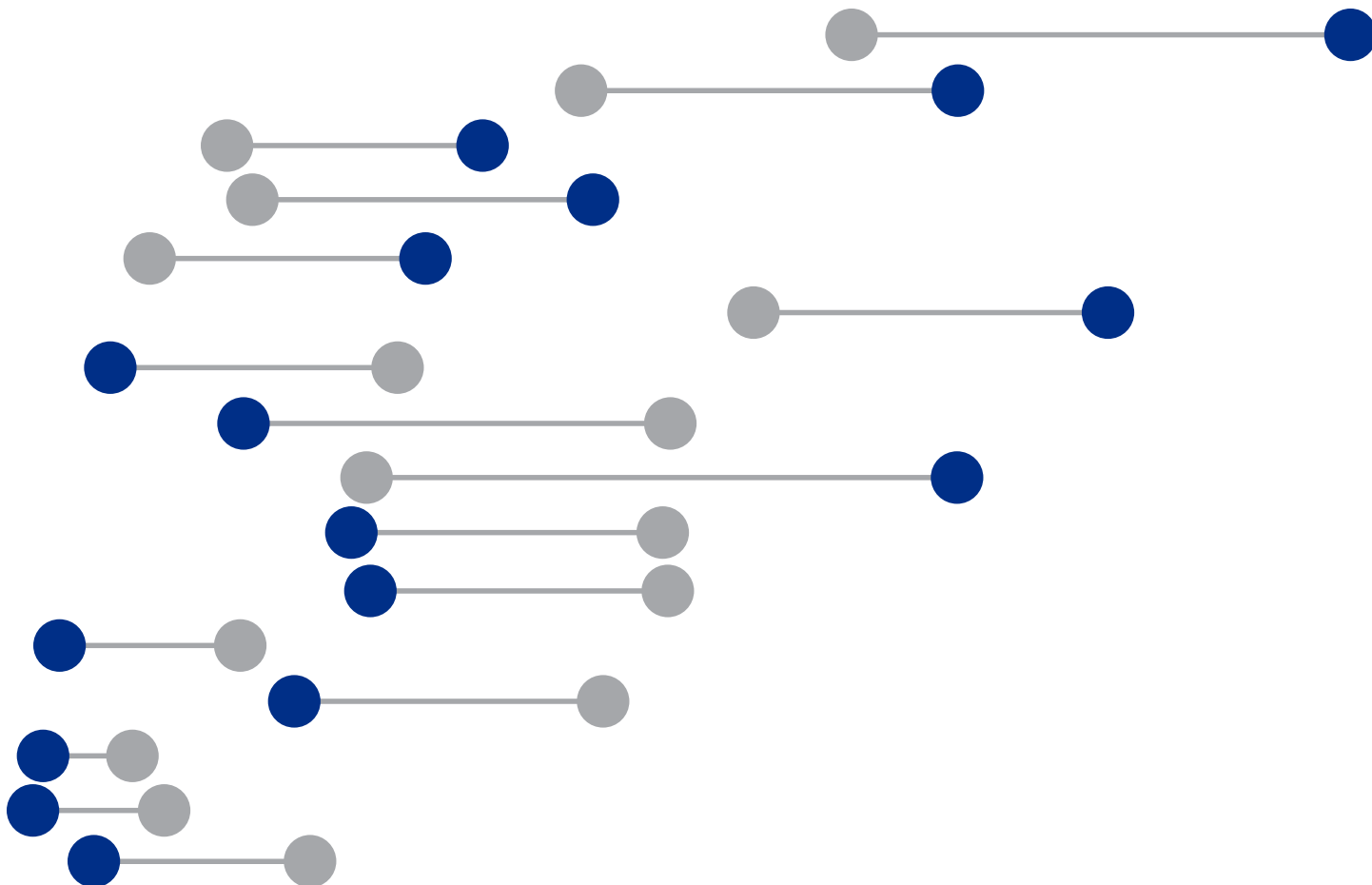# ACSM American Fitness Index®

2018 Rankings Summary Report

www.americanfitnessindex.org

Anthem® Foundation

AMERICAN COLLEGE of SPORTS MEDICINE®
LEADING THE WAY

Acknowledgements

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Questions and comments on the ACSM American Fitness Index or this report should be directed to the American College of Sports Medicine at afi@acsm.org.

ACSM
American
Fitness Index®

Actively Moving America to Better Health

Anthem®
Foundation

May 2018

Dear Colleagues:

This year's edition of the American College of Sports Medicine's (ACSM) American Fitness Index® brings a very exciting change. For the first time ever, the Fitness Index has expanded from 50 metropolitan service areas to the 100 largest U.S. cities! Our ability to positively impact more communities and residents has never been greater.

With great anticipation, we begin our second decade as the sole sponsor of the Fitness Index. This year's report takes a fresh approach by focusing on informing, engaging and building healthier, more active cities. Using a methodology that includes a composite of health behaviors, chronic diseases and community infrastructure, the Fitness Index assesses the fitness ranking of 100 cities. This data can be used by these cities to expand local capacity and partnerships to implement policy and infrastructure changes that facilitate physically active lifestyles for their residents.

Through our longstanding partnership with ACSM, the Anthem Foundation has successfully promoted better fitness and health with the Fitness Index. An extensive strategic plan and effective communications help reach millions of people with key messages regarding the Fitness Index, making it one of the most recognized and reliable measures of community fitness. This allows us to recognize achievements and stimulate community action based on credible scientific data.

This year, we want to congratulate Arlington, Virginia as the number one fittest city in the U.S. Arlington led Minneapolis and Washington D.C. in the top three in 2018. Achieving a balance of both healthy behaviors and community infrastructure, as well as ranking in the top 10 for 13 of the 33 indicators, Arlington performed extremely well against the expanded list of cities and sets a high standard for the future.

Together, ACSM and the Anthem Foundation are confident that our new approach helps us achieve an even higher standard of quality results. Expanding to the 100 largest U.S. cities allows us to be more inclusive in the number of communities we can impact, recognizing that central cities and surrounding suburban areas have different health behaviors and community-level infrastructure to support physical activity. In the end, better data will lead to better outcomes for more communities.

As always, thank you for your interest in the ACSM American Fitness Index, sponsored by the Anthem Foundation. We encourage you to use and share this year's report to help improve your community. To learn more, please visit AmericanFitnessIndex.org.

Sincerely,

Craig Samitt, M.D.
Chief Clinical Officer
Anthem, Inc.

Need for Action

Regular physical activity is one of the most important ways people can improve and maintain their health.[1-4] Media messages encouraging exercise and advertisements for fitness-related gear have become commonplace as health organizations and businesses recognize the growing interest in adopting healthy behaviors. While a significant proportion of Americans are physically active, less than 25 percent of adults meet national physical activity guidelines.[2] With obesity rates climbing to 40 percent of adults and obesity-related medical costs exceeding $147 billion yearly, increasing physical activity has never been more important to the nation's health and economic outcomes.[5-6]

Physical Health

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.[1-4]

Mental and Social Health

Beyond physical health benefits, regular exercise and physical activity also provide mental and social health benefits including decreasing the risk of depression in adults and reducing depression symptoms and stress in young people.[8-11] Designing spaces with parks, green spaces, trails, and bike lanes can not only increase physical activity, but also increase a sense of community cohesion and improve public perception of a city.[12-16]

Economic Health

Physical activity isn't only good for health, it's good for a city's bottom line. There is strong evidence of significant economic benefits of local policies and city planning that support physical activity, walkability, and bikeability. Well-designed cities experience increased home values, retail activity, as well as business and job growth.[15, 17-18]

Emerging public health research suggests that to improve health and fitness, prevent disease and disability, and enhance quality of life for all Americans through physical activity, we must create a culture that integrates physical activity into our daily lives.[2]

> "The health and economy of communities are often strongly correlated. Healthier communities tend to be economically more prosperous and vice versa. Improved community conditions for health, such as clean and safe neighborhoods, access to healthful food options, and opportunities for exercise and physical activity, can help positively influence health behaviors and lead to a more productive workforce."

VADM Jerome M. Adams, M.D., MPH
20th U.S. Surgeon General[19]

Physical activity. Any bodily movement produced by the contraction of skeletal muscle that increases energy expenditure above a basal level.

