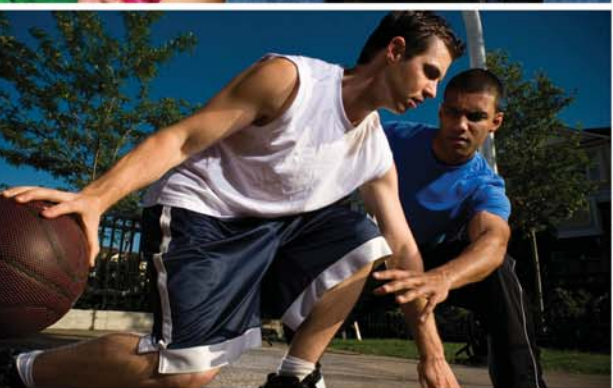
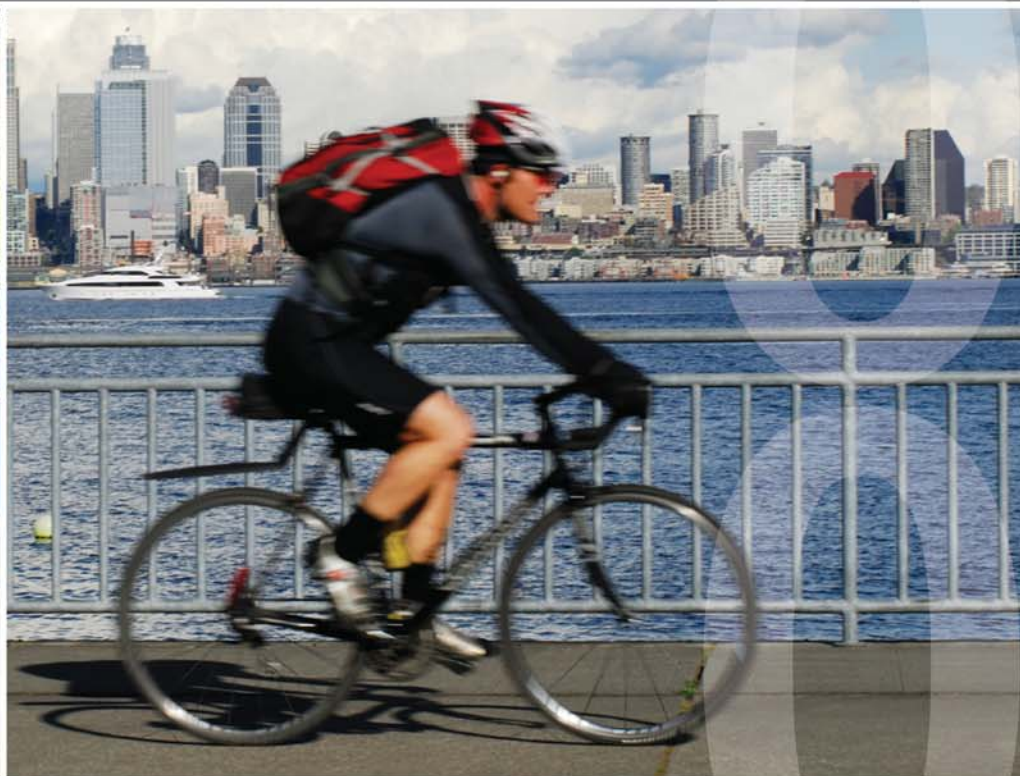


ACSM AMERICAN FITNESS INDEX™



Actively Moving America to Better Health

Health and Community Fitness Status of the 50 Largest Metropolitan Areas

ACKNOWLEDGEMENTS

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

2009 EDITION

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May 2009

Dear friends and colleagues,

The WellPoint Foundation is honored to be the founding and ongoing sponsor of the American College of Sports Medicine American Fitness Index™ (AFI) program. We share a commitment to advancing the health of all Americans. By supporting this initiative, we are able to further our health improvement efforts across the country and have a larger impact on the health and fitness of the communities we serve.

This AFI data report, created by some of the top sports medicine professionals and exercise scientists in the country, measures the state of health and community fitness in America's most populous metro areas. Each area has received a score based on scientific and data-driven measures of health, fitness and quality of life. Our hope is that this report will allow communities to better assess their state of health and fitness, confirm areas of success, and recognize areas that need improvement.

As part of our commitment to improving the health of our nation, the WellPoint Foundation recently launched the Healthy Generations program, a new, 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.

In 2007, the affiliated health plans of WellPoint, Inc., the parent company of the WellPoint Foundation, strengthened its commitment to improving the lives of the people we serve and the health of our communities by launching the State Health Index. This program incorporates public health data from the 14 states in which our company's Blue Cross and/or Blue Shield licensees operate, identifies major state health issues, and works with community and state leaders to design programs that will help address those health issues.

With these programs and by supporting AFI, we are able to identify risk areas and develop partnerships with local organizations promoting local programs designed to reduce areas of concern.

We all need to work together to create a healthier, fitter America. Thank you in advance for your interest and support!

Respectfully,

A handwritten signature in black ink that reads "Wesley B. Wong MD". The signature is written in a cursive, flowing style.

Wesley B. Wong, M.D., M.M.M
Regional Vice President
National Medical Director
Anthem National Accounts

EXECUTIVE SUMMARY

With support and funding from the WellPoint Foundation, the American College of Sports Medicine (ACSM) developed the ACSM American Fitness Index™ (AFI) program to help communities identify opportunities to improve the health of their residents and expand community assets to better support active, healthy lifestyles. The AFI reflects a composite of preventive health behaviors, levels of chronic disease conditions, health care access, as well as community resources and policies that support physical activity. In addition, demographic and economic diversity, and levels of violent crime are shown for each metropolitan area to better understand the unique attributes of each city. Communities with the highest AFI scores are considered to have high *community* fitness, a concept akin to individuals having high personal fitness. The AFI was developed to assist communities in their efforts to improve the quality of life and well-being of their residents. 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 first full-edition data report for the AFI program. Metropolitan Statistical Areas (MSAs) were chosen as the unit of measurement because they represent the group of city-surrounding counties comprising where the residents live and work; thus, where they have access to 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 AFI data report;
- Data from reputable sources and scientific methodology were used to develop the AFI data report to increase its validity and reliability;
- Areas of strength for each MSA, such as lower smoking rates, are shown, along with opportunities for improvement, such as including more playgrounds per capita, to help guide community action;
- Materials, resources, and connections to health promotion partners, provided by the AFI program, are designed to help cities improve their indicators; and
- Local, state, and national health promotion partners are forming 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 population, health, and built environment data. Data 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 the comparisons, strengths/advantages and opportunities/challenges for each MSA were noted.

The results revealed the 50 metropolitan areas were diverse in their community fitness levels. Cities that ranked near the top of the index have many strengths that support healthy living and few challenges that hinder healthy choices. The opposite was found for cities near the bottom for the score. The cities are recognized for their strengths and encouraged to consider focusing future efforts on improving items listed as opportunities for healthy, active living.



Rank	Metropolitan Area	Score
1	Washington, DC	74.4
2	Minneapolis-St. Paul, MN	72.1
3	Denver, CO	71.6
4	Boston, MA	71.4
5	San Francisco, CA	71.3
6	Seattle, WA	69.7
7	Portland, OR	68.1
8	San Diego, CA	66.8
9	Austin, TX	65.1
10	Virginia Beach, VA	63.1
11	Hartford, CT	62.5
12	Sacramento, CA	62.2
13	San Jose, CA	61.3
14	Cincinnati, OH	60.8
15	Atlanta, GA	59.3
16	Pittsburgh, PA	54.3
17	Milwaukee, WI	53.0*
18	Buffalo, NY	53.0*
19	Baltimore, MD	52.5
20	Raleigh, NC	52.3
21	Kansas City, MO-KS	50.3
22	New York, NY	48.9
23	Tampa, FL	48.5
24	Cleveland, OH	47.9
25	Chicago, IL	47.6
26	Nashville, TN	46.8
27	Philadelphia, PA	45.9
28	Jacksonville, FL	45.2
29	Columbus, OH	43.9
30	Los Angeles, CA	43.6
31	Miami, FL	42.7
32	Phoenix, AZ	42.5*
33	Saint Louis, MO-IL	42.5*
34	Charlotte, NC	40.3
35	Dallas, TX	39.6
36	Indianapolis, IN	39.3
37	Memphis, TN	38.5
38	Louisville, KY	37.7
39	San Antonio, TX	35.5
40	Riverside, CA	35.1
41	Houston, TX	34.7
42	Las Vegas, NV	34.6
43	Birmingham, AL	32.2
44	Detroit, MI	30.5
45	Oklahoma City, OK	23.2

* 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.

N/A	Orlando, FL	N/A
N/A	Providence, RI	N/A
N/A	Richmond, VA	N/A
N/A	Rochester, NY	N/A
N/A	Salt Lake City, UT	N/A

N/A (Not Available) — Most of the community/environmental items were not reported.

This 2009 edition report presents updated rankings from the first full-edition data report released in 2008. The long-range vision for the AFI program is to provide annual updates to the rankings, so cities can monitor their progress in improving their health and active living fitness indicators.

BACKGROUND AND NEED FOR ACTION

Physical inactivity and obesity are at epidemic proportions in the United States resulting in an increase in the prevalence of chronic diseases¹, poor quality of life, and premature deaths². The health care expenditures associated with physical inactivity and obesity continue to rise each year with increasingly catastrophic costs to society³.

Several studies have shown regular physical activity reduces individual risk for many chronic diseases and produces a positive effect on personal well-being⁴. According to the American College of Sports Medicine (ACSM)⁵ and others, regular physical activity can produce the following therapeutic physical benefits: reduces risk of heart disease and stroke; helps control weight; contributes to healthy bones, muscles, and joints^{6,1}; helps relieve the pain of arthritis⁷; and reduces symptoms of anxiety and depression^{8,1}. An increase in physical activity is also associated with fewer hospitalizations, physician visits, and medication use; and in turn, can help combat rising health care expenditures³. These conclusions have been supported by the U.S. Centers for Disease Control and Prevention¹, the American Heart Association⁹, the American Cancer Society¹⁰, and many other important government and non-government organizations.

Moving a community toward increasing physical activity involves an understanding of the individual and societal behaviors and social norms related to physical activity. The fundamentals for improving physical activity behaviors involve increasing awareness and motivation at the personal level, providing a built environment and resources that support physical activity, as well as setting policies to encourage individuals to engage in physical activity as part of a healthier lifestyle¹¹. Researching and understanding the scope of the problem is the first step toward developing programs, initiatives, and policies to increase physical activity and other healthy behaviors to reduce prevalence rates of obesity and other chronic diseases.

The findings from an omnibus survey (a research method designed to collect quantitative data) commissioned by ACSM in 2008 suggest the solutions to our national health crisis may lie at the local level¹⁴. The omnibus survey, conducted by a leading national polling firm, assessed the opinions of 1,000 people from a nationally representative sample of Americans aged 18 years and older. Results showed: almost three-quarters (72%) rated their community's efforts to encourage physical activity as average or worse¹⁴.

- Many say a lack of walking or biking trails (49%) and public parks (27%) in their area kept their neighbors from being more physically active¹⁴.
- The vast majority of Americans acknowledged that being physically active (94%) is the key for disease prevention¹⁴.

An awareness of individuals' physical activity level and health status^{12,1} as well as the communities' built environment and resources¹¹, is needed to address the physical inactivity and obesity epidemic using a public health systems approach. These components, taken together, can be used to measure community fitness, a concept akin to an individual having high personal fitness. Ultimately, the need for a valid and reliable multi-component, science-based measure that captures the state of health and community fitness at a city level in the United States led to the development of the AFI program. ACSM is positioned to provide valuable assistance to cities in their efforts to improve the health and quality of life of residents by promoting healthier lifestyles and encouraging the development of community resources to support physical activity.



ACSM AMERICAN FITNESS INDEX™ PROGRAM

With support and funding from the WellPoint Foundation (www.wellpointfoundation.org), the AFI program was created to develop a valid and reliable measure of the health and community fitness at a city level in the United States; provide valuable resources to help communities focus their programming efforts; and assist communities in the development of collaborative activities and partnerships with other organizations that can contribute to health promotion. Using the AFI data report, communities will be able to assess factors contributing to the health status of their residents. Additionally, as communities implement targeted programs to improve health status and environmental resources, they can measure their progress using the relevant AFI elements.

ACSM American Fitness Index™ Program Components

The overall goal of the AFI program is to improve the health, fitness, and quality of life of citizens through promoting physical activity and healthier lifestyles, using three key components:

- **Data:** Collect, aggregate, and report city-level data related to healthy lifestyles and related health outcomes, as well as 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 cities across the nation.
- **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 organizations and existing local, state and national programs to collaborate on physical activity/healthy lifestyle initiatives.

Implementation

The second full-edition data report for the AFI program focuses on data collection and analysis for the 50 largest metropolitan areas in the United States, including the District of Columbia. The program's data report shows the result of identifying, collecting, analyzing, weighing, and aggregating relevant data at the metropolitan level.

The metropolitan areas used in this report consisted of the counties included in the 50 largest Metropolitan Statistical Areas (MSAs) defined by the U.S. Office of Management and Budget using data from the U.S. Census Annual Estimates of Population. These areas were the cities and surrounding metropolitan areas of:

- Atlanta-Sandy Springs-Marietta, GA
- Austin-Round Rock, TX
- Baltimore-Towson, MD
- Birmingham-Hoover, AL
- Boston-Cambridge-Quincy, MA-NH
- Buffalo-Niagara Falls, NY
- Charlotte-Gastonia-Concord, NC-SC
- Chicago-Naperville-Joliet, IL-IN-WI
- Cincinnati-Middletown, OH-KY-IN
- Cleveland-Elyria-Mentor, OH
- Columbus, OH
- Dallas-Fort Worth-Arlington, TX
- Denver-Aurora, CO
- Detroit-Warren-Livonia, MI
- Hartford-West Hartford-East Hartford, CT
- Houston-Sugar Land-Baytown, TX
- Indianapolis-Carmel-Metro Area, IN
- Jacksonville, FL
- Kansas City, MO-KS
- Las Vegas-Paradise, NV
- Los Angeles-Long Beach-Santa Ana, CA
- Louisville/Jefferson County, KY-IN
- Memphis, TN-MS-AR
- Miami-Fort Lauderdale-Pompano Beach, FL
- Milwaukee-Waukesha-West Allis, WI
- Minneapolis-St. Paul-Bloomington, MN-WI
- Nashville-Davidson-Murfreesboro-Franklin, TN
- New York-Northern New Jersey-Long Island, NY-NJ-PA
- Oklahoma City, OK
- Orlando-Kissimmee, FL
- Philadelphia-Camden-Wilmington, PA-NJ-DE-MD
- Phoenix-Mesa-Scottsdale, AZ
- Pittsburgh, PA
- Portland-Vancouver-Beaverton, OR-WA
- Providence-New Bedford-Fall River, RI-MA
- Raleigh-Cary, NC
- Richmond, VA
- Riverside-San Bernardino-Ontario, CA
- Rochester, NY
- Sacramento-Arden-Arcade-Roseville, CA
- Saint Louis, MO-IL
- Salt Lake City, UT
- San Antonio, TX
- San Diego-Carlsbad-San Marcos, CA
- San Francisco-Oakland-Fremont, CA
- San Jose-Sunnyvale-Santa Clara, CA
- Seattle-Tacoma-Bellevue, WA
- Tampa-St. Petersburg-Clearwater, FL
- Virginia Beach-Norfolk-Newport News, VA-NC
- Washington-Arlington-Alexandria, DC-VA-MD-WV

ACSM American Fitness Index™ Advisory Board

The program would not be possible without the direction of a knowledgeable group of expert volunteers who make up the AFI Advisory Board.

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

- *Chair:* Walter R. Thompson, Ph.D., FACSM (Georgia State University)
- *Vice-Chair:* Barbara Ainsworth, Ph.D., FACSM (Arizona State University)
- Steven N. Blair, P.E.D., FACSM (University of South Carolina)
- Ralph Bovard, M.D., FACSM (HealthPartners Specialty Center)
- Jacqueline Epping, M.Ed. (U.S. Centers for Disease Control and Prevention)
- John M. Jakicic, Ph.D., FACSM (University of Pittsburgh)
- Liz Joy, M.D., M.P.H., FACSM (University of Utah)
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- Stella Lucia Volpe, Ph.D., R.D., FACSM (University of Pennsylvania)
- Wes Wong, M.D., M.M.M. (Anthem Blue Cross Blue Shield-WellPoint)

ACSM American Fitness Index™ Guiding Principles for Healthy Communities

- Overall health improvement in U.S. cities must focus on the prevention of behavioral-linked diseases by effectively addressing the underlying unhealthy behaviors and community factors.
- The rise in chronic diseases attributable to physical inactivity and unhealthy diets are a “clear and present danger” to our health and healthcare systems, our cities, our nation, and our future.
- All cities in the United States, irrespective of size and current health status, can make significant advances in improving the health of their people through simple, affordable, effective steps.
- There is a need for even more synergy and collaboration to assist U.S. cities in actively making the moves toward better health.

The AFI program will contribute to the Guiding Principles for Healthy Communities by creating effective partnerships and alliances at the national and local levels; by providing tools, strategies, and expertise to cities and communities interested in making progress toward improving the health of their residents; and by supporting practices and policies that have been shown to be effective.



METHODOLOGY

Scientific evidence, expert opinion, and statistical methodologies were employed to select, weigh, and combine the elements used in 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, acts 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. 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 this report 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 for a community;
- Have recently been measured and reported by a well-respected agency or organization at the metropolitan area;
- 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, but “climate” is not).

What Data Sources Were Used to Create the Data Index?

Publicly available data sources 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 Selected Metropolitan/Micropolitan Area Risk Trends Behavioral Risk Factor Surveillance System (SMART BRFSS). Through an annual 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); the Health Resources and Services Administration’s (HRSA) Area Resource File; and the Federal Bureau of Investigation’s (FBI) Uniform Crime Reporting Program also provided data used in the MSA description and index. In all cases, the most recently available data (typically 2007) were used. The data index elements and their data sources are shown in Appendix A.

How Was the Data Index Built?

Potential elements for the AFI data index were scored for relevance by a panel of 26 health and physical activity experts (listed in Appendix B). Two Delphi Method-type rounds of scoring were used to reach consensus on whether each item should be in the data index and, if so, the weight it should carry.

The Delphi Method began with the development of a draft list of elements or measures to include in the index. An expert panel was selected and the questionnaire was mailed to them for their input. The expert panel members are listed in Appendix B. Each participant was asked to score the elements on a scale from 0 to 3 (0 = not appropriate for the index; 1 = should be in the index, but of minor importance; 2 = should be in the index and is of moderate importance; 3 = should be in the index and is of high importance) independently and return their scoring sheet for analysis and preparation for the second round. The panel members also were asked to add measures they thought should be in the index. The responses from the first round were summarized into a feedback version of the same list. Consensus was obtained for some elements during the first round so the panelists were not asked to rate them during the second round.

The list of measures used for the second round showed the panelists' scores from the first round. The panelists were asked to score the elements on the same scale again after they saw how their colleagues had scored each element on the first round and send it back for analysis. After the second round, a consensus was obtained for all of the elements. A final summary report was provided to the expert panel members for their feedback.

A weight of 1.0 was assigned to those elements that were considered to be of little importance; 2.0 for those items considered to be of moderate importance; and 3.0 to those elements considered of high importance to include in the data index. From this process, 30 currently available indicators were identified and weighted for the index and 17 description variables were selected. The description elements were not included in the data index calculation, but are shown for cities to use for comparison. Each item was first ranked (worst value = 1) and then multiplied by the weight assigned by consensus of the expert panel. The weighted ranks were then summed by indicator group to create scores for the personal health indicators and the community/environment 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. (In the pilot study, released in May 2008, this last step was not performed.)

The following formula summarizes the scoring process:

$$\text{MSA Score}_k = \left[\frac{\sum_{j=1}^n r_{kj} w_{kj}}{\text{MSA Score}_{\text{max}}} \right] * 100$$

r = MSA rank on indicator

w = weight assigned to indicator

k = indicator group

n = 11 for personal health indicators, 15 for community/environmental indicators, 1 for the health care providers indicator

MSA Score_{max} = hypothetical score if an MSA ranked best on each of the elements

The 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. A large amount of data was missing for five MSAs that did not provide environmental/community data to the Trust for Public Land. Consequently, only the personal health indicators were scored and ranked for these five MSAs.



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 one with the highest score to the one with the lowest, the scores for many cities are very similar, indicating that there is relatively little difference between them. For example, the score for Boston was 71.4 while the score for San Francisco was 71.3. While Boston was ranked higher than San Francisco, in reality they are both very similar across all of the indicators and, thus, there is little difference between the community wellness of the two MSAs. Also, while one city carried the highest rank (Washington, DC) and another carried the lowest rank (Oklahoma City, OK), this does not necessarily mean that the highest-ranked city has excellent values across all indicators and the lowest-ranked city has failed all the indicators. The ranking merely points out that, relative to each other, some cities scored better on the indicators than the others.

How Were the Strengths/Advantages and Opportunities/Challenges Determined?

Areas of strengths/advantages and opportunities/challenges of the metropolitan areas were listed to assist communities in identifying potential areas where those communities might focus their efforts, using approaches adopted by those cities that have strengths in the same area. This process involved comparing the descriptive and data index elements of the MSA to the average of the other MSAs. Those where the MSA values were "better" than the average of the MSAs were considered strengths/advantages. Elements that were "worse" were listed as opportunities/challenges.

What Limitations of This Project Need to be Considered?

The items used for the personal health indicators were based on self-reported responses to the Behavioral Risk Factor Surveillance Survey, and are subject to the well-known limitations of self-reported data. Since this limitation applies to all metropolitan areas included in this report, the biases should be similar across all areas, so the relative differences should be valid. As per advice provided on the FBI Uniform Crime Reporting Program Web site, violent crime rates were not compared to U.S. values or averages of all MSAs. As indicated on the FBI Web site, 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, not 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. Also, data were missing for most of the community/environmental indicators for five metropolitan areas. Consequently, a score for the community/environmental component and the total score were not calculated for those five MSAs. In addition, these five were included only in the ranking of the personal health indicator scores.

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ATLANTA, GA

(Atlanta-Sandy Springs-Marietta, GA MSA)

COUNTIES

Barrow, Bartow, Butts, Carroll, Cherokee, Clayton, Cobb, Coweta, Dawson, DeKalb, Douglas, Fayette, Forsyth, Fulton, Gwinnett, Haralson, Heard, Henry, Jasper, Lamar, Meriwether, Newton, Paulding, Pickens, Pike, Rockdale, Spalding, Walton

Ranking: Total Score = 59.3; Rank = 15

STRENGTHS/ADVANTAGES

- Lower percent with disability
- Lower percent of days when physical health was not good during the past 30 days
- More golf courses per capita
- More recreation centers per capita
- More tennis courts per capita
- Lower percent currently smoking
- Lower percent with angina or coronary heart disease
- Lower death rate for diabetes
- More park units per capita
- More swimming pools per capita
- Higher park-related expenditures per capita

OPPORTUNITIES/CHALLENGES

- Higher percent unemployed
- Fewer acres of parkland per capita
- Lower percent using public transportation to work
- Lower level of state requirement for Physical Education classes
- Lower percent of city land area as parkland
- Fewer farmers' markets per capita
- Lower percent bicycling or walking to work
- Lower number of primary health care providers

DESCRIPTION OF ATLANTA-SANDY SPRINGS-MARIETTA, GA MSA

	Atlanta MSA	U.S. Value	MSA Average	MSA Range
Population	5,278,904	301,290,332	3,254,681	1,030,495 – 18,815,988
Percent less than 18 years old	27.0%	24.5%	24.9%	20.7% – 29.5%
Percent 18 to 64 years old	64.9%	62.9%	63.6%	60.9% – 66.7%
Percent 65 years old and older	8.1%	12.6%	11.5%	7.4% – 17.2%
Percent male	49.3%	49.3%	49.2%	48.0% – 51.3%
Percent high school graduate or higher	86.5%	84.5%	86.2%	77.0% – 92.5%
Percent White	58.2%	73.9%	72.0%	50.1% – 88.7%
Percent Black or African American	31.3%	12.4%	14.1%	1.4% – 45.4%
Percent Asian	4.1%	4.4%	5.0%	1.0% – 29.5%
Percent Other Race	6.4%	9.3%	8.5%	1.8% – 26.8%
Percent Hispanic/Latino	9.3%	15.1%	14.4%	1.1% – 52.6%
Percent unemployed	7.2%	6.3%	6.1%	3.9% – 10.7%
Median household income	\$57,189	\$50,740	\$55,940	\$44,843 – \$83,793
Percent of households below poverty level	8.2%	9.5%	8.3%	4.4% – 15.1%
Violent crime rate/100,000*	N/A‡			
Percent with disability	11.3%	15.0%	13.7%	9.8% – 19.2%

‡ This measure was not available.

*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 = 68.9; Rank = 12

	Atlanta	MSA U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	79.0%	77.4%	77.7%	67.8% – 85.4%
Percent physically active at least moderately	51.0%	49.5%	49.0%	39.5% - 55.7%
Percent eating 5+ fruits/vegetables per day	27.4%	24.4%	25.5%	17.1% - 36.2%
Percent currently smoking	15.9%	19.8%	18.7%	12.5% - 25.4%
Chronic Health Problems				
Percent obese	23.7%	26.3%	25.4%	14.7% - 34.8%
Percent in excellent or very good health	58.8%	54.2%	55.6%	47.1% - 64.2%
Any days when physical health was not good during the past 30 days	30.5%	35.3%	34.4%	28.7% - 39.3%
Any days when mental health was not good during the past 30 days	34.3%	33.7%	34.2%	23.4% - 42.0%
Percent with asthma	7.7%	8.4%	8.2%	4.9% - 12.0%
Percent with angina or coronary heart disease	2.9%	4.1%	3.8%	1.8% - 5.2%
Percent with diabetes	8.2%	8.0%	8.0%	5.1% - 11.0%
Death rate/100,000 for cardiovascular disease	223.2	229.6	223.0	151.2 – 308.2
Death rate/100,000 for diabetes	19.3	24.6	24.0	13.2 – 37.9
Health Care				
Percent with health insurance	85.1%	85.8%	86.4%	76.4% - 94.1%

Community/Environmental Indicators – Score = 49.7; Rank = 24 (note: most of these data were available only for the main city in the MSA)

	Atlanta	MSA Average	Range of all Cities
Built Environment			
Parkland as a percent of city land area	4.5%	10.6%	2.6% – 21.9%
Acres of parkland/1,000	7.7	18.7	3.4 – 130.6
Farmers' markets/1,000,000	0.8	11.0	0.3 – 33.2
Percent using public transportation to work	3.3%	4.2%	0.5% – 30.2%
Percent bicycling or walking to work	1.5%	2.7%	1.0% – 6.7%
Recreational Facilities			
Ball diamonds/10,000	1.7	1.8	0.0 – 5.3
Dog parks/10,000	0.2	0.8	0.0 – 5.8
Park playgrounds/10,000	2.2	2.2	0.9 – 4.9
Golf courses/100,000	1.2	0.9	0.0 – 2.4
Park units/10,000	7.2	4.1	1.3 – 11.0
Recreation centers/20,000	1.5	1.0	0.1 – 2.6
Swimming pools/100,000	4.5	3.2	0.2 – 12.3
Tennis courts/10,000	3.6	2.0	0.6 – 4.9
Park-related expenditures per capita	\$116	\$97	\$10 – \$268
Level of state requirement for Physical Education classes**	2	2.5	0 – 3
Number of primary health care providers per 100,000	94.3	124.4	70.0 – 201.6

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

AUSTIN, TX

(Austin-Round Rock, TX MSA)

COUNTIES

Bastrop, Caldwell, Hays, Travis, Williamson

Ranking: Total Score = 65.1; Rank = 9

STRENGTHS/ADVANTAGES

- Lower percent unemployed
- Higher percentage eating 5+ servings of fruits/vegetables per day
- Lower percent with asthma
- Lower death rate for cardiovascular disease
- Higher percent of city land area as parkland
- More dog parks per capita
- Higher level of state requirement for Physical Education classes
- Lower percent with disability
- Lower percent obese
- Lower percent with angina or coronary heart disease
- Lower percent with diabetes
- Lower death rate for diabetes
- More acres of parkland per capita
- More swimming pools per capita

OPPORTUNITIES/CHALLENGES

- Fewer farmers' markets per capita
- Lower percent bicycling or walking to work
- Fewer golf courses per capita
- Fewer recreation centers per capita
- Lower park-related expenditures per capita
- Lower percent using public transportation to work
- Fewer ball diamonds per capita
- Fewer park units per capita
- Fewer tennis courts per capita
- Lower number of primary health care providers

DESCRIPTION OF AUSTIN-ROUND ROCK, TX MSA

	Austin MSA	U.S. Value	MSA Average	MSA Range
Population	1,598,161	301,290,332	3,254,681	1,030,495 – 18,815,988
Percent less than 18 years old	25.9%	24.5%	24.9%	20.7% – 29.5%
Percent 18 to 64 years old	66.7%	62.9%	63.6%	60.9% – 66.7%
Percent 65 years old and older	7.4%	12.6%	11.5%	7.4% – 17.2%
Percent male	51.0%	49.3%	49.2%	48.0% – 51.3%
Percent high school graduate or higher	85.7%	84.5%	86.2%	77.0% – 92.5%
Percent White	68.4%	73.9%	72.0%	50.1% – 88.7%
Percent Black or African American	7.5%	12.4%	14.1%	1.4% – 45.4%
Percent Asian	4.4%	4.4%	5.0%	1.0% – 29.5%
Percent Other Race	19.7%	9.3%	8.5%	1.8% – 26.8%
Percent Hispanic/Latino	29.9%	15.1%	14.4%	1.1% – 52.6%
Percent unemployed	5.3%	6.3%	6.1%	3.9% – 10.7%
Median household income	\$56,746	\$50,740	\$55,940	\$44,843 – \$83,793
Percent of households below poverty level	8.1%	9.5%	8.3%	4.4% – 5.1%
Violent crime rate/100,000*	344.1			
Percent with disability	11.0%	15.0%	13.7%	9.8% – 19.2%

*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 = 76.5; Rank = 4

	Austin MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	82.5%	77.4%	77.7%	67.8% – 85.4%
Percent physically active at least moderately	51.2%	49.5%	49.0%	39.5% – 55.7%
Percent eating 5+ fruits/vegetables per day	28.6%	24.4%	25.5%	17.1% – 36.2%
Percent currently smoking	17.7%	19.8%	18.7%	12.5% – 25.4%
Chronic Health Problems				
Percent obese	21.3%	26.3%	25.4%	14.7% – 34.8%
Percent in excellent or very good health	60.7%	54.2%	55.6%	47.1% – 64.2%
Any days when physical health was not good during the past 30 days	32.8%	35.3%	34.4%	28.7% – 39.3%
Any days when mental health was not good during the past 30 days	32.7%	33.7%	34.2%	23.4% – 42.0%
Percent with asthma	6.5%	8.4%	8.2%	4.9% – 12.0%
Percent with angina or coronary heart disease	2.9%	4.1%	3.8%	1.8% – 5.2%
Percent with diabetes	6.8%	8.0%	8.0%	5.1% – 11.0%
Death rate/100,000 for cardiovascular disease	170.2	229.6	223.0	151.2 – 308.2
Death rate/100,000 for diabetes	21.3	24.6	24.0	13.2 – 37.9
Health Care				
Percent with health insurance	80.9%	85.8%	86.4%	76.4% – 94.1%

