td>
<td>2.4</td>
</tr>
<tr>
<td>Basketball hoops/10,000</td>
<td>3.7</td>
<td>3.1</td>
</tr>
<tr>
<td>Park units/10,000</td>
<td>4.4</td>
<td>5.4</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>2.1</td>
<td>3.0</td>
</tr>
<tr>
<td>Tennis courts/10,000</td>
<td>2.0</td>
<td>2.0</td>
</tr>
</tbody>
</table>

#### Policy for School P.E.

<table>
<thead>
<tr>
<th>Metric</th>
<th>Portland</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>Metric</th>
<th>Portland</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total park expenditure per resident</td>
<td>$172.00</td>
<td>$109.90</td>
</tr>
</tbody>
</table>
PROVIDENCE, RI
(Providence-Warwick, RI-MA MSA)

Total Score = 48.4

Areas of Excellence (at or better than target goal):
• More farmers’ markets per capita
• Higher percentage bicycling or walking to work
• Higher Walk Score®
• More dog parks per capita
• More park playgrounds per capita
• More park units 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):
• Lower percentage meeting both CDC aerobic and strength activity guidelines
• Lower percentage consuming 3+ vegetables per day
• Higher percentage currently smoking
• Higher percentage of days when physical health was not good during the past 30 days
• Higher percentage of days when mental health was not good during the past 30 days
• Higher percentage with asthma
• Higher percentage with high blood pressure
• Higher percentage with angina or coronary heart disease
• Higher percentage diagnosed with a stroke
• Higher percentage with diabetes
• Higher death rate for cardiovascular disease
• Higher death rate for diabetes
• Fewer acres of parkland per capita
• Lower percentage using public transportation to work
• Fewer basketball hoops per capita
• Fewer swimming pools per capita
• Fewer tennis courts per capita
• Lower park-related expenditures per capita

Description of Providence-Warwick, RI-MA MSA
Population 1,613,070
Percent less than 18 years old 20.4%
Percent 18 to 64 years old 63.5%
Percent 65 years old and older 16.1%
Percent male 48.5%
Percent high school graduate or higher 86.5%
Percent White 82.1%
Percent Black or African American 5.4%
Percent Asian 3.0%
Percent Other Race 9.6%
Percent Hispanic/Latino 11.9%
Percent unemployed 6.6%
Median household income $58,965
Percent of households below poverty level 9.8%
Violent crime rate/100,000* 333.7
Percent with disability 13.7%

*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 = 38.2; Rank = 37

- Percent any physical activity or exercise in the last 30 days: 69.8% (Providence), 80.7% (Target Goal*)
- Percent meeting CDC aerobic activity guidelines: 49.0% (Providence), 60.6% (Target Goal*)
- Percent meeting both CDC aerobic and strength activity guidelines: 18.0% (Providence), 23.1% (Target Goal*)
- Percent consuming 2+ fruits per day: 28.6% (Providence), 34.0% (Target Goal*)
- Percent consuming 3+ vegetables per day: 12.7% (Providence), 18.5% (Target Goal*)
- Percent who get 7+ hours of sleep per day: 63.2% (Providence), 69.8% (Target Goal*)
- Percent currently smoking: 16.4% (Providence), 11.6% (Target Goal*)

Chronic Health Problems

- Percent obese: 27.9% (Providence), 23.5% (Target Goal*)
- Percent in excellent or very good health: 54.5% (Providence), 58.0% (Target Goal*)
- Any days when physical health was not good during the past 30 days: 37.8% (Providence), 31.3% (Target Goal*)
- Any days when mental health was not good during the past 30 days: 37.3% (Providence), 28.8% (Target Goal*)
- Percent with asthma: 12.0% (Providence), 6.7% (Target Goal*)
- Percent with high blood pressure: 32.3% (Providence), 26.6% (Target Goal*)
- Percent with angina or coronary heart disease: 4.3% (Providence), 2.8% (Target Goal*)
- Percent diagnosed with a stroke: 2.9% (Providence), 2.0% (Target Goal*)
- Percent with diabetes: 10.3% (Providence), 8.1% (Target Goal*)
- Death rate/100,000 for cardiovascular disease: 172.1 (Providence), 141.3 (Target Goal*)
- Death rate/100,000 for diabetes: 20.7 (Providence), 14.9 (Target Goal*)

Community/Environmental Indicators – Score = 61.3; Rank = 15

*(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: 10.2% (Providence), 11.0% (Target Goal*)
- Acres of parkland/1,000: 6.7 (Providence), 18.9 (Target Goal*)
- Farmers’ markets/1,000,000: 44.6 (Providence), 19.9 (Target Goal*)
- Percent using public transportation to work: 2.9% (Providence), 4.4% (Target Goal*)
- Percent bicycling or walking to work: 3.7% (Providence), 2.9% (Target Goal*)
- Walk Score*: 78.0 (Providence), 51.7 (Target Goal*)
- Percent within a 10 minute walk to a park: *** (Providence), 65.4% (Target Goal*)

Recreational Facilities

- Ball diamonds/10,000: 1.7 (Providence), 1.9 (Target Goal*)
- Dog parks/100,000: 1.7 (Providence), 1.1 (Target Goal*)
- Park playgrounds/10,000: 2.4 (Providence), 3.3 (Target Goal*)
- Basketball hoops/10,000: 1.9 (Providence), 3.1 (Target Goal*)
- Park units/10,000: 6.4 (Providence), 4.4 (Target Goal*)
- Recreational centers/20,000: 1.1 (Providence), 1.0 (Target Goal*)
- Swimming pools/100,000: 2.2 (Providence), 3.0 (Target Goal*)
- Tennis courts/10,000: 2.0 (Providence), 2.0 (Target Goal*)

Policy for School P.E.

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

Park-related Expenditures

- Total park expenditure per resident: $85.00 (Providence), $109.90 (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.
***This measure was unavailable for this MSA. The community/environmental indicator score and total score were adjusted to allow fair comparisons with other MSAs.
RALEIGH, NC
(Raleigh, NC MSA)

Total Score = 58.6

Areas of Excellence (at or better than target goal):
• Higher percentage who get 7+ hours of sleep per day
• Lower percentage of days when physical health was not good during the past 30 days
• Higher percentage of parkland as city land area
• More acres of parkland 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

Improvement Priority Areas (worse than 20% of target goal):
• Lower percentage consuming 2+ fruits per day
• Lower percentage consuming 3+ vegetables per day
• Higher percentage with asthma
• Higher percentage with angina or coronary heart disease
• Higher percentage diagnosed with a stroke
• Fewer farmers’ markets per capita
• Lower percentage using public transportation to work
• Lower percentage bicycling or walking to work
• Lower Walk Score®
• Fewer baseball diamonds per capita
• Fewer dog parks per capita
• Fewer swimming pools per capita
• Lower level of state requirement for Physical Education classes

Description of Raleigh, NC MSA
Population 1,273,568
Percent less than 18 years old 24.9%
Percent 18 to 64 years old 64.1%
Percent 65 years old and older 11.0%
Percent male 48.8%
Percent high school graduate or higher 90.9%
Percent White 68.5%
Percent Black or African American 20.5%
Percent Asian 5.2%
Percent Other Race 5.7%
Percent Hispanic/Latino 10.5%
Percent unemployed 5.1%
Median household income $65,778
Percent of households below poverty level 7.9%
Violent crime rate/100,000* N/A‡
Percent with disability 9.9%

*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 = 65.9; 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>75.4%</td>
<td>80.7%</td>
</tr>
<tr>
<td>Percent meeting CDC aerobic activity guidelines</td>
<td>49.1%</td>
<td>60.6%</td>
</tr>
<tr>
<td>Percent meeting both CDC aerobic and strength activity guidelines</td>
<td>22.0%</td>
<td>23.1%</td>
</tr>
<tr>
<td>Percent consuming 2+ fruits per day</td>
<td>25.7%</td>
<td>34.0%</td>
</tr>
<tr>
<td>Percent consuming 3+ vegetables per day</td>
<td>14.0%</td>
<td>18.5%</td>
</tr>
<tr>
<td>Percent who get 7+ hours of sleep per day</td>
<td>70.9%</td>
<td>69.8%</td>
</tr>
<tr>
<td>Percent currently smoking</td>
<td>13.6%</td>
<td>11.6%</td>
</tr>
</tbody>
</table>

Chronic Health Problems

| Percent obese                                        | 24.2%   | 23.5%        |
| Percent in excellent or very good health            | 56.7%   | 58.0%        |
| Any days when physical health was not good during the past 30 days | 28.5%   | 31.3%        |
| Any days when mental health was not good during the past 30 days | 29.1%   | 28.8%        |
| Percent with asthma                                  | 8.3%    | 6.7%         |
| Percent with high blood pressure                     | 31.1%   | 26.6%        |
| Percent with angina or coronary heart disease        | 4.3%    | 2.8%         |
| Percent diagnosed with a stroke                      | 2.5%    | 2.0%         |
| Percent with diabetes                                | 9.0%    | 8.1%         |
| Death rate/100,000 for cardiovascular disease        | 151.6   | 141.3        |
| Death rate/100,000 for diabetes                      | 17.9    | 14.9         |

Community/Environmental Indicators – Score = 49.7; Rank = 31
(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>14.2%</td>
<td>11.0%</td>
</tr>
<tr>
<td>Acres of parkland/1,000</td>
<td>29.6</td>
<td>18.9</td>
</tr>
<tr>
<td>Farmers’ markets/1,000,000</td>
<td>14.1</td>
<td>19.9</td>
</tr>
<tr>
<td>Percent using public transportation to work</td>
<td>0.9%</td>
<td>4.4%</td>
</tr>
<tr>
<td>Percent bicycling or walking to work</td>
<td>1.4%</td>
<td>2.9%</td>
</tr>
<tr>
<td>Walk Score</td>
<td>30.0</td>
<td>51.7</td>
</tr>
<tr>
<td>Percent within a 10 minute walk to a park</td>
<td>53.8%</td>
<td>65.4%</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>1.1</td>
</tr>
<tr>
<td>Park playgrounds/10,000</td>
<td>2.2</td>
<td>2.4</td>
</tr>
<tr>
<td>Basketball hoops/10,000</td>
<td></td>
<td>3.1</td>
</tr>
<tr>
<td>Park units/10,000</td>
<td></td>
<td>4.9</td>
</tr>
<tr>
<td>Recreational centers/20,000</td>
<td>1.6</td>
<td>4.4</td>
</tr>
<tr>
<td>Swimming pools/100,000</td>
<td></td>
<td>2.3</td>
</tr>
<tr>
<td>Tennis courts/10,000</td>
<td></td>
<td>2.5</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>1.0</td>
<td>2.5</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Park-related Expenditures</th>
<th>Total park expenditure per resident</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>$150.00</td>
</tr>
<tr>
<td></td>
<td>$109.90</td>
</tr>
</tbody>
</table>

*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.
RICHMOND, VA
(Richmond, VA MSA)

Total Score = 48.9

Areas of Excellence (at or better than target goal):
• More farmers’ markets per capita
• Higher Walk Score®
• More ball diamonds per capita
• More park playgrounds per capita
• More basketball hoops 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 percentage consuming 2+ fruits per day
• Lower percentage consuming 3+ vegetables per day
• Higher percentage currently smoking
• Higher percentage obese
• Higher percentage with asthma
• Higher percentage with high blood pressure
• Higher percentage with angina or coronary heart disease
• Higher percentage diagnosed with a stroke
• Higher percentage with diabetes
• Higher death rate for cardiovascular disease
• Higher death rate for diabetes
• Lower percentage of parkland as city land area
• Fewer acres of parkland per capita
• Lower percentage using public transportation to work
• Lower percentage bicycling or walking to work
• Fewer dog parks per capita
• Lower park-related expenditures per capita

Description of Richmond, VA MSA
Population 1,271,334
Percent less than 18 years old 22.0%
Percent 18 to 64 years old 63.8%
Percent 65 years old and older 14.2%
Percent male 48.3%
Percent high school graduate or higher 89.3%
Percent White 61.8%
Percent Black or African American 29.6%
Percent Asian 3.7%
Percent Other Race 4.8%
Percent Hispanic/Latino 5.8%
Percent unemployed 5.8%
Median household income $60,713
Percent of households below poverty level 7.7%
Violent crime rate/100,000* 236.5
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 = 42.6; Rank = 31

- **Health Behaviors**
  - Percent any physical activity or exercise in the last 30 days: Richmond 73.6%, Target Goal 80.7%
  - Percent meeting CDC aerobic activity guidelines: Richmond 48.9%, Target Goal 60.6%
  - Percent meeting both CDC aerobic and strength activity guidelines: Richmond 22.1%, Target Goal 23.1%
  - Percent consuming 2+ fruits per day: Richmond 25.4%, Target Goal 34.0%
  - Percent consuming 3+ vegetables per day: Richmond 11.2%, Target Goal 18.5%
  - Percent who get 7+ hours of sleep per day: Richmond 67.9%, Target Goal 69.8%
  - Percent currently smoking: Richmond 17.3%, Target Goal 11.6%

