

RANK  
46

# BIRMINGHAM, AL

(Birmingham-Hoover, AL MSA)

**Total Score = 31.2**

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

- More farmers' markets per capita
- More park playgrounds per capita
- More basketball hoops per capita
- More park units per capita
- More recreation centers per capita
- More swimming pools per capita
- More tennis courts per capita
- Higher level of state requirement for Physical Education classes

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

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

**Description of Birmingham-Hoover, AL MSA**

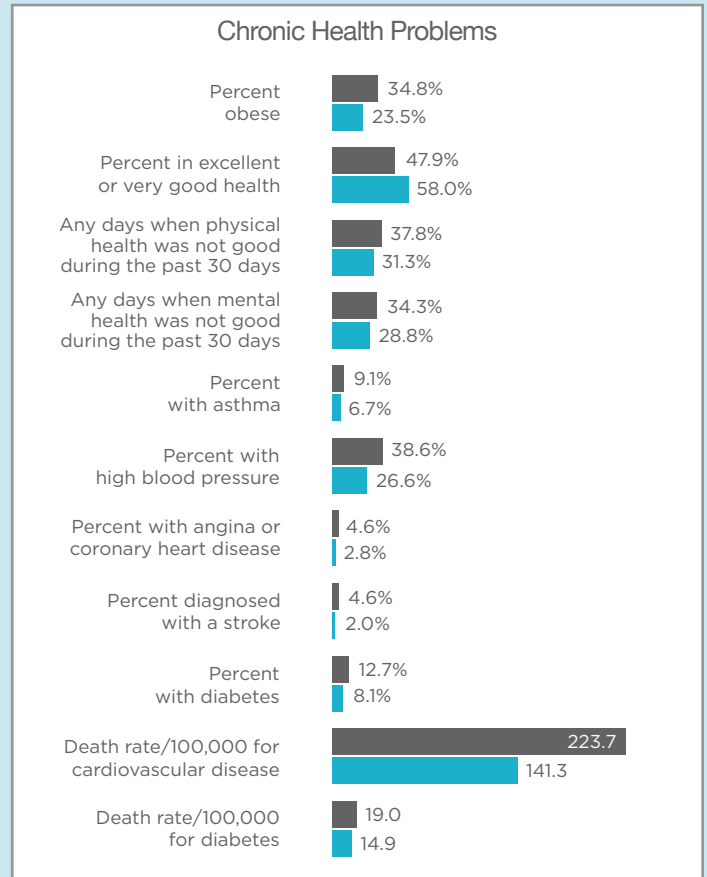
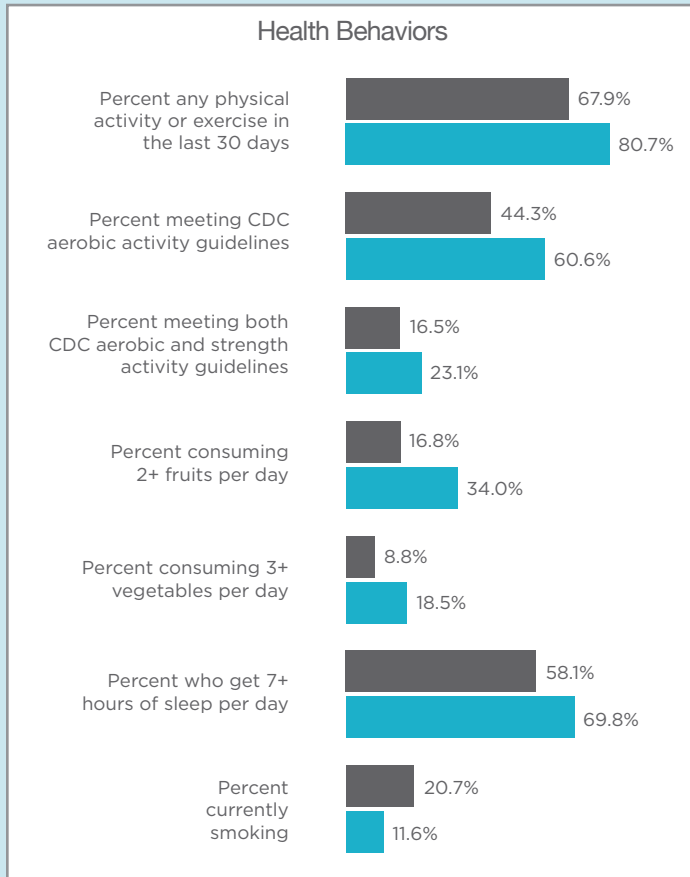
Population	1,145,647
Percent less than 18 years old	23.3%
Percent 18 to 64 years old	61.8%
Percent 65 years old and older	14.9%
Percent male	47.8%
Percent high school graduate or higher	88.0%
Percent White	65.8%
Percent Black or African American	29.1%
Percent Asian	1.5%
Percent Other Race	3.6%
Percent Hispanic/Latino	4.1%
Percent unemployed	6.9%
Median household income	\$51,459
Percent of households below poverty level	11.8%
Violent crime rate/100,000*	682.0
Percent with disability	15.1%

