Actively Moving America to Better Health

Health and Community Fitness Status of the 50 Largest Metropolitan Areas

2016

Anthem Foundation

American College of Sports Medicine, www.acsm.org
ACKNOWLEDGEMENTS

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

2016 EDITION
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Dear Colleagues,

For the past nine years, the Anthem Foundation has proudly supported the American College of Sports Medicine (ACSM) American Fitness Index® (AFI). In that time, we’ve watched the index become a recognized and credible resource that can positively influence health and well-being in communities across the country.

Our partnership allows us to leverage ACSM’s research expertise to provide the AFI data report as a reliable measure of community fitness for the country’s 50 largest metropolitan statistical areas (MSAs). The report is a one-of-a-kind, evidence-based analysis of each MSA’s strengths and challenges, providing substantive data that can be used to affect real change. To quote The Washington Post in a story about AFI and the Anthem Foundation, “Most lists of ‘America’s fittest cities’ are ridiculous, but the American College of Sports Medicine puts out a legit one each year that actually tells us something about people’s health habits and the opportunities their communities provide to stay fit.”

This year is no different. Once again, the Anthem Foundation and ACSM have joined together to provide the 2016 edition of the ACSM American Fitness Index. As you will read, the report identifies a number of positive outcomes, including 60 percent of the MSAs improving their fitness ranking when compared to last year. We’re also very excited that Cincinnati, Ohio ranked number one in the community/environmental category just two years after implementing a customized strategic plan designed by ACSM based on the AFI report for that MSA.

These success stories demonstrate our mutual commitment to enhance the health and well-being of individuals, families and communities.

As always, we encourage you to use and share this year’s report, in an effort to influence positive and healthy change. 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 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 2016 data report for the AFI program. Metropolitan Statistical Areas (MSAs) were chosen as the unit of measurement because they represent the group of counties comprising the larger urban areas where residents live, work and access community resources.

The AFI program is unique for several reasons:
- Cities are defined by MSAs;
- Personal health indicators, as well as community and environmental indicators, are included in the data report;
- Data obtained from reputable sources, and scientific methodologies are used to ensure validity and reliability;
- Unique areas of strength and opportunities for improvement are included for each MSA to help guide community action;
- Data indicators are tracked and reported in five-year Data Trend Reports (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. However, for the 2016 AFI Data Report results, the Washington, DC MSA occupied the number one spot for the third year in a row. Since 2008, the Washington, DC 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>Washington-Arlington-Alexandria, DC-VA-MD-WV</td>
<td>77.9</td>
</tr>
<tr>
<td>2</td>
<td>Minneapolis-St. Paul-Bloomington, MN-WI</td>
<td>76.7</td>
</tr>
<tr>
<td>3</td>
<td>Denver-Aurora-Lakewood, CO</td>
<td>72.6</td>
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<tr>
<td>4</td>
<td>Portland-Vancouver-Hillsboro, OR-WA</td>
<td>69.6</td>
</tr>
<tr>
<td>5</td>
<td>San Francisco-Oakland-Hayward, CA</td>
<td>69.3</td>
</tr>
<tr>
<td>6</td>
<td>Seattle-Tacoma-Bellevue, WA</td>
<td>69.0</td>
</tr>
<tr>
<td>7</td>
<td>Boston-Cambridge-Newton, MA-NH</td>
<td>67.0</td>
</tr>
<tr>
<td>8</td>
<td>Salt Lake City, UT</td>
<td>65.5</td>
</tr>
<tr>
<td>9</td>
<td>Hartford-West Hartford-East Hartford, CT</td>
<td>65.3</td>
</tr>
<tr>
<td>10</td>
<td>San Diego-Carlsbad, CA</td>
<td>64.1</td>
</tr>
<tr>
<td>11</td>
<td>San Jose-Sunnyvale-Santa Clara, CA</td>
<td>63.4</td>
</tr>
<tr>
<td>12</td>
<td>Chicago-Naperville-Elgin, IL-IN-WI</td>
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</tr>
<tr>
<td>13</td>
<td>Sacramento-Roseville-Arden-Arcade, CA</td>
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<tr>
<td>14</td>
<td>Atlanta-Sandy Springs-Roswell, GA</td>
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<td>15.5*</td>
<td>Austin-Round Rock, TX</td>
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<td>15.5*</td>
<td>Raleigh, NC</td>
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<td>17</td>
<td>Baltimore-Columbia-Towson, MD</td>
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<td>18</td>
<td>Richmond, VA</td>
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<td>Virginia Beach-Norfolk-Newport News, VA-NC</td>
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<tr>
<td>20</td>
<td>Milwaukee-Waukesha-West Allis, WI</td>
<td>54.2**</td>
</tr>
<tr>
<td>21</td>
<td>Providence-Warwick, RI-MA</td>
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<tr>
<td>22</td>
<td>New York-Newark-Jersey City, NY-NJ-PA</td>
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<td>23</td>
<td>Cincinnati, OH-KY-IN</td>
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<td>Philadelphia-Camden-Wilmington, PA-NJ-DE-MD</td>
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<tr>
<td>25</td>
<td>Cleveland-Elyria, OH</td>
<td>52.1</td>
</tr>
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<td>26</td>
<td>Tampa-St. Petersburg-Clearwater, FL</td>
<td>51.7</td>
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<tr>
<td>27</td>
<td>Pittsburgh, PA</td>
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<tr>
<td>28</td>
<td>Saint Louis, MO-IL</td>
<td>50.9</td>
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<tr>
<td>29</td>
<td>Los Angeles-Long Beach-Anaheim, CA</td>
<td>50.8</td>
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<tr>
<td>30</td>
<td>Kansas City, MO-KS</td>
<td>50.3</td>
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<tr>
<td>31</td>
<td>Jacksonville, FL</td>
<td>49.5</td>
</tr>
<tr>
<td>32</td>
<td>Miami-Fort Lauderdale-West Palm Beach, FL</td>
<td>48.2</td>
</tr>
<tr>
<td>33</td>
<td>New Orleans-Metairie, LA</td>
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<tr>
<td>34</td>
<td>Phoenix-Mesa-Scottsdale, AZ</td>
<td>44.9</td>
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<tr>
<td>35</td>
<td>Buffalo-Cheektowaga-Niagara Falls, NY</td>
<td>43.6</td>
</tr>
<tr>
<td>36</td>
<td>Riverside-San Bernardino-Ontario, CA</td>
<td>42.7</td>
</tr>
<tr>
<td>37</td>
<td>Dallas-Fort Worth-Arlington, TX</td>
<td>42.2</td>
</tr>
<tr>
<td>38</td>
<td>Columbus, OH</td>
<td>41.6</td>
</tr>
<tr>
<td>39</td>
<td>Charlotte-Concord-Gastonia, NC-SC</td>
<td>41.4</td>
</tr>
<tr>
<td>40</td>
<td>Houston-The Woodlands-Sugar Land, TX</td>
<td>40.6</td>
</tr>
<tr>
<td>41</td>
<td>Las Vegas-Henderson-Paradise, NV</td>
<td>40.4**</td>
</tr>
<tr>
<td>42</td>
<td>Detroit-Warren-Dearborn, MI</td>
<td>40.4**</td>
</tr>
<tr>
<td>43</td>
<td>Orlando-Kissimmee-Sanford, FL</td>
<td>40.3</td>
</tr>
<tr>
<td>44</td>
<td>Birmingham-Hoover, AL</td>
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<tr>
<td>45</td>
<td>San Antonio-New Braunfels, TX</td>
<td>35.0</td>
</tr>
<tr>
<td>46</td>
<td>Nashville-Davidson-Murfreesboro-Franklin, TN</td>
<td>34.2</td>
</tr>
<tr>
<td>47</td>
<td>Memphis, TN-MS-AR</td>
<td>33.3</td>
</tr>
<tr>
<td>48</td>
<td>Louisville/Jefferson County, KY-IN</td>
<td>31.8</td>
</tr>
<tr>
<td>49</td>
<td>Oklahoma City, OK</td>
<td>29.5</td>
</tr>
<tr>
<td>50</td>
<td>Indianapolis-Carmel-Anderson, IN</td>
<td>26.6</td>
</tr>
</tbody>
</table>

* There was a tie in the ranking between the MSAs.

**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.\textsuperscript{1-4} For adults, regular exercise can reduce the risk of premature death, heart disease, stroke, high blood pressure, type 2 diabetes, breast cancer, colon cancer and the risk of falls. For children and adolescents, regular physical activity can decrease body fat and improve bone health, cardiorespiratory fitness and muscular strength. Physical activity also can decrease the risk of depression in adults and reduce depression symptoms in young people.\textsuperscript{1-4}

Emerging public health information suggests that to reach the U.S. Centers for Disease Control and Prevention’s goal to improve health and fitness, prevent disease and disability, and enhance quality of life for all Americans through physical activity, we must create a culture that integrates physical activity into our daily lives.\textsuperscript{2} The ACSM AFI program developed a valid and reliable measure of health and community fitness at a metropolitan level to:

- provide community leaders with information to understand the personal, community, societal and environmental influences on physical activity and healthy eating;
- develop strategies to promote physical activity at multiple levels of influence;
- take action through local community mobilization with the AFI Community Action Guide, health promotion partners and other best practices;\textsuperscript{5-8} and,
- monitor changes in the measures as a result of community programs and other factors.

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

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

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

ACSM American Fitness Index® Program Components

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

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

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

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

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

Implementation

This ninth full-edition data report for the AFI program focuses on data collection and analysis for the 50 largest metropolitan areas in the United States. The program’s data report shows the results of identifying, collecting, analyzing, weighing and aggregating relevant data at the metropolitan level. The metropolitan areas in this report represent the 50 largest MSAs defined by the U.S. Office of Management and Budget in 2013 using data from the 2010 U.S. Census Annual Estimates of Population.

ACSM American Fitness Index® Advisory Board

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

The AFI Advisory Board was created in 2007 to assist in the development of the AFI program and continues to offer on-going guidance to the program. Members of the AFI Advisory Board assure the AFI Data Report and overall program adhere to the ACSM Guiding Principles for Healthy Communities and the goals of the AFI program by:

• accurately translating the science into practice;

• actively participating in strategic planning for the program;

• critically reviewing all program documentation and collateral materials; and

• continually providing expert guidance and feedback to communities.

ACSM greatly appreciates the contributions of our AFI Advisory Board members:

- **Chair:** Walter R. Thompson, Ph.D., FACSM (Georgia State University)
- **Vice-Chair:** Barbara E. Ainsworth, Ph.D., M.P.H., FACSM, FNAK (Arizona State University)
- Steven N. Blair, P.E.D., FACSM (University of South Carolina)
- Jacqueline N. Epping, M.Ed., FACSM (U.S. Centers for Disease Control and Prevention)
- John M. Jakicic, Ph.D., FACSM (University of Pittsburgh)
- Elizabeth A. Joy, M.D., M.P.H., FACSM (Intermountain Healthcare/University of Utah School of Medicine)
- NiCole R. Keith, Ph.D., FACSM (Indiana University/Regenstrief Institute, Inc.)
Methodology

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

Why Choose MSAs Over Cities?
Defining a “city” by its city limits overlooks the interaction between the core of the city and the surrounding suburban areas. Residents outside the city limits have access to fitness-related resources in their suburban area as well as the city core; likewise, the residents within the city limits may access resources in the surrounding areas. Thus, the metropolitan area, including both the city core and the surrounding suburban areas, act as a unit to support the wellness efforts of residents of the area. Consequently, the MSA data were used where possible in constructing the AFI 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 in the MSAs. However, it would be possible for communities within the MSA to collect local data using the measurements and strategy outlined in My AFI (http://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 in 2008 (listed in Appendix B). Two Delphi method-type rounds of scoring were used to reach consensus on whether each item should be included in the data index and the weight it should carry in the calculations. The data elements used in the AFI Data Report were reviewed and updated in 2015. Specifically, a new environmental/community measure, “percent within a 10-minute walk to a park” was added. Because of changes in the components of the index, comparisons between the individual elements that did not change in the 2015
and 2016 AFI Data Reports can be compared with earlier years’ data, but the overall score and the sub-scores for 2015 and 2016 are not comparable to earlier years.

From this process, 32 currently available 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 to be of high importance to include in the data index. Each item used in the scoring was first ranked (worse value = 1) and then multiplied by the weight assigned by consensus of the expert panel. The weighted ranks were then summed by indicator group to create scores for the personal health indicators and community/environmental indicators. Finally, the MSA scores were standardized to a scale with the upper limit of 100 by dividing the MSA score by the maximum possible value and multiplying by 100.

The following formula summarizes the scoring process:

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

- $r_ki$ = MSA rank on indicator
- $w_k$ = weight assigned to indicator
- $n = 15$ for personal health indicators and $17$ for community/environmental indicators
- $MSA\ Score_{\text{max}}$ = 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 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 Sacramento was 62.4 while the score for Atlanta was 62.3. While Sacramento was ranked higher than Atlanta, these two metropolitan areas were actually very similar across all of the indicators; thus, there is little difference in the community wellness levels of the two MSAs. Also, while one city carried the highest rank (Washington, DC) and another carried the lowest rank (Indianapolis, IN), this does not necessarily mean that the highest ranked city has excellent values across all indicators and the lowest ranked city has the lowest values on all the indicators. The ranking merely indicates that, relative to each other, some cities scored better than others.

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

The items used for the personal health indicators were based on self-reported responses to the BRFSS and are subject to the well-known limitations of self-reported data. Since this limitation applies to all metropolitan areas included in this report, the biases should be similar across all areas, so the relative differences should still be valid. In addition, the BRFSS data collection method changed in 2011 relative to weighting methodology and the addition of the cell phone sampling frame; thus measures before and after 2011 are not exactly comparable. As indicated on the FBI website, data on violent crimes may not be comparable across all metropolitan areas because of differences in law enforcement policies and practices from area to area. The Trust for Public Land community/environmental indicators only includes city-level data, 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. One measure changed in 2016: Policy for School P.E. Previous years reports measured state level P.E. requirements, whereas, this year’s report measures, school level P.E. requirements. Thus, this indicator is not comparable to previous reports.

References


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

Total Score = 62.3; Rank = 14

Areas of Excellence (at or better than target goal):
• Higher percent of population within a 10 minute walk to a park
• More park playgrounds per capita
• More golf courses per capita
• More park units per capita
• More recreation centers per capita
• More swimming pools per capita
• More tennis courts per capita
• Higher park-related expenditures per capita
• Higher level of requirement for Physical Education classes

Improvement Priority Areas (worse than 20% of target goal):
• Lower percent meeting CDC aerobic activity guidelines
• Lower percent consuming 2+ fruits per day
• Higher percent obese
• Higher percent with asthma
• Higher percent with diabetes
• Lower percent of city land area as parkland
• Fewer acres of parkland per capita
• Lower percent using public transportation to work
• Lower percent bicycling or walking to work
• Fewer dog parks per capita

Description of Atlanta-Sandy Springs-Roswell, GA MSA
Population 5,614,323
Percent less than 18 years old 25.4%
Percent 18 to 64 years old 63.8%
Percent 65 years old and older 10.8%
Percent male 48.5%
Percent high school graduate or higher 88.3%
Percent White 55.3%
Percent Black or African American 33.5%
Percent Asian 5.5%
Percent Other Race 5.7%
Percent Hispanic/Latino 10.4%
Percent unemployed 5.2%
Median household income $56,166.00
Percent of households below poverty level 11.9%
Violent crime rate/100,000* 398.4
Percent with disability 10.2%

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

**Personal Health Indicators – Score = 64.8; Rank = 14**

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

- **Chronic Health Problems**
  - Percent obese: 28.8%
  - Percent in excellent or very good health: 53.8%
  - Any days when physical health was not good during the past 30 days: 32.6%
  - Any days when mental health was not good during the past 30 days: 34.7%
  - Percent with asthma: 7.9%
  - Percent with angina or coronary heart disease: 3.2%
  - Percent with diabetes: 9.5%
  - Death rate/100,000 for cardiovascular disease: 173.4
  - Death rate/100,000 for diabetes: 167.1

**Community/Environmental Indicators – Score = 59.9; Rank = 20**

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

- **Built Environment**
  - Parkland as a percent of city land area: 6.1%
  - Acres of parkland/1,000,000: 11.5
  - Farmers’ markets/1,000,000: 11.2
  - Percent using public transportation to work: 3.1%
  - Percent bicycling or walking to work: 1.6%
  - Walk Score®: 45.9
  - Percent within a 10 minute walk to a park: 64.9%

- **Recreational Facilities**
  - Ball diamonds/10,000: 1.8
  - Dog parks/100,000: 0.4
  - Park playgrounds/10,000: 2.5
  - Golf courses/100,000: 1.4
  - Park units/10,000: 4.1
  - Recreational centers/20,000: 1.5
  - Swimming pools/100,000: 3.1
  - Tennis courts/10,000: 2.0

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

- **Park-related Expenditures**
  - Total park expenditure per resident: $116.00

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

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

***In 2015, this measure included P.E. required by the city only, while in 2016, this measure included P.E. required by the school district or state.*
AUSTIN, TX
(Austin-Round Rock, TX MSA)

Total Score = 59.3; Rank = 15.5

Areas of Excellence (at or better than target goal):
• Lower percent currently smoking
• Lower percent of days when physical health was not good during the past 30 days
• Lower death rate for cardiovascular disease
• Lower death rate for diabetes
• Higher percent of city land area as parkland
• More acres of parkland per capita
• More farmers’ markets per capita
• More dog parks per capita
• More swimming pools per capita
• Higher park-related expenditures per capita
• Higher level of requirement for Physical Education classes

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

Description of Austin-Round Rock, TX MSA
Population 1,943,299
Percent less than 18 years old 24.2%
Percent 18 to 64 years old 66.4%
Percent 65 years old and older 9.4%
Percent male 50.1%
Percent high school graduate or higher 88.9%
Percent White 79.8%
Percent Black or African American 7.5%
Percent Asian 5.3%
Percent Other Race 7.4%
Percent Hispanic/Latino 32.0%
Percent unemployed 3.3%
Median household income $63,603.00
Percent of households below poverty level 10.2%
Violent crime rate/100,000* 290.9
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 = 72.2; Rank = 7

<table>
<thead>
<tr>
<th>Health Behaviors</th>
<th>Austin</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent any physical activity or exercise in the last 30 days</td>
<td>80.5%</td>
<td>82.6%</td>
</tr>
<tr>
<td>Percent meeting CDC aerobic activity guidelines</td>
<td>26.2%</td>
<td>32.2%</td>
</tr>
<tr>
<td>Percent meeting both CDC aerobic and strength activity guidelines</td>
<td>14.9%</td>
<td>23.3%</td>
</tr>
<tr>
<td>Percent consuming 2+ fruits per day</td>
<td>26.0%</td>
<td>35.6%</td>
</tr>
<tr>
<td>Percent consuming 3+ vegetables per day</td>
<td>18.3%</td>
<td>19.6%</td>
</tr>
<tr>
<td>Percent currently smoking</td>
<td>10.7%</td>
<td>13.1%</td>
</tr>
</tbody>
</table>

### Chronic Health Problems

<table>
<thead>
<tr>
<th>Chronic Health Problems</th>
<th>Austin</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent obese</td>
<td>26.0%</td>
<td>21.3%</td>
</tr>
<tr>
<td>Percent in excellent or very good health</td>
<td>32.2%</td>
<td>33.9%</td>
</tr>
<tr>
<td>Any days when physical health was not good during the past 30 days</td>
<td>29.5%</td>
<td>29.2%</td>
</tr>
<tr>
<td>Any days when mental health was not good during the past 30 days</td>
<td>6.9%</td>
<td>6.5%</td>
</tr>
<tr>
<td>Percent with asthma</td>
<td>3.1%</td>
<td>2.8%</td>
</tr>
<tr>
<td>Percent with angina or coronary heart disease</td>
<td>8.0%</td>
<td>6.4%</td>
</tr>
<tr>
<td>Percent with diabetes</td>
<td>10.7%</td>
<td>9.9%</td>
</tr>
<tr>
<td>Death rate/100,000 for cardiovascular disease</td>
<td>130.8</td>
<td>167.1</td>
</tr>
<tr>
<td>Death rate/100,000 for diabetes</td>
<td>18.3%</td>
<td>17.0%</td>
</tr>
</tbody>
</table>

### Community/Environmental Indicators – Score = 46.9; Rank = 33

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

<table>
<thead>
<tr>
<th>Built Environment</th>
<th>Austin</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parkland as a percent of city land area</td>
<td>14.5%</td>
<td>10.6%</td>
</tr>
<tr>
<td>Acres of parkland/1,000</td>
<td>30.6</td>
<td>18.6</td>
</tr>
<tr>
<td>Farmers’ markets/1,000,000</td>
<td>16.0</td>
<td>13.1</td>
</tr>
<tr>
<td>Percent using public transportation to work</td>
<td>2.5%</td>
<td>4.3%</td>
</tr>
<tr>
<td>Percent bicycling or walking to work</td>
<td>2.4%</td>
<td>2.8%</td>
</tr>
<tr>
<td>Walk Score*</td>
<td>35.4</td>
<td>51.1</td>
</tr>
<tr>
<td>Percent within a 10 minute walk to a park</td>
<td>48.4%</td>
<td>63.8%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Recreational Facilities</th>
<th>Austin</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ball diamonds/10,000</td>
<td>0.4</td>
<td>1.9</td>
</tr>
<tr>
<td>Dog parks/100,000</td>
<td>0.9</td>
<td>1.4</td>
</tr>
<tr>
<td>Park playgrounds/10,000</td>
<td>0.6</td>
<td>1.2</td>
</tr>
<tr>
<td>Golf courses/100,000</td>
<td>0.9</td>
<td>2.3</td>
</tr>
<tr>
<td>Park units/10,000</td>
<td>0.6</td>
<td>3.4</td>
</tr>
<tr>
<td>Recreational centers/20,000</td>
<td>1.0</td>
<td>4.1</td>
</tr>
<tr>
<td>Swimming pools/100,000</td>
<td>1.4</td>
<td>3.1</td>
</tr>
<tr>
<td>Tennis courts/10,000</td>
<td>2.0</td>
<td>2.0</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Policy for School P.E.****</th>
<th>Austin</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level of 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>Austin</th>
<th>$111.00</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total park expenditure per resident</td>
<td>17.0</td>
<td>$101.80</td>
</tr>
</tbody>
</table>

*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.
**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
***In 2015, this measure included P.E. required by the state only; while in 2016, this measure included P.E. required by the school district or state.
Baltimore, MD
(Baltimore-Columbia-Towson, MD MSA)

Total Score = 56.5; Rank = 17

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

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

Description of Baltimore-Columbia-Towson, MD MSA
Population 2,785,874
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 48.2%
Percent high school graduate or higher 90.3%
Percent White 61.3%
Percent Black or African American 29.3%
Percent Asian 5.3%
Percent Other Race 4.1%
Percent Hispanic/Latino 5.3%
Percent unemployed 4.5%
Median household income $71,501.00
Percent of households below poverty level 7.7%
Violent crime rate/100,000* 588.5
Percent with disability 11.2%

*Due to differences in jurisdictional definitions and reporting, the FBI recommends that these rates not be compared across areas.
### Personal Health Indicators – Score = 50.2; Rank = 24

#### Health Behaviors

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Baltimore</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent any physical activity or exercise in the last 30 days</td>
<td>77.9%</td>
<td>82.6%</td>
</tr>
<tr>
<td>Percent meeting CDC aerobic activity guidelines</td>
<td>21.8%</td>
<td>32.2%</td>
</tr>
<tr>
<td>Percent meeting both CDC aerobic and strength activity guidelines</td>
<td>17.0%</td>
<td>23.3%</td>
</tr>
<tr>
<td>Percent consuming 2+ fruits per day</td>
<td>29.6%</td>
<td>35.6%</td>
</tr>
<tr>
<td>Percent consuming 3+ vegetables per day</td>
<td>14.4%</td>
<td>19.6%</td>
</tr>
<tr>
<td>Percent currently smoking</td>
<td>17.1%</td>
<td>13.1%</td>
</tr>
</tbody>
</table>

#### Chronic Health Problems

<table>
<thead>
<tr>
<th>Condition</th>
<th>Baltimore</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent obese</td>
<td>30.6%</td>
<td>21.3%</td>
</tr>
<tr>
<td>Percent in excellent or very good health</td>
<td>56.2%</td>
<td>61.0%</td>
</tr>
<tr>
<td>Any days when physical health was not good during the past 30 days</td>
<td>34.2%</td>
<td>30.4%</td>
</tr>
<tr>
<td>Any days when mental health was not good during the past 30 days</td>
<td>35.4%</td>
<td>29.2%</td>
</tr>
<tr>
<td>Percent with asthma</td>
<td>8.9%</td>
<td>6.5%</td>
</tr>
<tr>
<td>Percent with angina or coronary heart disease</td>
<td>3.1%</td>
<td>2.8%</td>
</tr>
<tr>
<td>Percent with diabetes</td>
<td>10.6%</td>
<td>6.4%</td>
</tr>
<tr>
<td>Death rate/100,000 for cardiovascular disease</td>
<td>195.1</td>
<td>167.1</td>
</tr>
<tr>
<td>Death rate/100,000 for diabetes</td>
<td>20.5</td>
<td>17.0</td>
</tr>
</tbody>
</table>

### Community/Environmental Indicators – Score = 62.6; Rank = 11

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

#### Built Environment

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Baltimore</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parkland as a percent of city land area</td>
<td>9.6%</td>
<td>10.6%</td>
</tr>
<tr>
<td>Acres of parkland/1,000</td>
<td>7.9</td>
<td>18.6</td>
</tr>
<tr>
<td>Farmers’ markets/1,000,000</td>
<td>24.0</td>
<td>13.1</td>
</tr>
<tr>
<td>Percent using public transportation to work</td>
<td>6.6%</td>
<td>4.3%</td>
</tr>
<tr>
<td>Percent bicycling or walking to work</td>
<td>2.9%</td>
<td>2.8%</td>
</tr>
<tr>
<td>Walk Score®</td>
<td>66.2</td>
<td>51.1</td>
</tr>
<tr>
<td>Percent within a 10 minute walk to a park</td>
<td>84.6%</td>
<td>63.8%</td>
</tr>
</tbody>
</table>

#### Recreational Facilities

<table>
<thead>
<tr>
<th>Facility</th>
<th>Baltimore</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ball diamonds/10,000</td>
<td>3.3</td>
<td>1.9</td>
</tr>
<tr>
<td>Dog parks/100,000</td>
<td>0.3</td>
<td>0.9</td>
</tr>
<tr>
<td>Park playgrounds/10,000</td>
<td>3.2</td>
<td>2.3</td>
</tr>
<tr>
<td>Golf courses/100,000</td>
<td>0.8</td>
<td>0.9</td>
</tr>
<tr>
<td>Park units/10,000</td>
<td>6.8</td>
<td>4.1</td>
</tr>
<tr>
<td>Recreational centers/20,000</td>
<td>1.3</td>
<td>1.0</td>
</tr>
<tr>
<td>Swimming pools/100,000</td>
<td>3.5</td>
<td>3.1</td>
</tr>
<tr>
<td>Tennis courts/10,000</td>
<td>1.8</td>
<td>2.0</td>
</tr>
</tbody>
</table>

#### Policy for School P.E.****

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

#### Park-related Expenditures

<table>
<thead>
<tr>
<th>Park-related Expenditures</th>
<th>Baltimore</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total park expenditure per resident</td>
<td>$57.00</td>
<td>$101.80</td>
</tr>
</tbody>
</table>

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

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

****In 2015, this measure included P.E. required by the state only, while in 2016, the measure included P.E. required by the school district or state.
BIRMINGHAM, AL
(Birmingham-Hoover, AL MSA)

Total Score = 39.4; Rank = 44

Areas of Excellence (at or better than target goal):
• Lower death rate for diabetes
• More farmers’ markets per capita
• More dog parks per capita
• More park playgrounds per capita
• More golf courses per capita
• More park units per capita
• More recreation centers per capita
• More swimming pools per capita
• More tennis courts per capita
• Higher level of requirement for Physical Education classes

Improvement Priority Areas (worse than 20% of target goal):
• Lower percent meeting CDC aerobic activity guidelines
• Lower percent meeting both CDC aerobic and strength activity guidelines
• Lower percent consuming 2+ fruits per day
• Lower percent consuming 3+ vegetables per day
• Higher percent currently smoking
• Higher percent obese
• Lower percent in excellent or very good health
• Higher percent with asthma
• Higher percent with angina or coronary heart disease
• Higher percent with diabetes
• Higher death rate for cardiovascular disease
• Lower percent of city land area as parkland
• Fewer acres of parkland per capita
• Lower percent using public transportation to work
• Lower percent bicycling or walking to work
• Lower Walk Score®
• Lower park-related expenditures per capita

Description of Birmingham-Hoover, AL MSA

| Population | 1,143,772 |
| Percent less than 18 years old | 23.2% |
| Percent 18 to 64 years old | 62.1% |
| Percent 65 years old and older | 14.7% |
| Percent male | 48.0% |
| Percent high school graduate or higher | 87.4% |
| Percent White | 65.9% |
| Percent Black or African American | 28.5% |
| Percent Asian | 1.4% |
| Percent Other Race | 4.2% |
| Percent Hispanic/Latino | 4.2% |
| Percent unemployed | 4.8% |
| Median household income | $47,046.00 |
| Percent of households below poverty level | 14.3% |
| Violent crime rate/100,000* | 576.5 |
| Percent with disability | 15.5% |

*Due to differences in jurisdictional definitions and reporting, the FBI recommends that these rates not be compared across areas.
### Personal Health Indicators – Score = 25.7; Rank = 49

#### Health Behaviors

<table>
<thead>
<tr>
<th>Health Behavior</th>
<th>Birmingham</th>
<th>Target Goal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent any physical activity or exercise in the last 30 days</td>
<td>25.0%</td>
<td>32.5%</td>
</tr>
<tr>
<td>Percent meeting CDC aerobic activity guidelines</td>
<td>13.0%</td>
<td>8.7%</td>
</tr>
<tr>
<td>Percent meeting both CDC aerobic and strength activity guidelines</td>
<td>17.5%</td>
<td>12.9%</td>
</tr>
<tr>
<td>Percent consuming 2+ fruits per day</td>
<td>19.6%</td>
<td>6.4%</td>
</tr>
<tr>
<td>Percent consuming 3+ vegetables per day</td>
<td>12.0%</td>
<td>10.6%</td>
</tr>
<tr>
<td>Percent currently smoking</td>
<td>17.5%</td>
<td>2.8%</td>
</tr>
</tbody>
</table>

#### Chronic Health Problems

<table>
<thead>
<tr>
<th>Health Condition</th>
<th>Birmingham</th>
<th>Target Goal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent obese</td>
<td>21.3%</td>
<td>32.5%</td>
</tr>
<tr>
<td>Percent in excellent or very good health</td>
<td>61.0%</td>
<td>47.2%</td>
</tr>
<tr>
<td>Any days when physical health was not good during the past 30 days</td>
<td>30.4%</td>
<td>35.3%</td>
</tr>
<tr>
<td>Any days when mental health was not good during the past 30 days</td>
<td>29.2%</td>
<td>34.6%</td>
</tr>
<tr>
<td>Percent with asthma</td>
<td>5.5%</td>
<td>8.7%</td>
</tr>
<tr>
<td>Percent with angina or coronary heart disease</td>
<td>2.8%</td>
<td>5.0%</td>
</tr>
<tr>
<td>Percent with diabetes</td>
<td>6.4%</td>
<td>12.9%</td>
</tr>
<tr>
<td>Death rate/100,000 for cardiovascular disease</td>
<td>167.1</td>
<td>218.1</td>
</tr>
<tr>
<td>Death rate/100,000 for diabetes</td>
<td>17.0</td>
<td>15.8</td>
</tr>
</tbody>
</table>

### Community/Environmental Indicators – Score = 53.3; Rank = 27

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

#### Built Environment

<table>
<thead>
<tr>
<th>Environment Measure</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>1.8%</td>
</tr>
<tr>
<td>Acres of parkland/1,000</td>
<td>11.3</td>
<td>1.9%</td>
</tr>
<tr>
<td>Farmers’ markets/1,000,000</td>
<td>25.4</td>
<td>3.8%</td>
</tr>
<tr>
<td>Percent using public transportation to work</td>
<td>0.5%</td>
<td>0.9%</td>
</tr>
<tr>
<td>Percent bicycling or walking to work</td>
<td>1.3%</td>
<td>1.0%</td>
</tr>
<tr>
<td>Walk Score*</td>
<td>33.0</td>
<td>5.1%</td>
</tr>
<tr>
<td>Percent within a 10 minute walk to a park</td>
<td>N/A***</td>
<td>8.0%</td>
</tr>
</tbody>
</table>

#### Recreational Facilities

<table>
<thead>
<tr>
<th>Facility Type</th>
<th>Birmingham</th>
<th>Target Goal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ball diamonds/10,000</td>
<td>1.8%</td>
<td>1.9%</td>
</tr>
<tr>
<td>Dog parks/100,000</td>
<td>0.9%</td>
<td>0.9%</td>
</tr>
<tr>
<td>Park playgrounds/10,000</td>
<td>2.3%</td>
<td>3.8%</td>
</tr>
<tr>
<td>Golf courses/100,000</td>
<td>0.9%</td>
<td>0.9%</td>
</tr>
<tr>
<td>Park units/10,000</td>
<td>5.1%</td>
<td>5.1%</td>
</tr>
<tr>
<td>Recreational centers/20,000</td>
<td>2.0%</td>
<td>4.1%</td>
</tr>
<tr>
<td>Swimming pools/100,000</td>
<td>3.1%</td>
<td>8.0%</td>
</tr>
<tr>
<td>Tennis courts/10,000</td>
<td>2.0%</td>
<td>4.2%</td>
</tr>
</tbody>
</table>

#### Policy for School P.E.****

<table>
<thead>
<tr>
<th>Requirement Level</th>
<th>Birmingham</th>
<th>Target Goal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level of requirement for Physical Education</td>
<td>3.0%</td>
<td>2.5%</td>
</tr>
</tbody>
</table>

#### Park-related Expenditures

<table>
<thead>
<tr>
<th>Expenditure Type</th>
<th>Birmingham</th>
<th>Target Goal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total park expenditure per resident</td>
<td>$57.00</td>
<td>$101.80</td>
</tr>
</tbody>
</table>

---

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

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

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

****In 2015, this measure included P.E. required by the state only, while in 2016, this measure included P.E. required by the school district or state.
BOSTON, MA
(Boston-Cambridge-Newton, MA-NH MSA)

Total Score = 67.0; Rank = 7

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

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

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

<table>
<thead>
<tr>
<th>Description</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population</td>
<td>4,732,161</td>
</tr>
<tr>
<td>Percent less than 18 years old</td>
<td>20.6%</td>
</tr>
<tr>
<td>Percent 18 to 64 years old</td>
<td>65.1%</td>
</tr>
<tr>
<td>Percent 65 years old and older</td>
<td>14.3%</td>
</tr>
<tr>
<td>Percent male</td>
<td>48.5%</td>
</tr>
<tr>
<td>Percent high school graduate or higher</td>
<td>90.8%</td>
</tr>
<tr>
<td>Percent White</td>
<td>77.3%</td>
</tr>
<tr>
<td>Percent Black or African American</td>
<td>7.7%</td>
</tr>
<tr>
<td>Percent Asian</td>
<td>7.4%</td>
</tr>
<tr>
<td>Percent Other Race</td>
<td>7.7%</td>
</tr>
<tr>
<td>Percent Hispanic/Latino</td>
<td>10.2%</td>
</tr>
<tr>
<td>Percent unemployed</td>
<td>4.3%</td>
</tr>
<tr>
<td>Median household income</td>
<td>$75,667.00</td>
</tr>
<tr>
<td>Percent of households below poverty level</td>
<td>7.4%</td>
</tr>
<tr>
<td>Violent crime rate/100,000*</td>
<td>N/A‡</td>
</tr>
<tr>
<td>Percent with disability</td>
<td>10.7%</td>
</tr>
</tbody>
</table>

*Due to differences in jurisdictional definitions and reporting, the FBI recommends that these rates not be compared across areas.
‡This measure was not available.
### Personal Health Indicators – Score = 71.4; Rank = 9