- **Chronic Health Problems**
  - Percent obese: Richmond 30.8%, Target Goal 23.5%
  - Percent in excellent or very good health: Richmond 54.6%, Target Goal 58.0%
  - Any days when physical health was not good during the past 30 days: Richmond 32.6%, Target Goal 31.3%
  - Any days when mental health was not good during the past 30 days: Richmond 32.5%, Target Goal 28.8%
  - Percent with asthma: Richmond 8.4%, Target Goal 6.7%
  - Percent with high blood pressure: Richmond 36.3%, Target Goal 26.6%
  - Percent with angina or coronary heart disease: Richmond 4.5%, Target Goal 2.8%
  - Percent diagnosed with a stroke: Richmond 3.3%, Target Goal 2.0%
  - Percent with diabetes: Richmond 11.1%, Target Goal 8.1%
  - Death rate/100,000 for cardiovascular disease: Richmond 182.7, Target Goal 141.3
  - Death rate/100,000 for diabetes: Richmond 23.8, Target Goal 14.9

Community/Environmental Indicators – Score = 56.8; 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 5.3%, Target Goal 11.0%
  - Acres of parkland/1,000: Richmond 9.3, Target Goal 18.9
  - Farmers’ markets/1,000,000: Richmond 27.5, Target Goal 19.9
  - Percent using public transportation to work: Richmond 1.5%, Target Goal 4.4%
  - Percent bicycling or walking to work: Richmond 2.2%, Target Goal 2.9%
  - Walk Score**: Richmond 52.0, Target Goal 51.7
  - Percent within a 10 minute walk to a park: Richmond 65.4%

- **Recreational Facilities**
  - Ball diamonds/10,000: Richmond 2.5, Target Goal 1.9
  - Dog parks/100,000: Richmond 0.0, Target Goal 1.1
  - Park playgrounds/10,000: Richmond 2.7, Target Goal 2.4
  - Basketball hoops/10,000: Richmond 3.1, Target Goal 6.7
  - Park units/10,000: Richmond 5.0, Target Goal 4.4
  - Recreational centers/20,000: Richmond 1.7, Target Goal 1.0
  - Swimming pools/100,000: Richmond 3.0, Target Goal 4.1
  - Tennis courts/10,000: Richmond 2.0, Target Goal 6.2

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

- **Park-related Expenditures**
  - Total park expenditure per resident: Richmond $78.00, Target Goal $109.90

---

*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.

***This measure was unavailable for this MSA. The community/environmental indicator score and total score were adjusted to allow fair comparisons with other MSAs.
RIVERSIDE, CA
(Riverside-San Bernardino-Ontario, CA MSA)

Total Score = 44.5

Areas of Excellence (at or better than target goal):
• More dog parks 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 percentage currently smoking
• Higher percentage obese
• Lower percentage in excellent or very good health
• Higher percentage of days when mental health was not good during the past 30 days
• Higher percentage diagnosed with a stroke
• Higher percentage with diabetes
• Higher death rate for cardiovascular disease
• Higher death rate for diabetes
• Lower percentage of parkland as city land area
• Fewer acres of parkland per capita
• Fewer farmers’ markets per capita
• Lower percentage using public transportation to work
• Lower percentage bicycling or walking to work
• Lower Walk Score®
• Lower percentage within a 10 minute walk to a park
• Fewer ball diamonds per capita
• Fewer park playgrounds 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 Riverside-San Bernardino-Ontario, CA MSA

<table>
<thead>
<tr>
<th>Description</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population</td>
<td>4,489,159</td>
</tr>
<tr>
<td>Percent less than 18 years old</td>
<td>26.4%</td>
</tr>
<tr>
<td>Percent 18 to 64 years old</td>
<td>61.4%</td>
</tr>
<tr>
<td>Percent 65 years old and older</td>
<td>12.2%</td>
</tr>
<tr>
<td>Percent male</td>
<td>49.8%</td>
</tr>
<tr>
<td>Percent high school graduate or higher</td>
<td>79.7%</td>
</tr>
<tr>
<td>Percent White</td>
<td>62.1%</td>
</tr>
<tr>
<td>Percent Black or African American</td>
<td>7.3%</td>
</tr>
<tr>
<td>Percent Asian</td>
<td>6.7%</td>
</tr>
<tr>
<td>Percent Other Race</td>
<td>24.0%</td>
</tr>
<tr>
<td>Percent Hispanic/Latino</td>
<td>49.9%</td>
</tr>
<tr>
<td>Percent unemployed</td>
<td>9.6%</td>
</tr>
<tr>
<td>Median household income</td>
<td>$56,087</td>
</tr>
<tr>
<td>Percent of households below poverty level</td>
<td>13.8%</td>
</tr>
<tr>
<td>Violent crime rate/100,000*</td>
<td>378.0</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.
ACSM American Fitness Index® Components

Personal Health Indicators – Score = 51.3; Rank = 23

- Percent any physical activity or exercise in the last 30 days: 74.0% (Riverside), 80.7% (Target Goal)
- Percent meeting CDC aerobic activity guidelines: 51.5% (Riverside), 60.6% (Target Goal)
- Percent meeting both CDC aerobic and strength activity guidelines: 21.6% (Riverside), 23.1% (Target Goal)
- Percent consuming 2+ fruits per day: 27.4% (Riverside), 34.0% (Target Goal)
- Percent consuming 3+ vegetables per day: 15.2% (Riverside), 18.5% (Target Goal)
- Percent who get 7+ hours of sleep per day: 64.8% (Riverside), 69.8% (Target Goal)
- Percent currently smoking: 14.8% (Riverside), 11.6% (Target Goal)

Chronic Health Problems

- Percent obese: 28.6% (Riverside), 23.5% (Target Goal)
- Percent in excellent or very good health: 43.1% (Riverside), 58.0% (Target Goal)
- Any days when physical health was not good during the past 30 days: 36.0% (Riverside), 31.3% (Target Goal)
- Any days when mental health was not good during the past 30 days: 35.9% (Riverside), 28.8% (Target Goal)
- Percent with asthma: 7.3% (Riverside), 6.7% (Target Goal)
- Percent with high blood pressure: 30.8% (Riverside), 26.6% (Target Goal)
- Percent with angina or coronary heart disease: 3.4% (Riverside), 2.8% (Target Goal)
- Percent diagnosed with a stroke: 2.5% (Riverside), 2.0% (Target Goal)
- Percent with diabetes: 10.3% (Riverside), 8.1% (Target Goal)
- Death rate/100,000 for cardiovascular disease: 196.6 (Riverside), 141.3 (Target Goal)
- Death rate/100,000 for diabetes: 25.5 (Riverside), 14.9 (Target Goal)

Community/Environmental Indicators – Score = 36.2; Rank = 43

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

- Parkland as a percent of city land area: 7.1% (Riverside), 11.0% (Target Goal)
- Acres of parkland/1,000: 11.5 (Riverside), 18.9 (Target Goal)
- Farmers’ markets/1,000,000: 10.0 (Riverside), 19.9 (Target Goal)
- Percent using public transportation to work: 1.5% (Riverside), 4.4% (Target Goal)
- Percent bicycling or walking to work: 2.0% (Riverside), 2.9% (Target Goal)
- Walk Score*: 41.0 (Riverside), 51.7 (Target Goal)
- Percent within a 10 minute walk to a park: 46.3 (Riverside), 65.4% (Target Goal)

Recreational Facilities

- Ball diamonds/10,000: 1.4 (Riverside), 1.9 (Target Goal)
- Dog parks/100,000: 1.3 (Riverside), 1.1 (Target Goal)
- Park playgrounds/10,000: 1.4 (Riverside), 2.4 (Target Goal)
- Basketball hoops/10,000: 2.5 (Riverside), 3.1 (Target Goal)
- Park units/10,000: 2.1 (Riverside), 4.4 (Target Goal)
- Recreational centers/20,000: 1.1 (Riverside), 1.0 (Target Goal)
- Swimming pools/100,000: 2.2 (Riverside), 3.0 (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: $63.00 (Riverside), $109.90 (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.
SACRAMENTO, CA
(Sacramento-Roseville-Arden-Arcade, CA MSA)

Total Score = 63.3

Areas of Excellence (at or better than target goal):
- Higher percentage of any physical activity or exercise in the last 30 days
- Higher percentage meeting CDC aerobic activity guidelines
- Higher percentage meeting both CDC aerobic and strength activity guidelines
- Higher percentage who get 7+ hours of sleep per day
- Lower percentage diagnosed with a stroke
- More farmers’ markets per capita
- Higher percentage bicycling or walking to work
- 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 park units 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):
- Lower percentage consuming 2+ fruits per day
- Lower percentage consuming 3+ vegetables per day
- Higher percentage of days when physical health was not good during the past 30 days
- Higher percentage of days when mental health was not good during the past 30 days
- Higher percentage with asthma
- Higher percentage with angina or coronary heart disease
- Higher death rate for cardiovascular disease
- Higher death rate for diabetes
- Fewer acres of parkland per capita
- Lower percentage using public transportation to work
- Fewer tennis courts per capita

Description of Sacramento-Roseville-Arden-Arcade, CA MSA
Population 2,274,194
Percent less than 18 years old 23.3%
Percent 18 to 64 years old 62.3%
Percent 65 years old and older 14.4%
Percent male 49.0%
Percent high school graduate or higher 88.8%
Percent White 66.3%
Percent Black or African American 7.1%
Percent Asian 13.0%
Percent Other Race 13.6%
Percent Hispanic/Latino 21.3%
Percent unemployed 7.9%
Median household income $62,813
Percent of households below poverty level 10.5%
Violent crime rate/100,000* 445.0
Percent with disability 11.9%

*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 = 64.2; Rank = 14

- **Health Behaviors**
  - Percent any physical activity or exercise in the last 30 days: 82.0% vs. Target Goal of 80.7%
  - Percent meeting CDC aerobic activity guidelines: 61.6% vs. Target Goal of 60.6%
  - Percent meeting both CDC aerobic and strength activity guidelines: 26.7% vs. Target Goal of 23.1%
  - Percent consuming 2+ fruits per day: 26.8% vs. Target Goal of 34.0%
  - Percent consuming 3+ vegetables per day: 13.9% vs. Target Goal of 18.5%
  - Percent who get 7+ hours of sleep per day: 69.9% vs. Target Goal of 69.8%
  - Percent currently smoking: 13.2% vs. Target Goal of 11.6%

- **Chronic Health Problems**
  - Percent obese: 24.1% vs. Target Goal of 23.5%
  - Percent in excellent or very good health: 54.5% vs. Target Goal of 58.0%
  - Any days when physical health was not good during the past 30 days: 37.7% vs. Target Goal of 31.3%
  - Any days when mental health was not good during the past 30 days: 39.1% vs. Target Goal of 28.8%
  - Percent with asthma: 12.7% vs. Target Goal of 6.7%
  - Percent with high blood pressure: 31.5% vs. Target Goal of 26.6%
  - Percent with angina or coronary heart disease: 4.3% vs. Target Goal of 2.8%
  - Percent diagnosed with a stroke: 2.0% vs. Target Goal of 2.0%
  - Percent with diabetes: 8.6% vs. Target Goal of 8.1%
  - Death rate/100,000 for cardiovascular disease: 173.1 vs. Target Goal of 141.3
  - Death rate/100,000 for diabetes: 21.8 vs. Target Goal of 14.9

Community/Environmental Indicators – Score = 62.3; Rank = 12

(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% vs. Target Goal of 11.0%
  - Acres of parkland/1,000: 11.5 vs. Target Goal of 18.9
  - Farmers’ markets/1,000,000: 27.3 vs. Target Goal of 19.9
  - Percent using public transportation to work: 2.6% vs. Target Goal of 4.4%
  - Percent bicycling or walking to work: 3.6% vs. Target Goal of 2.9%
  - Walk Score*: 46.0 vs. Target Goal of 51.7
  - Percent within a 10 minute walk to a park: 78.0% vs. Target Goal of 65.4%

- **Recreational Facilities**
  - Ball diamonds/10,000: 2.1 vs. Target Goal of 1.9
  - Dog parks/100,000: 1.1 vs. Target Goal of 2.3
  - Park playgrounds/10,000: 2.4 vs. Target Goal of 4.0
  - Basketball hoops/10,000: 2.7 vs. Target Goal of 3.1
  - Park units/10,000: 4.9 vs. Target Goal of 4.4
  - Recreational centers/20,000: 1.0 vs. Target Goal of 1.0
  - Swimming pools/100,000: 2.5 vs. Target Goal of 3.0
  - Tennis courts/10,000: 1.0 vs. Target Goal of 2.0

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

- **Park-related Expenditures**
  - Total park expenditure per resident: $132.00 vs. Target Goal of $109.90

*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.
SAINT LOUIS, MO
(Saint Louis, MO-IL MSA)