Community/Environmental Indicators – Score = 53.7; Rank = 19 (note: most of these data were available only for the main city in the MSA)

	Austin	MSA Average	Range of all Cities
Built Environment			
Parkland as a percent of city land area	16.5%	10.6%	2.6% – 21.9%
Acres of parkland/1,000	37.5	18.7	3.4 – 130.6
Farmers' markets/1,000,000	10.0	11.0	0.3 – 33.2
Percent using public transportation to work	3.0%	4.2%	0.5% – 30.2%
Percent bicycling or walking to work	2.2%	2.7%	1.0% – 6.7%
Recreational Facilities			
Ball diamonds/10,000	0.9	1.8	0.0 – 5.3
Dog parks/10,000	1.8	0.8	0.0 – 5.8
Park playgrounds/10,000	2.1	2.2	0.9 – 4.9
Golf courses/100,000	0.7	0.9	0.0 – 2.4
Park units/10,000	3.1	4.1	1.3 – 11.0
Recreation centers/20,000	0.7	1.0	0.1 – 2.6
Swimming pools/100,000	4.7	3.2	0.2 – 12.3
Tennis courts/10,000	1.4	2.0	0.6 – 4.9
Park-related expenditures per capita	\$84	\$97	\$10 – \$268
Level of state requirement for Physical Education classes**	3	2.5	0 – 3
Number of primary health care providers per 100,000	88.4	124.4	70.0 – 201.6

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

BALTIMORE, MD

(Baltimore-Towson, MD MSA)

COUNTIES

Anne Arundel, Baltimore, Carroll, Harford, Howard, Queen Anne's, Baltimore City

Ranking: Total Score = 52.5; Rank = 19

STRENGTHS/ADVANTAGES

- Higher median household income
- Lower percentage of households below poverty level
- Higher percent using public transportation to work
- More park units per capita
- Higher level of state requirement for Physical Education classes
- More farmers' markets per capita
- Higher percent bicycling or walking to work
- More ball diamonds per capita
- More recreation centers per capita
- Higher number of primary health care providers

OPPORTUNITIES/CHALLENGES

- Higher death rate for cardiovascular disease
- Fewer acres of parkland per capita
- Fewer golf courses per capita
- Lower park-related expenditures per capita
- Lower percent of city land area as parkland
- Fewer dog parks per capita
- Fewer tennis courts per capita

DESCRIPTION OF BALTIMORE-TOWSON, MD MSA

	Baltimore MSA	U.S. Value	MSA Average	MSA Range
Population	2,668,056	301,290,332	3,254,681	1,030,495 – 18,815,988
Percent less than 18 years old	24.0%	24.5%	24.9%	20.7% – 29.5%
Percent 18 to 64 years old	63.9%	62.9%	63.6%	60.9% – 66.7%
Percent 65 years old and older	12.1%	12.6%	11.5%	7.4% – 17.2%
Percent male	48.2%	49.3%	49.2%	48.0% – 51.3%
Percent high school graduate or higher	86.6%	84.5%	86.2%	77.0% – 92.5%
Percent White	64.3%	73.9%	72.0%	50.1% – 88.7%
Percent Black or African American	28.5%	12.4%	14.1%	1.4% – 45.4%
Percent Asian	3.8%	4.4%	5.0%	1.0% – 29.5%
Percent Other Race	3.4%	9.3%	8.5%	1.8% – 26.8%
Percent Hispanic/Latino	3.1%	15.1%	14.4%	1.1% – 52.6%
Percent unemployed	5.7%	6.3%	6.1%	3.9% – 10.7%
Median household income	\$63,699	\$50,740	\$55,940	\$44,843 – \$83,793
Percent of households below poverty level	6.1%	9.5%	8.3%	4.4% – 15.1%
Violent crime rate/100,000*	791.0			
Percent with disability	14.3%	15.0%	13.7%	9.8% – 19.2%

*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 = 45.3; Rank = 29

	Baltimore MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	76.9%	77.4%	77.7%	67.8% – 85.4%
Percent physically active at least moderately	48.6%	49.5%	49.0%	39.5% – 55.7%
Percent eating 5+ fruits/vegetables per day	24.3%	24.4%	25.5%	17.1% – 36.2%
Percent currently smoking	19.4%	19.8%	18.7%	12.5% – 25.4%
Chronic Health Problems				
Percent obese	26.9%	26.3%	25.4%	14.7% – 34.8%
Percent in excellent or very good health	57.8%	54.2%	55.6%	47.1% – 64.2%
Any days when physical health was not good during the past 30 days	35.0%	35.3%	34.4%	28.7% – 39.3%
Any days when mental health was not good during the past 30 days	36.0%	33.7%	34.2%	23.4% – 42.0%
Percent with asthma	9.1%	8.4%	8.2%	4.9% – 12.0%
Percent with angina or coronary heart disease	4.0%	4.1%	3.8%	1.8% – 5.2%
Percent with diabetes	8.0%	8.0%	8.0%	5.1% – 11.0%
Death rate/100,000 for cardiovascular disease	252.9	229.6	223.0	151.2 – 308.2
Death rate/100,000 for diabetes	25.9	24.6	24.0	13.2 – 37.9
Health Care				
Percent with health insurance	88.0%	85.8%	86.4%	76.4% – 94.1%

Community/Environmental Indicators – Score = 59.8; Rank = 12 (note: most of these data were available only for the main city in the MSA)

	Baltimore	MSA Average	Range of all Cities
Built Environment			
Parkland as a percent of city land area	9.5%	10.6%	2.6% – 21.9%
Acres of parkland/1,000	7.7	18.7	3.4 – 130.6
Farmers' markets/1,000,000	12.7	11.0	0.3 – 33.2
Percent using public transportation to work	6.2%	4.2%	0.5% – 30.2%
Percent bicycling or walking to work	3.1%	2.7%	1.0% – 6.7%
Recreational Facilities			
Ball diamonds/10,000	3.2	1.8	0.0 – 5.3
Dog parks/10,000	0.2	0.8	0.0 – 5.8
Park playgrounds/10,000	2.0	2.2	0.9 – 4.9
Golf courses/100,000	0.8	0.9	0.0 – 2.4
Park units/10,000	6.6	4.1	1.3 – 11.0
Recreation centers/20,000	1.4	1.0	0.1 – 2.6
Swimming pools/100,000	3.4	3.2	0.2 – 12.3
Tennis courts/10,000	1.7	2.0	0.6 – 4.9
Park-related expenditures per capita	\$54	\$97	\$10 – \$268
Level of state requirement for Physical Education classes**	3	2.5	0 – 3
Number of primary health care providers per 100,000	163.9	124.4	70.0 – 201.6

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

BIRMINGHAM, AL

(Birmingham-Hoover, AL MSA)

COUNTIES

Bibb, Blount, Chilton, Jefferson, St. Clair, Shelby, Walker

Ranking: Total Score = 32.2; Rank = 43

STRENGTHS/ADVANTAGES

- More park playgrounds per capita
- More recreation centers per capita
- Higher level of state requirement for Physical Education classes
- More park units per capita
- More swimming pools per capita

OPPORTUNITIES/CHALLENGES

- Lower median household income
- Higher percentage of households below poverty level
- Lower percent physically active at least moderately
- Lower percentage eating 5+ servings of fruits/vegetables per day
- Higher death rate for cardiovascular disease
- Lower percent of city land area as parkland
- Fewer farmers' markets per capita
- Lower percent bicycling or walking to work
- Fewer tennis courts per capita
- Higher percent with disability
- Lower percent of any physical activity or exercise in the last 30 days
- Higher percent currently smoking
- Higher percent obese
- Higher percent with angina or coronary heart disease
- Higher death rate for diabetes
- Fewer acres of parkland per capita
- Lower percent using public transportation to work
- Fewer dog parks per capita
- Lower park-related expenditures per capita

DESCRIPTION OF BIRMINGHAM-HOOVER, AL MSA

	Birmingham MSA	U.S. Value	MSA Average	MSA Range
Population	1,108,210	301,290,332	3,254,681	1,030,495 – 18,815,988
Percent less than 18 years old	24.5%	24.5%	24.9%	20.7% – 29.5%
Percent 18 to 64 years old	62.8%	62.9%	63.6%	60.9% – 66.7%
Percent 65 years old and older	12.8%	12.6%	11.5%	7.4% – 17.2%
Percent male	48.2%	49.3%	49.2%	48.0% – 51.3%
Percent high school graduate or higher	83.7%	84.5%	86.2%	77.0% – 92.5%
Percent White	69.1%	73.9%	72.0%	50.1% – 88.7%
Percent Black or African American	27.9%	12.4%	14.1%	1.4% – 45.4%
Percent Asian	1.0%	4.4%	5.0%	1.0% – 29.5%
Percent Other Race	2.1%	9.3%	8.5%	1.8% – 26.8%
Percent Hispanic/Latino	3.1%	15.1%	14.4%	1.1% – 52.6%
Percent unemployed	6.7%	6.3%	6.1%	3.9% – 10.7%
Median household income	\$47,196	\$50,740	\$55,940	\$44,843 – \$83,793
Percent of households below poverty level	9.7%	9.5%	8.3%	4.4% – 15.1%
Violent crime rate/100,000*	582.6			
Percent with disability	19.2%	15.0%	13.7%	9.8% – 19.2%

*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 = 21.5; Rank = 49

	Birmingham MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	69.6%	77.4%	77.7%	67.8% – 85.4%
Percent physically active at least moderately	39.5%	49.5%	49.0%	39.5% – 55.7%
Percent eating 5+ fruits/vegetables per day	20.7%	24.4%	25.5%	17.1% – 36.2%
Percent currently smoking	21.2%	19.8%	18.7%	12.5% – 25.4%
Chronic Health Problems				
Percent obese	29.9%	26.3%	25.4%	14.7% – 34.8%
Percent in excellent or very good health	51.8%	54.2%	55.6%	47.1% – 64.2%
Any days when physical health was not good during the past 30 days	36.4%	35.3%	34.4%	28.7% – 39.3%
Any days when mental health was not good during the past 30 days	33.1%	33.7%	34.2%	23.4% – 42.0%
Percent with asthma	9.0%	8.4%	8.2%	4.9% – 12.0%
Percent with angina or coronary heart disease	5.2%	4.1%	3.8%	1.8% – 5.2%
Percent with diabetes	8.6%	8.0%	8.0%	5.1% – 11.0%
Death rate/100,000 for cardiovascular disease	260.0	229.6	223.0	151.2 – 308.2
Death rate/100,000 for diabetes	28.1	24.6	24.0	13.2 – 37.9
Health Care				
Percent with health insurance	87.6%	85.8%	86.4%	76.4% – 94.1%

Community/Environmental Indicators – Score = 43.0; Rank = 30 (note: most of these data were available only for the main city in the MSA)

	Birmingham	MSA Average	Range of all Cities
Built Environment			
Parkland as a percent of city land area	2.6	10.6%	2.6% – 21.9%
Acres of parkland/1,000	11.0	18.7	3.4 – 130.6
Farmers' markets/1,000,000	6.3	11.0	0.3 – 33.2
Percent using public transportation to work	0.6%	4.2%	0.5% – 30.2%
Percent bicycling or walking to work	1.0%	2.7%	1.0% – 6.7%
Recreational Facilities			
Ball diamonds/10,000	1.7	1.8	0.0 – 5.3
Dog parks/10,000	0.0	0.8	0.0 – 5.8
Park playgrounds/10,000	3.5	2.2	0.9 – 4.9
Golf courses/100,000	0.9	0.9	0.0 – 2.4
Park units/10,000	4.7	4.1	1.3 – 11.0
Recreation centers/20,000	1.5	1.0	0.1 – 2.6
Swimming pools/100,000	7.4	3.2	0.2 – 12.3
Tennis courts/10,000	1.3	2.0	0.6 – 4.9
Park-related expenditures per capita	\$43	\$97	\$10 – \$268
Level of state requirement for Physical Education classes**	3	2.5	0 – 3
Number of primary health care providers per 100,000	130.5	124.4	70.0 – 201.6

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

BOSTON, MA

(Boston-Cambridge-Quincy, MA-NH MSA)

COUNTIES

Norfolk MA, Plymouth MA, Suffolk MA, Middlesex MA, Essex MA, Rockingham NH, Strafford NH

Ranking: Total Score = 71.4; Rank = 4

STRENGTHS/ADVANTAGES

- Lower percentage of households below poverty level
- Higher percent in excellent or very good health
- Lower death rate for cardiovascular disease
- Higher percent of city land area as parkland
- Higher percent using public transportation to work
- More ball diamonds per capita
- More park units per capita
- Higher level of state requirement for Physical Education classes
- Higher median household income
- Lower percent currently smoking
- Lower percent obese
- Lower percent with diabetes
- Lower death rate for diabetes
- More farmers' markets per capita
- Higher percent bicycling or walking to work
- More park playgrounds per capita
- More recreation centers per capita
- Higher number of primary health care providers

OPPORTUNITIES/CHALLENGES

- Higher percent with asthma
- Fewer dog parks per capita
- Fewer swimming pools per capita
- Lower park-related expenditures per capita
- Fewer acres of parkland per capita
- Fewer golf courses per capita
- Fewer tennis courts per capita

DESCRIPTION OF BOSTON-CAMBRIDGE-QUINCY, MA-NH MSA

	Boston MSA	U.S. Value	MSA Average	MSA Range
Population	4,482,857	301,290,332	3,254,681	1,030,495 – 18,815,988
Percent less than 18 years old	22.3%	24.5%	24.9%	20.7% – 29.5%
Percent 18 to 64 years old	65.1%	62.9%	63.6%	60.9% – 66.7%
Percent 65 years old and older	12.6%	12.6%	11.5%	7.4% – 17.2%
Percent male	48.6%	49.3%	49.2%	48.0% – 51.3%
Percent high school graduate or higher	89.8%	84.5%	86.2%	77.0% – 92.5%
Percent White	80.6%	73.9%	72.0%	50.1% – 88.7%
Percent Black or African American	6.6%	12.4%	14.1%	1.4% – 45.4%
Percent Asian	5.9%	4.4%	5.0%	1.0% – 29.5%
Percent Other Race	6.9%	9.3%	8.5%	1.8% – 26.8%
Percent Hispanic/Latino	7.8%	15.1%	14.4%	1.1% – 52.6%
Percent unemployed	5.7%	6.3%	6.1%	3.9% – 10.7%
Median household income	\$68,142	\$50,740	\$55,940	\$44,843 – \$83,793
Percent of households below poverty level	6.5%	9.5%	8.3%	4.4% – 15.1%
Violent crime rate/100,000*	387			
Percent with disability	12.9%	15.0%	13.7%	9.8% – 19.2%

*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 = 75.0; Rank = 5

	Boston MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	79.9%	77.4%	77.7%	67.8% – 85.4%
Percent physically active at least moderately	51.3%	49.5%	49.0%	39.5% – 55.7%
Percent eating 5+ fruits/vegetables per day	27.8%	24.4%	25.5%	17.1% – 36.2%
Percent currently smoking	15.6%	19.8%	18.7%	12.5% – 25.4%
Chronic Health Problems				
Percent obese	21.0%	26.3%	25.4%	14.7% – 34.8%
Percent in excellent or very good health	61.8%	54.2%	55.6%	47.1% – 64.2%
Any days when physical health				
was not good during the past 30 days	34.0%	35.3%	34.4%	28.7% – 39.3%
Any days when mental health				
was not good during the past 30 days	33.2%	33.7%	34.2%	23.4% – 42.0%
Percent with asthma	9.6%	8.4%	8.2%	4.9% – 12.0%
Percent with angina or coronary heart disease	3.7%	4.1%	3.8%	1.8% – 5.2%
Percent with diabetes	7.2%	8.0%	8.0%	5.1% – 11.0%
Death rate/100,000 for cardiovascular disease	183.8	229.6	223.0	151.2 – 308.2
Death rate/100,000 for diabetes	17.0	24.6	24.0	13.2 – 37.9
Health Care				
Percent with health insurance	94.1%	85.8%	86.4%	76.4% – 94.1%

Community/Environmental Indicators – Score = 67.8; Rank = 6 (note: most of these data were available only for the main city in the MSA)

	Boston	MSA Average	Range of all Cities
Built Environment			
Parkland as a percent of city land area	16.3%	10.6%	2.6% – 21.9%
Acres of parkland/1,000	8.5	18.7	3.4 – 130.6
Farmers' markets/1,000,000	19.9	11.0	0.3 – 33.2
Percent using public transportation to work	12.0%	4.2%	0.5% – 30.2%
Percent bicycling or walking to work	5.4%	2.7%	1.0% – 6.7%
Recreational Facilities			
Ball diamonds/10,000	2.5	1.8	0.0 – 5.3
Dog parks/10,000	0.5	0.8	0.0 – 5.8
Park playgrounds/10,000	3.7	2.2	0.9 – 4.9
Golf courses/100,000	0.3	0.9	0.0 – 2.4
Park units/10,000	6.1	4.1	1.3 – 11.0
Recreation centers/20,000	1.3	1.0	0.1 – 2.6
Swimming pools/100,000	2.0	3.2	0.2 – 12.3
Tennis courts/10,000	1.7	2.0	0.6 – 4.9
Park-related expenditures per capita	\$80	\$97	\$10 – \$268
Level of state requirement for Physical Education classes**	3	2.5	0 – 3
Number of primary health care providers per 100,000	195.0	124.4	70.0 – 201.6

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

BUFFALO, NY

(Buffalo-Niagara Falls, NY MSA)

COUNTIES

Erie, Niagara

Ranking: Total Score = 53.0; Rank = 18

STRENGTHS/ADVANTAGES

- Higher percentage eating 5+ servings of fruits/vegetables per day
- Higher percent bicycling or walking to work
- More golf course per capita
- Higher level of state requirement for Physical Education classes
- Lower death rate for diabetes
- More farmers' markets per capita
- More ball diamonds per capita
- More swimming pools per capita
- Higher number of primary health care providers

OPPORTUNITIES/CHALLENGES

- Lower median household income
- Higher percentage of households below poverty level
- Higher percent of days when physical health was not good during the past 30 days
- Fewer dog parks per capita
- Fewer tennis courts per capita
- Higher percent with diabetes
- Lower percent of city land area as parkland
- Higher percent with disability
- 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-NIAGARA FALLS, NY MSA

	Buffalo MSA	U.S. Value	MSA Average	MSA Range
Population	1,128,183	301,290,332	3,254,681	1,030,495 – 18,815,988
Percent less than 18 years old	21.9%	24.5%	24.9%	20.7% – 29.5%
Percent 18 to 64 years old	62.7%	62.9%	63.6%	60.9% – 66.7%
Percent 65 years old and older	15.4%	12.6%	11.5%	7.4% – 17.2%
Percent male	48.3%	49.3%	49.2%	48.0% – 51.3%
Percent high school graduate or higher	87.9%	84.5%	86.2%	77.0% – 92.5%
Percent White	82.7%	73.9%	72.0%	50.1% – 88.7%
Percent Black or African American	12.0%	12.4%	14.1%	1.4% – 45.4%
Percent Asian	1.7%	4.4%	5.0%	1.0% – 29.5%
Percent Other Race	3.5%	9.3%	8.5%	1.8% – 26.8%
Percent Hispanic/Latino	3.3%	15.1%	14.4%	1.1% – 52.6%
Percent unemployed	6.6%	6.3%	6.1%	3.9% – 10.7%
Median household income	\$44,843	\$50,740	\$55,940	\$44,843 – \$83,793
Percent of households below poverty level	9.6%	9.5%	8.3%	4.4% – 15.1%
Violent crime rate/100,000*	466.5			
Percent with disability	16.5%	15.0%	13.7%	9.8% – 19.2%

*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 = 53.5; Rank = 18

	Buffalo MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	81.9%	77.4%	77.7%	67.8% – 85.4%
Percent physically active at least moderately	47.5%	49.5%	49.0%	39.5% – 55.7%
Percent eating 5+ fruits/vegetables per day	28.8%	24.4%	25.5%	17.1% – 36.2%
Percent currently smoking	18.4%	19.8%	18.7%	12.5% – 25.4%
Chronic Health Problems				
Percent obese	25.0%	26.3%	25.4%	14.7% – 34.8%
Percent in excellent or very good health	54.6%	54.2%	55.6%	47.1% – 64.2%
Any days when physical health was not good during the past 30 days	38.3%	35.3%	34.4%	28.7% – 39.3%
Any days when mental health was not good during the past 30 days	34.5%	33.7%	34.2%	23.4% – 42.0%
Percent with asthma	7.9%	8.4%	8.2%	4.9% – 12.0%
Percent with angina or coronary heart disease	3.7%	4.1%	3.8%	1.8% – 5.2%
Percent with diabetes	10.8%	8.0%	8.0%	5.1% – 11.0%
Death rate/100,000 for cardiovascular disease	246.3	229.6	223.0	151.2 – 308.2
Death rate/100,000 for diabetes	20.5	24.6	24.0	13.2 – 37.9
Health Care				
Percent with health insurance	92.3%	85.8%	86.4%	76.4% – 94.1%

Community/Environmental Indicators – Score = 52.4; Rank = 22 (note: most of these data were available only for the main city in the MSA)

	Buffalo	MSA Average	Range of all Cities
Built Environment			
Parkland as a percent of city land area	8.2%	10.6%	2.6% – 21.9%
Acres of parkland/1,000	7.8	18.7	3.4 – 130.6
Farmers' markets/1,000,000	12.4	11.0	0.3 – 33.2
Percent using public transportation to work	3.3%	4.2%	0.5% – 30.2%
Percent bicycling or walking to work	3.3%	2.7%	1.0% – 6.7%
Recreational Facilities			
Ball diamonds/10,000	3.0	1.8	0.0 – 5.3
Dog parks/10,000	0.4	0.8	0.0 – 5.8
Park playgrounds/10,000	2.3	2.2	0.9 – 4.9
Golf courses/100,000	1.1	0.9	0.0 – 2.4
Park units/10,000	4.3	4.1	1.3 – 11.0
Recreation centers/20,000	0.5	1.0	0.1 – 2.6
Swimming pools/100,000	3.7	3.2	0.2 – 12.3
Tennis courts/10,000	1.5	2.0	0.6 – 4.9
Park-related expenditures per capita	\$10	\$97	\$10 – \$268
Level of state requirement for Physical Education classes**	3	2.5	0 – 3
Number of primary health care providers per 100,000	162.4	124.4	70.0 – 201.6

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

CHARLOTTE, NC

(Charlotte-Gastonia-Concord, NC-SC MSA)

COUNTIES

Anson, Cabarrus, Gaston, Mecklenburg, Union, York

Ranking: Total Score = 40.3; Rank = 34

STRENGTHS/ADVANTAGES

- Lower percent with disability
- Higher level of state requirement for Physical Education classes
- Lower percent with asthma
- Lower death rate for diabetes

OPPORTUNITIES/CHALLENGES

- Higher percent unemployed
- Lower percentage eating 5+ servings of fruits/vegetables per day
- Fewer ball diamonds per capita
- Fewer park playgrounds per capita
- Fewer park units per capita
- Fewer swimming pools per capita
- Lower park-related expenditures per capita
- Lower percent of city land area as parkland
- Lower percent using public transportation to work
- Lower percent bicycling or walking to work
- Fewer dog parks per capita
- Fewer golf courses per capita
- Fewer recreation centers per capita
- Fewer tennis courts per capita
- Lower number of primary health care providers

DESCRIPTION OF CHARLOTTE-GASTONIA-CONCORD, NC-SC MSA

	Charlotte MSA	U.S. Value	MSA Average	MSA Range
Population	1,651,568	301,290,332	3,254,681	1,030,495 – 18,815,988
Percent less than 18 years old	26.3%	24.5%	24.9%	20.7% – 29.5%
Percent 18 to 64 years old	64.3%	62.9%	63.6%	60.9% – 66.7%
Percent 65 years old and older	9.4%	12.6%	11.5%	7.4% – 17.2%
Percent male	49.1%	49.3%	49.2%	48.0% – 51.3%
Percent high school graduate or higher	86.0%	84.5%	86.2%	77.0% – 92.5%
Percent White	68.3%	73.9%	72.0%	50.1% – 88.7%
Percent Black or African American	2.3%	12.4%	14.1%	1.4% – 45.4%
Percent Asian	2.6%	4.4%	5.0%	1.0% – 29.5%
Percent Other Race	6.0%	9.3%	8.5%	1.8% – 26.8%
Percent Hispanic/Latino	8.5%	15.1%	14.4%	1.1% – 52.6%
Percent unemployed	7.1%	6.3%	6.1%	3.9% – 10.7%
Median household income	\$53,211	\$50,740	\$55,940	\$44,843 – \$83,793
Percent of households below poverty level	8.3%	9.5%	8.3%	4.4% – 15.1%
Violent crime rate/100,000*	721			
Percent with disability	12.3%	15.0%	13.7%	9.8% – 19.2%

*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 = 45.9; Rank = 27

	Charlotte MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	77.6%	77.4%	77.7%	67.8% – 85.4%
Percent physically active at least moderately	45.2%	49.5%	49.0%	39.5% – 55.7%
Percent eating 5+ fruits/vegetables per day	20.9%	24.4%	25.5%	17.1% – 36.2%
Percent currently smoking	19.3%	19.8%	18.7%	12.5% – 25.4%
Chronic Health Problems				
Percent obese	28.1%	26.3%	25.4%	14.7% – 34.8%
Percent in excellent or very good health	55.8%	54.2%	55.6%	47.1% – 64.2%
Any days when physical health was not good during the past 30 days	32.4%	35.3%	34.4%	28.7% – 39.3%
Any days when mental health was not good during the past 30 days	33.1%	33.7%	34.2%	23.4% – 42.0%
Percent with asthma	6.6%	8.4%	8.2%	4.9% – 12.0%
Percent with angina or coronary heart disease	4.1%	4.1%	3.8%	1.8% – 5.2%
Percent with diabetes	8.0%	8.0%	8.0%	5.1% – 11.0%
Death rate/100,000 for cardiovascular disease	207.8	229.6	223.0	151.2 – 308.2
Death rate/100,000 for diabetes	20.5	24.6	24.0	13.2 – 37.9
Health Care				
Percent with health insurance	84.0%	85.8%	86.4%	76.4% – 94.1%

Community/Environmental Indicators – Score = 34.6; Rank = 39 (note: most of these data were available only for the main city in the MSA)

	Charlotte	MSA Average	Range of all Cities
Built Environment			
Parkland as a percent of city land area	5.2%	10.6%	2.6% – 21.9%
Acres of parkland/1,000	20.4	18.7	3.4 – 130.6
Farmers' markets/1,000,000	10.3	11.0	0.3 – 33.2
Percent using public transportation to work	1.8%	4.2%	0.5% – 30.2%
Percent bicycling or walking to work	1.6%	2.7%	1.0% – 6.7%
Recreational Facilities			
Ball diamonds/10,000	0.7	1.8	0.0 – 5.3
Dog parks/10,000	0.5	0.8	0.0 – 5.8
Park playgrounds/10,000	1.3	2.2	0.9 – 4.9
Golf courses/100,000	0.6	0.9	0.0 – 2.4
Park units/10,000	3.4	4.1	1.3 – 11.0
Recreation centers/20,000	0.6	1.0	0.1 – 2.6
Swimming pools/100,000	0.5	3.2	0.2 – 12.3
Tennis courts/10,000	1.6	2.0	0.6 – 4.9
Park-related expenditures per capita	\$60	\$97	\$10 – \$268
Level of state requirement for Physical Education classes**	3	2.5	0 – 3
Number of primary health care providers per 100,000	91.3	124.4	70.0 – 201.6

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

CHICAGO, IL

(Chicago-Naperville-Joliet, IL-IN-WI MSA)

COUNTIES

Cook IL, DeKalb IL, DuPage IL, Grundy IL, Kane IL, Kendall IL, Lake IL, McHenry IL, Will IL, Jasper IN, Lake IN, Newton IN, Porter IN, Kenosha WI

Ranking: Total Score = 47.6; Rank = 25

STRENGTHS/ADVANTAGES

- Lower percent with disability
- Higher percent using public transportation to work
- More recreation centers per capita
- Higher level of state requirement for Physical Education classes
- Lower percent with angina or coronary heart disease
- Higher percent bicycling or walking to work
- Higher park-related expenditures per capita

OPPORTUNITIES/CHALLENGES

- Higher percent unemployed
- Higher percent of days when mental health was not good during the past 30 days
- Fewer park playgrounds per capita
- Fewer park units per capita
- Lower percent of city land area as parkland
- Fewer acres of parkland per capita
- Fewer dog parks per capita
- Fewer golf courses per capita
- Lower number of primary health care providers

DESCRIPTION OF CHICAGO-NAPERVILLE-JOLIET, IL-IN-WI MSA

	Chicago MSA	U.S. Value	MSA Average	MSA Range
Population	9,524,673	301,290,332	3,254,681	1,030,495 – 18,815,988
Percent less than 18 years old	25.8%	24.5%	24.9%	20.7% – 29.5%
Percent 18 to 64 years old	63.3%	62.9%	63.6%	60.9% – 66.7%
Percent 65 years old and older	10.9%	12.6%	11.5%	7.4% – 17.2%
Percent male	49.2%	49.3%	49.2%	48.0% – 51.3%
Percent high school graduate or higher	85.3%	84.5%	86.2%	77.0% – 92.5%
Percent White	63.2%	73.9%	72.0%	50.1% – 88.7%
Percent Black or African American	17.7%	12.4%	14.1%	1.4% – 45.4%
Percent Asian	5.3%	4.4%	5.0%	1.0% – 29.5%
Percent Other Race	13.7%	9.3%	8.5%	1.8% – 26.8%
Percent Hispanic/Latino	19.5%	15.1%	14.4%	1.1% – 52.6%
Percent unemployed	7.2%	6.3%	6.1%	3.9% – 10.7%
Median household income	\$59,255	\$50,740	\$55,940	\$44,843 – \$83,793
Percent of households below poverty level	8.5%	9.5%	8.3%	4.4% – 15.1%
Violent crime rate/100,000*	N/A‡			
Percent with disability	11.8%	15.0%	13.7%	9.8% – 19.2%

‡ This measure was not available.