**Health Behaviors**

- **Percent any physical activity or exercise in the last 30 days**: Boston 81.3% (Target Goal = 82.6%)
- **Percent meeting CDC aerobic activity guidelines**: Boston 27.2% (Target Goal = 32.2%)
- **Percent meeting both CDC aerobic and strength activity guidelines**: Boston 21.7% (Target Goal = 23.3%)
- **Percent consuming 2+ fruits per day**: Boston 31.9% (Target Goal = 35.6%)
- **Percent consuming 3+ vegetables per day**: Boston 16.4% (Target Goal = 19.6%)
- **Percent currently smoking**: Boston 13.1% (Target Goal = 13.1%)

**Chronic Health Problems**

- **Percent obese**: Boston 23.5% (Target Goal = 21.3%)
- **Percent in excellent or very good health**: Boston 59.9% (Target Goal = 61.0%)
- **Any days when physical health was not good during the past 30 days**: Boston 34.9% (Target Goal = 30.4%)
- **Any days when mental health was not good during the past 30 days**: Boston 35.4% (Target Goal = 29.2%)
- **Percent with asthma**: Boston 11.6% (Target Goal = 6.5%)
- **Percent with angina or coronary heart disease**: Boston 4.3% (Target Goal = 2.8%)
- **Percent with diabetes**: Boston 9.2% (Target Goal = 6.4%)
- **Death rate/100,000 for cardiovascular disease**: Boston 142.0 (Target Goal = 167.1)
- **Death rate/100,000 for diabetes**: Boston 13.8 (Target Goal = 17.0)

### Community/Environmental Indicators – Score = 62.8; Rank = 9

(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**: Boston 16.9% (Target Goal = 10.6%)
- **Acres of parkland/1,000**: Boston 7.6 (Target Goal = 18.6)
- **Farmers’ markets/1,000,000**: Boston 13.1 (Target Goal = 36.1)
- **Percent using public transportation to work**: Boston 12.9% (Target Goal = 4.3%)
- **Percent bicycling or walking to work**: Boston 6.3% (Target Goal = 2.8%)
- **Walk Score®**: Boston 79.5 (Target Goal = 51.1)
- **Percent within a 10 minute walk to a park**: Boston 97.4% (Target Goal = 63.8%)

#### Recreational Facilities

- **Ball diamonds/10,000**: Boston 2.0 (Target Goal = 1.9)
- **Dog parks/100,000**: Boston 0.8 (Target Goal = 0.9)
- **Park playgrounds/10,000**: Boston 2.9 (Target Goal = 2.3)
- **Golf courses/100,000**: Boston 0.3 (Target Goal = 0.9)
- **Park units/10,000**: Boston 5.8 (Target Goal = 4.1)
- **Recreational centers/20,000**: Boston 0.0 (Target Goal = 0.0)
- **Swimming pools/100,000**: Boston 1.1 (Target Goal = 3.1)
- **Tennis courts/10,000**: Boston 1.5 (Target Goal = 2.0)

#### Policy for School P.E.****

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

#### Park-related Expenditures

- **Total park expenditure per resident**: Boston $124.00 (Target Goal = $101.80)

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

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

****In 2015, this measure included P.E. required by the state only, while in 2016, this measure included P.E. required by the school district or state.
BUFFALO, NY
(Buffalo-Cheektowaga-Niagara Falls, NY MSA)

Total Score = 43.6; Rank = 35

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

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

Description of Buffalo-Cheektowaga-Niagara Falls, NY MSA
Population 1,136,360
Percent less than 18 years old 20.6%
Percent 18 to 64 years old 62.7%
Percent 65 years old and older 16.7%
Percent male 48.5%
Percent high school graduate or higher 90.7%
Percent White 79.9%
Percent Black or African American 12.3%
Percent Asian 2.9%
Percent Other Race 5.0%
Percent Hispanic/Latino 4.6%
Percent unemployed 3.7%
Median household income $50,074.00
Percent of households below poverty level 10.5%
Violent crime rate/100,000* 435.5
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 = 28.4; Rank = 44

Health Behaviors

- Percent any physical activity or exercise in the last 30 days: Buffalo 73.5%, Target Goal 82.6%
- Percent meeting CDC aerobic activity guidelines: Buffalo 25.3%, Target Goal 32.2%
- Percent meeting both CDC aerobic and strength activity guidelines: Buffalo 16.2%, Target Goal 23.3%
- Percent consuming 2+ fruits per day: Buffalo 29.7%, Target Goal 35.6%
- Percent consuming 3+ vegetables per day: Buffalo 11.8%, Target Goal 19.6%
- Percent currently smoking: Buffalo 15.9%, Target Goal 13.1%

Chronic Health Problems

- Percent obese: Buffalo 34.7%, Target Goal 21.3%
- Percent in excellent or very good health: Buffalo 51.5%, Target Goal 61.0%
- Any days when physical health was not good during the past 30 days: Buffalo 38.2%, Target Goal 30.4%
- Any days when mental health was not good during the past 30 days: Buffalo 31.5%, Target Goal 29.2%
- Percent with asthma: Buffalo 10.4%, Target Goal 6.5%
- Percent with angina or coronary heart disease: Buffalo 7.8%, Target Goal 2.8%
- Percent with diabetes: Buffalo 12.3%, Target Goal 6.4%
- Death rate/100,000 for cardiovascular disease: Buffalo 203.0, Target Goal 167.1
- Death rate/100,000 for diabetes: Buffalo 21.6, Target Goal 17.0

Community/Environmental Indicators – Score = 58.9; 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: Buffalo 7.5%, Target Goal 10.6%
- Acres of parkland/1,000: Buffalo 7.3, Target Goal 18.6
- Farmers’ markets/1,000,000: Buffalo 26.4, Target Goal 13.1
- Percent using public transportation to work: Buffalo 3.0%, Target Goal 4.3%
- Percent bicycling or walking to work: Buffalo 3.3%, Target Goal 2.8%
- Walk Score*: Buffalo 64.9, Target Goal 51.1
- Percent within a 10 minute walk to a park: Buffalo N/A***, Target Goal 63.8%

Recreational Facilities

- Ball diamonds/10,000: Buffalo 2.3, Target Goal 1.9
- Dog parks/100,000: Buffalo 0.8, Target Goal 0.9
- Park playgrounds/10,000: Buffalo 2.4, Target Goal 2.3
- Golf courses/100,000: Buffalo 1.5, Target Goal 0.9
- Park units/10,000: Buffalo 8.0, Target Goal 4.1
- Recreational centers/20,000: Buffalo 0.7, Target Goal 1.0
- Swimming pools/100,000: Buffalo 3.9, Target Goal 3.1
- Tennis courts/10,000: Buffalo 1.9, Target Goal 2.0

Policy for School P.E.****

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

Park-related Expenditures

- Total park expenditure per resident: Buffalo $53.00, Target Goal $101.80

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

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

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

****In 2015, this measure included P.E. required by the state only, while in 2016, this measure included P.E. required by the school district or state.
CHARLOTTE, NC
(Charlotte-Concord-Gastonia, NC-SC MSA)

Total Score = 41.4; Rank = 39

Areas of Excellence (at or better than target goal):
• Lower percent of days when mental health was not good during the past 30 days
• Lower death rate for cardiovascular disease
• More acres of parkland per capita
• More farmers’ markets per capita
• Higher level of requirement for Physical Education classes

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

Description of Charlotte-Concord-Gastonia, NC-SC MSA
Population 2,380,314
Percent less than 18 years old 24.6%
Percent 18 to 64 years old 63.0%
Percent 65 years old and older 12.4%
Percent male 48.5%
Percent high school graduate or higher 88.1%
Percent White 68.1%
Percent Black or African American 22.1%
Percent Asian 3.2%
Percent Other Race 6.6%
Percent Hispanic/Latino 9.7%
Percent unemployed 6.0%
Median household income $53,549.00
Percent of households below poverty level 11.7%
Violent crime rate/100,000* 392.2
Percent with disability 11.7%

*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 = 54.4; Rank = 20

Health Behaviors
- Percent any physical activity or exercise in the last 30 days: 79.0% (Charlotte) vs 82.6% (Target Goal)
- Percent meeting CDC aerobic activity guidelines: 29.1% (Charlotte) vs 32.2% (Target Goal)
- Percent meeting both CDC aerobic and strength activity guidelines: 19.5% (Charlotte) vs 23.3% (Target Goal)
- Percent consuming 2+ fruits per day: 22.2% (Charlotte) vs 35.6% (Target Goal)
- Percent consuming 3+ vegetables per day: 10.8% (Charlotte) vs 19.6% (Target Goal)
- Percent currently smoking: 19.5% (Charlotte) vs 13.1% (Target Goal)

Chronic Health Problems
- Percent obese: 27.1% (Charlotte) vs 21.3% (Target Goal)
- Percent in excellent or very good health: 52.0% (Charlotte) vs 61.0% (Target Goal)
- Any days when physical health was not good during the past 30 days: 31.3% (Charlotte) vs 30.4% (Target Goal)
- Any days when mental health was not good during the past 30 days: 29.1% (Charlotte) vs 29.2% (Target Goal)
- Percent with asthma: 7.1% (Charlotte) vs 6.5% (Target Goal)
- Percent with angina or coronary heart disease: 4.3% (Charlotte) vs 2.8% (Target Goal)
- Percent with diabetes: 10.8% (Charlotte) vs 6.4% (Target Goal)
- Death rate/100,000 for cardiovascular disease: 166.9 (Charlotte) vs 167.1 (Target Goal)
- Death rate/100,000 for diabetes: 19.3 (Charlotte) vs 17.0 (Target Goal)

Community/Environmental Indicators – Score = 28.9; 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: 6.3% (Charlotte) vs 10.6% (Target Goal)
- Acres of parkland/1,000: 21.1 (Charlotte) vs 18.6 (Target Goal)
- Farmers’ markets/1,000,000: 19.7 (Charlotte) vs 13.1 (Target Goal)
- Percent using public transportation to work: 1.9% (Charlotte) vs 4.3% (Target Goal)
- Percent bicycling or walking to work: 1.6% (Charlotte) vs 2.8% (Target Goal)
- Walk Score*: 24.4 (Charlotte) vs 51.1 (Target Goal)
- Percent within a 10 minute walk to a park: 26.8% (Charlotte) vs 63.8% (Target Goal)

Recreational Facilities
- Ball diamonds/10,000: 1.1 (Charlotte) vs 1.9 (Target Goal)
- Dog parks/100,000: 0.8 (Charlotte) vs 0.9 (Target Goal)
- Park playgrounds/10,000: 1.8 (Charlotte) vs 2.3 (Target Goal)
- Golf courses/100,000: 0.5 (Charlotte) vs 0.9 (Target Goal)
- Park units/10,000: 2.4 (Charlotte) vs 4.1 (Target Goal)
- Recreational centers/20,000: 0.5 (Charlotte) vs 1.0 (Target Goal)
- Swimming pools/100,000: 0.5 (Charlotte) vs 3.1 (Target Goal)
- Tennis courts/10,000: 1.5 (Charlotte) vs 2.0 (Target Goal)

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

Park-related Expenditures
- Total park expenditure per resident: $40.00 (Charlotte) vs $101.80 (Target Goal)

*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.
**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
****In 2015, this measure included P.E. required by the state only, while in 2016, this measure included P.E. required by the school district or state.
CHICAGO, IL
(Chicago-Naperville-Elgin, IL-IN-WI MSA)

Total Score = 63.1; Rank = 12

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

Improvement Priority Areas (worse than 20% of target goal):
• Higher percent currently smoking
• Higher percent obese
• Higher percent of days when physical health was not good during the past 30 days
• Higher percent of days when mental health was not good during the past 30 days
• Higher percent with asthma
• Higher percent with diabetes
• Fewer acres of parkland per capita
• Fewer golf courses per capita
• Fewer park units per capita

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

<table>
<thead>
<tr>
<th>Category</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population</td>
<td>9,554,598</td>
</tr>
<tr>
<td>Percent less than 18 years old</td>
<td>23.7%</td>
</tr>
<tr>
<td>Percent 18 to 64 years old</td>
<td>63.5%</td>
</tr>
<tr>
<td>Percent 65 years old and older</td>
<td>12.8%</td>
</tr>
<tr>
<td>Percent male</td>
<td>48.9%</td>
</tr>
<tr>
<td>Percent high school graduate or higher</td>
<td>87.5%</td>
</tr>
<tr>
<td>Percent White</td>
<td>66.3%</td>
</tr>
<tr>
<td>Percent Black or African American</td>
<td>16.8%</td>
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<tr>
<td>Percent Asian</td>
<td>6.3%</td>
</tr>
<tr>
<td>Percent Other Race</td>
<td>10.5%</td>
</tr>
<tr>
<td>Percent Hispanic/Latino</td>
<td>21.7%</td>
</tr>
<tr>
<td>Percent unemployed</td>
<td>5.6%</td>
</tr>
<tr>
<td>Median household income</td>
<td>$61,598.00</td>
</tr>
<tr>
<td>Percent of households below poverty level</td>
<td>10.5%</td>
</tr>
<tr>
<td>Violent crime rate/100,000*</td>
<td>380.1</td>
</tr>
<tr>
<td>Percent with disability</td>
<td>10.0%</td>
</tr>
</tbody>
</table>

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

Personal Health Indicators – Score = 61.2; Rank = 17

Health Behaviors

- Percent any physical activity or exercise in the last 30 days
  - Chicago: 77.2%
  - Target Goal*: 82.6%
- Percent meeting CDC aerobic activity guidelines
  - Chicago: 28.5%
  - Target Goal*: 32.2%
- Percent meeting both CDC aerobic and strength activity guidelines
  - Chicago: 20.3%
  - Target Goal*: 23.3%
- Percent consuming 2+ fruits per day
  - Chicago: 35.4%
  - Target Goal*: 35.6%
- Percent consuming 3+ vegetables per day
  - Chicago: 17.0%
  - Target Goal*: 19.6%
- Percent currently smoking
  - Chicago: 15.9%
  - Target Goal*: 13.1%

Chronic Health Problems

- Percent obese
  - Chicago: 28.7%
  - Target Goal*: 21.3%
- Percent in excellent or very good health
  - Chicago: 49.4%
  - Target Goal*: 61.0%
- Any days when physical health was not good during the past 30 days
  - Chicago: 41.7%
  - Target Goal*: 30.4%
- Any days when mental health was not good during the past 30 days
  - Chicago: 39.6%
  - Target Goal*: 29.2%
- Percent with asthma
  - Chicago: 8.7%
  - Target Goal*: 6.5%
- Percent with angina or coronary heart disease
  - Chicago: 3.0%
  - Target Goal*: 2.8%
- Percent with diabetes
  - Chicago: 9.7%
  - Target Goal*: 6.4%
- Death rate/100,000 for cardiovascular disease
  - Chicago: 180.2
  - Target Goal**: 167.1
- Death rate/100,000 for diabetes
  - Chicago: 18.5
  - Target Goal**: 17.0

Community/Environmental Indicators – Score = 64.9; 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
  - Chicago: 9.1%
  - Target Goal**: 10.6%
- Acres of parkland/1,000
  - Chicago: 4.6
  - Target Goal**: 18.6
- Farmers’ markets/1,000,000
  - Chicago: 20.1
  - Target Goal**: 13.1
- Percent using public transportation to work
  - Chicago: 11.9%
  - Target Goal**: 4.3%
- Percent bicycling or walking to work
  - Chicago: 3.9%
  - Target Goal**: 2.8%
- Walk Score®
  - Chicago: 74.8
  - Target Goal**: 51.1
- Percent within a 10 minute walk to a park
  - Chicago: 90.8%
  - Target Goal**: 63.8%

Recreational Facilities

- Ball diamonds/10,000
  - Chicago: 2.7
  - Target Goal**: 1.9
- Dog parks/100,000
  - Chicago: 0.8
  - Target Goal**: 0.9
- Park playgrounds/10,000
  - Chicago: 2.4
  - Target Goal**: 2.3
- Golf courses/100,000
  - Chicago: 0.5
  - Target Goal**: 0.9
- Park units/10,000
  - Chicago: 2.8
  - Target Goal**: 4.1
- Recreational centers/20,000
  - Chicago: 1.8
  - Target Goal**: 1.0
- Swimming pools/100,000
  - Chicago: 2.9
  - Target Goal**: 3.1
- Tennis courts/10,000
  - Chicago: 2.1
  - Target Goal**: 2.0

Policy for School P.E.****

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

Park-related Expenditures

- Total park expenditure per resident
  - Chicago: $174.00
  - Target Goal**: $101.80

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

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

****In 2015, this measure included P.E. required by the state only, while in 2016, this measure included P.E. required by the school district or state.
CINCINNATI, OH
(Cincinnati, OH-KY-IN MSA)

Total Score = 52.7; Rank = 23

Areas of Excellence (at or better than target goal):
- Higher percent of city land area as parkland
- More acres of parkland per capita
- More farmers’ markets per capita
- More ball diamonds per capita
- More dog parks per capita
- More park playgrounds per capita
- More golf courses per capita
- More park units per capita
- More recreation centers per capita
- More swimming pools per capita
- More tennis courts per capita
- Higher park-related expenditures per capita
- Higher level of requirement for Physical Education classes

Improvement Priority Areas (worse than 20% of target goal):
- Lower percent meeting both CDC aerobic and strength activity guidelines
- Lower percent consuming 2+ fruits per day
- Lower percent consuming 3+ vegetables per day
- Higher percent currently smoking
- Higher percent obese
- Lower percent in excellent or very good health
- Higher percent of days when physical health was not good during the past 30 days
- Higher percent of days when mental health was not good during the past 30 days
- Higher percent with asthma
- Higher percent with angina or coronary heart disease
- Higher percent with diabetes
- Higher death rate for diabetes
- Lower percent using public transportation to work

Description of Cincinnati, OH-KY-IN MSA
- Population: 2,149,449
- Percent less than 18 years old: 24.1%
- Percent 18 to 64 years old: 62.2%
- Percent 65 years old and older: 13.7%
- Percent male: 49.0%
- Percent high school graduate or higher: 90.4%
- Percent White: 82.2%
- Percent Black or African American: 12.3%
- Percent Asian: 2.2%
- Percent Other Race: 3.3%
- Percent Hispanic/Latino: 2.9%
- Percent unemployed: 4.5%
- Median household income: $55,729.00
- Percent of households below poverty level: 9.7%
- Violent crime rate/100,000*: 267.3
- 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 = 26.0; Rank = 48

Health Behaviors

- Percent any physical activity or exercise in the last 30 days: 75.8% (Cincinnati: 82.6%)
- Percent meeting CDC aerobic activity guidelines: 27.8% (Cincinnati: 32.2%)
- Percent meeting both CDC aerobic and strength activity guidelines: 16.6% (Cincinnati: 23.3%)
- Percent consuming 2+ fruits per day: 24.1% (Cincinnati: 35.6%)
- Percent consuming 3+ vegetables per day: 12.3% (Cincinnati: 19.6%)
- Percent currently smoking: 22.7% (Cincinnati: 13.1%)

Chronic Health Problems

- Percent obese: 33.8% (Cincinnati: 21.3%)
- Percent in excellent or very good health: 48.7% (Cincinnati: 61.0%)
- Any days when physical health was not good during the past 30 days: 37.2% (Cincinnati: 30.4%)
- Any days when mental health was not good during the past 30 days: 39.0% (Cincinnati: 29.2%)
- Percent with asthma: 11.4% (Cincinnati: 6.5%)
- Percent with angina or coronary heart disease: 5.1% (Cincinnati: 2.8%)
- Percent with diabetes: 11.5% (Cincinnati: 6.4%)
- Death rate/100,000 for cardiovascular disease: 185.6 (Cincinnati: 167.1)
- Death rate/100,000 for diabetes: 22.1 (Cincinnati: 17.0)

Community/Environmental Indicators – Score = 79.7; 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: 15.4% (Cincinnati: 10.6%)
- Acres of parkland/1,000,000: 25.2 (Cincinnati: 18.6)
- Farmers' markets/1,000,000: 23.3 (Cincinnati: 13.1)
- Percent using public transportation to work: 2.1% (Cincinnati: 4.3%)
- Percent bicycling or walking to work: 2.3% (Cincinnati: 2.8%)
- Walk Score*: 50.1 (Cincinnati: 51.1)
- Percent within a 10 minute walk to a park: N/A*** (Cincinnati: 63.8%)

Recreational Facilities

- Ball diamonds/10,000: 3.6 (Cincinnati: 1.9)
- Dog parks/100,000: 1.3 (Cincinnati: 0.9)
- Park playgrounds/10,000: 5.1 (Cincinnati: 2.3)
- Golf courses/100,000: 2.4 (Cincinnati: 0.9)
- Park units/10,000: 8.8 (Cincinnati: 4.1)
- Recreational centers/20,000: 1.0 (Cincinnati: 1.6)
- Swimming pools/100,000: 8.7 (Cincinnati: 3.1)
- Tennis courts/10,000: 3.2 (Cincinnati: 2.0)

Policy for School P.E.****

- Level of requirement for Physical Education: 3.0 (Cincinnati: 2.5)

Park-related Expenditures

Total park expenditure per resident: $176.00 (Cincinnati: $101.80)

*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.
**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
***This measure was unavailable for this MSA. The community/environmental indicator score and total score were adjusted to allow fair comparisons with other MSAs.
****In 2015, this measure included P.E. required by the state only, while in 2016, this measure included P.E. required by the school district or state.
**CLEVELAND, OH**
(Cleveland-Elyria, OH MSA)

**Total Score = 52.1; Rank = 25**

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

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

**Description of Cleveland-Elyria, OH MSA**

<table>
<thead>
<tr>
<th>Category</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population</td>
<td>2,063,598</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>61.6%</td>
</tr>
<tr>
<td>Percent 65 years old and older</td>
<td>16.5%</td>
</tr>
<tr>
<td>Percent male</td>
<td>48.2%</td>
</tr>
<tr>
<td>Percent high school graduate or higher</td>
<td>89.2%</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>5.3%</td>
</tr>
<tr>
<td>Percent unemployed</td>
<td>5.4%</td>
</tr>
<tr>
<td>Median household income</td>
<td>$49,889.00</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>N/A‡</td>
</tr>
<tr>
<td>Percent with disability</td>
<td>14.0%</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 = 43.5; Rank = 33

<table>
<thead>
<tr>
<th>Health Behaviors</th>
<th>Cleveland</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent any physical activity or exercise in the last 30 days</td>
<td>75.2%</td>
<td>82.6%</td>
</tr>
<tr>
<td>Percent meeting CDC aerobic activity guidelines</td>
<td>29.0%</td>
<td>32.2%</td>
</tr>
<tr>
<td>Percent meeting both CDC aerobic and strength activity guidelines</td>
<td>17.7%</td>
<td>23.3%</td>
</tr>
<tr>
<td>Percent consuming 2+ fruits per day</td>
<td>30.4%</td>
<td>35.6%</td>
</tr>
<tr>
<td>Percent consuming 3+ vegetables per day</td>
<td>13.2%</td>
<td>19.6%</td>
</tr>
<tr>
<td>Percent currently smoking</td>
<td>18.2%</td>
<td>13.1%</td>
</tr>
</tbody>
</table>

Chronic Health Problems

| Chronic Health Problems                           | Cleveland | Target Goal*
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent obese</td>
<td>30.3%</td>
<td>21.3%</td>
</tr>
<tr>
<td>Percent in excellent or very good health</td>
<td>51.0%</td>
<td>61.0%</td>
</tr>
<tr>
<td>Any days when physical health was not good during the past 30 days</td>
<td>34.3%</td>
<td>30.4%</td>
</tr>
<tr>
<td>Any days when mental health was not good during the past 30 days</td>
<td>33.3%</td>
<td>29.2%</td>
</tr>
<tr>
<td>Percent with asthma</td>
<td>12.4%</td>
<td>5.5%</td>
</tr>
<tr>
<td>Percent with angina or coronary heart disease</td>
<td>4.4%</td>
<td>2.8%</td>
</tr>
<tr>
<td>Percent with diabetes</td>
<td>11.5%</td>
<td>8.4%</td>
</tr>
<tr>
<td>Death rate/100,000 for cardiovascular disease</td>
<td>199.2</td>
<td>167.1</td>
</tr>
<tr>
<td>Death rate/100,000 for diabetes</td>
<td>21.6%</td>
<td>17.0%</td>
</tr>
</tbody>
</table>

Community/Environmental Indicators – Score = 60.4; Rank = 19

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

<table>
<thead>
<tr>
<th>Built Environment</th>
<th>Cleveland</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parkland as a percent of city land area</td>
<td>6.4%</td>
<td>10.6%</td>
</tr>
<tr>
<td>Acres of parkland/1,000</td>
<td>7.9%</td>
<td>18.6%</td>
</tr>
<tr>
<td>Farmers’ markets/1,000,000</td>
<td>23.3%</td>
<td>13.1%</td>
</tr>
<tr>
<td>Percent using public transportation to work</td>
<td>3.2%</td>
<td>4.3%</td>
</tr>
<tr>
<td>Percent bicycling or walking to work</td>
<td>2.9%</td>
<td>2.8%</td>
</tr>
<tr>
<td>Walk Score®</td>
<td>56.8%</td>
<td>51.1%</td>
</tr>
<tr>
<td>Percent within a 10 minute walk to a park</td>
<td>76.5%</td>
<td>63.8%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Recreational Facilities</th>
<th>Cleveland</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ball diamonds/10,000</td>
<td>3.6%</td>
<td>1.9%</td>
</tr>
<tr>
<td>Dog parks/100,000</td>
<td>0.5%</td>
<td>0.9%</td>
</tr>
<tr>
<td>Park playgrounds/10,000</td>
<td>2.9%</td>
<td>2.3%</td>
</tr>
<tr>
<td>Golf courses/100,000</td>
<td>0.8%</td>
<td>0.9%</td>
</tr>
<tr>
<td>Park units/10,000</td>
<td>3.1%</td>
<td>4.1%</td>
</tr>
<tr>
<td>Recreational centers/20,000</td>
<td>1.1%</td>
<td>1.0%</td>
</tr>
<tr>
<td>Swimming pools/100,000</td>
<td>3.1%</td>
<td>10.8%</td>
</tr>
<tr>
<td>Tennis courts/10,000</td>
<td>2.8%</td>
<td>2.0%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Policy for School P.E.****</th>
<th>Cleveland</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level of 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>Cleveland</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total park expenditure per resident</td>
<td>$110.00</td>
<td>$101.80</td>
</tr>
</tbody>
</table>

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

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

***In 2015, this measure included P.E. required by the state only, while in 2016, this measure included P.E. required by the school district or state.
COLUMBUS, OH
(Columbus, OH MSA)

Total Score = 41.6; Rank = 38

Areas of Excellence (at or better than target goal):
• More farmers’ markets per capita
• More park units per capita
• Higher level of requirement for Physical Education classes

Improvement Priority Areas (worse than 20% of target goal):
• Lower percent meeting CDC aerobic activity guidelines
• Lower percent consuming 2+ fruits per day
• Lower percent consuming 3+ vegetables per day
• Higher percent currently smoking
• Higher percent obese
• Higher percent of days when physical health was not good during the past 30 days
• Higher percent of days when mental health was not good during the past 30 days
• Higher percent with asthma
• Higher percent with angina or coronary heart disease
• Higher percent with diabetes
• Higher death rate for diabetes
• Fewer acres of parkland per capita
• Lower percent using public transportation to work
• Lower Walk Score®
• Lower percent of population within a 10 minute walk to a park
• Fewer ball diamonds per capita
• Fewer dog parks per capita
• Fewer recreation centers per capita
• Fewer swimming pools per capita

Description of Columbus, OH MSA

<table>
<thead>
<tr>
<th>Description</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population</td>
<td>1,994,536</td>
</tr>
<tr>
<td>Percent less than 18 years old</td>
<td>24.1%</td>
</tr>
<tr>
<td>Percent 18 to 64 years old</td>
<td>63.9%</td>
</tr>
<tr>
<td>Percent 65 years old and older</td>
<td>12.0%</td>
</tr>
<tr>
<td>Percent male</td>
<td>49.2%</td>
</tr>
<tr>
<td>Percent high school graduate or higher</td>
<td>90.5%</td>
</tr>
<tr>
<td>Percent White</td>
<td>77.4%</td>
</tr>
<tr>
<td>Percent Black or African American</td>
<td>14.6%</td>
</tr>
<tr>
<td>Percent Asian</td>
<td>3.6%</td>
</tr>
<tr>
<td>Percent Other Race</td>
<td>4.3%</td>
</tr>
<tr>
<td>Percent Hispanic/Latino</td>
<td>3.8%</td>
</tr>
<tr>
<td>Percent unemployed</td>
<td>3.8%</td>
</tr>
<tr>
<td>Median household income</td>
<td>$56,371.00</td>
</tr>
<tr>
<td>Percent of households below poverty level</td>
<td>10.8%</td>
</tr>
<tr>
<td>Violent crime rate/100,000*</td>
<td>294.9</td>
</tr>
<tr>
<td>Percent with disability</td>
<td>11.7%</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 = 37.9; Rank = 38

### Health Behaviors

- Percent any physical activity or exercise in the last 30 days
  - Columbus: 25.4%
  - Target Goal: 32.2%
- Percent meeting CDC aerobic activity guidelines
  - Columbus: 18.6%
  - Target Goal: 23.3%
- Percent meeting both CDC aerobic and strength activity guidelines
  - Columbus: 27.1%
  - Target Goal: 35.6%
- Percent consuming 2+ fruits per day
  - Columbus: 14.5%
  - Target Goal: 19.6%
- Percent consuming 3+ vegetables per day
  - Columbus: 18.8%
  - Target Goal: 13.1%
- Percent currently smoking
  - Columbus: 33.0%
  - Target Goal: 21.3%

### Chronic Health Problems

- Percent in excellent or very good health
  - Columbus: 52.6%
  - Target Goal: 61.0%
- Any days when physical health was not good during the past 30 days
  - Columbus: 37.8%
  - Target Goal: 30.4%
- Any days when mental health was not good during the past 30 days
  - Columbus: 36.9%
  - Target Goal: 29.2%
- Percent with asthma
  - Columbus: 9.5%
  - Target Goal: 6.5%
- Percent with angina or coronary heart disease
  - Columbus: 3.9%
  - Target Goal: 2.8%
- Percent with diabetes
  - Columbus: 12.6%
  - Target Goal: 6.4%
- Death rate/100,000 for cardiovascular disease
  - Columbus: 185.2
  - Target Goal: 167.1
- Death rate/100,000 for diabetes
  - Columbus: 21.0
  - Target Goal: 17.0

Community/Environmental Indicators – Score = 45.2; 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
  - Columbus: 8.9%
  - Target Goal: 10.6%
- Acres of parkland/1,000
  - Columbus: 14.5
  - Target Goal: 18.6
- Farmers’ markets/1,000,000
  - Columbus: 26.6
  - Target Goal: 13.1
- Percent using public transportation to work
  - Columbus: 1.8%
  - Target Goal: 4.3%
- Percent bicycling or walking to work
  - Columbus: 2.6%
  - Target Goal: 2.8%
- Walk Score®
  - Columbus: 40.0
  - Target Goal: 51.1
- Percent within a 10 minute walk to a park
  - Columbus: 49.4%
  - Target Goal: 63.8%

### Recreational Facilities

- Ball diamonds/10,000
  - Columbus: 1.1
  - Target Goal: 1.9
- Dog parks/100,000
  - Columbus: 0.6
  - Target Goal: 0.9
- Park playgrounds/10,000
  - Columbus: 1.8
  - Target Goal: 2.3
- Golf courses/100,000
  - Columbus: 0.7
  - Target Goal: 0.9
- Park units/10,000
  - Columbus: 4.1
  - Target Goal: 5.1
- Recreational centers/20,000
  - Columbus: 0.7
  - Target Goal: 1.0
- Swimming pools/100,000
  - Columbus: 0.7
  - Target Goal: 3.1
- Tennis courts/10,000
  - Columbus: 1.7
  - Target Goal: 2.0

### Policy for School P.E.****

- Level of requirement for Physical Education
  - Columbus: 3.0
  - Target Goal: 2.5

### Park-related Expenditures

- Total park expenditure per resident
  - Columbus: $93.00
  - Target Goal: $101.80

---

*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.
**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
****In 2015, this measure included P.E. required by the state only, while in 2016, this measure included P.E. required by the school district or state.
DALLAS, TX
(Dallas-Fort Worth-Arlington, TX MSA)

Total Score = 42.2; Rank = 37

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

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

Description of Dallas-Fort Worth-Arlington, TX MSA

<table>
<thead>
<tr>
<th>Category</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population</td>
<td>6,954,330</td>
</tr>
<tr>
<td>Percent less than 18 years old</td>
<td>26.7%</td>
</tr>
<tr>
<td>Percent 18 to 64 years old</td>
<td>63.1%</td>
</tr>
<tr>
<td>Percent 65 years old and older</td>
<td>10.2%</td>
</tr>
<tr>
<td>Percent male</td>
<td>49.2%</td>
</tr>
<tr>
<td>Percent high school graduate or higher</td>
<td>84.3%</td>
</tr>
<tr>
<td>Percent White</td>
<td>70.3%</td>
</tr>
<tr>
<td>Percent Black or African American</td>
<td>15.2%</td>
</tr>
<tr>
<td>Percent Asian</td>
<td>5.9%</td>
</tr>
<tr>
<td>Percent Other Race</td>
<td>8.5%</td>
</tr>
<tr>
<td>Percent Hispanic/Latino</td>
<td>28.2%</td>
</tr>
<tr>
<td>Percent unemployed</td>
<td>4.1%</td>
</tr>
<tr>
<td>Median household income</td>
<td>$59,530.00</td>
</tr>
<tr>
<td>Percent of households below poverty level</td>
<td>11.6%</td>
</tr>
<tr>
<td>Violent crime rate/100,000*</td>
<td>N/A‡</td>
</tr>
<tr>
<td>Percent with disability</td>
<td>9.7%</td>
</tr>
</tbody>
</table>

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

Personal Health Indicators – Score = 48.2; Rank = 28

Health Behaviors

<table>
<thead>
<tr>
<th>Activity</th>
<th>Dallas</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent any physical activity or exercise in the last 30 days</td>
<td>75.6%</td>
<td>82.6%</td>
</tr>
<tr>
<td>Percent meeting CDC aerobic activity guidelines</td>
<td>20.5%</td>
<td>32.2%</td>
</tr>
<tr>
<td>Percent meeting both CDC aerobic and strength activity guidelines</td>
<td>13.6%</td>
<td>23.3%</td>
</tr>
<tr>
<td>Percent consuming 2+ fruits per day</td>
<td>23.9%</td>
<td>35.6%</td>
</tr>
<tr>
<td>Percent consuming 3+ vegetables per day</td>
<td>12.9%</td>
<td>19.6%</td>
</tr>
<tr>
<td>Percent currently smoking</td>
<td>13.6%</td>
<td>13.1%</td>
</tr>
</tbody>
</table>

Chronic Health Problems

<table>
<thead>
<tr>
<th>Problem</th>
<th>Dallas</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent obese</td>
<td>31.1%</td>
<td>21.3%</td>
</tr>
<tr>
<td>Percent in excellent or very good health</td>
<td>48.3%</td>
<td>61.0%</td>
</tr>
<tr>
<td>Any days when physical health was not good during the past 30 days</td>
<td>28.0%</td>
<td>30.4%</td>
</tr>
<tr>
<td>Any days when mental health was not good during the past 30 days</td>
<td>26.5%</td>
<td>29.2%</td>
</tr>
<tr>
<td>Percent with asthma</td>
<td>6.6%</td>
<td>6.5%</td>
</tr>
<tr>
<td>Percent with angina or coronary heart disease</td>
<td>3.0%</td>
<td>2.8%</td>
</tr>
<tr>
<td>Percent with diabetes</td>
<td>10.3%</td>
<td>6.4%</td>
</tr>
<tr>
<td>Death rate/100,000 for cardiovascular disease</td>
<td>174.4</td>
<td>167.1</td>
</tr>
<tr>
<td>Death rate/100,000 for diabetes</td>
<td>17.4</td>
<td>17.0</td>
</tr>
</tbody>
</table>