Exercise. A subcategory of physical activity that is planned, structured, repetitive, and purposive in the sense that the improvement or maintenance of one or more components of physical fitness is the objective.

Physical fitness. The ability to carry out daily tasks with vigor and alertness, without undue fatigue, and with ample energy to enjoy leisure-time pursuits and respond to emergencies. Physical fitness includes a number of components consisting of cardiorespiratory endurance (aerobic power), skeletal muscle endurance, skeletal muscle strength, skeletal muscle power, flexibility, balance, speed of movement, reaction time, and body composition.

—Centers for Disease Control and Prevention (CDC)[7]

ACSM American Fitness Index Approach

The ACSM American Fitness Index (Fitness Index) celebrates healthy, active lifestyles and encourages city leaders to enact policies and make system changes to promote these behaviors. The Fitness Index focuses on three strategies to support this effort:

1. **Inform:** Demonstrate the health, social, and economic benefits of physical activity as well as the policies and infrastructure that promote healthy behaviors.

   The Fitness Index, in partnership with the Anthem Foundation, now ranks the 100 largest cities in the United States on a composite of health behaviors, chronic diseases, and community infrastructure. These rankings give city leaders the necessary information to improve their residents' health through local policies and system changes.

2. **Engage:** Inspire city leaders and residents to celebrate the factors that contribute to their city's culture of health and fitness.

   The Fitness Index has a strong history of sharing the annual rankings, as well as success stories from cities making healthy changes, through strategic dissemination and communications planning. Using traditional and social media, it is estimated that the Fitness Index reaches 355 million people annually to recognize achievements as well as stimulate community action and advocacy based on the most recent scientific data available.

3. **Build:** Expand local capacity and partnerships to implement policy and infrastructure changes to facilitate a physically active lifestyle for all residents.

   The Fitness Index is more than an annual ranking of cities. Since 2011, the Fitness Index has provided direct assistance and support to low-ranking cities and to cities needing help to improve their ranking. This tailored support helps city leaders identify opportunities for improvement and to create plans for implementing changes.

   City leaders can also access Fitness Index resources like the Community Action Guide and the My AFI Community Application Toolkit. These tools allow any city, regardless of whether it is in the Fitness Index rankings, to assess its local health and fitness to develop and implement plans for improvement.

The Fitness Index approach aligns with the American College of Sports Medicine's work to address health and fitness through research and education. After all, the journey to a healthier future begins where we live, learn, work and play. The Fitness Index indicators address social and physical environments that promote good health for all.[20]

"The ACSM American Fitness Index provides opportunities for ACSM members to get involved with people and groups in their community to enhance physical activity and adopt healthful behaviors."

Barbara E. Ainsworth, Ph.D., MPH, FACSM, the 55th President of the
American College of Sports Medicine (2011-2012), chair of the
ACSM American Fitness Index Advisory Board, and Regents professor at
Arizona State University

Methodology

In the first 10 years of the Fitness Index, the rankings acknowledged the interaction between the central city and the surrounding suburban areas. The results provided in earlier years included measures and rankings of the entire metropolitan statistical areas (MSA) for the 50 largest cities in the United States. This approach provided important and valuable general messages, but limited the ability to provide targeted assistance to city and community leaders that need specific data at the local level.[21-23]

Understanding that the central city and surrounding suburban areas may have different health behaviors and community-level infrastructure to support physical activity, for the first time the Fitness Index focuses on cities rather than metro areas with the 2018 rankings. This approach distinguishes the largest suburbs from the central cities in the same metro areas. The expanded report now covers the 100 largest U.S. cities and provides a more inclusive approach by adding cities in states that weren't represented previously.

The updated analysis included city-level data for all community/environment indicators. Personal health indicator data were analyzed for the county(ies) where the city proper was located.* Groups of counties were used when the city limits extend across county lines. For example, the city of Denver, CO is located only in Denver County; however, New York City, NY is located in the five counties of Bronx, Kings, New York, Queens, and Richmond. The updated method allows the Fitness Index to target assistance to specific city leaders and community-based organizations. It also provides more local-level data that city leaders need to implement targeted, healthy policies and programs.

The 2018 Fitness Index was calculated using 33 indicators from reliable, publicly accessible, and up-to-date sources. Indicators were combined to create sub-scores for personal health and community and environment indicators. Individual indicators were weighted relative to their impact on community fitness, converted to ranks, and combined in a straight-forward manner described in the methodology section on the website. The two sub-scores were then combined to form the total score.

Although the analysis changed how cities were defined, the statistical methodology to produce the Fitness Index scores and rankings remains unchanged from previous years.** For more information on the development of the Fitness Index, including indicator selection, data sources, and counties included in the analysis, please visit: **www.americanfitnessindex.org/methodology**.

*There was an insufficient number of BRFSS survey respondents from Webb County where Laredo, Texas, is located to report health measures for only Webb County. To obtain the minimum amount of responses required by CDC for data reporting, the geographical area was expanded to include the six adjacent counties: Dimmit, Duval, LaSalle, Jim Hogg, Maverick, and Zapata. All of the other indicator data are for the city of Laredo only.

**Due to updates to the Fitness Index, comparisons between 2018 and previous years should be avoided.

Fitness Index Indicators

Personal Health Indicators

Health Behaviors

% any exercise in the last 30 days

% meeting aerobic activity guidelines

% meeting aerobic & strength activity guidelines

% consuming 2+ fruits/day

% consuming 3+ vegetables/day

% getting 7+ hours of sleep/day

% smoking

Health Outcomes

% with obesity

% in excellent or very good health

% physical health not good during the past 30 days

% mental health not good during the past 30 days

% with asthma

% with high blood pressure

% with angina or coronary heart disease

% with stroke

% with diabetes

Community/Environment Indicators

Built Environment

Parkland as % of city

Acres of parkland/1,000 residents

Farmers' markets/1,000,000 residents

% using public transportation to work

% bicycling or walking to work

Walk Score®

% within a 10-minute walk to a park

Recreational Facilities

Ball diamonds/10,000 residents

Dog parks/100,000 residents

Park playgrounds/10,000 residents

Basketball hoops/10,000 residents

Park units/10,000 residents

Recreational centers/20,000 residents

Swimming pools/100,000 residents

Tennis courts/10,000 residents

Policy & Funding

Park expenditure/resident (adjusted)

Physical education requirement

Rankings

The 2018 ACSM American Fitness Index ranked Arlington, VA as the fittest city in America. Cities with the highest scores are considered to have strong *community* fitness, a concept analogous to individuals having strong *personal* fitness. Cities that rank near the top of the Fitness 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 rankings.

Additional information, including sub-scores and individual city data, is available in a new, interactive table on the website: **www.americanfitnessindex.org/rankings**.

Overall Rank	City	Overall Score	Overall Rank	City	Overall Score
1	Arlington, VA	77.7	26	Durham, NC	57.2
2	Minneapolis, MN	77.2	27	Sacramento, CA	57.1
3	Washington, D.C.	74.0	28	Albuquerque, NM	57.0
4	Madison, WI	72.4	29	Cincinnati, OH	57.0
5	Portland, OR	71.6	30	Virginia Beach, VA	56.9
6	Seattle, WA	71.5	31	Dallas, TX	56.7
7	Denver, CO	70.2	32	Chicago, IL	56.7
8	St. Paul, MN	70.2	33	Omaha, NE	55.8
9	San Jose, CA	69.8	34	Milwaukee, WI	55.8
10	Boise, ID	69.2	35	Chula Vista, CA	55.3
11	Oakland, CA	68.5	36	Pittsburgh, PA	55.1
12	Plano, TX	67.9	37	Tampa, FL	55.0
13	Irvine, CA	67.8	38	Orlando, FL	54.8
14	San Francisco, CA	67.3	39	Long Beach, CA	54.8
15	Boston, MA	67.1	40	Santa Ana, CA	53.7
16	San Diego, CA	66.4	41	Anaheim, CA	52.8
17	Lincoln, NE	65.7	42	Austin, TX	52.5
18	Raleigh, NC	62.9	43	Buffalo, NY	52.5
19	Fremont, CA	62.3	44	Norfolk, VA	51.9
20	Atlanta, GA	61.5	45	New Orleans, LA	51.8
21	Anchorage, AK	60.6	46	Honolulu, HI	51.5
22	Aurora, CO	60.5	47	Tucson, AZ	51.5
23	St. Petersburg, FL	60.4	48	Reno, NV	50.0
24	Colorado Springs, CO	58.1	49	Cleveland, OH	49.2
25	Miami, FL	57.4	50	Los Angeles, CA	48.9

All cities are commended for their achievements and encouraged to use the Fitness Index findings to track and focus their efforts to achieve a more healthy and active population.