Total Score = 51.6

**Areas of Excellence (at or better than target goal):**
- More farmers’ markets per capita
- 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 swimming pools 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 percentage obese
- Higher percentage with asthma
- Higher percentage with high blood pressure
- Higher percentage with angina or coronary heart disease
- Higher percentage diagnosed with a stroke
- Higher percentage with diabetes
- Higher death rate for cardiovascular disease
- Higher death rate for diabetes
- Fewer acres of parkland per capita
- Lower percentage using public transportation to work
- Lower percentage bicycling or walking to work
- Fewer basketball hoops per capita
- Fewer recreation centers per capita

**Description of Saint Louis, MO-IL MSA**

<table>
<thead>
<tr>
<th>Category</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population</td>
<td>2,811,588</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>62.2%</td>
</tr>
<tr>
<td>Percent 65 years old and older</td>
<td>15.2%</td>
</tr>
<tr>
<td>Percent male</td>
<td>48.5%</td>
</tr>
<tr>
<td>Percent high school graduate or higher</td>
<td>91.1%</td>
</tr>
<tr>
<td>Percent White</td>
<td>76.2%</td>
</tr>
<tr>
<td>Percent Black or African American</td>
<td>18.2%</td>
</tr>
<tr>
<td>Percent Asian</td>
<td>2.5%</td>
</tr>
<tr>
<td>Percent Other Race</td>
<td>3.1%</td>
</tr>
<tr>
<td>Percent Hispanic/Latino</td>
<td>2.9%</td>
</tr>
<tr>
<td>Percent unemployed</td>
<td>6.0%</td>
</tr>
<tr>
<td>Median household income</td>
<td>$56,483</td>
</tr>
<tr>
<td>Percent of households below poverty level</td>
<td>8.7%</td>
</tr>
<tr>
<td>Violent crime rate/100,000*</td>
<td>486.0</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 = 42.8; Rank = 30

Health Behaviors
- Percent any physical activity or exercise in the last 30 days: 74.3% Saint Louis, 80.7% Target Goal*
- Percent meeting CDC aerobic activity guidelines: 50.6% Saint Louis, 60.6% Target Goal*
- Percent meeting both CDC aerobic and strength activity guidelines: 20.5% Saint Louis, 23.1% Target Goal*
- Percent consuming 2+ fruits per day: 28.6% Saint Louis, 34.0% Target Goal*
- Percent consuming 3+ vegetables per day: 14.1% Saint Louis, 18.5% Target Goal*
- Percent who get 7+ hours of sleep per day: 65.5% Saint Louis, 69.8% Target Goal*
- Percent currently smoking: 18.3% Saint Louis, 11.6% Target Goal*

Chronic Health Problems
- Percent obese: 31.7% Saint Louis, 23.5% Target Goal*
- Percent in excellent or very good health: 52.2% Saint Louis, 58.0% Target Goal*
- Any days when physical health was not good during the past 30 days: 35.7% Saint Louis, 31.3% Target Goal*
- Any days when mental health was not good during the past 30 days: 32.5% Saint Louis, 28.8% Target Goal*
- Percent with asthma: 9.9% Saint Louis, 6.7% Target Goal*
- Percent with high blood pressure: 34.9% Saint Louis, 26.6% Target Goal*
- Percent with angina or coronary heart disease: 4.5% Saint Louis, 2.8% Target Goal*
- Percent diagnosed with a stroke: 4.2% Saint Louis, 2.0% Target Goal*
- Percent with diabetes: 10.1% Saint Louis, 8.1% Target Goal*
- Death rate/100,000 for cardiovascular disease: 198.8 Saint Louis, 141.3 Target Goal*
- Death rate/100,000 for diabetes: 18.7 Saint Louis, 14.9 Target Goal*

Community/Environmental Indicators – Score = 62.4; 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: 9.5% Saint Louis, 11.0% Target Goal**
- Acres of parkland/1,000: 11.7 Saint Louis, 18.9 Target Goal**
- Farmers' markets/1,000,000: 21.3 Saint Louis, 19.9 Target Goal**
- Percent using public transportation to work: 2.6% Saint Louis, 4.4% Target Goal**
- Percent bicycling or walking to work: 1.9% Saint Louis, 2.9% Target Goal**
- Walk Score*: 54.0 Saint Louis, 51.7 Target Goal**
- Percent within a 10 minute walk to a park: 65.4% Saint Louis, 65.4% Target Goal**

Recreational Facilities
- Ball diamonds/10,000: 1.9 Saint Louis, 3.6 Target Goal**
- Dog parks/100,000: 1.6 Saint Louis, 1.1 Target Goal**
- Park playgrounds/10,000: 2.4 Saint Louis, 2.4 Target Goal**
- Basketball hoops/10,000: 2.0 Saint Louis, 3.1 Target Goal**
- Park units/10,000: 3.5 Saint Louis, 3.5 Target Goal**
- Recreational centers/20,000: 0.6 Saint Louis, 1.0 Target Goal**
- Swimming pools/100,000: 3.5 Saint Louis, 3.5 Target Goal**
- Tennis courts/10,000: 2.0 Saint Louis, 3.5 Target Goal**

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

Park-related Expenditures
- Total park expenditure per resident: $238.00 Saint Louis, $109.90 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.
SALT LAKE CITY, UT
(Salt Lake City, UT MSA)

Total Score = 66.3

Areas of Excellence (at or better than target goal):
• Higher percentage meeting both CDC aerobic and strength activity guidelines
• Lower percentage currently smoking
• Higher percentage in excellent or very good health
• Lower percentage with high blood pressure
• Lower percentage with angina or coronary heart disease
• Lower percentage with diabetes
• Higher percentage 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 tennis courts per capita

Improvement Priority Areas (worse than 20% of target goal):
• Higher percentage of days when mental health was not good during the past 30 days
• Higher percentage with asthma
• Higher death rate for diabetes
• Lower percentage of parkland as city land area
• Fewer acres of parkland per capita
• Fewer farmers’ markets per capita
• Fewer basketball hoops per capita
• Fewer recreation centers per capita
• Fewer swimming pools per capita
• Lower park-related expenditures per capita

Description of Salt Lake City, UT MSA

Population 1,170,266
Percent less than 18 years old 28.5%
Percent 18 to 64 years old 61.6%
Percent 65 years old and older 9.9%
Percent male 50.2%
Percent high school graduate or higher 90.2%
Percent White 81.9%
Percent Black or African American 1.7%
Percent Asian 3.8%
Percent Other Race 12.7%
Percent Hispanic/Latino 17.6%
Percent unemployed 3.8%
Median household income $65,792
Percent of households below poverty level 7.0%
Violent crime rate/100,000* 392.2
Percent with disability 9.6%

*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 = 77.3; Rank = 6**

- **Health Behaviors**
  - Percent any physical activity or exercise in the last 30 days: 23.8% (Target: 23.5%)
  - Percent meeting CDC aerobic activity guidelines: 58.1% (Target: 58.0%)
  - Percent meeting both CDC aerobic and strength activity guidelines: 36.1% (Target: 31.3%)
  - Percent consuming 2+ fruits per day: 9.4% (Target: 6.7%)
  - Percent consuming 3+ vegetables per day: 24.7% (Target: 23.1%)
  - Percent who get 7+ hours of sleep per day: 68.7% (Target: 69.8%)
  - Percent currently smoking: 10.0% (Target: 11.6%)

- **Chronic Health Problems**
  - Percent obese: 23.8% (Target: 23.5%)
  - Percent in excellent or very good health: 58.1% (Target: 58.0%)
  - Any days when physical health was not good during the past 30 days: 36.1% (Target: 31.3%)
  - Any days when mental health was not good during the past 30 days: 38.5% (Target: 28.8%)
  - Percent with asthma: 9.4% (Target: 6.7%)
  - Percent with high blood pressure: 24.5% (Target: 26.6%)
  - Percent with angina or coronary heart disease: 2.6% (Target: 2.8%)
  - Percent diagnosed with a stroke: 2.3% (Target: 2.0%)
  - Percent with diabetes: 7.4% (Target: 8.1%)
  - Death rate/100,000 for cardiovascular disease: 159.1 (Target: 141.3)
  - Death rate/100,000 for diabetes: 26.3 (Target: 14.9)

**Community/Environmental Indicators – Score = 52.2; 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: 2.9% (Target: 11.0%)
  - Acres of parkland/1,000: 10.6 (Target: 18.9)
  - Farmers’ markets/1,000,000: 10.3 (Target: 19.9)
  - Percent using public transportation to work: 3.8% (Target: 4.4%)
  - Percent bicycling or walking to work: 3.7% (Target: 2.9%)
  - Walk Score*: 56.0 (Target: 51.7)
  - Percent within a 10 minute walk to a park: 65.4%

- **Recreational Facilities**
  - Ball diamonds/10,000: 1.9 (Target: 1.9)
  - Dog parks/100,000: 1.1 (Target: 3.6)
  - Park playgrounds/10,000: 1.3 (Target: 3.1)
  - Basketball hoops/10,000: 1.3 (Target: 3.1)
  - Park units/10,000: 6.5 (Target: 4.4)
  - Recreational centers/20,000: 0.5 (Target: 1.0)
  - Swimming pools/100,000: 1.0 (Target: 3.0)
  - Tennis courts/10,000: 2.0 (Target: 3.6)

- **Policy for School P.E.**
  - Level of state requirement for Physical Education: 2.0 (Target: 2.5)

- **Park-related Expenditures**
  - Total park expenditure per resident: $71.00 (Target: $109.90)

---

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

Total Score = 34.7

Areas of Excellence (at or better than target goal):
• Lower percentage of days when mental health was not good during the past 30 days
• Lower percentage with angina or coronary heart disease
• 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 percent obese
• Lower percentage in excellent or very good health
• Higher percentage with asthma
• 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 Walk Score®
• Lower percentage within a 10 minute walk to a park
• Fewer ball diamonds per capita
• Fewer dog parks per capita
• Fewer park playgrounds 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 San Antonio- New Braunfels, TX MSA

<table>
<thead>
<tr>
<th>Description</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population</td>
<td>2,384,075</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>61.9%</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>84.1%</td>
</tr>
<tr>
<td>Percent White</td>
<td>81.4%</td>
</tr>
<tr>
<td>Percent Black or African American</td>
<td>6.9%</td>
</tr>
<tr>
<td>Percent Asian</td>
<td>2.5%</td>
</tr>
<tr>
<td>Percent Other Race</td>
<td>9.4%</td>
</tr>
<tr>
<td>Percent Hispanic/Latino</td>
<td>55.0%</td>
</tr>
<tr>
<td>Percent unemployed</td>
<td>5.8%</td>
</tr>
<tr>
<td>Median household income</td>
<td>$55,083</td>
</tr>
<tr>
<td>Percent of households below poverty level</td>
<td>11.0%</td>
</tr>
<tr>
<td>Violent crime rate/100,000*</td>
<td>436.9</td>
</tr>
<tr>
<td>Percent with disability</td>
<td>13.7%</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 = 37.5; Rank = 38

<table>
<thead>
<tr>
<th>Health Behaviors</th>
<th>San Antonio</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent any physical activity or exercise in the last 30 days</td>
<td>68.6%</td>
<td>80.7%</td>
</tr>
<tr>
<td>Percent meeting CDC aerobic activity guidelines</td>
<td>42.5%</td>
<td>60.6%</td>
</tr>
<tr>
<td>Percent meeting both CDC aerobic and strength activity guidelines</td>
<td>16.9%</td>
<td>23.1%</td>
</tr>
<tr>
<td>Percent consuming 2+ fruits per day</td>
<td>21.2%</td>
<td>34.0%</td>
</tr>
<tr>
<td>Percent consuming 3+ vegetables per day</td>
<td>17.4%</td>
<td>18.5%</td>
</tr>
<tr>
<td>Percent who get 7+ hours of sleep per day</td>
<td>64.0%</td>
<td>69.8%</td>
</tr>
<tr>
<td>Percent currently smoking</td>
<td>13.4%</td>
<td>11.6%</td>
</tr>
</tbody>
</table>

#### Chronic Health Problems

<table>
<thead>
<tr>
<th>San Antonio</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent obese</td>
<td>37.5%</td>
</tr>
<tr>
<td>Percent in excellent or very good health</td>
<td>39.7%</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>26.8%</td>
</tr>
<tr>
<td>Percent with asthma</td>
<td>9.5%</td>
</tr>
<tr>
<td>Percent with high blood pressure</td>
<td>30.3%</td>
</tr>
<tr>
<td>Percent with angina or coronary heart disease</td>
<td>2.4%</td>
</tr>
<tr>
<td>Percent diagnosed with a stroke</td>
<td>2.7%</td>
</tr>
<tr>
<td>Percent with diabetes</td>
<td>12.7%</td>
</tr>
<tr>
<td>Death rate/100,000 for cardiovascular disease</td>
<td>187.3</td>
</tr>
<tr>
<td>Death rate/100,000 for diabetes</td>
<td>24.1</td>
</tr>
</tbody>
</table>