Community/Environmental Indicators – Score = 36.4; Rank = 42

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

Built Environment

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Dallas</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parkland as a percent of city land area</td>
<td>12.6%</td>
<td>10.6%</td>
</tr>
<tr>
<td>Acres of parkland/1,000</td>
<td>21.6</td>
<td>18.6</td>
</tr>
<tr>
<td>Farmers’ markets/1,000,000</td>
<td>5.3</td>
<td>13.1</td>
</tr>
<tr>
<td>Percent using public transportation to work</td>
<td>1.6%</td>
<td>4.3%</td>
</tr>
<tr>
<td>Percent bicycling or walking to work</td>
<td>1.4%</td>
<td>2.8%</td>
</tr>
<tr>
<td>Walk Score*</td>
<td>43.6</td>
<td>51.1</td>
</tr>
<tr>
<td>Percent within a 10 minute walk to a park</td>
<td>54.2%</td>
<td>63.8%</td>
</tr>
</tbody>
</table>

Recreational Facilities

<table>
<thead>
<tr>
<th>Facility</th>
<th>Dallas</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>0.4</td>
<td>0.9</td>
</tr>
<tr>
<td>Park playgrounds/10,000</td>
<td>1.7</td>
<td>2.3</td>
</tr>
<tr>
<td>Golf courses/100,000</td>
<td>0.5</td>
<td>0.9</td>
</tr>
<tr>
<td>Park units/10,000</td>
<td>3.0</td>
<td>4.1</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>1.4</td>
<td>3.1</td>
</tr>
<tr>
<td>Tennis courts/10,000</td>
<td>2.1</td>
<td>2.0</td>
</tr>
</tbody>
</table>

Policy for School P.E.****

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

Park-related Expenditures

<table>
<thead>
<tr>
<th>Expenditure</th>
<th>Dallas</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total park expenditure per resident</td>
<td>$50.00</td>
<td>$101.80</td>
</tr>
</tbody>
</table>

*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.
**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
****In 2015, this measure included P.E. required by the state only, while in 2016, this measure included P.E. required by the school district or state.
DENVER, CO
(Denver-Aurora-Lakewood, CO MSA)

Total Score = 72.6; Rank = 3

Areas of Excellence (at or better than target goal):
- Higher percent of any physical activity or exercise in the last 30 days
- Lower percent obese
- Lower death rate for cardiovascular disease
- Lower death rate for diabetes
- More farmers’ markets per capita
- Higher percent using public transportation to work
- Higher percent bicycling or walking to work
- Higher Walk Score®
- Higher percent of population within a 10 minute walk to a park
- More ball diamonds per capita
- More dog parks per capita
- More park playgrounds per capita
- More golf courses per capita
- More park units per capita
- More swimming pools per capita
- More tennis courts per capita
- Higher park-related expenditures per capita
- Higher level of requirement for Physical Education classes

Improvement Priority Areas (worse than 20% of target goal):
- Higher percent with asthma
- Lower percent of city land area as parkland
- Fewer acres of parkland per capita

Description of Denver-Aurora-Lakewood, CO MSA

<table>
<thead>
<tr>
<th>Category</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population</td>
<td>2,754,258</td>
</tr>
<tr>
<td>Percent less than 18 years old</td>
<td>23.8%</td>
</tr>
<tr>
<td>Percent 18 to 64 years old</td>
<td>64.5%</td>
</tr>
<tr>
<td>Percent 65 years old and older</td>
<td>11.7%</td>
</tr>
<tr>
<td>Percent male</td>
<td>49.9%</td>
</tr>
<tr>
<td>Percent high school graduate or higher</td>
<td>89.7%</td>
</tr>
<tr>
<td>Percent White</td>
<td>82.3%</td>
</tr>
<tr>
<td>Percent Black or African American</td>
<td>5.6%</td>
</tr>
<tr>
<td>Percent Asian</td>
<td>3.9%</td>
</tr>
<tr>
<td>Percent Other Race</td>
<td>8.3%</td>
</tr>
<tr>
<td>Percent Hispanic/Latino</td>
<td>22.8%</td>
</tr>
<tr>
<td>Percent unemployed</td>
<td>3.3%</td>
</tr>
<tr>
<td>Median household income</td>
<td>$66,870.00</td>
</tr>
<tr>
<td>Percent of households below poverty level</td>
<td>7.4%</td>
</tr>
<tr>
<td>Violent crime rate/100,000*</td>
<td>331.2</td>
</tr>
<tr>
<td>Percent with disability</td>
<td>9.6%</td>
</tr>
</tbody>
</table>

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

Personal Health Indicators – Score = 82.7; Rank = 1

<table>
<thead>
<tr>
<th>Health Behaviors</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>84.1%</td>
<td>82.6%</td>
</tr>
<tr>
<td>Percent meeting CDC aerobic activity guidelines</td>
<td>29.2%</td>
<td>32.2%</td>
</tr>
<tr>
<td>Percent meeting both CDC aerobic and strength activity guidelines</td>
<td>22.3%</td>
<td>23.3%</td>
</tr>
<tr>
<td>Percent consuming 2+ fruits per day</td>
<td>30.8%</td>
<td>35.6%</td>
</tr>
<tr>
<td>Percent consuming 3+ vegetables per day</td>
<td>16.8%</td>
<td>19.6%</td>
</tr>
<tr>
<td>Percent currently smoking</td>
<td>14.6%</td>
<td>13.1%</td>
</tr>
</tbody>
</table>

Chronic Health Problems

<table>
<thead>
<tr>
<th>Denver</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent obese</td>
<td>20.8%</td>
</tr>
<tr>
<td>Percent in excellent or very good health</td>
<td>57.4%</td>
</tr>
<tr>
<td>Any days when physical health was not good during the past 30 days</td>
<td>34.1%</td>
</tr>
<tr>
<td>Any days when mental health was not good during the past 30 days</td>
<td>34.8%</td>
</tr>
<tr>
<td>Percent with asthma</td>
<td>8.3%</td>
</tr>
<tr>
<td>Percent with angina or coronary heart disease</td>
<td>2.9%</td>
</tr>
<tr>
<td>Percent with diabetes</td>
<td>7.6%</td>
</tr>
<tr>
<td>Death rate/100,000 for cardiovascular disease</td>
<td>142.0</td>
</tr>
<tr>
<td>Death rate/100,000 for diabetes</td>
<td>14.0</td>
</tr>
</tbody>
</table>

Community/Environmental Indicators – Score = 62.8; Rank = 8
(note: most of these data were available only for the main city in the MSA)

Built Environment

<table>
<thead>
<tr>
<th>Denver</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parkland as a percent of city land area</td>
<td>7.9%</td>
</tr>
<tr>
<td>Acres of parkland/1,000</td>
<td>9.1</td>
</tr>
<tr>
<td>Farmers’ markets/1,000,000</td>
<td>16.7</td>
</tr>
<tr>
<td>Percent using public transportation to work</td>
<td>4.5%</td>
</tr>
<tr>
<td>Percent bicycling or walking to work</td>
<td>2.9%</td>
</tr>
<tr>
<td>Walk Score*</td>
<td>55.7</td>
</tr>
<tr>
<td>Percent within a 10 minute walk to a park</td>
<td>63.8%</td>
</tr>
</tbody>
</table>

Recreational Facilities

<table>
<thead>
<tr>
<th>Denver</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ball diamonds/10,000</td>
<td>2.3</td>
</tr>
<tr>
<td>Dog parks/100,000</td>
<td>1.7</td>
</tr>
<tr>
<td>Park playgrounds/10,000</td>
<td>2.3</td>
</tr>
<tr>
<td>Golf courses/100,000</td>
<td>1.1</td>
</tr>
<tr>
<td>Park units/10,000</td>
<td>4.3</td>
</tr>
<tr>
<td>Recreational centers/20,000</td>
<td>0.9</td>
</tr>
<tr>
<td>Swimming pools/100,000</td>
<td>4.5</td>
</tr>
<tr>
<td>Tennis courts/10,000</td>
<td>2.3</td>
</tr>
</tbody>
</table>

Policy for School P.E.***

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

Park-related Expenditures

<table>
<thead>
<tr>
<th>Denver</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total park expenditure per resident</td>
<td>$104.00</td>
</tr>
</tbody>
</table>
DETROIT, MI
(Detroit-Warren-Dearborn, MI MSA)

Total Score = 40.4; Rank = 42

Areas of Excellence (at or better than target goal):
• More farmers’ markets per capita
• Higher Walk Score®
• Higher percent of population within a 10 minute walk to a park
• More ball diamonds per capita
• More park playgrounds per capita
• More park units per capita
• Higher level of requirement for Physical Education classes

Improvement Priority Areas (worse than 20% of target goal):
• Lower percent meeting both CDC aerobic and strength activity guidelines
• Lower percent consuming 3+ vegetables per day
• Higher percent currently smoking
• Higher percent obese
• Higher percent of days when mental health was not good during the past 30 days
• Higher percent with angina or coronary heart disease
• Higher percent with diabetes
• Higher death rate for cardiovascular disease
• Higher death rate for diabetes
• Lower percent of city land area as parkland
• Fewer acres of parkland per capita
• Lower percent using public transportation to work
• Lower percent bicycling or walking to work
• Fewer dog parks per capita
• Fewer recreation centers per capita
• Fewer swimming pools per capita
• Lower park-related expenditures per capita

Description of Detroit-Warren-Dearborn, MI MSA

<table>
<thead>
<tr>
<th>Description</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population</td>
<td>4,296,611</td>
</tr>
<tr>
<td>Percent less than 18 years old</td>
<td>22.9%</td>
</tr>
<tr>
<td>Percent 18 to 64 years old</td>
<td>62.4%</td>
</tr>
<tr>
<td>Percent 65 years old and older</td>
<td>14.7%</td>
</tr>
<tr>
<td>Percent male</td>
<td>48.5%</td>
</tr>
<tr>
<td>Percent high school graduate or higher</td>
<td>89.1%</td>
</tr>
<tr>
<td>Percent White</td>
<td>69.9%</td>
</tr>
<tr>
<td>Percent Black or African American</td>
<td>22.4%</td>
</tr>
<tr>
<td>Percent Asian</td>
<td>3.9%</td>
</tr>
<tr>
<td>Percent Other Race</td>
<td>3.7%</td>
</tr>
<tr>
<td>Percent Hispanic/Latino</td>
<td>4.2%</td>
</tr>
<tr>
<td>Percent unemployed</td>
<td>5.6%</td>
</tr>
<tr>
<td>Median household income</td>
<td>$52,462.00</td>
</tr>
<tr>
<td>Percent of households below poverty level</td>
<td>12.1%</td>
</tr>
<tr>
<td>Violent crime rate/100,000*</td>
<td>529.4</td>
</tr>
<tr>
<td>Percent with disability</td>
<td>14.4%</td>
</tr>
</tbody>
</table>

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

Personal Health Indicators – Score = 38.1; Rank = 37

Health Behaviors

<table>
<thead>
<tr>
<th>Health Behaviors</th>
<th>Detroit</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent any physical activity or exercise in the last 30 days</td>
<td>74.5%</td>
<td>82.6%</td>
</tr>
<tr>
<td>Percent meeting CDC aerobic activity guidelines</td>
<td>28.6%</td>
<td>32.2%</td>
</tr>
<tr>
<td>Percent meeting both CDC aerobic and strength activity guidelines</td>
<td>18.0%</td>
<td>23.3%</td>
</tr>
<tr>
<td>Percent consuming 2+ fruits per day</td>
<td>30.8%</td>
<td>35.6%</td>
</tr>
<tr>
<td>Percent consuming 3+ vegetables per day</td>
<td>13.6%</td>
<td>19.6%</td>
</tr>
<tr>
<td>Percent currently smoking</td>
<td>22.0%</td>
<td>13.1%</td>
</tr>
</tbody>
</table>

Chronic Health Problems

<table>
<thead>
<tr>
<th>Chronic Health Problems</th>
<th>Detroit</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent obese</td>
<td>29.7%</td>
<td>21.3%</td>
</tr>
<tr>
<td>Percent in excellent or very good health</td>
<td>50.4%</td>
<td>61.0%</td>
</tr>
<tr>
<td>Any days when physical health was not good during the past 30 days</td>
<td>35.7%</td>
<td>30.4%</td>
</tr>
<tr>
<td>Any days when mental health was not good during the past 30 days</td>
<td>38.2%</td>
<td>29.2%</td>
</tr>
<tr>
<td>Percent with asthma</td>
<td>11.2%</td>
<td>6.5%</td>
</tr>
<tr>
<td>Percent with angina or coronary heart disease</td>
<td>5.0%</td>
<td>2.8%</td>
</tr>
<tr>
<td>Percent with diabetes</td>
<td>10.4%</td>
<td>6.4%</td>
</tr>
<tr>
<td>Death rate/100,000 for cardiovascular disease</td>
<td>237.0</td>
<td>167.1</td>
</tr>
<tr>
<td>Death rate/100,000 for diabetes</td>
<td>24.3</td>
<td>17.0</td>
</tr>
</tbody>
</table>

Community/Environmental Indicators – Score = 42.5; Rank = 36

(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>Detroit</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parkland as a percent of city land area</td>
<td>6.4%</td>
<td>10.6%</td>
</tr>
<tr>
<td>Acres of parkland/1,000</td>
<td>8.2</td>
<td>18.6</td>
</tr>
<tr>
<td>Farmers’ markets/1,000,000</td>
<td>17.7</td>
<td>13.1</td>
</tr>
<tr>
<td>Percent using public transportation to work</td>
<td>1.6%</td>
<td>4.3%</td>
</tr>
<tr>
<td>Percent bicycling or walking to work</td>
<td>1.6%</td>
<td>2.8%</td>
</tr>
<tr>
<td>Walk Score®</td>
<td>52.2</td>
<td>51.1</td>
</tr>
<tr>
<td>Percent within a 10 minute walk to a park</td>
<td>76.8%</td>
<td>63.8%</td>
</tr>
</tbody>
</table>

Recreational Facilities

<table>
<thead>
<tr>
<th>Recreational Facilities</th>
<th>Detroit</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ball diamonds/10,000</td>
<td>3.2</td>
<td>1.9</td>
</tr>
<tr>
<td>Dog parks/100,000</td>
<td>0.3</td>
<td>0.9</td>
</tr>
<tr>
<td>Park playgrounds/10,000</td>
<td>2.3</td>
<td>4.5</td>
</tr>
<tr>
<td>Golf courses/100,000</td>
<td>0.7</td>
<td>0.9</td>
</tr>
<tr>
<td>Park units/10,000</td>
<td>0.4</td>
<td>4.1</td>
</tr>
<tr>
<td>Recreational centers/20,000</td>
<td>0.4</td>
<td>1.0</td>
</tr>
<tr>
<td>Swimming pools/100,000</td>
<td>1.2</td>
<td>3.1</td>
</tr>
<tr>
<td>Tennis courts/10,000</td>
<td>1.8</td>
<td>2.0</td>
</tr>
</tbody>
</table>

Policy for School P.E.****

<table>
<thead>
<tr>
<th>Policy for School P.E.****</th>
<th>Detroit</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level of 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>Detroit</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total park expenditure per resident</td>
<td>$17.00</td>
<td>$101.80</td>
</tr>
</tbody>
</table>

---

*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.
**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
****In 2015, this measure included P.E. required by the state only, while in 2016, this measure included P.E. required by the school district or state.
HARTFORD, CT  
(Hartford-West Hartford-East Hartford, CT MSA)

Total Score = 65.3; Rank = 9

Areas of Excellence (at or better than target goal):
• Lower death rate for cardiovascular disease
• Lower death rate for diabetes
• Higher percent of city land area as parkland
• More farmers’ markets per capita
• Higher percent bicycling or walking to work
• Higher Walk Score®
• More ball diamonds per capita
• More golf courses per capita
• More park units per capita
• More recreation centers per capita
• More swimming pools per capita
• More tennis courts per capita
• Higher level of requirement for Physical Education classes

Improvement Priority Areas (worse than 20% of target goal):
• Higher percent obese
• Higher percent of days when mental health was not good during the past 30 days
• Higher percent with asthma
• Higher percent with angina or coronary heart disease
• Higher percent with diabetes
• Lower percent using public transportation to work
• Fewer dog parks per capita
• Lower park-related expenditures per capita

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

<table>
<thead>
<tr>
<th>Population</th>
<th>1,214,295</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent less than 18 years old</td>
<td>21.0%</td>
</tr>
<tr>
<td>Percent 18 to 64 years old</td>
<td>63.3%</td>
</tr>
<tr>
<td>Percent 65 years old and older</td>
<td>15.7%</td>
</tr>
<tr>
<td>Percent male</td>
<td>48.7%</td>
</tr>
<tr>
<td>Percent high school graduate or higher</td>
<td>90.2%</td>
</tr>
<tr>
<td>Percent White</td>
<td>76.8%</td>
</tr>
<tr>
<td>Percent Black or African American</td>
<td>11.0%</td>
</tr>
<tr>
<td>Percent Asian</td>
<td>4.5%</td>
</tr>
<tr>
<td>Percent Other Race</td>
<td>7.6%</td>
</tr>
<tr>
<td>Percent Hispanic/Latino</td>
<td>14.0%</td>
</tr>
<tr>
<td>Percent unemployed</td>
<td>5.2%</td>
</tr>
<tr>
<td>Median household income</td>
<td>$68,532.00</td>
</tr>
<tr>
<td>Percent of households below poverty level</td>
<td>8.0%</td>
</tr>
<tr>
<td>Violent crime rate/100,000*</td>
<td>252.2</td>
</tr>
<tr>
<td>Percent with disability</td>
<td>11.7%</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 = 68.4; Rank = 11

Health Behaviors

<table>
<thead>
<tr>
<th>Health Behavior</th>
<th>Hartford</th>
<th>Target Goal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent any physical activity or exercise in the last 30 days</td>
<td>26.6%</td>
<td>32.2%</td>
</tr>
<tr>
<td>Percent meeting CDC aerobic activity guidelines</td>
<td>26.6%</td>
<td>32.2%</td>
</tr>
<tr>
<td>Percent meeting both CDC aerobic and strength activity guidelines</td>
<td>20.4%</td>
<td>23.3%</td>
</tr>
<tr>
<td>Percent consuming 2+ fruits per day</td>
<td>16.9%</td>
<td>19.6%</td>
</tr>
<tr>
<td>Percent consuming 3+ vegetables per day</td>
<td>14.1%</td>
<td>13.1%</td>
</tr>
<tr>
<td>Percent currently smoking</td>
<td>79.0%</td>
<td>82.6%</td>
</tr>
</tbody>
</table>

Chronic Health Problems

<table>
<thead>
<tr>
<th>Health Behavior</th>
<th>Hartford</th>
<th>Target Goal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent obese</td>
<td>26.9%</td>
<td>21.3%</td>
</tr>
<tr>
<td>Percent in excellent or very good health</td>
<td>56.5%</td>
<td>61.0%</td>
</tr>
<tr>
<td>Any days when physical health was not good during the past 30 days</td>
<td>26.9%</td>
<td>32.8%</td>
</tr>
<tr>
<td>Any days when mental health was not good during the past 30 days</td>
<td>26.9%</td>
<td>30.4%</td>
</tr>
<tr>
<td>Percent with asthma</td>
<td>10.4%</td>
<td>6.5%</td>
</tr>
<tr>
<td>Percent with angina or coronary heart disease</td>
<td>3.8%</td>
<td>2.8%</td>
</tr>
<tr>
<td>Percent with diabetes</td>
<td>10.4%</td>
<td>6.4%</td>
</tr>
<tr>
<td>Death rate/100,000 for cardiovascular disease</td>
<td>156.2</td>
<td>167.1</td>
</tr>
<tr>
<td>Death rate/100,000 for diabetes</td>
<td>15.4</td>
<td>17.0</td>
</tr>
</tbody>
</table>

Community/Environmental Indicators – Score = 62.1; Rank = 14

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

Built Environment

<table>
<thead>
<tr>
<th>Environment</th>
<th>Hartford</th>
<th>Target Goal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parkland as a percent of city land area</td>
<td>20.7%</td>
<td>10.6%</td>
</tr>
<tr>
<td>Acres of parkland/1,000</td>
<td>18.4</td>
<td>18.6</td>
</tr>
<tr>
<td>Farmers’ markets/1,000,000</td>
<td>13.1</td>
<td>45.3</td>
</tr>
<tr>
<td>Percent using public transportation to work</td>
<td>2.7%</td>
<td>4.3%</td>
</tr>
<tr>
<td>Percent bicycling or walking to work</td>
<td>2.8%</td>
<td>2.8%</td>
</tr>
<tr>
<td>Walk Score*</td>
<td>68.0</td>
<td>51.1</td>
</tr>
<tr>
<td>Percent within a 10 minute walk to a park</td>
<td>N/A***</td>
<td>63.8%</td>
</tr>
</tbody>
</table>

Recreational Facilities

<table>
<thead>
<tr>
<th>Facility</th>
<th>Hartford</th>
<th>Target Goal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ball diamonds/10,000</td>
<td>1.9</td>
<td>3.7</td>
</tr>
<tr>
<td>Dog parks/100,000</td>
<td>0.0</td>
<td>0.9</td>
</tr>
<tr>
<td>Park playgrounds/10,000</td>
<td>2.2</td>
<td>2.3</td>
</tr>
<tr>
<td>Golf courses/100,000</td>
<td>0.9</td>
<td>1.6</td>
</tr>
<tr>
<td>Park units/10,000</td>
<td>1.0</td>
<td>4.4</td>
</tr>
<tr>
<td>Recreational centers/20,000</td>
<td>1.0</td>
<td>4.1</td>
</tr>
<tr>
<td>Swimming pools/100,000</td>
<td>3.1</td>
<td>4.8</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>Hartford</th>
<th>Target Goal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level of requirement</td>
<td>3.0</td>
<td>2.5</td>
</tr>
</tbody>
</table>

Park-related Expenditures

<table>
<thead>
<tr>
<th>Expenditure</th>
<th>Hartford</th>
<th>Target Goal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total park expenditure per resident</td>
<td>$18.00</td>
<td>$101.80</td>
</tr>
</tbody>
</table>

*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.
**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
***This measure was unavailable for this MSA. The community/environmental indicator score and total score were adjusted to allow fair comparisons with other MSAs.
****In 2015, this measure included P.E. required by the state only, while in 2016, this measure included P.E. required by the school district or state.
HOUSTON, TX
(Houston-The Woodlands-Sugar Land, TX MSA)

Total Score = 40.6; Rank = 40

Areas of Excellence (at or better than target goal):
- Lower percent currently smoking
- Lower percent of days when physical health was not good during the past 30 days
- Lower percent with asthma
- Higher percent of city land area as parkland
- More acres of parkland per capita
- Higher level of requirement for Physical Education classes

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

Description of Houston-The Woodlands-Sugar Land, TX MSA
Population 6,490,180
Percent less than 18 years old 27.0%
Percent 18 to 64 years old 63.2%
Percent 65 years old and older 9.8%
Percent male 49.7%
Percent high school graduate or higher 82.0%
Percent White 65.8%
Percent Black or African American 17.2%
Percent Asian 7.3%
Percent Other Race 9.7%
Percent Hispanic/Latino 36.3%
Percent unemployed 3.8%
Median household income $60,072.00
Percent of households below poverty level 12.2%
Violent crime rate/100,000* 567.4
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 = 42.8; Rank = 34

- **Health Behaviors**
  - Percent any physical activity or exercise in the last 30 days: 72.4% (Houston), 82.6% (Target Goal)
  - Percent meeting CDC aerobic activity guidelines: 20.5% (Houston), 32.2% (Target Goal)
  - Percent meeting both CDC aerobic and strength activity guidelines: 15.7% (Houston), 23.3% (Target Goal)
  - Percent consuming 2+ fruits per day: 19.7% (Houston), 35.6% (Target Goal)
  - Percent consuming 3+ vegetables per day: 13.2% (Houston), 19.6% (Target Goal)
  - Percent currently smoking: 12.1% (Houston), 13.1% (Target Goal)

- **Chronic Health Problems**
  - Percent obese: 34.1% (Houston), 21.3% (Target Goal)
  - Percent in excellent or very good health: 43.6% (Houston), 61.0% (Target Goal)
  - Any days when physical health was not good during the past 30 days: 29.9% (Houston), 30.4% (Target Goal)
  - Any days when mental health was not good during the past 30 days: 29.4% (Houston), 29.2% (Target Goal)
  - Percent with asthma: 5.1% (Houston), 6.5% (Target Goal)
  - Percent with angina or coronary heart disease: 3.4% (Houston), 2.8% (Target Goal)
  - Percent with diabetes: 10.2% (Houston), 6.4% (Target Goal)
  - Death rate/100,000 for cardiovascular disease: 176.2 (Houston), 167.1 (Target Goal)
  - Death rate/100,000 for diabetes: 18.0 (Houston), 17.0 (Target Goal)

Community/Environmental Indicators – Score = 38.5; 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: 14.3% (Houston), 10.6% (Target Goal)
  - Acres of parkland/1,000: 24.1 (Houston), 18.6 (Target Goal)
  - Farmers’ markets/1,000,000: 3.5 (Houston), 13.1 (Target Goal)
  - Percent using public transportation to work: 2.4% (Houston), 4.3% (Target Goal)
  - Percent bicycling or walking to work: 1.6% (Houston), 2.8% (Target Goal)
  - Walk Score®: 44.2 (Houston), 51.1 (Target Goal)
  - Percent within a 10 minute walk to a park: 45.5% (Houston), 63.8% (Target Goal)

- **Recreational Facilities**
  - Ball diamonds/10,000: 1.0 (Houston), 1.9 (Target Goal)
  - Dog parks/100,000: 0.7 (Houston), 0.9 (Target Goal)
  - Park playgrounds/10,000: 2.1 (Houston), 2.3 (Target Goal)
  - Golf courses/100,000: 0.4 (Houston), 0.9 (Target Goal)
  - Park units/10,000: 2.6 (Houston), 4.1 (Target Goal)
  - Recreational centers/20,000: 0.7 (Houston), 1.0 (Target Goal)
  - Swimming pools/100,000: 1.9 (Houston), 3.1 (Target Goal)
  - Tennis courts/10,000: 1.0 (Houston), 2.0 (Target Goal)

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

- **Park-related Expenditures**
  - Total park expenditure per resident: $37.00 (Houston), $101.80 (Target Goal)

*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.
**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
****In 2015, this measure included P.E. required by the state only; while in 2016, this measure included P.E. required by the school district or state.
INDIANAPOLIS, IN
(Indianapolis-Carmel-Anderson, IN MSA)

Total Score = 26.6; Rank = 50

Areas of Excellence (at or better than target goal):
• More farmers’ markets per capita
• More golf courses per capita
• Higher level of requirement for Physical Education classes

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

Description of Indianapolis-Carmel-Anderson, IN MSA

<table>
<thead>
<tr>
<th>Population</th>
<th>1,971,274</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent less than 18 years old</td>
<td>25.2%</td>
</tr>
<tr>
<td>Percent 18 to 64 years old</td>
<td>62.4%</td>
</tr>
<tr>
<td>Percent 65 years old and older</td>
<td>12.4%</td>
</tr>
<tr>
<td>Percent male</td>
<td>48.8%</td>
</tr>
<tr>
<td>Percent high school graduate or higher</td>
<td>89.0%</td>
</tr>
<tr>
<td>Percent White</td>
<td>78.0%</td>
</tr>
<tr>
<td>Percent Black or African American</td>
<td>14.7%</td>
</tr>
<tr>
<td>Percent Asian</td>
<td>2.8%</td>
</tr>
<tr>
<td>Percent Other Race</td>
<td>4.5%</td>
</tr>
<tr>
<td>Percent Hispanic/Latino</td>
<td>6.4%</td>
</tr>
<tr>
<td>Percent unemployed</td>
<td>4.8%</td>
</tr>
<tr>
<td>Median household income</td>
<td>$52,268.00</td>
</tr>
<tr>
<td>Percent of households below poverty level</td>
<td>10.6%</td>
</tr>
<tr>
<td>Violent crime rate/100,000*</td>
<td>646.3</td>
</tr>
<tr>
<td>Percent with disability</td>
<td>12.9%</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 = 24.2; Rank = 50

<table>
<thead>
<tr>
<th>Health Behaviors</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>74.4%</td>
<td>82.6%</td>
</tr>
<tr>
<td>Percent meeting CDC aerobic activity guidelines</td>
<td>23.4%</td>
<td>32.2%</td>
</tr>
<tr>
<td>Percent meeting both CDC aerobic and strength activity guidelines</td>
<td>15.6%</td>
<td>23.3%</td>
</tr>
<tr>
<td>Percent consuming 2+ fruits per day</td>
<td>27.3%</td>
<td>35.6%</td>
</tr>
<tr>
<td>Percent consuming 3+ vegetables per day</td>
<td>12.7%</td>
<td>19.6%</td>
</tr>
<tr>
<td>Percent currently smoking</td>
<td>20.2%</td>
<td>13.1%</td>
</tr>
</tbody>
</table>

#### Chronic Health Problems

<table>
<thead>
<tr>
<th>Chronic Health Problems</th>
<th>Indianapolis</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent obese</td>
<td>32.6%</td>
<td>21.3%</td>
</tr>
<tr>
<td>Percent in excellent or very good health</td>
<td>45.6%</td>
<td>61.0%</td>
</tr>
<tr>
<td>Any days when physical health was not good during the past 30 days</td>
<td>37.6%</td>
<td>30.4%</td>
</tr>
<tr>
<td>Any days when mental health was not good during the past 30 days</td>
<td>36.2%</td>
<td>29.2%</td>
</tr>
<tr>
<td>Percent with asthma</td>
<td>11.6%</td>
<td>6.5%</td>
</tr>
<tr>
<td>Percent with angina or coronary heart disease</td>
<td>4.5%</td>
<td>2.8%</td>
</tr>
<tr>
<td>Percent with diabetes</td>
<td>11.0%</td>
<td>6.4%</td>
</tr>
<tr>
<td>Death rate/100,000 for cardiovascular disease</td>
<td>183.6</td>
<td>167.1</td>
</tr>
<tr>
<td>Death rate/100,000 for diabetes</td>
<td>17.2</td>
<td>17.0</td>
</tr>
</tbody>
</table>

#### Community/Environmental Indicators – Score = 28.9; Rank = 49

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

<table>
<thead>
<tr>
<th>Community/Environmental Indicators</th>
<th>Indianapolis</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parkland as a percent of city land area</td>
<td>5.0%</td>
<td>10.6%</td>
</tr>
<tr>
<td>Acres of parkland/1,000</td>
<td>13.3</td>
<td>18.6</td>
</tr>
<tr>
<td>Farmers’ markets/1,000,000</td>
<td>24.3</td>
<td>13.1</td>
</tr>
<tr>
<td>Percent using public transportation to work</td>
<td>1.2%</td>
<td>4.3%</td>
</tr>
<tr>
<td>Percent bicycling or walking to work</td>
<td>1.6%</td>
<td>2.8%</td>
</tr>
<tr>
<td>Walk Score®</td>
<td>28.7</td>
<td>51.1</td>
</tr>
<tr>
<td>Percent within a 10 minute walk to a park</td>
<td>31.6%</td>
<td>63.8%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Built Environment</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent using public transportation to work</td>
<td>1.2%</td>
<td>4.3%</td>
</tr>
<tr>
<td>Percent bicycling or walking to work</td>
<td>1.6%</td>
<td>2.8%</td>
</tr>
<tr>
<td>Walk Score®</td>
<td>28.7</td>
<td>51.1</td>
</tr>
<tr>
<td>Percent within a 10 minute walk to a park</td>
<td>31.6%</td>
<td>63.8%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Recreational Facilities</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Ball diamonds/10,000</td>
<td>0.7</td>
<td>1.9</td>
</tr>
<tr>
<td>Dog parks/100,000</td>
<td>0.5</td>
<td>0.9</td>
</tr>
<tr>
<td>Park playgrounds/10,000</td>
<td>1.5</td>
<td>2.3</td>
</tr>
<tr>
<td>Golf courses/100,000</td>
<td>1.6</td>
<td>0.9</td>
</tr>
<tr>
<td>Park units/10,000</td>
<td>2.5</td>
<td>4.1</td>
</tr>
<tr>
<td>Recreational centers/20,000</td>
<td>0.5</td>
<td>1.0</td>
</tr>
<tr>
<td>Swimming pools/100,000</td>
<td>2.6</td>
<td>3.1</td>
</tr>
<tr>
<td>Tennis courts/10,000</td>
<td>1.3</td>
<td>2.0</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Policy for School P.E.****</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Level of 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></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Total park expenditure per resident</td>
<td>$24.00</td>
<td>$101.80</td>
</tr>
</tbody>
</table>

---

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

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

****In 2015, this measure included P.E. required by the state only, while in 2016, this measure included P.E. required by the school district or state.
JACKSONVILLE, FL
(Jacksonville, FL MSA)

Total Score = 49.5; Rank = 31

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

Improvement Priority Areas (worse than 20% of target goal):
- Lower percent meeting CDC aerobic activity guidelines
- Lower percent meeting both CDC aerobic and strength activity guidelines
- Higher percent currently smoking
- Higher percent obese
- Higher percent with angina or coronary heart disease
- Higher percent with diabetes
- Lower percent using public transportation to work
- Lower percent bicycling or walking to work
- Lower Walk Score®
- Lower percent of population within a 10 minute walk to a park
- Fewer dog parks per capita
- Fewer golf courses per capita
- Lower park-related expenditures per capita

Description of Jacksonville, FL MSA

<table>
<thead>
<tr>
<th>Category</th>
<th>Data</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population</td>
<td>1,419,127</td>
</tr>
<tr>
<td>Percent less than 18 years old</td>
<td>22.9%</td>
</tr>
<tr>
<td>Percent 18 to 64 years old</td>
<td>62.9%</td>
</tr>
<tr>
<td>Percent 65 years old and older</td>
<td>14.2%</td>
</tr>
<tr>
<td>Percent male</td>
<td>48.6%</td>
</tr>
<tr>
<td>Percent high school graduate or higher</td>
<td>90.0%</td>
</tr>
<tr>
<td>Percent White</td>
<td>70.5%</td>
</tr>
<tr>
<td>Percent Black or African American</td>
<td>21.8%</td>
</tr>
<tr>
<td>Percent Asian</td>
<td>3.7%</td>
</tr>
<tr>
<td>Percent Other Race</td>
<td>4.0%</td>
</tr>
<tr>
<td>Percent Hispanic/Latino</td>
<td>7.9%</td>
</tr>
<tr>
<td>Percent unemployed</td>
<td>5.2%</td>
</tr>
<tr>
<td>Median household income</td>
<td>$51,117.00</td>
</tr>
<tr>
<td>Percent of households below poverty level</td>
<td>11.5%</td>
</tr>
<tr>
<td>Violent crime rate/100,000*</td>
<td>561.1</td>
</tr>
<tr>
<td>Percent with disability</td>
<td>13.6%</td>
</tr>
</tbody>
</table>

*Due to differences in jurisdictional definitions and reporting, the FBI recommends that these rates not be compared across areas.
### Personal Health Indicators – Score = 49.4; Rank = 27

#### Health Behaviors

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Percentage</th>
<th>Jacksonville</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent any physical activity in the last 30 days</td>
<td>76.8%</td>
<td></td>
<td>82.6%</td>
</tr>
<tr>
<td>Percent meeting CDC aerobic activity guidelines</td>
<td>23.3%</td>
<td></td>
<td>32.2%</td>
</tr>
<tr>
<td>Percent meeting both CDC aerobic and strength activity guidelines</td>
<td>17.1%</td>
<td></td>
<td>23.3%</td>
</tr>
<tr>
<td>Percent consuming 2+ fruits per day</td>
<td>29.3%</td>
<td></td>
<td>35.6%</td>
</tr>
<tr>
<td>Percent consuming 3+ vegetables per day</td>
<td>16.6%</td>
<td></td>
<td>19.6%</td>
</tr>
<tr>
<td>Percent currently smoking</td>
<td>18.5%</td>
<td></td>
<td>13.1%</td>
</tr>
</tbody>
</table>