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

# ACSM American Fitness Index<sup>®</sup> Components

## Personal Health Indicators – Score = 12.7; Rank = 50

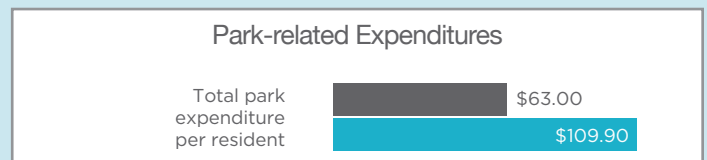
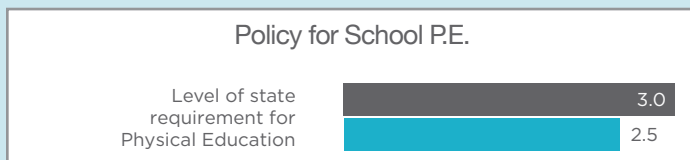
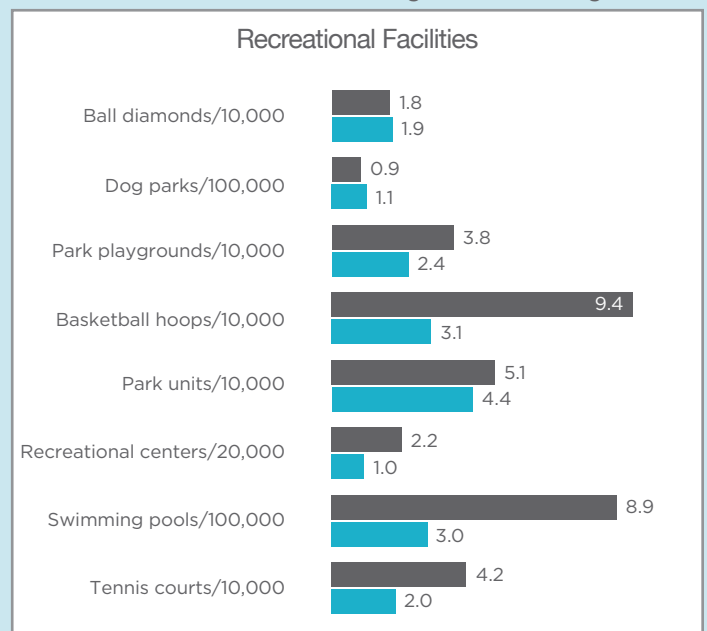
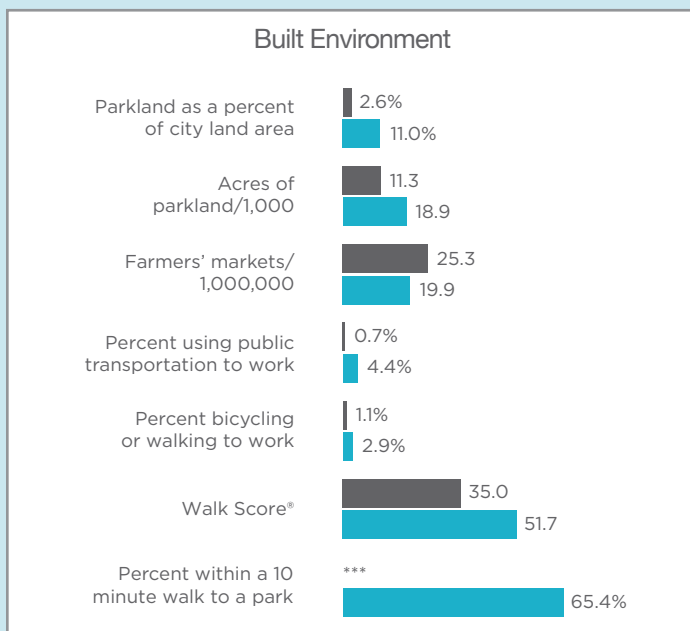
■ Birmingham ■ Target Goal\*



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

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

■ Birmingham ■ Target Goal\*\*



\*The target goal for the Personal Health Indicators was the 90th percentile from the most recent three years, 2015 to 2017. For the newly added personal health indicators the target goals were 90% of the 2017 values.  
 \*\*The target goal for the Community/Environmental Indicators was the MSA average for 2015 to 2017. New or recently changed community indicators target goals were an average of the 2017 values.  
 \*\*\*This measure was unavailable for this MSA. The community/environmental indicator score and total score were adjusted to allow fair comparisons with other MSAs.