#### Community/Environmental Indicators – Score = 31.2; Rank = 47

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

<table>
<thead>
<tr>
<th>Built Environment</th>
<th>San Antonio</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parkland as a percent of city land area</td>
<td>8.9%</td>
<td>11.0%</td>
</tr>
<tr>
<td>Acres of parkland/1000</td>
<td>18.2</td>
<td>18.9</td>
</tr>
<tr>
<td>Farmers' markets/1,000,000</td>
<td>11.7</td>
<td>19.9</td>
</tr>
<tr>
<td>Percent using public transportation to work</td>
<td>2.1%</td>
<td>4.4%</td>
</tr>
<tr>
<td>Percent bicycling or walking to work</td>
<td>1.6%</td>
<td>2.9%</td>
</tr>
<tr>
<td>Walk Score®</td>
<td>37.0</td>
<td>51.7</td>
</tr>
<tr>
<td>Percent within a 10 minute walk to a park</td>
<td>33.6%</td>
<td>65.4%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Policy for School P.E.</th>
<th>San Antonio</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>Recreational Facilities</th>
<th>San Antonio</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>0.5</td>
<td>1.1</td>
</tr>
<tr>
<td>Park playgrounds/10,000</td>
<td>1.6</td>
<td>2.4</td>
</tr>
<tr>
<td>Basketball hoops/10,000</td>
<td>1.6</td>
<td>3.1</td>
</tr>
<tr>
<td>Park units/10,000</td>
<td>2.0</td>
<td>4.4</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>1.7</td>
<td>3.0</td>
</tr>
<tr>
<td>Tennis courts/10,000</td>
<td>0.9</td>
<td>2.0</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Park-related Expenditures</th>
<th>San Antonio</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total park expenditure per resident</td>
<td>$84.00</td>
<td>$109.90</td>
</tr>
</tbody>
</table>

*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.
SAN DIEGO, CA
(San Diego-Carlsbad, CA MSA)

Total Score = 65.6

Areas of Excellence (at or better than target goal):
• Higher percentage of any physical activity or exercise in the last 30 days
• Higher percentage meeting CDC aerobic activity guidelines
• Lower percentage currently smoking
• Lower percentage obese
• Lower percentage with asthma
• Lower percentage with angina or coronary heart disease
• Higher percentage of parkland as city land area
• More acres of parkland per capita
• Higher percentage bicycling or walking to work
• Higher percentage within a 10 minute walk to a park
• More ball diamonds per capita
• More dog parks per capita
• Higher level of state requirement for Physical Education classes

Improvement Priority Areas (worse than 20% of target goal):
• Higher percentage of days when mental health was not good during the past 30 days
• Higher death rate for diabetes
• Fewer farmers’ markets per capita
• Fewer park units 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>3,299,521</td>
</tr>
<tr>
<td>Percent less than 18 years old</td>
<td>22.1%</td>
</tr>
<tr>
<td>Percent 18 to 64 years old</td>
<td>64.8%</td>
</tr>
<tr>
<td>Percent 65 years old and older</td>
<td>13.1%</td>
</tr>
<tr>
<td>Percent male</td>
<td>50.2%</td>
</tr>
<tr>
<td>Percent high school graduate or higher</td>
<td>86.6%</td>
</tr>
<tr>
<td>Percent White</td>
<td>70.8%</td>
</tr>
<tr>
<td>Percent Black or African American</td>
<td>5.1%</td>
</tr>
<tr>
<td>Percent Asian</td>
<td>11.7%</td>
</tr>
<tr>
<td>Percent Other Race</td>
<td>12.3%</td>
</tr>
<tr>
<td>Percent Hispanic/Latino</td>
<td>33.4%</td>
</tr>
<tr>
<td>Percent unemployed</td>
<td>6.9%</td>
</tr>
<tr>
<td>Median household income</td>
<td>$67,320</td>
</tr>
<tr>
<td>Percent of households below poverty level</td>
<td>9.8%</td>
</tr>
<tr>
<td>Violent crime rate/100,000*</td>
<td>331.8</td>
</tr>
<tr>
<td>Percent with disability</td>
<td>10.1%</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 = 72.9; Rank = 9**

#### Health Behaviors

<table>
<thead>
<tr>
<th>Behavior</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>83.1%</td>
<td>80.7%</td>
</tr>
<tr>
<td>Percent meeting CDC aerobic activity guidelines</td>
<td>62.9%</td>
<td>60.6%</td>
</tr>
<tr>
<td>Percent meeting both CDC aerobic and strength activity guidelines</td>
<td>21.9%</td>
<td>23.1%</td>
</tr>
<tr>
<td>Percent consuming 2+ fruits per day</td>
<td>27.6%</td>
<td>34.0%</td>
</tr>
<tr>
<td>Percent consuming 3+ vegetables per day</td>
<td>15.2%</td>
<td>18.5%</td>
</tr>
<tr>
<td>Percent who get 7+ hours of sleep per day</td>
<td>64.9%</td>
<td>69.8%</td>
</tr>
<tr>
<td>Percent currently smoking</td>
<td>10.9%</td>
<td>11.6%</td>
</tr>
</tbody>
</table>

#### Chronic Health Problems

<table>
<thead>
<tr>
<th>Condition</th>
<th>San Diego</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent obese</td>
<td>23.5%</td>
<td>23.5%</td>
</tr>
<tr>
<td>Percent in excellent or very good health</td>
<td>53.3%</td>
<td>58.0%</td>
</tr>
<tr>
<td>Any days when physical health was not good during the past 30 days</td>
<td>35.7%</td>
<td>31.3%</td>
</tr>
<tr>
<td>Any days when mental health was not good during the past 30 days</td>
<td>39.1%</td>
<td>28.8%</td>
</tr>
<tr>
<td>Percent with asthma</td>
<td>6.7%</td>
<td>6.7%</td>
</tr>
<tr>
<td>Percent with high blood pressure</td>
<td>29.1%</td>
<td>26.6%</td>
</tr>
<tr>
<td>Percent with angina or coronary heart disease</td>
<td>2.3%</td>
<td>2.8%</td>
</tr>
<tr>
<td>Percent diagnosed with a stroke</td>
<td>2.4%</td>
<td>2.0%</td>
</tr>
<tr>
<td>Percent with diabetes</td>
<td>9.0%</td>
<td>8.1%</td>
</tr>
<tr>
<td>Death rate/100,000 for cardiovascular disease</td>
<td>148.1</td>
<td>141.3</td>
</tr>
<tr>
<td>Death rate/100,000 for diabetes</td>
<td>20.5</td>
<td>14.9</td>
</tr>
</tbody>
</table>

**Community/Environmental Indicators – Score = 56.7; Rank = 22**

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

#### Built Environment

<table>
<thead>
<tr>
<th>Indicator</th>
<th>San Diego</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parkland as a percent of city land area</td>
<td>22.0%</td>
<td>11.0%</td>
</tr>
<tr>
<td>Acres of parkland/1,000</td>
<td>32.9</td>
<td>18.9</td>
</tr>
<tr>
<td>Farmers’ markets/1,000,000</td>
<td>14.2</td>
<td>19.9</td>
</tr>
<tr>
<td>Percent using public transportation to work</td>
<td>3.5%</td>
<td>4.4%</td>
</tr>
<tr>
<td>Percent bicycling or walking to work</td>
<td>3.4%</td>
<td>2.9%</td>
</tr>
<tr>
<td>Walk Score*</td>
<td>50.0</td>
<td>51.7</td>
</tr>
<tr>
<td>Percent within a 10 minute walk to a park</td>
<td>77.5%</td>
<td>65.4%</td>
</tr>
</tbody>
</table>

#### Recreational Facilities

<table>
<thead>
<tr>
<th>Facility</th>
<th>San Diego</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ball diamonds/10,000</td>
<td>2.2</td>
<td>1.9</td>
</tr>
<tr>
<td>Dog parks/100,000</td>
<td>1.1</td>
<td>1.1</td>
</tr>
<tr>
<td>Park playgrounds/10,000</td>
<td>1.9</td>
<td>2.4</td>
</tr>
<tr>
<td>Basketball hoops/10,000</td>
<td>2.8</td>
<td>3.1</td>
</tr>
<tr>
<td>Park units/10,000</td>
<td>3.3</td>
<td>4.4</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>0.9</td>
<td>3.0</td>
</tr>
<tr>
<td>Tennis courts/10,000</td>
<td>1.1</td>
<td>2.0</td>
</tr>
</tbody>
</table>

#### Policy for School P.E.

<table>
<thead>
<tr>
<th>Requirement for Physical Education</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>

#### Park-related Expenditures

<table>
<thead>
<tr>
<th>Total park expenditure per resident</th>
<th>San Diego</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>$106.00</td>
<td>$109.90</td>
<td></td>
</tr>
</tbody>
</table>

*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.
SAN FRANCISCO, CA
(San Francisco-Oakland-Hayward, CA MSA)

Total Score = 73.3

Areas of Excellence (at or better than target goal):
• Higher percentage of any physical activity or exercise in the last 30 days
• Higher percentage meeting CDC aerobic activity guidelines
• Higher percentage meeting both CDC aerobic and strength activity guidelines
• Higher percentage consuming 3+ vegetables per day
• Lower percentage currently smoking
• Lower percentage obese
• Higher percentage in excellent or very good health
• 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 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 percentage with asthma
• Fewer acres of parkland per capita
• Fewer ball diamonds per capita
• Fewer park playgrounds per capita
• Fewer basketball hoops 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 4,656,132
Percent less than 18 years old 20.2%
Percent 18 to 64 years old 65.5%
Percent 65 years old and older 14.3%
Percent male 49.3%
Percent high school graduate or higher 88.2%
Percent White 50.3%
Percent Black or African American 7.5%
Percent Asian 25.5%
Percent Other Race 16.7%
Percent Hispanic/Latino 21.9%
Percent unemployed 5.4%
Median household income $88,518
Percent of households below poverty level 6.8%
Violent crime rate/100,000* 484.9
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 = 84.6; Rank = 3

**Health Behaviors**
- Percent any physical activity or exercise in the last 30 days: 83.2% (target goal: 80.7%)
- Percent meeting CDC aerobic activity guidelines: 61.3% (target goal: 60.6%)
- Percent meeting both CDC aerobic and strength activity guidelines: 23.7% (target goal: 23.1%)
- Percent consuming 2+ fruits per day: 31.3% (target goal: 34.0%)
- Percent consuming 3+ vegetables per day: 19.8% (target goal: 18.5%)
- Percent who get 7+ hours of sleep per day: 64.4% (target goal: 69.8%)
- Percent currently smoking: 10.0% (target goal: 11.6%)

**Chronic Health Problems**
- Percent obese: 17.8% (target goal: 23.5%
- Percent in excellent or very good health: 58.0% (target goal: 58.0%)
- Any days when physical health was not good during the past 30 days: 33.7% (target goal: 31.3%)
- Any days when mental health was not good during the past 30 days: 34.0% (target goal: 28.8%)
- Percent with asthma: 9.1% (target goal: 6.7%)
- Percent with high blood pressure: 27.0% (target goal: 26.6%)
- Percent with angina or coronary heart disease: 3.1% (target goal: 2.8%)
- Percent diagnosed with a stroke: 2.1% (target goal: 2.0%)
- Percent with diabetes: 9.1% (target goal: 8.1%)
- Death rate/100,000 for cardiovascular disease: 127.4 (target goal: 141.3)
- Death rate/100,000 for diabetes: 17.3 (target goal: 14.9)

#### Community/Environmental Indicators – Score = 59.7; 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: 19.0% (target goal: 11.0%)
- Acres of parkland/1,000: 6.7 (target goal: 18.9)
- Farmers’ markets/1,000,000: 27.1 (target goal: 19.9)
- Percent using public transportation to work: 17.2% (target goal: 4.4%)
- Percent bicycling or walking to work: 6.4% (target goal: 2.9%)
- Walk Score*: 51.7 (target goal: 86.0)
- Percent within a 10 minute walk to a park: 98.6% (target goal: 65.4%)

**Recreational Facilities**
- Ball diamonds/10,000: 0.8 (target goal: 1.9)
- Dog parks/100,000: 1.1 (target goal: 3.4)
- Park playgrounds/10,000: 1.5 (target goal: 2.4)
- Basketball hoops/10,000: 1.9 (target goal: 3.1)
- Park units/10,000: 2.8 (target goal: 4.4)
- Recreational centers/20,000: 0.6 (target goal: 1.0)
- Swimming pools/100,000: 1.3 (target goal: 3.0)
- Tennis courts/10,000: 1.8 (target goal: 2.0)

**Policy for School P.E.**
- Level of state requirement for Physical Education: 3.0 (target goal: 2.5)

**Park-related Expenditures**
- Total park expenditure per resident: $199.00 (target goal: $109.90)

---

*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.
SAN JOSE, CA
(San Jose-Sunnyvale-Santa Clara, CA MSA)