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

ACSM AMERICAN FITNESS INDEX™ COMPONENTS

Personal Health Indicators – Score = 41.3; Rank = 35

	Chicago MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	78.0%	77.4%	77.7%	67.8% – 85.4%
Percent physically active at least moderately	50.3%	49.5%	49.0%	39.5% – 55.7%
Percent eating 5+ fruits/vegetables per day	25.0%	24.4%	25.5%	17.1% – 36.2%
Percent currently smoking	19.9%	19.8%	18.7%	12.5% – 25.4%
Chronic Health Problems				
Percent obese	24.9%	26.3%	25.4%	14.7% – 34.8%
Percent in excellent or very good health	51.0%	54.2%	55.6%	47.1% – 64.2%
Any days when physical health was not good during the past 30 days	38.2%	35.3%	34.4%	28.7% – 39.3%
Any days when mental health was not good during the past 30 days	38.9%	33.7%	34.2%	23.4% – 42.0%
Percent with asthma	9.0%	8.4%	8.2%	4.9% – 12.0%
Percent with angina or coronary heart disease	3.3%	4.1%	3.8%	1.8% – 5.2%
Percent with diabetes	8.7%	8.0%	8.0%	5.1% – 11.0%
Death rate/100,000 for cardiovascular disease	233.1	229.6	223.0	151.2 – 308.2
Death rate/100,000 for diabetes	23.8	24.6	24.0	13.2 – 37.9
Health Care				
Percent with health insurance	84.6%	85.8%	86.4%	76.4% – 94.1%

Community/Environmental Indicators – Score = 53.8; Rank = 18 (note: most of these data were available only for the main city in the MSA)

	Chicago	MSA Average	Range of all Cities
Built Environment			
Parkland as a percent of city land area	8.2%	10.6%	2.6% – 21.9%
Acres of parkland/1,000	4.2	18.7	3.4 – 130.6
Farmers' markets/1,000,000	11.8	11.0	0.3 – 33.2
Percent using public transportation to work	11.5%	4.2%	0.5% – 30.2%
Percent bicycling or walking to work	3.5%	2.7%	1.0% – 6.7%
Recreational Facilities			
Ball diamonds/10,000	1.9	1.8	0.0 – 5.3
Dog parks/10,000	0.4	0.8	0.0 – 5.8
Park playgrounds/10,000	1.8	2.2	0.9 – 4.9
Golf courses/100,000	0.4	0.9	0.0 – 2.4
Park units/10,000	2.0	4.1	1.3 – 11.0
Recreation centers/20,000	1.9	1.0	0.1 – 2.6
Swimming pools/100,000	3.1	3.2	0.2 – 12.3
Tennis courts/10,000	2.2	2.0	0.6 – 4.9
Park-related expenditures per capita	\$133	\$97	\$10 – \$268
Level of state requirement for Physical Education classes**	3	2.5	0 – 3
Number of primary health care providers per 100,000	110.1	124.4	70.0 – 201.6

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

CINCINNATI, OH

(Cincinnati-Middletown, OH-KY-IN MSA)

COUNTIES

Dearborn IN, Franklin IN, Ohio IN, Boone KY, Bracken KY, Campbell KY, Gallatin KY, Grant KY, Kenton KY, Pendleton KY, Brown OH, Butler OH, Clermont OH, Hamilton OH, Warren OH

Ranking: Total Score = 60.8; Rank = 14

STRENGTHS/ADVANTAGES

- Higher percent of city land area as parkland
- More farmers' markets per capita
- More dog parks per capita
- More golf courses per capita
- More recreation centers per capita
- More tennis courts per capita
- Higher level of state requirement for Physical Education classes
- More acres of parkland per capita
- More ball diamonds per capita
- More park playgrounds per capita
- More park units per capita
- More swimming pools per capita
- Higher park-related expenditures per capita

OPPORTUNITIES/CHALLENGES

- Higher percent with disability
- Lower percentage eating 5+ servings of fruits/vegetables per day
- Lower percent bicycling or walking to work
- Higher percent currently smoking
- Higher death rate for diabetes
- Lower percent using public transportation to work
- Lower number of primary health care providers

DESCRIPTION OF CINCINNATI-MIDDLETOWN, OH-KY-IN MSA

	Cincinnati MSA	U.S. Value	MSA Average	MSA Range
Population	2,133,678	301,290,332	3,254,681	1,030,495 – 18,815,988
Percent less than 18 years old	25.2%	24.5%	24.9%	20.7% – 29.5%
Percent 18 to 64 years old	63.0%	62.9%	63.6%	60.9% – 66.7%
Percent 65 years old and older	11.9%	12.6%	11.5%	7.4% – 17.2%
Percent male	48.8%	49.3%	49.2%	48.0% – 51.3%
Percent high school graduate or higher	86.6%	84.5%	86.2%	77.0% – 92.5%
Percent White	84.2%	73.9%	72.0%	50.1% – 88.7%
Percent Black or African American	11.7%	12.4%	14.1%	1.4% – 45.4%
Percent Asian	1.7%	4.4%	5.0%	1.0% – 29.5%
Percent Other Race	2.4%	9.3%	8.5%	1.8% – 26.8%
Percent Hispanic/Latino	1.7%	15.1%	14.4%	1.1% – 52.6%
Percent unemployed	5.8%	6.3%	6.1%	3.9% – 10.7%
Median household income	\$52,023	\$50,740	\$55,940	\$44,843 – \$83,793
Percent of households below poverty level	7.9%	9.5%	8.3%	4.4% – 15.1%
Violent crime rate/100,000*	364.1			
Percent with disability	15.6%	15.0%	13.7%	9.8% – 19.2%

*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 = 43.9; Rank = 31

	Cincinnati MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	77.6%	77.4%	77.7%	67.8% – 85.4%
Percent physically active at least moderately	52.2%	49.5%	49.0%	39.5% – 55.7%
Percent eating 5+ fruits/vegetables per day	21.6%	24.4%	25.5%	17.1% – 36.2%
Percent currently smoking	25.4%	19.8%	18.7%	12.5% – 25.4%
Chronic Health Problems				
Percent obese	25.8%	26.3%	25.4%	14.7% – 34.8%
Percent in excellent or very good health	56.2%	54.2%	55.6%	47.1% – 64.2%
Any days when physical health was not good during the past 30 days	35.8%	35.3%	34.4%	28.7% – 39.3%
Any days when mental health was not good during the past 30 days	35.7%	33.7%	34.2%	23.4% – 42.0%
Percent with asthma	8.0%	8.4%	8.2%	4.9% – 12.0%
Percent with angina or coronary heart disease	3.7%	4.1%	3.8%	1.8% – 5.2%
Percent with diabetes	8.8%	8.0%	8.0%	5.1% – 11.0%
Death rate/100,000 for cardiovascular disease	232.5	229.6	223.0	151.2 – 308.2
Death rate/100,000 for diabetes	29.2	24.6	24.0	13.2 – 37.9
Health Care				
Percent with health insurance	88.4%	85.8%	86.4%	76.4% – 94.1%

Community/Environmental Indicators – Score = 77.7; Rank = 1 (note: most of these data were available only for the main city in the MSA)

	Cincinnati	MSA Average	Range of all Cities
Built Environment			
Parkland as a percent of city land area	13.8%	10.6%	2.6% – 21.9%
Acres of parkland/1,000	20.8	18.7	3.4 – 130.6
Farmers' markets/1,000,000	14.5	11.0	0.3 – 33.2
Percent using public transportation to work	2.7%	4.2%	0.5% – 30.2%
Percent bicycling or walking to work	2.3%	2.7%	1.0% – 6.7%
Recreational Facilities			
Ball diamonds/10,000	4.5	1.8	0.0 – 5.3
Dog parks/10,000	1.2	0.8	0.0 – 5.8
Park playgrounds/10,000	4.9	2.2	0.9 – 4.9
Golf courses/100,000	2.1	0.9	0.0 – 2.4
Park units/10,000	11.0	4.1	1.3 – 11.0
Recreation centers/20,000	1.8	1.0	0.1 – 2.6
Swimming pools/100,000	12.3	3.2	0.2 – 12.3
Tennis courts/10,000	3.7	2.0	0.6 – 4.9
Park-related expenditures per capita	\$140	\$97	\$10 – \$268
Level of state requirement for Physical Education classes**	3	2.5	0 – 3
Number of primary health care providers per 100,000	112.1	124.4	70.0 – 201.6

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

CLEVELAND, OH

(Cleveland-Elyria-Mentor, OH MSA)

COUNTIES

Cuyahoga, Geauga, Lake, Lorain, Medina

Ranking: Total Score = 47.9; Rank = 24

STRENGTHS/ADVANTAGES

- More ball diamonds per capita
- More golf courses per capita
- More tennis courts per capita
- Higher level of state requirement for Physical Education classes
- More park playgrounds per capita
- More swimming pools per capita
- Higher number of primary health care providers

OPPORTUNITIES/CHALLENGES

- Higher percent unemployed
- Higher percentage of households below poverty level
- Lower percentage eating 5+ servings of fruits/vegetables per day
- Higher death rate for cardiovascular disease
- Lower percent of city land area as parkland
- Fewer farmers' markets per capita
- Fewer dog parks per capita
- Lower median household income
- Higher percent with disability
- Higher percent currently smoking
- Higher percent of days when mental health was not good during the past 30 days
- Higher percent with angina or coronary heart disease
- Fewer acres of parkland per capita
- Lower percent bicycling or walking to work
- Fewer park units per capita

DESCRIPTION OF CLEVELAND-ELYRIA-MENTOR, OH MSA

	Cleveland MSA	U.S. Value	MSA Average	MSA Range
Population	2,096,471	301,290,332	3,254,681	1,030,495 – 18,815,988
Percent less than 18 years old	23.8%	24.5%	24.9%	20.7% – 29.5%
Percent 18 to 64 years old	61.7%	62.9%	63.6%	60.9% – 66.7%
Percent 65 years old and older	14.5%	12.6%	11.5%	7.4% – 17.2%
Percent male	48.0%	49.3%	49.2%	48.0% – 51.3%
Percent high school graduate or higher	87.1%	84.5%	86.2%	77.0% – 92.5%
Percent White	75.7%	73.9%	72.0%	50.1% – 88.7%
Percent Black or African American	19.6%	12.4%	14.1%	1.4% – 45.4%
Percent Asian	1.8%	4.4%	5.0%	1.0% – 29.5%
Percent Other Race	3.0%	9.3%	8.5%	1.8% – 26.8%
Percent Hispanic/Latino	4.0%	15.1%	14.4%	1.1% – 52.6%
Percent unemployed	8.0%	6.3%	6.1%	3.9% – 10.7%
Median household income	\$48,227	\$50,740	\$55,940	\$44,843 – \$83,793
Percent of households below poverty level	9.6%	9.5%	8.3%	4.4% – 15.1%
Violent crime rate/100,000*	436.5			
Percent with disability	15.9%	15.0%	13.7%	9.8% – 19.2%

*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 = 37.3; Rank = 44

	Cleveland MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	75.5%	77.4%	77.7%	67.8% – 85.4%
Percent physically active at least moderately	52.6%	49.5%	49.0%	39.5% – 55.7%
Percent eating 5+ fruits/vegetables per day	21.7%	24.4%	25.5%	17.1% – 36.2%
Percent currently smoking	20.9%	19.8%	18.7%	12.5% – 25.4%
Chronic Health Problems				
Percent obese	27.1%	26.3%	25.4%	14.7% – 34.8%
Percent in excellent or very good health	56.0%	54.2%	55.6%	47.1% – 64.2%
Any days when physical health was not good during the past 30 days	36.6%	35.3%	34.4%	28.7% – 39.3%
Any days when mental health was not good during the past 30 days	40.0%	33.7%	34.2%	23.4% – 42.0%
Percent with asthma	8.6%	8.4%	8.2%	4.9% – 12.0%
Percent with angina or coronary heart disease	4.5%	4.1%	3.8%	1.8% – 5.2%
Percent with diabetes	8.5%	8.0%	8.0%	5.1% – 11.0%
Death rate/100,000 for cardiovascular disease	261.2	229.6	223.0	151.2 – 308.2
Death rate/100,000 for diabetes	25.8	24.6	24.0	13.2 – 37.9
Health Care				
Percent with health insurance	89.6%	85.8%	86.4%	76.4% – 94.1%

Community/Environmental Indicators – Score = 58.5; Rank = 14 (note: most of these data were available only for the main city in the MSA)

	Cleveland	MSA Average	Range of all Cities
Built Environment			
Parkland as a percent of city land area	6.3%	10.6%	2.6% – 21.9%
Acres of parkland/1,000	7.0	18.7	3.4 – 130.6
Farmers' markets/1,000,000	9.5	11.0	0.3 – 33.2
Percent using public transportation to work	4.2%	4.2%	0.5% – 30.2%
Percent bicycling or walking to work	2.2%	2.7%	1.0% – 6.7%
Recreational Facilities			
Ball diamonds/10,000	3.2	1.8	0.0 – 5.3
Dog parks/10,000	0.2	0.8	0.0 – 5.8
Park playgrounds/10,000	2.6	2.2	0.9 – 4.9
Golf courses/100,000	1.1	0.9	0.0 – 2.4
Park units/10,000	3.7	4.1	1.3 – 11.0
Recreation centers/20,000	1.0	1.0	0.1 – 2.6
Swimming pools/100,000	9.0	3.2	0.2 – 12.3
Tennis courts/10,000	2.7	2.0	0.6 – 4.9
Park-related expenditures per capita	\$88	\$97	\$10 – \$268
Level of state requirement for Physical Education classes**	3	2.5	0 – 3
Number of primary health care providers per 100,000	148.3	124.4	70.0 – 201.6

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

COLUMBUS, OH

(Columbus, OH MSA)

COUNTIES

Delaware, Fairfield, Franklin, Licking, Madison, Morrow, Pickaway, Union

Ranking: Total Score = 43.9; Rank = 29

STRENGTHS/ADVANTAGES

- More farmers' markets per capita
- Higher level of state requirement for Physical Education classes
- More golf courses per capita
- More park units per capita

OPPORTUNITIES/CHALLENGES

- Higher percentage of households below poverty level
- Lower percentage eating 5+ servings of fruits/vegetables per day
- Higher percent of days when mental health was not good during the past 30 days
- Fewer dog parks per capita
- Fewer recreation centers per capita
- Higher percent currently smoking
- Higher percent obese
- Higher death rate for diabetes
- Lower percent using public transportation to work
- Fewer ball diamonds per capita
- Fewer park playgrounds per capita
- Fewer swimming pools per capita
- Lower park-related expenditures per capita

DESCRIPTION OF COLUMBUS, OH MSA

	Columbus MSA	U.S. Value	MSA Average	MSA Range
Population	1,754,337	301,290,332	3,254,681	1,030,495 – 18,815,988
Percent less than 18 years old	25.4%	24.5%	24.9%	20.7% – 29.5%
Percent 18 to 64 years old	64.5%	62.9%	63.6%	60.9% – 66.7%
Percent 65 years old and older	10.1%	12.6%	11.5%	7.4% – 17.2%
Percent male	49.3%	49.3%	49.2%	48.0% – 51.3%
Percent high school graduate or higher	89.0%	84.5%	86.2%	77.0% – 92.5%
Percent White	80.0%	73.9%	72.0%	50.1% – 88.7%
Percent Black or African American	13.8%	12.4%	14.1%	1.4% – 45.4%
Percent Asian	3.0%	4.4%	5.0%	1.0% – 29.5%
Percent Other Race	3.3%	9.3%	8.5%	1.8% – 26.8%
Percent Hispanic/Latino	2.8%	15.1%	14.4%	1.1% – 52.6%
Percent unemployed	5.9%	6.3%	6.1%	3.9% – 10.7%
Median household income	\$51,707	\$50,740	\$55,940	\$44,843 – \$83,793
Percent of households below poverty level	9.5%	9.5%	8.3%	4.4% – 15.1%
Violent crime rate/100,000*	445.2			
Percent with disability	13.8%	15.0%	13.7%	9.8% – 19.2%

*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 = 38.5; Rank = 40

	Columbus MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	77.2%	77.4%	77.7%	67.8% – 85.4%
Percent physically active at least moderately	49.1%	49.5%	49.0%	39.5% – 55.7%
Percent eating 5+ fruits/vegetables per day	20.0%	24.4%	25.5%	17.1% – 36.2%
Percent currently smoking	20.9%	19.8%	18.7%	12.5% – 25.4%
Chronic Health Problems				
Percent obese	29.9%	26.3%	25.4%	14.7% – 34.8%
Percent in excellent or very good health	57.9%	54.2%	55.6%	47.1% – 64.2%
Any days when physical health was not good during the past 30 days	35.6%	35.3%	34.4%	28.7% – 39.3%
Any days when mental health was not good during the past 30 days	38.8%	33.7%	34.2%	23.4% – 42.0%
Percent with asthma	7.8%	8.4%	8.2%	4.9% – 12.0%
Percent with angina or coronary heart disease	3.9%	4.1%	3.8%	1.8% – 5.2%
Percent with diabetes	8.6%	8.0%	8.0%	5.1% – 11.0%
Death rate/100,000 for cardiovascular disease	232.0	229.6	223.0	151.2 – 308.2
Death rate/100,000 for diabetes	31.0	24.6	24.0	13.2 – 37.9
Health Care				
Percent with health insurance	87.0%	85.8%	86.4%	76.4% – 94.1%

Community/Environmental Indicators – Score = 49.2; Rank = 26 (note: most of these data were available only for the main city in the MSA)

	Columbus	MSA Average	Range of all Cities
Built Environment			
Parkland as a percent of city land area	9.8%	10.6%	2.6% – 21.9%
Acres of parkland/1,000	18.1	18.7	3.4 – 130.6
Farmers' markets/1,000,000	13.1	11.0	0.3 – 33.2
Percent using public transportation to work	1.6%	4.2%	0.5% – 30.2%
Percent bicycling or walking to work	2.5%	2.7%	1.0% – 6.7%
Recreational Facilities			
Ball diamonds/10,000	1.2	1.8	0.0 – 5.3
Dog parks/10,000	0.1	0.8	0.0 – 5.8
Park playgrounds/10,000	1.9	2.2	0.9 – 4.9
Golf courses/100,000	1.0	0.9	0.0 – 2.4
Park units/10,000	5.6	4.1	1.3 – 11.0
Recreation centers/20,000	0.8	1.0	0.1 – 2.6
Swimming pools/100,000	1.4	3.2	0.2 – 12.3
Tennis courts/10,000	1.9	2.0	0.6 – 4.9
Park-related expenditures per capita	\$78	\$97	\$10 – \$268
Level of state requirement for Physical Education classes**	3	2.5	0 – 3
Number of primary health care providers per 100,000	120.5	124.4	70.0 – 201.6

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

DALLAS, TX

(Dallas-Fort Worth-Arlington, TX MSA)

COUNTIES

Collin, Dallas, Delta, Denton, Ellis, Hunt, Kaufman, Rockwall, Johnson, Parker, Tarrant, Wise

Ranking: Total Score = 39.6; Rank = 35

STRENGTHS/ADVANTAGES

- Lower percent with disability
- Higher level of state requirement for Physical Education classes
- Higher percent of city land area as parkland
- More acres of parkland per capita

OPPORTUNITIES/CHALLENGES

- Higher percentage of households below poverty level
- Fewer farmers' markets per capita
- Lower percent bicycling or walking to work
- Fewer dog parks per capita
- Fewer golf courses per capita
- Fewer recreation centers per capita
- Lower park-related expenditures per capita
- 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 park playgrounds per capita
- Fewer park units per capita
- Fewer swimming pools per capita
- Lower number of primary health care providers

DESCRIPTION OF DALLAS-FORT WORTH-ARLINGTON, TX MSA

	Dallas MSA	U.S. Value	MSA Average	MSA Range
Population	6,145,037	301,290,332	3,254,681	1,030,495 – 18,815,988
Percent less than 18 years old	27.9%	24.5%	24.9%	20.7% – 29.5%
Percent 18 to 64 years old	63.9%	62.9%	63.6%	60.9% – 66.7%
Percent 65 years old and older	8.2%	12.6%	11.5%	7.4% – 17.2%
Percent male	50.2%	49.3%	49.2%	48.0% – 51.3%
Percent high school graduate or higher	81.6%	84.5%	86.2%	77.0% – 92.5%
Percent White	69.4%	73.9%	72.0%	50.1% – 88.7%
Percent Black or African American	14.1%	12.4%	14.1%	1.4% – 45.4%
Percent Asian	4.7%	4.4%	5.0%	1.0% – 29.5%
Percent Other Race	11.8%	9.3%	8.5%	1.8% – 26.8%
Percent Hispanic/Latino	26.9%	15.1%	14.4%	1.1% – 52.6%
Percent unemployed	5.6%	6.3%	6.1%	3.9% – 10.7%
Median household income	\$54,730	\$50,740	\$55,940	\$44,843 – \$83,793
Percent of households below poverty level	10.1%	9.5%	8.3%	4.4% – 15.1%
Violent crime rate/100,000*	504			
Percent with disability	11.5%	15.0%	13.7%	9.8% – 19.2%

*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 = 42.9; Rank = 32

	Dallas MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	76.8%	77.4%	77.7%	67.8% – 85.4%
Percent physically active at least moderately	46.2%	49.5%	49.0%	39.5% – 55.7%
Percent eating 5+ fruits/vegetables per day	26.6%	24.4%	25.5%	17.1% – 36.2%
Percent currently smoking	17.3%	19.8%	18.7%	12.5% – 25.4%
Chronic Health Problems				
Percent obese	24.8%	26.3%	25.4%	14.7% – 34.8%
Percent in excellent or very good health	53.0%	54.2%	55.6%	47.1% – 64.2%
Any days when physical health was not good during the past 30 days	33.4%	35.3%	34.4%	28.7% – 39.3%
Any days when mental health was not good during the past 30 days	31.2%	33.7%	34.2%	23.4% – 42.0%
Percent with asthma	8.3%	8.4%	8.2%	4.9% – 12.0%
Percent with angina or coronary heart disease	4.3%	4.1%	3.8%	1.8% – 5.2%
Percent with diabetes	9.4%	8.0%	8.0%	5.1% – 11.0%
Death rate/100,000 for cardiovascular disease	231.0	229.6	223.0	151.2 – 308.2
Death rate/100,000 for diabetes	23.3	24.6	24.0	13.2 – 37.9
Health Care				
Percent with health insurance	80.4%	85.8%	86.4%	76.4% – 94.1%

Community/Environmental Indicators – Score = 36.3; Rank = 36 (note: most of these data were available only for the main city in the MSA)

	Dallas	MSA Average	Range of all Cities
Built Environment			
Parkland as a percent of city land area	13.4%	10.6%	2.6% – 21.9%
Acres of parkland/1,000	23.8	18.7	3.4 – 130.6
Farmers' markets/1,000,000	2.1	11.0	0.3 – 33.2
Percent using public transportation to work	1.6%	4.2%	0.5% – 30.2%
Percent bicycling or walking to work	1.3%	2.7%	1.0% – 6.7%
Recreational Facilities			
Ball diamonds/10,000	0.3	1.8	0.0 – 5.3
Dog parks/10,000	0.2	0.8	0.0 – 5.8
Park playgrounds/10,000	1.5	2.2	0.9 – 4.9
Golf courses/100,000	0.5	0.9	0.0 – 2.4
Park units/10,000	3.0	4.1	1.3 – 11.0
Recreation centers/20,000	0.8	1.0	0.1 – 2.6
Swimming pools/100,000	1.9	3.2	0.2 – 12.3
Tennis courts/10,000	2.1	2.0	0.6 – 4.9
Park-related expenditures per capita	\$60	\$97	\$10 – \$268
Level of state requirement for Physical Education classes**	3	2.5	0 – 3
Number of primary health care providers per 100,000	87.9	124.4	70.0 – 201.6

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

DENVER, CO

(Denver-Aurora, CO MSA)

COUNTIES

Adams, Arapahoe, Broomfield, Clear Creek, Denver, Douglas, Elbert, Gilpin, Jefferson, Park

Ranking: Total Score = 71.6; Rank = 3

STRENGTHS/ADVANTAGES

- Lower percent unemployed
- Higher percent physically active at least moderately
- Lower percent with angina or coronary heart disease
- Lower death rate for cardio-vascular disease
- Higher percent using public transportation to work
- More ball diamonds per capita
- More park playgrounds per capita
- More park units per capita
- More tennis courts per capita
- Lower percent with disability
- Lower percent obese
- Lower percent with diabetes
- Lower death rate for diabetes
- Higher percent bicycling or walking to work
- More dog parks per capita
- More golf courses per capita
- More swimming pools per capita
- Higher park-related expenditures per capita

OPPORTUNITIES/CHALLENGES

- Lower percent of city land area as parkland
- Lower level of state requirement for Physical Education classes
- Fewer acres of parkland per capita
- Fewer farmers' markets per capita

DESCRIPTION OF DENVER-AURORA, CO MSA

	Denver MSA	U.S. Value	MSA Average	MSA Range
Population	2,464,866	301,290,332	3,254,681	1,030,495 – 18,815,988
Percent less than 18 years old	25.5%	24.5%	24.9%	20.7% – 29.5%
Percent 18 to 64 years old	65.1%	62.9%	63.6%	60.9% – 66.7%
Percent 65 years old and older	9.4%	12.6%	11.5%	7.4% – 17.2%
Percent male	50.1%	49.3%	49.2%	48.0% – 51.3%
Percent high school graduate or higher	88.3%	84.5%	86.2%	77.0% – 92.5%
Percent White	81.5%	73.9%	72.0%	50.1% – 88.7%
Percent Black or African American	5.6%	12.4%	14.1%	1.4% – 45.4%
Percent Asian	3.5%	4.4%	5.0%	1.0% – 29.5%
Percent Other Race	9.4%	9.3%	8.5%	1.8% – 26.8%
Percent Hispanic/Latino	22.1%	15.1%	14.4%	1.1% – 52.6%
Percent unemployed	5.4%	6.3%	6.1%	3.9% – 10.7%
Median household income	\$58,875	\$50,740	\$55,940	\$44,843 – \$83,793
Percent of households below poverty level	8.2%	9.5%	8.3%	4.4% – 15.1%
Violent crime rate/100,000*	365.9			
Percent with disability	11.2%	15.0%	13.7%	9.8% – 19.2%

*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 = 78.0; Rank = 2.5

	Denver MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	84.4%	77.4%	77.7%	67.8% – 85.4%
Percent physically active at least moderately	55.3%	49.5%	49.0%	39.5% – 55.7%
Percent eating 5+ fruits/vegetables per day	25.0%	24.4%	25.5%	17.1% – 36.2%
Percent currently smoking	18.0%	19.8%	18.7%	12.5% – 25.4%
Chronic Health Problems				
Percent obese	18.7%	26.3%	25.4%	14.7% – 34.8%
Percent in excellent or very good health	61.3%	54.2%	55.6%	47.1% – 64.2%
Any days when physical health was not good during the past 30 days	32.1%	35.3%	34.4%	28.7% – 39.3%
Any days when mental health was not good during the past 30 days	35.4%	33.7%	34.2%	23.4% – 42.0%
Percent with asthma	8.2%	8.4%	8.2%	4.9% – 12.0%
Percent with angina or coronary heart disease	2.6%	4.1%	3.8%	1.8% – 5.2%
Percent with diabetes	5.4%	8.0%	8.0%	5.1% – 11.0%
Death rate/100,000 for cardiovascular disease	191.0	229.6	223.0	151.2 – 308.2
Death rate/100,000 for diabetes	16.9	24.6	24.0	13.2 – 37.9
Health Care				
Percent with health insurance	85.9%	85.8%	86.4%	76.4% – 94.1%

Community/Environmental Indicators – Score = 65.2; Rank = 7.5 (note: most of these data were available only for the main city in the MSA)

	Denver	MSA Average	Range of all Cities
Built Environment			
Parkland as a percent of city land area	8.9%	10.6%	2.6% – 21.9%
Acres of parkland/1,000	15.3	18.7	3.4 – 130.6
Farmers' markets/1,000,000	9.7	11.0	0.3 – 33.2
Percent using public transportation to work	4.7%	4.2%	0.5% – 30.2%
Percent bicycling or walking to work	3.0%	2.7%	1.0% – 6.7%
Recreational Facilities			
Ball diamonds/10,000	2.4	1.8	0.0 – 5.3
Dog parks/10,000	1.1	0.8	0.0 – 5.8
Park playgrounds/10,000	2.6	2.2	0.9 – 4.9
Golf courses/100,000	1.2	0.9	0.0 – 2.4
Park units/10,000	8.8	4.1	1.3 – 11.0
Recreation centers/20,000	1.0	1.0	0.1 – 2.6
Swimming pools/100,000	7.1	3.2	0.2 – 12.3
Tennis courts/10,000	2.5	2.0	0.6 – 4.9
Park-related expenditures per capita	\$108	\$97	\$10 – \$268
Level of state requirement for Physical Education classes**	0	2.5	0 – 3
Number of primary health care providers per 100,000	135.6	124.4	70.0 – 201.6

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

DETROIT, MI

(Detroit-Warren-Livonia, MI MSA)

COUNTIES

Wayne, Lapeer, Livingston, Macomb, Oakland, St. Clair

Ranking: Total Score = 30.5; Rank = 44

STRENGTHS/ADVANTAGES

- More ball diamonds per capita
- More park playgrounds per capita

OPPORTUNITIES/CHALLENGES

- Higher percent unemployed
- Higher percentage of households below poverty level
- Lower percentage eating 5+ servings of fruits/vegetables per day
- Higher percent of days when mental health was not good during the past 30 days
- Fewer acres of parkland per capita
- Lower percent using public transportation to work
- Fewer dog parks per capita
- Fewer recreation centers per capita
- Fewer tennis courts per capita
- Lower level of state requirement for Physical Education classes
- Higher percent with disability
- Higher percent currently smoking
- Higher percent with asthma
- Higher percent with angina or coronary heart disease
- Higher death rate for cardiovascular disease
- Higher death rate for diabetes
- Lower percent of city land area as parkland
- Fewer farmers' markets per capita
- Lower percent bicycling or walking to work
- Fewer golf courses per capita
- Fewer swimming pools per capita
- Lower park-related expenditures per capita

DESCRIPTION OF DETROIT-WARREN-LIVONIA, MI MSA

	Detroit MSA	U.S. Value	MSA Average	MSA Range
Population	4,467,592	301,290,332	3,254,681	1,030,495 – 18,815,988
Percent less than 18 years old	25.1%	24.5%	24.9%	20.7% – 29.5%
Percent 18 to 64 years old	62.8%	62.9%	63.6%	60.9% – 66.7%
Percent 65 years old and older	12.1%	12.6%	11.5%	7.4% – 17.2%
Percent male	48.9%	49.3%	49.2%	48.0% – 51.3%
Percent high school graduate or higher	86.8%	84.5%	86.2%	77.0% – 92.5%
Percent White	70.6%	73.9%	72.0%	50.1% – 88.7%
Percent Black or African American	22.8%	12.4%	14.1%	1.4% – 45.4%
Percent Asian	3.3%	4.4%	5.0%	1.0% – 29.5%
Percent Other Race	3.3%	9.3%	8.5%	1.8% – 26.8%
Percent Hispanic/Latino	3.6%	15.1%	14.4%	1.1% – 52.6%
Percent unemployed	10.7%	6.3%	6.1%	3.9% – 10.7%
Median household income	\$52,542	\$50,740	\$55,940	\$44,843 – \$83,793
Percent of households below poverty level	10.1%	9.5%	8.3%	4.4% – 15.1%
Violent crime rate/100,000*	709.7			
Percent with disability	16.2%	15.0%	13.7%	9.8% – 19.2%

*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 = 29.4; Rank = 47

	Detroit MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	79.8%	77.4%	77.7%	67.8% – 85.4%
Percent physically active at least moderately	48.1%	49.5%	49.0%	39.5% – 55.7%
Percent eating 5+ fruits/vegetables per day	22.5%	24.4%	25.5%	17.1% – 36.2%
Percent currently smoking	20.8%	19.8%	18.7%	12.5% – 25.4%
Chronic Health Problems				
Percent obese	28.0%	26.3%	25.4%	14.7% – 34.8%
Percent in excellent or very good health	52.8%	54.2%	55.6%	47.1% – 64.2%
Any days when physical health was not good during the past 30 days	37.3%	35.3%	34.4%	28.7% – 39.3%
Any days when mental health was not good during the past 30 days	39.8%	33.7%	34.2%	23.4% – 42.0%
Percent with asthma	10.2%	8.4%	8.2%	4.9% – 12.0%
Percent with angina or coronary heart disease	4.9%	4.1%	3.8%	1.8% – 5.2%
Percent with diabetes	8.6%	8.0%	8.0%	5.1% – 11.0%
Death rate/100,000 for cardiovascular disease	285.5	229.6	223.0	151.2 – 308.2
Death rate/100,000 for diabetes	27.2	24.6	24.0	13.2 – 37.9
Health Care				
Percent with health insurance	88.0%	85.8%	86.4%	76.4% – 94.1%