#### Chronic Health Problems

<table>
<thead>
<tr>
<th>Condition</th>
<th>Percentage</th>
<th>Jacksonville</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent obese</td>
<td>31.3%</td>
<td></td>
<td>21.3%</td>
</tr>
<tr>
<td>Percent in excellent or very good health</td>
<td>51.8%</td>
<td></td>
<td>61.0%</td>
</tr>
<tr>
<td>Any days when physical health was not good during the past 30 days</td>
<td>32.5%</td>
<td></td>
<td>30.4%</td>
</tr>
<tr>
<td>Any days when mental health was not good during the past 30 days</td>
<td>30.2%</td>
<td></td>
<td>29.2%</td>
</tr>
<tr>
<td>Percent with asthma</td>
<td>7.8%</td>
<td></td>
<td>6.5%</td>
</tr>
<tr>
<td>Percent with angina or coronary heart disease</td>
<td>4.4%</td>
<td></td>
<td>2.8%</td>
</tr>
<tr>
<td>Percent with diabetes</td>
<td>10.3%</td>
<td></td>
<td>6.4%</td>
</tr>
<tr>
<td>Death rate/100,000 for cardiovascular disease</td>
<td>194.5</td>
<td></td>
<td>167.1</td>
</tr>
<tr>
<td>Death rate/100,000 for diabetes</td>
<td>19.5%</td>
<td></td>
<td>17.0%</td>
</tr>
</tbody>
</table>

### Community/Environmental Indicators – Score = 49.7; Rank = 32

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

#### Built Environment

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Percentage</th>
<th>Jacksonville</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parkland as a percent of city land area</td>
<td>14.1%</td>
<td></td>
<td>10.6%</td>
</tr>
<tr>
<td>Acres of parkland/1,000</td>
<td>18.6</td>
<td></td>
<td>78.3</td>
</tr>
<tr>
<td>Farmers’ markets/1,000,000</td>
<td>11.3</td>
<td></td>
<td>13.1</td>
</tr>
<tr>
<td>Percent using public transportation to work</td>
<td>1.2%</td>
<td></td>
<td>4.3%</td>
</tr>
<tr>
<td>Percent bicycling or walking to work</td>
<td>1.8%</td>
<td></td>
<td>2.8%</td>
</tr>
<tr>
<td>Walk Score®</td>
<td>25.5</td>
<td></td>
<td>51.1</td>
</tr>
<tr>
<td>Percent within a 10 minute walk to a park</td>
<td>30.5%</td>
<td></td>
<td>63.8%</td>
</tr>
</tbody>
</table>

#### Recreational Facilities

<table>
<thead>
<tr>
<th>Facility</th>
<th>Percentage</th>
<th>Jacksonville</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ball diamonds/10,000</td>
<td>3.2</td>
<td></td>
<td>1.9</td>
</tr>
<tr>
<td>Dog parks/100,000</td>
<td>0.4</td>
<td></td>
<td>0.9</td>
</tr>
<tr>
<td>Park playgrounds/10,000</td>
<td>3.4</td>
<td></td>
<td>2.3</td>
</tr>
<tr>
<td>Golf courses/100,000</td>
<td>0.4</td>
<td></td>
<td>0.9</td>
</tr>
<tr>
<td>Park units/10,000</td>
<td>5.0</td>
<td></td>
<td>4.1</td>
</tr>
<tr>
<td>Recreational centers/20,000</td>
<td>1.4</td>
<td></td>
<td>1.0</td>
</tr>
<tr>
<td>Swimming pools/100,000</td>
<td>4.2</td>
<td></td>
<td>3.1</td>
</tr>
<tr>
<td>Tennis courts/10,000</td>
<td>1.9</td>
<td></td>
<td>2.0</td>
</tr>
</tbody>
</table>

#### Policy for School P.E.****

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

#### Park-related Expenditures

<table>
<thead>
<tr>
<th>Expenditure</th>
<th>Amount</th>
<th>Jacksonville</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total park expenditure per resident</td>
<td>$27.00</td>
<td></td>
<td>$101.80</td>
</tr>
</tbody>
</table>

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

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

****In 2015, this measure included P.E. required by the state only, while in 2016, this measure included P.E. required by the school district or state.
KANSAS CITY, MO
(Kansas City, MO-KS MSA)

Total Score = 50.3; Rank = 30

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

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

Description of Kansas City, MO-KS MSA
Population 2,071,133
Percent less than 18 years old 24.9%
Percent 18 to 64 years old 61.8%
Percent 65 years old and older 13.3%
Percent male 49.1%
Percent high school graduate or higher 91.4%
Percent White 78.5%
Percent Black or African American 12.5%
Percent Asian 2.6%
Percent Other Race 6.3%
Percent Hispanic/Latino 8.7%
Percent unemployed 3.7%
Median household income $56,994.00
Percent of households below poverty level 8.8%
Violent crime rate/100,000* 482.1
Percent with disability 12.8%

*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 = 50.2; Rank = 25**

<table>
<thead>
<tr>
<th>Health Behaviors</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>77.1%</td>
<td>82.6%</td>
</tr>
<tr>
<td>Percent meeting CDC aerobic activity guidelines</td>
<td>27.5%</td>
<td>32.2%</td>
</tr>
<tr>
<td>Percent meeting both CDC aerobic and strength activity guidelines</td>
<td>18.3%</td>
<td>23.3%</td>
</tr>
<tr>
<td>Percent consuming 2+ fruits per day</td>
<td>24.8%</td>
<td>35.6%</td>
</tr>
<tr>
<td>Percent consuming 3+ vegetables per day</td>
<td>13.8%</td>
<td>19.6%</td>
</tr>
<tr>
<td>Percent currently smoking</td>
<td>18.6%</td>
<td>13.1%</td>
</tr>
</tbody>
</table>

**Chronic Health Problems**

<table>
<thead>
<tr>
<th>Chronic Health Problems</th>
<th>Kansas City</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent obese</td>
<td>31.1%</td>
<td>21.3%</td>
</tr>
<tr>
<td>Percent in excellent or very good health</td>
<td>53.4%</td>
<td>61.0%</td>
</tr>
<tr>
<td>Any days when physical health was not good during the past 30 days</td>
<td>32.3%</td>
<td>30.4%</td>
</tr>
<tr>
<td>Any days when mental health was not good during the past 30 days</td>
<td>30.7%</td>
<td>29.2%</td>
</tr>
<tr>
<td>Percent with asthma</td>
<td>9.3%</td>
<td>6.5%</td>
</tr>
<tr>
<td>Percent with angina or coronary heart disease</td>
<td>4.2%</td>
<td>2.8%</td>
</tr>
<tr>
<td>Percent with diabetes</td>
<td>11.0%</td>
<td>6.4%</td>
</tr>
<tr>
<td>Death rate/100,000 for cardiovascular disease</td>
<td>182.6</td>
<td>167.1</td>
</tr>
<tr>
<td>Death rate/100,000 for diabetes</td>
<td>15.4</td>
<td>17.0</td>
</tr>
</tbody>
</table>

**Community/Environmental Indicators – Score = 50.5; 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>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>10.6%</td>
</tr>
<tr>
<td>Acres of parkland/1,000</td>
<td>37.9</td>
<td>18.6</td>
</tr>
<tr>
<td>Farmers’ markets/1,000,000</td>
<td>29.0</td>
<td>13.1</td>
</tr>
<tr>
<td>Percent using public transportation to work</td>
<td>1.0%</td>
<td>4.3%</td>
</tr>
<tr>
<td>Percent bicycling or walking to work</td>
<td>1.4%</td>
<td>2.8%</td>
</tr>
<tr>
<td>Walk Score®</td>
<td>32.1</td>
<td>51.1</td>
</tr>
<tr>
<td>Percent within a 10 minute walk to a park</td>
<td>64.1%</td>
<td>63.8%</td>
</tr>
</tbody>
</table>

<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>3.3</td>
<td>1.9</td>
</tr>
<tr>
<td>Dog parks/100,000</td>
<td>0.6</td>
<td>0.0</td>
</tr>
<tr>
<td>Park playgrounds/10,000</td>
<td>2.2</td>
<td>2.3</td>
</tr>
<tr>
<td>Golf courses/100,000</td>
<td>1.3</td>
<td>0.9</td>
</tr>
<tr>
<td>Park units/10,000</td>
<td>4.9</td>
<td>4.1</td>
</tr>
<tr>
<td>Recreational centers/20,000</td>
<td>0.4</td>
<td>1.0</td>
</tr>
<tr>
<td>Swimming pools/100,000</td>
<td>2.6</td>
<td>3.1</td>
</tr>
<tr>
<td>Tennis courts/10,000</td>
<td>2.2</td>
<td>2.0</td>
</tr>
</tbody>
</table>

<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 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>Kansas City</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total park expenditure per resident</td>
<td>$115.00</td>
<td>$101.80</td>
</tr>
</tbody>
</table>

---

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

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

***In 2015, this measure included P.E. required by the state only; while in 2016, this measure included P.E. required by the school district or state.
LAS VEGAS, NV
(Las Vegas-Henderson-Paradise, NV MSA)

Total Score = 40.4; Rank = 41

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

Improvement Priority Areas (worse than 20% of target goal):
• Lower percent consuming 2+ fruits per day
• Higher percent currently smoking
• Higher percent obese
• Lower percent in excellent or very good health
• Higher percent with asthma
• Higher percent with angina or coronary heart disease
• Higher percent with diabetes
• Higher death rate for cardiovascular disease
• Lower percent of city land area as parkland
• Fewer acres of parkland per capita
• Fewer farmers’ markets per capita
• Lower percent bicycling or walking to work
• Lower Walk Score®
• Lower percent of population within a 10 minute walk to a park
• Fewer ball diamonds per capita
• Fewer park units per capita
• Fewer swimming pools per capita
• Fewer tennis courts per capita
• Lower level of requirement for Physical Education classes

Description of Las Vegas-Henderson-Paradise, NV MSA
Population 2,069,681
Percent less than 18 years old 23.8%
Percent 18 to 64 years old 62.9%
Percent 65 years old and older 13.3%
Percent male 50.1%
Percent high school graduate or higher 84.5%
Percent White 62.5%
Percent Black or African American 11.1%
Percent Asian 9.3%
Percent Other Race 17.1%
Percent Hispanic/Latino 30.3%
Percent unemployed 6.0%
Median household income $51,214.00
Percent of households below poverty level 11.5%
Violent crime rate/100,000* 743.0
Percent with disability 12.8%

*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 = 45.9; Rank = 32

Health Behaviors

- Percent any physical activity or exercise in the last 30 days: Las Vegas = 75.9%; Target = 82.6%
- Percent meeting CDC aerobic activity guidelines: Las Vegas = 26.3%; Target = 32.2%
- Percent meeting both CDC aerobic and strength activity guidelines: Las Vegas = 19.4%; Target = 23.3%
- Percent consuming 2+ fruits per day: Las Vegas = 27.3%; Target = 35.6%
- Percent consuming 3+ vegetables per day: Las Vegas = 16.3%; Target = 19.6%
- Percent currently smoking: Las Vegas = 16.9%; Target = 13.1%

Chronic Health Problems

- Percent obese: Las Vegas = 30.9%; Target = 21.3%
- Percent in excellent or very good health: Las Vegas = 43.9%; Target = 61.0%
- Any days when physical health was not good during the past 30 days: Las Vegas = 32.9%; Target = 30.4%
- Any days when mental health was not good during the past 30 days: Las Vegas = 30.0%; Target = 29.2%
- Percent with asthma: Las Vegas = 8.0%; Target = 6.5%
- Percent with angina or coronary heart disease: Las Vegas = 5.7%; Target = 2.8%
- Percent with diabetes: Las Vegas = 11.2%; Target = 6.4%
- Death rate/100,000 for cardiovascular disease: Las Vegas = 204.2; Target = 167.1
- Death rate/100,000 for diabetes: Las Vegas = 8.6; Target = 17.0

Community/Environmental Indicators – Score = 35.1; Rank = 46
(note: most of these data were available only for the main city in the MSA)

Built Environment

- Parkland as a percent of city land area: Las Vegas = 3.5%; Target = 10.6%
- Acres of parkland/1,000: Las Vegas = 5.1; Target = 18.6
- Farmers’ markets/1,000,000: Las Vegas = 4.3; Target = 13.1
- Percent using public transportation to work: Las Vegas = 4.8%; Target = 4.3%
- Percent bicycling or walking to work: Las Vegas = 2.1%; Target = 2.8%
- Walk Score®: Las Vegas = 38.6; Target = 51.1
- Percent within a 10 minute walk to a park: Las Vegas = 46.1%; Target = 63.8%

Recreational Facilities

- Ball diamonds/10,000: Las Vegas = 0.8; Target = 1.9
- Dog parks/100,000: Las Vegas = 0.0; Target = 3.6
- Park playgrounds/10,000: Las Vegas = 1.9; Target = 2.3
- Golf courses/100,000: Las Vegas = 0.7; Target = 0.9
- Park units/10,000: Las Vegas = 1.1; Target = 4.1
- Recreational centers/20,000: Las Vegas = 0.8; Target = 1.0
- Swimming pools/100,000: Las Vegas = 2.0; Target = 3.1
- Tennis courts/10,000: Las Vegas = 1.1; Target = 2.0

Policy for School P.E.****

- Level of requirement for Physical Education: Las Vegas = 1.0; Target = 2.5

Park-related Expenditures

- Total park expenditure per resident: Las Vegas = $125.00; Target = $101.80

*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.
**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
****In 2015, this measure included P.E. required by the state only, while in 2016, this measure included P.E. required by the school district or state.
LOS ANGELES, CA
( Los Angeles-Long Beach-Anaheim, CA MSA )

Total Score = 50.8; Rank = 29

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

Improvement Priority Areas (worse than 20% of target goal):
• Higher percent with angina or coronary heart disease
• Higher percent with diabetes
• Fewer acres of parkland per capita
• Fewer ball diamonds per capita
• Fewer dog parks per capita
• Fewer park playgrounds per capita
• Fewer golf courses 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 13,262,220
Percent less than 18 years old 22.8%
Percent 18 to 64 years old 64.8%
Percent 65 years old and older 12.4%
Percent male 49.3%
Percent high school graduate or higher 79.1%
Percent White 55.0%
Percent Black or African American 6.6%
Percent Asian 15.5%
Percent Other Race 23.0%
Percent Hispanic/Latino 45.1%
Percent unemployed 5.3%
Median household income $60,514.00
Percent of households below poverty level 13.3%
Violent crime rate/100,000* 368.9
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 = 61.3; Rank = 16

Health Behaviors

- Percent any physical activity or exercise in the last 30 days: Los Angeles = 67.5%, Target Goal* = 82.6%
- Percent meeting CDC aerobic activity guidelines: Los Angeles = 25.9%, Target Goal* = 32.2%
- Percent meeting both CDC aerobic and strength activity guidelines: Los Angeles = 19.6%, Target Goal* = 23.3%
- Percent consuming 2+ fruits per day: Los Angeles = 35.5%, Target Goal* = 35.6%
- Percent consuming 3+ vegetables per day: Los Angeles = 18.3%, Target Goal* = 19.6%
- Percent currently smoking: Los Angeles = 12.3%, Target Goal* = 13.1%

Chronic Health Problems

- Percent obese: Los Angeles = 23.8%, Target Goal* = 21.3%
- Percent in excellent or very good health: Los Angeles = 49.0%, Target Goal* = 61.0%
- Any days when physical health was not good during the past 30 days: Los Angeles = 33.5%, Target Goal* = 30.4%
- Any days when mental health was not good during the past 30 days: Los Angeles = 33.2%, Target Goal* = 29.2%
- Percent with asthma: Los Angeles = 6.5%, Target Goal** = 6.5%
- Percent with angina or coronary heart disease: Los Angeles = 3.9%, Target Goal** = 2.8%
- Percent with diabetes: Los Angeles = 12.2%, Target Goal** = 6.4%
- Death rate/100,000 for cardiovascular disease: Los Angeles = 161.0, Target Goal** = 167.1
- Death rate/100,000 for diabetes: Los Angeles = 20.2, Target Goal** = 17.0

Community/Environmental Indicators – Score = 40.7; Rank = 39

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

Built Environment

- Parkland as a percent of city land area: Los Angeles = 12.3%, Target Goal** = 10.6%
- Acres of parkland/1,000,000: Los Angeles = 9.3, Target Goal** = 18.6
- Farmers’ markets/1,000,000: Los Angeles = 11.0, Target Goal** = 13.1
- Percent using public transportation to work: Los Angeles = 5.8%, Target Goal** = 4.3%
- Percent bicycling or walking to work: Los Angeles = 3.5%, Target Goal** = 2.8%
- Walk Score®: Los Angeles = 63.9
- Percent within a 10 minute walk to a park: Los Angeles = 51.1, Target Goal** = 63.8%

Recreational Facilities

- Ball diamonds/10,000: Los Angeles = 0.7, Target Goal** = 1.9
- Dog parks/100,000: Los Angeles = 0.3, Target Goal** = 0.9
- Park playgrounds/10,000: Los Angeles = 1.0, Target Goal** = 2.3
- Golf courses/100,000: Los Angeles = 0.4, Target Goal** = 0.9
- Park units/10,000: Los Angeles = 1.8, Target Goal** = 4.1
- Recreational centers/20,000: Los Angeles = 1.1, Target Goal** = 1.0
- Swimming pools/100,000: Los Angeles = 1.7, Target Goal** = 3.1
- Tennis courts/10,000: Los Angeles = 0.9, Target Goal** = 2.0

Policy for School P.E.****

- Level of requirement for Physical Education: Los Angeles = 3.0

Park-related Expenditures

- Total park expenditure per resident: Los Angeles = $82.00

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*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.
**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
****In 2015, this measure included P.E. required by the state only, while in 2016, this measure included P.E. required by the school district or state.
LOUISVILLE, KY
(Louisville/Jefferson County, KY-IN MSA)

Total Score = 31.8; Rank = 48

Areas of Excellence (at or better than target goal):
• Lower death rate for diabetes
• More acres of parkland per capita
• More farmers’ markets per capita
• More dog parks per capita
• More golf courses per capita
• More tennis courts per capita
• Higher level of requirement for Physical Education classes

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

Description of Louisville/Jefferson County, KY-IN MSA
Population 1,269,702
Percent less than 18 years old 23.2%
Percent 18 to 64 years old 62.4%
Percent 65 years old and older 14.4%
Percent male 48.6%
Percent high school graduate or higher 88.2%
Percent White 80.5%
Percent Black or African American 14.2%
Percent Asian 1.8%
Percent Other Race 3.5%
Percent Hispanic/Latino 4.4%
Percent unemployed 4.2%
Median household income $50,932.00
Percent of households below poverty level 10.5%
Violent crime rate/100,000* 395.0
Percent with disability 14.7%

*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 = 28.2; Rank = 45

<table>
<thead>
<tr>
<th>Health Behaviors</th>
<th>Louisville</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent any physical activity or exercise in the last 30 days</td>
<td>25.5%</td>
<td>31.0%</td>
</tr>
<tr>
<td>Percent meeting CDC aerobic activity guidelines</td>
<td>16.6%</td>
<td>21.3%</td>
</tr>
<tr>
<td>Percent meeting both CDC aerobic and strength activity guidelines</td>
<td>12.1%</td>
<td>47.4%</td>
</tr>
<tr>
<td>Percent consuming 2+ fruits per day</td>
<td>24.6%</td>
<td>37.6%</td>
</tr>
<tr>
<td>Percent consuming 3+ vegetables per day</td>
<td>19.6%</td>
<td>30.4%</td>
</tr>
<tr>
<td>Percent currently smoking</td>
<td>20.7%</td>
<td>29.2%</td>
</tr>
<tr>
<td>Percent in excellent or very good health</td>
<td>74.9%</td>
<td>10.8%</td>
</tr>
<tr>
<td>Percent with asthma</td>
<td>32.2%</td>
<td>6.5%</td>
</tr>
<tr>
<td>Percent with angina or coronary heart disease</td>
<td>23.3%</td>
<td>5.8%</td>
</tr>
<tr>
<td>Percent with diabetes</td>
<td>35.6%</td>
<td>2.8%</td>
</tr>
<tr>
<td>Percent with diabetes</td>
<td>13.1%</td>
<td>6.4%</td>
</tr>
<tr>
<td>Any days when mental health was not good during the past 30 days</td>
<td>19.6%</td>
<td>11.7%</td>
</tr>
<tr>
<td>Any days when physical health was not good during the past 30 days</td>
<td>19.6%</td>
<td>14.7%</td>
</tr>
<tr>
<td>Death rate/100,000 for cardiovascular disease</td>
<td>31.0%</td>
<td>10.8%</td>
</tr>
<tr>
<td>Death rate/100,000 for diabetes</td>
<td>21.3%</td>
<td>6.5%</td>
</tr>
</tbody>
</table>

Community/Environmental Indicators – Score = 35.2; Rank = 45

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

<table>
<thead>
<tr>
<th>Built Environment</th>
<th>Louisville</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parkland as a percent of city land area</td>
<td>6.7%</td>
<td>31.0%</td>
</tr>
<tr>
<td>Acres of parkland/1,000</td>
<td>21.3%</td>
<td>10.6%</td>
</tr>
<tr>
<td>Farmers’ markets/1,000,000</td>
<td>23.6%</td>
<td>18.6</td>
</tr>
<tr>
<td>Percent using public transportation to work</td>
<td>2.0%</td>
<td>18.6</td>
</tr>
<tr>
<td>Percent bicycling or walking to work</td>
<td>2.0%</td>
<td>2.0%</td>
</tr>
<tr>
<td>Walk Score®</td>
<td>31.2%</td>
<td>51.1</td>
</tr>
<tr>
<td>Percent within a 10 minute walk to a park</td>
<td>31.5%</td>
<td>63.8%</td>
</tr>
</tbody>
</table>

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

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

*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.
**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
****In 2015, this measure included P.E. required by the state only, while in 2016, this measure included P.E. required by the school district or state.

<table>
<thead>
<tr>
<th>Park-related Expenditures</th>
<th>Louisville</th>
<th>Target Goal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total park expenditure per resident</td>
<td>$35.00</td>
<td>$101.80</td>
</tr>
</tbody>
</table>
MEMPHIS, TN
(Memphis, TN-MS-AR MSA)

Total Score = 33.3; Rank = 47

Areas of Excellence (at or better than target goal):
• Lower percent of days when physical health was not good during the past 30 days
• Lower percent of days when mental health was not good during the past 30 days
• More farmers’ markets per capita
• More golf courses per capita
• Higher level of requirement for Physical Education classes

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

Description of Memphis, TN-MS-AR MSA

<table>
<thead>
<tr>
<th>Description</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population</td>
<td>1,343,230</td>
</tr>
<tr>
<td>Percent less than 18 years old</td>
<td>25.5%</td>
</tr>
<tr>
<td>Percent 18 to 64 years old</td>
<td>62.4%</td>
</tr>
<tr>
<td>Percent 65 years old and older</td>
<td>12.1%</td>
</tr>
<tr>
<td>Percent male</td>
<td>47.9%</td>
</tr>
<tr>
<td>Percent high school graduate or higher</td>
<td>86.6%</td>
</tr>
<tr>
<td>Percent White</td>
<td>47.7%</td>
</tr>
<tr>
<td>Percent Black or African American</td>
<td>46.0%</td>
</tr>
<tr>
<td>Percent Asian</td>
<td>1.9%</td>
</tr>
<tr>
<td>Percent Other Race</td>
<td>4.4%</td>
</tr>
<tr>
<td>Percent Hispanic/Latino</td>
<td>5.2%</td>
</tr>
<tr>
<td>Percent unemployed</td>
<td>5.8%</td>
</tr>
<tr>
<td>Median household income</td>
<td>$45,844.00</td>
</tr>
<tr>
<td>Percent of households below poverty level</td>
<td>15.9%</td>
</tr>
<tr>
<td>Violent crime rate/100,000*</td>
<td>1,033.5</td>
</tr>
<tr>
<td>Percent with disability</td>
<td>13.1%</td>
</tr>
</tbody>
</table>

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

Personal Health Indicators – Score = 30.9; Rank = 42

Health Behaviors

- Percent any physical activity or exercise in the last 30 days
  - Memphis: 21.6%
  - Target Goal*: 21.3%
  - Percent meeting CDC aerobic activity guidelines
    - Memphis: 32.2%
    - Target Goal*: 61.0%
  - Percent meeting both CDC aerobic and strength activity guidelines
    - Memphis: 23.3%
    - Target Goal*: 27.6%
  - Percent consuming 2+ fruits per day
    - Memphis: 35.6%
    - Target Goal*: 28.8%
  - Percent consuming 3+ vegetables per day
    - Memphis: 19.6%
    - Target Goal*: 6.4%
  - Percent currently smoking
    - Memphis: 13.1%
    - Target Goal*: 8.9%

Chronic Health Problems

- Percent obese
  - Memphis: 34.6%
  - Target Goal*: 21.3%
- Percent in excellent or very good health
  - Memphis: 48.1%
  - Target Goal*: 61.0%
- Any days when physical health was not good during the past 30 days
  - Memphis: 28.8%
  - Target Goal*: 30.4%
- Any days when mental health was not good during the past 30 days
  - Memphis: 27.6%
  - Target Goal*: 29.2%
- Percent with asthma
  - Memphis: 8.9%
  - Target Goal*: 6.5%
- Percent with angina or coronary heart disease
  - Memphis: 4.4%
  - Target Goal*: 2.8%
- Percent with diabetes
  - Memphis: 12.3%
  - Target Goal*: 6.4%
- Death rate/100,000 for cardiovascular disease
  - Memphis: 223.9
  - Target Goal: 167.1
- Death rate/100,000 for diabetes
  - Memphis: 31.6
  - Target Goal: 17.0

Community/Environmental Indicators – Score = 35.5; Rank = 43

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

Built Environment

- Parkland as a percent of city land area
  - Memphis: 4.8%
  - Target Goal: 10.6%
- Acres of parkland/1,000
  - Memphis: 14.4
  - Target Goal: 18.6
- Farmers’ markets/1,000,000
  - Memphis: 13.4
  - Target Goal: 13.1
- Percent using public transportation to work
  - Memphis: 1.0%
  - Target Goal: 4.3%
- Percent bicycling or walking to work
  - Memphis: 1.2%
  - Target Goal: 2.8%
- Walk Score®
  - Memphis: 33.0
  - Target Goal: 51.1
- Percent within a 10 minute walk to a park
  - Memphis: 39.4%
  - Target Goal: 63.8%

Recreational Facilities

- Ball diamonds/10,000
  - Memphis: 1.7
  - Target Goal: 1.9
- Dog parks/100,000
  - Memphis: 0.5
  - Target Goal: 0.9
- Park playgrounds/10,000
  - Memphis: 1.8
  - Target Goal: 2.3
- Golf courses/100,000
  - Memphis: 1.4
  - Target Goal: 0.9
- Park units/10,000
  - Memphis: 3.2
  - Target Goal: 4.1
- Recreational centers/20,000
  - Memphis: 0.9
  - Target Goal: 1.0
- Swimming pools/100,000
  - Memphis: 2.8
  - Target Goal: 3.1
- Tennis courts/10,000
  - Memphis: 1.2
  - Target Goal: 2.0

Policy for School P.E.****

- Level of requirement for Physical Education
  - Memphis: 3.0
  - Target Goal: 2.5

Park-related Expenditures

- Total park expenditure per resident
  - Memphis: $52.00
  - Target Goal: $101.80

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*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.
**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
****In 2015, this measure included P.E. required by the state only, while in 2016, this measure included P.E. required by the school district or state.
MIAMI, FL
(Miami-Fort Lauderdale-West Palm Beach, FL MSA)

Total Score = 48.2; Rank = 32

Areas of Excellence (at or better than target goal):
• Lower percent of days when mental health was not good during the past 30 days
• Lower percent with asthma
• Lower death rate for cardiovascular disease
• Lower death rate for diabetes
• Higher Walk Score®
• Higher percent of population within a 10 minute walk to a park
• More recreation centers per capita
• More swimming pools per capita
• Higher level of requirement for Physical Education classes

Improvement Priority Areas (worse than 20% of target goal):
• Lower percent meeting CDC aerobic activity guidelines
• Lower percent meeting both CDC aerobic and strength activity guidelines
• Lower percent in excellent or very good health
• Higher percent with angina or coronary heart disease
• Higher percent with diabetes
• Lower percent of city land area as parkland
• Fewer acres of parkland per capita
• Fewer farmers’ markets per capita
• Fewer ball diamonds per capita
• Fewer park playgrounds per capita
• Fewer golf courses per capita
• Fewer park units per capita
• Fewer tennis courts per capita
• Lower park-related expenditures per capita

Description of Miami-Fort Lauderdale-West Palm Beach, FL MSA
Population 5,929,819
Percent less than 18 years old 20.6%
Percent 18 to 64 years old 62.4%
Percent 65 years old and older 17.0%
Percent male 48.5%
Percent high school graduate or higher 84.9%
Percent White 71.6%
Percent Black or African American 21.4%
Percent Asian 2.5%
Percent Other Race 4.5%
Percent Hispanic/Latino 43.3%
Percent unemployed 5.1%
Median household income $48,458.00
Percent of households below poverty level 13.6%
Violent crime rate/100,000* 595.2
Percent with disability 11.2%

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

**Personal Health Indicators – Score = 54.9; Rank = 19**

- **Health Behaviors**
  - Percent any physical activity or exercise in the last 30 days: 75.6% (Miami), 82.6% (Target Goal)
  - Percent meeting CDC aerobic activity guidelines: 23.4% (Miami), 32.2% (Target Goal)
  - Percent meeting both CDC aerobic and strength activity guidelines: 16.2% (Miami), 23.3% (Target Goal)
  - Percent consuming 2+ fruits per day: 34.7% (Miami), 35.6% (Target Goal)
  - Percent consuming 3+ vegetables per day: 16.5% (Miami), 19.6% (Target Goal)
  - Percent currently smoking: 13.6% (Miami), 13.1% (Target Goal)

**Chronic Health Problems**

- Percent obese: 24.9% (Miami), 21.3% (Target Goal)
- Percent in excellent or very good health: 47.7% (Miami), 61.0% (Target Goal)
- Any days when physical health was not good during the past 30 days: 35.9% (Miami), 30.4% (Target Goal)
- Any days when mental health was not good during the past 30 days: 28.8% (Miami), 29.2% (Target Goal)
- Percent with asthma: 6.3% (Miami), 6.5% (Target Goal)
- Percent with angina or coronary heart disease: 4.3% (Miami), 2.8% (Target Goal)
- Percent with diabetes: 11.8% (Miami), 6.4% (Target Goal)
- Death rate/100,000 for cardiovascular disease: 157.3 (Miami), 167.1 (Target Goal)
- Death rate/100,000 for diabetes: 16.7 (Miami), 17.0 (Target Goal)

**Community/Environmental Indicators – Score = 41.7; Rank = 37**

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

**Built Environment**

- Parkland as a percent of city land area: 6.3% (Miami), 10.6% (Target Goal)
- Acres of parkland/1,000: 3.5 (Miami), 18.6 (Target Goal)
- Farmers’ markets/1,000,000: 9.8 (Miami), 13.1 (Target Goal)
- Percent using public transportation to work: 3.7% (Miami), 4.3% (Target Goal)
- Percent bicycling or walking to work: 2.3% (Miami), 2.8% (Target Goal)
- Walk Score®: 75.6 (Miami), 51.1 (Target Goal)
- Percent within a 10 minute walk to a park: 74.8% (Miami), 63.8% (Target Goal)

**Recreational Facilities**

- Ball diamonds/10,000: 0.6 (Miami), 1.9 (Target Goal)
- Dog parks/100,000: 0.7 (Miami), 0.9 (Target Goal)
- Park playgrounds/10,000: 1.4 (Miami), 2.3 (Target Goal)
- Golf courses/100,000: 0.2 (Miami), 0.9 (Target Goal)
- Park units/10,000: 2.8 (Miami), 4.1 (Target Goal)
- Recreational centers/20,000: 1.5 (Miami), 1.0 (Target Goal)
- Swimming pools/100,000: 3.6 (Miami), 3.1 (Target Goal)
- Tennis courts/10,000: 1.4 (Miami), 2.0 (Target Goal)

**Policy for School P.E.****

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

**Park-related Expenditures**

- Total park expenditure per resident: $101.80 (Miami), $80.00 (Target Goal)

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

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

****In 2015, this measure included P.E. required by the state only, while in 2016, this measure included P.E. required by the school district or state.
MILWAUKEE, WI
(Milwaukee-Waukesha-West Allis, WI MSA)

Total Score = 54.2; Rank = 20

Areas of Excellence (at or better than target goal):
• Lower death rate for diabetes
• More farmers’ markets per capita
• Higher percent bicycling or walking to work
• Higher Walk Score®
• Higher percent of population within a 10 minute walk to a park
• More ball diamonds per capita
• More park playgrounds per capita
• More golf courses per capita
• More swimming pools per capita
• More tennis courts per capita
• Higher level of requirement for Physical Education classes

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

Description of Milwaukee-Waukesha-West Allis, WI MSA
Population 1,572,245
Percent less than 18 years old 23.7%
Percent 18 to 64 years old 62.5%
Percent 65 years old and older 13.8%
Percent male 48.7%
Percent high school graduate or higher 90.4%
Percent White 74.3%
Percent Black or African American 16.7%
Percent Asian 3.4%
Percent Other Race 5.6%
Percent Hispanic/Latino 10.2%
Percent unemployed 4.3%
Median household income $53,164.00
Percent of households below poverty level 11.5%
Violent crime rate/100,000* 634.0
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 = 49.7; Rank = 26

- Health Behaviors
  - Percent any physical activity or exercise in the last 30 days: Milwaukee 76.7%, Target Goal 82.6%
  - Percent meeting CDC aerobic activity guidelines: Milwaukee 31.9%, Target Goal 35.6%
  - Percent meeting both CDC aerobic and strength activity guidelines: Milwaukee 16.6%, Target Goal 23.3%
  - Percent consuming 2+ fruits per day: Milwaukee 31.9%, Target Goal 35.6%
  - Percent consuming 3+ vegetables per day: Milwaukee 14.3%, Target Goal 19.6%
  - Percent currently smoking: Milwaukee 18.0%, Target Goal 13.1%

- Chronic Health Problems
  - Percent obese: Milwaukee 32.4%, Target Goal 21.3%
  - Percent in excellent or very good health: Milwaukee 51.4%, Target Goal 61.0%
  - Any days when physical health was not good during the past 30 days: Milwaukee 44.5%, Target Goal 30.4%
  - Any days when mental health was not good during the past 30 days: Milwaukee 38.2%, Target Goal 29.2%
  - Percent with asthma: Milwaukee 13.1%, Target Goal 6.5%
  - Percent with angina or coronary heart disease: Milwaukee 8.9%, Target Goal 6.4%
  - Percent with diabetes: Milwaukee 178.6, Target Goal 167.1
  - Death rate/100,000 for cardiovascular disease: Milwaukee 16.4, Target Goal 17.0
  - Death rate/100,000 for diabetes: Milwaukee 30.1, Target Goal 32.2

Community/Environmental Indicators – Score = 58.6; Rank = 22

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

- Built Environment
  - Parkland as a percent of city land area: Milwaukee 8.8%, Target Goal 10.6%
  - Acres of parkland/1,000,000: Milwaukee 8.7, Target Goal 18.6%
  - Farmers’ markets/1,000,000: Milwaukee 28.6, Target Goal 13.1%
  - Percent using public transportation to work: Milwaukee 3.5%, Target Goal 4.3%
  - Percent bicycling or walking to work: Milwaukee 3.1%, Target Goal 2.8%
  - Walk Score®: Milwaukee 59.4, Target Goal 51.1
  - Percent within a 10 minute walk to a park: Milwaukee 87.0%, Target Goal 63.8%

- Recreational Facilities
  - Ball diamonds/10,000: Milwaukee 2.3, Target Goal 1.9
  - Dog parks/100,000: Milwaukee 0.5, Target Goal 0.9
  - Park playgrounds/10,000: Milwaukee 2.6, Target Goal 2.3
  - Golf courses/100,000: Milwaukee 1.0, Target Goal 0.9
  - Park units/10,000: Milwaukee 2.9, Target Goal 4.1
  - Recreational centers/20,000: Milwaukee 0.9, Target Goal 1.0
  - Swimming pools/100,000: Milwaukee 3.1, Target Goal 3.8
  - Tennis courts/10,000: Milwaukee 2.8, Target Goal 2.0

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

- Park-related Expenditures
  - Total park expenditure per resident: Milwaukee 95.00, Target Goal 101.80

*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.
**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
****In 2015, this measure included P.E. required by the state only, while in 2016, this measure included P.E. required by the school district or state.
MINNEAPOLIS, MN
(Minneapolis-St. Paul-Bloomington, MN-WI MSA)

Total Score = 76.7; Rank = 2

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

Improvement Priority Areas (worse than 20% of target goal):
- Lower percent consuming 3+ vegetables per day
- Higher percent with asthma
- Higher percent with diabetes
- Fewer acres of parkland per capita
- Fewer swimming pools per capita