Total Score = 71.6

Areas of Excellence (at or better than target goal):
- Higher percentage of any physical activity or exercise in the last 30 days
- Higher percentage meeting CDC aerobic activity guidelines
- Higher percentage meeting both CDC aerobic and strength activity guidelines
- Lower percentage currently smoking
- Lower percentage obese
- Higher percentage in excellent or very good health
- 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 bicycling or walking to work
- Higher percentage within a 10 minute walk to a park
- 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 percentage of days when mental health was not good during the past 30 days
- Higher death rate for diabetes
- Fewer ball diamonds per capita
- Fewer basketball hoops 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
Population 1,976,836
Percent less than 18 years old 22.9%
Percent 18 to 64 years old 64.6%
Percent 65 years old and older 12.5%
Percent male 50.3%
Percent high school graduate or higher 87.1%
Percent White 46.4%
Percent Black or African American 2.4%
Percent Asian 33.9%
Percent Other Race 17.3%
Percent Hispanic/Latino 27.3%
Percent unemployed 5.4%
Median household income $101,980
Percent of households below poverty level 5.3%
Violent crime rate/100,000* 251.5
Percent with disability 8.0%

*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 = 87.6; Rank = 1

- **Percent any physical activity or exercise in the last 30 days**: 84.6% (Target Goal: 80.7%)
- **Percent meeting CDC aerobic activity guidelines**: 62.9% (Target Goal: 60.6%)
- **Percent meeting both CDC aerobic and strength activity guidelines**: 28.3% (Target Goal: 23.1%)
- **Percent consuming 2+ fruits per day**: 29.0% (Target Goal: 34.0%)
- **Percent consuming 3+ vegetables per day**: 18.0% (Target Goal: 18.5%)
- **Percent who get 7+ hours of sleep per day**: 63.8% (Target Goal: 69.8%)
- **Percent currently smoking**: 7.7% (Target Goal: 11.6%)

Chronic Health Problems

- **Percent obese**: 18.8% (Target Goal: 23.5%)
- **Percent in excellent or very good health**: 59.7% (Target Goal: 58.0%)
- **Any days when physical health was not good during the past 30 days**: 31.5% (Target Goal: 31.3%)
- **Any days when mental health was not good during the past 30 days**: 34.9% (Target Goal: 28.8%)
- **Percent with asthma**: 7.4% (Target Goal: 6.7%)
- **Percent with high blood pressure**: 23.2% (Target Goal: 26.6%)
- **Percent with angina or coronary heart disease**: 1.8% (Target Goal: 2.8%)
- **Percent diagnosed with a stroke**: 1.8% (Target Goal: 2.0%)
- **Percent with diabetes**: 7.1% (Target Goal: 8.1%)
- **Death rate/100,000 for cardiovascular disease**: 128.7 (Target Goal: 141.5)
- **Death rate/100,000 for diabetes**: 22.7 (Target Goal: 14.9)

Community/Environmental Indicators – Score = 52.1; Rank = 29

(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**: 14.4% (Target Goal: 11.0%)
- **Acres of parkland/1,000**: 15.8 (Target Goal: 18.9)
- **Farmers’ markets/1,000,000**: 20.2 (Target Goal: 19.9)
- **Percent using public transportation to work**: 4.1% (Target Goal: 4.4%)
- **Percent bicycling or walking to work**: 4.1% (Target Goal: 2.9%)
- **Walk Score†**: 50.0 (Target Goal: 51.7)
- **Percent within a 10 minute walk to a park**: 70.5% (Target Goal: 65.4%)

Recreational Facilities

- **Ball diamonds/10,000**: 0.5 (Target Goal: 1.9)
- **Dog parks/100,000**: 1.0 (Target Goal: 1.1)
- **Park playgrounds/10,000**: 2.6 (Target Goal: 2.4)
- **Basketball hoops/10,000**: 1.5 (Target Goal: 3.1)
- **Park units/10,000**: 2.4 (Target Goal: 4.4)
- **Recreational centers/20,000**: 1.1 (Target Goal: 1.0)
- **Swimming pools/100,000**: 0.7 (Target Goal: 3.0)
- **Tennis courts/10,000**: 0.9 (Target Goal: 2.0)

Policy for School P.E.

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

Park-related Expenditures

- **Total park expenditure per resident**: $95.00 (Target Goal: $109.90)

---

*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.
SEATTLE, WA
(Seattle-Tacoma-Bellevue, WA MSA)

Total Score = 72.2

Areas of Excellence (at or better than target goal):
- Higher percentage of any physical activity or exercise in the last 30 days
- Higher percentage meeting both CDC aerobic and strength activity guidelines
- Lower percentage with diabetes
- 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 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 percentage of days when mental health was not good during the past 30 days
- Higher percentage with asthma
- Higher percentage diagnosed with a stroke
- Higher death rate for diabetes
- Fewer acres of parkland per capita
- Fewer basketball hoops per capita
- Fewer swimming pools per capita

Description of Seattle-Tacoma-Bellevue, WA MSA

Population 3,733,580
Percent less than 18 years old 21.9%
Percent 18 to 64 years old 65.5%
Percent 65 years old and older 12.6%
Percent male 50.0%
Percent high school graduate or higher 92.3%
Percent White 70.0%
Percent Black or African American 5.7%
Percent Asian 12.7%
Percent Other Race 11.6%
Percent Hispanic/Latino 9.8%
Percent unemployed 5.5%
Median household income $75,331
Percent of households below poverty level 6.6%
Violent crime rate/100,000* 324.1
Percent with disability 10.9%

*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 = 74.5; Rank = 8

- **Percent any physical activity or exercise in the last 30 days**: Seattle 82.8%; Target Goal 80.7%
- **Percent meeting CDC aerobic activity guidelines**: Seattle 59.8%; Target Goal 60.6%
- **Percent meeting both CDC aerobic and strength activity guidelines**: Seattle 23.2%; Target Goal 23.1%
- **Percent consuming 2+ fruits per day**: Seattle 28.0%; Target Goal 34.0%
- **Percent consuming 3+ vegetables per day**: Seattle 18.5%
- **Percent who get 7+ hours of sleep per day**: Seattle 67.9%; Target Goal 69.8%
- **Percent currently smoking**: Seattle 13.2%; Target Goal 11.6%

Chronic Health Problems

- **Percent obese**: Seattle 24.5%; Target Goal 23.5%
- **Percent in excellent or very good health**: Seattle 55.7%; Target Goal 58.0%
- **Any days when physical health was not good during the past 30 days**: Seattle 36.4%; Target Goal 31.3%
- **Any days when mental health was not good during the past 30 days**: Seattle 36.3%; Target Goal 28.8%
- **Percent with asthma**: Seattle 9.2%; Target Goal 6.7%
- **Percent with high blood pressure**: Seattle 29.2%; Target Goal 26.6%
- **Percent with angina or coronary heart disease**: Seattle 3.1%; Target Goal 2.8%
- **Percent diagnosed with a stroke**: Seattle 2.6%; Target Goal 2.0%
- **Percent with diabetes**: Seattle 7.6%; Target Goal 8.1%
- **Death rate/100,000 for cardiovascular disease**: Seattle 143.1; Target Goal 143.5
- **Death rate/100,000 for diabetes**: Seattle 20.2; Target Goal 14.9

Community/Environmental Indicators – Score = 69.5; 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**: Seattle 12.5%; Target Goal 11.0%
- **Acres of parkland/1,000**: Seattle 9.9; Target Goal 18.9
- **Farmers’ markets/1,000,000**: Seattle 20.1; Target Goal 19.9
- **Percent using public transportation to work**: Seattle 9.3%; Target Goal 4.4%
- **Percent bicycling or walking to work**: Seattle 5.3%; Target Goal 2.9%
- **Walk Score**
  - Seattle 73.0
  - Target Goal 51.7
- **Percent within a 10 minute walk to a park**: Seattle 92.9%; Target Goal 65.4%

Recreational Facilities

- **Ball diamonds/10,000**: Seattle 1.8; Target Goal 1.9
- **Dog parks/100,000**: Seattle 2.1; Target Goal 1.1
- **Park playgrounds/10,000**: Seattle 2.2; Target Goal 2.4
- **Basketball hoops/10,000**: Seattle 1.9; Target Goal 3.1
- **Park units/10,000**: Seattle 6.8; Target Goal 4.4
- **Recreational centers/20,000**: Seattle 0.8; Target Goal 1.0
- **Swimming pools/100,000**: Seattle 1.5; Target Goal 3.0
- **Tennis courts/10,000**: Seattle 2.5; Target Goal 2.0

Policy for School P.E.

- **Level of state requirement for Physical Education**: Seattle 3.0; Target Goal 2.5

Park-related Expenditures

- **Total park expenditure per resident**: Seattle $256.00; Target Goal $109.90

*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.
TAMPA, FL
(Tampa-St. Petersburg-Clearwater, FL MSA)

Total Score = 54.1

Areas of Excellence (at or better than target goal):
• Higher percentage consuming 3+ vegetables per day
• More ball diamonds per capita
• More dog parks per capita
• More basketball hoops per capita
• More park units per capita
• More recreation centers per capita
• More swimming pools 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 percentage currently smoking
• Higher percentage with asthma
• Higher percentage with high blood pressure
• Higher percentage with angina or coronary heart disease
• Higher percentage diagnosed with a stroke
• Higher percentage with diabetes
• Higher death rate for diabetes
• Lower percentage of parkland as city land area
• Fewer acres of parkland per capita
• Fewer farmers’ markets per capita
• Lower percentage using public transportation to work
• Lower percentage bicycling or walking to work
• Fewer tennis courts per capita

Description of Tampa-St. Petersburg-Clearwater, FL MSA
Population 2,975,225
Percent less than 18 years old 20.4%
Percent 18 to 64 years old 60.6%
Percent 65 years old and older 19.0%
Percent male 48.4%
Percent high school graduate or higher 89.3%
Percent White 78.1%
Percent Black or African American 12.0%
Percent Asian 3.4%
Percent Other Race 6.5%
Percent Hispanic/Latino 18.2%
Percent unemployed 6.5%
Median household income $48,911
Percent of households below poverty level 10.5%
Violent crime rate/100,000* 384.1
Percent with disability 14.1%

*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 = 48.3; Rank = 24

Health Behaviors
- Percent any physical activity or exercise in the last 30 days
  - Tampa: 72.2%
  - Target Goal*: 80.7%
- Percent meeting CDC aerobic activity guidelines
  - Tampa: 50.2%
  - Target Goal*: 60.6%
- Percent meeting both CDC aerobic and strength activity guidelines
  - Tampa: 21.6%
  - Target Goal*: 23.1%
- Percent consuming 2+ fruits per day
  - Tampa: 30.9%
  - Target Goal*: 34.0%
- Percent consuming 3+ vegetables per day
  - Tampa: 18.8%
  - Target Goal*: 18.5%
- Percent who get 7+ hours of sleep per day
  - Tampa: 62.4%
  - Target Goal*: 69.8%
- Percent currently smoking
  - Tampa: 16.6%
  - Target Goal*: 11.6%

Chronic Health Problems
- Percent obese
  - Tampa: 25.3%
  - Target Goal*: 23.5%
- Percent in excellent or very good health
  - Tampa: 49.8%
  - Target Goal*: 58.0%
- Any days when physical health was not good during the past 30 days
  - Tampa: 36.7%
  - Target Goal*: 31.3%
- Any days when mental health was not good during the past 30 days
  - Tampa: 33.2%
  - Target Goal*: 28.8%
- Percent with asthma
  - Tampa: 8.1%
  - Target Goal*: 6.7%
- Percent with high blood pressure
  - Tampa: 34.7%
  - Target Goal*: 26.6%
- Percent with angina or coronary heart disease
  - Tampa: 4.0%
  - Target Goal*: 2.8%
- Percent diagnosed with a stroke
  - Tampa: 3.6%
  - Target Goal*: 2.0%
- Percent with diabetes
  - Tampa: 11.7%
  - Target Goal*: 8.1%
- Death rate/100,000 for cardiovascular disease
  - Tampa: 168.1
  - Target Goal*: 141.3
- Death rate/100,000 for diabetes
  - Tampa: 21.7
  - Target Goal*: 14.9

Community/Environmental Indicators – Score = 61.1; Rank = 16

(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
  - Tampa: 6.9%
  - Target Goal**: 11.0%
- Acres of parkland/1,000
  - Tampa: 13.4
  - Target Goal**: 18.9
- Farmers’ markets/1,000,000
  - Tampa: 9.7
  - Target Goal**: 19.9
- Percent using public transportation to work
  - Tampa: 1.4%
  - Target Goal**: 4.4%
- Percent bicycling or walking to work
  - Tampa: 2.2%
  - Target Goal**: 2.9%
- Walk Score®
  - Tampa: 49.0
  - Target Goal**: 51.7
- Percent within a 10 minute walk to a park
  - Tampa: 59.8%
  - Target Goal**: 65.4%

Recreational Facilities
- Ball diamonds/10,000
  - Tampa: 3.5
  - Target Goal**: 1.9
- Dog parks/100,000
  - Tampa: 3.3
  - Target Goal**: 1.1
- Park playgrounds/10,000
  - Tampa: 2.3
  - Target Goal**: 2.4
- Basketball hoops/10,000
  - Tampa: 3.1
  - Target Goal**: 4.9
- Park units/10,000
  - Tampa: 4.4
  - Target Goal**: 5.4
- Recreational centers/20,000
  - Tampa: 1.8
  - Target Goal**: 1.0
- Swimming pools/100,000
  - Tampa: 3.3
  - Target Goal**: 3.0
- Tennis courts/10,000
  - Tampa: 1.3
  - Target Goal**: 2.0