Community/Environmental Indicators – Score = 31.6; Rank = 44 (note: most of these data were available only for the main city in the MSA)

	Detroit	MSA Average	Range of all Cities
Built Environment			
Parkland as a percent of city land area	6.6%	10.6%	2.6% – 21.9%
Acres of parkland/1,000	6.4	18.7	3.4 – 130.6
Farmers' markets/1,000,000	6.5	11.0	0.3 – 33.2
Percent using public transportation to work	1.5%	4.2%	0.5% – 30.2%
Percent bicycling or walking to work	1.8%	2.7%	1.0% – 6.7%
Recreational Facilities			
Ball diamonds/10,000	2.4	1.8	0.0 – 5.3
Dog parks/10,000	0.0	0.8	0.0 – 5.8
Park playgrounds/10,000	3.4	2.2	0.9 – 4.9
Golf courses/100,000	0.5	0.9	0.0 – 2.4
Park units/10,000	4.2	4.1	1.3 – 11.0
Recreation centers/20,000	0.3	1.0	0.1 – 2.6
Swimming pools/100,000	1.5	3.2	0.2 – 12.3
Tennis courts/10,000	1.3	2.0	0.6 – 4.9
Park-related expenditures per capita	\$55	\$97	\$10 – \$268
Level of state requirement for Physical Education classes**	0	2.5	0 – 3
Number of primary health care providers per 100,000	128.3	124.4	70.0 – 201.6

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one

HARTFORD, CT

(Hartford-West Hartford-East Hartford, CT MSA)

COUNTIES

Hartford, Middlesex, Tolland

Ranking: Total Score = 62.5; Rank = 11

STRENGTHS/ADVANTAGES

- Higher median household income
- Lower percentage of households below poverty level
- Higher percentage eating 5+ servings of fruits/vegetables per day
- Higher percent of city land area as parkland
- More golf courses per capita
- Higher level of state requirement for Physical Education classes
- Lower percent currently smoking
- Lower percent obese
- Higher percent in excellent or very good health
- Lower percent with diabetes
- Lower death rate for diabetes
- More farmers' markets per capita
- More swimming pools per capita
- Higher number of primary health care providers

OPPORTUNITIES/CHALLENGES

- Higher percent with asthma
- Lower percent using public transportation to work
- Fewer dog parks per capita
- Fewer park units per capita
- Fewer acres of parkland per capita
- Fewer ball diamonds per capita
- Fewer park playgrounds per capita
- Lower park-related expenditures per capita

DESCRIPTION OF HARTFORD-WEST HARTFORD-EAST HARTFORD, CT MSA

	Hartford MS	U.S. Value	MSA Average	MSA Range
Population	1,189,113	301,290,332	3,254,681	1,030,495 – 18,815,988
Percent less than 18 years old	22.7%	24.5%	24.9%	20.7% – 29.5%
Percent 18 to 64 years old	63.6%	62.9%	63.6%	60.9% – 66.7%
Percent 65 years old and older	13.7%	12.6%	11.5%	7.4% – 17.2%
Percent male	48.7%	49.3%	49.2%	48.0% – 51.3%
Percent high school graduate or higher	88.1%	84.5%	86.2%	77.0% – 92.5%
Percent White	78.4%	73.9%	72.0%	50.1% – 88.7%
Percent Black or African American	9.9%	12.4%	14.1%	1.4% – 45.4%
Percent Asian	3.2%	4.4%	5.0%	1.0% – 29.5%
Percent Other Race	8.4%	9.3%	8.5%	1.8% – 26.8%
Percent Hispanic/Latino	10.9%	15.1%	14.4%	1.1% – 52.6%
Percent unemployed	5.9%	6.3%	6.1%	3.9% – 10.7%
Median household income	\$64,355	\$50,740	\$55,940	\$44,843 – \$83,793
Percent of households below poverty level	6.0%	9.5%	8.3%	4.4% – 15.1%
Violent crime rate/100,000*	291.6			
Percent with disability	13.3%	15.0%	13.7%	9.8% – 19.2%

*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 = 73.9; Rank = 6

	Hartford MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	80.3%	77.4%	77.7%	67.8% – 85.4%
Percent physically active at least moderately	52.3%	49.5%	49.0%	39.5% – 55.7%
Percent eating 5+ fruits/vegetables per day	28.6%	24.4%	25.5%	17.1% – 36.2%
Percent currently smoking	14.5%	19.8%	18.7%	12.5% – 25.4%
Chronic Health Problems				
Percent obese	20.8%	26.3%	25.4%	14.7% – 34.8%
Percent in excellent or very good health	63.4%	54.2%	55.6%	47.1% – 64.2%
Any days when physical health was not good during the past 30 days	35.1%	35.3%	34.4%	28.7% – 39.3%
Any days when mental health was not good during the past 30 days	34.4%	33.7%	34.2%	23.4% – 42.0%
Percent with asthma	10.9%	8.4%	8.2%	4.9% – 12.0%
Percent with angina or coronary heart disease	3.7%	4.1%	3.8%	1.8% – 5.2%
Percent with diabetes	7.2%	8.0%	8.0%	5.1% – 11.0%
Death rate/100,000 for cardiovascular disease	203.1	229.6	223.0	151.2 – 308.2
Death rate/100,000 for diabetes	19.1	24.6	24.0	13.2 – 37.9
Health Care				
Percent with health insurance	90.9%	85.8%	86.4%	76.4% – 94.1%

Community/Environmental Indicators – Score = 51.1; Rank = 23 (note: most of these data were available only for the main city in the MSA)

	Hartford	MSA Average	Range of all Cities
Built Environment			
Parkland as a percent of city land area	13.7%	10.6%	2.6% – 21.9%
Acres of parkland/1,000	12.2	18.7	3.4 – 130.6
Farmers' markets/1,000,000	23.5	11.0	0.3 – 33.2
Percent using public transportation to work	2.8%	4.2%	0.5% – 30.2%
Percent bicycling or walking to work	2.8%	2.7%	1.0% – 6.7%
Recreational Facilities			
Ball diamonds/10,000	0.0	1.8	0.0 – 5.3
Dog parks/10,000	0.0	0.8	0.0 – 5.8
Park playgrounds/10,000	1.6	2.2	0.9 – 4.9
Golf courses/100,000	1.6	0.9	0.0 – 2.4
Park units/10,000	3.5	4.1	1.3 – 11.0
Recreation centers/20,000	1.0	1.0	0.1 – 2.6
Swimming pools/100,000	6.4	3.2	0.2 – 12.3
Tennis courts/10,000	2.0	2.0	0.6 – 4.9
Park-related expenditures per capita	\$36	\$97	\$10 – \$268
Level of state requirement for Physical Education classes**	3	2.5	0 – 3
Number of primary health care providers per 100,000	165.7	124.4	70.0 – 201.6

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

HOUSTON, TX

(Houston-Sugar Land- Baytown, TX MSA)

COUNTIES

Austin, Brazoria, Chambers, Fort Bend, Galveston, Harris, Liberty, Montgomery, San Jacinto, Waller

Ranking: Total Score = 34.7; Rank = 41

STRENGTHS/ADVANTAGES

- Lower percent with disability
- Lower percent with angina or coronary heart disease
- Higher level of state requirement for Physical Education classes
- Lower percent currently smoking
- Higher percent of city land area as parkland
- More acres of parkland per capita

OPPORTUNITIES/CHALLENGES

- Higher percentage of households below poverty level
- Lower percent with health insurance
- Lower percent using public transportation to work
- Fewer ball diamonds per capita
- Fewer park playgrounds per capita
- Fewer park units per capita
- Fewer swimming pools per capita
- Lower park-related expenditures per capita
- Lower percent in excellent or very good health
- Higher percent with diabetes
- Fewer farmers' markets per capita
- Lower percent bicycling or walking to work
- Fewer dog parks per capita
- Fewer golf courses per capita
- Fewer recreation centers per capita
- Fewer tennis courts per capita
- Lower number of primary health care providers

DESCRIPTION OF HOUSTON-SUGAR LAND-BAYTOWN, TX MSA

	Houston MSA	U.S. Value	MSA Average	MSA Range
Population	5,628,101	301,290,332	3,254,681	1,030,495 – 18,815,988
Percent less than 18 years old	28.3%	24.5%	24.9%	20.7% – 29.5%
Percent 18 to 64 years old	63.6%	62.9%	63.6%	60.9% – 66.7%
Percent 65 years old and older	8.1%	12.6%	11.5%	7.4% – 17.2%
Percent male	50.1%	49.3%	49.2%	48.0% – 51.3%
Percent high school graduate or higher	79.2%	84.5%	86.2%	77.0% – 92.5%
Percent White	62.8%	73.9%	72.0%	50.1% – 88.7%
Percent Black or African American	16.9%	12.4%	14.1%	1.4% – 45.4%
Percent Asian	5.7%	4.4%	5.0%	1.0% – 29.5%
Percent Other Race	14.5%	9.3%	8.5%	1.8% – 26.8%
Percent Hispanic/Latino	33.4%	15.1%	14.4%	1.1% – 52.6%
Percent unemployed	5.9%	6.3%	6.1%	3.9% – 10.7%
Median household income	\$52,988	\$50,740	\$55,940	\$44,843 – \$83,793
Percent of households below poverty level	11.6%	9.5%	8.3%	4.4% – 15.1%
Violent crime rate/100,000*	679.1			
Percent with disability	11.4%	15.0%	13.7%	9.8% – 19.2%

*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 = 36.0; Rank = 45

	Houston MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	72.8%	77.4%	77.7%	67.8% – 85.4%
Percent physically active at least moderately	48.0%	49.5%	49.0%	39.5% – 55.7%
Percent eating 5+ fruits/vegetables per day	25.2%	24.4%	25.5%	17.1% – 36.2%
Percent currently smoking	16.5%	19.8%	18.7%	12.5% – 25.4%
Chronic Health Problems				
Percent obese	27.3%	26.3%	25.4%	14.7% – 34.8%
Percent in excellent or very good health	49.5%	54.2%	55.6%	47.1% – 64.2%
Any days when physical health was not good during the past 30 days	35.2%	35.3%	34.4%	28.7% – 39.3%
Any days when mental health was not good during the past 30 days	33.6%	33.7%	34.2%	23.4% – 42.0%
Percent with asthma	8.6%	8.4%	8.2%	4.9% – 12.0%
Percent with angina or coronary heart disease	3.4%	4.1%	3.8%	1.8% – 5.2%
Percent with diabetes	9.2%	8.0%	8.0%	5.1% – 11.0%
Death rate/100,000 for cardiovascular disease	227.7	229.6	223.0	151.2 – 308.2
Death rate/100,000 for diabetes	24.1	24.6	24.0	13.2 – 37.9
Health Care				
Percent with health insurance	76.4%	85.8%	86.4%	76.4% – 94.1%

Community/Environmental Indicators – Score = 33.5; Rank = 40 (note: most of these data were available only for the main city in the MSA)

	Houston	MSA Average	Range of all Cities
Built Environment			
Parkland as a percent of city land area	14.2%	10.6%	2.6% – 21.9%
Acres of parkland/1,000	24.3	18.7	3.4 – 130.6
Farmers' markets/1,000,000	0.4	11.0	0.3 – 33.2
Percent using public transportation to work	2.6%	4.2%	0.5% – 30.2%
Percent bicycling or walking to work	1.8%	2.7%	1.0% – 6.7%
Recreational Facilities			
Ball diamonds/10,000	1.1	1.8	0.0 – 5.3
Dog parks/10,000	0.3	0.8	0.0 – 5.8
Park playgrounds/10,000	1.4	2.2	0.9 – 4.9
Golf courses/100,000	0.5	0.9	0.0 – 2.4
Park units/10,000	1.8	4.1	1.3 – 11.0
Recreation centers/20,000	0.6	1.0	0.1 – 2.6
Swimming pools/100,000	1.8	3.2	0.2 – 12.3
Tennis courts/10,000	1.0	2.0	0.6 – 4.9
Park-related expenditures per capita	\$39	\$97	\$10 – \$268
Level of state requirement for Physical Education classes**	3	2.5	0 – 3
Number of primary health care providers per 100,000	89.9	124.4	70.0 – 201.6

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

INDIANAPOLIS, IN

(Indianapolis-Carmel-Metro Area, IN MSA)

COUNTIES

Boone, Brown, Hamilton, Hancock, Hendricks, Johnson, Marion, Morgan, Putnam, Shelby

Ranking: Total Score = 39.3; Rank = 36

STRENGTHS/ADVANTAGES

- Higher level of state requirement for Physical Education classes
- More golf courses per capita

OPPORTUNITIES/CHALLENGES

- Higher percent currently smoking
- Lower percent of city land area as parkland
- Fewer acres of parkland per capita
- Lower percent using public transportation to work
- Fewer ball diamonds per capita
- Fewer park playgrounds per capita
- Fewer recreation centers per capita
- Fewer tennis courts per capita
- Higher percent with asthma
- Higher percent with angina or coronary heart disease
- Fewer farmers' markets per capita
- Lower percent bicycling or walking to work
- Fewer dog parks per capita
- Fewer park units per capita
- Fewer swimming pools per capita
- Lower park-related expenditures per capita

DESCRIPTION OF INDIANAPOLIS-CARMEL-METRO AREA, IN MSA

	Indianapolis MSA	U.S. Value	MSA Average	MSA Range
Population	1,695,037	301,290,332	3,254,681	1,030,495 – 18,815,988
Percent less than 18 years old	26.7%	24.5%	24.9%	20.7% – 29.5%
Percent 18 to 64 years old	62.7%	62.9%	63.6%	60.9% – 66.7%
Percent 65 years old and older	10.5%	12.6%	11.5%	7.4% – 17.2%
Percent male	49.0%	49.3%	49.2%	48.0% – 51.3%
Percent high school graduate or higher	87.4%	84.5%	86.2%	77.0% – 92.5%
Percent White	79.8%	73.9%	72.0%	50.1% – 88.7%
Percent Black or African American	14.2%	12.4%	14.1%	1.4% – 45.4%
Percent Asian	1.8%	4.4%	5.0%	1.0% – 29.5%
Percent Other Race	4.3%	9.3%	8.5%	1.8% – 26.8%
Percent Hispanic/Latino	4.6%	15.1%	14.4%	1.1% – 52.6%
Percent unemployed	5.7%	6.3%	6.1%	3.9% – 10.7%
Median household income	\$53,101	\$50,740	\$55,940	\$44,843 – \$83,793
Percent of households below poverty level	7.8%	9.5%	8.3%	4.4% – 15.1%
Violent crime rate/100,000*	652.1			
Percent with disability	13.6%	15.0%	13.7%	9.8% – 19.2%

*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 = 41.6; Rank = 34

	Indianapolis MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	76.3%	77.4%	77.7%	67.8% – 85.4%
Percent physically active at least moderately	48.7%	49.5%	49.0%	39.5% – 55.7%
Percent eating 5+ fruits/vegetables per day	25.5%	24.4%	25.5%	17.1% – 36.2%
Percent currently smoking	22.8%	19.8%	18.7%	12.5% – 25.4%
Chronic Health Problems				
Percent obese	27.3%	26.3%	25.4%	14.7% – 34.8%
Percent in excellent or very good health	57.4%	54.2%	55.6%	47.1% – 64.2%
Any days when physical health was not good during the past 30 days	32.5%	35.3%	34.4%	28.7% – 39.3%
Any days when mental health was not good during the past 30 days	35.6%	33.7%	34.2%	23.4% – 42.0%
Percent with asthma	9.5%	8.4%	8.2%	4.9% – 12.0%
Percent with angina or coronary heart disease	4.8%	4.1%	3.8%	1.8% – 5.2%
Percent with diabetes	7.8%	8.0%	8.0%	5.1% – 11.0%
Death rate/100,000 for cardiovascular disease	237.9	229.6	223.0	151.2 – 308.2
Death rate/100,000 for diabetes	23.8	24.6	24.0	13.2 – 37.9
Health Care				
Percent with health insurance	86.9%	85.8%	86.4%	76.4% – 94.1%

Community/Environmental Indicators – Score = 37.0; Rank = 35 (note: most of these data were available only for the main city in the MSA)

	Indianapolis	MSA Average	Range of all Cities
Built Environment			
Parkland as a percent of city land area	4.8%	10.6%	2.6% – 21.9%
Acres of parkland/1,000	14.2	18.7	3.4 – 130.6
Farmers' markets/1,000,000	8.3	11.0	0.3 – 33.2
Percent using public transportation to work	0.8%	4.2%	0.5% – 30.2%
Percent bicycling or walking to work	1.7%	2.7%	1.0% – 6.7%
Recreational Facilities			
Ball diamonds/10,000	0.8	1.8	0.0 – 5.3
Dog parks/10,000	0.4	0.8	0.0 – 5.8
Park playgrounds/10,000	1.7	2.2	0.9 – 4.9
Golf courses/100,000	1.8	0.9	0.0 – 2.4
Park units/10,000	2.5	4.1	1.3 – 11.0
Recreation centers/20,000	0.6	1.0	0.1 – 2.6
Swimming pools/100,000	2.8	3.2	0.2 – 12.3
Tennis courts/10,000	1.5	2.0	0.6 – 4.9
Park-related expenditures per capita	\$47	\$97	\$10 – \$268
Level of state requirement for Physical Education classes**	3	2.5	0 – 3
Number of primary health care providers per 100,000	123.8	124.4	70.0 – 201.6

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

JACKSONVILLE, FL

(Jacksonville, FL MSA)

COUNTIES

Baker, Clay, Duval, Nassau, St. Johns

Ranking: Total Score = 45.2; Rank = 28

STRENGTHS/ADVANTAGES

- Lower percent of days when mental health was not good during the past 30 days
- More acres of parkland per capita
- More park playgrounds per capita
- More recreation centers per capita
- Lower percent with asthma
- Higher percent of city land area as parkland
- More ball diamonds per capita
- More park units per capita
- More swimming pools per capita

CHALLENGES/OPPORTUNITIES

- Higher percent currently smoking
- Higher death rate for diabetes
- Lower percent using public transportation to work
- Fewer dog parks per capita
- Lower level of state requirement for Physical Education classes
- Higher percent with diabetes
- Fewer farmers' markets per capita
- Lower percent bicycling or walking to work
- Fewer golf courses per capita
- Lower park-related expenditures per capita

DESCRIPTION OF JACKSONVILLE, FL MSA

	Jacksonville MSA	U.S. Value	MSA Average	MSA Range
Population	1,300,823	301,290,332	3,254,681	1,030,495 – 18,815,988
Percent less than 18 years old	24.8%	24.5%	24.9%	20.7% – 29.5%
Percent 18 to 64 years old	63.9%	62.9%	63.6%	60.9% – 66.7%
Percent 65 years old and older	11.3%	12.6%	11.5%	7.4% – 17.2%
Percent male	48.9%	49.3%	49.2%	48.0% – 51.3%
Percent high school graduate or higher	87.8%	84.5%	86.2%	77.0% – 92.5%
Percent White	71.3%	73.9%	72.0%	50.1% – 88.7%
Percent Black or African American	21.9%	12.4%	14.1%	1.4% – 45.4%
Percent Asian	2.9%	4.4%	5.0%	1.0% – 29.5%
Percent Other Race	3.9%	9.3%	8.5%	1.8% – 26.8%
Percent Hispanic/Latino	5.7%	15.1%	14.4%	1.1% – 52.6%
Percent unemployed	6.6%	6.3%	6.1%	3.9% – 10.7%
Median household income	\$51,871	\$50,740	\$55,940	\$44,843 – \$83,793
Percent of households below poverty level	7.7%	9.5%	8.3%	4.4% – 15.1%
Violent crime rate/100,000*	N/A‡			
Percent with disability	14.9%	15.0%	13.7%	9.8% – 19.2%

‡ This measure was not available.

*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 = 42

	Jacksonville MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	76.3%	77.4%	77.7%	67.8% – 85.4%
Percent physically active at least moderately	46.4%	49.5%	49.0%	39.5% – 55.7%
Percent eating 5+ fruits/vegetables per day	24.6%	24.4%	25.5%	17.1% – 36.2%
Percent currently smoking	21.5%	19.8%	18.7%	12.5% – 25.4%
Chronic Health Problems				
Percent obese	26.1%	26.3%	25.4%	14.7% – 34.8%
Percent in excellent or very good health	54.5%	4.2%	55.6%	47.1% – 64.2%
Any days when physical health was not good during the past 30 days	33.4%	35.3%	34.4%	28.7% – 39.3%
Any days when mental health was not good during the past 30 days	31.0%	33.7%	34.2%	23.4% – 42.0%
Percent with asthma	6.7%	8.4%	8.2%	4.9% – 12.0%
Percent with angina or coronary heart disease	4.2%	4.1%	3.8%	1.8% – 5.2%
Percent with diabetes	9.4%	8.0%	8.0%	5.1% – 11.0%
Death rate/100,000 for cardiovascular disease	239.6	229.6	223.0	151.2 – 308.2
Death rate/100,000 for diabetes	30.2	24.6	24.0	13.2 – 37.9
Health Care				
Percent with health insurance	85.8%	85.8%	86.4%	76.4% – 94.1%

Community/Environmental Indicators – Score = 52.6; Rank = 21 (note: most of these data were available only for the main city in the MSA)

	Jacksonville	MSA Average	Range of all Cities
Built Environment			
Parkland as a percent of city land area	19.3%	10.6%	2.6% – 21.9%
Acres of parkland/1,000	130.6	18.7	3.4 – 130.6
Farmers' markets/1,000,000	4.6	11.0	0.3 – 33.2
Percent using public transportation to work	1.1%	4.2%	0.5% – 30.2%
Percent bicycling or walking to work	1.7%	2.7%	1.0% – 6.7%
Recreational Facilities			
Ball diamonds/10,000	3.5	1.8	0.0 – 5.3
Dog parks/10,000	0.0	0.8	0.0 – 5.8
Park playgrounds/10,000	3.6	2.2	0.9 – 4.9
Golf courses/100,000	0.5	0.9	0.0 – 2.4
Park units/10,000	5.1	4.1	1.3 – 11.0
Recreation centers/20,000	1.3	1.0	0.1 – 2.6
Swimming pools/100,000	4.5	3.2	0.2 – 12.3
Tennis courts/10,000	2.0	2.0	0.6 – 4.9
Park-related expenditures per capita	\$57	\$97	\$10 – \$268
Level of state requirement for Physical Education classes**	1	2.5	0 – 3
Number of primary health care providers per 100,000	128.1	124.4	70.0 – 201.6

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

KANSAS CITY, MO-KS

(Kansas City, MO-KS MSA)

COUNTIES

Franklin, KS, Johnson, KS, Leavenworth, KS, Linn, KS, Miami, KS, Wyandotte, KS, Bates, MO, Caldwell, MO, Cass, MO, Clay, MO, Clinton, MO, Jackson, MO, Lafayette, MO, Platte, MO, Ray, MO

Ranking: Total Score = 50.3; Rank = 21

STRENGTHS/ADVANTAGES

- Lower percentage of households below poverty level
- More acres of parkland per capita
- More park playgrounds per capita
- More park units per capita
- Higher level of state requirement for Physical Education classes
- Lower death rate for diabetes
- More farmers' markets per capita
- More ball diamonds per capita
- More golf courses per capita
- More tennis courts per capita
- Higher park-related expenditures per capita

OPPORTUNITIES/CHALLENGES

- Lower percentage eating 5+ servings of fruits/vegetables per day
- Lower percent bicycling or walking to work
- Fewer recreation centers per capita
- Lower percent of city land area as parkland
- Lower percent using public transportation to work
- Fewer dog parks per capita
- Fewer swimming pools per capita

DESCRIPTION OF KANSAS CITY, MO-KS MSA

	Kansas City MSA	U.S. Value	MSA Average	MSA Range
Population	1,985,429	301,290,332	3,254,681	1,030,495 – 18,815,988
Percent less than 18 years old	25.9%	24.5%	24.9%	20.7% – 29.5%
Percent 18 to 64 years old	62.8%	62.9%	63.6%	60.9% – 66.7%
Percent 65 years old and older	11.3%	12.6%	11.5%	7.4% – 17.2%
Percent male	49.0%	49.3%	49.2%	48.0% – 51.3%
Percent high school graduate or higher	90.2%	84.5%	86.2%	77.0% – 92.5%
Percent White	80.7%	73.9%	72.0%	50.1% – 88.7%
Percent Black or African American	12.0%	12.4%	14.1%	1.4% – 45.4%
Percent Asian	2.0%	4.4%	5.0%	1.0% – 29.5%
Percent Other Race	5.4%	9.3%	8.5%	1.8% – 26.8%
Percent Hispanic/Latino	7.1%	15.1%	14.4%	1.1% – 52.6%
Percent unemployed	5.9%	6.3%	6.1%	3.9% – 10.7%
Median household income	\$53,508	\$50,740	\$55,940	\$44,843 – \$83,793
Percent of households below poverty level	7.4%	9.5%	8.3%	4.4% – 15.1%
Violent crime rate/100,000*	N/A‡			
Percent with disability	13.9%	15.0%	13.7%	9.8% – 19.2%

‡ This measure was not available.

*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 = 44.1; Rank = 30

	Kansas City MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	76.6%	77.4%	77.7%	67.8% – 85.4%
Percent physically active at least moderately	46.5%	49.5%	49.0%	39.5% – 55.7%
Percent eating 5+ fruits/vegetables per day	19.4%	24.4%	25.5%	17.1% – 36.2%
Percent currently smoking	19.7%	19.8%	18.7%	12.5% – 25.4%
Chronic Health Problems				
Percent obese	28.2%	26.3%	25.4%	14.7% – 34.8%
Percent in excellent or very good health	57.7%	54.2%	55.6%	47.1% – 64.2%
Any days when physical health was not good during the past 30 days	34.9%	35.3%	34.4%	28.7% – 39.3%
Any days when mental health was not good during the past 30 days	35.9%	33.7%	34.2%	23.4% – 42.0%
Percent with asthma	8.2%	8.4%	8.2%	4.9% – 12.0%
Percent with angina or coronary heart disease	3.7%	4.1%	3.8%	1.8% – 5.2%
Percent with diabetes	7.5%	8.0%	8.0%	5.1% – 11.0%
Death rate/100,000 for cardiovascular disease	213.1	229.6	223.0	151.2 – 308.2
Death rate/100,000 for diabetes	21.0	24.6	24.0	13.2 – 37.9
Health Care				
Percent with health insurance	87.5%	85.8%	86.4%	76.4% – 94.1%

Community/Environmental Indicators – Score = 56.5; Rank = 17 (note: most of these data were available only for the main city in the MSA)

	Kansas City	MSA Average	Range of all Cities
Built Environment			
Parkland as a percent of city land area	8.6%	10.6%	2.6% – 21.9%
Acres of parkland/1,000	38.6	18.7	3.4 – 130.6
Farmers' markets/1,000,000	17.1	11.0	0.3 – 33.2
Percent using public transportation to work	1.3%	4.2%	0.5% – 30.2%
Percent bicycling or walking to work	1.7%	2.7%	1.0% – 6.7%
Recreational Facilities			
Ball diamonds/10,000	3.4	1.8	0.0 – 5.3
Dog parks/10,000	0.2	0.8	0.0 – 5.8
Park playgrounds/10,000	3.4	2.2	0.9 – 4.9
Golf courses/100,000	1.3	0.9	0.0 – 2.4
Park units/10,000	5.0	4.1	1.3 – 11.0
Recreation centers/20,000	0.5	1.0	0.1 – 2.6
Swimming pools/100,000	2.0	3.2	0.2 – 12.3
Tennis courts/10,000	2.4	2.0	0.6 – 4.9
Park-related expenditures per capita	\$127	\$97	\$10 – \$268
Level of state requirement for Physical Education classes**	3	2.5	0 – 3
Number of primary health care providers per 100,000	124.1	124.4	70.0 – 201.6

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

LAS VEGAS, NV

(Las Vegas-Paradise, NV MSA)

COUNTIES

Clark

Ranking: Total Score = 34.6; Rank = 42

STRENGTHS/ADVANTAGES

- Lower percent with disability
- Lower death rate for diabetes
- More recreation centers per capita
- Lower percent with asthma
- More dog parks per capita
- Higher park-related expenditures per capita

OPPORTUNITIES/CHALLENGES

- Lower percentage eating 5+ servings of fruits/vegetables per day
- Higher percent of days when mental health was not good during the past 30 days
- Lower percent with health insurance
- Fewer acres of parkland per capita
- Lower percent using public transportation to work
- Fewer park playgrounds per capita
- Fewer park units per capita
- Fewer tennis courts per capita
- Lower level of state requirement for Physical Education classes
- Higher percent currently smoking
- Lower percent in excellent or very good health
- Higher percent with angina or coronary heart disease
- Higher death rate for cardiovascular disease
- Lower percent of city land area as parkland
- Fewer farmers' markets per capita
- Fewer ball diamonds per capita
- Fewer golf courses per capita
- Fewer swimming pools per capita
- Lower number of primary health care providers

DESCRIPTION OF LAS VEGAS-PARADISE, NV MSA

	Las Vegas MSA	U.S. Value	MSA Average	MSA Range
Population	1,836,333	301,290,332	3,254,681	1,030,495 – 18,815,988
Percent less than 18 years old	26.4%	24.5%	24.9%	20.7% – 29.5%
Percent 18 to 64 years old	63.2%	62.9%	63.6%	60.9% – 66.7%
Percent 65 years old and older	10.4%	12.6%	11.5%	7.4% – 17.2%
Percent male	50.9%	49.3%	49.2%	48.0% – 51.3%
Percent high school graduate or higher	82.9%	84.5%	86.2%	77.0% – 92.5%
Percent White	70.5%	73.9%	72.0%	50.1% – 88.7%
Percent Black or African American	9.7%	12.4%	14.1%	1.4% – 45.4%
Percent Asian	7.2%	4.4%	5.0%	1.0% – 29.5%
Percent Other Race	12.6%	9.3%	8.5%	1.8% – 26.8%
Percent Hispanic/Latino	27.8%	15.1%	14.4%	1.1% – 52.6%
Percent unemployed	5.5%	6.3%	6.1%	3.9% – 10.7%
Median household income	\$55,996	\$50,740	\$55,940	\$44,843 – \$83,793
Percent of households below poverty level	7.6%	9.5%	8.3%	4.4% – 15.1%
Violent crime rate/100,000*	887			
Percent with disability	12.0%	15.0%	13.7%	9.8% – 19.2%

*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 = 28.2; Rank = 48

	Las Vegas MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	74.0%	77.4%	77.7%	67.8% – 85.4%
Percent physically active at least moderately	46.7%	49.5%	49.0%	39.5% – 55.7%
Percent eating 5+ fruits/vegetables per day	21.2%	24.4%	25.5%	17.1% – 36.2%
Percent currently smoking	21.6%	19.8%	18.7%	12.5% – 25.4%
Chronic Health Problems				
Percent obese	25.1%	26.3%	25.4%	14.7% – 34.8%
Percent in excellent or very good health	49.1%	54.2%	55.6%	47.1% – 64.2%
Any days when physical health was not good during the past 30 days	36.2%	35.3%	34.4%	28.7% – 39.3%
Any days when mental health was not good during the past 30 days	39.0%	33.7%	34.2%	23.4% – 42.0%
Percent with asthma	6.8%	8.4%	8.2%	4.9% – 12.0%
Percent with angina or coronary heart disease	4.4%	4.1%	3.8%	1.8% – 5.2%
Percent with diabetes	8.5%	8.0%	8.0%	5.1% – 11.0%
Death rate/100,000 for cardiovascular disease	256.5	229.6	223.0	151.2 – 308.2
Death rate/100,000 for diabetes	13.2	24.6	24.0	13.2 – 37.9
Health Care				
Percent with health insurance	77.6%	85.8%	86.4%	76.4% – 94.1%