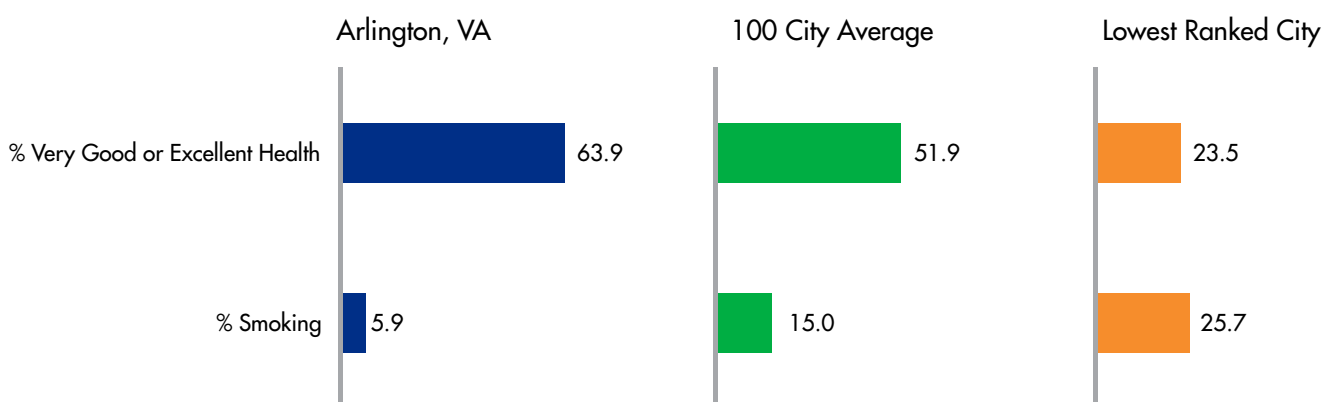| Overall Rank	City	Overall Score	Overall Rank	City	Overall Score
51	Garland, TX	48.9	76	Chandler, AZ	40.9
52	New York, NY	48.6	77	Corpus Christi, TX	40.6
53	Hialeah, FL	48.2	78	Baltimore, MD	40.5
54	Irving, TX	48.1	79.5	Columbus, OH	40.3
55	Richmond, VA	47.7	79.5	El Paso, TX	40.3
56	Fort Worth, TX	47.6	81	Mesa, AZ	40.2
57	St. Louis, MO	47.4	82	Philadelphia, PA	39.8
58	Glendale, AZ	47.3	83	Arlington, TX	39.7
59	Charlotte, NC	47.2	84	Fort Wayne, IN	39.2
60	Houston, TX	46.9	85	Stockton, CA	38.8
61	Scottsdale, AZ	46.9	86	Newark, NJ	38.6
62	Riverside, CA	45.8	87	Lubbock, TX	36.6
63	Las Vegas, NV	45.1	88	Memphis, TN	35.5
64	Jacksonville, FL	45.0	89	Laredo, TX	34.9
65	Nashville, TN	44.2	90	Winston-Salem, NC	34.5
66	Bakersfield, CA	44.0	91	Tulsa, OK	34.4
67	Baton Rouge, LA	43.4	92	North Las Vegas, NV	34.0
68	San Antonio, TX	43.4	93	Gilbert, AZ	33.5
69	Jersey City, NJ	43.2	94	Fresno, CA	33.0
70	Lexington, KY	42.9	95	Wichita, KS	32.5
71	Greensboro, NC	42.8	96	Toledo, OH	30.3
72	Phoenix, AZ	42.5	97	Detroit, MI	30.0
73	Henderson, NV	42.4	98	Louisville, KY	27.0
74	Kansas City, MO	41.5	99	Indianapolis, IN	26.9
75	Chesapeake, VA	41.5	100	Oklahoma City, OK	26.3

Scores 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.

Summary of Findings

Good health starts in our homes, schools, and communities. That's why the Fitness Index looks at both personal health indicators, meaning what we're doing individually to get and stay healthy, as well as the built environment indicators like parks, playgrounds, and recreation centers that help us do so.

Arlington, VA's balance of both healthy behaviors and community infrastructure earned them the #1 rank in the 2018 ACSM American Fitness Index with a score of 77.7. While they ranked #4 in personal health and #5 in community sub-scores, the balance of their combined score was enough to edge out #2 ranked Minneapolis, MN's overall score of 77.2. Balancing healthy behaviors and community infrastructure was a common characteristic of cities that ranked in the top 25 overall.

Arlington, VA ranked #1 in good/excellent health & low smoking rates

	Arlington, VA	100 City Average	Lowest Ranked City
% Very Good or Excellent Health	63.9	51.9	23.5
% Smoking	5.9	15.0	25.7

Arlington, VA also ranked in the top 10 cities for 11 other indicators in the Fitness Index:
- residents meeting aerobic and strength activity guidelines
- low levels of residents with obesity, high blood pressure, and diabetes
- number of farmers markets, local parks, dog parks, and tennis courts
- residents that live within a 10-minute walk to a park
- funding for public parks
- high use of public transportation

While Minneapolis, MN and Washington, D.C. ranked #2 and #3 respectively, Madison, WI's #4 ranking stands out in the 2018 Fitness Index. Madison ranked among the top 10 for 13 of the 33 total indicators in the Fitness Index and scored highest on four personal health indicators and three community/environmental indicators.