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

Park-related Expenditures
- Total park expenditure per resident
  - Tampa: $196.00
  - Target Goal**: $109.90

*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.
VIRGINIA BEACH, VA
(Virginia Beach-Norfolk-Newport News, VA-NC MSA)

Total Score = 50.7

Areas of Excellence (at or better than target goal):
• Higher percentage of parkland as city land area
• More acres of parkland per capita
• Higher percentage bicycling or walking to work
• More ball diamonds per capita
• More park playgrounds per capita
• More basketball hoops 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):
• Lower percentage consuming 2+ fruits per day
• Lower percentage consuming 3+ vegetables per day
• Higher percentage currently smoking
• Higher percentage obese
• Higher percentage with asthma
• Higher percentage with high blood pressure
• 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 Walk Score®
• Fewer dog parks per capita
• Fewer recreation centers per capita
• Fewer swimming pools per capita

Description of Virginia Beach-Norfolk-Newport News, VA-NC MSA
Population 1,724,876
Percent less than 18 years old 22.2%
Percent 18 to 64 years old 64.3%
Percent 65 years old and older 13.5%
Percent male 49.4%
Percent high school graduate or higher 90.7%
Percent White 59.8%
Percent Black or African American 30.5%
Percent Asian 3.9%
Percent Other Race 5.9%
Percent Hispanic/Latino 6.4%
Percent unemployed 6.8%
Median household income $60,093
Percent of households below poverty level 9.3%
Violent crime rate/100,000* 309.3
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 = 41.3; Rank = 34

**Components**

Community/Environmental Indicators – Score = 62.0; Rank = 14

(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: 73.8% [Virginia Beach] vs. 80.7% [Target Goal]
- Percent meeting CDC aerobic activity guidelines: 52.3% vs. 60.6%
- Percent meeting both CDC aerobic and strength activity guidelines: 22.7% vs. 23.1%
- Percent consuming 2+ fruits per day: 24.4% vs. 34.0%
- Percent consuming 3+ vegetables per day: 12.6% vs. 18.5%
- Percent who get 7+ hours of sleep per day: 62.5% vs. 69.8%
- Percent currently smoking: 20.4% vs. 11.6%

### Chronic Health Problems

- Percent obese: 33.5% vs. 23.5%
- Percent in excellent or very good health: 54.6% vs. 58.0%
- Any days when physical health was not good during the past 30 days: 33.3% vs. 31.3%
- Any days when mental health was not good during the past 30 days: 30.0% vs. 28.8%
- Percent with asthma: 10.5% vs. 6.7%
- Percent with high blood pressure: 34.6% vs. 26.6%
- Percent with angina or coronary heart disease: 3.0% vs. 2.8%
- Percent diagnosed with a stroke: 3.9% vs. 2.0%
- Percent with diabetes: 12.7% vs. 8.1%
- Death rate/100,000 for cardiovascular disease: 180.8 vs. 141.3
- Death rate/100,000 for diabetes: 32.2 vs. 14.9

### Community/Environmental Indicators

**Built Environment**

- Parkland as a percent of city land area: 15.6% [Virginia Beach] vs. 11.0% [Target Goal]
- Acres of parkland/1,000: 55.3 vs. 18.9
- Farmers’ markets/1,000,000: 14.5 vs. 19.9
- Percent using public transportation to work: 1.7% vs. 4.4%
- Percent bicycling or walking to work: 3.2% vs. 2.9%
- Walk Score*: 33.0 vs. 51.7
- Percent within a 10 minute walk to a park: 58.1% vs. 65.4%

**Recreational Facilities**

- Ball diamonds/10,000: 1.9 vs. 3.0
- Dog parks/100,000: 0.7 vs. 1.1
- Park playgrounds/10,000: 2.4 vs. 4.0
- Basketball hoops/10,000: 3.4 vs. 3.1
- Park units/10,000: 4.4 vs. 6.3
- Recreational centers/20,000: 0.3 vs. 1.0
- Swimming pools/100,000: 1.6 vs. 3.0
- Tennis courts/10,000: 2.0 vs. 3.6

**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: $167.00 vs. $109.90

---

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

Total Score = 79.2

Areas of Excellence (at or better than target goal):
• Higher percentage meeting both CDC aerobic and strength activity guidelines
• Lower percentage currently smoking
• 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 of days when mental health was not good during the past 30 days
• Lower percentage with angina or coronary heart 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 dog parks per capita
• More basketball hoops 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
• Higher level of state requirement for Physical Education classes

Improvement Priority Areas (worse than 20% of target goal):
• Fewer acres of parkland per capita
• Fewer ball diamonds per capita
• Fewer park playgrounds per capita

Description of Washington-Arlington-Alexandria, DC-VA-MD-WV MSA
Population 6,097,684
Percent less than 18 years old 23.2%
Percent 18 to 64 years old 65.1%
Percent 65 years old and older 11.7%
Percent male 48.9%
Percent high school graduate or higher 90.2%
Percent White 53.8%
Percent Black or African American 25.3%
Percent Asian 10.1%
Percent Other Race 10.9%
Percent Hispanic/Latino 15.2%
Percent unemployed 5.1%
Median household income $93,294
Percent of households below poverty level 5.7%
Violent crime rate/100,000* 324.1
Percent with disability 8.5%

*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 = 80.0; Rank = 5

**Health Behaviors**
- Percent any physical activity or exercise in the last 30 days: 78.1% (Target Goal*: 80.7%)
- Percent meeting CDC aerobic activity guidelines: 54.4% (Target Goal*: 60.6%)
- Percent meeting both CDC aerobic and strength activity guidelines: 25.2% (Target Goal*: 23.1%)
- Percent consuming 2+ fruits per day: 28.8% (Target Goal*: 34.0%)
- Percent consuming 3+ vegetables per day: 16.4% (Target Goal*: 18.5%)
- Percent who get 7+ hours of sleep per day: 63.0% (Target Goal*: 69.8%)
- Percent currently smoking: 11.6% (Target Goal*: 11.6%)

**Chronic Health Problems**
- Percent obese: 26.4% (Target Goal*: 23.5%)
- Percent in excellent or very good health: 59.7% (Target Goal*: 58.0%)
- Any days when physical health was not good during the past 30 days: 29.8% (Target Goal*: 31.3%)
- Any days when mental health was not good during the past 30 days: 26.5% (Target Goal*: 28.8%)
- Percent with asthma: 7.3% (Target Goal*: 6.7%)
- Percent with high blood pressure: 29.7% (Target Goal*: 26.6%)
- Percent with angina or coronary heart disease: 2.8% (Target Goal*: 2.8%)
- Percent diagnosed with a stroke: 2.2% (Target Goal*: 2.0%)
- Percent with diabetes: 8.7% (Target Goal*: 8.1%)
- Death rate/100,000 for cardiovascular disease: 146.0 (Target Goal*: 141.3)
- Death rate/100,000 for diabetes: 16.9 (Target Goal*: 14.9)

Community/Environmental Indicators – Score = 78.3; 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% (Target Goal**: 21.4%)
- Acres of parkland/1,000: 12.9 (Target Goal**: 12.9)
- Farmers' markets/1,000,000: 32.1 (Target Goal**: 19.9)
- Percent using public transportation to work: 4.4% (Target Goal**: 4.4%)
- Percent bicycling or walking to work: 4.3% (Target Goal**: 2.9%)
- Walk Score*: 51.7 (Target Goal**: 51.7)
- Percent within a 10 minute walk to a park: 97.5% (Target Goal**: 65.4%)

**Recreational Facilities**
- Ball diamonds/10,000: 1.4 (Target Goal**: 1.9)
- Dog parks/100,000: 1.7 (Target Goal**: 1.7)
- Park playgrounds/10,000: 1.7 (Target Goal**: 2.4)
- Basketball hoops/10,000: 4.0 (Target Goal**: 3.1)
- Park units/10,000: 6.2 (Target Goal**: 6.2)
- Recreational centers/20,000: 2.3 (Target Goal**: 2.3)
- Swimming pools/100,000: 3.0 (Target Goal**: 3.0)
- Tennis courts/10,000: 2.9 (Target Goal**: 2.9)

**Policy for School P.E.**
- Level of state requirement for Physical Education: 3.0

**Total park expenditure per resident**
- $163.00

**Park-related Expenditures**
- $109.90

---

*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.
## Appendix A – Data Sources

<table>
<thead>
<tr>
<th>Variable</th>
<th>Data Source</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age Groups</td>
<td>U.S. Census – 2015 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>
</tr>
<tr>
<td>Percentage high school graduate or higher</td>
<td>U.S. Census – 2015 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>
</tr>
<tr>
<td>Percentage in each race groups</td>
<td>U.S. Census – 2015 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>
</tr>
<tr>
<td>Percentage Hispanic/Latino</td>
<td>U.S. Census – 2015 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>
</tr>
<tr>
<td>Percentage unemployed</td>
<td>U.S. Census – 2015 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>
</tr>
<tr>
<td>Median household income</td>
<td>U.S. Census – 2015 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>
</tr>
<tr>
<td>Percentage of households below poverty level</td>
<td>U.S. Census – 2015 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>
</tr>
<tr>
<td>Percentage any physical activity or exercise in the last 30 days</td>
<td>2015 CDC BRFSS</td>
<td><a href="https://www.cdc.gov/brfss/annual_data/annual_2015.html">https://www.cdc.gov/brfss/annual_data/annual_2015.html</a></td>
</tr>
</tbody>
</table>
## Appendix A – Data Sources

<table>
<thead>
<tr>
<th>Variable</th>
<th>Data Source</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percentage meeting CDC aerobic activity guidelines</td>
<td>2015 CDC BRFSS</td>
<td><a href="https://www.cdc.gov/brfss/annual_data/annual_2015.html">https://www.cdc.gov/brfss/annual_data/annual_2015.html</a></td>
</tr>
<tr>
<td>Percentage meeting CDC aerobic and strength activity guidelines</td>
<td>2015 CDC BRFSS</td>
<td><a href="https://www.cdc.gov/brfss/annual_data/annual_2015.html">https://www.cdc.gov/brfss/annual_data/annual_2015.html</a></td>
</tr>
<tr>
<td>Percentage consuming 2+ fruits per day</td>
<td>2015 CDC BRFSS</td>
<td><a href="https://www.cdc.gov/brfss/annual_data/annual_2015.html">https://www.cdc.gov/brfss/annual_data/annual_2015.html</a></td>
</tr>
<tr>
<td>Percentage consuming 3+ vegetables per day</td>
<td>2015 CDC BRFSS</td>
<td><a href="https://www.cdc.gov/brfss/annual_data/annual_2015.html">https://www.cdc.gov/brfss/annual_data/annual_2015.html</a></td>
</tr>
<tr>
<td>Percentage who get 7+ hours of sleep per day</td>
<td>2014 CDC BRFSS</td>
<td><a href="https://www.cdc.gov/brfss/annual_data/annual_2014.html">https://www.cdc.gov/brfss/annual_data/annual_2014.html</a></td>
</tr>
<tr>
<td>Percentage currently smoking</td>
<td>2015 CDC BRFSS</td>
<td><a href="https://www.cdc.gov/brfss/annual_data/annual_2015.html">https://www.cdc.gov/brfss/annual_data/annual_2015.html</a></td>
</tr>
<tr>
<td>Percentage obese</td>
<td>2015 CDC BRFSS</td>
<td><a href="https://www.cdc.gov/brfss/annual_data/annual_2015.html">https://www.cdc.gov/brfss/annual_data/annual_2015.html</a></td>
</tr>
<tr>
<td>Percentage in excellent or very good health</td>
<td>2015 CDC BRFSS</td>
<td><a href="https://www.cdc.gov/brfss/annual_data/annual_2015.html">https://www.cdc.gov/brfss/annual_data/annual_2015.html</a></td>
</tr>
<tr>
<td>Any days when physical health was not good during the past 30 days</td>
<td>2015 CDC BRFSS</td>
<td><a href="https://www.cdc.gov/brfss/annual_data/annual_2015.html">https://www.cdc.gov/brfss/annual_data/annual_2015.html</a></td>
</tr>
<tr>
<td>Any days when mental health was not good during the past 30 days</td>
<td>2015 CDC BRFSS</td>
<td><a href="https://www.cdc.gov/brfss/annual_data/annual_2015.html">https://www.cdc.gov/brfss/annual_data/annual_2015.html</a></td>
</tr>
<tr>
<td>Percentage with asthma</td>
<td>2015 CDC BRFSS</td>
<td><a href="https://www.cdc.gov/brfss/annual_data/annual_2015.html">https://www.cdc.gov/brfss/annual_data/annual_2015.html</a></td>
</tr>
<tr>
<td>Percentage with high blood pressure</td>
<td>2015 CDC BRFSS</td>
<td><a href="https://www.cdc.gov/brfss/annual_data/annual_2015.html">https://www.cdc.gov/brfss/annual_data/annual_2015.html</a></td>
</tr>
<tr>
<td>Percentage with angina or coronary heart disease</td>
<td>2015 CDC BRFSS</td>
<td><a href="https://www.cdc.gov/brfss/annual_data/annual_2015.html">https://www.cdc.gov/brfss/annual_data/annual_2015.html</a></td>
</tr>
<tr>
<td>Percentage diagnosed with a stroke</td>
<td>2015 CDC BRFSS</td>
<td><a href="https://www.cdc.gov/brfss/annual_data/annual_2015.html">https://www.cdc.gov/brfss/annual_data/annual_2015.html</a></td>
</tr>
<tr>
<td>Percentage with diabetes</td>
<td>2015 CDC BRFSS</td>
<td><a href="https://www.cdc.gov/brfss/annual_data/annual_2015.html">https://www.cdc.gov/brfss/annual_data/annual_2015.html</a></td>
</tr>
</tbody>
</table>
## Appendix A – Data Sources