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

Population: 3,495,176
Percent less than 18 years old: 24.1%
Percent 18 to 64 years old: 63.6%
Percent 65 years old and older: 12.3%
Percent male: 49.4%
Percent high school graduate or higher: 93.2%
Percent White: 80.2%
Percent Black or African American: 7.8%
Percent Asian: 6.3%
Percent Other Race: 5.6%
Percent Hispanic/Latino: 5.6%
Percent unemployed: 3.4%
Median household income: $69,111.00
Percent of households below poverty level: 6.7%
Violent crime rate/100,000*: 261.8
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 = 75.3 Rank = 4

<table>
<thead>
<tr>
<th>Health Behaviors</th>
<th>Minneapolis</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent any physical activity or exercise in the last 30 days</td>
<td>81.7%</td>
<td>82.6%</td>
</tr>
<tr>
<td>Percent meeting CDC aerobic activity guidelines</td>
<td>27.5%</td>
<td>32.2%</td>
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<tr>
<td>Percent meeting both CDC aerobic and strength activity guidelines</td>
<td>20.9%</td>
<td>23.3%</td>
</tr>
<tr>
<td>Percent consuming 2+ fruits per day</td>
<td>29.0%</td>
<td>35.6%</td>
</tr>
<tr>
<td>Percent consuming 3+ vegetables per day</td>
<td>14.8%</td>
<td>19.6%</td>
</tr>
<tr>
<td>Percent currently smoking</td>
<td>14.9%</td>
<td>13.1%</td>
</tr>
</tbody>
</table>

Chronic Health Problems

<table>
<thead>
<tr>
<th>Chronic Health Problems</th>
<th>Minneapolis</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent obese</td>
<td>25.5%</td>
<td>21.3%</td>
</tr>
<tr>
<td>Percent in excellent or very good health</td>
<td>58.8%</td>
<td>61.0%</td>
</tr>
<tr>
<td>Any days when physical health was not good during the past 30 days</td>
<td>32.2%</td>
<td>30.4%</td>
</tr>
<tr>
<td>Any days when mental health was not good during the past 30 days</td>
<td>32.4%</td>
<td>29.2%</td>
</tr>
<tr>
<td>Percent with asthma</td>
<td>8.4%</td>
<td>6.5%</td>
</tr>
<tr>
<td>Percent with angina or coronary heart disease</td>
<td>3.1%</td>
<td>2.8%</td>
</tr>
<tr>
<td>Percent with diabetes</td>
<td>7.8%</td>
<td>6.4%</td>
</tr>
<tr>
<td>Death rate/100,000 for cardiovascular disease</td>
<td>116.3</td>
<td>167.1</td>
</tr>
<tr>
<td>Death rate/100,000 for diabetes</td>
<td>15.7</td>
<td>17.0</td>
</tr>
</tbody>
</table>

Community/Environmental Indicators – Score = 78.0; Rank = 2

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

<table>
<thead>
<tr>
<th>Built Environment</th>
<th>Minneapolis</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parkland as a percent of city land area</td>
<td>14.9%</td>
<td>10.6%</td>
</tr>
<tr>
<td>Acres of parkland/1,000</td>
<td>12.6</td>
<td>18.6</td>
</tr>
<tr>
<td>Farmers’ markets/1,000,000</td>
<td>29.8</td>
<td>13.1</td>
</tr>
<tr>
<td>Percent using public transportation to work</td>
<td>4.8%</td>
<td>4.3%</td>
</tr>
<tr>
<td>Percent bicycling or walking to work</td>
<td>3.4%</td>
<td>2.8%</td>
</tr>
<tr>
<td>Walk Score®</td>
<td>65.4</td>
<td>51.1</td>
</tr>
<tr>
<td>Percent within a 10 minute walk to a park</td>
<td>94.1%</td>
<td>63.8%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Recreational Facilities</th>
<th>Minneapolis</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ball diamonds/10,000</td>
<td>1.9</td>
<td>4.9</td>
</tr>
<tr>
<td>Dog parks/100,000</td>
<td>0.9</td>
<td>1.7</td>
</tr>
<tr>
<td>Park playgrounds/10,000</td>
<td>2.8</td>
<td>2.3</td>
</tr>
<tr>
<td>Golf courses/100,000</td>
<td>0.9</td>
<td>1.8</td>
</tr>
<tr>
<td>Park units/10,000</td>
<td>4.7</td>
<td>4.1</td>
</tr>
<tr>
<td>Recreational centers/20,000</td>
<td>1.0</td>
<td>2.5</td>
</tr>
<tr>
<td>Swimming pools/100,000</td>
<td>1.0</td>
<td>3.1</td>
</tr>
<tr>
<td>Tennis courts/10,000</td>
<td>2.0</td>
<td>4.5</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Policy for School P.E.****</th>
<th>Minneapolis</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level of 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>Minneapolis</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total park expenditure per resident</td>
<td>$101.80</td>
<td>$230.00</td>
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</table>

*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2006-2012. For the new personal health indicators the target goals were 90% of the 2014 values.
**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
****In 2015, this measure included P.E. required by the state only, while in 2016, this measure included P.E. required by the school district or state.
Total Score = 34.2; Rank = 46

Areas of Excellence (at or better than target goal):
• More acres of parkland per capita
• More farmers’ markets per capita
• More golf courses per capita
• Higher park-related expenditures per capita
• Higher level of requirement for Physical Education classes

Improvement Priority Areas (worse than 20% of target goal):
• Lower percent meeting CDC aerobic activity guidelines
• Lower percent meeting both CDC aerobic and strength activity guidelines
• Lower percent consuming 2+ fruits per day
• Lower percent consuming 3+ vegetables per day
• Higher percent currently smoking
• Higher percent obese
• Higher percent of days when physical health was not good during the past 30 days
• Higher percent with angina or coronary heart disease
• Higher percent with diabetes
• Higher death rate for cardiovascular disease
• Lower percent using public transportation to work
• Lower percent bicycling or walking to work
• Lower Walk Score®
• Lower percent of population within a 10 minute walk to a park
• Fewer ball diamonds per capita
• Fewer park units per capita
• Fewer swimming pools per capita
• Fewer tennis courts per capita

Description of Nashville-Davidson-Murfreesboro-Franklin, TN MSA
Population 1,792,649
Percent less than 18 years old 23.7%
Percent 18 to 64 years old 64.1%
Percent 65 years old and older 12.2%
Percent male 48.8%
Percent high school graduate or higher 88.0%
Percent White 77.6%
Percent Black or African American 15.3%
Percent Asian 2.4%
Percent Other Race 4.7%
Percent Hispanic/Latino 6.8%
Percent unemployed 4.2%
Median household income $52,640.00
Percent of households below poverty level 11.1%
Violent crime rate/100,000* 610.9
Percent with disability 12.3%

*Due to differences in jurisdictional definitions and reporting, the FBI recommends that these rates not be compared across areas.
### Personal Health Indicators – Score = 27.2; Rank = 46

**Health Behaviors**
- Percent any physical activity or exercise in the last 30 days: 77.0% (Nashville), 82.6% (Target Goal)
- Percent meeting CDC aerobic activity guidelines: 21.3% (Nashville), 32.2% (Target Goal)
- Percent meeting both CDC aerobic and strength activity guidelines: 14.3% (Nashville), 23.3% (Target Goal)
- Percent consuming 2+ fruits per day: 16.6% (Nashville), 35.6% (Target Goal)
- Percent consuming 3+ vegetables per day: 10.0% (Nashville), 19.6% (Target Goal)
- Percent currently smoking: 22.9% (Nashville), 13.1% (Target Goal)

**Chronic Health Problems**
- Percent obese: 29.4% (Nashville), 21.3% (Target Goal)
- Percent in excellent or very good health: 50.9% (Nashville), 61.0% (Target Goal)
- Any days when physical health was not good during the past 30 days: 38.0% (Nashville), 30.4% (Target Goal)
- Any days when mental health was not good during the past 30 days: 34.5% (Nashville), 29.2% (Target Goal)
- Percent with asthma: 7.1% (Nashville), 6.5% (Target Goal)
- Percent with angina or coronary heart disease: 4.8% (Nashville), 2.8% (Target Goal)
- Percent with diabetes: 11.8% (Nashville), 6.4% (Target Goal)
- Death rate/100,000 for cardiovascular disease: 202.0 (Nashville), 167.1 (Target Goal)
- Death rate/100,000 for diabetes: 17.1 (Nashville), 17.0 (Target Goal)

### Community/Environmental Indicators – Score = 40.9; 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: 10.1% (Nashville), 10.6% (Target Goal)
- Acres of parkland/1,000: 18.6 (Nashville), 49.0 (Target Goal)
- Farmers’ markets/1,000,000: 19.5 (Nashville), 13.1 (Target Goal)
- Percent using public transportation to work: 1.3% (Nashville), 4.3% (Target Goal)
- Percent bicycling or walking to work: 1.8% (Nashville), 2.8% (Target Goal)
- Walk Score*: 26.5 (Nashville), 51.1 (Target Goal)
- Percent within a 10 minute walk to a park: 36.9% (Nashville), 63.8% (Target Goal)

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

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

**Park-related Expenditures**
- Total park expenditure per resident: $102.00 (Nashville), $101.80 (Target Goal)

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

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

****In 2015, this measure included P.E. required by the state only, while in 2016, this measure included P.E. required by the school district or state.
NEW ORLEANS, LA
(New Orleans-Metairie, LA MSA)

Total Score = 46.0; Rank = 33

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

Improvement Priority Areas (worse than 20% of target goal):
• Lower percent meeting CDC aerobic activity guidelines
• Lower percent meeting both CDC aerobic and strength activity guidelines
• Lower percent consuming 2+ fruits per day
• Lower percent consuming 3+ vegetables per day
• Higher percent currently smoking
• Higher percent obese
• Higher percent with angina or coronary heart disease
• Higher percent with diabetes
• Lower percent using public transportation to work
• Fewer ball diamonds per capita
• Fewer dog parks per capita
• Fewer recreation centers per capita
• Lower park-related expenditures per capita

Description of New Orleans-Metairie, LA MSA
Population 1,251,849
Percent less than 18 years old 22.4%
Percent 18 to 64 years old 63.9%
Percent 65 years old and older 13.7%
Percent male 48.4%
Percent high school graduate or higher 86.3%
Percent White 58.6%
Percent Black or African American 34.6%
Percent Asian 2.9%
Percent Other Race 3.8%
Percent Hispanic/Latino 8.5%
Percent unemployed 4.8%
Median household income $46,784.00
Percent of households below poverty level 13.5%
Violent crime rate/100,000* N/A‡
Percent with disability 13.0%

*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 = 30.0; Rank = 43

Health Behaviors

- Percent any physical activity or exercise in the last 30 days: New Orleans 73.5%; Target Goal 82.6%
- Percent meeting CDC aerobic activity guidelines: New Orleans 23.7%; Target Goal 32.2%
- Percent meeting both CDC aerobic and strength activity guidelines: New Orleans 16.1%; Target Goal 23.3%
- Percent consuming 2+ fruits per day: New Orleans 20.7%; Target Goal 35.6%
- Percent consuming 3+ vegetables per day: New Orleans 11.1%; Target Goal 19.6%
- Percent currently smoking: New Orleans 21.4%; Target Goal 13.1%

Chronic Health Problems

- Percent obese: New Orleans 34.9%; Target Goal 21.3%
- Percent in excellent or very good health: New Orleans 52.1%; Target Goal 61.0%
- Any days when physical health was not good during the past 30 days: New Orleans 35.3%; Target Goal 30.4%
- Any days when mental health was not good during the past 30 days: New Orleans 34.4%; Target Goal 29.2%
- Percent with asthma: New Orleans 6.4%; Target Goal 6.5%
- Percent with angina or coronary heart disease: New Orleans 5.3%; Target Goal 2.8%
- Percent with diabetes: New Orleans 10.5%; Target Goal 6.4%

Community/Environmental Indicators – Score = 61.3; Rank = 18

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

Built Environment

- Parkland as a percent of city land area: New Orleans 25.3%; Target Goal 10.6%
- Acres of parkland/1,000,000: New Orleans 71.8; Target Goal 18.6
- Farmers’ markets/1,000,000: New Orleans 16.0; Target Goal 13.1
- Percent using public transportation to work: New Orleans 3.1%; Target Goal 4.3%
- Percent bicycling or walking to work: New Orleans 3.6%; Target Goal 2.8%
- Walk Score®: New Orleans 56.3; Target Goal 51.1
- Percent within a 10 minute walk to a park: New Orleans 72.4%; Target Goal 63.8%

Recreational Facilities

- Ball diamonds/10,000: New Orleans 0.3; Target Goal 1.9
- Dog parks/100,000: New Orleans 0.5; Target Goal 0.9
- Park playgrounds/10,000: New Orleans 2.6; Target Goal 2.3
- Golf courses/100,000: New Orleans 1.6; Target Goal 0.9
- Park units/10,000: New Orleans 6.3; Target Goal 4.1
- Recreational centers/20,000: New Orleans 0.5; Target Goal 1.0
- Swimming pools/100,000: New Orleans 3.4; Target Goal 3.1
- Tennis courts/10,000: New Orleans 1.6; Target Goal 2.0

Policy for School P.E.****

- Level of requirement for Physical Education: New Orleans 3.0; Target Goal 2.5

Park-related Expenditures

- Total park expenditure per resident: New Orleans $81.00; Target Goal $101.80

*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.
**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
****In 2015, this measure included P.E. required by the state only, while in 2016, this measure included P.E. required by the school district or state.
NEW YORK, NY
(New York-Newark-Jersey City, NY-NJ-PA MSA)

Total Score = 53.8; Rank = 22

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

Improvement Priority Areas (worse than 20% of target goal):
• Lower percent meeting CDC aerobic activity guidelines
• Lower percent meeting both CDC aerobic and strength activity guidelines
• Lower percent consuming 3+ vegetables per day
• Higher percent obese
• Higher percent with asthma
• Higher percent with angina or coronary heart disease
• Higher percent with diabetes
• Fewer acres of parkland per capita
• Fewer ball diamonds per capita
• Fewer golf courses per capita
• Fewer recreation centers per capita
• Fewer swimming pools per capita
• Fewer tennis courts per capita

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

<table>
<thead>
<tr>
<th></th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population</td>
<td>20,092,883</td>
</tr>
<tr>
<td>Percent less than 18 years old</td>
<td>22.0%</td>
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<tr>
<td>Percent 18 to 64 years old</td>
<td>63.9%</td>
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<tr>
<td>Percent 65 years old and older</td>
<td>14.1%</td>
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<tr>
<td>Percent male</td>
<td>48.3%</td>
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<tr>
<td>Percent high school graduate or higher</td>
<td>85.6%</td>
</tr>
<tr>
<td>Percent White</td>
<td>58.3%</td>
</tr>
<tr>
<td>Percent Black or African American</td>
<td>17.2%</td>
</tr>
<tr>
<td>Percent Asian</td>
<td>10.7%</td>
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<tr>
<td>Percent Other Race</td>
<td>13.9%</td>
</tr>
<tr>
<td>Percent Hispanic/Latino</td>
<td>23.8%</td>
</tr>
<tr>
<td>Percent unemployed</td>
<td>4.8%</td>
</tr>
<tr>
<td>Median household income</td>
<td>$67,066.00</td>
</tr>
<tr>
<td>Percent of households below poverty level</td>
<td>11.4%</td>
</tr>
<tr>
<td>Violent crime rate/100,000*</td>
<td>371.4</td>
</tr>
<tr>
<td>Percent with disability</td>
<td>10.2%</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 = 52.2; Rank = 22

Health Behaviors
- Percent any physical activity or exercise in the last 30 days: New York 73.7%, Target Goal 82.6%
- Percent meeting CDC aerobic activity guidelines: New York 23.1%, Target Goal 32.2%
- Percent meeting both CDC aerobic and strength activity guidelines: New York 17.1%, Target Goal 23.3%
- Percent consuming 2+ fruits per day: New York 31.5%, Target Goal 35.6%
- Percent consuming 3+ vegetables per day: New York 15.3%, Target Goal 19.6%
- Percent currently smoking: New York 13.0%, Target Goal 13.1%

Chronic Health Problems
- Percent obese: New York 25.7%, Target Goal 21.3%
- Percent in excellent or very good health: New York 49.0%, Target Goal 61.0%
- Any days when physical health was not good during the past 30 days: New York 34.8%, Target Goal 30.4%
- Any days when mental health was not good during the past 30 days: New York 32.2%, Target Goal 29.2%
- Percent with asthma: New York 9.6%, Target Goal 6.5%
- Percent with angina or coronary heart disease: New York 4.2%, Target Goal 2.8%
- Percent with diabetes: New York 10.2%, Target Goal 6.4%
- Death rate/100,000 for cardiovascular disease: New York 186.5, Target Goal 167.1
- Death rate/100,000 for diabetes: New York 17.7, Target Goal 17.0

Community/Environmental Indicators – Score = 55.4; Rank = 26
(note: most of these data were available only for the main city in the MSA)

Built Environment
- Parkland as a percent of city land area: New York 20.8%, Target Goal 10.6%
- Acres of parkland/1,000: New York 4.6, Target Goal 18.6
- Farmers’ markets/1,000,000: New York 18.8, Target Goal 13.1
- Percent using public transportation to work: New York 31.1%, Target Goal 4.3%
- Percent bicycling or walking to work: New York 6.6%, Target Goal 2.8%
- Walk Score*: New York 87.6, Target Goal 51.1
- Percent within a 10 minute walk to a park: New York 96.6%, Target Goal 63.8%

Recreational Facilities
- Ball diamonds/10,000: New York 1.0, Target Goal 1.9
- Dog parks/100,000: New York 0.9, Target Goal 1.6
- Park playgrounds/10,000: New York 2.0, Target Goal 2.3
- Golf courses/100,000: New York 0.2, Target Goal 0.9
- Park units/10,000: New York 5.0, Target Goal 4.1
- Recreational centers/20,000: New York 0.1, Target Goal 1.0
- Swimming pools/100,000: New York 0.6, Target Goal 3.1
- Tennis courts/10,000: New York 0.8, Target Goal 2.0

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

Park-related Expenditures
- Total park expenditure per resident: New York $162.00, Target Goal $101.80

*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.
**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
****In 2015, this measure included P.E. required by the state only, while in 2016, this measure included P.E. required by the school district or state.
OKLAHOMA CITY, OK
(Oklahoma City, OK MSA)

Total Score = 29.5; Rank = 49

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

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

Description of Oklahoma City, OK MSA

Population 1,336,767
Percent less than 18 years old 24.9%
Percent 18 to 64 years old 62.4%
Percent 65 years old and older 12.7%
Percent male 49.2%
Percent high school graduate or higher 88.5%
Percent White 74.2%
Percent Black or African American 10.5%
Percent Asian 3.3%
Percent Other Race 12.1%
Percent Hispanic/Latino 12.2%
Percent unemployed 3.6%
Median household income $52,416.00
Percent of households below poverty level 11.0%
Violent crime rate/100,000* 463.7
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 = 27.0; Rank = 47

- Health Behaviors
  - Percent any physical activity or exercise in the last 30 days: 74.5% (Oklahoma City: 82.6%)
  - Percent meeting CDC aerobic activity guidelines: 23.9% (Oklahoma City: 32.2%)
  - Percent meeting both CDC aerobic and strength activity guidelines: 16.2% (Oklahoma City: 23.3%)
  - Percent consuming 2+ fruits per day: 18.6% (Oklahoma City: 35.6%)
  - Percent consuming 3+ vegetables per day: 10.0% (Oklahoma City: 19.6%)
  - Percent currently smoking: 18.4% (Oklahoma City: 13.1%)

- Chronic Health Problems
  - Percent obese: 31.2% (Target Goal: 21.3%)
  - Percent in excellent or very good health: 50.6% (Target Goal: 61.0%)
  - Any days when physical health was not good during the past 30 days: 35.5% (Target Goal: 30.4%)
  - Any days when mental health was not good during the past 30 days: 34.9% (Target Goal: 29.2%)
  - Percent with asthma: 9.9% (Target Goal: 6.5%)
  - Percent with angina or coronary heart disease: 4.8% (Target Goal: 2.8%)
  - Percent with diabetes: 10.7% (Target Goal: 6.4%)
  - Death rate/100,000 for cardiovascular disease: 214.4 (Target Goal: 167.1)
  - Death rate/100,000 for diabetes: 23.2 (Target Goal: 17.0)

Community/Environmental Indicators – Score = 31.9; Rank = 48

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

- Built Environment
  - Parkland as a percent of city land area: 6.9% (Oklahoma City: 10.6%)
  - Acres of parkland/1,000,000: 42.6 (Oklahoma City: 18.6)
  - Farmers’ markets/1,000,000: 14.2 (Oklahoma City: 13.1)
  - Percent using public transportation to work: 0.4% (Target Goal: 4.3%)
  - Percent bicycling or walking to work: 1.9% (Target Goal: 2.8%)
  - Walk Score®: 31.6 (Oklahoma City: 51.1)
  - Percent within a 10 minute walk to a park: 41.3% (Target Goal: 63.8%)

- Recreational Facilities
  - Ball diamonds/10,000: 0.5 (Target Goal: 1.9)
  - Dog parks/100,000: 0.5 (Target Goal: 0.9)
  - Park playgrounds/10,000: 1.9 (Target Goal: 2.3)
  - Golf courses/100,000: 1.3 (Target Goal: 0.9)
  - Park units/10,000: 2.6 (Target Goal: 4.1)
  - Recreational centers/20,000: 0.8 (Target Goal: 1.0)
  - Swimming pools/100,000: 0.8 (Target Goal: 3.1)
  - Tennis courts/10,000: 1.2 (Target Goal: 2.0)

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

- Park-related Expenditures
  - Total park expenditure per resident: $69.00 (Target Goal: $101.80)

*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.
**The target goal for the Community/Environmental indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
****In 2015, this measure included P.E. required by the state only, while in 2016, this measure included P.E. required by the school district or state.
ORLANDO, FL
(Orlando-Kissimmee-Sanford, FL MSA)

Total Score = 40.3; Rank = 43

Areas of Excellence (at or better than target goal):
• More park units per capita
• More recreation centers per capita
• More swimming pools per capita
• Higher park-related expenditures per capita
• Higher level of requirement for Physical Education classes

Improvement Priority Areas (worse than 20% of target goal):
• Lower percent meeting CDC aerobic activity guidelines
• Lower percent meeting both CDC aerobic and strength activity guidelines
• Lower percent consuming 2+ fruits per day
• Higher percent obese
• Lower percent in excellent or very good health
• Higher percent of days when physical health was not good during the past 30 days
• Higher percent with asthma
• Higher percent with angina or coronary heart disease
• Higher percent with diabetes
• Higher death rate for diabetes
• Lower percent of city land area as parkland
• Fewer acres of parkland per capita
• Fewer farmers’ markets per capita
• Lower percent using public transportation to work
• Lower percent bicycling or walking to work
• Lower Walk Score®
• Fewer ball diamonds per capita
• Fewer dog parks per capita
• Fewer golf courses per capita

Description of Orlando-Kissimmee-Sanford, FL MSA
Population 2,321,418
Percent less than 18 years old 22.4%
Percent 18 to 64 years old 63.8%
Percent 65 years old and older 13.8%
Percent male 49.0%
Percent high school graduate or higher 88.8%
Percent White 71.5%
Percent Black or African American 16.3%
Percent Asian 4.2%
Percent Other Race 7.9%
Percent Hispanic/Latino 27.9%
Percent unemployed 5.1%
Median household income $48,270.00
Percent of households below poverty level 12.0%
Violent crime rate/100,000* 685.4
Percent with disability 11.6%

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

Personal Health Indicators – Score = 35.9; Rank = 40

Health Behaviors

<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>22.2%</td>
<td>82.6%</td>
</tr>
<tr>
<td>Percent meeting CDC aerobic activity guidelines</td>
<td>14.6%</td>
<td>32.2%</td>
</tr>
<tr>
<td>Percent meeting both CDC aerobic and strength activity guidelines</td>
<td>16.9%</td>
<td>23.3%</td>
</tr>
<tr>
<td>Percent consuming 2+ fruits per day</td>
<td>27.5%</td>
<td>35.6%</td>
</tr>
<tr>
<td>Percent consuming 3+ vegetables per day</td>
<td>15.4%</td>
<td>13.1%</td>
</tr>
</tbody>
</table>

Chronic Health Problems

<table>
<thead>
<tr>
<th>Chronic Health Problems</th>
<th>Orlando</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent obese</td>
<td>26.8%</td>
<td>21.3%</td>
</tr>
<tr>
<td>Percent in excellent or very good health</td>
<td>46.8%</td>
<td>61.0%</td>
</tr>
<tr>
<td>Any days when physical health was not good during the past 30 days</td>
<td>38.2%</td>
<td>30.4%</td>
</tr>
<tr>
<td>Any days when mental health was not good during the past 30 days</td>
<td>34.8%</td>
<td>29.2%</td>
</tr>
<tr>
<td>Percent with asthma</td>
<td>10.3%</td>
<td>6.5%</td>
</tr>
<tr>
<td>Percent with angina or coronary heart disease</td>
<td>6.0%</td>
<td>2.8%</td>
</tr>
<tr>
<td>Percent with diabetes</td>
<td>12.2%</td>
<td>6.4%</td>
</tr>
<tr>
<td>Death rate/100,000 for cardiovascular disease</td>
<td>167.4</td>
<td>167.1</td>
</tr>
<tr>
<td>Death rate/100,000 for diabetes</td>
<td>21.6</td>
<td>17.0</td>
</tr>
</tbody>
</table>

Community/Environmental Indicators – Score = 44.8; Rank = 35

(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>Orlando</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parkland as a percent of city land area</td>
<td>5.5%</td>
<td>10.6%</td>
</tr>
<tr>
<td>Acres of parkland/1,000</td>
<td>11.6</td>
<td>18.6</td>
</tr>
<tr>
<td>Farmers’ markets/1,000,000</td>
<td>8.6</td>
<td>13.1</td>
</tr>
<tr>
<td>Percent using public transportation to work</td>
<td>2.0%</td>
<td>4.3%</td>
</tr>
<tr>
<td>Percent bicycling or walking to work</td>
<td>1.5%</td>
<td>2.8%</td>
</tr>
<tr>
<td>Walk Score®</td>
<td>39.3</td>
<td>51.1</td>
</tr>
<tr>
<td>Percent within a 10 minute walk to a park</td>
<td>N/A***</td>
<td>63.8%</td>
</tr>
</tbody>
</table>

Recreational Facilities

<table>
<thead>
<tr>
<th>Recreational Facilities</th>
<th>Orlando</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ball diamonds/10,000</td>
<td>1.4</td>
<td>1.9</td>
</tr>
<tr>
<td>Dog parks/100,000</td>
<td>0.4</td>
<td>0.9</td>
</tr>
<tr>
<td>Park playgrounds/10,000</td>
<td>2.1</td>
<td>2.3</td>
</tr>
<tr>
<td>Golf courses/100,000</td>
<td>0.4</td>
<td>0.9</td>
</tr>
<tr>
<td>Park units/10,000</td>
<td>4.7</td>
<td>4.1</td>
</tr>
<tr>
<td>Recreational centers/20,000</td>
<td>1.6</td>
<td>1.0</td>
</tr>
<tr>
<td>Swimming pools/100,000</td>
<td>4.3</td>
<td>3.1</td>
</tr>
<tr>
<td>Tennis courts/10,000</td>
<td>1.4</td>
<td>2.0</td>
</tr>
</tbody>
</table>

Policy for School P.E.****

<table>
<thead>
<tr>
<th>Policy for School P.E.****</th>
<th>Orlando</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level of 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>Orlando</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total park expenditure per resident</td>
<td>$118.00</td>
<td>$101.80</td>
</tr>
</tbody>
</table>

*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.
**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
***This measure was unavailable for this MSA. The community/environmental indicator score and total score were adjusted to allow fair comparisons with other MSAs.
****In 2015, this measure included P.E. required by the state only; while in 2016, this measure included P.E. required by the school district or state.
PHILADELPHIA, PA
(Philadelphia-Camden-Wilmington, PA-NJ-DE-MD MSA)

Total Score = 52.3; Rank = 24

Areas of Excellence (at or better than target goal):
• Higher percent of city land area as parkland
• More farmers’ markets per capita
• Higher percent using public transportation to work
• Higher percent bicycling or walking to work
• Higher Walk Score®
• Higher percent of population within a 10 minute walk to a park
• More ball diamonds per capita
• More recreation centers per capita
• More swimming pools per capita
• More tennis courts per capita
• Higher level of requirement for Physical Education classes

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

Description of Philadelphia-Camden-Wilmington, PA-NJ-DE-MD MSA
Population 6,051,170
Percent less than 18 years old 22.3%
Percent 18 to 64 years old 63.2%
Percent 65 years old and older 14.5%
Percent male 48.3%
Percent high school graduate or higher 89.5%
Percent White 67.7%
Percent Black or African American 20.9%
Percent Asian 5.6%
Percent Other Race 5.8%
Percent Hispanic/Latino 8.8%
Percent unemployed 5.2%
Median household income $62,171.00
Percent of households below poverty level 9.3%
Violent crime rate/100,000* 459.6
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 = 47.0; Rank = 29

<table>
<thead>
<tr>
<th>Health Behaviors</th>
<th>Philadelphia</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent any physical activity or exercise in the last 30 days</td>
<td>24.4%</td>
<td>32.2%</td>
</tr>
<tr>
<td>Percent meeting CDC aerobic activity guidelines</td>
<td>16.6%</td>
<td>23.3%</td>
</tr>
<tr>
<td>Percent meeting both CDC aerobic and strength activity guidelines</td>
<td>13.0%</td>
<td>19.6%</td>
</tr>
<tr>
<td>Percent consuming 2+ fruits per day</td>
<td>30.0%</td>
<td>35.6%</td>
</tr>
<tr>
<td>Percent consuming 3+ vegetables per day</td>
<td>17.0%</td>
<td>13.1%</td>
</tr>
</tbody>
</table>

Chronic Health Problems

<table>
<thead>
<tr>
<th>Percent obese</th>
<th>Philadelphia</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>29.0%</td>
<td>21.3%</td>
<td></td>
</tr>
<tr>
<td>Percent in excellent or very good health</td>
<td>53.1%</td>
<td>61.0%</td>
</tr>
<tr>
<td>Any days when physical health was not good during the past 30 days</td>
<td>34.7%</td>
<td>30.4%</td>
</tr>
<tr>
<td>Any days when mental health was not good during the past 30 days</td>
<td>35.5%</td>
<td>29.2%</td>
</tr>
<tr>
<td>Percent with asthma</td>
<td>8.7%</td>
<td>6.5%</td>
</tr>
<tr>
<td>Percent with angina or coronary heart disease</td>
<td>5.1%</td>
<td>2.8%</td>
</tr>
<tr>
<td>Percent with diabetes</td>
<td>10.2%</td>
<td>6.4%</td>
</tr>
<tr>
<td>Death rate/100,000 for cardiovascular disease</td>
<td>185.7</td>
<td>167.1</td>
</tr>
<tr>
<td>Death rate/100,000 for diabetes</td>
<td>19.2</td>
<td>17.0</td>
</tr>
</tbody>
</table>

Community/Environmental Indicators – Score = 57.5; Rank = 24

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

<table>
<thead>
<tr>
<th>Built Environment</th>
<th>Philadelphia</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parkland as a percent of city land area</td>
<td>13.0%</td>
<td>10.6%</td>
</tr>
<tr>
<td>Acres of parkland/1,000</td>
<td>7.0</td>
<td>18.6</td>
</tr>
<tr>
<td>Farmers’ markets/1,000,000</td>
<td>9.7%</td>
<td>4.3%</td>
</tr>
<tr>
<td>Percent using public transportation to work</td>
<td>4.3%</td>
<td>2.8%</td>
</tr>
<tr>
<td>Percent bicycling or walking to work</td>
<td>51.1</td>
<td>92.3%</td>
</tr>
<tr>
<td>Walk Score®</td>
<td>76.5</td>
<td>63.8%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Recreational Facilities</th>
<th>Philadelphia</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ball diamonds/10,000</td>
<td>2.7</td>
<td>1.9</td>
</tr>
<tr>
<td>Dog parks/100,000</td>
<td>0.3</td>
<td>0.9</td>
</tr>
<tr>
<td>Park playgrounds/10,000</td>
<td>1.6</td>
<td>2.3</td>
</tr>
<tr>
<td>Golf courses/100,000</td>
<td>0.4</td>
<td>0.9</td>
</tr>
<tr>
<td>Park units/10,000</td>
<td>2.5</td>
<td>4.1</td>
</tr>
<tr>
<td>Recreational centers/20,000</td>
<td>1.0</td>
<td>2.1</td>
</tr>
<tr>
<td>Swimming pools/100,000</td>
<td>3.1</td>
<td>4.8</td>
</tr>
<tr>
<td>Tennis courts/10,000</td>
<td>2.0</td>
<td>2.0</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Park-related Expenditures</th>
<th>Philadelphia</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total park expenditure per resident</td>
<td>$66.00</td>
<td>$101.80</td>
</tr>
</tbody>
</table>

*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2006-2010. For the new personal health indicators the target goals were 90% of the 2014 values.
**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
***In 2015, this measure included P.E. required by the state only, while in 2016, this measure included P.E. required by the school district or state.
PHOENIX, AZ
(Phoenix-Mesa-Scottsdale, AZ MSA)

**Total Score = 44.9; Rank = 34**

**Areas of Excellence (at or better than target goal):**
- Lower death rate for cardiovascular disease
- Higher percent of city land area as parkland
- More acres of parkland per capita
- Higher level of requirement for Physical Education classes

**Improvement Priority Areas (worse than 20% of target goal):**
- Lower percent meeting CDC aerobic activity guidelines
- Lower percent consuming 2+ fruits per day
- Lower percent consuming 3+ vegetables per day
- Higher percent obese
- Higher percent with asthma
- Higher percent with angina or coronary heart disease
- Higher percent with diabetes
- Higher death rate for diabetes
- Fewer farmers’ markets per capita
- Lower percent using public transportation to work
- Lower Walk Score®
- Lower percent of population within a 10 minute walk to a park
- Fewer ball diamonds per capita
- Fewer dog parks per capita
- Fewer park playgrounds per capita
- Fewer park units per capita
- Fewer recreation centers per capita
- Fewer swimming pools per capita
- Fewer tennis courts per capita

**Description of Phoenix-Mesa-Scottsdale, AZ MSA**

<table>
<thead>
<tr>
<th>Description</th>
<th>Value</th>
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<tbody>
<tr>
<td>Population</td>
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<tr>
<td>Percent less than 18 years old</td>
<td>25.0%</td>
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<td>Percent 65 years old and older</td>
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<tr>
<td>Percent male</td>
<td>49.7%</td>
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<tr>
<td>Percent high school graduate or higher</td>
<td>86.6%</td>
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<tr>
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<tr>
<td>Percent Other Race</td>
<td>12.0%</td>
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<tr>
<td>Percent Hispanic/Latino</td>
<td>30.2%</td>
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<tr>
<td>Percent unemployed</td>
<td>4.3%</td>
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<td>Median household income</td>
<td>$53,365.00</td>
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<tr>
<td>Percent of households below poverty level</td>
<td>12.4%</td>
</tr>
<tr>
<td>Violent crime rate/100,000*</td>
<td>N/A‡</td>
</tr>
<tr>
<td>Percent with disability</td>
<td>11.2%</td>
</tr>
</tbody>
</table>

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

Personal Health Indicators – Score = 52.9; Rank = 21

Health Behaviors
- Percent any physical activity or exercise in the last 30 days: 78.9% Phoenix, 82.6% Target Goal*
- Percent meeting CDC aerobic activity guidelines: 24.6% Phoenix, 32.2% Target Goal*
- Percent meeting both CDC aerobic and strength activity guidelines: 18.8% Phoenix, 23.3% Target Goal*
- Percent consuming 2+ fruits per day: 26.9% Phoenix, 35.6% Target Goal*
- Percent consuming 3+ vegetables per day: 15.1% Phoenix, 19.6% Target Goal*
- Percent currently smoking: 15.7% Phoenix, 13.1% Target Goal*