Madison, WI ranked #1 in seven indicators

Personal Health

	Lowest Ranked City	Madison, WI

% Any Exercise Last 30 Days
56.7 ──────── 90.9

% Sleeping 7+ Hours
49.9 ──── 74.3

% High Blood Pressure
18.5 ──── 39.7

% Stroke
0.7 ─ 9.6

Community/ Environment

	Lowest Ranked City	Madison, WI

Park Units/10,000
1.2 ───────────── 11.6

Basketball Hoops/10,000
0.2 ───────────── 9.8

Playgrounds/10,000
0.7 ───────────── 7.1

City vs. MSA

While direct comparisons cannot be made between Fitness Index scores for MSAs and cities, this year's rankings indicate that for MSAs that were ranked high in the 2017 Fitness Index, the central cities of those MSAs are also ranked high in the 2018 rankings. Similarly, for MSAs ranked low in the 2017 Fitness Index, the central cities of those MSAs were also ranked low in the 2018 rankings. Of the 73 central or suburban cities represented in both the 2017 and 2018 rankings, 41 (56 percent) were in the same quartile both years, 19 (26 percent) improved from a lower quartile to a higher one, and 13 (18 percent) slipped from a higher quartile to a lower one.
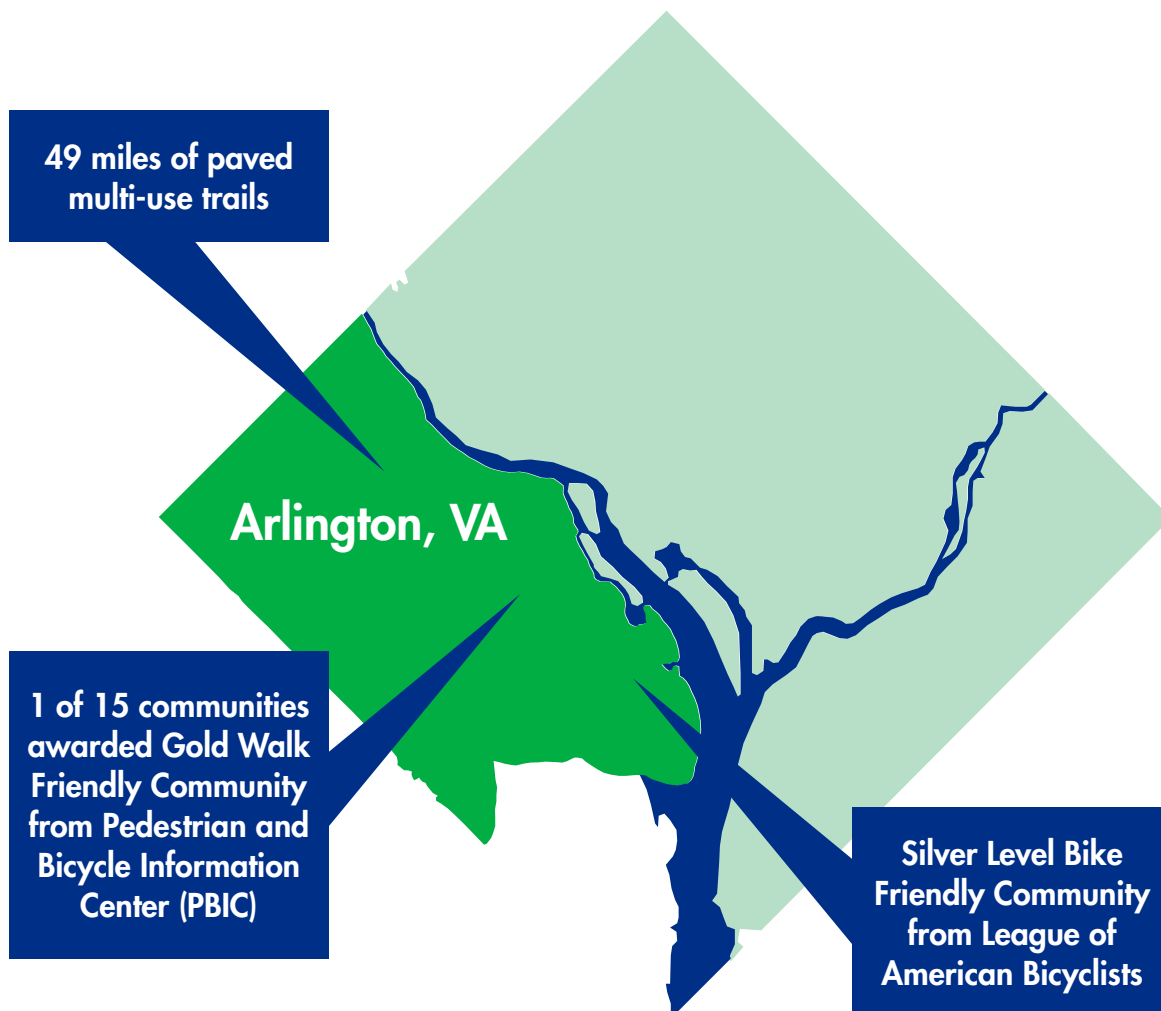
One notable example is Plano, TX, which ranked #12 in the 2018 rankings of the 100 largest cities; in 2017 it was part of the Dallas MSA that was ranked #38. Plano, TX outscored neighboring cities in most of the personal health indicators, but not in community/environment indicators. This reflects the Fitness Index's maxim that every city has something to celebrate and something that may be improved.

Arlington, VA

Community Engagement & Coalition Building

Arlington, VA is home to the Pentagon, Arlington National Cemetery, Civil War battlefields, great local parks, as well as many people living healthy lifestyles that contribute to their #1 ranking in the 2018 American Fitness Index. In addition, Arlington is currently engaging community members to identify the key issues that impact children's health. With 26 percent of pre-kindergarten children having an unhealthy weight, Arlington is building a plan to address the barriers families face to leading healthy, active lifestyles. This comprehensive planning will propose a range of strategies to address the barriers while engaging the community, local coalitions, and policymakers. Arlington, like so many communities, benefits from the collective impact of local organizations that are working toward common goals.
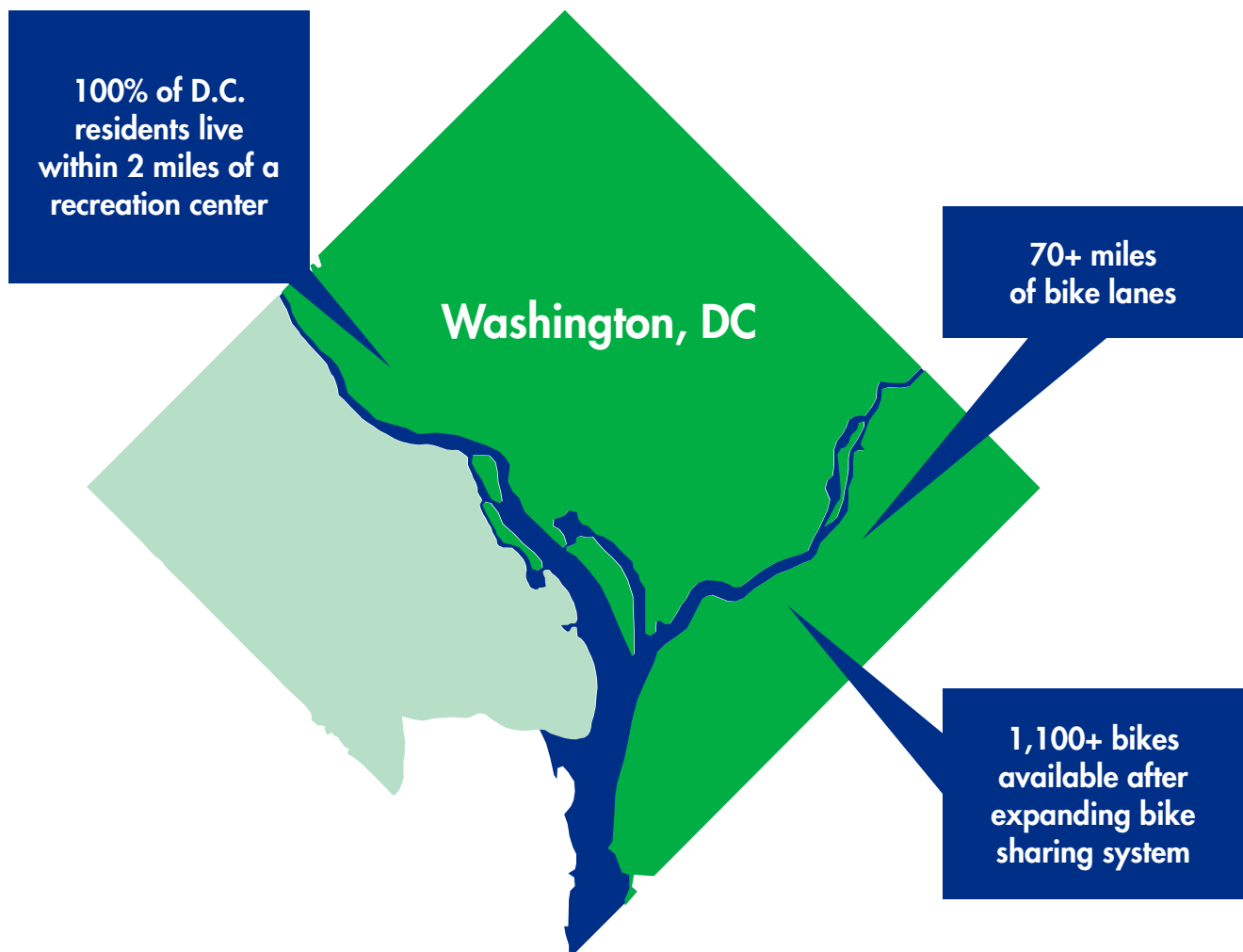
49 miles of paved multi-use trails

Arlington, VA

1 of 15 communities awarded Gold Walk Friendly Community from Pedestrian and Bicycle Information Center (PBIC)

Silver Level Bike Friendly Community from League of American Bicyclists

Washington, D.C.

Private/Public Partnerships & Social Media

After holding the title of "America's Fittest City" for three consecutive years, Washington, D.C. came in second to Minneapolis, MN in the 2017 American Fitness Index rankings. VIDA Fitness, a D.C.-based fitness studio, partnered with Mayor Muriel Bowser's #FITDC movement and D.C. Department of Parks and Recreation to launch the Take Back #1 Campaign. Through this community-wide effort to regain the top spot, VIDA and D.C. Parks Department offer a series of free workouts, walks and runs, nutrition seminars, and health expos to help D.C. residents jump-start and maintain their exercise programs. This private-public partnership is a great example of how to use the Fitness Index to rally a community to healthy action.

