

ACSM American Fitness Index

Actively Moving America to Better Health

2018



Overview of the Fitness Index

- Ranks the 100 most populous cities in America
- Analyzes 33 indicators to assess community fitness
 - Health behaviors
 - Health outcomes
 - Built environment
 - Recreational assets
 - Local policy & funding
- Focuses on a policy, systems, and environment change model





NBC video: <https://youtu.be/e0B11rwhXaM>



Fitness Index Approach

1. Inform

- Demonstrate health, social, and economic benefits

2. Engage

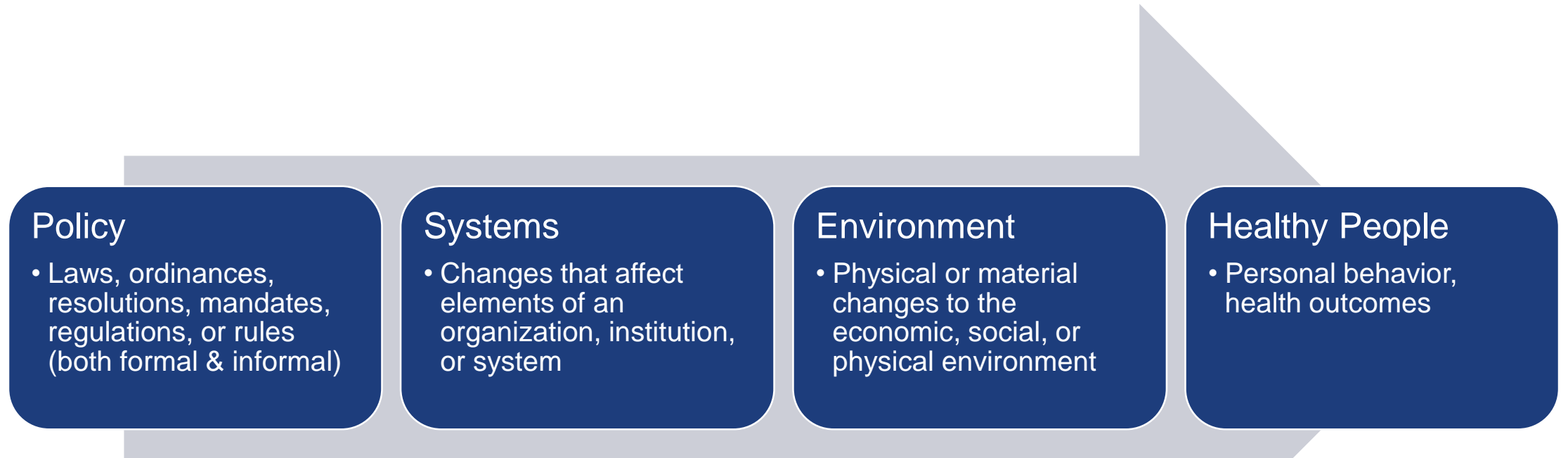
- Celebrate local factors contributing to health and fitness

3. Build

- Implement policy and infrastructure changes



Policy, Systems, & Environment (PSE) Change Model



The Path to a Culture of Health

The Policy, Systems and Environmental Change Approach for Community-Based, **Healthy Eating** and **Physical Activity**

Promote efforts to provide fruits and vegetables in a variety of settings, such as farmers' markets and farm stands.



Improve the availability and identification of healthful foods in restaurants.



Convert neglected areas to community gardens.



Increase public safety efforts to enhance accessibility to healthy foods.



Align bus routes or provide other transportation to ensure residents can access supermarkets easily.

Include drinking fountains, trees for shade and benches along streets and trails.



Improve safety for people who walk and bike.

Encourage walking and bicycling through improvements in the built environment.



Collaborate with schools to develop and implement Safe Routes to School programs to increase the number of children safely walking and bicycling to schools.

Establish shared use agreements that allow use of public schools and facilities for physical activity by the public.



Locate schools within easy walking distance of residential areas.



2018 Fitness Index Rankings & Findings



77.5%
of adults reported any
physical activity last month

*100 city average

Top 10 Fittest Cities

1. Arlington, VA
2. Minneapolis, MN
3. Washington, D.C.
4. Madison, WI
5. Portland, OR
6. Seattle, WA
7. Denver, CO
8. St. Paul, MN
9. San Jose, CA
10. Boise, ID



2018 Findings – Continued



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



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



65.7%
of residents are located within
a 10-minute walk to a park

**100 city averages*



7.2%
of residents used public
transportation to get to work



Media Advocacy

- Estimated reach of 355 million people annually
- 2018 media highlights:



Getting Involved

- Be a role model for good health and physical activity
- Volunteer your expertise by joining a local coalition dedicated to encouraging physical activity
- Educate community leaders and bring awareness to the physical inactivity epidemic in your community
- Advocate that community leaders take a proactive approach to solving challenges in your community



Thank you

Learn more at www.americanfitnessindex.org

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