Community/Environmental Indicators – Score = 41.0; Rank = 32 (note: most of these data were available only for the main city in the MSA)

	Las Vegas	MSA Average	Range of all Cities
Built Environment			
Parkland as a percent of city land area	5.6%	10.6%	2.6% – 21.9%
Acres of parkland/1,000	7.3	18.7	3.4 – 130.6
Farmers' markets/1,000,000	0.3	11.0	0.3 – 33.2
Percent using public transportation to work	3.6%	4.2%	0.5% – 30.2%
Percent bicycling or walking to work	2.5%	2.7%	1.0% – 6.7%
Recreational Facilities			
Ball diamonds/10,000	0.7	1.8	0.0 – 5.3
Dog parks/10,000	4.2	0.8	0.0 – 5.8
Park playgrounds/10,000	2.0	2.2	0.9 – 4.9
Golf courses/100,000	0.7	0.9	0.0 – 2.4
Park units/10,000	1.3	4.1	1.3 – 11.0
Recreation centers/20,000	1.5	1.0	0.1 – 2.6
Swimming pools/100,000	2.2	3.2	0.2 – 12.3
Tennis courts/10,000	1.2	2.0	0.6 – 4.9
Park-related expenditures per capita	\$196	\$97	\$10 – \$268
Level of state requirement for Physical Education classes**	2	2.5	0 – 3
Number of primary health care providers per 100,000	71.5	124.4	70.0 – 201.6

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

LOS ANGELES, CA

(Los Angeles-Long Beach-Santa Ana, CA MSA)

COUNTIES

Los Angeles, Orange

Ranking: Total Score = 43.6; Rank = 30

STRENGTHS/ADVANTAGES

- Lower percent with disability
- Lower percent with asthma
- Lower percent with diabetes
- Higher percent bicycling or walking to work
- Higher level of state requirement for Physical Education classes
- Lower percent currently smoking
- Lower percent with angina or coronary heart disease
- Higher percent using public transportation to work

OPPORTUNITIES/CHALLENGES

- Lower percent graduated from high school or higher
- Higher percentage of households below poverty level
- Higher percent of days when mental health was not good during the past 30 days
- Fewer dog parks per capita
- Fewer golf courses per capita
- Fewer swimming pools per capita
- Lower number of primary health care providers per capita
- Lower percent in excellent or very good health
- 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 park units per capita
- Fewer tennis courts per capita
- Lower park-related expenditures per capita

DESCRIPTION OF LOS ANGELES-LONG BEACH-SANTA ANA, CA MSA

	Los Angeles MSA	U.S. Value MSA	Average	MSA Range
Population	12,875,587	301,290,332	3,254,681	1,030,495 – 18,815,988
Percent less than 18 years old	26.0%	24.5%	24.9%	20.7% – 29.5%
Percent 18 to 64 years old	63.4%	62.9%	63.6%	60.9% – 66.7%
Percent 65 years old and older	10.6%	12.6%	11.5%	7.4% – 17.2%
Percent male	49.6%	49.3%	49.2%	48.0% – 51.3%
Percent high school graduate or higher	77.0%	84.5%	86.2%	77.0% – 92.5%
Percent White	52.6%	73.9%	72.0%	50.1% – 88.7%
Percent Black or African American	7.2%	12.4%	14.1%	1.4% – 45.4%
Percent Asian	13.8%	4.4%	5.0%	1.0% – 29.5%
Percent Other Race	26.4%	9.3%	8.5%	1.8% – 26.8%
Percent Hispanic/Latino	44.1%	15.1%	14.4%	1.1% – 52.6%
Percent unemployed	6.0%	6.3%	6.1%	3.9% – 10.7%
Median household income	\$58,047	\$50,740	\$55,940	\$44,843 – \$83,793
Percent of households below poverty level	10.3%	9.5%	8.3%	4.4% – 15.1%
Violent crime rate/100,000*	553.8			
Percent with disability	11.5%	15.0%	13.7%	9.8% – 19.2%

*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 = 54.2; Rank = 17

	Los Angeles MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	75.5%	77.4%	77.7%	67.8% – 85.4%
Percent physically active at least moderately	49.2%	49.5%	49.0%	39.5% – 55.7%
Percent eating 5+ fruits/vegetables per day	27.3%	24.4%	25.5%	17.1% – 36.2%
Percent currently smoking	13.9%	19.8%	18.7%	12.5% – 25.4%
Chronic Health Problems				
Percent obese	23.3%	26.3%	25.4%	14.7% – 34.8%
Percent in excellent or very good health	47.1%	54.2%	55.6%	47.1% – 64.2%
Any days when physical health was not good during the past 30 days	35.9%	35.3%	34.4%	28.7% – 39.3%
Any days when mental health was not good during the past 30 days	40.1%	33.7%	34.2%	23.4% – 42.0%
Percent with asthma	6.6%	8.4%	8.2%	4.9% – 12.0%
Percent with angina or coronary heart disease	2.4%	4.1%	3.8%	1.8% – 5.2%
Percent with diabetes	7.1%	8.0%	8.0%	5.1% – 11.0%
Death rate/100,000 for cardiovascular disease	226.4	229.6	223.0	151.2 – 308.2
Death rate/100,000 for diabetes	25.3	24.6	24.0	13.2 – 37.9
Health Care				
Percent with health insurance	83.8%	85.8%	86.4%	76.4% – 94.1%

Community/Environmental Indicators – Score = 33.0; Rank = 42 (note: most of these data were available only for the main city in the MSA)

	Los Angeles	MSA Average	Range of all Cities
Built Environment			
Parkland as a percent of city land area	7.9%	10.6%	2.6% – 21.9%
Acres of parkland/1,000	6.2	18.7	3.4 – 130.6
Farmers' markets/1,000,000	8.2	11.0	0.3 – 33.2
Percent using public transportation to work	6.1%	4.2%	0.5% – 30.2%
Percent bicycling or walking to work	3.3%	2.7%	1.0% – 6.7%
Recreational Facilities			
Ball diamonds/10,000	0.7	1.8	0.0 – 5.3
Dog parks/10,000	0.3	0.8	0.0 – 5.8
Park playgrounds/10,000	1.0	2.2	0.9 – 4.9
Golf courses/100,000	0.4	0.9	0.0 – 2.4
Park units/10,000	1.3	4.1	1.3 – 11.0
Recreation centers/20,000	1.0	1.0	0.1 – 2.6
Swimming pools/100,000	1.7	3.2	0.2 – 12.3
Tennis courts/10,000	0.8	2.0	0.6 – 4.9
Park-related expenditures per capita	\$48	\$97	\$10 – \$268
Level of state requirement for Physical Education classes**	3	2.5	0 – 3
Number of primary health care providers per 100,000	112.1	124.4	70.0 – 201.6

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

LOUISVILLE, KY

(Louisville/Jefferson County, KY-IN MSA)

COUNTIES

Clark, IN, Floyd, IN, Harrison, IN, Washington IN, Bullitt, KY, Henry, KY, Jefferson, KY, Meade, KY, Nelson, KY, Oldham, KY, Shelby, KY, Spencer, KY, Trimble, KY

Ranking: Total Score = 37.7; Rank = 38

STRENGTHS/ADVANTAGES

- Lower percent of days when mental health was not good during the past 30 days
- More farmers' markets per capita
- More tennis courts per capita
- Lower percent with asthma
- More acres of parkland per capita
- More golf courses per capita

OPPORTUNITIES/CHALLENGES

- Lower median household income
- Higher percentage of households below poverty level
- Higher percent with diabetes
- Lower percent of city land area as parkland
- Lower percent bicycling or walking to work
- Fewer dog parks per capita
- Fewer park units per capita
- Fewer swimming pools per capita
- Lower level of state requirement for Physical Education classes
- Higher percent with disability
- Higher percent currently smoking
- Higher percent with angina or coronary heart disease
- Higher death rate for diabetes
- Lower percent using public transportation to work
- Fewer ball diamonds per capita
- Fewer park playgrounds per capita
- Fewer recreation centers per capita
- Lower park-related expenditures per capita
- Lower number of primary health care providers

DESCRIPTION OF LOUISVILLE/JEFFERSON COUNTY, KY-IN MSA

	Louisville MSA	U.S. Value	MSA Average	MSA Range
Population	1,233,735	301,290,332	3,254,681	1,030,495 – 18,815,988
Percent less than 18 years old	24.2%	24.5%	24.9%	20.7% – 29.5%
Percent 18 to 64 years old	63.4%	62.9%	63.6%	60.9% – 66.7%
Percent 65 years old and older	12.4%	12.6%	11.5%	7.4% – 17.2%
Percent male	48.7%	49.3%	49.2%	48.0% – 51.3%
Percent high school graduate or higher	85.5%	84.5%	86.2%	77.0% – 92.5%
Percent White	82.9%	73.9%	72.0%	50.1% – 88.7%
Percent Black or African American	13.2%	12.4%	14.1%	1.4% – 45.4%
Percent Asian	1.3%	4.4%	5.0%	1.0% – 29.5%
Percent Other Race	2.7%	9.3%	8.5%	1.8% – 26.8%
Percent Hispanic/Latino	2.8%	15.1%	14.4%	1.1% – 52.6%
Percent unemployed	6.5%	6.3%	6.1%	3.9% – 10.7%
Median household income	\$45,697	\$50,740	\$55,940	\$44,843 – \$83,793
Percent of households below poverty level	9.3%	9.5%	8.3%	4.4% – 15.1%
Violent crime rate/100,000*	432.9			
Percent with disability	17.5%	15.0%	13.7%	9.8% – 19.2%

*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 = 40.0; Rank = 37

	Louisville MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	76.5%	77.4%	77.7%	67.8% – 85.4%
Percent physically active at least moderately	48.9%	49.5%	49.0%	39.5% – 55.7%
Percent eating 5+ fruits/vegetables per day	24.7%	24.4%	25.5%	17.1% – 36.2%
Percent currently smoking	25.0%	19.8%	18.7%	12.5% – 25.4%
Chronic Health Problems				
Percent obese	26.2%	26.3%	25.4%	14.7% – 34.8%
Percent in excellent or very good health	51.9%	54.2%	55.6%	47.1% – 64.2%
Any days when physical health was not good during the past 30 days	33.0%	35.3%	34.4%	28.7% – 39.3%
Any days when mental health was not good during the past 30 days	28.8%	33.7%	34.2%	23.4% – 42.0%
Percent with asthma	7.2%	8.4%	8.2%	4.9% – 12.0%
Percent with angina or coronary heart disease	4.4%	4.1%	3.8%	1.8% – 5.2%
Percent with diabetes	10.2%	8.0%	8.0%	5.1% – 11.0%
Death rate/100,000 for cardiovascular disease	239.7	229.6	223.0	151.2 – 308.2
Death rate/100,000 for diabetes	29.4	24.6	24.0	13.2 – 37.9
Health Care				
Percent with health insurance	89.0%	85.8%	86.4%	76.4% – 94.1%

Community/Environmental Indicators – Score = 35.4; Rank = 38 (note: most of these data were available only for the main city in the MSA)

	Louisville	MSA Average	Range of all Cities
Built Environment			
Parkland as a percent of city land area	6.5%	10.6%	2.6% – 21.9%
Acres of parkland/1,000	22.4	18.7	3.4 – 130.6
Farmers' markets/1,000,000	33.2	11.0	0.3 – 33.2
Percent using public transportation to work	2.2%	4.2%	0.5% – 30.2%
Percent bicycling or walking to work	1.9%	2.7%	1.0% – 6.7%
Recreational Facilities			
Ball diamonds/10,000	1.5	1.8	0.0 – 5.3
Dog parks/10,000	0.1	0.8	0.0 – 5.8
Park playgrounds/10,000	1.8	2.2	0.9 – 4.9
Golf courses/100,000	1.3	0.9	0.0 – 2.4
Park units/10,000	1.8	4.1	1.3 – 11.0
Recreation centers/20,000	0.5	1.0	0.1 – 2.6
Swimming pools/100,000	1.6	3.2	0.2 – 12.3
Tennis courts/10,000	2.5	2.0	0.6 – 4.9
Park-related expenditures per capita	\$49	\$97	\$10 – \$268
Level of state requirement for Physical Education classes**	1	2.5	0 – 3
Number of primary health care providers per 100,000	110.6	124.4	70.0 – 201.6

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

MEMPHIS, TN

(Memphis, TN-MS-AR MSA)

COUNTIES

Crittenden, AR, DeSoto, MS, Marshall, MS, Tate, MS, Tunica, MS, Fayette, TN, Shelby, TN, Tipton, TN

Ranking: Total Score = 38.5; Rank = 37

STRENGTHS/ADVANTAGES

- 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 state requirement for Physical Education classes
- Lower percent with asthma
- More golf courses per capita
- Lower percent with angina or coronary heart disease

OPPORTUNITIES/CHALLENGES

- Higher percent unemployed
- Higher percentage of households below poverty level
- Higher percent currently smoking
- Higher percent with diabetes
- Higher death rate for diabetes
- Fewer acres of parkland per capita
- Lower percent using public transportation to work
- Fewer dog parks per capita
- Fewer park units per capita
- Fewer tennis courts per capita
- Lower number of primary health care providers
- Lower median household income
- Higher percent with disability
- Lower percent physically active at least moderately
- Higher percent obese
- Higher death rate for cardiovascular disease
- Lower percent of city land area as parkland
- Fewer farmers' markets per capita
- Lower percent bicycling or walking to work
- Fewer park playgrounds per capita
- Fewer swimming pools per capita
- Lower park-related expenditures per capita

DESCRIPTION OF MEMPHIS, TN-MS-AR MSA

	Memphis MSA	U.S. Value	MSA Average	MSA Range
Population	1,280,533	301,290,332	3,254,681	1,030,495 – 18,815,988
Percent less than 18 years old	27.5%	24.5%	24.9%	20.7% – 29.5%
Percent 18 to 64 years old	62.3%	62.9%	63.6%	60.9% – 66.7%
Percent 65 years old and older	10.2%	12.6%	11.5%	7.4% – 17.2%
Percent male	48.2%	49.3%	49.2%	48.0% – 51.3%
Percent high school graduate or higher	83.8%	84.5%	86.2%	77.0% – 92.5%
Percent White	50.1%	73.9%	72.0%	50.1% – 88.7%
Percent Black or African American	45.4%	12.4%	14.1%	1.4% – 45.4%
Percent Asian	1.7%	4.4%	5.0%	1.0% – 29.5%
Percent Other Race	2.8%	9.3%	8.5%	1.8% – 26.8%
Percent Hispanic/Latino	3.6%	15.1%	14.4%	1.1% – 52.6%
Percent unemployed	9.0%	6.3%	6.1%	3.9% – 10.7%
Median household income	\$45,725	\$50,740	\$55,940	\$44,843 – \$83,793
Percent of households below poverty level	15.1%	9.5%	8.3%	4.4% – 15.1%
Violent crime rate/100,000*	1217.9			
Percent with disability	16.1%	15.0%	13.7%	9.8% – 19.2%

*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 = 38.4; Rank = 41

	Memphis MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	71.7%	77.4%	77.7%	67.8% – 85.4%
Percent physically active at least moderately	40.6%	49.5%	49.0%	39.5% – 55.7%
Percent eating 5+ fruits/vegetables per day	25.6%	24.4%	25.5%	17.1% – 36.2%
Percent currently smoking	22.9%	19.8%	18.7%	12.5% – 25.4%
Chronic Health Problems				
Percent obese	34.8%	26.3%	25.4%	14.7% – 34.8%
Percent in excellent or very good health	55.3%	54.2%	55.6%	47.1% – 64.2%
Any days when physical health was not good during the past 30 days	30.0%	35.3%	34.4%	28.7% – 39.3%
Any days when mental health was not good during the past 30 days	24.8%	33.7%	34.2%	23.4% – 42.0%
Percent with asthma	6.4%	8.4%	8.2%	4.9% – 12.0%
Percent with angina or coronary heart disease	2.2%	4.1%	3.8%	1.8% – 5.2%
Percent with diabetes	11.0%	8.0%	8.0%	5.1% – 11.0%
Death rate/100,000 for cardiovascular disease	308.2	229.6	223.0	151.2 – 308.2
Death rate/100,000 for diabetes	37.9	24.6	24.0	13.2 – 37.9
Health Care				
Percent with health insurance	84.1%	85.8%	86.4%	76.4% - 94.1%

Community/Environmental Indicators – Score = 38.5; Rank = 34 (note: most of these data were available only for the main city in the MSA)

	Memphis	MSA Average	Range of all Cities
Built Environment			
Parkland as a percent of city land area	5.1%	10.6%	2.6% – 21.9%
Acres of parkland/1,000	13.6	18.7	3.4 – 130.6
Farmers' markets/1,000,000	4.7	11.0	0.3 – 33.2
Percent using public transportation to work	1.4%	4.2%	0.5% – 30.2%
Percent bicycling or walking to work	2.2%	2.7%	1.0% – 6.7%
Recreational Facilities			
Ball diamonds/10,000	1.7	1.8	0.0 – 5.3
Dog parks/10,000	0.2	0.8	0.0 – 5.8
Park playgrounds/10,000	1.7	2.2	0.9 – 4.9
Golf courses/100,000	1.3	0.9	0.0 – 2.4
Park units/10,000	2.9	4.1	1.3 – 11.0
Recreation centers/20,000	1.0	1.0	0.1 – 2.6
Swimming pools/100,000	2.4	3.2	0.2 – 12.3
Tennis courts/10,000	1.2	2.0	0.6 – 4.9
Park-related expenditures per capita	\$39	\$97	\$10 – \$268
Level of state requirement for Physical Education classes**	3	2.5	0 – 3
Number of primary health care providers per 100,000	107.0	124.4	70.0 – 201.6

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

MIAMI, FL

(Miami-Fort Lauderdale-Pompano Beach, FL MSA)

COUNTIES

Broward, Miami-Dade, Palm Beach

Ranking: Total Score = 42.7; Rank = 31

STRENGTHS/ADVANTAGES

- 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
- Lower percent with asthma
- Lower percent with angina or coronary heart disease
- Lower death rate for diabetes
- More recreation centers per capita

OPPORTUNITIES/CHALLENGES

- Lower median household income
- Higher percentage of households below poverty level
- Lower percent of any physical activity or exercise in the last 30 days
- Fewer farmers' markets per capita
- Lower percent bicycling or walking to work
- Fewer dog parks per capita
- Fewer golf courses per capita
- Fewer swimming pools per capita
- Lower park-related expenditures per capita
- Lower level of state requirement for Physical Education classes
- Lower percent physically active at least moderately
- Lower percent in excellent or very good health
- Lower percent with health insurance
- Lower percent of city land area as parkland
- Fewer acres of parkland per capita
- Lower percent using public transportation to work
- Fewer ball diamonds per capita
- Fewer park playgrounds per capita
- Fewer park units per capita
- Fewer tennis courts per capita

DESCRIPTION OF MIAMI-FORT LAUDERDALE-POMPANO BEACH, FL MSA

	Miami MSA	U.S. Value	MSA Average	MSA Range
Population	5,413,212	301,290,332	3,254,681	1,030,495 – 18,815,988
Percent less than 18 years old	22.7%	24.5%	24.9%	20.7% – 29.5%
Percent 18 to 64 years old	61.1%	62.9%	63.6%	60.9% – 66.7%
Percent 65 years old and older	16.2%	12.6%	11.5%	7.4% – 17.2%
Percent male	48.6%	49.3%	49.2%	48.0% – 51.3%
Percent high school graduate or higher	82.3%	84.5%	86.2%	77.0% – 92.5%
Percent White	70.2%	73.9%	72.0%	50.1% – 88.7%
Percent Black or African American	20.3%	12.4%	14.1%	1.4% – 45.4%
Percent Asian	2.1%	4.4%	5.0%	1.0% – 29.5%
Percent Other Race	7.4%	9.3%	8.5%	1.8% – 26.8%
Percent Hispanic/Latino	39.0%	15.1%	14.4%	1.1% – 52.6%
Percent unemployed	5.7%	6.3%	6.1%	3.9% – 10.7%
Median household income	\$49,232	\$50,740	\$55,940	\$44,843 – \$83,793
Percent of households below poverty level	9.5%	9.5%	8.3%	4.4% – 15.1%
Violent crime rate/100,000*	802			
Percent with disability	13.9%	15.0%	13.7%	9.8% – 19.2%

*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 = 49.5; Rank = 23

	Miami MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	67.8%	77.4%	77.7%	67.8% – 85.4%
Percent physically active at least moderately	43.6%	49.5%	49.0%	39.5% – 55.7%
Percent eating 5+ fruits/vegetables per day	24.5%	24.4%	25.5%	17.1% – 36.2%
Percent currently smoking	17.0%	19.8%	18.7%	12.5% – 25.4%
Chronic Health Problems				
Percent obese	23.8%	26.3%	25.4%	14.7% – 34.8%
Percent in excellent or very good health	48.0%	54.2%	55.6%	47.1% – 64.2%
Any days when physical health was not good during the past 30 days	29.0%	35.3%	34.4%	28.7% – 39.3%
Any days when mental health was not good during the past 30 days	27.4%	33.7%	34.2%	23.4% – 42.0%
Percent with asthma	4.9%	8.4%	8.2%	4.9% – 12.0%
Percent with angina or coronary heart disease	3.3%	4.1%	3.8%	1.8% – 5.2%
Percent with diabetes	7.7%	8.0%	8.0%	5.1% – 11.0%
Death rate/100,000 for cardiovascular disease	207.9	229.6	223.0	151.2 – 308.2
Death rate/100,000 for diabetes	19.8	24.6	24.0	13.2 – 37.9
Health Care				
Percent with health insurance	78.1%	85.8%	86.4%	76.4% – 94.1%

Community/Environmental Indicators – Score = 35.8; Rank = 37 (note: most of these data were available only for the main city in the MSA)

	Miami	MSA Average	Range of all Cities
Built Environment			
Parkland as a percent of city land area	6.0%	10.6%	2.6% – 21.9%
Acres of parkland/1,000	3.4	18.7	3.4 – 130.6
Farmers' markets/1,000,000	0.3	11.0	0.3 – 33.2
Percent using public transportation to work	3.7%	4.2%	0.5% – 30.2%
Percent bicycling or walking to work	2.2%	2.7%	1.0% – 6.7%
Recreational Facilities			
Ball diamonds/10,000	0.0	1.8	0.0 – 5.3
Dog parks/10,000	0.5	0.8	0.0 – 5.8
Park playgrounds/10,000	1.4	2.2	0.9 – 4.9
Golf courses/100,000	0.3	0.9	0.0 – 2.4
Park units/10,000	3.0	4.1	1.3 – 11.0
Recreation centers/20,000	1.6	1.0	0.1 – 2.6
Swimming pools/100,000	2.5	3.2	0.2 – 12.3
Tennis courts/10,000	1.4	2.0	0.6 – 4.9
Park-related expenditures per capita	\$65	\$97	\$10 – \$268
Level of state requirement for Physical Education classes**	1	2.5	0 – 3
Number of primary health care providers per 100,000	129.4	124.4	70.0 – 201.6

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

MILWAUKEE, WI

(Milwaukee-Waukesha-West Allis, WI MSA)

COUNTIES

Milwaukee, Ozaukee, Washington, Waukesha

Ranking: Total Score = 53.0; Rank = 17

STRENGTHS/ADVANTAGES

- Lower percent with diabetes
- More farmers' markets per capita
- Higher level of state requirement for Physical Education classes
- Lower death rate for diabetes
- More golf courses per capita

OPPORTUNITIES/CHALLENGES

- Higher percent currently smoking
- Fewer acres of parkland per capita
- Fewer ball diamonds per capita
- Fewer park playgrounds per capita
- Fewer recreation centers per capita
- Fewer tennis courts per capita
- Higher percent with asthma
- Lower percent using public transportation to work
- Fewer dog parks per capita
- Fewer park units per capita
- Fewer swimming pools per capita
- Lower park-related expenditures per capita

DESCRIPTION OF MILWAUKEE, WI MSA

	Milwaukee MSA	U.S. Value	MSA Average	MSA Range
Population	1,544,398	301,290,332	3,254,681	1,030,495 – 18,815,988
Percent less than 18 years old	25.2%	24.5%	24.9%	20.7% – 29.5%
Percent 18 to 64 years old	62.5%	62.9%	63.6%	60.9% – 66.7%
Percent 65 years old and older	12.3%	12.6%	11.5%	7.4% – 17.2%
Percent male	48.9%	49.3%	49.2%	48.0% – 51.3%
Percent high school graduate or higher	88.3%	84.5%	86.2%	77.0% – 92.5%
Percent White	74.3%	73.9%	72.0%	50.1% – 88.7%
Percent Black or African American	16.2%	12.4%	14.1%	1.4% – 45.4%
Percent Asian	2.6%	4.4%	5.0%	1.0% – 29.5%
Percent Other Race	6.9%	9.3%	8.5%	1.8% – 26.8%
Percent Hispanic/Latino	8.2%	15.1%	14.4%	1.1% – 52.6%
Percent unemployed	6.3%	6.3%	6.1%	3.9% – 10.7%
Median household income	\$51,999	\$50,740	\$55,940	\$44,843 – \$83,793
Percent of households below poverty level	8.8%	9.5%	8.3%	4.4% – 15.1%
Violent crime rate/100,000*	608.8			
Percent with disability	13.3%	15.0%	13.7%	9.8% – 19.2%

*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 = 64.6; Rank = 13

	Milwaukee MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	81.8%	77.4%	77.7%	67.8% – 85.4%
Percent physically active at least moderately	54.1%	49.5%	49.0%	39.5% – 55.7%
Percent eating 5+ fruits/vegetables per day	25.0%	24.4%	25.5%	17.1% – 36.2%
Percent currently smoking	21.3%	19.8%	18.7%	12.5% – 25.4%
Chronic Health Problems				
Percent obese	25.0%	26.3%	25.4%	14.7% – 34.8%
Percent in excellent or very good health	59.7%	54.2%	55.6%	47.1% – 64.2%
Any days when physical health was not good during the past 30 days	34.1%	35.3%	34.4%	28.7% – 39.3%
Any days when mental health was not good during the past 30 days	36.1%	33.7%	34.2%	23.4% – 42.0%
Percent with asthma	12.0%	8.4%	8.2%	4.9% – 12.0%
Percent with angina or coronary heart disease	3.5%	4.1%	3.8%	1.8% – 5.2%
Percent with diabetes	5.1%	8.0%	8.0%	5.1% – 11.0%
Death rate/100,000 for cardiovascular disease	221.5	229.6	223.0	151.2 – 308.2
Death rate/100,000 for diabetes	21.4	24.6	24.0	13.2 – 37.9
Health Care				
Percent with health insurance	91.9%	85.8%	86.4%	76.4% – 94.1%

Community/Environmental Indicators – Score = 41.4; Rank = 31 (note: most of these data were available only for the main city in the MSA)

	Milwaukee	MSA Average	Range of all Cities
Built Environment			
Parkland as a percent of city land area	9.7%	10.6%	2.6% – 21.9%
Acres of parkland/1,000	15.7	18.7	3.4 – 130.6
Farmers' markets/1,000,000	20.1	11.0	0.3 – 33.2
Percent using public transportation to work	3.6%	4.2%	0.5% – 30.2%
Percent bicycling or walking to work	2.9%	2.7%	1.0% – 6.7%
Recreational Facilities			
Ball diamonds/10,000	1.3	1.8	0.0 – 5.3
Dog parks/10,000	0.2	0.8	0.0 – 5.8
Park playgrounds/10,000	1.2	2.2	0.9 – 4.9
Golf courses/100,000	1.6	0.9	0.0 – 2.4
Park units/10,000	1.6	4.1	1.3 – 11.0
Recreation centers/20,000	0.3	1.0	0.1 – 2.6
Swimming pools/100,000	1.3	3.2	0.2 – 12.3
Tennis courts/10,000	1.0	2.0	0.6 – 4.9
Park-related expenditures per capita	\$49	\$97	\$10 – \$268
Level of state requirement for Physical Education classes**	3	2.5	0 – 3
Number of primary health care providers per 100,000	136.9	124.4	70.0 – 201.6

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

MINNEAPOLIS, MN

(Minneapolis-St.Paul-Bloomington, MN-WI MSA)

COUNTIES

Anoka, MN, Carver, MN, Chisago, MN, Dakota, MN, Hennepin, MN, Isanti, MN, Ramsey, MN, Scott, MN, Sherburne, MN, Washington, MN, Wright, MN, Pierce, WI, St. Croix, WI

Ranking: Total Score = 72.1; Rank = 2

STRENGTHS/ADVANTAGES

- Higher median household income
- Lower percentage of households below poverty level
- Lower percent with diabetes
- Higher percent of city land area as parkland
- Higher percent bicycling or walking to work
- More dog parks per capita
- More golf courses per capita
- More recreation centers per capita
- Higher level of state requirement for Physical Education classes
- Lower percent with disability
- Lower percent currently smoking
- Higher percent in excellent or very good health
- Lower death rate for cardiovascular disease
- More farmers' markets per capita
- More ball diamonds per capita
- More park playgrounds per capita
- More park units per capita
- More tennis courts per capita
- Higher park-related expenditures per capita

OPPORTUNITIES/CHALLENGES

- Lower percentage eating 5+ servings of fruits/vegetables per day
- Fewer acres of parkland per capita
- Fewer swimming pools per capita

DESCRIPTION OF MINNEAPOLIS-ST. PAUL-BLOOMINGTON, MN-WI MSA

	Minneapolis MSA	U.S. Value	MSA Average	MSA Range
Population	3,208,212	301,290,332	3,254,681	1,030,495 – 18,815,988
Percent less than 18 years old	25.4%	24.5%	24.9%	20.7% – 29.5%
Percent 18 to 64 years old	64.7%	62.9%	63.6%	60.9% – 66.7%
Percent 65 years old and older	9.9%	12.6%	11.5%	7.4% – 17.2%
Percent male	49.8%	49.3%	49.2%	48.0% – 51.3%
Percent high school graduate or higher	92.5%	84.5%	86.2%	77.0% – 92.5%
Percent White	84.1%	73.9%	72.0%	50.1% – 88.7%
Percent Black or African American	6.5%	12.4%	14.1%	1.4% – 45.4%
Percent Asian	4.9%	4.4%	5.0%	1.0% – 29.5%
Percent Other Race	4.5%	9.3%	8.5%	1.8% – 26.8%
Percent Hispanic/Latino	4.6%	15.1%	14.4%	1.1% – 52.6%
Percent unemployed	5.6%	6.3%	6.1%	3.9% – 10.7%
Median household income	\$63,898	\$50,740	\$55,940	\$44,843 – \$83,793
Percent of households below poverty level	5.7%	9.5%	8.3%	4.4% – 15.1%
Violent crime rate/100,000*	N/A‡			
Percent with disability	10.7%	15.0%	13.7%	9.8% – 19.2%

‡ This measure was not available.