100% of D.C. residents live within 2 miles of a recreation center

Washington, DC

70+ miles of bike lanes

1,100+ bikes available after expanding bike sharing system

Personal Health

The Fitness Index's personal health indicators range from individual health behaviors to health outcomes including self-reported perceptions of physical and mental health.

San Jose, CA, ranked #9 overall, ranked #1 across the collective personal health indicators with a score of 86.8. While San Jose, CA didn't rank at the top of any one indicator, they ranked among the top 10 cities for eight of 16 personal health indicators, including high rates of aerobic and strength activity, vegetable consumption and low rates of smoking, obesity, asthma, high blood pressure, and stroke.
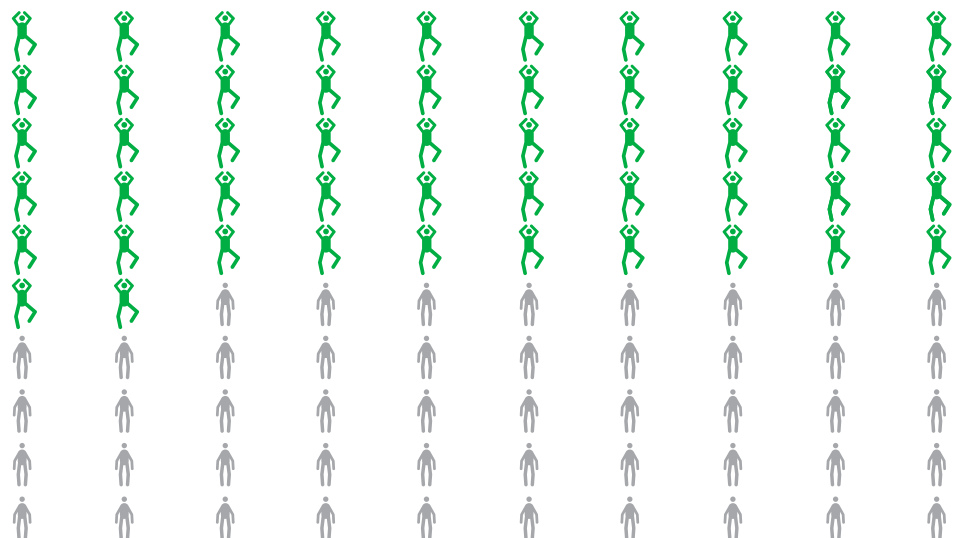
Physical Activity

On average, 77.5 percent of adults in the 100 largest cities in the US reported engaging in any physical activity in the previous month, with only 51.5 percent meeting aerobic activity guidelines and 22.2 percent meeting guidelines for both aerobic and strength activities.

> ACSM and CDC recommend at least 150 minutes per week of moderate-intensity aerobic activity, 75 minutes of vigorous aerobic activity, or a combination of both for adults. They also suggest muscle strengthening twice a week.[24-25]

77.5%
of adults reported any physical activity last month
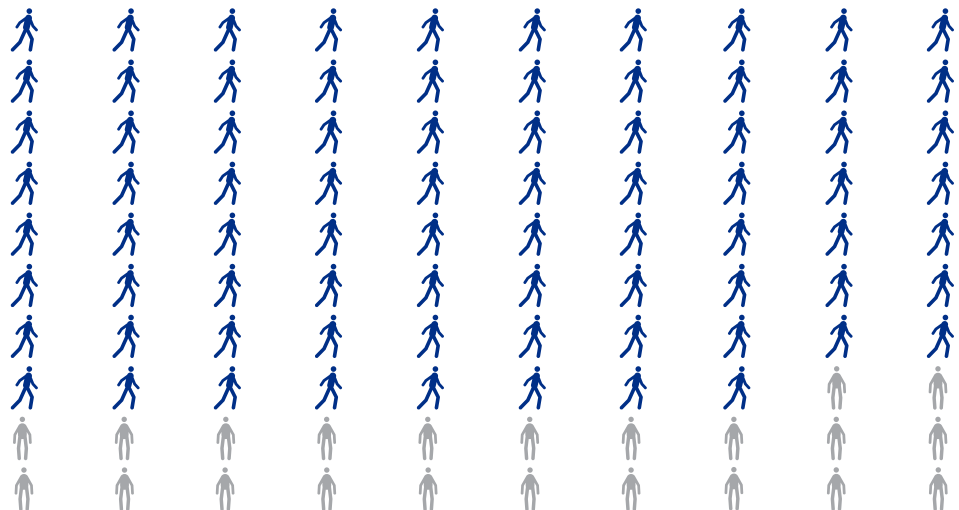
51.5%
of adults met aerobic activity guidelines

22.2%
of adults met aerobic
activity & strength
guidelines

Madison, WI residents reported the most physical activity with 90.9 percent exercising in the previous month, while Boise, ID topped the charts for aerobic activity with 63.9 percent meeting guidelines. Plano, TX scored highest for residents meeting both aerobic and strength activity guidelines at 31.4 percent. Denver, CO and Boise, ID, respectively ranked #7 and #10 overall, ranked in the top ten for all three physical activity indicators.

Top 10 Most Active Cities

Any Exercise	Aerobic Activities	Aerobic & Strengthening Activities
1. Madison, WI	1. **Boise, ID**	1. Plano, TX
2. Portland, OR	2. San Diego, CA	2. Arlington, VA
3. **Boise, ID**	3. Chula Vista, CA	3. **Boise, ID**
4. Seattle, WA	4. San Jose, CA	4. **Denver, CO**
5. Charlotte, NC	5. Seattle, WA	5. Reno, NV
6. Raleigh, NC	6. Reno, NV	6. San Jose, CA
7. Minneapolis, MN	7. San Francisco, CA	7. Virginia Beach, VA
8. Colorado Springs, CO	8. Portland, OR	8. Colorado Springs, CO
9. Durham, NC	9. Madison, WI	9. St. Petersburg, FL
10. **Denver, CO**	10. **Denver, CO**	10. Albuquerque, NM

In cities ranked in the top 25 overall, 82.0 percent of the residents on average reported engaging in any exercise in the previous month with an average of 24.6 percent meeting aerobic and strength guidelines. This exceeded the physical activity of residents in cities ranked in the last quartile which averaged 73.6 percent exercising in the previous month and 19.9 percent meeting aerobic and strength guidelines. Across all cities there is a need to increase strengthening activities that contribute to increases in lean muscle mass and stronger bones.

Indianapolis, IN

Getting Residents Outside

When was the last time you went outside to play — not just to watch your kids play, but to engage in play yourself? Indy Parks and Recreation is working to get residents out of the house and into local parks and greenways. Leveraging a combination of funding sources and local partnerships, Indy Parks offers state-of-the-art playgrounds and innovative programming for all ages and abilities. This means offering classes and programs that include English country and hip-hop dancing, jazz and Shakespeare in the park, art and bird watching classes, and ensuring that children with various disabilities have a safe place to play and explore through special sensory rooms. Using social media and community engagement events, Indy Parks inspires residents to get outside and get active by making fitness fun and not work.

"As we create places and experiences that inspire, Indy Parks wants to be seen as a leader in health and wellness efforts. Every day, our team offers a variety of fitness options for residents young and old to get and stay healthy. From biking, walking, and running on our 135 miles of trails to taking a water aerobics class to simply discovering ways to exercise in one or all of our 211 parks, Indy Parks is doing its part to help children and their families live healthier lives."