Chronic Health Problems
- Percent obese: 29.4% Phoenix, 21.3% Target Goal*
- Percent in excellent or very good health: 51.4% Phoenix, 61.0% Target Goal*
- Any days when physical health was not good during the past 30 days: 34.6% Phoenix, 30.4% Target Goal*
- Any days when mental health was not good during the past 30 days: 32.6% Phoenix, 29.2% Target Goal*
- Percent with asthma: 9.8% Phoenix, 6.5% Target Goal*
- Percent with angina or coronary heart disease: 4.0% Phoenix, 2.8% Target Goal*
- Percent with diabetes: 9.7% Phoenix, 6.4% Target Goal*
- Death rate/100,000 for cardiovascular disease: 145.5 Phoenix, 167.1 Target Goal*
- Death rate/100,000 for diabetes: 24.0 Phoenix, 17.0 Target Goal*

Community/Environmental Indicators – Score = 37.1; Rank = 41
(note: most of these data were available only for the main city in the MSA)

Built Environment
- Parkland as a percent of city land area: 15.0% Phoenix, 10.6% Target Goal*
- Acres of parkland/1,000: 32.5 Phoenix, 18.6 Target Goal*
- Farmers’ markets/1,000,000: 8.7 Phoenix, 13.1 Target Goal*
- Percent using public transportation to work: 2.1% Phoenix, 4.3% Target Goal*
- Percent bicycling or walking to work: 2.4% Phoenix, 2.8% Target Goal*
- Walk Score®: 38.3 Phoenix, 51.1 Target Goal*
- Percent within a 10 minute walk to a park: 45.2% Phoenix, 63.8% Target Goal*

Recreational Facilities
- Ball diamonds/10,000: 0.8 Phoenix, 1.9 Target Goal*
- Dog parks/100,000: 0.4 Phoenix, 0.9 Target Goal*
- Park playgrounds/10,000: 1.7 Phoenix, 2.3 Target Goal*
- Golf courses/100,000: 0.7 Phoenix, 0.9 Target Goal*
- Park units/10,000: 1.5 Phoenix, 4.1 Target Goal*
- Recreational centers/20,000: 0.5 Phoenix, 1.0 Target Goal*
- Swimming pools/100,000: 1.9 Phoenix, 3.1 Target Goal*
- Tennis courts/10,000: 0.9 Phoenix, 2.0 Target Goal*

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

Park-related Expenditures
- Total park expenditure per resident: $84.00 Phoenix, $101.80 Target Goal*

*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.
**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
****In 2015, this measure included P.E. required by the state only, while in 2016, this measure included P.E. required by the school district or state.
PITTSBURGH, PA  
(Pittsburgh, PA MSA)

Total Score = 51.3; Rank = 27

Areas of Excellence (at or better than target goal):
• More farmers’ markets per capita
• Higher percent using public transportation to work
• Higher percent bicycling or walking to work
• Higher Walk Score®
• More ball diamonds per capita
• More dog parks per capita
• More park playgrounds per capita
• More park units per capita
• More recreation centers per capita
• More swimming pools per capita
• More tennis courts per capita
• Higher level of requirement for Physical Education classes

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

Description of Pittsburgh, PA MSA
Population 2,355,968
Percent less than 18 years old 19.3%
Percent 18 to 64 years old 62.4%
Percent 65 years old and older 18.3%
Percent male 48.5%
Percent high school graduate or higher 93.0%
Percent White 87.1%
Percent Black or African American 8.3%
Percent Asian 2.1%
Percent Other Race 2.6%
Percent Hispanic/Latino 1.6%
Percent unemployed 3.9%
Median household income $52,293.00
Percent of households below poverty level 8.7%
Violent crime rate/100,000* 287.2
Percent with disability 14.0%

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

- **Percent any physical activity or exercise in the last 30 days**
  - Pittsburgh: 76.0%
  - Target Goal*: 82.6%

- **Percent meeting CDC aerobic activity guidelines**
  - Pittsburgh: 25.6%
  - Target Goal*: 32.2%

- **Percent meeting both CDC aerobic and strength activity guidelines**
  - Pittsburgh: 16.5%
  - Target Goal*: 23.3%

- **Percent consuming 2+ fruits per day**
  - Pittsburgh: 30.0%
  - Target Goal*: 35.6%

- **Percent consuming 3+ vegetables per day**
  - Pittsburgh: 11.6%
  - Target Goal*: 19.6%

- **Percent currently smoking**
  - Pittsburgh: 19.5%
  - Target Goal*: 13.1%

### Chronic Health Problems

- **Percent obese**
  - Pittsburgh: 31.7%
  - Target Goal*: 21.3%

- **Percent in excellent or very good health**
  - Pittsburgh: 52.7%
  - Target Goal*: 61.0%

- **Any days when physical health was not good during the past 30 days**
  - Pittsburgh: 37.0%
  - Target Goal*: 30.4%

- **Any days when mental health was not good during the past 30 days**
  - Pittsburgh: 34.8%
  - Target Goal*: 29.2%

- **Percent with asthma**
  - Pittsburgh: 9.4%
  - Target Goal*: 6.5%

- **Percent with angina or coronary heart disease**
  - Pittsburgh: 5.3%
  - Target Goal*: 2.8%

- **Percent with diabetes**
  - Pittsburgh: 12.5%
  - Target Goal*: 6.4%

- **Death rate/100,000 for cardiovascular disease**
  - Pittsburgh: 196.3
  - Target Goal**: 167.1

- **Death rate/100,000 for diabetes**
  - Pittsburgh: 19.7
  - Target Goal**: 17.0

### Community/Environmental Indicators

**Score = 70.1; Rank = 5**

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

### Built Environment

- **Parkland as a percent of city land area**
  - Pittsburgh: 8.4%
  - Target Goal**: 10.6%

- **Acres of parkland/1,000**
  - Pittsburgh: 9.8
  - Target Goal**: 18.6

- **Farmers’ markets/1,000,000**
  - Pittsburgh: 20.4
  - Target Goal**: 13.1

- **Percent using public transportation to work**
  - Pittsburgh: 5.6%
  - Target Goal**: 4.3%

- **Percent bicycling or walking to work**
  - Pittsburgh: 3.8%
  - Target Goal**: 2.8%

- **Walk Score®**
  - Pittsburgh: 59.8
  - Target Goal**: 51.1

- **Percent within a 10 minute walk to a park**
  - Pittsburgh: N/A**
  - Target Goal**: 63.8%

### Recreational Facilities

- **Ball diamonds/10,000**
  - Pittsburgh: 4.2
  - Target Goal**: 1.9

- **Dog parks/100,000**
  - Pittsburgh: 2.0
  - Target Goal**: 0.9

- **Park playgrounds/10,000**
  - Pittsburgh: 2.3
  - Target Goal**: 4.2

- **Golf courses/100,000**
  - Pittsburgh: 0.3
  - Target Goal**: 0.9

- **Park units/10,000**
  - Pittsburgh: 4.1
  - Target Goal**: 7.0

- **Recreational centers/20,000**
  - Pittsburgh: 1.6
  - Target Goal**: 1.0

- **Swimming pools/100,000**
  - Pittsburgh: 3.1
  - Target Goal**: 6.2

- **Tennis courts/10,000**
  - Pittsburgh: 2.8
  - Target Goal**: 2.0

### Policy for School P.E.****

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

### Park-related Expenditures

- **Total park expenditure per resident**
  - Pittsburgh: $54.00
  - Target Goal**: $101.80

---

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

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

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

****In 2015, this measure included P.E. required by the state only, while in 2016, this measure included P.E. required by the school district or state.
PORTLAND, OR
(Portland-Vancouver-Hillsboro, OR-WA MSA)

Ranking: Total Score = 69.6; Rank = 4

Areas of Excellence (at or better than target goal):
• Higher percent of any physical activity or exercise in the last 30 days
• Higher percent meeting CDC aerobic activity guidelines
• Lower death rate for cardiovascular disease
• Higher percent of city land area as parkland
• More acres of parkland per capita
• More farmers’ markets per capita
• Higher percent using public transportation to work
• Higher percent bicycling or walking to work
• Higher Walk Score®
• Higher percent of population within a 10 minute walk to a park
• More ball diamonds per capita
• More dog parks per capita
• More golf courses per capita
• More park units per capita
• More tennis courts per capita
• Higher park-related expenditures per capita

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

Description of Portland-Vancouver-Hillsboro, OR-WA MSA

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<thead>
<tr>
<th>Measure</th>
<th>Value</th>
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</thead>
<tbody>
<tr>
<td>Population</td>
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<td>Percent 18 to 64 years old</td>
<td>64.1%</td>
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<tr>
<td>Percent 65 years old and older</td>
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<td>Percent male</td>
<td>49.5%</td>
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<tr>
<td>Percent Other Race</td>
<td>9.8%</td>
</tr>
<tr>
<td>Percent Hispanic/Latino</td>
<td>11.5%</td>
</tr>
<tr>
<td>Percent unemployed</td>
<td>4.8%</td>
</tr>
<tr>
<td>Median household income</td>
<td>$60,248.00</td>
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<tr>
<td>Percent of households below poverty level</td>
<td>9.1%</td>
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<tr>
<td>Violent crime rate/100,000*</td>
<td>258.7</td>
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<tr>
<td>Percent with disability</td>
<td>12.7%</td>
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</table>

*Due to differences in jurisdictional definitions and reporting, the FBI recommends that these rates not be compared across areas.
### Personal Health Indicators – Score = 71.8; Rank = 8

- **Health Behaviors**
  - Percent any physical activity or exercise in the last 30 days: 84.8% (Portland), 21.3% (Target Goal)
  - Percent meeting CDC aerobic activity guidelines: 32.6% (Portland), 61.0% (Target Goal)
  - Percent meeting both CDC aerobic and strength activity guidelines: 22.0% (Portland), 30.4% (Target Goal)
  - Percent consuming 2+ fruits per day: 33.0% (Portland), 6.5% (Target Goal)
  - Percent consuming 3+ vegetables per day: 18.5% (Portland), 2.8% (Target Goal)
  - Percent currently smoking: 14.4% (Portland), 13.1% (Target Goal)

### Chronic Health Problems

- Percent obese: 25.4% (Portland), 21.3% (Target Goal)
- Percent in excellent or very good health: 55.3% (Portland), 61.0% (Target Goal)
- Any days when physical health was not good during the past 30 days: 38.1% (Portland), 30.4% (Target Goal)
- Any days when mental health was not good during the past 30 days: 39.2% (Portland), 29.2% (Target Goal)
- Percent with asthma: 10.5% (Portland), 6.5% (Target Goal)
- Percent with angina or coronary heart disease: 3.7% (Portland), 2.8% (Target Goal)
- Percent with diabetes: 8.8% (Portland), 6.4% (Target Goal)
- Death rate/100,000 for cardiovascular disease: 141.2 (Portland), 167.1 (Target Goal)
- Death rate/100,000 for diabetes: 21.0 (Portland), 17.0 (Target Goal)

### Community/Environmental Indicators – Score = 67.5; 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: 17.7% (Portland), 10.6% (Target Goal)
  - Acres of parkland/1,000: 23.7 (Portland), 18.6 (Target Goal)
  - Farmers’ markets/1,000,000: 30.2 (Portland), 13.1 (Target Goal)
  - Percent using public transportation to work: 6.5% (Portland), 4.3% (Target Goal)
  - Percent bicycling or walking to work: 5.9% (Portland), 2.8% (Target Goal)
  - Walk Score*: 62.8 (Portland), 51.1 (Target Goal)
  - Percent within a 10 minute walk to a park: 83.6% (Portland)

- **Recreational Facilities**
  - Ball diamonds/10,000: 2.0 (Portland), 1.9 (Target Goal)
  - Dog parks/100,000: 0.9 (Portland), 5.4 (Target Goal)
  - Park playgrounds/10,000: 2.1 (Portland), 2.3 (Target Goal)
  - Golf courses/100,000: 1.2 (Portland), 0.9 (Target Goal)
  - Park units/10,000: 4.1 (Portland), 5.5 (Target Goal)
  - Recreational centers/20,000: 0.6 (Portland), 1.0 (Target Goal)
  - Swimming pools/100,000: 2.1 (Portland), 3.1 (Target Goal)
  - Tennis courts/10,000: 2.0 (Portland), 2.0 (Target Goal)

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

- **Park-related Expenditures**
  - Total park expenditure per resident: $141.00 (Portland), $101.80 (Target Goal)

---

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

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

***In 2015, this measure included P.E. required by the state only, while in 2016, this measure included P.E. required by the school district or state.
PROVIDENCE, RI
(Providence-Warwick, RI-MA MSA)

Total Score = 54.2; Rank = 21

Areas of Excellence (at or better than target goal):
• Lower death rate for diabetes
• More farmers’ markets per capita
• Higher percent bicycling or walking to work
• Higher Walk Score®
• More ball diamonds per capita
• More dog parks per capita
• More park playgrounds per capita
• More park units per capita
• More recreation centers per capita
• Higher level of requirement for Physical Education classes

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

Description of Providence-Warwick, RI-MA MSA

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<tr>
<th>Category</th>
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<td>Percent 18 to 64 years old</td>
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<tr>
<td>Percent 65 years old and older</td>
<td>15.8%</td>
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<tr>
<td>Percent male</td>
<td>48.4%</td>
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<tr>
<td>Percent high school graduate or higher</td>
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<td>Percent White</td>
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<td>Percent unemployed</td>
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<td>Median household income</td>
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<tr>
<td>Percent of households below poverty level</td>
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<td>Violent crime rate/100,000*</td>
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<td>Percent with disability</td>
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*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 = 46.9; Rank = 30

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<thead>
<tr>
<th>Health Behaviors</th>
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<th>Target Goal*</th>
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<td>76.4%</td>
<td>82.6%</td>
</tr>
<tr>
<td>Percent meeting CDC aerobic activity guidelines</td>
<td>25.2%</td>
<td>32.2%</td>
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<tr>
<td>Percent meeting both CDC aerobic and strength activity guidelines</td>
<td>16.7%</td>
<td>23.3%</td>
</tr>
<tr>
<td>Percent consuming 2+ fruits per day</td>
<td>31.1%</td>
<td>35.6%</td>
</tr>
<tr>
<td>Percent consuming 3+ vegetables per day</td>
<td>13.4%</td>
<td>19.6%</td>
</tr>
<tr>
<td>Percent currently smoking</td>
<td>16.8%</td>
<td>13.1%</td>
</tr>
</tbody>
</table>

Chronic Health Problems

<table>
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<tr>
<th>Chronic Health Problems</th>
<th>Providence</th>
<th>Target Goal*</th>
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</thead>
<tbody>
<tr>
<td>Percent obese</td>
<td>27.8%</td>
<td>21.3%</td>
</tr>
<tr>
<td>Percent in excellent or very good health</td>
<td>53.6%</td>
<td>61.0%</td>
</tr>
<tr>
<td>Any days when physical health was not good during the past 30 days</td>
<td>36.7%</td>
<td>30.4%</td>
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<tr>
<td>Any days when mental health was not good during the past 30 days</td>
<td>35.2%</td>
<td>29.2%</td>
</tr>
<tr>
<td>Percent with asthma</td>
<td>11.6%</td>
<td>6.5%</td>
</tr>
<tr>
<td>Percent with angina or coronary heart disease</td>
<td>4.7%</td>
<td>2.8%</td>
</tr>
<tr>
<td>Percent with diabetes</td>
<td>10.7%</td>
<td>6.4%</td>
</tr>
<tr>
<td>Death rate/100,000 for cardiovascular disease</td>
<td>173.8</td>
<td>167.1</td>
</tr>
<tr>
<td>Death rate/100,000 for diabetes</td>
<td>15.6</td>
<td>17.0</td>
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Community/Environmental Indicators – Score = 61.6; Rank = 16

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

<table>
<thead>
<tr>
<th>Built Environment</th>
<th>Providence</th>
<th>Target Goal**</th>
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<tbody>
<tr>
<td>Parkland as a percent of city land area</td>
<td>9.7%</td>
<td>10.6%</td>
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<tr>
<td>Acres of parkland/1,000</td>
<td>6.4</td>
<td>18.6</td>
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<tr>
<td>Farmers’ markets/1,000,000</td>
<td>49.7</td>
<td>13.1</td>
</tr>
<tr>
<td>Percent using public transportation to work</td>
<td>2.8%</td>
<td>4.3%</td>
</tr>
<tr>
<td>Percent bicycling or walking to work</td>
<td>3.9%</td>
<td>2.8%</td>
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<tr>
<td>Walk Score®</td>
<td>76.0</td>
<td>51.1</td>
</tr>
<tr>
<td>Percent within a 10 minute walk to a park</td>
<td>N/A***</td>
<td>63.8%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Recreational Facilities</th>
<th>Providence</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>0.9</td>
</tr>
<tr>
<td>Park playgrounds/10,000</td>
<td>2.3</td>
<td>3.3</td>
</tr>
<tr>
<td>Golf courses/100,000</td>
<td>0.6</td>
<td>0.9</td>
</tr>
<tr>
<td>Park units/10,000</td>
<td>4.1</td>
<td>6.4</td>
</tr>
<tr>
<td>Recreational centers/20,000</td>
<td>1.0</td>
<td>1.0</td>
</tr>
<tr>
<td>Swimming pools/100,000</td>
<td>2.8</td>
<td>3.1</td>
</tr>
<tr>
<td>Tennis courts/10,000</td>
<td>0.9</td>
<td>2.0</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Policy for School P.E.****</th>
<th>Providence</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level of 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>Providence</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total park expenditure per resident</td>
<td>$78.00</td>
<td>$101.80</td>
</tr>
</tbody>
</table>

*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.
**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
***This measure was unavailable for this MSA. The community/environmental indicator score and total score were adjusted to allow fair comparisons with other MSAs.
****In 2015, this measure included P.E. required by the state only, while in 2016, this measure included P.E. required by the school district or state.
RALEIGH, NC
(Raleigh, NC MSA)

Total Score = 59.3; Rank = 15.5

Areas of Excellence (at or better than target goal):
• Higher percent of any physical activity or exercise in the last 30 days
• Higher percent in excellent or very good health
• Lower percent with asthma
• Lower death rate for cardiovascular disease
• Lower death rate for diabetes
• Higher percent of city land area as parkland
• More acres of parkland per capita
• More farmers’ markets per capita
• More park units per capita
• More recreation centers per capita
• More tennis courts per capita
• Higher park-related expenditures per capita
• Higher level of requirement for Physical Education classes

Improvement Priority Areas (worse than 20% of target goal):
• Lower percent consuming 2+ fruits per day
• Lower percent consuming 3+ vegetables per day
• Higher percent currently smoking
• Higher percent with angina or coronary heart disease
• Higher percent with diabetes
• Lower percent using public transportation to work
• Lower percent bicycling or walking to work
• Lower Walk Score®
• Fewer ball diamonds per capita
• Fewer golf courses per capita
• Fewer swimming pools per capita

Description of Raleigh, NC MSA
Population 1,242,974
Percent less than 18 years old 25.2%
Percent 18 to 64 years old 64.2%
Percent 65 years old and older 10.6%
Percent male 48.7%
Percent high school graduate or higher 91.1%
Percent White 68.4%
Percent Black or African American 19.8%
Percent Asian 5.2%
Percent Other Race 6.5%
Percent Hispanic/Latino 10.4%
Percent unemployed 3.9%
Median household income $62,313.00
Percent of households below poverty level 9.1%
Violent crime rate/100,000* N/A‡
Percent with disability 9.6%

*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 = 68.2; Rank = 12

Health Behaviors
- Percent any physical activity or exercise in the last 30 days
  - Raleigh: 83.9%
  - Target Goal: 82.6%
- Percent meeting CDC aerobic activity guidelines
  - Raleigh: 27.1%
  - Target Goal: 32.2%
- Percent meeting both CDC aerobic and strength activity guidelines
  - Raleigh: 19.1%
  - Target Goal: 23.3%
- Percent consuming 2+ fruits per day
  - Raleigh: 20.5%
  - Target Goal: 35.6%
- Percent consuming 3+ vegetables per day
  - Raleigh: 12.9%
  - Target Goal: 19.6%
- Percent currently smoking
  - Raleigh: 16.5%
  - Target Goal: 13.1%

Chronic Health Problems
- Percent obese
  - Raleigh: 24.8%
  - Target Goal: 21.3%
- Percent in excellent or very good health
  - Raleigh: 61.5%
  - Target Goal: 61.0%
- Any days when physical health was not good during the past 30 days
  - Raleigh: 31.1%
  - Target Goal: 30.4%
- Any days when mental health was not good during the past 30 days
  - Raleigh: 33.5%
  - Target Goal: 29.2%
- Percent with asthma
  - Raleigh: 6.0%
  - Target Goal: 6.5%
- Percent with angina or coronary heart disease
  - Raleigh: 4.2%
  - Target Goal: 2.8%
- Percent with diabetes
  - Raleigh: 7.9%
  - Target Goal: 6.4%
- Death rate/100,000 for cardiovascular disease
  - Raleigh: 149.2
  - Target Goal: 167.1
- Death rate/100,000 for diabetes
  - Raleigh: 15.2
  - Target Goal: 17.0

Community/Environmental Indicators – Score = 50.7; 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
  - Raleigh: 14.2%
  - Target Goal: 10.6%
- Acres of parkland/1,000
  - Raleigh: 30.0
  - Target Goal: 18.6
- Farmers’ markets/1,000,000
  - Raleigh: 14.5
  - Target Goal: 13.1
- Percent using public transportation to work
  - Raleigh: 1.0%
  - Target Goal: 4.3%
- Percent bicycling or walking to work
  - Raleigh: 1.5%
  - Target Goal: 2.8%
- Walk Score®
  - Raleigh: 28.8
  - Target Goal: 51.1
- Percent within a 10 minute walk to a park
  - Raleigh: 53.4%
  - Target Goal: 63.8%

Recreational Facilities
- Ball diamonds/10,000
  - Raleigh: 1.4
  - Target Goal: 1.9
- Dog parks/100,000
  - Raleigh: 0.7
  - Target Goal: 0.9
- Park playgrounds/10,000
  - Raleigh: 2.2
  - Target Goal: 2.3
- Golf courses/100,000
  - Raleigh: 0.0
  - Target Goal: 0.9
- Park units/10,000
  - Raleigh: 5.0
  - Target Goal: 4.1
- Recreational centers/20,000
  - Raleigh: 1.7
  - Target Goal: 1.0
- Swimming pools/100,000
  - Raleigh: 2.3
  - Target Goal: 3.1
- Tennis courts/10,000
  - Raleigh: 2.6
  - Target Goal: 2.0

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

Park-related Expenditures
- Total park expenditure per resident
  - Raleigh: $155.00
  - Target Goal: $101.80

*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.
**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
****In 2015, this measure included P.E. required by the state only, while in 2016, the measure included P.E. required by the school district or state.
Total Score = 55.1; Rank = 18

Areas of Excellence (at or better than target goal):
- Lower death rate of diabetes
- More farmers’ markets per capita
- More dog parks per capita
- More park units per capita
- More recreation centers per capita
- More swimming pools per capita
- More tennis courts per capita
- Higher level of requirement for Physical Education classes

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

Description of Richmond, VA MSA
Population 1,260,029
Percent less than 18 years old 22.3%
Percent 18 to 64 years old 64.1%
Percent 65 years old and older 13.6%
Percent male 48.7%
Percent high school graduate or higher 88.4%
Percent White 62.1%
Percent Black or African American 29.7%
Percent Asian 3.8%
Percent Other Race 4.4%
Percent Hispanic/Latino 5.7%
Percent unemployed 4.7%
Median household income $60,936.00
Percent of households below poverty level 8.3%
Violent crime rate/100,000* 232.2
Percent with disability 11.7%

*Due to differences in jurisdictional definitions and reporting, the FBI recommends that these rates not be compared across areas.
### Personal Health Indicators – Score = 57.3; Rank = 18

#### Health Behaviors

- Percent any physical activity or exercise in the last 30 days
  - Richmond: 23.3%
  - Target: 32.2%
- Percent meeting CDC aerobic activity guidelines
  - Richmond: 22.9%
  - Target: 30.4%
- Percent meeting both CDC aerobic and strength activity guidelines
  - Richmond: 23.3%
  - Target: 35.6%
- Percent consuming 2+ fruits per day
  - Richmond: 14.5%
  - Target: 19.6%
- Percent consuming 3+ vegetables per day
  - Richmond: 19.7%
  - Target: 13.1%
- Percent currently smoking
  - Richmond: 19.3%
  - Target: 13.1%

#### Chronic Health Problems

- Percent obese
  - Richmond: 29.1%
  - Target: 21.3%
- Percent in excellent or very good health
  - Richmond: 56.0%
  - Target: 61.0%
- Any days when physical health was not good during the past 30 days
  - Richmond: 32.2%
  - Target: 30.4%
- Any days when mental health was not good during the past 30 days
  - Richmond: 29.4%
  - Target: 29.2%
- Percent with asthma
  - Richmond: 8.5%
  - Target: 6.5%
- Percent with angina or coronary heart disease
  - Richmond: 5.2%
  - Target: 2.8%
- Percent with diabetes
  - Richmond: 10.0%
  - Target: 6.4%
- Death rate/100,000 for cardiovascular disease
  - Richmond: 187.0
  - Target: 167.1
- Death rate/100,000 for diabetes
  - Richmond: 10.7
  - Target: 17.0

### Community/Environmental Indicators – Score = 52.8; 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
  - Richmond: 5.3%
  - Target: 10.6%
- Acres of parkland/1,000
  - Richmond: 9.3
  - Target: 18.6
- Farmers’ markets/1,000,000
  - Richmond: 27.8
  - Target: 13.1
- Percent using public transportation to work
  - Richmond: 1.7%
  - Target: 4.3%
- Percent bicycling or walking to work
  - Richmond: 2.0%
  - Target: 2.8%
- Walk Score®
  - Richmond: 49.2
  - Target: 51.1
- Percent within a 10 minute walk to a park
  - Richmond: N/A***
  - Target: 63.8%

#### Recreational Facilities

- Ball diamonds/10,000
  - Richmond: 1.5
  - Target: 1.9
- Dog parks/100,000
  - Richmond: 1.4
  - Target: 0.9
- Park playgrounds/10,000
  - Richmond: 2.2
  - Target: 2.3
- Golf courses/100,000
  - Richmond: 0.0
  - Target: 0.9
- Park units/10,000
  - Richmond: 5.0
  - Target: 4.1
- Recreational centers/20,000
  - Richmond: 1.2
  - Target: 1.0
- Swimming pools/100,000
  - Richmond: 3.1
  - Target: 4.6
- Tennis courts/10,000
  - Richmond: 2.0
  - Target: 6.2

#### Policy for School P.E.****

- Level of requirement for Physical Education
  - Richmond: 3.0
  - Target: 2.5

#### Park-related Expenditures

- Total park expenditure per resident
  - Richmond: $89.00
  - Target: $101.80

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*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.
**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
***This measure was unavailable for this MSA. The community/environmental indicator score and total score were adjusted to allow fair comparisons with other MSAs.
****In 2015, this measure included P.E. required by the state only, while in 2016, this measure included P.E. required by the school district or state.
RIVERSIDE, CA  
(Riverside-San Bernardino-Ontario, CA MSA)

Total Score = 42.7; Rank = 36

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

Improvement Priority Areas (worse than 20% of target goal):
• Higher percent obese
• Lower percent in excellent or very good health
• Higher percent of days when physical health was not good during the past 30 days
• Higher percent of days when mental health was not good during the past 30 days
• Higher percent with asthma
• Higher percent with angina or coronary heart disease
• Higher percent with diabetes
• Higher death rate for diabetes
• Lower percent of city land area as parkland
• Fewer acres of parkland per capita
• Fewer farmers’ markets per capita
• Lower percent using public transportation to work
• Lower percent bicycling or walking to work
• Lower Walk Score®
• Lower percent of population within a 10 minute walk to a park
• Fewer park playgrounds per capita
• Fewer golf courses per capita
• Fewer 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
Population 4,441,890
Percent less than 18 years old 26.8%
Percent 18 to 64 years old 61.4%
Percent 65 years old and older 11.8%
Percent male 49.7%
Percent high school graduate or higher 79.7%
Percent White 62.1%
Percent Black or African American 7.2%
Percent Asian 6.6%
Percent Other Race 24.1%
Percent Hispanic/Latino 49.4%
Percent unemployed 6.8%
Median household income $54,586.00
Percent of households below poverty level 14.7%
Violent crime rate/100,000* 327.5
Percent with disability 11.0%

*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 = 50.5; Rank = 23

Health Behaviors

- Percent any physical activity or exercise in the last 30 days
  - Riverside: 68.8%
  - Target Goal*: 82.6%

- Percent meeting CDC aerobic activity guidelines
  - Riverside: 27.9%
  - Target Goal*: 32.2%

- Percent meeting both CDC aerobic and strength activity guidelines
  - Riverside: 19.5%
  - Target Goal*: 23.3%

- Percent consuming 2+ fruits per day
  - Riverside: 33.5%
  - Target Goal*: 35.6%

- Percent consuming 3+ vegetables per day
  - Riverside: 20.2%
  - Target Goal*: 19.6%

- Percent currently smoking
  - Riverside: 13.7%
  - Target Goal*: 13.1%

Chronic Health Problems

- Percent obese
  - Riverside: 28.8%
  - Target Goal*: 21.3%

- Percent in excellent or very good health
  - Riverside: 47.6%
  - Target Goal*: 61.0%

- Any days when physical health was not good during the past 30 days
  - Riverside: 37.0%
  - Target Goal*: 30.4%

- Any days when mental health was not good during the past 30 days
  - Riverside: 36.2%
  - Target Goal*: 29.2%

- Percent with asthma
  - Riverside: 9.9%
  - Target Goal*: 6.5%

- Percent with angina or coronary heart disease
  - Riverside: 3.6%
  - Target Goal*: 2.8%

- Percent with diabetes
  - Riverside: 11.4%
  - Target Goal*: 6.4%

- Death rate/100,000 for cardiovascular disease
  - Riverside: 188.8
  - Target Goal*: 167.1

- Death rate/100,000 for diabetes
  - Riverside: 25.3
  - Target Goal*: 17.0

Community/Environmental Indicators – Score = 35.3; 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
  - Riverside: 7.1%
  - Target Goal**: 10.6%

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

- Farmers’ markets/1,000,000
  - Riverside: 9.9
  - Target Goal**: 13.1

- Percent using public transportation to work
  - Riverside: 1.6%
  - Target Goal**: 4.3%

- Percent bicycling or walking to work
  - Riverside: 2.0%
  - Target Goal**: 2.8%

- Walk Score®
  - Riverside: 38.9
  - Target Goal**: 51.1

- Percent within a 10 minute walk to a park
  - Riverside: 45.2%
  - Target Goal**: 63.8%

Recreational Facilities

- Ball diamonds/10,000
  - Riverside: 1.5
  - Target Goal**: 1.9

- Dog parks/100,000
  - Riverside: 1.3
  - Target Goal**: 0.9

- Park playgrounds/10,000
  - Riverside: 1.4
  - Target Goal**: 2.3

- Golf courses/100,000
  - Riverside: 0.3
  - Target Goal**: 0.9

- Park units/10,000
  - Riverside: 2.1
  - Target Goal**: 4.1

- Recreational centers/20,000
  - Riverside: 1.1
  - Target Goal**: 1.0

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

- Tennis courts/10,000
  - Riverside: 0.8
  - Target Goal**: 2.0

Policy for School P.E.****

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

Park-related Expenditures

- Total park expenditure per resident
  - Riverside: $75.00
  - Target Goal**: $101.80

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*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.
**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
****In 2015, this measure included P.E. required by the state only, while in 2016, this measure included P.E. required by the school district or state.
SACRAMENTO, CA
(Sacramento-Roseville-Arden-Arcade, CA MSA)

Total Score = 62.4; Rank = 13

Areas of Excellence (at or better than target goal):
- Higher percent meeting both CDC aerobic and strength activity guidelines
- Higher percent consuming 2+ fruits per day
- Higher percent consuming 3+ vegetables per day
- More farmers’ markets per capita
- Higher percent bicycling or walking to work
- Higher percent of population within a 10 minute walk to a park
- More ball diamonds per capita
- More dog parks per capita
- More park playgrounds per capita
- More golf courses per capita
- More park units per capita
- More recreation centers per capita
- Higher park-related expenditures per capita
- Higher level of requirement for Physical Education classes

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

Description of Sacramento-Roseville-Arden-Arcade, CA MSA
Population 2,244,397
Percent less than 18 years old 23.6%
Percent 18 to 64 years old 62.5%
Percent 65 years old and older 13.9%
Percent male 49.0%
Percent high school graduate or higher 88.4%
Percent White 65.8%
Percent Black or African American 7.3%
Percent Asian 13.0%
Percent Other Race 13.9%
Percent Hispanic/Latino 21.0%
Percent unemployed 5.4%
Median household income $60,015.00
Percent of households below poverty level 11.4%
Violent crime rate/100,000* 410.6
Percent with disability 12.7%

*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 = 63.1; Rank = 15

- **Health Behaviors**
  - Percent any physical activity or exercise in the last 30 days: 73.3% (Sacramento) vs. 82.6% (Target Goal)
  - Percent meeting CDC aerobic activity guidelines: 30.3% (Sacramento) vs. 32.2% (Target Goal)
  - Percent meeting both CDC aerobic and strength activity guidelines: 25.2% (Sacramento) vs. 23.3% (Target Goal)
  - Percent consuming 2+ fruits per day: 37.9% (Sacramento) vs. 35.6% (Target Goal)
  - Percent consuming 3+ vegetables per day: 22.5% (Sacramento) vs. 19.6% (Target Goal)
  - Percent currently smoking: 13.6% (Sacramento) vs. 13.1% (Target Goal)

**Chronic Health Problems**
- Percent obese: 26.9% (Sacramento) vs. 21.3% (Target Goal)
- Percent in excellent or very good health: 54.2% (Sacramento) vs. 61.0% (Target Goal)
- Any days when physical health was not good during the past 30 days: 39.3% (Sacramento) vs. 30.4% (Target Goal)
- Any days when mental health was not good during the past 30 days: 34.6% (Sacramento) vs. 29.2% (Target Goal)
- Percent with asthma: 10.3% (Sacramento) vs. 6.5% (Target Goal)
- Percent with angina or coronary heart disease: 4.8% (Sacramento) vs. 2.8% (Target Goal)
- Percent with diabetes: 10.4% (Sacramento) vs. 6.4% (Target Goal)
- Death rate/100,000 for cardiovascular disease: 168.1 (Sacramento) vs. 167.1 (Target Goal)
- Death rate/100,000 for diabetes: 20.1 (Sacramento) vs. 17.0 (Target Goal)

Community/Environmental Indicators – Score = 61.7; 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: 7.8% (Sacramento) vs. 10.6% (Target Goal)
  - Acres of parkland/1,000: 10.6 (Sacramento) vs. 18.6 (Target Goal)
  - Farmers’ markets/1,000,000: 27.2 (Sacramento) vs. 13.1 (Target Goal)
  - Percent using public transportation to work: 2.7% (Sacramento) vs. 4.3% (Target Goal)
  - Percent bicycling or walking to work: 3.8% (Sacramento) vs. 2.8% (Target Goal)
  - Walk Score®: 43.4 (Sacramento) vs. 51.1 (Target Goal)
  - Percent within a 10 minute walk to a park: 76.6% (Sacramento) vs. 63.8% (Target Goal)

- **Recreational Facilities**
  - Ball diamonds/10,000: 2.1 (Sacramento) vs. 1.9 (Target Goal)
  - Dog parks/100,000: 0.9 (Sacramento) vs. 2.1 (Target Goal)
  - Park playgrounds/10,000: 2.3 (Sacramento) vs. 3.9 (Target Goal)
  - Golf courses/100,000: 0.9 (Sacramento) vs. 2.1 (Target Goal)
  - Park units/10,000: 1.0 (Sacramento) vs. 4.8 (Target Goal)
  - Recreational centers/20,000: 1.0 (Sacramento) vs. 4.1 (Target Goal)
  - Swimming pools/100,000: 2.5 (Sacramento) vs. 3.1 (Target Goal)
  - Tennis courts/10,000: 1.0 (Sacramento) vs. 2.0 (Target Goal)

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

- **Park-related Expenditures**
  - Total park expenditure per resident: $104.00 (Sacramento) vs. $101.80 (Target Goal)

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

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

****In 2015, this measure included P.E. required by the state only, while in 2016, this measure included P.E. required by the school district or state.
SAINT LOUIS, MO
(Saint Louis, MO-IL MSA)