*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 = 70.9; Rank = 9

	Minneapolis MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	84.1%	77.4%	77.7%	67.8% – 85.4%
Percent physically active at least moderately	49.7%	49.5%	49.0%	39.5% – 55.7%
Percent eating 5+ fruits/vegetables per day	20.3%	24.4%	25.5%	17.1% – 36.2%
Percent currently smoking	16.0%	19.8%	18.7%	12.5% – 25.4%
Chronic Health Problems				
Percent obese	25.5%	26.3%	25.4%	14.7% – 34.8%
Percent in excellent or very good health	64.2%	54.2%	55.6%	47.1% – 64.2%
Any days when physical health was not good during the past 30 days	34.3%	35.3%	34.4%	28.7% – 39.3%
Any days when mental health was not good during the past 30 days	31.7%	33.7%	34.2%	23.4% – 42.0%
Percent with asthma	7.7%	8.4%	8.2%	4.9% – 12.0%
Percent with angina or coronary heart disease	3.5%	4.1%	3.8%	1.8% – 5.2%
Percent with diabetes	5.7%	8.0%	8.0%	5.1% – 11.0%
Death rate/100,000 for cardiovascular disease	151.2	229.6	223.0	151.2 – 308.2
Death rate/100,000 for diabetes	24.0	24.6	24.0	13.2 – 37.9
Health Care				
Percent with health insurance	91.7%	85.8%	86.4%	76.4% – 94.1%

Community/Environmental Indicators – Score = 73.3; Rank = 2 (note: most of these data were available only for the main city in the MSA)

	Minneapolis	MSA Average	Range of all Cities
Built Environment			
Parkland as a percent of city land area	16.6%	10.6%	2.6% – 21.9%
Acres of parkland/1,000	15.7	18.7	3.4 – 130.6
Farmers' markets/1,000,000	14.3	11.0	0.3 – 33.2
Percent using public transportation to work	4.2%	4.2%	0.5% – 30.2%
Percent bicycling or walking to work	3.0%	2.7%	1.0% – 6.7%
Recreational Facilities			
Ball diamonds/10,000	5.3	1.8	0.0 – 5.3
Dog parks/10,000	1.1	0.8	0.0 – 5.8
Park playgrounds/10,000	2.9	2.2	0.9 – 4.9
Golf courses/100,000	1.9	0.9	0.0 – 2.4
Park units/10,000	4.9	4.1	1.3 – 11.0
Recreation centers/20,000	2.6	1.0	0.1 – 2.6
Swimming pools/100,000	1.1	3.2	0.2 – 12.3
Tennis courts/10,000	4.9	2.0	0.6 – 4.9
Park-related expenditures per capita	\$151	\$97	\$10 – \$268
Level of state requirement for Physical Education classes**	3	2.5	0 – 3
Number of primary health care providers per 100,000	124.2	124.4	70.0 – 201.6

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

NASHVILLE, TN

(Nashville-Davidson-Murfreesboro-Franklin, TN MSA)

COUNTIES

Cannon, Cheatham, Davidson, Dickson, Hickman, Macon, Robertson, Rutherford, Smith, Sumner, Trousdale, Williamson, Wilson

Ranking: Total Score = 46.8; Rank = 26

STRENGTHS/ADVANTAGES

- Higher percentage eating 5+ servings of fruits/vegetables per day
- 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
- Lower percent with angina or coronary heart disease
- More golf courses per capita
- More tennis courts per capita
- Higher level of state requirement for Physical Education classes

OPPORTUNITIES/CHALLENGES

- Lower percent of any physical activity or exercise in the last 30 days
- Higher percent with asthma
- Lower percent of city land area as parkland
- Lower percent using public transportation to work
- Fewer ball diamonds per capita
- Fewer park units per capita
- Lower percent physically active at least moderately
- Higher percent currently smoking
- Higher percent with diabetes
- Fewer farmers' markets per capita
- Lower percent bicycling or walking to work
- Fewer dog parks per capita
- Fewer swimming pools per capita

DESCRIPTION OF NASHVILLE-DAVIDSON-MURFREESBORO-FRANKLIN, TN MSA

	Nashville MSA	U.S. Value	MSA Average	MSA Range
Population	1,521,437	301,290,332	3,254,681	1,030,495 – 18,815,988
Percent less than 18 years old	24.7%	24.5%	24.9%	20.7% – 29.5%
Percent 18 to 64 years old	64.9%	62.9%	63.6%	60.9% – 66.7%
Percent 65 years old and older	10.4%	12.6%	11.5%	7.4% – 17.2%
Percent male	49.2%	49.3%	49.2%	48.0% – 51.3%
Percent high school graduate or higher	85.0%	84.5%	86.2%	77.0% – 92.5%
Percent White	79.1%	73.9%	72.0%	50.1% – 88.7%
Percent Black or African American	15.7%	12.4%	14.1%	1.4% – 45.4%
Percent Asian	2.0%	4.4%	5.0%	1.0% – 29.5%
Percent Other Race	3.2%	9.3%	8.5%	1.8% – 26.8%
Percent Hispanic/Latino	5.3%	15.1%	14.4%	1.1% – 52.6%
Percent unemployed	5.7%	6.3%	6.1%	3.9% – 10.7%
Median household income	\$50,760	\$50,740	\$55,940	\$44,843 – \$83,793
Percent of households below poverty level	8.4%	9.5%	8.3%	4.4% – 15.1%
Violent crime rate/100,000*	816.7			
Percent with disability	14.2%	15.0%	13.7%	9.8% – 19.2%

*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 = 45.5; Rank = 28

	Nashville MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	70.5%	77.4%	77.7%	67.8% – 85.4%
Percent physically active at least moderately	41.3%	49.5%	49.0%	39.5% – 55.7%
Percent eating 5+ fruits/vegetables per day	31.3%	24.4%	25.5%	17.1% – 36.2%
Percent currently smoking	21.4%	19.8%	18.7%	12.5% – 25.4%
Chronic Health Problems				
Percent obese	26.7%	26.3%	25.4%	14.7% – 34.8%
Percent in excellent or very good health	56.2%	54.2%	55.6%	47.1% – 64.2%
Any days when physical health was not good during the past 30 days	28.7%	35.3%	34.4%	28.7% – 39.3%
Any days when mental health was not good during the past 30 days	23.4%	33.7%	34.2%	23.4% – 42.0%
Percent with asthma	9.5%	8.4%	8.2%	4.9% – 12.0%
Percent with angina or coronary heart disease	3.1%	4.1%	3.8%	1.8% – 5.2%
Percent with diabetes	9.0%	8.0%	8.0%	5.1% – 11.0%
Death rate/100,000 for cardiovascular disease	242.2	229.6	223.0	151.2 – 308.2
Death rate/100,000 for diabetes	26.5	24.6	24.0	13.2 – 37.9
Health Care				
Percent with health insurance	85.2%	85.8%	86.4%	76.4% – 94.1%

Community/Environmental Indicators – Score = 48.2; Rank = 27 (note: most of these data were available only for the main city in the MSA)

	Nashville	MSA Average	Range of all Cities
Built Environment			
Parkland as a percent of city land area	3.2%	10.6%	2.6% – 21.9%
Acres of parkland/1,000	18.8	18.7	3.4 – 130.6
Farmers' markets/1,000,000	9.2	11.0	0.3 – 33.2
Percent using public transportation to work	1.1%	4.2%	0.5% – 30.2%
Percent bicycling or walking to work	1.1%	2.7%	1.0% – 6.7%
Recreational Facilities			
Ball diamonds/10,000	1.6	1.8	0.0 – 5.3
Dog parks/10,000	0.5	0.8	0.0 – 5.8
Park playgrounds/10,000	2.1	2.2	0.9 – 4.9
Golf courses/100,000	1.3	0.9	0.0 – 2.4
Park units/10,000	2.0	4.1	1.3 – 11.0
Recreation centers/20,000	1.0	1.0	0.1 – 2.6
Swimming pools/100,000	2.7	3.2	0.2 – 12.3
Tennis courts/10,000	3.1	2.0	0.6 – 4.9
Park-related expenditures per capita	\$103	\$97	\$10 – \$268
Level of state requirement for Physical Education classes**	3	2.5	0 – 3
Number of primary health care providers per 100,000	128.4	124.4	70.0 – 201.6

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

NEW YORK, NY

(New York-Northern New Jersey-Long Island, NY-NJ-PA MSA)

COUNTIES

Middlesex, NJ, Monmouth, NJ, Ocean, NJ, Somerset, NJ, Essex, NJ, Hunterdon, NJ, Morris, NJ, Sussex, NJ, Union, NJ, Bergen, NJ, Hudson, NJ, Passaic, NJ, Nassau, NY, Suffolk, NY, Kings, NY, New York, NY, Putnam, NY, Queens, NY, Richmond, NY, Rockland, NY, Westchester, NY, Pike, PA

Ranking: Total Score = 48.9; Rank = 22

STRENGTHS/ADVANTAGES

- Higher median household income
- Lower percent currently smoking
- Higher percent of city land area as parkland
- Higher percent bicycling or walking to work
- Higher park-related expenditures per capita
- Higher level of state requirement for Physical Education classes
- Lower percent with disability
- Lower death rate for diabetes
- Higher percent using public transportation to work
- More park units per capita
- Higher number of primary health care providers

OPPORTUNITIES/CHALLENGES

- Higher percentage of households below poverty level
- Fewer farmers' markets per capita
- Fewer dog parks per capita
- Fewer golf courses per capita
- Fewer swimming pools per capita
- Higher death rate for cardiovascular disease
- Fewer acres of parkland per capita
- Fewer ball diamonds per capita
- Fewer park playgrounds per capita
- Fewer recreation centers per capita
- Fewer tennis courts per capita

DESCRIPTION OF NEW YORK-NORTHERN NEW JERSEY-LONG ISLAND, NY-NJ-PA MSA

	New York MSA	U.S. Value	MSA Average	MSA Range
Population	18,815,988	301,290,332	3,254,681	1,030,495 – 18,815,988
Percent less than 18 years old	23.5%	24.5%	24.9%	20.7% – 29.5%
Percent 18 to 64 years old	63.6%	62.9%	63.6%	60.9% – 66.7%
Percent 65 years old and older	12.9%	12.6%	11.5%	7.4% – 17.2%
Percent male	48.4%	49.3%	49.2%	48.0% – 51.3%
Percent high school graduate or higher	84.0%	84.5%	86.2%	77.0% – 92.5%
Percent White	59.4%	73.9%	72.0%	50.1% – 88.7%
Percent Black or African American	17.7%	12.4%	14.1%	1.4% – 45.4%
Percent Asian	9.2%	4.4%	5.0%	1.0% – 29.5%
Percent Other Race	13.7%	9.3%	8.5%	1.8% – 26.8%
Percent Hispanic/Latino	21.3%	15.1%	14.4%	1.1% – 52.6%
Percent unemployed	6.0%	6.3%	6.1%	3.9% – 10.7%
Median household income	\$61,554	\$50,740	\$55,940	\$44,843 – \$83,793
Percent of households below poverty level	9.4%	9.5%	8.3%	4.4% – 15.1%
Violent crime rate/100,000*	414.3			
Percent with disability	12.3%	15.0%	13.7%	9.8% – 19.2%

*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 = 50.0; Rank = 22

	New York MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	74.5%	77.4%	77.7%	67.8% – 85.4%
Percent physically active at least moderately	48.2%	49.5%	49.0%	39.5% – 55.7%
Percent eating 5+ fruits/vegetables per day	27.3%	24.4%	25.5%	17.1% – 36.2%
Percent currently smoking	16.0%	19.8%	18.7%	12.5% – 25.4%
Chronic Health Problems				
Percent obese	23.6%	26.3%	25.4%	14.7% – 34.8%
Percent in excellent or very good health	52.8%	54.2%	55.6%	47.1% – 64.2%
Any days when physical health was not good during the past 30 days	36.1%	35.3%	34.4%	28.7% – 39.3%
Any days when mental health was not good during the past 30 days	33.3%	33.7%	34.2%	23.4% – 42.0%
Percent with asthma	7.9%	8.4%	8.2%	4.9% – 12.0%
Percent with angina or coronary heart disease	3.7%	4.1%	3.8%	1.8% – 5.2%
Percent with diabetes	8.2%	8.0%	8.0%	5.1% – 11.0%
Death rate/100,000 for cardiovascular disease	259.0	229.6	223.0	151.2 – 308.2
Death rate/100,000 for diabetes	21.7	24.6	24.0	13.2 – 37.9
Health Care				
Percent with health insurance	85.5%	85.8%	86.4%	76.4% – 94.1%

Community/Environmental Indicators – Score = 47.9; Rank = 28 (note: most of these data were available only for the main city in the MSA)

	New York	MSA Average	Range of all Cities
Built Environment			
Parkland as a percent of city land area	19.6%	10.6%	2.6% – 21.9%
Acres of parkland/1,000	4.6	18.7	3.4 – 130.6
Farmers' markets/1,000,000	6.6	11.0	0.3 – 33.2
Percent using public transportation to work	30.2%	4.2%	0.5% – 30.2%
Percent bicycling or walking to work	6.7%	2.7%	1.0% – 6.7%
Recreational Facilities			
Ball diamonds/10,000	0.9	1.8	0.0 – 5.3
Dog parks/10,000	0.7	0.8	0.0 – 5.8
Park playgrounds/10,000	1.2	2.2	0.9 – 4.9
Golf courses/100,000	0.2	0.9	0.0 – 2.4
Park units/10,000	5.0	4.1	1.3 – 11.0
Recreation centers/20,000	0.1	1.0	0.1 – 2.6
Swimming pools/100,000	0.9	3.2	0.2 – 12.3
Tennis courts/10,000	0.9	2.0	0.6 – 4.9
Park-related expenditures per capita	\$109	\$97	\$10 – \$268
Level of state requirement for Physical Education classes**	3	2.5	0 – 3
Number of primary health care providers per 100,000	160.7	124.4	70.0 – 201.6

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

OKLAHOMA CITY, OK

(Oklahoma City, OK MSA)

COUNTIES

Canadian, Cleveland, Grady, Lincoln, Logan, McClain, Oklahoma

Ranking: Total Score = 23.2; Rank = 45

STRENGTHS/ADVANTAGES

- Lower percent unemployed
- More acres of parkland per capita
- More swimming pools per capita

OPPORTUNITIES/CHALLENGES

- Lower median household income
- Higher percentage of households below poverty level
- Lower percentage eating 5+ servings of fruits/vegetables per day
- 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
- Fewer ball diamonds per capita
- Fewer park playgrounds per capita
- Fewer recreation centers per capita
- Lower park-related expenditures per capita
- Lower level of state requirement for Physical Education classes
- Higher percent with disability
- Lower percent physically active at least moderately
- Higher percent currently smoking
- Higher percent obese
- Lower percent in excellent or very good health
- Higher percent with angina or coronary heart disease
- Lower percent with health insurance
- Fewer farmers' markets per capita
- Lower percent bicycling or walking to work
- Fewer dog parks per capita
- Fewer park units per capita
- Fewer tennis courts per capita
- Lower number of primary health care providers per capita

DESCRIPTION OF OKLAHOMA, OK MSA

	Oklahoma City MSA	U.S. Value	MSA Average	MSA Range
Population	1,192,989	301,290,332	3,254,681	1,030,495 – 18,815,988
Percent less than 18 years old	25.3%	24.5%	24.9%	20.7% – 29.5%
Percent 18 to 64 years old	63.1%	62.9%	63.6%	60.9% – 66.7%
Percent 65 years old and older	11.6%	12.6%	11.5%	7.4% – 17.2%
Percent male	49.4%	49.3%	49.2%	48.0% – 51.3%
Percent high school graduate or higher	87.0%	84.5%	86.2%	77.0% – 92.5%
Percent White	75.0%	73.9%	72.0%	50.1% – 88.7%
Percent Black or African American	10.0%	12.4%	14.1%	1.4% – 45.4%
Percent Asian	2.8%	4.4%	5.0%	1.0% – 29.5%
Percent Other Race	12.2%	9.3%	8.5%	1.8% – 26.8%
Percent Hispanic/Latino	9.2%	15.1%	14.4%	1.1% – 52.6%
Percent unemployed	5.3%	6.3%	6.1%	3.9% – 10.7%
Median household income	\$45,247	\$50,740	\$55,940	\$44,843 – \$83,793
Percent of households below poverty level	9.6%	9.5%	8.3%	4.4% – 15.1%
Violent crime rate/100,000*	517.0			
Percent with disability	16.3%	15.0%	13.7%	9.8% – 19.2%

*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 = 16.7; Rank = 50

	Oklahoma City MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	72.7%	77.4%	77.7%	67.8% – 85.4%
Percent physically active at least moderately	44.3%	49.5%	49.0%	39.5% – 55.7%
Percent eating 5+ fruits/vegetables per day	17.1%	24.4%	25.5%	17.1% – 36.2%
Percent currently smoking	23.1%	19.8%	18.7%	12.5% – 25.4%
Chronic Health Problems				
Percent obese	28.5%	26.3%	25.4%	14.7% – 34.8%
Percent in excellent or very good health	49.2%	54.2%	55.6%	47.1% – 64.2%
Any days when physical health was not good during the past 30 days	37.8%	35.3%	34.4%	28.7% – 39.3%
Any days when mental health was not good during the past 30 days	34.0%	33.7%	34.2%	23.4% – 42.0%
Percent with asthma	8.9%	8.4%	8.2%	4.9% – 12.0%
Percent with angina or coronary heart disease	4.4%	4.1%	3.8%	1.8% – 5.2%
Percent with diabetes	8.7%	8.0%	8.0%	5.1% – 11.0%
Death rate/100,000 for cardiovascular disease	288.7	229.6	223.0	151.2 – 308.2
Death rate/100,000 for diabetes	27.7	24.6	24.0	13.2 – 37.9
Health Care				
Percent with health insurance	78.2%	85.8%	86.4%	76.4% – 94.1%

Community/Environmental Indicators – Score = 29.6; Rank = 45 (note: most of these data were available only for the main city in the MSA)

	Oklahoma City	MSA Average	Range of all Cities
Built Environment			
Parkland as a percent of city land area	3.8%	10.6%	2.6% – 21.9%
Acres of parkland/1,000	27.3	18.7	3.4 – 130.6
Farmers' markets/1,000,000	5.0	11.0	0.3 – 33.2
Percent using public transportation to work	0.5%	4.2%	0.5% – 30.2%
Percent bicycling or walking to work	1.7%	2.7%	1.0% – 6.7%
Recreational Facilities			
Ball diamonds/10,000	0.4	1.8	0.0 – 5.3
Dog parks/10,000	0.2	0.8	0.0 – 5.8
Park playgrounds/10,000	1.8	2.2	0.9 – 4.9
Golf courses/100,000	0.9	0.9	0.0 – 2.4
Park units/10,000	2.8	4.1	1.3 – 11.0
Recreation centers/20,000	0.7	1.0	0.1 – 2.6
Swimming pools/100,000	4.5	3.2	0.2 – 12.3
Tennis courts/10,000	1.4	2.0	0.6 – 4.9
Park-related expenditures per capita	\$43	\$97	\$10 – \$268
Level of state requirement for Physical Education classes**	0	2.5	0 – 3
Number of primary health care providers per 100,000	89.9	124.4	70.0 – 201.6

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

ORLANDO, FL

(Orlando-Kissimmee, FL MSA)

COUNTIES

Lake, Orange, Osceola, Seminole

Ranking: Total Score = N/A; Rank = N/A

STRENGTHS/ADVANTAGES

- Higher percentage eating 5+ servings of fruits/vegetables per day
- 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
- Lower percent currently smoking
- Lower percent with asthma
- Lower death rate for diabetes

OPPORTUNITIES/CHALLENGES

- Higher percent with diabetes
- Lower percent using public transportation to work
- Lower level of state requirement for Physical Education classes
- Fewer farmers' markets per capita
- Lower percent bicycling or walking to work
- Lower number of primary health care providers per capita

DESCRIPTION OF ORLANDO-KISSIMMEE, FL MSA

	Orlando MSA	U.S. Value	MSA Average	MSA Range
Population	2,032,496	301,290,332	3,254,681	1,030,495 – 18,815,988
Percent less than 18 years old	24.1%	24.5%	24.9%	20.7% – 29.5%
Percent 18 to 64 years old	63.1%	62.9%	63.6%	60.9% – 66.7%
Percent 65 years old and older	12.8%	12.6%	11.5%	7.4% – 17.2%
Percent male	49.5%	49.3%	49.2%	48.0% – 51.3%
Percent high school graduate or higher	86.6%	84.5%	86.2%	77.0% – 92.5%
Percent White	71.8%	73.9%	72.0%	50.1% – 88.7%
Percent Black or African American	14.8%	12.4%	14.1%	1.4% – 45.4%
Percent Asian	3.7%	4.4%	5.0%	1.0% – 29.5%
Percent Other Race	9.8%	9.3%	8.5%	1.8% – 26.8%
Percent Hispanic/Latino	22.4%	15.1%	14.4%	1.1% – 52.6%
Percent unemployed	5.8%	6.3%	6.1%	3.9% – 10.7%
Median household income	\$50,893	\$50,740	\$55,940	\$44,843 – \$83,793
Percent of households below poverty level	7.9%	9.5%	8.3%	4.4% – 15.1%
Violent crime rate/100,000*	845.1			
Percent with disability	13.0%	15.0%	13.7%	9.8% – 19.2%

*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 = 53.3; Rank = 20

	Orlando MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	76.3%	77.4%	77.7%	67.8% – 85.4%
Percent physically active at least moderately	45.5%	49.5%	49.0%	39.5% – 55.7%
Percent eating 5+ fruits/vegetables per day	29.4%	24.4%	25.5%	17.1% – 36.2%
Percent currently smoking	16.0%	19.8%	18.7%	12.5% – 25.4%
Chronic Health Problems				
Percent obese	24.1%	26.3%	25.4%	14.7% – 34.8%
Percent in excellent or very good health	54.8%	54.2%	55.6%	47.1% – 64.2%
Any days when physical health was not good during the past 30 days	30.2%	35.3%	34.4%	28.7% – 39.3%
Any days when mental health was not good during the past 30 days	26.8%	33.7%	34.2%	23.4% – 42.0%
Percent with asthma	5.8%	8.4%	8.2%	4.9% – 12.0%
Percent with angina or coronary heart disease	4.2%	4.1%	3.8%	1.8% – 5.2%
Percent with diabetes	9.1%	8.0%	8.0%	5.1% – 11.0%
Death rate/100,000 for cardiovascular disease	205.2	229.6	223.0	151.2 – 308.2
Death rate/100,000 for diabetes	21.0	24.6	24.0	13.2 – 37.9
Health Care				
Percent with health insurance	80.5%	85.8%	86.4%	76.4% – 94.1%

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

	Orlando	MSA Average	Range of all Cities
Built Environment			
Parkland as a percent of city land area	N/A	10.6%	2.6% – 21.9%
Acres of parkland/1,000	N/A	18.7	3.4 – 130.6
Farmers' markets/1,000,000	3.9	11.0	0.3 – 33.2
Percent using public transportation to work	1.7%	4.2%	0.5% – 30.2%
Percent bicycling or walking to work	1.4%	2.7%	1.0% – 6.7%
Recreational Facilities			
Ball diamonds/10,000	N/A	1.8	0.0 – 5.3
Dog parks/10,000	N/A	0.8	0.0 – 5.8
Park playgrounds/10,000	N/A	2.2	0.9 – 4.9
Golf courses/100,000	N/A	0.9	0.0 – 2.4
Park units/10,000	N/A	4.1	1.3 – 11.0
Recreation centers/20,000	N/A	1.0	0.1 – 2.6
Swimming pools/100,000	N/A	3.2	0.2 – 12.3
Tennis courts/10,000	N/A	2.0	0.6 – 4.9
Park-related expenditures per capita	N/A	\$97	\$10 – \$268
Level of state requirement for Physical Education classes**	1	2.5	0 – 3
Number of primary health care providers per 100,000	104.3	124.4	70.0 – 201.6

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

‡ A total score and rank was not assigned to this MSA because many of the Community/Environmental Indicators were not available.

PHILADELPHIA, PA

(Philadelphia-Camden-Wilmington, PA MSA)

COUNTIES

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

Ranking: Total Score = 45.9; Rank = 27

STRENGTHS/ADVANTAGES

- Lower death rate for diabetes
- Higher percent using public transportation to work
- More ball diamonds per capita
- Higher level of state requirement for Physical Education classes
- Higher percent of city land area as parkland
- Higher percent bicycling or walking to work
- More swimming pools per capita
- Higher number of primary health care providers per capita

OPPORTUNITIES/CHALLENGES

- Fewer acres of parkland per capita
- Fewer dog parks per capita
- Fewer golf courses per capita
- Fewer recreation centers per capita
- Lower park-related expenditures per capita
- Higher percent with angina or coronary heart disease
- Fewer park playgrounds per capita
- Fewer park units per capita
- Fewer tennis courts per capita

DESCRIPTION OF PHILADELPHIA-CAMDEN-WILMINGTON, PA MSA

	Philadelphia MSA	U.S. Value	MSA Average	MSA Range
Population	5,827,962	301,290,332	3,254,681	1,030,495 – 18,815,988
Percent less than 18 years old	24.1%	24.5%	24.9%	20.7% – 29.5%
Percent 18 to 64 years old	62.9%	62.9%	63.6%	60.9% – 66.7%
Percent 65 years old and older	13.0%	12.6%	11.5%	7.4% – 17.2%
Percent male	48.4%	49.3%	49.2%	48.0% – 51.3%
Percent high school graduate or higher	87.1%	84.5%	86.2%	77.0% – 92.5%
Percent White	70.6%	73.9%	72.0%	50.1% – 88.7%
Percent Black or African American	20.2%	12.4%	14.1%	1.4% – 45.4%
Percent Asian	4.3%	4.4%	5.0%	1.0% – 29.5%
Percent Other Race	4.9%	9.3%	8.5%	1.8% – 26.8%
Percent Hispanic/Latino	6.4%	15.1%	14.4%	1.1% – 52.6%
Percent unemployed	6.6%	6.3%	6.1%	3.9% – 10.7%
Median household income	\$58,309	\$50,740	\$55,940	\$44,843 – \$83,793
Percent of households below poverty level	8.0%	9.5%	8.3%	4.4% – 15.1%
Violent crime rate/100,000*	627.7%			
Percent with disability	14.3%	15.0%	13.7%	9.8% – 19.2%

*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 = 42.2; Rank = 33

	Philadelphia MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	76.8%	77.4%	77.7%	67.8% – 85.4%
Percent physically active at least moderately	48.5%	49.5%	49.0%	39.5% – 55.7%
Percent eating 5+ fruits/vegetables per day	26.9%	24.4%	25.5%	17.1% – 36.2%
Percent currently smoking	20.3%	19.8%	18.7%	12.5% – 25.4%
Chronic Health Problems				
Percent obese	25.9%	26.3%	25.4%	14.7% – 34.8%
Percent in excellent or very good health	56.6%	54.2%	55.6%	47.1% – 64.2%
Any days when physical health was not good during the past 30 days	37.7%	35.3%	34.4%	28.7% – 39.3%
Any days when mental health was not good during the past 30 days	37.3%	33.7%	34.2%	23.4% – 42.0%
Percent with asthma	8.6%	8.4%	8.2%	4.9% – 12.0%
Percent with angina or coronary heart disease	4.9%	4.1%	3.8%	1.8% – 5.2%
Percent with diabetes	8.6%	8.0%	8.0%	5.1% – 11.0%
Death rate/100,000 for cardiovascular disease	244.5	229.6	223.0	151.2 – 308.2
Death rate/100,000 for diabetes	21.8	24.6	24.0	13.2 – 37.9
Health Care				
Percent with health insurance	90.0%	85.8%	86.4%	76.4% – 94.1%

Community/Environmental Indicators – Score = 49.6; Rank = 25 (note: most of these data were available only for the main city in the MSA)

	Philadelphia	MSA Average	Range of all Cities
Built Environment			
Parkland as a percent of city land area	12.7%	10.6%	2.6% – 21.9%
Acres of parkland/1,000	7.6	18.7	3.4 – 130.6
Farmers' markets/1,000,000	11.0	11.0	0.3 – 33.2
Percent using public transportation to work	8.9%	4.2%	0.5% – 30.2%
Percent bicycling or walking to work	4.1%	2.7%	1.0% – 6.7%
Recreational Facilities			
Ball diamonds/10,000	2.0	1.8	0.0 – 5.3
Dog parks/10,000	0.4	0.8	0.0 – 5.8
Park playgrounds/10,000	1.0	2.2	0.9 – 4.9
Golf courses/100,000	0.4	0.9	0.0 – 2.4
Park units/10,000	2.1	4.1	1.3 – 11.0
Recreation centers/20,000	0.7	1.0	0.1 – 2.6
Swimming pools/100,000	6.0	3.2	0.2 – 12.3
Tennis courts/10,000	1.3	2.0	0.6 – 4.9
Park-related expenditures per capita	\$66	\$97	\$10 – \$268
Level of state requirement for Physical Education classes**	3	2.5	0 – 3
Number of primary health care providers per 100,000	155.2	124.4	70.0 – 201.6

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

PHOENIX, AZ

(Phoenix-Mesa-Scottsdale, AZ MSA)

COUNTIES

Maricopa, Pinal

Ranking: Total Score = 42.5; Rank = 32

STRENGTHS/ADVANTAGES

- Lower percent unemployed
- Higher percentage eating 5+ servings of fruits/vegetables per day
- Lower death rate for diabetes
- Lower percent with disability
- Lower death rate for cardiovascular disease
- Higher percent of city land area as parkland
- More acres of parkland per capita

OPPORTUNITIES/CHALLENGES

- Higher percentage of households below poverty level
- Lower percent using public transportation to work
- Fewer dog parks per capita
- Fewer golf courses per capita
- Fewer recreation centers per capita
- Fewer tennis courts per capita
- Lower level of state requirement for Physical Education classes
- Higher percent with angina or coronary heart disease
- Fewer farmers' markets per capita
- Fewer ball diamonds per capita
- Fewer park playgrounds per capita
- Fewer park units per capita
- Fewer swimming pools per capita
- Lower number of primary health care providers

DESCRIPTION OF PHOENIX-MESA-SCOTTSDALE, AZ MSA

	Phoenix MSA	U.S. Value	MSA Average	MSA Range
Population	4,179,427	301,290,332	3,254,681	1,030,495 – 18,815,988
Percent less than 18 years old	27.3%	24.5%	24.9%	20.7% – 29.5%
Percent 18 to 64 years old	61.4%	62.9%	63.6%	60.9% – 66.7%
Percent 65 years old and older	11.3%	12.6%	11.5%	7.4% – 17.2%
Percent male	50.5%	49.3%	49.2%	48.0% – 51.3%
Percent high school graduate or higher	83.4%	84.5%	86.2%	77.0% – 92.5%
Percent White	78.7%	73.9%	72.0%	50.1% – 88.7%
Percent Black or African American	4.3%	12.4%	14.1%	1.4% – 45.4%
Percent Asian	2.8%	4.4%	5.0%	1.0% – 29.5%
Percent Other Race	14.2%	9.3%	8.5%	1.8% – 26.8%
Percent Hispanic/Latino	30.4%	15.1%	14.4%	1.1% – 52.6%
Percent unemployed	5.2%	6.3%	6.1%	3.9% – 10.7%
Median household income	\$54,250	\$50,740	\$55,940	\$44,843 – \$83,793
Percent of households below poverty level	9.5%	9.5%	8.3%	4.4% – 15.1%
Violent crime rate/100,000*	490.8			
Percent with disability	12.3%	15.0%	13.7%	9.8% – 19.2%