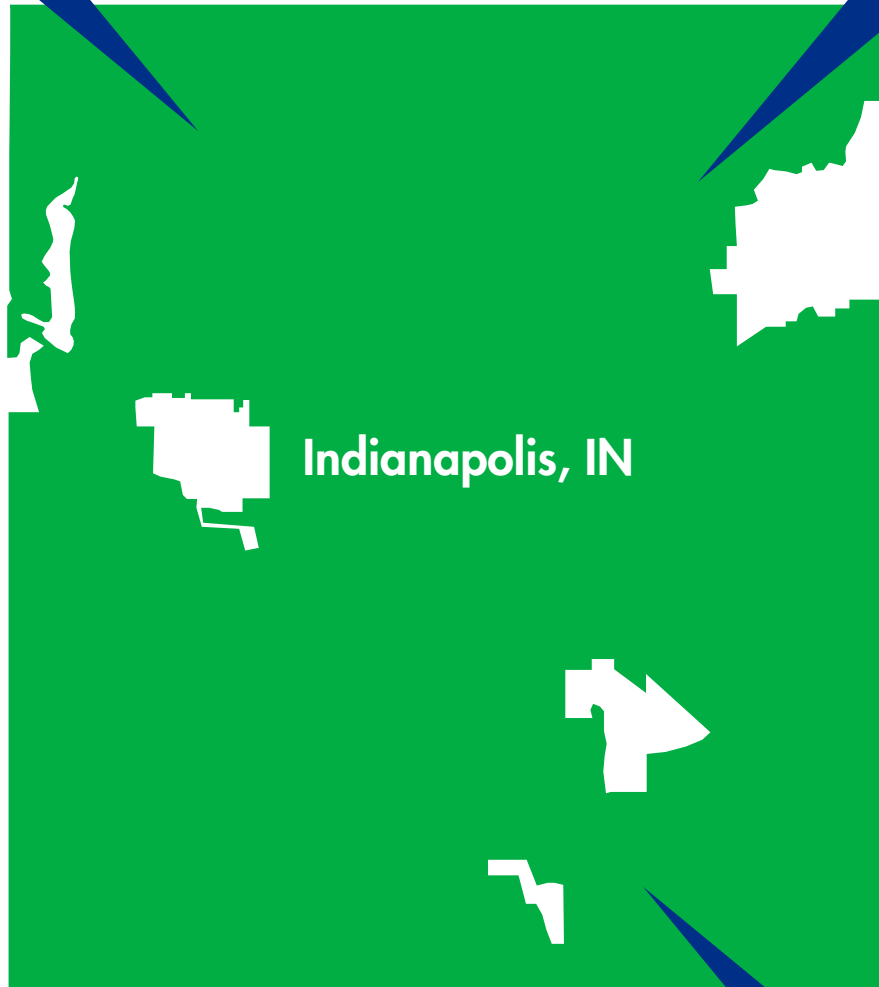**—Linda Broadfoot, Director, Indy Parks and Recreation**

Courtesy of Indy Parks and Recreation

Courtesy of Indy Parks and Recreation

11,372 estimated jobs created by the world class Cultural Trail

200+ miles of bike lanes planned over the next 12 years

Indianapolis, IN

Top 10 best Complete Streets policy awarded by National Complete Streets Coalition

Nutrition

A diet high in fruits and vegetables is widely recommended by health professionals. The Fitness Index scores show that adults tended to eat fruit more regularly than vegetables. Across all 100 cities, an average of 30.0 percent of adults reported eating at least two servings of fruits per day while only 18.0 percent reported eating three or more servings of vegetables per day.

CDC recommends that adults consume 1.5–2 cups of fruit and 2–3 cups of vegetables daily.[26]

3 in 10
adults reported eating 2+ servings of fruits/day

18%
of adults reported eating 3+ servings of vegetables/day

Buffalo, NY, ranked #43 overall, was the leader in fruit consumption at 38.9 percent while San Francisco, CA, ranked #14 overall, led in eating vegetables at 27.5 percent. Washington, D.C. and Reno, NV, ranked #48 overall, scored in the top 10 for both fruit and vegetable consumption.

Top 10 Fruit & Vegetable Consumers

2+ Fruits/Day	3+ Vegetables/Day
1. Buffalo, NY	1. San Francisco, CA
2. Denver, CO	2. Portland, OR
3. Chicago, IL	3. St. Petersburg, FL
4. Milwaukee, WI	4. **Washington, DC**
5. **Reno, NV**	5. Anchorage, AK
6. Stockton, CA	6. San Jose, CA
7. Oakland, CA	7. San Antonio, TX
8. Freemont, CA	8. Nashville, TN
9. Tampa, FL	9. Austin, TX
10. **Washington, DC**	10. **Reno, NV**

In cities ranked in the top 25 overall, an average of 32.4 percent of residents reported eating two or more servings of fruit per day and 19.9 percent reported eating three or more servings of vegetables per day. Cities ranked in the bottom quartile overall averaged 27.5 percent of residents eating two or more servings of fruit and 16.2 percent of residents eating three or more servings of vegetables. As with strength activities mentioned above, there is a need to increase fruit and vegetable consumption in all 100 cities.

Self-Care

Sleep, which is so important to physical and mental health, can be challenging to get in sufficient quantities. On average, about two-thirds (65.4 percent) of residents in the 100 largest cities reported getting seven or more hours of sleep per night. Madison, WI topped the charts with 74.3 percent of residents getting seven or more hours of sleep. Laredo, TX, ranked #89 overall, came in second on this measure with 73.2 percent reporting sleeping seven or more hours per night.

Not smoking or using tobacco products is an important way to support a healthy and active lifestyle. Arlington, VA led the way with only 5.9 percent of residents smoking. The average smoking rate across all 100 Fitness Index cities was 15.0 percent; the highest smoking rate was 25.7 percent. Seven California cities ranked in the top 10 for lowest smoking rates. The average smoking rate across all 16 California cities in the Fitness Index was 10.6 percent, well below the average for all 100 cities.

10.6%
average smoking rate in 16 largest CA cities

Top 10 Cities for Self-Care

7+ Hours of Sleep	Fewest Smokers
1. Madison, WI	1. Arlington, VA
2. Laredo, TX	2. San Jose, CA
3. Plano, TX	3. Stockton, CA
4. Minneapolis, MN	4. Irvine, CA
5. Aurora, CO	5. Santa Ana, CA
6. St. Paul, MN	6. Anaheim, CA
7. Lincoln, NE	7. Oakland, CA
8. Denver, CO	8. Fremont, CA
9. Seattle, WA	9. Durham, NC
10. Boise, ID	10. Seattle, WA

Health Outcomes

Cities in the top 25 overall also scored well in health outcomes, likely as a result of their healthy personal behaviors and community resources. One interesting exception is mental health. Only three of the top 25 cities overall also ranked in the top 10 on the mental health indicator. The remaining seven cities ranked in the bottom half of the overall rankings.

Lowest Rate of Poor Mental Health	City	Overall Rank
1. (tied)	Miami, FL	25
1. (tied)	Hialeah, FL	53
3.	Chesapeake, VA	75
4.	Plano, TX	12
5.	Laredo, TX	89
6.	Greensboro, NC	71
7.	Jersey City, NJ	69
8.	St. Petersburg, FL	23
9.	Bakersfield, CA	66
10.	Newark, NJ	86

On average, one-third (35 percent) of residents in all 100 cities reported that their mental health was not good on at least one of the past 30 days. The top 25 cities averaged 35.8 percent of residents reporting poor mental health in the past 30 days. In the city with the worst mental health rank, 44.1 percent of residents reported experiencing poor mental health in the previous month.

> "Even among the top cities, over one-third of residents report poor mental health. And while research indicates a positive relationship between physical activity and mental well-being, we know that mental health is impacted by a number of other factors. Promoting a healthy lifestyle should be one part of a comprehensive approach to improving mental health."

**Chad Rethorst, Ph.D., University of Texas-Southwestern,
Exercise Is Medicine Ambassador Co-Chair**

Heart disease is another indicator where cities outside of the top 25 scored well. Six of the top 10 cities with the lowest rates of diagnosed angina or coronary heart disease fell in the bottom half of the overall rankings, including five cities in Texas and four cities in California.

Lowest Rate of Heart Disease	City	Overall Rank
1.	Fresno, CA	94
2.	Fort Worth, TX	56
3.	Oakland, CA	11
4.	Fremont, CA	19
5.	San Francisco, CA	14
6.	New Orleans, LA	45
7.	El Paso, TX	79.5
8.	Arlington, TX	83
9.	Plano, TX	12
10.	Lubbock, TX	87

Lubbock, TX, ranked #87 overall, ranked among the top 10 for four health outcome indicators with high rates of residents reporting good physical health and low rates of heart disease, diabetes, and stroke.

> "If exercise could be packed in a pill, it would be the single most widely prescribed and beneficial medicine in the nation."