<table>
<thead>
<tr>
<th>Variable</th>
<th>Data Source</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Death rate/100,000 for cardiovascular disease</td>
<td>2015 CDC Wonder</td>
<td><a href="http://www.wonder.cdc.gov">www.wonder.cdc.gov</a></td>
</tr>
<tr>
<td>Death rate/100,000 for diabetes</td>
<td>2015 CDC Wonder</td>
<td><a href="http://www.wonder.cdc.gov">www.wonder.cdc.gov</a></td>
</tr>
<tr>
<td>Parkland as a percentage of city land area</td>
<td>2016 City Park Facts – The Trust for Public Land</td>
<td><a href="http://www.tpl.org">www.tpl.org</a></td>
</tr>
<tr>
<td>Acres of parkland/1,000</td>
<td>2016 City Park Facts – The Trust for Public Land</td>
<td><a href="http://www.tpl.org">www.tpl.org</a></td>
</tr>
<tr>
<td>Farmers’ markets/1,000,000</td>
<td>2016 – USDA Farmers Markets</td>
<td><a href="http://www.ams.usda.gov/AMSv1.0/farmersmarkets">www.ams.usda.gov/AMSv1.0/farmersmarkets</a></td>
</tr>
<tr>
<td>Percentage using public transportation to work</td>
<td>U.S. Census – 2015 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>
</tr>
<tr>
<td>Percentage bicycling or walking to work</td>
<td>U.S. Census – 2015 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>
</tr>
<tr>
<td>Percentage within a 10 minute walk to a park</td>
<td>2016 City Park Facts – The Trust for Public Land</td>
<td><a href="http://www.tpl.org">www.tpl.org</a></td>
</tr>
<tr>
<td>Ball diamonds/10,000</td>
<td>2016 City Park Facts – The Trust for Public Land</td>
<td><a href="http://www.tpl.org">www.tpl.org</a></td>
</tr>
<tr>
<td>Dog parks/100,000</td>
<td>2016 City Park Facts – The Trust for Public Land</td>
<td><a href="http://www.tpl.org">www.tpl.org</a></td>
</tr>
<tr>
<td>Park playgrounds/10,000</td>
<td>2016 City Park Facts – The Trust for Public Land</td>
<td><a href="http://www.tpl.org">www.tpl.org</a></td>
</tr>
<tr>
<td>Basketball Hoops/10,000</td>
<td>2016 City Park Facts – The Trust for Public Land</td>
<td><a href="http://www.tpl.org">www.tpl.org</a></td>
</tr>
<tr>
<td>Park units/10,000</td>
<td>2016 City Park Facts – The Trust for Public Land</td>
<td><a href="http://www.tpl.org">www.tpl.org</a></td>
</tr>
<tr>
<td>Recreation centers/20,000</td>
<td>2016 City Park Facts – The Trust for Public Land</td>
<td><a href="http://www.tpl.org">www.tpl.org</a></td>
</tr>
</tbody>
</table>
## Appendix A – Data Sources

<table>
<thead>
<tr>
<th>Variable</th>
<th>Data Source</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Swimming pools/100,000</td>
<td>2016 City Park Facts – The Trust for Public Land</td>
<td><a href="http://www.tpl.org">www.tpl.org</a></td>
</tr>
<tr>
<td>Tennis courts/10,000</td>
<td>2016 City Park Facts – The Trust for Public Land</td>
<td><a href="http://www.tpl.org">www.tpl.org</a></td>
</tr>
<tr>
<td>Park-related expenditures per capita</td>
<td>2016 City Park Facts – The Trust for Public Land</td>
<td><a href="http://www.tpl.org">www.tpl.org</a></td>
</tr>
<tr>
<td>Level of state requirement for Physical Education classes</td>
<td>2016 – Shape of the Nation</td>
<td><a href="http://www.shapeamerica.org/advocacy/son/index.cfm">http://www.shapeamerica.org/advocacy/son/index.cfm</a></td>
</tr>
</tbody>
</table>
Appendix B – Members of the Expert Panel

AFI ADVISORY BOARD MEMBERS:

Barbara E. Ainsworth, Ph.D., M.P.H, FACSM, FNAK
Arizona State University
Mesa, Arizona

Steven N. Blair, P.E.D, FACSM
University of South Carolina
Columbia, South Carolina

Jacqueline N. Epping, M.Ed., FACSM
U.S. Centers for Disease Control and Prevention (CDC)
Atlanta, Georgia

John M. Jakicic, Ph.D., FACSM
University of Pittsburgh
Pittsburgh, Pennsylvania

Elizabeth A. Joy, M.D., M.P.H., FACSM
Intermountain Healthcare/
University of Utah School of Medicine
Salt Lake City, Utah

NiCole R. Keith, Ph.D., FACSM
Indiana University/Regenstrief Institute, Inc.
Indianapolis, Indiana

Roseann M. Lyle, Ph.D., R.D., FACSM
Purdue University
West Lafayette, Indiana

Melinda M. Manore, Ph.D., R.D., CSSD, FACSM
Oregon State University
Corvallis, Oregon

Kenneth E. Powell, M.D., M.P.H., FACSM
Epidemiologic and Public Health Consultant
Atlanta, Georgia

Angela D. Smith, M.D., FACSM
Nemours/Alfred I. duPont Hospital for Children,
Thomas Jefferson University
Philadelphia, Pennsylvania

Walter R. Thompson, Ph.D., FACSM
Georgia State University
Atlanta, Georgia

Stella Lucia Volpe, Ph.D., R.D., FACSM
Drexel University
Philadelphia, Pennsylvania
Appendix B – Members of the Expert Panel

ADDITIONAL MEMBERS FOR AFI EXPERT PANEL:

Ross Andersen, Ph.D., FACSM  
McGill University  
Montreal, Quebec, Canada

Laura Brennan Ramirez, Ph.D., M.P.H.  
Transtria LLC  
St. Louis, Missouri

Natalie Colabianchi, Ph.D.  
University of South Carolina  
Columbia, South Carolina

Karen J. Coleman, Ph.D.  
Southern California Permanente Medical Group  
Pasadena, California

Kelly Evenson, Ph.D., FACSM  
University of North Carolina-Chapel Hill  
Chapel Hill, North Carolina

Sandra Ham, M.S.  
U.S. Centers for Disease Control and Prevention (CDC)  
Atlanta, Georgia

Christine Hoehner, Ph.D., M.S.P.H.  
Saint Louis University  
St. Louis, Missouri

Laura Kettel Khan, Ph.D.  
U.S. Centers for Disease Control and Prevention (CDC)  
Atlanta, Georgia

Harold W. (Bill) Kohl, Ph.D., FACSM  
University of Texas  
Austin, Texas

Caroline A. Macera, Ph.D., FACSM  
San Diego State University  
San Diego, California

Robert H. McNulty, J.D.  
Partners for Livable Communities  
Washington, DC

Marcia G. Ory, Ph.D., M.P.H.  
Texas A & M Health Science Center College Station, Texas

Nico P. Pronk, Ph.D., FACSM  
HealthPartners  
Minneapolis, Minnesota

Robert E. Sallis, M.D., FACSM  
Kaiser Permanente  
Rancho Cucamonga, California

Patricia Sharpe, Ph.D., M.P.H.  
University of South Carolina  
Columbia, South Carolina

David Williams, Ph.D.  
Brown Medical School and the Miriam Hospital  
Providence, Rhode Island

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>Indicator</th>
<th>U.S. Value</th>
<th>MSA Average</th>
<th>MSA Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population</td>
<td>321,418,820</td>
<td>3,534,880</td>
<td>1,135,230 – 20,182,305</td>
</tr>
<tr>
<td>Percent less than 18 years old</td>
<td>22.9%</td>
<td>23.2%</td>
<td>19.2% – 28.5%</td>
</tr>
<tr>
<td>Percent 18 to 64 years old</td>
<td>62.2%</td>
<td>63.1%</td>
<td>60.6% – 66.3%</td>
</tr>
<tr>
<td>Percent 65 years old and older</td>
<td>14.9%</td>
<td>13.7%</td>
<td>9.8% – 19.0%</td>
</tr>
<tr>
<td>Percent male</td>
<td>49.2%</td>
<td>49.0%</td>
<td>47.7% – 50.3%</td>
</tr>
<tr>
<td>Percent high school graduate or higher</td>
<td>87.1%</td>
<td>88.5%</td>
<td>79.5% – 93.2%</td>
</tr>
<tr>
<td>Percent White</td>
<td>73.1%</td>
<td>70.1%</td>
<td>46.4% – 87.0%</td>
</tr>
<tr>
<td>Percent Black or African American</td>
<td>12.7%</td>
<td>15.3%</td>
<td>1.7% – 46.6%</td>
</tr>
<tr>
<td>Percent Asian</td>
<td>5.4%</td>
<td>6.2%</td>
<td>1.5% – 33.9%</td>
</tr>
<tr>
<td>Percent Other Race</td>
<td>8.9%</td>
<td>8.4%</td>
<td>2.8% – 24.0%</td>
</tr>
<tr>
<td>Percent Hispanic/Latino</td>
<td>17.6%</td>
<td>16.6%</td>
<td>1.7% – 55.0%</td>
</tr>
<tr>
<td>Percent unemployed</td>
<td>6.3%</td>
<td>6.1%</td>
<td>3.8% – 9.6%</td>
</tr>
<tr>
<td>Median household income</td>
<td>$55,775</td>
<td>$61,614</td>
<td>$48,343 – $101,980</td>
</tr>
<tr>
<td>Percent of households below poverty level</td>
<td>10.6%</td>
<td>9.6%</td>
<td>5.3% – 13.8%</td>
</tr>
<tr>
<td>Violent crime rate/100,000*</td>
<td>372.6</td>
<td>445.6</td>
<td>236.5 – 1038.0</td>
</tr>
<tr>
<td>Percent with disability</td>
<td>12.6%</td>
<td>11.7%</td>
<td>8.0% – 15.1%</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>Indicator</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>73.8%</td>
<td>74.8%</td>
<td>67.2% – 84.6%</td>
</tr>
<tr>
<td>Percent meeting CDC aerobic activity guidelines</td>
<td>50.7%</td>
<td>51.5%</td>
<td>42.5% – 62.9%</td>
</tr>
<tr>
<td>Percent meeting both CDC aerobic and strength activity guidelines</td>
<td>20.3%</td>
<td>21.2%</td>
<td>16.5% – 28.3%</td>
</tr>
<tr>
<td>Percent consuming 2+ fruits per day</td>
<td>25.7%</td>
<td>26.6%</td>
<td>15.7% – 35.5%</td>
</tr>
<tr>
<td>Percent consuming 3+ vegetables per day</td>
<td>14.6%</td>
<td>14.9%</td>
<td>8.5% – 19.8%</td>
</tr>
<tr>
<td>Percent who get 7+ hours of sleep per day</td>
<td>65.2%</td>
<td>64.9%</td>
<td>58.1% – 71.6%</td>
</tr>
<tr>
<td>Percent currently smoking</td>
<td>17.5%</td>
<td>16.1%</td>
<td>7.7% – 24.0%</td>
</tr>
<tr>
<td>Chronic Health Problems</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Percent obese</td>
<td>29.8%</td>
<td>28.7%</td>
<td>17.8% – 41.2%</td>
</tr>
<tr>
<td>Percent in excellent or very good health</td>
<td>52.1%</td>
<td>51.6%</td>
<td>39.7% – 60.4%</td>
</tr>
</tbody>
</table>
Appendix C – U.S. Values, MSA Averages and MSA Ranges for AFI Indicators