*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 = 51.9; Rank = 21

	Phoenix MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	78.4%	77.4%	77.7%	67.8% – 85.4%
Percent physically active at least moderately	52.2%	49.5%	49.0%	39.5% – 55.7%
Percent eating 5+ fruits/vegetables per day	28.5%	24.4%	25.5%	17.1% – 36.2%
Percent currently smoking	19.8%	19.8%	18.7%	12.5% – 25.4%
Chronic Health Problems				
Percent obese	25.8%	26.3%	25.4%	14.7% – 34.8%
Percent in excellent or very good health	51.9%	54.2%	55.6%	47.1% – 64.2%
Any days when physical health was not good during the past 30 days	32.2%	35.3%	34.4%	28.7% – 39.3%
Any days when mental health was not good during the past 30 days	34.1%	33.7%	34.2%	23.4% – 42.0%
Percent with asthma	8.0%	8.4%	8.2%	4.9% – 12.0%
Percent with angina or coronary heart disease	4.8%	4.1%	3.8%	1.8% – 5.2%
Percent with diabetes	8.2%	8.0%	8.0%	5.1% – 11.0%
Death rate/100,000 for cardiovascular disease	199.3	229.6	223.0	151.2 – 308.2
Death rate/100,000 for diabetes	18.3	24.6	24.0	13.2 – 37.9
Health Care				
Percent with health insurance	81.6%	85.8%	86.4%	76.4% – 94.1%

Community/Environmental Indicators – Score = 33.2; Rank = 41 (note: most of these data were available only for the main city in the MSA)

	Phoenix	MSA Average	Range of all Cities
Built Environment			
Parkland as a percent of city land area	12.5%	10.6%	2.6% – 21.9%
Acres of parkland/1,000	25.2	18.7	3.4 – 130.6
Farmers' markets/1,000,000	6.5	11.0	0.3 – 33.2
Percent using public transportation to work	2.5%	4.2%	0.5% – 30.2%
Percent bicycling or walking to work	2.5%	2.7%	1.0% – 6.7%
Recreational Facilities			
Ball diamonds/10,000	0.7	1.8	0.0 – 5.3
Dog parks/10,000	0.3	0.8	0.0 – 5.8
Park playgrounds/10,000	1.0	2.2	0.9 – 4.9
Golf courses/100,000	0.7	0.9	0.0 – 2.4
Park units/10,000	1.4	4.1	1.3 – 11.0
Recreation centers/20,000	0.5	1.0	0.1 – 2.6
Swimming pools/100,000	1.9	3.2	0.2 – 12.3
Tennis courts/10,000	1.0	2.0	0.6 – 4.9
Park-related expenditures per capita	\$88	\$97	\$10 – \$268
Level of state requirement for Physical Education classes**	1	2.5	0 – 3
Number of primary health care providers per 100,000	86.6	124.4	70.0 – 201.6

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

PITTSBURGH, PA

(Pittsburgh, PA MSA)

COUNTIES

Allegheny, Armstrong, Beaver, Butler, Fayette, Washington, Westmoreland

Ranking: Total Score = 54.3; Rank = 16

STRENGTHS/ADVANTAGES

- More farmers' markets per capita
- Higher percent bicycling or walking to work
- More dog parks per capita
- More park units per capita
- More swimming pools per capita
- Higher level of state requirement for Physical Education classes
- Higher percent using public transportation to work
- More ball diamonds per capita
- More park playgrounds per capita
- More recreation centers per capita
- More tennis courts per capita
- Higher number of primary health care providers

OPPORTUNITIES/CHALLENGES

- Lower median household income
- Higher percent of days when physical health was not good during the past 30 days
- Fewer acres of parkland per capita
- Lower park-related expenditures per capita
- Higher percent with disability
- Higher percent with angina or coronary heart disease
- Lower percent of city land area as parkland
- Fewer golf courses per capita

DESCRIPTION OF PITTSBURGH, PA MSA

	Pittsburgh MSA	U.S. Value	MSA Average	MSA Range
Population	2,355,712	301,290,332	3,254,681	1,030,495 – 18,815,988
Percent less than 18 years old	20.7%	24.5%	24.9%	20.7% – 29.5%
Percent 18 to 64 years old	62.2%	62.9%	63.6%	60.9% – 66.7%
Percent 65 years old and older	17.1%	12.6%	11.5%	7.4% – 17.2%
Percent male	48.2%	49.3%	49.2%	48.0% – 51.3%
Percent high school graduate or higher	89.9%	84.5%	86.2%	77.0% – 92.5%
Percent White	88.7%	73.9%	72.0%	50.1% – 88.7%
Percent Black or African American	8.0%	12.4%	14.1%	1.4% – 45.4%
Percent Asian	1.5%	4.4%	5.0%	1.0% – 29.5%
Percent Other Race	1.8%	9.3%	8.5%	1.8% – 26.8%
Percent Hispanic/Latino	1.1%	15.1%	14.4%	1.1% – 52.6%
Percent unemployed	5.5%	6.3%	6.1%	3.9% – 10.7%
Median household income	\$45,630	\$50,740	\$55,940	\$44,843 – \$83,793
Percent of households below poverty level	7.7%	9.5%	8.3%	4.4% – 15.1%
Violent crime rate/100,000*	362.0			
Percent with disability	17.3%	15.0%	13.7%	9.8% – 19.2%

*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 = 40.7; Rank = 36

	Pittsburgh MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	78.8%	77.4%	77.7%	67.8% – 85.4%
Percent physically active at least moderately	48.4%	49.5%	49.0%	39.5% – 55.7%
Percent eating 5+ fruits/vegetables per day	24.2%	24.4%	25.5%	17.1% – 36.2%
Percent currently smoking	20.2%	19.8%	18.7%	12.5% – 25.4%
Chronic Health Problems				
Percent obese	27.6%	26.3%	25.4%	14.7% – 34.8%
Percent in excellent or very good health	55.5%	54.2%	55.6%	47.1% – 64.2%
Any days when physical health was not good during the past 30 days	39.3%	35.3%	34.4%	28.7% – 39.3%
Any days when mental health was not good during the past 30 days	35.8%	33.7%	34.2%	23.4% – 42.0%
Percent with asthma	8.5%	8.4%	8.2%	4.9% – 12.0%
Percent with angina or coronary heart disease	4.9%	4.1%	3.8%	1.8% – 5.2%
Percent with diabetes	8.4%	8.0%	8.0%	5.1% – 11.0%
Death rate/100,000 for cardiovascular disease	241.7	229.6	223.0	151.2 – 308.2
Death rate/100,000 for diabetes	23.2	24.6	24.0	13.2 – 37.9
Health Care				
Percent with health insurance	91.5%	85.8%	86.4%	76.4% – 94.1%

Community/Environmental Indicators – Score = 68.0; Rank = 5 (note: most of these data were available only for the main city in the MSA)

	Pittsburgh	MSA Average	Range of all Cities
Built Environment			
Parkland as a percent of city land area	8.8%	10.6%	2.6% – 21.9%
Acres of parkland/1,000	10.0	18.7	3.4 – 130.6
Farmers' markets/1,000,000	19.1	11.0	0.3 – 33.2
Percent using public transportation to work	5.4%	4.2%	0.5% – 30.2%
Percent bicycling or walking to work	3.8%	2.7%	1.0% – 6.7%
Recreational Facilities			
Ball diamonds/10,000	4.1	1.8	0.0 – 5.3
Dog parks/10,000	1.0	0.8	0.0 – 5.8
Park playgrounds/10,000	4.1	2.2	0.9 – 4.9
Golf courses/100,000	0.3	0.9	0.0 – 2.4
Park units/10,000	5.5	4.1	1.3 – 11.0
Recreation centers/20,000	1.5	1.0	0.1 – 2.6
Swimming pools/100,000	6.1	3.2	0.2 – 12.3
Tennis courts/10,000	2.9	2.0	0.6 – 4.9
Park-related expenditures per capita	\$50	\$97	\$10 – \$268
Level of state requirement for Physical Education classes**	3	2.5	0 – 3
Number of primary health care providers per 100,000	138.3	124.4	70.0 – 201.6

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

PORTLAND, OR

(Portland-Vancouver-Beaverton, OR MSA)

COUNTIES

Clackamas, OR, Columbia, OR, Multnomah, OR, Washington, OR, Yamhill, OR, Clark, WA, Skamania, WA

Ranking: Total Score = 68.1; Rank = 7

STRENGTHS/ADVANTAGES

- Higher percent physically active at least moderately
- Lower percent with angina or coronary heart disease
- Lower death rate for cardio-vascular disease
- More acres of parkland per capita
- Higher percent using public transportation to work
- More dog parks per capita
- More park units per capita
- Higher number of primary health care providers
- Lower percent currently smoking
- Lower percent with diabetes
- Higher percent of city land area as parkland
- More farmers' markets per capita
- Higher percent bicycling or walking to work
- More golf courses per capita
- Higher park-related expenditures per capita

OPPORTUNITIES/CHALLENGES

- Higher percent with asthma
- Fewer ball diamonds per capita
- Lower level of state requirement for Physical Education classes
- Higher death rate for diabetes
- Fewer recreation centers per capita
- Fewer swimming pools per capita

DESCRIPTION OF PORTLAND-VANCOUVER-BEAVERTON, OR MSA

	Portland MSA	U.S. Value	MSA Average	MSA Range
Population	2,175,113	301,290,332	3,254,681	1,030,495 – 18,815,988
Percent less than 18 years old	24.3%	24.5%	24.9%	20.7% – 29.5%
Percent 18 to 64 years old	65.2%	62.9%	63.6%	60.9% – 66.7%
Percent 65 years old and older	10.4%	12.6%	11.5%	7.4% – 17.2%
Percent male	49.8%	49.3%	49.2%	48.0% – 51.3%
Percent high school graduate or higher	89.5%	84.5%	86.2%	77.0% – 92.5%
Percent White	83.2%	73.9%	72.0%	50.1% – 88.7%
Percent Black or African American	2.7%	12.4%	14.1%	1.4% – 45.4%
Percent Asian	5.2%	4.4%	5.0%	1.0% – 29.5%
Percent Other Race	8.8%	9.3%	8.5%	1.8% – 26.8%
Percent Hispanic/Latino	10.1%	15.1%	14.4%	1.1% – 52.6%
Percent unemployed	6.2%	6.3%	6.1%	3.9% – 10.7%
Median household income	\$55,387	\$50,740	\$55,940	\$44,843 – \$83,793
Percent of households below poverty level	7.5%	9.5%	8.3%	4.4% – 15.1%
Violent crime rate/100,000*	313.2			
Percent with disability	14.1%	15.0%	13.7%	9.8% – 19.2%

*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 = 70.9; Rank = 8

	Portland MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	84.0%	77.4%	77.7%	67.8% – 85.4%
Percent physically active at least moderately	55.7%	49.5%	49.0%	39.5% – 55.7%
Percent eating 5+ fruits/vegetables per day	26.9%	24.4%	25.5%	17.1% – 36.2%
Percent currently smoking	13.5%	19.8%	18.7%	12.5% – 25.4%
Chronic Health Problems				
Percent obese	25.6%	26.3%	25.4%	14.7% – 34.8%
Percent in excellent or very good health	57.9%	54.2%	55.6%	47.1% – 64.2%
Any days when physical health was not good during the past 30 days	31.7%	35.3%	34.4%	28.7% – 39.3%
Any days when mental health was not good during the past 30 days	35.1%	33.7%	34.2%	23.4% – 42.0%
Percent with asthma	9.2%	8.4%	8.2%	4.9% – 12.0%
Percent with angina or coronary heart disease	2.9%	4.1%	3.8%	1.8% – 5.2%
Percent with diabetes	6.8%	8.0%	8.0%	5.1% – 11.0%
Death rate/100,000 for cardiovascular disease	196.6	229.6	223.0	151.2 – 308.2
Death rate/100,000 for diabetes	30.4	24.6	24.0	13.2 – 37.9
Health Care				
Percent with health insurance	86.6%	85.8%	86.4%	76.4% – 94.1%

Community/Environmental Indicators – Score = 65.2; Rank = 7.5 (note: most of these data were available only for the main city in the MSA)

	Portland	MSA Average	Range of all Cities
Built Environment			
Parkland as a percent of city land area	15.6%	10.6%	2.6% – 21.9%
Acres of parkland/1,000	25.0	18.7	3.4 – 130.6
Farmers' markets/1,000,000	17.9	11.0	0.3 – 33.2
Percent using public transportation to work	5.6%	4.2%	0.5% – 30.2%
Percent bicycling or walking to work	4.5%	2.7%	1.0% – 6.7%
Recreational Facilities			
Ball diamonds/10,000	0.5	1.8	0.0 – 5.3
Dog parks/10,000	5.8	0.8	0.0 – 5.8
Park playgrounds/10,000	2.3	2.2	0.9 – 4.9
Golf courses/100,000	1.1	0.9	0.0 – 2.4
Park units/10,000	5.4	4.1	1.3 – 11.0
Recreation centers/20,000	0.7	1.0	0.1 – 2.6
Swimming pools/100,000	2.4	3.2	0.2 – 12.3
Tennis courts/10,000	2.1	2.0	0.6 – 4.9
Park-related expenditures per capita	\$135	\$97	\$10 – \$268
Level of state requirement for Physical Education classes**	1	2.5	0 – 3
Number of primary health care providers per 100,000	142.5	124.4	70.0 – 201.6

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

PROVIDENCE, RI

(Providence-New Bedford-Fall River, RI-MA MSA)

COUNTIES

Bristol, MA, Bristol, RI, Kent, RI, Newport, RI, Providence, RI, Washington, RI

Ranking: Total Score = N/A‡; Rank = N/A‡

STRENGTHS/ADVANTAGES

- Lower percent obese
- More farmers' markets per capita
- Higher level of state requirement or Physical Education classes
- Lower death rate for diabetes
- Higher percent bicycling or walking to work

OPPORTUNITIES/CHALLENGES

- Higher percent with disability
- Higher percent with asthma
- Higher percent with angina or coronary heart disease
- Lower percent using public transportation to work

DESCRIPTION OF PROVIDENCE-NEW BEDFORD-FALL RIVER, RI-MA MSA

	Providence MSA	U.S. Value	MSA Average	MSA Range
Population	1,600,856	301,290,332	3,254,681	1,030,495 – 18,815,988
Percent less than 18 years old	22.3%	24.5%	24.9%	20.7% – 29.5%
Percent 18 to 64 years old	63.9%	62.9%	63.6%	60.9% – 66.7%
Percent 65 years old and older	13.8%	12.6%	11.5%	7.4% – 17.2%
Percent male	48.3%	49.3%	49.2%	48.0% – 51.3%
Percent high school graduate or higher	81.7%	84.5%	86.2%	77.0% – 92.5%
Percent White	85.6%	73.9%	72.0%	50.1% – 88.7%
Percent Black or African American	4.5%	12.4%	14.1%	1.4% – 45.4%
Percent Asian	2.5%	4.4%	5.0%	1.0% – 29.5%
Percent Other Race	7.4%	9.3%	8.5%	1.8% – 26.8%
Percent Hispanic/Latino	9.1%	15.1%	14.4%	1.1% – 52.6%
Percent unemployed	6.5%	6.3%	6.1%	3.9% – 10.7%
Median household income	\$54,039	\$50,740	\$55,940	\$44,843 – \$83,793
Percent of households below poverty level	8.1%	9.5%	8.3%	4.4% – 15.1%
Violent crime rate/100,000*	N/A‡			
Percent with disability	16.0%	15.0%	13.7%	9.8% – 19.2%

‡ This measure was not available.

*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 = 53.5; Rank = 19

	Providence MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	76.5%	77.4%	77.7%	67.8% – 85.4%
Percent physically active at least moderately	50.9%	49.5%	49.0%	39.5% – 55.7%
Percent eating 5+ fruits/vegetables per day	25.0%	24.4%	25.5%	17.1% – 36.2%
Percent currently smoking	18.3%	19.8%	18.7%	12.5% – 25.4%
Chronic Health Problems				
Percent obese	22.6%	26.3%	25.4%	14.7% – 34.8%
Percent in excellent or very good health	57.2%	54.2%	55.6%	47.1% – 64.2%
Any days when physical health was not good during the past 30 days	37.3%	35.3%	34.4%	28.7% – 39.3%
Any days when mental health was not good during the past 30 days	34.9%	33.7%	34.2%	23.4% – 42.0%
Percent with asthma	10.0%	8.4%	8.2%	4.9% – 12.0%
Percent with angina or coronary heart disease	4.4%	4.1%	3.8%	1.8% – 5.2%
Percent with diabetes	7.6%	8.0%	8.0%	5.1% – 11.0%
Death rate/100,000 for cardiovascular disease	230.7	229.6	223.0	151.2 – 308.2
Death rate/100,000 for diabetes	21.0	24.6	24.0	13.2 – 37.9
Health Care				
Percent with health insurance	90.8%	85.8%	86.4%	76.4% – 94.1%

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

	Providence	MSA Average	Range of all Cities
Built Environment			
Parkland as a percent of city land area	N/A	10.6%	2.6% – 21.9%
Acres of parkland/1,000	N/A	18.7	3.4 – 130.6
Farmers' markets/1,000,000	25.0	11.0	0.3 – 33.2
Percent using public transportation to work	2.7%	4.2%	0.5% – 30.2%
Percent bicycling or walking to work	3.1%	2.7%	1.0% – 6.7%
Recreational Facilities			
Ball diamonds/10,000	N/A	1.8	0.0 – 5.3
Dog parks/10,000	N/A	0.8	0.0 – 5.8
Park playgrounds/10,000	N/A	2.2	0.9 – 4.9
Golf courses/100,000	N/A	0.9	0.0 – 2.4
Park units/10,000	N/A	4.1	1.3 – 11.0
Recreation centers/20,000	N/A	1.0	0.1 – 2.6
Swimming pools/100,000	N/A	3.2	0.2 – 12.3
Tennis courts/10,000	N/A	2.0	0.6 – 4.9
Park-related expenditures per capita	N/A	\$97	\$10 – \$268
Level of state requirement for Physical Education classes**	3	2.5	0 – 3
Number of primary health care providers per 100,000	124.6	124.4	70.0 – 201.6

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

‡ A total score and rank was not assigned to this MSA because many of the Community/Environmental Indicators were not available.

RALEIGH, NC

(Raleigh-Cary, NC MSA)

COUNTIES

Franklin, Johnston, Wake

Ranking: Total Score = 52.3; Rank = 20

STRENGTHS/ADVANTAGES

- Lower percent unemployed
- Lower percent of days when mental health was not good during the past 30 days
- Lower percent with diabetes
- More acres of parkland per capita
- More recreation centers per capita
- Higher level of state requirement for Physical Education classes
- Lower percentage of households below poverty level
- Lower percent with disability
- Lower percent with asthma
- Higher percent of city land area as parkland
- More park units per capita
- More tennis courts per capita
- Higher park-related expenditures per capita

OPPORTUNITIES/CHALLENGES

- Lower percentage eating 5+ servings of fruits/vegetables per day
- Fewer farmers' markets per capita
- Lower percent bicycling or walking to work
- Fewer golf courses per capita
- Lower number of primary health care providers per capita
- Higher percent obese
- Higher percent with angina or coronary heart disease
- Lower percent using public transportation to work
- Fewer dog parks per capita
- Fewer swimming pools per capita

DESCRIPTION OF RALEIGH-CARY, NC MSA

	Raleigh MSA	U.S. Value	MSA Average	MSA Range
Population	1,047,629	301,290,332	3,254,681	1,030,495 – 18,815,988
Percent less than 18 years old	26.2%	24.5%	24.9%	20.7% – 29.5%
Percent 18 to 64 years old	65.7%	62.9%	63.6%	60.9% – 66.7%
Percent 65 years old and older	8.0%	12.6%	11.5%	7.4% – 17.2%
Percent male	49.6%	49.3%	49.2%	48.0% – 51.3%
Percent high school graduate or higher	88.8%	84.5%	86.2%	77.0% – 92.5%
Percent White	69.0%	73.9%	72.0%	50.1% – 88.7%
Percent Black or African American	20.3%	12.4%	14.1%	1.4% – 45.4%
Percent Asian	3.6%	4.4%	5.0%	1.0% – 29.5%
Percent Other Race	7.0%	9.3%	8.5%	1.8% – 26.8%
Percent Hispanic/Latino	8.7%	15.1%	14.4%	1.1% – 52.6%
Percent unemployed	4.5%	6.3%	6.1%	3.9% – 10.7%
Median household income	\$58,111	\$50,740	\$55,940	\$44,843 – \$83,793
Percent of households below poverty level	6.6%	9.5%	8.3%	4.4% – 15.1%
Violent crime rate/100,000*	325.6			
Percent with disability	11.5%	15.0%	13.7%	9.8% – 19.2%

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

ACSM AMERICAN FITNESS INDEX™ COMPONENTS

Personal Health Indicators – Score = 47.3; Rank = 25

	Raleigh MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	79.4%	77.4%	77.7%	67.8% – 85.4%
Percent physically active at least moderately	45.2%	49.5%	49.0%	39.5% – 55.7%
Percent eating 5+ fruits/vegetables per day	20.7%	24.4%	25.5%	17.1% – 36.2%
Percent currently smoking	19.1%	19.8%	18.7%	12.5% – 25.4%
Chronic Health Problems				
Percent obese	28.7%	26.3%	25.4%	14.7% – 34.8%
Percent in excellent or very good health	55.9%	54.2%	55.6%	47.1% – 64.2%
Any days when physical health was not good during the past 30 days	32.6%	35.3%	34.4%	28.7% – 39.3%
Any days when mental health was not good during the past 30 days	30.7%	33.7%	34.2%	23.4% – 42.0%
Percent with asthma	6.6%	8.4%	8.2%	4.9% – 12.0%
Percent with angina or coronary heart disease	4.6%	4.1%	3.8%	1.8% – 5.2%
Percent with diabetes	6.6%	8.0%	8.0%	5.1% – 11.0%
Death rate/100,000 for cardiovascular disease	209.6	229.6	223.0	151.2 – 308.2
Death rate/100,000 for diabetes	24.6	24.6	24.0	13.2 – 37.9
Health Care				
Percent with health insurance	84.5%	85.8%	86.4%	76.4% – 94.1%

Community/Environmental Indicators – Score = 57.3; Rank = 16 (note: most of these data were available only for the main city in the MSA)

	Raleigh	MSA Average	Range of all Cities
Built Environment			
Parkland as a percent of city land area	16.5%	10.6%	2.6% – 21.9%
Acres of parkland/1,000	34.2	18.7	3.4 – 130.6
Farmers' markets/1,000,000	8.6	11.0	0.3 – 33.2
Percent using public transportation to work	0.9%	4.2%	0.5% – 30.2%
Percent bicycling or walking to work	2.1%	2.7%	1.0% – 6.7%
Recreational Facilities			
Ball diamonds/10,000	1.7	1.8	0.0 – 5.3
Dog parks/10,000	0.6	0.8	0.0 – 5.8
Park playgrounds/10,000	2.1	2.2	0.9 – 4.9
Golf courses/100,000	0.0	0.9	0.0 – 2.4
Park units/10,000	5.5	4.1	1.3 – 11.0
Recreation centers/20,000	1.9	1.0	0.1 – 2.6
Swimming pools/100,000	2.3	3.2	0.2 – 12.3
Tennis courts/10,000	3.1	2.0	0.6 – 4.9
Park-related expenditures per capita	\$132	\$97	\$10 – \$268
Level of state requirement for Physical Education classes**	3	2.5	0 – 3
Number of primary health care providers per 100,000	71.1	124.4	70.0 – 201.6

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

RICHMOND, VA

(Richmond, VA MSA)

COUNTIES

Amelia, Caroline, Charles City, Chesterfield, Cumberland, Dinwiddie, Goochland, Hanover, Henrico, King and Queen, King William, Louisa, New Kent, Powhatan, Prince George, Sussex, Colonial Heights city, Hopewell city, Petersburg city, Richmond city

Ranking: Total Score = N/A[‡]; Rank = N/A[‡]

STRENGTHS/ADVANTAGES

- Lower percent with asthma
- Higher level of state requirement for Physical Education classes

OPPORTUNITIES/CHALLENGES

- Higher percent of days when mental health was not good during the past 30 days
- Lower percent using public transportation to work
- Higher percent currently smoking
- Fewer farmers' markets per capita
- Lower percent bicycling or walking to work

DESCRIPTION OF RICHMOND, VA MSA

	Richmond MSA	U.S. Value	MSA Average	MSA Range
Population	1,212,977	301,290,332	3,254,681	1,030,495 – 18,815,988
Percent less than 18 years old	23.9%	24.5%	24.9%	20.7% – 29.5%
Percent 18 to 64 years old	64.6%	62.9%	63.6%	60.9% – 66.7%
Percent 65 years old and older	11.5%	12.6%	11.5%	7.4% – 17.2%
Percent male	48.7%	49.3%	49.2%	48.0% – 51.3%
Percent high school graduate or higher	85.3%	84.5%	86.2%	77.0% – 92.5%
Percent White	64.8%	73.9%	72.0%	50.1% – 88.7%
Percent Black or African American	29.3%	12.4%	14.1%	1.4% – 45.4%
Percent Asian	2.6%	4.4%	5.0%	1.0% – 29.5%
Percent Other Race	3.3%	9.3%	8.5%	1.8% – 26.8%
Percent Hispanic/Latino	3.6%	15.1%	14.4%	1.1% – 52.6%
Percent unemployed	5.7%	6.3%	6.1%	3.9% – 10.7%
Median household income	\$56,739	\$50,740	\$55,940	\$44,843 – \$83,793
Percent of households below poverty level	7.6%	9.5%	8.3%	4.4% – 15.1%
Violent crime rate/100,000*	364.8			
Percent with disability	14.7%	15.0%	13.7%	9.8% – 19.2%

*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 = 47.4; Rank = 24

	Richmond MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	79.9%	77.4%	77.7%	67.8% – 85.4%
Percent physically active at least moderately	50.6%	49.5%	49.0%	39.5% – 55.7%
Percent eating 5+ fruits/vegetables per day	24.8%	24.4%	25.5%	17.1% – 36.2%
Percent currently smoking	20.8%	19.8%	18.7%	12.5% – 25.4%
Chronic Health Problems				
Percent obese	26.8%	26.3%	25.4%	14.7% – 34.8%
Percent in excellent or very good health	55.0%	54.2%	55.6%	47.1% – 64.2%
Any days when physical health was not good during the past 30 days	35.9%	35.3%	34.4%	28.7% – 39.3%
Any days when mental health was not good during the past 30 days	38.6%	33.7%	34.2%	23.4% – 42.0%
Percent with asthma	6.6%	8.4%	8.2%	4.9% – 12.0%
Percent with angina or coronary heart disease	4.1%	4.1%	3.8%	1.8% – 5.2%
Percent with diabetes	8.8%	8.0%	8.0%	5.1% – 11.0%
Death rate/100,000 for cardiovascular disease	226.8	229.6	223.0	151.2 – 308.2
Death rate/100,000 for diabetes	25.7	24.6	24.0	13.2 – 37.9
Health Care				
Percent with health insurance	90.8%	85.8%	86.4%	76.4% – 94.1%

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

	Richmond	MSA Average	Range of all Cities
Built Environment			
Parkland as a percent of city land area	N/A	10.6%	2.6% – 21.9%
Acres of parkland/1,000	N/A	18.7	3.4 – 130.6
Farmers' markets/1,000,000	6.6	11.0	0.3 – 33.2
Percent using public transportation to work	1.5%	4.2%	0.5% – 30.2%
Percent bicycling or walking to work	2.0%	2.7%	1.0% – 6.7%
Recreational Facilities			
Ball diamonds/10,000	N/A	1.8	0.0 – 5.3
Dog parks/10,000	N/A	0.8	0.0 – 5.8
Park playgrounds/10,000	N/A	2.2	0.9 – 4.9
Golf courses/100,000	N/A	0.9	0.0 – 2.4
Park units/10,000	N/A	4.1	1.3 – 11.0
Recreation centers/20,000	N/A	1.0	0.1 – 2.6
Swimming pools/100,000	N/A	3.2	0.2 – 12.3
Tennis courts/10,000	N/A	2.0	0.6 – 4.9
Park-related expenditures per capita	N/A	\$97	\$10 – \$268
Level of state requirement for Physical Education classes**	3	2.5	0 – 3
Number of primary health care providers per 100,000	137.1	124.4	70.0 – 201.6

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

‡ A total score and rank was not assigned to this MSA because many of the Community/Environmental Indicators were not available.