**Robert N. Butler, M.D.,
Former Director, National Institute on Aging**

Community/Environment

The Fitness Index encourages local officials to implement policies, such as Complete Streets, that improve the built environment for all residents. This includes the availability, maintenance, and improvement of infrastructure like safe sidewalks, bike lanes, trails, parks, recreational centers, and ball fields and courts. This infrastructure provides opportunities for better health and social outcomes as a result of play, recreation, exercise, and active transportation such as walking or biking to school, work, and for daily errands.

Pittsburgh, PA, ranked #36 overall, ranked #1 in community/environment indicators with a score of 81.3. Similar to San Jose, CA's results in the personal health indicators, Pittsburgh, PA didn't lead any single indicator, but ranked in the top 10 for six of the 17 community/environment indicators, including number of per capita farmers' markets, residents walking or biking to work, public parks, ball diamonds, playgrounds, and swimming pools.

Parks & Recreational Facilities

Parks and recreation facilities are important pieces of the built environment that support a community culture of physical activity and healthy lifestyles. The number, location, and size of public parks are key factors in residents being physically active on a regular basis. Anchorage, AK, ranked #21 overall, topped the list with 2992.9 park acres per 1,000 residents and 84.2 percent of the city allocated as parkland.

Parks/10,000 Residents	Park Acres/1,000 Residents	Parkland as % of City
1. Madison, WI	1. **Anchorage, AK**	1. **Anchorage, AK**
2. Arlington, VA	2. Chesapeake, VA	2. Fremont, CA
3. Cincinnati, OH	3. Scottsdale, AZ	3. Honolulu, HI
4. Atlanta, GA	4. Fremont, CA	4. North Las Vegas, NV
5. St. Petersburg, FL	5. Jacksonville, FL	5. Chesapeake, VA
6. Las Vegas, NV	6. New Orleans, LA	6. New Orleans, LA
7. Buffalo, NY	7. North Las Vegas, NV	7. Scottsdale, AZ
8. St. Paul, MN	8. Virginia Beach, VA	8. Albuquerque, NM
9. **Anchorage, AK**	9. Nashville, TN	9. San Diego, CA
10. Pittsburgh, PA	10. Albuquerque, NM	10. Irvine, CA

Excluding Anchorage, AK because its allocated park space was very large, the top 25 cities averaged 21.2 park acres per 1,000 residents and 15.0 percent of the city as parkland. Cities in the bottom quartile averaged 15.8 park acres per 1,000 residents and 7.1 percent of the city as parkland.

Top 25 cities have more than twice as much parkland as a percentage of the city compared to cities in the **lowest quartile**.

1st Quartile Cities	15.0%
4th Quartile Cities	7.1%
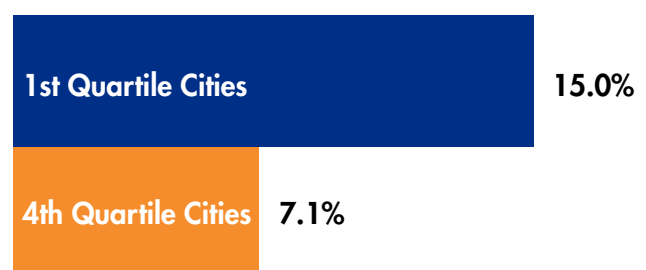
Excludes Anchorage, AK due to data outliers

Minneapolis, MN
Local Coordination

Building a culture of physical activity isn't done overnight. Minneapolis, MN reaps the rewards of early planning to set aside important parklands and establish a semi-autonomous parks board to maintain and protect the lands. Featuring over 6,800 acres in the park system and 102 miles of biking and walking paths, Minneapolis Parks and Recreation Board (MPRB) is once again looking to the future by thinking differently about local investment and access to infrastructure. Using innovative funding mechanisms, joint use agreements with schools, and community collaborations, MPRB is working to ensure all neighborhoods have access to parks, recreation centers, and other park amenities — specifically neighborhoods that have historically lacked access.

These efforts are in line with city departments that are also working toward similar equity efforts. The public works and health department serve critical roles in assessing asset conditions, transportation needs, air quality, and environmental impacts that support active transportation and recreation. In addition to Complete Streets infrastructure like safe sidewalks, bike lanes, and lighting, they also provide walking and biking activities, programming, and events to benefit residents from all neighborhoods.

Beyond collaboration between agencies and city departments, Minneapolis has a strong culture of local civic engagement. This resident-driven advocacy ensures elected officials value and prioritize policies and funding that support a physically active city.

Courtesy of Meet Minneapolis

Minneapolis Parks and Recreation, Courtesy of Meet Minneapolis

75 miles of bikes lanes and trails added in the past six years

Gold Level Bicycle Friendly Community Award from the League of American Bicyclists

Minneapolis, MN

18% of Minneapolis Public School students live within an easily walkable distance to school

Active Transportation

Proximity to work, school, retail, and entertainment facilitates residents using active transportation. Across all 100 cities, an average of 4.6 percent of residents walk or bike to work and 65.7 percent are located within a 10-minute walk to a park. Cities in the top 25 overall averaged 7.1 percent of residents walking or biking to work and 81.0 percent located within a 10-minute walk to a park. Cities in the bottom quartile averaged 2.9 percent of residents walking or biking to work and 56.5 percent located within a 10-minute walk to a park.

4.6%
of residents
walk or bike to work
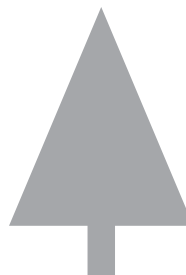
65.7%
of residents are located
within a 10-minute walk
to a park

Five cities ranked in the top 10 for walkability, residents that walk or bike to work, and parks located within a 10-minute walk from residential areas. Washington, D.C. led the way with 18.3 percent of residents walking or biking to work and 97.4 percent of parks located within a 10-minute walk. Washington, D.C. also ranked in the top 10 for park expenditures, swimming pools, recreation centers, use of public transportation, and farmers markets.

Walkability Score	Walk or Bike to Work	Parks within 10-minute walk
1. **New York, NY**	1. **Washington, DC**	1. **San Francisco, CA**
2. Jersey City, NJ	2. **Boston, MA**	2. **Boston, MA**
3. **San Francisco, CA**	3. **San Francisco, CA**	3. Arlington, VA
4. **Boston, MA**	4. **Seattle, WA**	4. **Washington, DC**
5. Newark, NJ	5. Madison, WI	5. **New York, NY**
6. Miami, FL	6. Pittsburgh, PA	6. St. Paul, MN
7. Philadelphia, PA	7. Portland, OR	7. Minneapolis, MN
8. Chicago, IL	8. Norfolk, VA	8. Philadelphia, PA
9. **Washington, DC**	9. **New York, NY**	9. **Seattle, WA**
10. **Seattle, WA**	10. Minneapolis, MN	10. Chicago, IL

"Walking and bicycling are easy, pollution-free ways to get around town. They are environmentally friendly, and burn a substantial number of calories. Whether commuting to work or just for recreation, walking and biking have been shown to lower the risk of chronic diseases like obesity, diabetes, and heart disease."

David R. Bassett, Jr., Ph.D., University of Tennessee Knoxville, chair of the ActivEarth Taskforce

Interpreting the Rankings

It is important to consider both the score as well as the rank for each city when using the Fitness Index. While the rankings list the cities from the highest score to the lowest score, the scores for many cities are very similar, indicating there may be relatively little real difference among their fitness levels.

For example, Cincinnati, OH scored 57.0 overall and ranked #29 while Milwaukee, WI scored 55.8 overall and ranked #34. While Cincinnati, OH ranked higher than Milwaukee, WI in the 2018 Fitness Index, these two cities are actually very similar across most of the indicators as evidenced by the close scores; thus, there is little difference in the community fitness levels of the two.

Also, while one city ranks #1 and another ranks #100, 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 indicators. The ranking merely indicates that, relative to each other, some cities scored better than others.

It's also important to remember that a majority of the personal health indicators do not change rapidly and it will take time for the impact of new initiatives to be seen in most of the health indicators. While improvements in community and built environment indicators are important investments, a notable change in the health of residents is expected to slowly but surely follow.

Cities with the best scores, and even those with scores close to the best, are commended for their efforts to improve and maintain the health and fitness of their residents. These cities demonstrate the ability to support healthy lifestyles; thus, their approaches serve as examples to cities working to improve similar indicators.

The Fitness Index celebrates the tremendous efforts that all cities put into improving the health and well-being of their residents as we all move toward a healthier future for America.