### Personal Health Indicators

<table>
<thead>
<tr>
<th>indicator</th>
<th>U.S. Value</th>
<th>MSA Average</th>
<th>MSA Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Any days when physical health was not good during the past 30 days</td>
<td>35.2%</td>
<td>35.3%</td>
<td>28.5% – 42.2%</td>
</tr>
<tr>
<td>Any days when mental health was not good during the past 30 days</td>
<td>33.6%</td>
<td>34.0%</td>
<td>26.5% – 40.4%</td>
</tr>
<tr>
<td>Percent with asthma</td>
<td>9.2%</td>
<td>9.0%</td>
<td>5.9% – 12.7%</td>
</tr>
<tr>
<td>Percent with high blood pressure</td>
<td>30.9%</td>
<td>32.2%</td>
<td>23.2% – 43.4%</td>
</tr>
<tr>
<td>Percent with angina or coronary heart disease</td>
<td>3.9%</td>
<td>3.8%</td>
<td>1.8% – 6.1%</td>
</tr>
<tr>
<td>Percent diagnosed with a stroke</td>
<td>3.0%</td>
<td>3.0%</td>
<td>1.8% – 4.6%</td>
</tr>
<tr>
<td>Percent with diabetes</td>
<td>9.9%</td>
<td>10.4%</td>
<td>6.8% – 16.0%</td>
</tr>
<tr>
<td>Death rate/100,000 for cardiovascular disease</td>
<td>183.0</td>
<td>177.1</td>
<td>117.3 – 237.2</td>
</tr>
<tr>
<td>Death rate/100,000 for diabetes</td>
<td>21.3</td>
<td>20.9</td>
<td>11.4 – 33.1</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>Parkland as percent of city land area</td>
<td>11.1%</td>
<td>2.6% – 25.6%</td>
</tr>
<tr>
<td>Acres of parkland/1,000</td>
<td>18.8</td>
<td>3.4 – 75.7</td>
</tr>
<tr>
<td>Farmers’ markets/1,000,000</td>
<td>19.9</td>
<td>3.3 – 47.1</td>
</tr>
<tr>
<td>Percent using public transportation to work</td>
<td>4.5%</td>
<td>0.4% – 31.5%</td>
</tr>
<tr>
<td>Percent bicycling or walking to work</td>
<td>2.9%</td>
<td>1.1% – 6.7%</td>
</tr>
<tr>
<td>Walk Score®</td>
<td>53.1</td>
<td>25.5 – 89.0</td>
</tr>
<tr>
<td>Percent within a 10 minute walk to a park</td>
<td>67.4%</td>
<td>26.7% – 98.6%</td>
</tr>
</tbody>
</table>

### Recreational Facilities

<table>
<thead>
<tr>
<th>indicator</th>
<th>MSA Average</th>
<th>Range of All Cities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ball diamonds/10,000</td>
<td>1.9</td>
<td>0.3 – 4.8</td>
</tr>
<tr>
<td>Dog parks/10,000</td>
<td>1.2</td>
<td>0.0 – 5.3</td>
</tr>
<tr>
<td>Park playgrounds/10,000</td>
<td>2.4</td>
<td>1.1 – 5.1</td>
</tr>
<tr>
<td>Basketball Hoops/10,000</td>
<td>3.1</td>
<td>0.7 – 9.4</td>
</tr>
<tr>
<td>Park units/10,000</td>
<td>4.4</td>
<td>1.5 – 9.2</td>
</tr>
<tr>
<td>Recreation centers/20,000</td>
<td>1.0</td>
<td>0.1 – 2.5</td>
</tr>
<tr>
<td>Swimming pools/100,000</td>
<td>3.0</td>
<td>0.5 – 10.8</td>
</tr>
<tr>
<td>Tennis courts/10,000</td>
<td>2.0</td>
<td>0.6 – 6.2</td>
</tr>
<tr>
<td>Park-related expenditures per capita</td>
<td>$109.9</td>
<td>$19.0 – $256.0</td>
</tr>
<tr>
<td>Level of state requirement for Physical Education classes**</td>
<td>2.5</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 2016 data and may differ from the community/environmental indicator target goal values.
## Appendix D – Counties in MSAs

### Atlanta-Sandy Springs-Roswell, GA
- Barrow County, GA
- Bartow County, GA
- Butts County, GA
- Carroll County, GA
- Cherokee County, GA
- Clayton County, GA
- Cobb County, GA
- Coweta County, GA
- Dawson County, GA
- DeKalb County, GA
- Douglas County, GA
- Fayette County, GA
- Forsyth County, GA
- Fulton County, GA
- Gwinnett County, GA
- Haralson County, GA
- Heard County, GA
- Henry County, GA
- Jasper County, GA
- Lamar County, GA
- Meriwether County, GA
- Morgan County, GA
- Newton County, GA
- Paulding County, GA
- Pickens County, GA
- Pike County, GA
- Rockdale County, GA
- Spalding County, GA
- Walton County, GA

### Birmingham-Hoover, AL
- Bibb County, AL
- Blount County, AL
- Chilton County, AL
- Jefferson County, AL
- St. Clair County, AL
- Shelby County, AL
- Walker County, AL

### Boston-Cambridge-Newton, MA-NH
- Norfolk County, MA
- Plymouth County, MA
- Suffolk County, MA
- Essex County, MA
- Middlesex County, MA
- Rockingham County, NH
- Strafford County, NH

### 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

### 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
Appendix D – Counties in MSAs

Johnson County, TX
Parker County, TX
Somervell County, TX
Tarrant County, TX
Wise County, TX

Denver-Aurora-Lakewood, CO
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

Detroit-Warren-Dearborn, MI
Wayne County, MI
Lapeer County, MI
Livingston County, MI
Macomb County, MI
Oakland County, MI
St. Clair County, MI

Hartford-West Hartford-East
Hartford, CT
Hartford County, CT
Middlesex County, CT
Tolland County, CT

Houston-The Woodlands-Sugar Land, TX
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

Indianapolis-Carmel-Anderson, IN
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

Jacksonville, FL
Baker County, FL
Clay County, FL
Duval County, FL
Nassau County, FL
St. Johns County, FL

Kansas City, MO-KS
Johnson County, KS
Leavenworth County, KS
Linn County, KS
Miami County, KS
Wyandotte County, KS
Bates County, MO
Caldwell County, MO
Cass County, MO
Clay County, MO
Clinton County, MO
Jackson County, MO
Lafayette County, MO
Platte County, MO
Ray County, MO

Las Vegas-Henderson-Paradise, NV
Clark County, NV

Los Angeles-Long Beach-Anaheim, CA
Orange County, CA
Los Angeles County, CA

Louisville/Jefferson County, KY-IN
Clark County, IN
Floyd County, IN
Harrison County, IN
Scott County, IN
Washington County, IN
Bullitt County, KY
Henry County, KY
Jefferson County, KY
Oldham County, KY
Shelby County, KY
Spencer County, KY
Trimble County, KY

Memphis, TN-MS-AR
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

Miami-Fort Lauderdale-West Palm Beach, FL
Broward County, FL
Miami-Dade County, FL
Palm Beach County, FL

Milwaukee-Waukesha-West Allis, WI
Milwaukee County, WI
Ozaukee County, WI
Washington County, WI
Waukesha County, WI

Minneapolis-St. Paul-Bloomington, MN-WI
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

Nashville-Davidson-Murfreesboro-Franklin, TN
Cannon County, TN

Health and Community Fitness Status of the 50 Largest Metropolitan Areas 125
Appendix D – Counties in MSAs

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

New Orleans-Metairie, LA
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

New York-Newark-Jersey City, NY-NJ-PA
Dutchess County, NY
Putnam County, NY
Nassau County, NY
Suffolk County, NY
Essex County, NJ
Hunterdon County, NJ
Morris County, NJ
Somerset County, NJ
Sussex County, NJ
Union County, NJ
Pike County, PA
Bergen County, NJ
Hudson County, NJ
Middlesex County, NJ
Monmouth County, NJ
Ocean County, NJ
Passaic County, NJ
Bronx County, NY
Kings County, NY
New York County, NY
Orange County, NY
Queens County, NY
Richmond County, NY
Rockland County, NY
Westchester County, NY

Oklahoma City, OK
Canadian County, OK
Cleveland County, OK
Grady County, OK
Lincoln County, OK
Logan County, OK
McClain County, OK
Oklahoma County, OK

Orlando-Kissimmee-Sanford, FL
Lake County, FL
Orange County, FL
Osceola County, FL
Seminole County, FL

Philadelphia-Camden-Wilmington, PA-NJ-DE-MD
Burlington County, NJ
Camden County, NJ
Gloucester County, NJ
Bucks County, PA
Chester County, PA
Montgomery County, PA
Delaware County, PA
Philadelphia County, PA
New Castle County, DE
Cecil County, MD
Salem County, NJ

Phoenix-Mesa-Scottsdale, AZ
Maricopa County, AZ
Pinal County, AZ

Pittsburgh, PA
Allegeny County, PA
Armstrong County, PA
Beaver County, PA
Butler County, PA
Fayette County, PA
Washington County, PA
Westmoreland County, PA

Portland-Vancouver-Hillsboro, OR-WA
Clackamas County, OR
Columbia County, OR

Multnomah County, OR
Washington County, OR
Yamhill County, OR
Clark County, WA
Skamania County, WA

Providence-Warwick, RI-MA
Bristol County, MA
Bristol County, RI
Kent County, RI
Newport County, RI
Providence County, RI
Washington County, RI

Raleigh, NC
Franklin County, NC
Johnston County, NC
Wake County, NC

Richmond, VA
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

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

ACSM American Fitness Index® 2017: Actively Moving America to Better Health
### Appendix D – Counties in MSAs

<table>
<thead>
<tr>
<th>Saint Louis, MO-IL</th>
<th>Seattle-Tacoma-Bellevue, WA</th>
<th>Washington-Arlington-Alexandria, DC-VA-MD-WV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bond County, IL</td>
<td>King County, WA</td>
<td>Frederick County, MD</td>
</tr>
<tr>
<td>Calhoun County, IL</td>
<td>Snohomish County, WA</td>
<td>Montgomery County, MD</td>
</tr>
<tr>
<td>Clinton County, IL</td>
<td>Pierce County, WA</td>
<td>District of Columbia, DC</td>
</tr>
<tr>
<td>Jersey County, IL</td>
<td></td>
<td>Calvert County, MD</td>
</tr>
<tr>
<td>Macoupin County, IL</td>
<td></td>
<td>Charles County, MD</td>
</tr>
<tr>
<td>Madison County, IL</td>
<td></td>
<td>Prince George's County, MD</td>
</tr>
<tr>
<td>Monroe County, IL</td>
<td></td>
<td>Arlington County, VA</td>
</tr>
<tr>
<td>St. Clair County, IL</td>
<td></td>
<td>Clarke County, VA</td>
</tr>
<tr>
<td>Franklin County, MO</td>
<td></td>
<td>Culpeper County, VA</td>
</tr>
<tr>
<td>Jefferson County, MO</td>
<td></td>
<td>Fairfax County, VA</td>
</tr>
<tr>
<td>Lincoln County, MO</td>
<td></td>
<td>Fauquier County, VA</td>
</tr>
<tr>
<td>St. Charles County, MO</td>
<td></td>
<td>Loudoun County, VA</td>
</tr>
<tr>
<td>St. Louis County, MO</td>
<td></td>
<td>Prince William County, VA</td>
</tr>
<tr>
<td>Warren County, MO</td>
<td></td>
<td>Rappahannock County, VA</td>
</tr>
<tr>
<td>St. Louis City, MO</td>
<td></td>
<td>Spotsylvania County, VA</td>
</tr>
<tr>
<td>Salt Lake City, UT</td>
<td></td>
<td>Stafford County, VA</td>
</tr>
<tr>
<td>Salt Lake County, UT</td>
<td></td>
<td>Warren County, VA</td>
</tr>
<tr>
<td>Tooele County, UT</td>
<td></td>
<td>Alexandria City, VA</td>
</tr>
<tr>
<td>San Antonio-New Braunfels, TX</td>
<td></td>
<td>Fairfax City, VA</td>
</tr>
<tr>
<td>Atascosa County, TX</td>
<td></td>
<td>Falls Church City, VA</td>
</tr>
<tr>
<td>Bandera County, TX</td>
<td></td>
<td>Fredericksburg City, VA</td>
</tr>
<tr>
<td>Bexar County, TX</td>
<td></td>
<td>Manassas City, VA</td>
</tr>
<tr>
<td>Comal County, TX</td>
<td></td>
<td>Manassas Park City, VA</td>
</tr>
<tr>
<td>Guadalupe County, TX</td>
<td></td>
<td>Jefferson County, WV</td>
</tr>
<tr>
<td>Kendall County, TX</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Medina County, TX</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wilson County, TX</td>
<td></td>
<td></td>
</tr>
<tr>
<td>San Diego-Carlsbad, CA</td>
<td></td>
<td></td>
</tr>
<tr>
<td>San Diego County, CA</td>
<td></td>
<td></td>
</tr>
<tr>
<td>San Francisco-Oakland-Hayward, CA</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Alameda County, CA</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Contra Costa County, CA</td>
<td></td>
<td></td>
</tr>
<tr>
<td>San Francisco County, CA</td>
<td></td>
<td></td>
</tr>
<tr>
<td>San Mateo County, CA</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Marin County, CA</td>
<td></td>
<td></td>
</tr>
<tr>
<td>San Jose-Sunnyvale-Santa Clara, CA</td>
<td></td>
<td></td>
</tr>
<tr>
<td>San Benito County, CA</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Santa Clara County, CA</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>