Total Score = 50.9; Rank = 28

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

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

Description of Saint Louis, MO-IL MSA
Population 2,806,207
Percent less than 18 years old 22.8%
Percent 18 to 64 years old 62.3%
Percent 65 years old and older 14.9%
Percent male 48.3%
Percent high school graduate or higher 91.0%
Percent White 76.4%
Percent Black or African American 18.3%
Percent Asian 2.3%
Percent Other Race 3.0%
Percent Hispanic/Latino 2.8%
Percent unemployed 4.6%
Median household income $55,535.00
Percent of households below poverty level 9.2%
Violent crime rate/100,000* 429.8
Percent with disability 12.5%

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

**Personal Health Indicators – Score = 39.1; Rank = 36**

<table>
<thead>
<tr>
<th>Health Behaviors</th>
<th>Target Goal*</th>
<th>Saint Louis</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent any physical activity or exercise in the last 30 days</td>
<td>75.1%</td>
<td>82.6%</td>
</tr>
<tr>
<td>Percent meeting CDC aerobic activity guidelines</td>
<td>28.7%</td>
<td>32.2%</td>
</tr>
<tr>
<td>Percent meeting both CDC aerobic and strength activity guidelines</td>
<td>15.7%</td>
<td>23.3%</td>
</tr>
<tr>
<td>Percent consuming 2+ fruits per day</td>
<td>26.2%</td>
<td>35.6%</td>
</tr>
<tr>
<td>Percent consuming 3+ vegetables per day</td>
<td>12.6%</td>
<td>19.6%</td>
</tr>
<tr>
<td>Percent currently smoking</td>
<td>17.8%</td>
<td>13.1%</td>
</tr>
</tbody>
</table>

**Chronic Health Problems**

<table>
<thead>
<tr>
<th>Chronic Health Problems</th>
<th>Target Goal*</th>
<th>Saint Louis</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent obese</td>
<td>28.9%</td>
<td>21.3%</td>
</tr>
<tr>
<td>Percent in excellent or very good health</td>
<td>54.1%</td>
<td>61.0%</td>
</tr>
<tr>
<td>Any days when physical health was not good during the past 30 days</td>
<td>35.6%</td>
<td>30.4%</td>
</tr>
<tr>
<td>Any days when mental health was not good during the past 30 days</td>
<td>31.7%</td>
<td>29.2%</td>
</tr>
<tr>
<td>Percent with asthma</td>
<td>10.8%</td>
<td>6.5%</td>
</tr>
<tr>
<td>Percent with angina or coronary heart disease</td>
<td>4.9%</td>
<td>2.8%</td>
</tr>
<tr>
<td>Percent with diabetes</td>
<td>12.9%</td>
<td>6.4%</td>
</tr>
<tr>
<td>Death rate/100,000 for cardiovascular disease</td>
<td>195.5</td>
<td>167.1</td>
</tr>
<tr>
<td>Death rate/100,000 for diabetes</td>
<td>17.5</td>
<td>17.0</td>
</tr>
</tbody>
</table>

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

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

<table>
<thead>
<tr>
<th>Built Environment</th>
<th>Target Goal**</th>
<th>Saint Louis</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parkland as a percent of city land area</td>
<td>9.4%</td>
<td>10.6%</td>
</tr>
<tr>
<td>Acres of parkland/1,000</td>
<td>11.6</td>
<td>18.6</td>
</tr>
<tr>
<td>Farmers’ markets/1,000,000</td>
<td>21.7</td>
<td>13.1</td>
</tr>
<tr>
<td>Percent using public transportation to work</td>
<td>2.9%</td>
<td>4.3%</td>
</tr>
<tr>
<td>Percent bicycling or walking to work</td>
<td>2.1%</td>
<td>2.8%</td>
</tr>
<tr>
<td>Walk Score®</td>
<td>59.8</td>
<td>51.1</td>
</tr>
<tr>
<td>Percent within a 10 minute walk to a park</td>
<td>78.8%</td>
<td>63.8%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Recreational Facilities</th>
<th>Target Goal**</th>
<th>Saint Louis</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ball diamonds/10,000</td>
<td>3.6</td>
<td>1.9</td>
</tr>
<tr>
<td>Dog parks/100,000</td>
<td>1.6</td>
<td>0.9</td>
</tr>
<tr>
<td>Park playgrounds/10,000</td>
<td>2.4</td>
<td>2.3</td>
</tr>
<tr>
<td>Golf courses/100,000</td>
<td>1.3</td>
<td>0.9</td>
</tr>
<tr>
<td>Park units/10,000</td>
<td>3.5</td>
<td>4.1</td>
</tr>
<tr>
<td>Recreational centers/20,000</td>
<td>0.6</td>
<td>1.0</td>
</tr>
<tr>
<td>Swimming pools/100,000</td>
<td>3.5</td>
<td>3.1</td>
</tr>
<tr>
<td>Tennis courts/10,000</td>
<td>3.5</td>
<td>3.5</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Policy for School P.E.****</th>
<th>Target Goal**</th>
<th>Saint Louis</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level of 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>Target Goal**</th>
<th>Saint Louis</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total park expenditure per resident</td>
<td>$125.00</td>
<td>$101.80</td>
</tr>
</tbody>
</table>

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

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

****In 2015, this measure included P.E. required by the state only, while in 2016, this measure included P.E. required by the school district or state.
SALT LAKE CITY, UT
(Salt Lake City, UT MSA)

Total Score = 65.5; Rank = 8

Areas of Excellence (at or better than target goal):
• Lower percent currently smoking
• Lower percent with angina or coronary heart disease
• Lower death rate for cardiovascular disease
• Higher percent bicycling or walking to work
• Higher Walk Score®
• More ball diamonds per capita
• More dog parks per capita
• More park playgrounds per capita
• More golf courses per capita
• More park units per capita
• More tennis courts per capita
• Higher level of requirement for Physical Education classes

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

Description of Salt Lake City, UT MSA

<table>
<thead>
<tr>
<th>Population</th>
<th>1,153,340</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent less than 18 years old</td>
<td>28.7%</td>
</tr>
<tr>
<td>Percent 18 to 64 years old</td>
<td>61.7%</td>
</tr>
<tr>
<td>Percent 65 years old and older</td>
<td>9.6%</td>
</tr>
<tr>
<td>Percent male</td>
<td>50.3%</td>
</tr>
<tr>
<td>Percent high school graduate or higher</td>
<td>89.6%</td>
</tr>
<tr>
<td>Percent White</td>
<td>81.5%</td>
</tr>
<tr>
<td>Percent Black or African American</td>
<td>1.7%</td>
</tr>
<tr>
<td>Percent Asian</td>
<td>3.6%</td>
</tr>
<tr>
<td>Percent Other Race</td>
<td>13.2%</td>
</tr>
<tr>
<td>Percent Hispanic/Latino</td>
<td>17.5%</td>
</tr>
<tr>
<td>Percent unemployed</td>
<td>3.5%</td>
</tr>
<tr>
<td>Median household income</td>
<td>$62,642.00</td>
</tr>
<tr>
<td>Percent of households below poverty level</td>
<td>8.4%</td>
</tr>
<tr>
<td>Violent crime rate/100,000*</td>
<td>348.0</td>
</tr>
<tr>
<td>Percent with disability</td>
<td>9.2%</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 = 73.6; Rank = 6

Health Behaviors

- Percent any physical activity or exercise in the last 30 days: Salt Lake City 82.6% | Target Goal 82.6%
- Percent meeting CDC aerobic activity guidelines: Salt Lake City 28.3% | Target Goal 32.2%
- Percent meeting both CDC aerobic and strength activity guidelines: Salt Lake City 19.9% | Target Goal 23.3%
- Percent consuming 2+ fruits per day: Salt Lake City 33.0% | Target Goal 35.6%
- Percent consuming 3+ vegetables per day: Salt Lake City 16.7% | Target Goal 19.6%
- Percent currently smoking: Salt Lake City 11.0% | Target Goal 13.1%

Chronic Health Problems

- Percent obese: Salt Lake City 26.6% | Target Goal 21.3%
- Percent in excellent or very good health: Salt Lake City 56.5% | Target Goal 61.0%
- Any days when physical health was not good during the past 30 days: Salt Lake City 36.4% | Target Goal 30.4%
- Any days when mental health was not good during the past 30 days: Salt Lake City 38.3% | Target Goal 29.2%
- Percent with asthma: Salt Lake City 9.2% | Target Goal 6.5%
- Percent with angina or coronary heart disease: Salt Lake City 2.4% | Target Goal 2.8%
- Percent with diabetes: Salt Lake City 7.7% | Target Goal 6.4%
- Death rate/100,000 for cardiovascular disease: Salt Lake City 164.7 | Target Goal 167.1
- Death rate/100,000 for diabetes: Salt Lake City 23.6 | Target Goal 17.0

Community/Environmental Indicators – Score = 57.3; 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: Salt Lake City 2.8% | Target Goal 10.6%
- Acres of parkland/1,000: Salt Lake City 10.6 | Target Goal 18.6
- Farmers’ markets/1,000,000: Salt Lake City 9.5 | Target Goal 13.1
- Percent using public transportation to work: Salt Lake City 3.8% | Target Goal 4.3%
- Percent bicycling or walking to work: Salt Lake City 2.9% | Target Goal 2.8%
- Walk Score®: Salt Lake City 55.0 | Target Goal 51.1
- Percent within a 10 minute walk to a park: Salt Lake City N/A***

Recreational Facilities

- Ball diamonds/10,000: Salt Lake City 1.9 | Target Goal 1.9
- Dog parks/100,000: Salt Lake City 0.9 | Target Goal 3.7
- Park playgrounds/10,000: Salt Lake City 2.3 | Target Goal 3.1
- Golf courses/100,000: Salt Lake City 0.9 | Target Goal 5.2
- Park units/10,000: Salt Lake City 0.5 | Target Goal 4.1
- Recreational centers/20,000: Salt Lake City 1.0 | Target Goal 0.5
- Swimming pools/100,000: Salt Lake City 1.0 | Target Goal 3.1
- Tennis courts/10,000: Salt Lake City 2.0 | Target Goal 3.7

Policy for School P.E.****

- Level of requirement for Physical Education: Salt Lake City 3.0 | Target Goal 2.5

Park-related Expenditures

- Total park expenditure per resident: Salt Lake City $59.00 | Target Goal $101.80

*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.
**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
***This measure was unavailable for this MSA. The community/environmental indicator score and total score were adjusted to allow fair comparisons with other MSAs.
****In 2015, this measure included P.E. required by the state only, while in 2016, this measure included P.E. required by the school district or state.
SAN ANTONIO, TX
(San Antonio-New Braunfels, TX MSA)

Total Score = 35.0; Rank = 45

Areas of Excellence (at or better than target goal):
• Lower percent currently smoking
• Lower percent of days when physical health was not good during the past 30 days
• Lower percent of days when mental health was not good during the past 30 days
• Higher level of requirement for Physical Education classes

Improvement Priority Areas (worse than 20% of target goal):
• Lower percent meeting CDC aerobic activity guidelines
• Lower percent meeting both CDC aerobic and strength activity guidelines
• Lower percent consuming 2+ fruits per day
• Higher percent obese
• Lower percent in excellent or very good health
• Higher percent with asthma
• Higher percent with angina or coronary heart disease
• Higher percent with diabetes
• Higher death rate for diabetes
• Lower percent using public transportation to work
• Lower percent bicycling or walking to work
• Lower Walk Score®
• Lower percent of population within a 10 minute walk to a park
• Fewer ball diamonds per capita
• Fewer dog parks per capita
• Fewer park playgrounds per capita
• Fewer golf courses per capita
• Fewer park units per capita
• Fewer recreation centers per capita
• Fewer swimming pools per capita
• Fewer tennis courts per capita

Description of San Antonio- New Braunfels, TX MSA
Population 2,328,652
Percent less than 18 years old 25.9%
Percent 18 to 64 years old 62.0%
Percent 65 years old and older 12.1%
Percent male 49.2%
Percent high school graduate or higher 84.0%
Percent White 80.8%
Percent Black or African American 6.7%
Percent Asian 2.3%
Percent Other Race 10.1%
Percent Hispanic/Latino 54.7%
Percent unemployed 4.0%
Median household income $52,689.00
Percent of households below poverty level 13.0%
Violent crime rate/100,000* 404.9
Percent with disability 13.8%

*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 = 37.8; Rank = 39**

- **Health Behaviors**
  - Percent any physical activity or exercise in the last 30 days: 20.8% San Antonio, 32.2% Target Goal
  - Percent meeting CDC aerobic activity guidelines: 15.7% San Antonio, 23.3% Target Goal
  - Percent meeting both CDC aerobic and strength activity guidelines: 15.7% San Antonio, 19.6% Target Goal
  - Percent consuming 2+ fruits per day: 22.8% San Antonio, 35.6% Target Goal
  - Percent consuming 3+ vegetables per day: 15.7% San Antonio, 13.0% Target Goal
  - Percent currently smoking: 13.1% San Antonio, 13.1% Target Goal

**Chronic Health Problems**

- Percent obese: 32.0% San Antonio, 21.3% Target Goal
- Percent in excellent or very good health: 44.1% San Antonio, 61.0% Target Goal
- Any days when physical health was not good during the past 30 days: 29.7% San Antonio, 30.4% Target Goal
- Any days when mental health was not good during the past 30 days: 28.9% San Antonio, 29.2% Target Goal
- Percent with asthma: 8.6% San Antonio, 6.5% Target Goal
- Percent with angina or coronary heart disease: 3.7% San Antonio, 2.8% Target Goal
- Percent with diabetes: 14.0% San Antonio, 6.4% Target Goal
- Death rate/100,000 for cardiovascular disease: 183.5 San Antonio, 167.1 Target Goal
- Death rate/100,000 for diabetes: 23.3 San Antonio, 17.0 Target Goal

**Community/Environmental Indicators – Score = 32.3; Rank = 47**

(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: 8.7% San Antonio, 10.6% Target Goal
  - Acres of parkland/1,000: 18.0 San Antonio, 18.0 San Antonio
  - Farmers’ markets/1,000,000: 11.6 San Antonio, 13.1 San Antonio
  - Percent using public transportation to work: 2.1% San Antonio, 4.3% Target Goal
  - Percent bicycling or walking to work: 1.9% San Antonio, 2.8% Target Goal
  - Walk Score: 33.7 San Antonio, 51.1 San Antonio
  - Percent within a 10 minute walk to a park: 34.8% San Antonio, 63.8% Target Goal

- **Recreational Facilities**
  - Ball diamonds/10,000: 1.0 San Antonio, 1.9 Target Goal
  - Dog parks/100,000: 0.4 San Antonio, 0.9 Target Goal
  - Park playgrounds/10,000: 1.6 San Antonio, 2.3 Target Goal
  - Golf courses/100,000: 0.5 San Antonio, 0.9 Target Goal
  - Park units/10,000: 0.9 San Antonio, 2.1 Target Goal
  - Recreational centers/20,000: 0.6 San Antonio, 1.0 Target Goal
  - Swimming pools/100,000: 1.8 San Antonio, 3.1 Target Goal
  - Tennis courts/10,000: 0.8 San Antonio, 2.0 Target Goal

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

- **Park-related Expenditures**
  - Total park expenditure per resident: $101.80 San Antonio, $97.00 Target Goal

*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.
**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
****In 2015, this measure included P.E. required by the state only, while in 2016, this measure included P.E. required by the school district or state.
SAN DIEGO, CA
(San Diego-Carlsbad, CA MSA)

Total Score = 64.1 Rank = 10

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

Improvement Priority Areas (worse than 20% of target goal):
- Higher percent of days when physical health was not good during the past 30 days
- Higher percent of days when mental health was not good during the past 30 days
- Higher percent with diabetes
- Lower percent using public transportation to work
- Fewer golf courses per capita
- Fewer swimming pools per capita
- Fewer tennis courts per capita

Description of San Diego-Carlsbad, CA MSA

<table>
<thead>
<tr>
<th>Category</th>
<th>Data</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population</td>
<td>3,263,431</td>
</tr>
<tr>
<td>Percent less than 18 years old</td>
<td>22.3%</td>
</tr>
<tr>
<td>Percent 18 to 64 years old</td>
<td>65.0%</td>
</tr>
<tr>
<td>Percent 65 years old and older</td>
<td>12.7%</td>
</tr>
<tr>
<td>Percent male</td>
<td>50.3%</td>
</tr>
<tr>
<td>Percent high school graduate or higher</td>
<td>86.6%</td>
</tr>
<tr>
<td>Percent White</td>
<td>70.9%</td>
</tr>
<tr>
<td>Percent Black or African American</td>
<td>5.0%</td>
</tr>
<tr>
<td>Percent Asian</td>
<td>11.6%</td>
</tr>
<tr>
<td>Percent Other Race</td>
<td>12.5%</td>
</tr>
<tr>
<td>Percent Hispanic/Latino</td>
<td>33.2%</td>
</tr>
<tr>
<td>Percent unemployed</td>
<td>4.6%</td>
</tr>
<tr>
<td>Median household income</td>
<td>$66,192.00</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>325.2</td>
</tr>
<tr>
<td>Percent with disability</td>
<td>9.7%</td>
</tr>
</tbody>
</table>

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

Personal Health Indicators – Score = 70.8; Rank = 10

Health Behaviors

- Percent any physical activity or exercise in the last 30 days: 71.4% (Target Goal: 82.6%)
- Percent meeting CDC aerobic activity guidelines: 33.0% (Target Goal: 32.2%)
- Percent meeting both CDC aerobic and strength activity guidelines: 24.5% (Target Goal: 23.3%)
- Percent consuming 2+ fruits per day: 36.2% (Target Goal: 35.6%)
- Percent consuming 3+ vegetables per day: 22.5% (Target Goal: 19.6%)
- Percent currently smoking: 11.6% (Target Goal: 13.1%)

Chronic Health Problems

- Percent obese: 23.0% (Target Goal: 21.3%)
- Percent in excellent or very good health: 56.6% (Target Goal: 61.0%)
- Any days when physical health was not good during the past 30 days: 37.2% (Target Goal: 30.4%)
- Any days when mental health was not good during the past 30 days: 37.3% (Target Goal: 29.2%)
- Percent with asthma: 6.2% (Target Goal: 6.5%)
- Percent with angina or coronary heart disease: 3.4% (Target Goal: 2.8%)
- Percent with diabetes: 13.1% (Target Goal: 6.4%)
- Death rate/100,000 for cardiovascular disease: 145.3 (Target Goal: 167.1)
- Death rate/100,000 for diabetes: 17.4 (Target Goal: 17.0)

Community/Environmental Indicators – Score = 57.6; 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: 23.5% (Target Goal: 10.6%)
- Acres of parkland/1,000 residents: 35.7 (Target Goal: 18.6)
- Farmers’ markets/ 1,000,000 residents: 15.0 (Target Goal: 13.1)
- Percent using public transportation to work: 2.7% (Target Goal: 4.3%)
- Percent bicycling or walking to work: 3.7% (Target Goal: 2.8%)
- Walk Score®: 48.5 (Target Goal: 51.1)
- Percent within a 10 minute walk to a park: 75.8% (Target Goal: 63.8%)

Recreational Facilities

- Ball diamonds/10,000 residents: 2.3 (Target Goal: 1.9)
- Dog parks/100,000 residents: 1.1 (Target Goal: 0.9)
- Park playgrounds/10,000 residents: 1.9 (Target Goal: 2.3)
- Golf courses/100,000 residents: 0.6 (Target Goal: 0.9)
- Park units/10,000 residents: 3.3 (Target Goal: 4.1)
- Recreational centers/20,000 residents: 1.0 (Target Goal: 1.0)
- Swimming pools/100,000 residents: 1.0 (Target Goal: 3.1)
- Tennis courts/10,000 residents: 1.1 (Target Goal: 2.0)

Policy for School P.E.****

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

Park-related Expenditures

- Total park expenditure per resident: $111.00 (Target Goal: $101.80)

*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.
**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
****In 2015, this measure included P.E. required by the state only; while in 2016, this measure included P.E. required by the school district or state.
SAN FRANCISCO, CA
(San Francisco-Oakland-Hayward, CA MSA)

Total Score = 69.3; Rank = 5

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

Improvement Priority Areas (worse than 20% of target goal):
• Higher percent with asthma
• Higher percent with diabetes
• Fewer acres of parkland per capita
• Fewer ball diamonds per capita
• Fewer park playgrounds per capita
• Fewer park units per capita
• Fewer recreation centers per capita
• Fewer swimming pools per capita

Description of San Francisco-Oakland-Hayward, CA MSA
Population 4,594,060
Percent less than 18 years old 20.4%
Percent 18 to 64 years old 65.6%
Percent 65 years old and older 14.0%
Percent male 49.3%
Percent high school graduate or higher 88.1%
Percent White 51.9%
Percent Black or African American 7.6%
Percent Asian 24.7%
Percent Other Race 15.8%
Percent Hispanic/Latino 21.9%
Percent unemployed 4.3%
Median household income $83,222.00
Percent of households below poverty level 6.8%
Violent crime rate/100,000* 498.1
Percent with disability 9.9%

*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 = 77.3; Rank = 3**

<table>
<thead>
<tr>
<th>Health Behaviors</th>
<th>San Francisco</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent any physical activity or exercise in the last 30 days</td>
<td>70.8%</td>
<td>82.6%</td>
</tr>
<tr>
<td>Percent meeting CDC aerobic activity guidelines</td>
<td>30.6%</td>
<td>32.2%</td>
</tr>
<tr>
<td>Percent meeting both CDC aerobic and strength activity guidelines</td>
<td>23.1%</td>
<td>23.3%</td>
</tr>
<tr>
<td>Percent consuming 2+ fruits per day</td>
<td>34.1%</td>
<td>35.6%</td>
</tr>
<tr>
<td>Percent consuming 3+ vegetables per day</td>
<td>20.8%</td>
<td>19.6%</td>
</tr>
<tr>
<td>Percent currently smoking</td>
<td>10.4%</td>
<td>13.1%</td>
</tr>
</tbody>
</table>

**Chronic Health Problems**

<table>
<thead>
<tr>
<th>Chronic Health Problems</th>
<th>San Francisco</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent obese</td>
<td>23.1%</td>
<td>21.3%</td>
</tr>
<tr>
<td>Percent in excellent or very good health</td>
<td>55.1%</td>
<td>61.0%</td>
</tr>
<tr>
<td>Any days when physical health was not good during the past 30 days</td>
<td>31.8%</td>
<td>30.4%</td>
</tr>
<tr>
<td>Any days when mental health was not good during the past 30 days</td>
<td>34.7%</td>
<td>29.2%</td>
</tr>
<tr>
<td>Percent with asthma</td>
<td>8.6%</td>
<td>6.5%</td>
</tr>
<tr>
<td>Percent with angina or coronary heart disease</td>
<td>2.9%</td>
<td>2.8%</td>
</tr>
<tr>
<td>Percent with diabetes</td>
<td>10.5%</td>
<td>6.4%</td>
</tr>
<tr>
<td>Death rate/100,000 for cardiovascular disease</td>
<td>125.3</td>
<td>167.1</td>
</tr>
<tr>
<td>Death rate/100,000 for diabetes</td>
<td>16.7</td>
<td>17.0</td>
</tr>
</tbody>
</table>

**Community/Environmental Indicators – Score = 61.5; Rank = 17**

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

<table>
<thead>
<tr>
<th>Community/Environmental Indicators</th>
<th>San Francisco</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parkland as a percent of city land area</td>
<td>19.0%</td>
<td>10.6%</td>
</tr>
<tr>
<td>Acres of parkland/1,000</td>
<td>6.8</td>
<td>18.6</td>
</tr>
<tr>
<td>Farmers’ markets/1,000,000</td>
<td>27.2</td>
<td>13.1</td>
</tr>
<tr>
<td>Percent using public transportation to work</td>
<td>16.7%</td>
<td>4.3%</td>
</tr>
<tr>
<td>Percent bicycling or walking to work</td>
<td>6.9%</td>
<td>2.8%</td>
</tr>
<tr>
<td>Walk Score®</td>
<td>83.9</td>
<td>51.1</td>
</tr>
<tr>
<td>Percent within a 10 minute walk to a park</td>
<td>98.2%</td>
<td>63.8%</td>
</tr>
</tbody>
</table>

**Recreational Facilities**

<table>
<thead>
<tr>
<th>Recreational Facilities</th>
<th>San Francisco</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ball diamonds/10,000</td>
<td>0.9</td>
<td>1.9</td>
</tr>
<tr>
<td>Dog parks/100,000</td>
<td>0.9</td>
<td>3.5</td>
</tr>
<tr>
<td>Park playgrounds/10,000</td>
<td>1.6</td>
<td>2.3</td>
</tr>
<tr>
<td>Golf courses/100,000</td>
<td>0.8</td>
<td>0.9</td>
</tr>
<tr>
<td>Park units/10,000</td>
<td>2.9</td>
<td>4.1</td>
</tr>
<tr>
<td>Recreational centers/20,000</td>
<td>0.6</td>
<td>1.0</td>
</tr>
<tr>
<td>Swimming pools/100,000</td>
<td>1.3</td>
<td>3.1</td>
</tr>
<tr>
<td>Tennis courts/10,000</td>
<td>1.9</td>
<td>2.0</td>
</tr>
</tbody>
</table>

**Policy for School P.E.****

<table>
<thead>
<tr>
<th>Policy for School P.E.****</th>
<th>San Francisco</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level of 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>San Francisco</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total park expenditure per resident</td>
<td>$217.00</td>
<td>$101.80</td>
</tr>
</tbody>
</table>

---

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

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

****In 2015, this measure included P.E. required by the state only, while in 2016, this measure included P.E. required by the school district or state.
SAN JOSE, CA  
(San Jose-Sunnyvale-Santa Clara, CA MSA)  

Total Score = 63.4; Rank = 11  

Areas of Excellence (at or better than target goal):  
- Higher percent consuming 3+ vegetables per day  
- Lower percent currently smoking  
- Lower percent obese  
- Higher percent in excellent or very good health  
- Lower death rate for cardiovascular disease  
- Higher percent of city land area as parkland  
- More farmers' markets per capita  
- Higher percent bicycling or walking to work  
- Higher percent of population within a 10 minute walk to a park  
- More dog parks per capita  
- More park playgrounds per capita  
- More recreation centers per capita  
- Higher park-related expenditures per capita  
- Higher level of requirement for Physical Education classes  

Improvement Priority Areas (worse than 20% of target goal):  
- Higher percent with asthma  
- Higher percent with angina or coronary heart disease  
- Higher percent with diabetes  
- Higher death rate for diabetes  
- Fewer ball diamonds per capita  
- Fewer golf courses per capita  
- Fewer park units per capita  
- Fewer swimming pools per capita  
- Fewer tennis courts per capita  

Description of San Jose-Sunnyvale-Santa Clara, CA MSA  
Population 1,952,872  
Percent less than 18 years old 23.2%  
Percent 18 to 64 years old 64.6%  
Percent 65 years old and older 12.2%  
Percent male 50.3%  
Percent high school graduate or higher 87.2%  
Percent White 49.0%  
Percent Black or African American 2.5%  
Percent Asian 33.5%  
Percent Other Race 15.1%  
Percent Hispanic/Latino 27.5%  
Percent unemployed 4.3%  
Median household income $96,481.00  
Percent of households below poverty level 5.6%  
Violent crime rate/100,000* 249.8  
Percent with disability 7.7%  

*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 = 74.8; Rank = 5

- **Health Behaviors**
  - Percent any physical activity or exercise in the last 30 days: San Jose 77.9% - Target 82.6%
  - Percent meeting CDC aerobic activity guidelines: San Jose 26.7% - Target 32.2%
  - Percent meeting both CDC aerobic and strength activity guidelines: San Jose 21.3% - Target 23.3%
  - Percent consuming 2+ fruits per day: San Jose 30.0% - Target 35.6%
  - Percent consuming 3+ vegetables per day: San Jose 23.9% - Target 19.6%
  - Percent currently smoking: San Jose 7.0% - Target 13.1%

- **Chronic Health Problems**
  - Percent obese: San Jose 19.7% - Target 21.3%
  - Percent in excellent or very good health: San Jose 61.3% - Target 61.0%
  - Any days when physical health was not good during the past 30 days: San Jose 31.6% - Target 30.4%
  - Any days when mental health was not good during the past 30 days: San Jose 34.5% - Target 29.2%
  - Percent with asthma: San Jose 7.9% - Target 6.5%
  - Percent with angina or coronary heart disease: San Jose 3.8% - Target 2.8%
  - Percent with diabetes: San Jose 11.8% - Target 6.4%
  - Death rate/100,000 for cardiovascular disease: San Jose 121.9 - Target 167.1
  - Death rate/100,000 for diabetes: San Jose 22.4 - Target 17.0

Community/Environmental Indicators – Score = 52.4; 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: San Jose 14.3% - Target 10.6%
  - Acres of parkland/1,000: San Jose 16.0 - Target 18.6
  - Farmers’ markets/1,000,000: San Jose 21.0 - Target 13.1
  - Percent using public transportation to work: San Jose 4.0% - Target 4.3%
  - Percent bicycling or walking to work: San Jose 3.3% - Target 2.8%
  - Walk Score®: San Jose 48.1 - Target 51.1
  - Percent within a 10 minute walk to a park: San Jose 69.3% - Target 63.8%

- **Recreational Facilities**
  - Ball diamonds/10,000: San Jose 0.5 - Target 1.9
  - Dog parks/100,000: San Jose 0.9 - Target 0.9
  - Park playgrounds/10,000: San Jose 2.6 - Target 2.3
  - Golf courses/100,000: San Jose 0.3 - Target 0.9
  - Park units/10,000: San Jose 2.4 - Target 4.1
  - Recreational centers/20,000: San Jose 1.1 - Target 1.0
  - Swimming pools/100,000: San Jose 0.6 - Target 3.1
  - Tennis courts/10,000: San Jose 0.9 - Target 2.0

- **Policy for School P.E.****
  - Level of requirement for Physical Education: San Jose 3.0 - Target 2.5

- **Park-related Expenditures**
  - Total park expenditure per resident: San Jose $163.00 - Target $101.80

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

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

****In 2015, this measure included P.E. required by the state only, while in 2016, this measure included P.E. required by the school district or state.
SEATTLE, WA
(Seattle-Tacoma-Bellevue, WA MSA)

Total Score = 69.0; Rank = 6

Areas of Excellence (at or better than target goal):
• Higher percent of any physical activity or exercise in the last 30 days
• Lower death rate for cardiovascular disease
• Higher percent of city land area as parkland
• More farmers’ markets per capita
• Higher percent using public transportation to work
• Higher percent bicycling or walking to work
• Higher Walk Score®
• Higher percent of population within a 10 minute walk to a park
• More ball diamonds per capita
• More dog parks per capita
• More park playgrounds per capita
• More park units per capita
• More tennis courts per capita
• Higher park-related expenditures per capita
• Higher level of requirement for Physical Education classes

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

Description of Seattle-Tacoma-Bellevue, WA MSA

<table>
<thead>
<tr>
<th>Metric</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population</td>
<td>3,671,478</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>65.6%</td>
</tr>
<tr>
<td>Percent 65 years old and older</td>
<td>12.3%</td>
</tr>
<tr>
<td>Percent male</td>
<td>50.0%</td>
</tr>
<tr>
<td>Percent high school graduate or higher</td>
<td>91.8%</td>
</tr>
<tr>
<td>Percent White</td>
<td>71.5%</td>
</tr>
<tr>
<td>Percent Black or African American</td>
<td>5.5%</td>
</tr>
<tr>
<td>Percent Asian</td>
<td>12.5%</td>
</tr>
<tr>
<td>Percent Other Race</td>
<td>10.6%</td>
</tr>
<tr>
<td>Percent Hispanic/Latino</td>
<td>9.6%</td>
</tr>
<tr>
<td>Percent unemployed</td>
<td>3.9%</td>
</tr>
<tr>
<td>Median household income</td>
<td>$71,273.00</td>
</tr>
<tr>
<td>Percent of households below poverty level</td>
<td>7.2%</td>
</tr>
<tr>
<td>Violent crime rate/100,000*</td>
<td>327.3</td>
</tr>
<tr>
<td>Percent with disability</td>
<td>11.1%</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 = 67.5; Rank = 13

<table>
<thead>
<tr>
<th>Health Behaviors</th>
<th>Seattle</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent any physical activity or exercise in the last 30 days</td>
<td>83.0%</td>
<td>82.6%</td>
</tr>
<tr>
<td>Percent meeting CDC aerobic activity guidelines</td>
<td>31.4%</td>
<td>32.2%</td>
</tr>
<tr>
<td>Percent meeting both CDC aerobic and strength activity guidelines</td>
<td>20.2%</td>
<td>23.3%</td>
</tr>
<tr>
<td>Percent consuming 2+ fruits per day</td>
<td>28.8%</td>
<td>35.6%</td>
</tr>
<tr>
<td>Percent consuming 3+ vegetables per day</td>
<td>16.0%</td>
<td>19.6%</td>
</tr>
<tr>
<td>Percent currently smoking</td>
<td>14.3%</td>
<td>13.1%</td>
</tr>
</tbody>
</table>

Chronic Health Problems

| Percent obese                                         | 25.6%   | 21.3%        |
| Percent in excellent or very good health              | 54.6%   | 61.0%        |
| Any days when physical health was not good during the past 30 days | 36.6%   | 30.4%        |
| Any days when mental health was not good during the past 30 days | 37.2%   | 29.2%        |
| Percent with asthma                                   | 9.3%    | 6.5%         |
| Percent with angina or coronary heart disease          | 3.4%    | 2.8%         |
| Percent with diabetes                                 | 8.7%    | 6.4%         |
| Death rate/100,000 for cardiovascular disease         | 144.7   | 167.1        |
| Death rate/100,000 for diabetes                       | 20.8    | 17.0         |

Community/Environmental Indicators – Score = 70.5; Rank = 4

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

<table>
<thead>
<tr>
<th>Built Environment</th>
<th>Seattle</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parkland as a percent of city land area</td>
<td>12.4%</td>
<td>10.6%</td>
</tr>
<tr>
<td>Acres of parkland/1,000</td>
<td>10.0</td>
<td>18.6</td>
</tr>
<tr>
<td>Farmers’ markets/1,000,000</td>
<td>18.8</td>
<td>13.1</td>
</tr>
<tr>
<td>Percent using public transportation to work</td>
<td>9.6%</td>
<td>4.3%</td>
</tr>
<tr>
<td>Percent bicycling or walking to work</td>
<td>4.8%</td>
<td>2.8%</td>
</tr>
<tr>
<td>Walk Score™</td>
<td>70.8</td>
<td>51.1</td>
</tr>
<tr>
<td>Percent within a 10 minute walk to a park</td>
<td>92.3%</td>
<td>63.8%</td>
</tr>
</tbody>
</table>

Recreational Facilities

<table>
<thead>
<tr>
<th>Recreational Facilities</th>
<th>Seattle</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ball diamonds/10,000</td>
<td>1.9</td>
<td>1.9</td>
</tr>
<tr>
<td>Dog parks/100,000</td>
<td>2.1</td>
<td>0.9</td>
</tr>
<tr>
<td>Park playgrounds/10,000</td>
<td>2.3</td>
<td>2.3</td>
</tr>
<tr>
<td>Golf courses/100,000</td>
<td>0.8</td>
<td>0.9</td>
</tr>
<tr>
<td>Park units/10,000</td>
<td></td>
<td>7.0</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>3.1</td>
</tr>
<tr>
<td>Tennis courts/10,000</td>
<td>2.5</td>
<td>2.0</td>
</tr>
</tbody>
</table>

Policy for School P.E.****

<table>
<thead>
<tr>
<th>Policy for School P.E.****</th>
<th>Seattle</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level of 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>Seattle</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total park expenditure per resident</td>
<td>$101.80</td>
<td>$298.00</td>
</tr>
</tbody>
</table>

*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.
**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
****In 2015, this measure included P.E. required by the state only, while in 2016, this measure included P.E. required by the school district or state.
TAMPA, FL
(Tampa-St. Petersburg-Clearwater, FL MSA)

Total Score = 51.7; Rank = 26

Areas of Excellence (at or better than target goal):
- More ball diamonds per capita
- More dog parks per capita
- More park playgrounds per capita
- More golf courses per capita
- More park units per capita
- More recreation centers per capita
- More swimming pools per capita
- Higher park-related expenditures per capita
- Higher level of requirement for Physical Education classes