Oklahoma City, OK
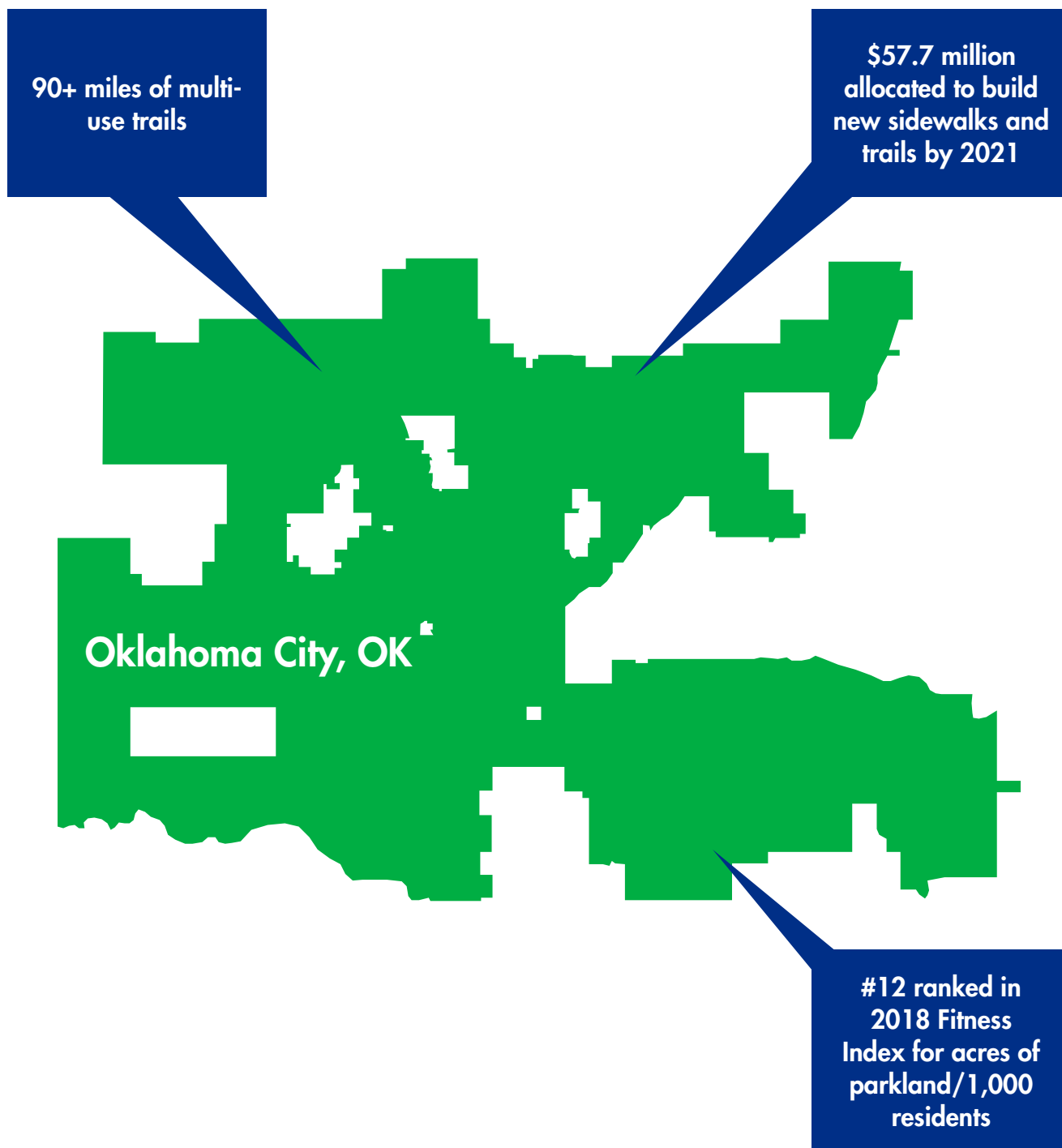## *Planning, Infrastructure, & Funding*

Oklahoma City, OK continues to build on recent healthy policy improvements through the local initiative known as plan**okc**, the city's first new comprehensive plan since 1977. This plan includes policies, among others, that promote mixed-use development and human-scale site designs, provides for pedestrian circulation, encourages neighborhood-scale retail, and uses wayfinding and placemaking features to encourage walking and biking. All of this activity is done with an eye toward preserving rural areas, natural landforms, and the open character of the landscape. Oklahoma City has a rich culture and history that are important to preserve as the city continues to grow and develop.

Oklahoma City is also making efforts to improve its residents' health and physical activity in several ways including funding for infrastructure that supports an active lifestyle. In the 2017 American Fitness Index rankings, Oklahoma City's cost-of-living adjusted spending on parks was $58 per resident. That spending grew to $83 per resident in the 2018 analysis of park expenditures. Pursuing and diversifying funding sources is one of many policies in plan**okc** that support growing a sustainable and robust parks, recreation, and trail system.

In September 2017, Oklahoma City residents passed a temporary one-cent sales tax to support Better Streets, Safer City projects (www.okc.gov/residents/better-streets-safer-city-projects). The 27-month sales tax is expected to generate $240 million dollars dedicated to resurfacing streets, street enhancements, sidewalks, trails, and bicycle infrastructure including bike lanes. This infrastructure will provide safe opportunities for residents to be healthy and active while enhancing opportunities for economic development.

90+ miles of multi-use trails

$57.7 million allocated to build new sidewalks and trails by 2021

Oklahoma City, OK

#12 ranked in 2018 Fitness Index for acres of parkland/1,000 residents

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Visit www.americanfitnessindex.org/rankings to compare city rankings, download resources, and request assistance for your city.

COMPARE CITIES

Select a city or multiple cities:

	Highest Ranked City & Score	100 City Average	Irvine, CA ˅	Lincoln, NE ˅	Buffalo, NY ˅
Population		638,713	266,117	280,369	256,908
Overall Rank	**Arlington, VA**		**13**	**17**	**43**
Overall Score	77.7		67.8	65.7	52.5
Personal Health Rank	**San Jose, CA**		**16**	**18**	**63**
Personal Health Score*	86.8		72.0	71.5	43.1
Health Behaviors					
% exercising in the last 30 days	Madison, WI 90.9	77.5	83.9	82.4	74.3
% meeting aerobic activity guidelines	Boise, ID 63.9	51.5	56.9	57.2	50.4
% meeting aerobic & strength activity guidelines	Plano, TX 31.4	22.2	21.2	24.9	25.6

Check out the Fitness Index blog or follow us on social media for tips on getting active and creating a healthier community.

About the American College of Sports Medicine

The American College of Sports Medicine is the largest sports medicine and exercise science organization in the world. More than 50,000 international, national and regional members are dedicated to advancing and integrating scientific research to provide educational and practical applications of exercise science and sports medicine. More details can be found at www.acsm.org.

ACSM is a global leader in promoting the benefits of physical activity and advocates for legislation that helps government and the health community make it a priority. ACSM encourages Congress to support continued funding of parks, trails and safe routes to school, as well as the need for all Americans to meet the prescribed physical activity recommendations included in the National Physical Activity Guidelines, and the need for the guidelines to be regularly updated every 10 years.

About the Anthem Foundation

The Anthem Foundation is the philanthropic arm of Anthem, Inc. and through charitable contributions and programs, the Foundation promotes the inherent commitment of Anthem, Inc. to enhance the health and well-being of individuals and families in communities that Anthem, Inc. and its affiliated health plans serve. The Foundation focuses its funding on strategic initiatives that address and provide innovative solutions to health care challenges, as well as promoting the Healthy Generations Program, a multi-generational initiative that targets specific disease states and medical conditions. These disease states and medical conditions include: prenatal care in the first trimester, low birth weight babies, cardiac morbidity rates, long term activities that decrease obesity and increase physical activity, diabetes prevalence in adult populations, adult pneumococcal and influenza vaccinations and smoking cessation. The Foundation also coordinates the company's year-round Associate Giving program which provides a 50 percent match of associates' pledges, as well as its Volunteer Time Off and Dollars for Doers community service programs. To learn more about the Anthem Foundation, please visit www.anthem.foundation and its blog at https://medium.com/anthemfoundation.

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