Improvement Priority Areas (worse than 20% of target goal):
- Lower percent meeting both CDC aerobic and strength activity guidelines
- Lower percent consuming 3+ vegetables per day
- Higher percent currently smoking
- Higher percent obese
- Lower percent in excellent or very good health
- Higher percent with asthma
- Higher percent with angina or coronary heart disease
- Higher percent with diabetes
- Higher death rate for diabetes
- Lower percent of city land area as parkland
- Fewer acres of parkland per capita
- Fewer farmers’ markets per capita
- Lower percent using public transportation to work
- Fewer tennis courts per capita

Description of Tampa-St. Petersburg-Clearwater, FL MSA
Population 2,915,582
Percent less than 18 years old 20.5%
Percent 18 to 64 years old 60.8%
Percent 65 years old and older 18.7%
Percent male 48.4%
Percent high school graduate or higher 88.2%
Percent White 78.4%
Percent Black or African American 12.0%
Percent Asian 3.2%
Percent Other Race 6.5%
Percent Hispanic/Latino 17.7%
Percent unemployed 4.3%
Median household income $46,876.00
Percent of households below poverty level 11.1%
Violent crime rate/100,000* 447.5
Percent with disability 13.8%

*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 = 40.2; Rank = 35

Health Behaviors
- Percent any physical activity or exercise in the last 30 days: Tampa 79.5%, Target Goal 82.6%
- Percent meeting CDC aerobic activity guidelines: Tampa 26.4%, Target Goal 32.2%
- Percent meeting both CDC aerobic and strength activity guidelines: Tampa 16.6%, Target Goal 23.3%
- Percent consuming 2+ fruits per day: Tampa 29.1%, Target Goal 35.6%
- Percent consuming 3+ vegetables per day: Tampa 15.6%, Target Goal 19.6%
- Percent currently smoking: Tampa 21.1%, Target Goal 13.1%

Chronic Health Problems
- Percent obese: Tampa 29.4%, Target Goal 21.3%
- Percent in excellent or very good health: Tampa 47.9%, Target Goal 61.0%
- Any days when physical health was not good during the past 30 days: Tampa 36.0%, Target Goal 30.4%
- Any days when mental health was not good during the past 30 days: Tampa 32.3%, Target Goal 29.2%
- Percent with asthma: Tampa 8.8%, Target Goal 6.5%
- Percent with angina or coronary heart disease: Tampa 6.2%, Target Goal 2.8%
- Percent with diabetes: Tampa 12.5%, Target Goal 6.4%
- Death rate/100,000 for cardiovascular disease: Tampa 169.2, Target Goal 167.1
- Death rate/100,000 for diabetes: Tampa 22.7, Target Goal 17.0

Community/Environmental Indicators – Score = 62.7; Rank = 10

(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 10.6%
- Acres of parkland/1,000: Tampa 13.7, Target Goal 18.6
- Farmers’ markets/1,000,000: Tampa 10.3, Target Goal 13.1
- Percent using public transportation to work: Tampa 1.5%, Target Goal 4.3%
- Percent bicycling or walking to work: Tampa 2.4%, Target Goal 2.8%
- Walk Score*: Tampa 46.3, Target Goal 51.1
- Percent within a 10 minute walk to a park: Tampa 59.3%, Target Goal 63.8%

Recreational Facilities
- Ball diamonds/10,000: Tampa 1.9, Target Goal 3.6
- Dog parks/100,000: Tampa 0.9, Target Goal 2.8
- Park playgrounds/10,000: Tampa 2.3, Target Goal 2.3
- Golf courses/100,000: Tampa 1.4, Target Goal 0.9
- Park units/10,000: Tampa 4.1, Target Goal 5.4
- Recreational centers/20,000: Tampa 1.8, Target Goal 1.0
- Swimming pools/100,000: Tampa 4.0, Target Goal 3.1
- Tennis courts/10,000: Tampa 1.4, Target Goal 2.0

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

Park-related Expenditures
- Total park expenditure per resident: Tampa $145.00, Target Goal $101.80

*The target goal for the Personal Health Indicators that did not change was the 90th percentile for MSAs during 2008-2012. For the new personal health indicators the target goals were 90% of the 2014 values.
**The target goal for the Community/Environmental Indicators that did not change was the MSA average for 2008 to 2012. New community indicators target goals were an average of the 2014 values.
***In 2015, this measure included P.E. required by the state only, while in 2016, this measure included P.E. required by the school district or state.
VIRGINIA BEACH, VA
(Virginia Beach-Norfolk-Newport News, VA-NC MSA)

Total Score = 54.6; Rank = 19

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

• Lower percent of days when mental health was not good during the past 30 days
• Higher percent of city land area as parkland
• More acres of parkland per capita
• More farmers’ markets per capita
• Higher percent bicycling or walking to work
• More ball diamonds per capita
• More park playgrounds per capita
• More golf courses per capita
• More park units per capita
• More tennis courts per capita
• Higher park-related expenditures per capita
• Higher level of requirement for Physical Education classes

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

• Lower percent consuming 3+ vegetables per day
• Higher percent currently smoking
• Higher percent obese
• Higher percent with asthma
• Higher percent with angina or coronary heart disease
• Higher percent with diabetes
• Higher death rate for diabetes
• Lower percent using public transportation to work
• Lower Walk Score®
• Fewer recreation centers per capita
• Fewer swimming pools per capita

Description of Virginia Beach-Norfolk-Newport News, VA-NC MSA

<table>
<thead>
<tr>
<th>Description</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population</td>
<td>1,716,624</td>
</tr>
<tr>
<td>Percent less than 18 years old</td>
<td>22.5%</td>
</tr>
<tr>
<td>Percent 18 to 64 years old</td>
<td>64.6%</td>
</tr>
<tr>
<td>Percent 65 years old and older</td>
<td>12.9%</td>
</tr>
<tr>
<td>Percent male</td>
<td>49.0%</td>
</tr>
<tr>
<td>Percent high school graduate or higher</td>
<td>90.2%</td>
</tr>
<tr>
<td>Percent White</td>
<td>59.6%</td>
</tr>
<tr>
<td>Percent Black or African American</td>
<td>30.8%</td>
</tr>
<tr>
<td>Percent Asian</td>
<td>3.8%</td>
</tr>
<tr>
<td>Percent Other Race</td>
<td>5.8%</td>
</tr>
<tr>
<td>Percent Hispanic/Latino</td>
<td>6.3%</td>
</tr>
<tr>
<td>Percent unemployed</td>
<td>4.5%</td>
</tr>
<tr>
<td>Median household income</td>
<td>$58,871.00</td>
</tr>
<tr>
<td>Percent of households below poverty level</td>
<td>9.5%</td>
</tr>
<tr>
<td>Violent crime rate/100,000*</td>
<td>308.6</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 = 46.8; Rank = 31

- **Health Behaviors**
  - Percent any physical activity or exercise in the last 30 days: 76.0% (Target Goal: 82.6%)
  - Percent meeting CDC aerobic activity guidelines: 29.0% (Target Goal: 35.6%)
  - Percent meeting both CDC aerobic and strength activity guidelines: 21.0% (Target Goal: 23.3%)
  - Percent consuming 2+ fruits per day: 13.2% (Target Goal: 19.6%)
  - Percent consuming 3+ vegetables per day: 13.2% (Target Goal: 19.6%)
  - Percent currently smoking: 22.3% (Target Goal: 13.1%)

- **Chronic Health Problems**
  - Percent obese: 33.2% (Target Goal: 21.3%)
  - Percent in excellent or very good health: 52.7% (Target Goal: 61.0%)
  - Any days when physical health was not good during the past 30 days: 36.4% (Target Goal: 30.4%)
  - Any days when mental health was not good during the past 30 days: 29.2% (Target Goal: 28.3%)
  - Percent with asthma: 8.4% (Target Goal: 6.5%)
  - Percent with angina or coronary heart disease: 4.2% (Target Goal: 2.8%)
  - Percent with diabetes: 11.0% (Target Goal: 6.4%)
  - Death rate/100,000 for cardiovascular disease: 179.2 (Target Goal: 167.1)
  - Death rate/100,000 for diabetes: 21.7 (Target Goal: 17.0)

Community/Environmental Indicators – Score = 62.2; 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: 15.6% (Target Goal: 10.6%)
  - Acres of parkland/1,000: 55.6
  - Farmers’ markets/1,000,000: 14.6
  - Percent using public transportation to work: 1.6% (Target Goal: 4.3%)
  - Percent bicycling or walking to work: 3.5% (Target Goal: 2.8%)
  - Walk Score®: 31.1 (Target Goal: 51.1)
  - Percent within a 10 minute walk to a park: 56.9% (Target Goal: 63.8%)

- **Recreational Facilities**
  - Ball diamonds/10,000: 3.1 (Target Goal: 1.9)
  - Dog parks/100,000: 0.7 (Target Goal: 0.9)
  - Park playgrounds/10,000: 2.3 (Target Goal: 4.1)
  - Golf courses/100,000: 1.1 (Target Goal: 0.9)
  - Park units/10,000: 6.3 (Target Goal: 4.1)
  - Recreational centers/20,000: 0.3 (Target Goal: 1.0)
  - Swimming pools/100,000: 1.6 (Target Goal: 3.1)
  - Tennis courts/10,000: 2.0 (Target Goal: 3.6)

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

- **Park-related Expenditures**
  - Total park expenditure per resident: $156.00

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

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

****In 2015, this measure included P.E. required by the state only, while in 2016, the measure included P.E. required by the school district or state.
WASHINGTON, DC
(Washington-Arlington-Alexandria, DC-VA-MD-WV MSA)

Total Score = 77.9; Rank = 1

Areas of Excellence (at or better than target goal):
• Lower percent currently smoking
• Lower percent of days when mental health was not good during the past 30 days
• Lower death rate for cardiovascular disease
• Lower death rate for diabetes
• Higher percent of city land area as parkland
• More farmers’ markets per capita
• Higher percent using public transportation to work
• Higher percent bicycling or walking to work
• Higher Walk Score®
• Higher percent of population within a 10 minute walk to a park
• More dog parks per capita
• More park units per capita
• More recreation centers per capita
• More swimming pools per capita
• More tennis courts per capita
• Higher park-related expenditures per capita

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

Description of Washington-Arlington-Alexandria, DC-VA-MD-WV MSA
Population 6,033,737
Percent less than 18 years old 23.3%
Percent 18 to 64 years old 65.3%
Percent 65 years old and older 11.4%
Percent male 48.9%
Percent high school graduate or higher 90.2%
Percent White 55.8%
Percent Black or African American 25.2%
Percent Asian 9.9%
Percent Other Race 9.2%
Percent Hispanic/Latino 15.1%
Percent unemployed 4.5%
Median household income $91,193.00
Percent of households below poverty level 6.0%
Violent crime rate/100,000* 316.6
Percent with disability 8.5%

*Due to differences in jurisdictional definitions and reporting, the FBI recommends that these rates not be compared across areas.
### Personal Health Indicators – Score = 81.7; Rank = 2

#### Health Behaviors

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Washington, DC</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent any physical activity or exercise in the last 30 days</td>
<td>80.1%</td>
<td>82.6%</td>
</tr>
<tr>
<td>Percent meeting CDC aerobic activity guidelines</td>
<td>24.3%</td>
<td>32.2%</td>
</tr>
<tr>
<td>Percent meeting both CDC aerobic and strength activity guidelines</td>
<td>21.3%</td>
<td>23.3%</td>
</tr>
<tr>
<td>Percent consuming 2+ fruits per day</td>
<td>32.0%</td>
<td>35.6%</td>
</tr>
<tr>
<td>Percent consuming 3+ vegetables per day</td>
<td>17.6%</td>
<td>19.6%</td>
</tr>
<tr>
<td>Percent currently smoking</td>
<td>12.6%</td>
<td>13.1%</td>
</tr>
</tbody>
</table>

#### Chronic Health Problems

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Washington, DC</th>
<th>Target Goal*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent obese</td>
<td>25.3%</td>
<td>21.3%</td>
</tr>
<tr>
<td>Percent in excellent or very good health</td>
<td>59.5%</td>
<td>61.0%</td>
</tr>
<tr>
<td>Any days when physical health was not good during the past 30 days</td>
<td>31.2%</td>
<td>30.4%</td>
</tr>
<tr>
<td>Any days when mental health was not good during the past 30 days</td>
<td>28.8%</td>
<td>29.2%</td>
</tr>
<tr>
<td>Percent with asthma</td>
<td>8.0%</td>
<td>6.5%</td>
</tr>
<tr>
<td>Percent with angina or coronary heart disease</td>
<td>3.0%</td>
<td>2.8%</td>
</tr>
<tr>
<td>Percent with diabetes</td>
<td>8.5%</td>
<td>6.4%</td>
</tr>
<tr>
<td>Death rate/100,000 for cardiovascular disease</td>
<td>146.8</td>
<td>167.1</td>
</tr>
<tr>
<td>Death rate/100,000 for diabetes</td>
<td>15.3</td>
<td>17.0</td>
</tr>
</tbody>
</table>

### Community/Environmental Indicators – Score = 74.2; Rank = 3

#### Built Environment

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Washington, DC</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parkland as a percent of city land area</td>
<td>21.9%</td>
<td>10.6%</td>
</tr>
<tr>
<td>Acres of parkland/1,000</td>
<td>13.2</td>
<td>18.6</td>
</tr>
<tr>
<td>Farmers’ markets/1,000,000</td>
<td>28.5</td>
<td>13.1</td>
</tr>
<tr>
<td>Percent using public transportation to work</td>
<td>14.3%</td>
<td>4.3%</td>
</tr>
<tr>
<td>Percent bicycling or walking to work</td>
<td>3.9%</td>
<td>2.8%</td>
</tr>
<tr>
<td>Walk Score®</td>
<td>74.1</td>
<td>51.1</td>
</tr>
<tr>
<td>Percent within a 10 minute walk to a park</td>
<td>96.3%</td>
<td>63.8%</td>
</tr>
</tbody>
</table>

#### Recreational Facilities

<table>
<thead>
<tr>
<th>Facility</th>
<th>Washington, DC</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ball diamonds/10,000</td>
<td>1.5</td>
<td>1.9</td>
</tr>
<tr>
<td>Dog parks/100,000</td>
<td>1.7</td>
<td>0.9</td>
</tr>
<tr>
<td>Park playgrounds/10,000</td>
<td>1.8</td>
<td>2.3</td>
</tr>
<tr>
<td>Golf courses/100,000</td>
<td>0.6</td>
<td>0.9</td>
</tr>
<tr>
<td>Park units/10,000</td>
<td>4.1</td>
<td>6.3</td>
</tr>
<tr>
<td>Recreational centers/20,000</td>
<td>2.3</td>
<td>1.0</td>
</tr>
<tr>
<td>Swimming pools/100,000</td>
<td>3.1</td>
<td>5.4</td>
</tr>
<tr>
<td>Tennis courts/10,000</td>
<td>3.1</td>
<td>3.1</td>
</tr>
</tbody>
</table>

#### Policy for School P.E.****

<table>
<thead>
<tr>
<th>Requirement for Physical Education</th>
<th>Washington, DC</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level of requirement</td>
<td>2.0</td>
<td>2.5</td>
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</tbody>
</table>

#### Park-related Expenditures

<table>
<thead>
<tr>
<th>Expenditure</th>
<th>Washington, DC</th>
<th>Target Goal**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total park expenditure per resident</td>
<td>$346.00</td>
<td>$101.80</td>
</tr>
</tbody>
</table>

---

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

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## Appendix A – Data Sources

<table>
<thead>
<tr>
<th>Variable</th>
<th>Data Source</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent high school graduate or higher</td>
<td>U.S. Census – 2014 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>Percent in each race groups</td>
<td>U.S. Census – 2014 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>Percent any physical activity or exercise in the last 30 days</td>
<td>2014 CDC BRFSS</td>
<td><a href="http://www.cdc.gov/brfss/annual_data/annual_2014.html">www.cdc.gov/brfss/annual_data/annual_2014.html</a></td>
</tr>
</tbody>
</table>
# Appendix A – Data Sources

<table>
<thead>
<tr>
<th>Variable</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Percent meeting CDC aerobic activity guidelines</td>
<td>2014 CDC BRFSS</td>
<td><a href="http://www.cdc.gov/brfss/annual_data/annual_2014.html">www.cdc.gov/brfss/annual_data/annual_2014.html</a></td>
</tr>
<tr>
<td>Percent meeting CDC aerobic and strength activity guidelines</td>
<td>2014 CDC BRFSS</td>
<td><a href="http://www.cdc.gov/brfss/annual_data/annual_2014.html">www.cdc.gov/brfss/annual_data/annual_2014.html</a></td>
</tr>
<tr>
<td>Percent eating 2+ fruits per day</td>
<td>2014 CDC BRFSS</td>
<td><a href="http://www.cdc.gov/brfss/annual_data/annual_2014.html">www.cdc.gov/brfss/annual_data/annual_2014.html</a></td>
</tr>
<tr>
<td>Percent eating 3+ vegetables per day</td>
<td>2014 CDC BRFSS</td>
<td><a href="http://www.cdc.gov/brfss/annual_data/annual_2014.html">www.cdc.gov/brfss/annual_data/annual_2014.html</a></td>
</tr>
<tr>
<td>Percent currently smoking</td>
<td>2014 CDC BRFSS</td>
<td><a href="http://www.cdc.gov/brfss/annual_data/annual_2014.html">www.cdc.gov/brfss/annual_data/annual_2014.html</a></td>
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<tr>
<td>Percent obese</td>
<td>2014 CDC BRFSS</td>
<td><a href="http://www.cdc.gov/brfss/annual_data/annual_2014.html">www.cdc.gov/brfss/annual_data/annual_2014.html</a></td>
</tr>
<tr>
<td>Percent in excellent or very good health</td>
<td>2014 CDC BRFSS</td>
<td><a href="http://www.cdc.gov/brfss/annual_data/annual_2014.html">www.cdc.gov/brfss/annual_data/annual_2014.html</a></td>
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<tr>
<td>Any days when physical health was not good during the past 30 days</td>
<td>2014 CDC BRFSS</td>
<td><a href="http://www.cdc.gov/brfss/annual_data/annual_2014.html">www.cdc.gov/brfss/annual_data/annual_2014.html</a></td>
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<td>Any days when mental health was not good during the past 30 days</td>
<td>2014 CDC BRFSS</td>
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</tr>
<tr>
<td>Percent with asthma</td>
<td>2014 CDC BRFSS</td>
<td><a href="http://www.cdc.gov/brfss/annual_data/annual_2014.html">www.cdc.gov/brfss/annual_data/annual_2014.html</a></td>
</tr>
<tr>
<td>Percent with angina or coronary heart disease</td>
<td>2014 CDC BRFSS</td>
<td><a href="http://www.cdc.gov/brfss/annual_data/annual_2014.html">www.cdc.gov/brfss/annual_data/annual_2014.html</a></td>
</tr>
<tr>
<td>Percent with diabetes</td>
<td>2014 CDC BRFSS</td>
<td><a href="http://www.cdc.gov/brfss/annual_data/annual_2014.html">www.cdc.gov/brfss/annual_data/annual_2014.html</a></td>
</tr>
<tr>
<td>Death rate/100,000 for cardiovascular disease</td>
<td>2014 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>2014 CDC Wonder</td>
<td><a href="http://www.wonder.cdc.gov">www.wonder.cdc.gov</a></td>
</tr>
<tr>
<td>Parkland as a percent of city land area</td>
<td>2015 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

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<td>2015 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>2015 – 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>Percent using public transportation to work</td>
<td>U.S. Census – 2014 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>Percent bicycling or walking to work</td>
<td>U.S. Census – 2014 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>Percent within a 10 minute walk to a park</td>
<td>2015 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>2015 – 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>2015 – 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>2015 – The Trust for Public Land</td>
<td><a href="http://www.tpl.org">www.tpl.org</a></td>
</tr>
<tr>
<td>Golf courses/100,000</td>
<td>2014 – 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>2015 – 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>2015 – The Trust for Public Land</td>
<td><a href="http://www.tpl.org">www.tpl.org</a></td>
</tr>
<tr>
<td>Swimming pools/100,000</td>
<td>2015 – 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>2015 – 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>2015 – The Trust for Public Land</td>
<td><a href="http://www.tpl.org">www.tpl.org</a></td>
</tr>
<tr>
<td>Level of requirement for Physical Education classes</td>
<td>2014 – School Health Policies and Programs Study</td>
<td><a href="http://www.cdc.gov/healthyyouth/data/shpps/index.htm">www.cdc.gov/healthyyouth/data/shpps/index.htm</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
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Columbia, South Carolina

Jacqueline Epping, M.Ed., FACSM
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Atlanta, Georgia

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Pittsburgh, Pennsylvania

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.
Indianapolis, Indiana

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

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

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Epidemiologic and Public Health Consultant
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Thomas Jefferson University

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

ADDITIONAL MEMBERS FOR AFI EXPERT PANEL:

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Columbia, South Carolina

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Southern California Permanente Medical Group
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San Diego State University
San Diego, California

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

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Texas A & M Health Science Center
College Station, Texas

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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>318,857,056</td>
<td>3,497,725</td>
<td>1,136,360 – 20,092,883</td>
</tr>
<tr>
<td>Percent less than 18 years old</td>
<td>23.1%</td>
<td>23.4%</td>
<td>19.3% – 28.7%</td>
</tr>
<tr>
<td>Percent 18 to 64 years old</td>
<td>62.4%</td>
<td>63.3%</td>
<td>60.8% – 66.4%</td>
</tr>
<tr>
<td>Percent 65 years old and older</td>
<td>14.5%</td>
<td>13.4%</td>
<td>9.4% – 18.7%</td>
</tr>
<tr>
<td>Percent male</td>
<td>49.2%</td>
<td>49.0%</td>
<td>47.9% – 50.3%</td>
</tr>
<tr>
<td>Percent high school graduate or higher</td>
<td>86.9%</td>
<td>88.2%</td>
<td>79.1% – 93.2%</td>
</tr>
<tr>
<td>Percent White</td>
<td>73.4%</td>
<td>70.5%</td>
<td>47.7% – 87.1%</td>
</tr>
<tr>
<td>Percent Black or African American</td>
<td>12.7%</td>
<td>15.3%</td>
<td>1.7% – 46.0%</td>
</tr>
<tr>
<td>Percent Asian</td>
<td>5.2%</td>
<td>6.0%</td>
<td>1.4% – 33.5%</td>
</tr>
<tr>
<td>Percent Other Race</td>
<td>8.7%</td>
<td>8.2%</td>
<td>2.6% – 24.1%</td>
</tr>
<tr>
<td>Percent Hispanic/Latino</td>
<td>17.3%</td>
<td>16.4%</td>
<td>1.6% – 54.7%</td>
</tr>
<tr>
<td>Percent unemployed</td>
<td>4.5%</td>
<td>4.6%</td>
<td>3.3% – 6.8%</td>
</tr>
<tr>
<td>Median household income</td>
<td>$53,657</td>
<td>$59,244</td>
<td>$45,844 – $96,481</td>
</tr>
<tr>
<td>Percent of households below poverty level</td>
<td>11.3%</td>
<td>10.4%</td>
<td>5.6% – 15.9%</td>
</tr>
<tr>
<td>Violent crime rate/100,000*</td>
<td>365.5</td>
<td>434.5</td>
<td>232.2 – 1033.5</td>
</tr>
<tr>
<td>Percent with disability</td>
<td>12.6%</td>
<td>11.7%</td>
<td>7.7% – 15.5%</td>
</tr>
</tbody>
</table>

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

### ACSM American Fitness Index® Components

#### Personal Health Indicators

<table>
<thead>
<tr>
<th>Health Behaviors</th>
<th>U.S. Value</th>
<th>MSA Average</th>
<th>MSA Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Percent any physical activity or exercise in the last 30 days</td>
<td>74.8%</td>
<td>76.8%</td>
<td>67.5% – 84.8%</td>
</tr>
<tr>
<td>Percent meeting CDC aerobic activity guidelines</td>
<td>26.3%</td>
<td>26.0%</td>
<td>20.5% – 33.0%</td>
</tr>
<tr>
<td>Percent meeting both CDC aerobic and strength activity guidelines</td>
<td>16.5%</td>
<td>18.2%</td>
<td>10.7% – 25.2%</td>
</tr>
<tr>
<td>Percent consuming 2+ fruits per day</td>
<td>25.0%</td>
<td>28.4%</td>
<td>16.6% – 37.9%</td>
</tr>
<tr>
<td>Percent consuming 3+ vegetables per day</td>
<td>13.3%</td>
<td>15.2%</td>
<td>10.0% – 23.9%</td>
</tr>
<tr>
<td>Percent currently smoking</td>
<td>16.4%</td>
<td>16.2%</td>
<td>7.0% – 22.9%</td>
</tr>
<tr>
<td>Chronic Health Problems</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Percent obese</td>
<td>28.9%</td>
<td>28.7%</td>
<td>19.7% – 34.9%</td>
</tr>
<tr>
<td>Percent in excellent or very good health</td>
<td>50.6%</td>
<td>52.1%</td>
<td>43.6% – 61.5%</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>34.6%</td>
<td>34.8%</td>
<td>28.0% – 44.5%</td>
</tr>
<tr>
<td>Any days when mental health was not good during the past 30 days</td>
<td>33.1%</td>
<td>33.6%</td>
<td>26.5% – 39.6%</td>
</tr>
<tr>
<td>Percent with asthma</td>
<td>8.9%</td>
<td>9.0%</td>
<td>5.1% – 13.1%</td>
</tr>
<tr>
<td>Percent with angina or coronary heart disease</td>
<td>4.4%</td>
<td>4.2%</td>
<td>2.4% – 7.8%</td>
</tr>
<tr>
<td>Percent with diabetes</td>
<td>10.5%</td>
<td>10.7%</td>
<td>7.6% – 14.0%</td>
</tr>
<tr>
<td>Death rate/100,000 for cardiovascular disease</td>
<td>181.2</td>
<td>174.6</td>
<td>116.3 – 237.0</td>
</tr>
<tr>
<td>Death rate/100,000 for diabetes</td>
<td>20.9</td>
<td>18.7</td>
<td>8.6 – 31.6</td>
</tr>
</tbody>
</table>

### Community/Environmental Indicators

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

<table>
<thead>
<tr>
<th>Indicator</th>
<th>MSA Average+</th>
<th>Range of All Cities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Built Environment</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Parkland as percent of city land area</td>
<td>11.0%</td>
<td>2.6% – 25.3%</td>
</tr>
<tr>
<td>Acres of parkland/1,000</td>
<td>18.9</td>
<td>3.5 – 78.3</td>
</tr>
<tr>
<td>Farmers’ markets/1,000</td>
<td>19.8</td>
<td>3.5 – 49.7</td>
</tr>
<tr>
<td>Percent using public transportation to work</td>
<td>4.4%</td>
<td>0.4% – 31.1%</td>
</tr>
<tr>
<td>Percent bicycling or walking to work</td>
<td>2.9%</td>
<td>1.2% – 6.9%</td>
</tr>
<tr>
<td>Walk Score®</td>
<td>51.1</td>
<td>24.4 – 87.6</td>
</tr>
<tr>
<td>Percent living within a ten-minute walk of a public park</td>
<td>64.8%</td>
<td>26.8% – 98.2%</td>
</tr>
<tr>
<td>Recreational Facilities</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ball diamonds/10,000</td>
<td>1.9</td>
<td>0.3 – 4.9</td>
</tr>
<tr>
<td>Dog parks/10,000</td>
<td>1.2</td>
<td>0.0 – 5.4</td>
</tr>
<tr>
<td>Park playgrounds/10,000</td>
<td>2.4</td>
<td>1.0 – 5.1</td>
</tr>
<tr>
<td>Golf courses/100,000</td>
<td>1.0</td>
<td>0.0 – 5.2</td>
</tr>
<tr>
<td>Park units/10,000</td>
<td>4.3</td>
<td>1.1 – 8.9</td>
</tr>
<tr>
<td>Recreation centers/20,000</td>
<td>1.0</td>
<td>0.0 – 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>2.1</td>
<td>0.8 – 6.2</td>
</tr>
<tr>
<td>Park-related expenditures per capita</td>
<td>$105.9</td>
<td>$17 – $346</td>
</tr>
<tr>
<td>Level of requirement for Physical Education classes**</td>
<td>2.9</td>
<td>1 – 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

<table>
<thead>
<tr>
<th>Atlanta-Sandy Springs-Roswell, GA</th>
<th>Birmingham-Hoover, AL</th>
<th>Lake County, IL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Barrow County, GA</td>
<td>Bibb County, AL</td>
<td>Kenosha County, WI</td>
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<tr>
<td>Bartow County, GA</td>
<td>Blount County, AL</td>
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<tr>
<td>Butts County, GA</td>
<td>Chilton County, AL</td>
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<tr>
<td>Carroll County, GA</td>
<td>Jefferson County, AL</td>
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<tr>
<td>Cherokee County, GA</td>
<td>St. Clair County, AL</td>
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<tr>
<td>Clayton County, GA</td>
<td>Shelby County, AL</td>
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<tr>
<td>Cobb County, GA</td>
<td>Walker County, AL</td>
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<tr>
<td>Coweta County, GA</td>
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<tr>
<td>Dawson County, GA</td>
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<tr>
<td>DeKalb County, GA</td>
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<tr>
<td>Douglas County, GA</td>
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<tr>
<td>Fayette County, GA</td>
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<tr>
<td>Forsyth County, GA</td>
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<tr>
<td>Fulton County, GA</td>
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<tr>
<td>Gwinnett County, GA</td>
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<tr>
<td>Haralson County, GA</td>
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<tr>
<td>Heard County, GA</td>
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<tr>
<td>Henry County, GA</td>
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<tr>
<td>Jasper County, GA</td>
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<tr>
<td>Lamar County, GA</td>
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<tr>
<td>Meriwether County, GA</td>
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<tr>
<td>Morgan County, GA</td>
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<tr>
<td>Newton County, GA</td>
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<tr>
<td>Paulding County, GA</td>
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<tr>
<td>Pickens County, GA</td>
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<tr>
<td>Pike County, GA</td>
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<tr>
<td>Rockdale County, GA</td>
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<tr>
<td>Spalding County, GA</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Walton County, GA</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

| Austin-Round Rock, TX             |                       |                 |
|                                  |                       |                 |
| Bastrop County, TX               |                       |                 |
| Caldwell County, TX              |                       |                 |
| Hays County, TX                  |                       |                 |
| Travis County, TX                |                       |                 |
| Williamson County, TX            |                       |                 |

| Atlanta-Columbia-Towson, MD       |                       |                 |
|                                  |                       |                 |
| Anne Arundel County, MD          |                       |                 |
| Baltimore County, MD             |                       |                 |
| Carroll County, MD               |                       |                 |
| Harford County, MD               |                       |                 |
| Howard County, MD                |                       |                 |
| Queen Anne’s County, MD          |                       |                 |
| Baltimore city, MD               |                       |                 |

| Buffalo-Cheektowaga-Niagara Falls, NY |                       |                 |
|                                  |                       |                 |
| Erie County, NY                  |                       |                 |
| Niagara County, NY               |                       |                 |

| 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             |                       |                 |

| 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                 |                       |                 |

| 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
# Appendix D – Counties in MSAs

| Cheatham County, TN | Rockland County, NY | Multnomah County, OR |
| Davidson County, TN | Rockingham County, NY | Washington County, OR |
| Dickson County, TN | Sumner County, TN | Yamlhill County, OR |
| Hickman County, TN | Grady County, OK | Clark County, WA |
| Macon County, TN | Lincoln County, OK | Skamania County, WA |
| Maury County, TN | Logan County, OK | Portland-Vancouver-Hillsboro, OR-WA |
| Robertson County, TN | McClain County, OK | Clackamas County, OR |
| Rutherford County, TN | Oklahoma County, OK | Columbia County, OR |
| Smith County, TN | Seminole County, FL | Stanislaus County, CA |
| Sumner County, TN | Lake County, FL | Santa Clara County, CA |
| Trousdale County, TN | Orange County, FL | Santa Cruz County, CA |
| Williamson County, TN | Osceola County, FL | Santa Fe County, NM |
| Wilson County, TN | Seminole County, FL | San Miguel County, NM |

| New Orleans-Metairie, LA | New York-Newark-Jersey City, NY-NJ-PA | Richmond, VA |
| Jefferson Parish, LA | Dutchess County, NY | Amelia County, VA |
| Orleans Parish, LA | Putnam County, NY | Caroline County, VA |
| Plaquemines Parish, LA | Nassau County, NY | Charles City County, VA |
| St. Bernard Parish, LA | Suffolk County, NY | Chesterfield County, VA |
| St. Charles Parish, LA | Essex County, NJ | Dinwiddie County, VA |
| St. James Parish, LA | Hunterdon County, NJ | Goochland County, VA |
| St. John the Baptist Parish, LA | Morris County, NJ | Hanover County, VA |
| St. Tammany Parish, LA | Somerset County, NJ | Henrico County, VA |
| New York-Newark-Jersey City, NY-NJ-PA | Sussex County, NJ | King William County, VA |
| Dutchess County, NY | Union County, NJ | New Kent County, VA |
| Putnam County, NY | Pike County, PA | Powhatan County, VA |
| Nassau County, NY | Bergen County, NJ | Prince George County, VA |
| Suffolk County, NY | Hudson County, NJ | Sussex County, VA |
| Essex County, NJ | Middlesex County, NJ | Colonial Heights city, VA |
| Hunterdon County, NJ | Monmouth County, NJ | Hopewell city, VA |
| Morris County, NJ | Ocean County, NJ | Petersburg city, VA |
| Somerset County, NJ | Passaic County, NJ | Richmond city, VA |
| Sussex County, NJ | Bronx County, NY | Riverside-San Bernardino-Ontario, CA |
| Union County, NJ | Kings County, NY | Riverside County, CA |
| Pike County, PA | New York County, NY | San Bernardino County, CA |
| Bergen County, NJ | Orange County, NY | Sacramento-Roseville-Arden-Arcade, CA |
| Hudson County, NJ | Queens County, NY | El Dorado County, CA |
| Middlesex County, NJ | Richmond County, NY | Placer County, CA |
| Monmouth County, NJ | Rock County, WI | Sacramento County, CA |
| Ocean County, NJ | Wood County, WA | Yolo County, CA |
Appendix D – Counties in MSAs

Saint Louis, MO-IL
Bond County, IL
Calhoun County, IL
Clinton County, IL
Jersey County, IL
Macoupin County, IL
Madison County, IL
Monroe County, IL
St. Clair County, IL
Franklin County, MO
Jefferson County, MO
Lincoln County, MO
St. Charles County, MO
St. Louis County, MO
Warren County, MO
St. Louis city, MO

Salt Lake City, UT
Salt Lake County, UT
Tooele County, UT

San Antonio-New Braunfels, TX
Atascosa County, TX
Bandera County, TX
Bexar County, TX
Comal County, TX
Guadalupe County, TX
Kendall County, TX
Medina County, TX
Wilson County, TX

Seattle-Tacoma-Bellevue, WA
King County, WA
Snohomish County, WA
Pierce County, WA

Tampa-St. Petersburg-Clearwater, FL
Hernando County, FL
Hillsborough County, FL
Pasco County, FL
Pinellas County, FL

Virginia Beach-Norfolk-Newport News, VA-NC
Currituck County, NC
Gates County, NC
Gloucester County, VA
Isle of Wight County, VA
James City County, VA
Mathews County, VA
York County, VA
Chesapeake city, VA
Hampton city, VA
Newport News city, VA
Norfolk city, VA
Poquoson city, VA
Portsmouth city, VA
Suffolk city, VA
Virginia Beach city, VA
Williamsburg city, VA

Washington-Arlington-Alexandria, DC-VA-MD-WV
Frederick County, MD
Montgomery County, MD
District of Columbia, DC
Calvert County, MD
Charles County, MD
Prince George’s County, MD
Arlington County, VA
Clarke County, VA
Culpeper County, VA
Fairfax County, VA
Fauquier County, VA
Loudoun County, VA
Prince William County, VA
Rappahannock County, VA
Spotsylvania County, VA
Stafford County, VA
Warren County, VA
Alexandria city, VA
Fairfax city, VA
Falls Church city, VA
Fredericksburg city, VA
Manassas city, VA
Manassas Park city, VA
Jefferson County, WV