RIVERSIDE, CA

(Riverside-San Bernardino-Ontario, CA MSA)

COUNTIES

Riverside, San Bernardino

Ranking: Total Score = 35.1; Rank = 40

STRENGTHS/ADVANTAGES

- Higher percentage eating 5+ servings of fruits/vegetables per day
- Higher level of state requirement for Physical Education classes
- Lower percent with asthma
- More dog parks per capita
- More golf courses per capita

OPPORTUNITIES/CHALLENGES

- Higher percentage of households below poverty level
- Higher percent of days when mental health was not good during the past 30 days
- Higher death rate for cardio-vascular disease
- Lower percent of city land area as parkland
- Fewer farmers' markets per capita
- Lower percent bicycling or walking to work
- Fewer park playgrounds per capita
- Fewer swimming pools per capita
- Lower park-related expenditures per capita
- Higher percent unemployed
- Lower percent in excellent or very good health
- Higher percent with angina or coronary heart disease
- Higher percent with diabetes
- Lower percent with health insurance
- Fewer acres of parkland per capita
- Lower percent using public transportation to work
- Fewer ball diamonds per capita
- Fewer park units per capita
- Fewer tennis courts per capita
- Fewer primary health care providers per capita

DESCRIPTION OF RIVERSIDE-SAN BERNARDINO-ONTARIO, CA MSA

	Riverside MSA	U.S. Value	MSA Average	MSA Range
Population	4,081,371	301,290,332	3,254,681	1,030,495 – 18,815,988
Percent less than 18 years old	28.9%	24.5%	24.9%	20.7% – 29.5%
Percent 18 to 64 years old	61.3%	62.9%	63.6%	60.9% – 66.7%
Percent 65 years old and older	9.8%	12.6%	11.5%	7.4% – 17.2%
Percent male	50.0%	49.3%	49.2%	48.0% – 51.3%
Percent high school graduate or higher	78.5%	84.5%	86.2%	77.0% – 92.5%
Percent White	60.2%	73.9%	72.0%	50.1% – 88.7%
Percent Black or African American	7.4%	12.4%	14.1%	1.4% – 45.4%
Percent Asian	5.6%	4.4%	5.0%	1.0% – 29.5%
Percent Other Race	26.8%	9.3%	8.5%	1.8% – 26.8%
Percent Hispanic/Latino	45.0%	15.1%	14.4%	1.1% – 52.6%
Percent unemployed	7.8%	6.3%	6.1%	3.9% – 10.7%
Median household income	\$57,289	\$50,740	\$55,940	\$44,843 – \$83,793
Percent of households below poverty level	9.4%	9.5%	8.3%	4.4% – 15.1%
Violent crime rate/100,000*	473.8			
Percent with disability	12.8%	15.0%	13.7%	9.8% – 19.2%

*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 = 30.7; Rank = 46

	Riverside MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	72.4%	77.4%	77.7%	67.8% – 85.4%
Percent physically active at least moderately	46.6%	49.5%	49.0%	39.5% – 55.7%
Percent eating 5+ fruits/vegetables per day	28.9%	24.4%	25.5%	17.1% – 36.2%
Percent currently smoking	20.1%	19.8%	18.7%	12.5% – 25.4%
Chronic Health Problems				
Percent obese	25.7%	26.3%	25.4%	14.7% – 34.8%
Percent in excellent or very good health	50.2%	54.2%	55.6%	47.1% – 64.2%
Any days when physical health was not good during the past 30 days	35.2%	35.3%	34.4%	28.7% – 39.3%
Any days when mental health was not good during the past 30 days	38.4%	33.7%	34.2%	23.4% – 42.0%
Percent with asthma	7.0%	8.4%	8.2%	4.9% – 12.0%
Percent with angina or coronary heart disease	5.0%	4.1%	3.8%	1.8% – 5.2%
Percent with diabetes	9.3%	8.0%	8.0%	5.1% – 11.0%
Death rate/100,000 for cardiovascular disease	258.7	229.6	223.0	151.2 – 308.2
Death rate/100,000 for diabetes	26.0	24.6	24.0	13.2 – 37.9
Health Care				
Percent with health insurance	77.2%	85.8%	86.4%	76.4% – 94.1%

Community/Environmental Indicators – Score = 39.5; Rank = 33 (note: most of these data were available only for the main city in the MSA)

	Riverside	MSA Average	Range of all Cities
Built Environment			
Parkland as a percent of city land area	8.7%	10.6%	2.6% – 21.9%
Acres of parkland/1,000	14.8	18.7	3.4 – 130.6
Farmers' markets/1,000,000	5.1	11.0	0.3 – 33.2
Percent using public transportation to work	1.4%	4.2%	0.5% – 30.2%
Percent bicycling or walking to work	2.1%	2.7%	1.0% – 6.7%
Recreational Facilities			
Ball diamonds/10,000	1.5	1.8	0.0 – 5.3
Dog parks/10,000	1.4	0.8	0.0 – 5.8
Park playgrounds/10,000	1.3	2.2	0.9 – 4.9
Golf courses/100,000	1.0	0.9	0.0 – 2.4
Park units/10,000	2.0	4.1	1.3 – 11.0
Recreation centers/20,000	1.0	1.0	0.1 – 2.6
Swimming pools/100,000	2.4	3.2	0.2 – 12.3
Tennis courts/10,000	0.6	2.0	0.6 – 4.9
Park-related expenditures per capita	\$86	\$97	\$10 – \$268
Level of state requirement for Physical Education classes**	3	2.5	0 – 3
Number of primary health care providers per 100,000	70.0	124.4	70.0 – 201.6

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

ROCHESTER, NY

(Rochester, NY MSA)

COUNTIES

Livingston, Monroe, Ontario, Orleans, Wayne

Ranking: Total Score = N/A; Rank = N/A

STRENGTHS/ADVANTAGES

- Lower percent with diabetes
- Lower death rate for cardiovascular disease
- More farmers' markets per capita
- Higher level of state requirement for Physical Education classes
- Lower percent with angina or coronary heart disease
- Lower death rate for diabetes
- Higher percent bicycling or walking to work
- Higher number of primary health care providers per capita

OPPORTUNITIES/CHALLENGES

- Higher percentage of households below poverty level
- Lower percent using public transportation to work
- Higher percent obese
- Higher percent with asthma

DESCRIPTION OF ROCHESTER, NY MSA

	Rochester MSA	U.S. Value	MSA Average	MSA Range
Population	1,030,495	301,290,332	3,254,681	1,030,495 – 18,815,988
Percent less than 18 years old	22.7%	24.5%	24.9%	20.7% - 29.5%
Percent 18 to 64 years old	63.9%	62.9%	63.6%	60.9% – 66.7%
Percent 65 years old and older	13.4%	12.6%	11.5%	7.4% – 17.2%
Percent male	49.0%	49.3%	49.2%	48.0% – 51.3%
Percent high school graduate or higher	87.7%	84.5%	86.2%	77.0% – 92.5%
Percent White	82.9%	73.9%	72.0%	50.1% – 88.7%
Percent Black or African American	11.0%	12.4%	14.1%	1.4% – 45.4%
Percent Asian	2.2%	4.4%	5.0%	1.0% – 29.5%
Percent Other Race	3.9%	9.3%	8.5%	1.8% – 26.8%
Percent Hispanic/Latino	4.9%	15.1%	14.4%	1.1% – 52.6%
Percent unemployed	6.3%	6.3%	6.1%	3.9% – 10.7%
Median household income	\$50,493	\$50,740	\$55,940	\$44,843 – \$83,793
Percent of households below poverty level	9.4%	9.5%	8.3%	4.4% – 15.1%
Violent crime rate/100,000*	326.2			
Percent with disability	14.9%	15.0%	13.7%	9.8% – 19.2%

*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 = 46.8; Rank = 26

	Rochester MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	75.9%	77.4%	77.7%	67.8% - 85.4%
Percent physically active at least moderately	48.4%	49.5%	49.0%	39.5% - 55.7%
Percent eating 5+ fruits/vegetables per day	26.3%	24.4%	25.5%	17.1% - 36.2%
Percent currently smoking	20.3%	19.8%	18.7%	12.5% - 25.4%
Chronic Health Problems				
Percent obese	29.7%	26.3%	25.4%	14.7% - 34.8%
Percent in excellent or very good health	55.4%	54.2%	55.6%	47.1% - 64.2%
Any days when physical health was not good during the past 30 days	38.1%	35.3%	34.4%	28.7% - 39.3%
Any days when mental health was not good during the past 30 days	35.2%	33.7%	34.2%	23.4% - 42.0%
Percent with asthma	10.6%	8.4%	8.2%	4.9% - 12.0%
Percent with angina or coronary heart disease	3.3%	4.1%	3.8%	1.8% - 5.2%
Percent with diabetes	6.9%	8.0%	8.0%	5.1% - 11.0%
Death rate/100,000 for cardiovascular disease	195.2	229.6	223.0	151.2 - 308.2
Death rate/100,000 for diabetes	17.8	24.6	24.0	13.2 - 37.9
Health Care				
Percent with health insurance	90.2%	85.8%	86.4%	76.4% - 94.1%

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

	Rochester	MSA Average	Range of all Cities
Built Environment			
Parkland as a percent of city land area	N/A	10.6%	2.6% - 21.9%
Acres of parkland/1,000	N/A	18.7	3.4 - 130.6
Farmers' markets/1,000,000	26.2	11.0	0.3 - 33.2
Percent using public transportation to work	2.1%	4.2%	0.5% - 30.2%
Percent bicycling or walking to work	3.4%	2.7%	1.0% - 6.7%
Recreational Facilities			
Ball diamonds/10,000	N/A	1.8	0.0 - 5.3
Dog parks/10,000	N/A	0.8	0.0 - 5.8
Park playgrounds/10,000	N/A	2.2	0.9 - 4.9
Golf courses/100,000	N/A	0.9	0.0 - 2.4
Park units/10,000	N/A	4.1	1.3 - 11.0
Recreation centers/20,000	N/A	1.0	0.1 - 2.6
Swimming pools/100,000	N/A	3.2	0.2 - 12.3
Tennis courts/10,000	N/A	2.0	0.6 - 4.9
Park-related expenditures per capita	N/A	\$97	\$10 - \$268
Level of state requirement for Physical Education classes**	3	2.5	0 - 3
Number of primary health care providers per 100,000	201.6	124.4	70.0 - 201.6

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

‡ A total score and rank was not assigned to this MSA because many of the Community/Environmental Indicators were not available.

SACRAMENTO, CA

(Sacramento-Arden Arcade-Roseville, CA MSA)

COUNTIES

El Dorado, Placer, Sacramento, Yolo

Ranking: Total Score = 62.2; Rank = 12

STRENGTHS/ADVANTAGES

- Higher percentage eating 5+ servings of fruits/vegetables per day
- Higher percent bicycling or walking to work
- More dog parks per capita
- More golf courses per capita
- Higher level of state requirement for Physical Education classes
- Lower percent currently smoking
- More farmers' markets per capita
- More ball diamonds per capita
- More park playgrounds per capita
- More park units per capita
- Higher park-related expenditures per capita

OPPORTUNITIES/CHALLENGES

- Higher percent unemployed
- Higher percent of days when mental health was not good during the past 30 days
- Lower percent using public transportation to work
- Fewer swimming pools per capita
- Higher percent with diabetes
- Lower percent of city land area as parkland
- Fewer acres of parkland per capita
- Fewer recreation centers per capita
- Fewer tennis courts per capita

DESCRIPTION OF SACRAMENTO-ARDEN ARCADE-ROSEVILLE, CA MSA

	Sacramento MSA	U.S. Value	MSA Average	MSA Range
Population	2,091,120	301,290,332	3,254,681	1,030,495 – 18,815,988
Percent less than 18 years old	24.8%	24.5%	24.9%	20.7% – 29.5%
Percent 18 to 64 years old	63.6%	62.9%	63.6%	60.9% – 66.7%
Percent 65 years old and older	11.6%	12.6%	11.5%	7.4% – 17.2%
Percent male	49.2%	49.3%	49.2%	48.0% – 51.3%
Percent high school graduate or higher	87.0%	84.5%	86.2%	77.0% – 92.5%
Percent White	68.5%	73.9%	72.0%	50.1% – 88.7%
Percent Black or African American	7.2%	12.4%	14.1%	1.4% – 45.4%
Percent Asian	11.5%	4.4%	5.0%	1.0% – 29.5%
Percent Other Race	12.8%	9.3%	8.5%	1.8% – 26.8%
Percent Hispanic/Latino	18.5%	15.1%	14.4%	1.1% – 52.6%
Percent unemployed	6.9%	6.3%	6.1%	3.9% – 10.7%
Median household income	\$59,694	\$50,740	\$55,940	\$44,843 – \$83,793
Percent of households below poverty level	7.9%	9.5%	8.3%	4.4% – 15.1%
Violent crime rate/100,000*	536.2			
Percent with disability	14.8%	15.0%	13.7%	9.8% – 19.2%

*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 = 62.7; Rank = 15

	Sacramento MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	80.5%	77.4%	77.7%	67.8% – 85.4%
Percent physically active at least moderately	51.1%	49.5%	49.0%	39.5% – 55.7%
Percent eating 5+ fruits/vegetables per day	36.2%	24.4%	25.5%	17.1% – 36.2%
Percent currently smoking	15.2%	19.8%	18.7%	12.5% – 25.4%
Chronic Health Problems				
Percent obese	23.8%	26.3%	25.4%	14.7% – 34.8%
Percent in excellent or very good health	61.0%	54.2%	55.6%	47.1% – 64.2%
Any days when physical health was not good during the past 30 days	33.5%	35.3%	34.4%	28.7% – 39.3%
Any days when mental health was not good during the past 30 days	42.0%	33.7%	34.2%	23.4% – 42.0%
Percent with asthma	8.7%	8.4%	8.2%	4.9% – 12.0%
Percent with angina or coronary heart disease	4.2%	4.1%	3.8%	1.8% – 5.2%
Percent with diabetes	9.4%	8.0%	8.0%	5.1% – 11.0%
Death rate/100,000 for cardiovascular disease	208.3	229.6	223.0	151.2 – 308.2
Death rate/100,000 for diabetes	20.4	24.6	24.0	13.2 – 37.9
Health Care				
Percent with health insurance	89.0%	85.8%	86.4%	76.4% – 94.1%

Community/Environmental Indicators – Score = 61.6; Rank = 11 (note: most of these data were available only for the main city in the MSA)

	Sacramento	MSA Average	Range of all Cities
Built Environment			
Parkland as a percent of city land area	8.3%	10.6%	2.6% – 21.9%
Acres of parkland/1,000	11.3	18.7	3.4 – 130.6
Farmers' markets/1,000,000	16.7	11.0	0.3 – 33.2
Percent using public transportation to work	2.5%	4.2%	0.5% – 30.2%
Percent bicycling or walking to work	3.7%	2.7%	1.0% – 6.7%
Recreational Facilities			
Ball diamonds/10,000	2.2	1.8	0.0 – 5.3
Dog parks/10,000	0.9	0.8	0.0 – 5.8
Park playgrounds/10,000	3.4	2.2	0.9 – 4.9
Golf courses/100,000	2.4	0.9	0.0 – 2.4
Park units/10,000	5.0	4.1	1.3 – 11.0
Recreation centers/20,000	0.7	1.0	0.1 – 2.6
Swimming pools/100,000	2.6	3.2	0.2 – 12.3
Tennis courts/10,000	1.0	2.0	0.6 – 4.9
Park-related expenditures per capita	\$167	\$97	\$10 – \$268
Level of state requirement for Physical Education classes**	3	2.5	0 – 3
Number of primary health care providers per 100,000	116.0	124.4	70.0 – 201.6

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

SAINT LOUIS, MO-IL

(Saint Louis, MO-IL MSA)

COUNTIES

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

Ranking: Total Score = 42.5; Rank = 33

STRENGTHS/ADVANTAGES

- More ball diamonds per capita
- Higher level of state requirement for Physical Education classes
- More golf courses per capita
- More tennis courts per capita

OPPORTUNITIES/CHALLENGES

- Lower percentage eating 5+ servings of fruits/vegetables per day
- Higher death rate for cardiovascular disease
- Lower percent of city land area as parkland
- Fewer farmers' markets per capita
- Lower percent bicycling or walking to work
- Fewer park playgrounds per capita
- Fewer recreation centers per capita
- Lower park related expenditures per capita
- Higher percent with disability
- Higher percent currently smoking
- Higher death rate for diabetes
- Fewer acres of parkland per capita
- Lower percent using public transportation to work
- Fewer dog parks per capita
- Fewer park units per capita
- Fewer swimming pools per capita

DESCRIPTION OF SAINT LOUIS, MO-IL MSA

	St. Louis MSA	U.S. Value	MSA Average	MSA Range
Population	2,803,707	301,290,332	3,254,681	1,030,495 – 18,815,988
Percent less than 18 years old	24.4%	24.5%	24.9%	20.7% – 29.5%
Percent 18 to 64 years old	62.8%	62.9%	63.6%	60.9% – 66.7%
Percent 65 years old and older	12.8%	12.6%	11.5%	7.4% – 17.2%
Percent male	48.3%	49.3%	49.2%	48.0% – 51.3%
Percent high school graduate or higher	87.2%	84.5%	86.2%	77.0% – 92.5%
Percent White	77.6%	73.9%	72.0%	50.1% – 88.7%
Percent Black or African American	18.1%	12.4%	14.1%	1.4% – 45.4%
Percent Asian	1.8%	4.4%	5.0%	1.0% – 29.5%
Percent Other Race	2.5%	9.3%	8.5%	1.8% – 26.8%
Percent Hispanic/Latino	2.1%	15.1%	14.4%	1.1% – 52.6%
Percent unemployed	6.7%	6.3%	6.1%	3.9% – 10.7%
Median household income	\$52,465	\$50,740	\$55,940	\$44,843 – \$83,793
Percent of households below poverty level	7.9%	9.5%	8.3%	4.4% – 15.1%
Violent crime rate/100,000*	536.7			
Percent with disability	15.1%	15.0%	13.7%	9.8% – 19.2%

*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 = 37.4; Rank = 43

	St. Louis MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	76.5%	77.4%	77.7%	67.8% – 85.4%
Percent physically active at least moderately	48.9%	49.5%	49.0%	39.5% – 55.7%
Percent eating 5+ fruits/vegetables per day	20.2%	24.4%	25.5%	17.1% – 36.2%
Percent currently smoking	22.4%	19.8%	18.7%	12.5% – 25.4%
Chronic Health Problems				
Percent obese	27.8%	26.3%	25.4%	14.7% – 34.8%
Percent in excellent or very good health	54.8%	54.2%	55.6%	47.1% – 64.2%
Any days when physical health				
was not good during the past 30 days	35.9%	35.3%	34.4%	28.7% – 39.3%
Any days when mental health				
was not good during the past 30 days	37.3%	33.7%	34.2%	23.4% – 42.0%
Percent with asthma	8.1%	8.4%	8.2%	4.9% – 12.0%
Percent with angina or coronary heart disease	3.9%	4.1%	3.8%	1.8% – 5.2%
Percent with diabetes	8.4%	8.0%	8.0%	5.1% – 11.0%
Death rate/100,000 for cardiovascular disease	250.0	229.6	223.0	151.2 – 308.2
Death rate/100,000 for diabetes	26.7	24.6	24.0	13.2 – 37.9
Health Care				
Percent with health insurance	90.8%	85.8%	86.4%	76.4% – 94.1%

Community/Environmental Indicators – Score = 47.5; Rank = 29 (note: most of these data were available only for the main city in the MSA)

	St. Louis	MSA Average	Range of all Cities
Built Environment			
Parkland as a percent of city land area	8.5%	10.6%	2.6% – 21.9%
Acres of parkland/1,000	9.6	18.7	3.4 – 130.6
Farmers' markets/1,000,000	8.2	11.0	0.3 – 33.2
Percent using public transportation to work	2.6%	4.2%	0.5% – 30.2%
Percent bicycling or walking to work	1.8%	2.7%	1.0% – 6.7%
Recreational Facilities			
Ball diamonds/10,000	3.2	1.8	0.0 – 5.3
Dog parks/10,000	0.3	0.8	0.0 – 5.8
Park playgrounds/10,000	2.0	2.2	0.9 – 4.9
Golf courses/100,000	1.1	0.9	0.0 – 2.4
Park units/10,000	3.0	4.1	1.3 – 11.0
Recreation centers/20,000	0.6	1.0	0.1 – 2.6
Swimming pools/100,000	2.5	3.2	0.2 – 12.3
Tennis courts/10,000	3.1	2.0	0.6 – 4.9
Park-related expenditures per capita	\$62	\$97	\$10 – \$268
Level of state requirement for Physical Education classes**	3	2.5	0 – 3
Number of primary health care providers per 100,000	119.2	124.4	70.0 – 201.6

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

SALT LAKE CITY, UT

(Salt Lake City, UT MSA)

COUNTIES

Salt Lake, Summit, Tooele

Ranking: Total Score = N/A[‡]; Rank = N/A[‡]

STRENGTHS/ADVANTAGES

- Lower percent unemployed
- Lower percentage of households below poverty level
- Lower percent with diabetes
- Higher level of state requirement for Physical Education classes
- Lower percent with disability
- Lower percent currently smoking
- Lower percent obese
- Lower percent with angina or coronary heart disease
- Lower death rate for cardiovascular disease

OPPORTUNITIES/CHALLENGES

- Higher death rate for diabetes
- Fewer farmers' markets per capita
- Lower percent using public transportation to work

DESCRIPTION OF SALT LAKE CITY, UT MSA

	Salt Lake City MSA	U.S. Value	MSA Average	MSA Range
Population	1,099,973	301,290,332	3,254,681	1,030,495 – 18,815,988
Percent less than 18 years old	29.5%	24.5%	24.9%	20.7% – 29.5%
Percent 18 to 64 years old	62.1%	62.9%	63.6%	60.9% – 66.7%
Percent 65 years old and older	8.4%	12.6%	11.5%	7.4% – 17.2%
Percent male	50.9%	49.3%	49.2%	48.0% – 51.3%
Percent high school graduate or higher	88.6%	84.5%	86.2%	77.0% – 92.5%
Percent White	88.2%	73.9%	72.0%	50.1% – 88.7%
Percent Black or African American	1.4%	12.4%	14.1%	1.4% – 45.4%
Percent Asian	2.9%	4.4%	5.0%	1.0% – 29.5%
Percent Other Race	7.4%	9.3%	8.5%	1.8% – 26.8%
Percent Hispanic/Latino	15.2%	15.1%	14.4%	1.1% – 52.6%
Percent unemployed	3.9%	6.3%	6.1%	3.9% – 10.7%
Median household income	\$57,294	\$50,740	\$55,940	\$44,843 – \$83,793
Percent of households below poverty level	5.6%	9.5%	8.3%	4.4% – 15.1%
Violent crime rate/100,000*	372.0			
Percent with disability	11.8%	15.0%	13.7%	9.8% – 19.2%

*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 = 64.4; Rank = 14

	Salt Lake City MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	80.4%	77.4%	77.7%	67.8% – 85.4%
Percent physically active at least moderately	54.4%	49.5%	49.0%	39.5% – 55.7%
Percent eating 5+ fruits/vegetables per day	23.5%	24.4%	25.5%	17.1% – 36.2%
Percent currently smoking	14.4%	19.8%	18.7%	12.5% – 25.4%
Chronic Health Problems				
Percent obese	22.2%	26.3%	25.4%	14.7% – 34.8%
Percent in excellent or very good health	56.7%	54.2%	55.6%	47.1% – 64.2%
Any days when physical health was not good during the past 30 days	35.3%	35.3%	34.4%	28.7% – 39.3%
Any days when mental health was not good during the past 30 days	36.3%	33.7%	34.2%	23.4% – 42.0%
Percent with asthma	9.1%	8.4%	8.2%	4.9% – 12.0%
Percent with angina or coronary heart disease	1.8%	4.1%	3.8%	1.8% – 5.2%
Percent with diabetes	5.7%	8.0%	8.0%	5.1% – 11.0%
Death rate/100,000 for cardiovascular disease	167.1	229.6	223.0	151.2 – 308.2
Death rate/100,000 for diabetes	31.2	24.6	24.0	13.2 – 37.9
Health Care				
Percent with health insurance	83.2%	85.8%	86.4%	76.4% – 94.1%

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

	Salt Lake City	MSA Average	Range of all Cities
Built Environment			
Parkland as a percent of city land area	N/A	10.6%	2.6% – 21.9%
Acres of parkland/1,000	N/A	18.7	3.4 – 130.6
Farmers' markets/1,000,000	9.1	11.0	0.3 – 33.2
Percent using public transportation to work	3.1%	4.2%	0.5% – 30.2%
Percent bicycling or walking to work	2.7%	2.7%	1.0% – 6.7%
Recreational Facilities			
Ball diamonds/10,000	N/A	1.8	0.0 – 5.3
Dog parks/10,000	N/A	0.8	0.0 – 5.8
Park playgrounds/10,000	N/A	2.2	0.9 – 4.9
Golf courses/100,000	N/A	0.9	0.0 – 2.4
Park units/10,000	N/A	4.1	1.3 – 11.0
Recreation centers/20,000	N/A	1.0	0.1 – 2.6
Swimming pools/100,000	N/A	3.2	0.2 – 12.3
Tennis courts/10,000	N/A	2.0	0.6 – 4.9
Park-related expenditures per capita	N/A	\$97	\$10 – \$268
Level of state requirement for Physical Education classes**	3	2.5	0 – 3
Number of primary health care providers per 100,000	116.3	124.4	70.0 – 201.6

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

‡ A total score and rank was not assigned to this MSA because many of the Community/Environmental Indicators were not available.

SAN ANTONIO, TX

(San Antonio, TX MSA)

COUNTIES

Atascosa, Bandera, Bexar, Comal, Guadalupe, Kendall, Medina, Wilson

Ranking: Total Score = 35.5; Rank = 39

STRENGTHS/ADVANTAGES

- More farmers' markets per capita
- Higher level of state requirement for Physical Education classes

OPPORTUNITIES/CHALLENGES

- Lower median household income
- Higher percentage of households below poverty level
- Lower percentage eating 5+ servings of fruits/vegetables per day
- Lower percent of city land area as parkland
- Lower percent using public transportation to work
- Fewer ball diamonds per capita
- Fewer park playgrounds per capita
- Fewer park units per capita
- Fewer swimming pools per capita
- Lower park-related expenditures per capita
- Higher percent with disability
- Lower percent in excellent or very good health
- Higher percent with diabetes
- Higher death rate for diabetes
- Lower percent with health insurance
- Fewer acres of parkland per capita
- Lower percent bicycling or walking to work
- Fewer dog parks per capita
- Fewer golf courses per capita
- Fewer recreation centers per capita
- Fewer tennis courts per capita
- Lower number of primary health care providers

DESCRIPTION OF SAN ANTONIO, TX MSA

	San Antonio MSA	U.S. Value	MSA Average	MSA Range
Population	1,990,675	301,290,332	3,254,681	1,030,495 – 18,815,988
Percent less than 18 years old	27.7%	24.5%	24.9%	20.7% – 29.5%
Percent 18 to 64 years old	61.6%	62.9%	63.6%	60.9% – 66.7%
Percent 65 years old and older	10.7%	12.6%	11.5%	7.4% – 17.2%
Percent male	49.1%	49.3%	49.2%	48.0% – 51.3%
Percent high school graduate or higher	81.9%	84.5%	86.2%	77.0% – 92.5%
Percent White	68.9%	73.9%	72.0%	50.1% – 88.7%
Percent Black or African American	6.5%	12.4%	14.1%	1.4% – 45.4%
Percent Asian	1.9%	4.4%	5.0%	1.0% – 29.5%
Percent Other Race	22.8%	9.3%	8.5%	1.8% – 26.8%
Percent Hispanic/Latino	52.6%	15.1%	14.4%	1.1% – 52.6%
Percent unemployed	5.8%	6.3%	6.1%	3.9% – 10.7%
Median household income	\$46,321	\$50,740	\$55,940	\$44,843 – \$83,793
Percent of households below poverty level	11.5%	9.5%	8.3%	4.4% – 15.1%
Violent crime rate/100,000*	458.2			
Percent with disability	16.1%	15.0%	13.7%	9.8% – 19.2%

*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 = 39.2; Rank = 38

	San Antonio MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	75.8%	77.4%	77.7%	67.8% – 85.4%
Percent physically active at least moderately	53.0%	49.5%	49.0%	39.5% – 55.7%
Percent eating 5+ fruits/vegetables per day	23.0%	24.4%	25.5%	17.1% – 36.2%
Percent currently smoking	17.5%	19.8%	18.7%	12.5% – 25.4%
Chronic Health Problems				
Percent obese	27.9%	26.3%	25.4%	14.7% – 34.8%
Percent in excellent or very good health	50.2%	54.2%	55.6%	47.1% – 64.2%
Any days when physical health was not good during the past 30 days	34.3%	35.3%	34.4%	28.7% – 39.3%
Any days when mental health was not good during the past 30 days	31.1%	33.7%	34.2%	23.4% – 42.0%
Percent with asthma	7.9%	8.4%	8.2%	4.9% – 12.0%
Percent with angina or coronary heart disease	3.9%	4.1%	3.8%	1.8% – 5.2%
Percent with diabetes	9.6%	8.0%	8.0%	5.1% – 11.0%
Death rate/100,000 for cardiovascular disease	224.7	229.6	223.0	151.2 – 308.2
Death rate/100,000 for diabetes	37.2	24.6	24.0	13.2 – 37.9
Health Care				
Percent with health insurance	80.8%	85.8%	86.4%	76.4% – 94.1%

Community/Environmental Indicators – Score = 31.7; Rank = 43 (note: most of these data were available only for the main city in the MSA)

	San Antonio	MSA Average	Range of all Cities
Built Environment			
Parkland as a percent of city land area	8.0%	10.6%	2.6% – 21.9%
Acres of parkland/1,000	16.0	18.7	3.4 – 130.6
Farmers' markets/1,000,000	14.1	11.0	0.3 – 33.2
Percent using public transportation to work	2.2%	4.2%	0.5% – 30.2%
Percent bicycling or walking to work	2.4%	2.7%	1.0% – 6.7%
Recreational Facilities			
Ball diamonds/10,000	0.4	1.8	0.0 – 5.3
Dog parks/10,000	0.2	0.8	0.0 – 5.8
Park playgrounds/10,000	0.9	2.2	0.9 – 4.9
Golf courses/100,000	0.5	0.9	0.0 – 2.4
Park units/10,000	1.6	4.1	1.3 – 11.0
Recreation centers/20,000	0.5	1.0	0.1 – 2.6
Swimming pools/100,000	1.9	3.2	0.2 – 12.3
Tennis courts/10,000	1.1	2.0	0.6 – 4.9
Park-related expenditures per capita	\$60	\$97	\$10 – \$268
Level of state requirement for Physical Education classes**	3	2.5	0 – 3
Number of primary health care providers per 100,000	102.4	124.4	70.0 – 201.6

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

SAN DIEGO, CA

(San Diego-Carlsbad-San Marcos, CA MSA)

COUNTIES

San Diego

Ranking: Total Score = 66.8; Rank = 8

STRENGTHS/ADVANTAGES

- Higher median household income
- Higher percentage eating 5+ servings of fruits/vegetables per day
- Lower percent of days when physical health was not good during the past 30 days
- Higher percent bicycling or walking to work
- More dog parks per capita
- Higher level of state requirement for Physical Education classes
- Lower percent with disability
- Lower percent currently smoking
- Lower percent with angina or coronary heart disease
- Higher percent of city land area as parkland
- More acres of parkland per capita
- More ball diamonds per capita
- Higher park-related expenditures per capita

OPPORTUNITIES/CHALLENGES

- Fewer farmers' markets per capita
- Fewer park playgrounds per capita
- Fewer park units per capita
- Fewer tennis courts per capita
- Lower percent using public transportation to work
- Fewer golf courses per capita
- Fewer swimming pools per capita

DESCRIPTION OF SAN DIEGO-CARLSBAD-SAN MARCOS, CA MSA

	San Diego MSA	U.S. Value	MSA Average	MSA Range
Population	2,974,859	301,290,332	3,254,681	1,030,495 – 18,815,988
Percent less than 18 years old	24.9%	24.5%	24.9%	20.7% – 29.5%
Percent 18 to 64 years old	64.0%	62.9%	63.6%	60.9% – 66.7%
Percent 65 years old and older	11.1%	12.6%	11.5%	7.4% – 17.2%
Percent male	50.2%	49.3%	49.2%	48.0% – 51.3%
Percent high school graduate or higher	85.2%	84.5%	86.2%	77.0% – 92.5%
Percent White	70.1%	73.9%	72.0%	50.1% – 88.7%
Percent Black or African American	5.0%	12.4%	14.1%	1.4% – 45.4%
Percent Asian	10.3%	4.4%	5.0%	1.0% – 29.5%
Percent Other Race	14.6%	9.3%	8.5%	1.8% – 26.8%
Percent Hispanic/Latino	30.3%	15.1%	14.4%	1.1% – 52.6%
Percent unemployed	6.1%	6.3%	6.1%	3.9% – 10.7%
Median household income	\$61,794	\$50,740	\$55,940	\$44,843 – \$83,793
Percent of households below poverty level	7.7%	9.5%	8.3%	4.4% – 15.1%
Violent crime rate/100,000*	465.7			
Percent with disability	11.9%	15.0%	13.7%	9.8% – 19.2%

*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 = 73.8; Rank = 7

	San Diego MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	79.1%	77.4%	77.7%	67.8% – 85.4%
Percent physically active at least moderately	53.3%	49.5%	49.0%	39.5% – 55.7%
Percent eating 5+ fruits/vegetables per day	31.0%	24.4%	25.5%	17.1% – 36.2%
Percent currently smoking	15.0%	19.8%	18.7%	12.5% – 25.4%
Chronic Health Problems				
Percent obese	23.1%	26.3%	25.4%	14.7% – 34.8%
Percent in excellent or very good health	60.4%	54.2%	55.6%	47.1% – 64.2%
Any days when physical health was not good during the past 30 days	30.0%	35.3%	34.4%	28.7% – 39.3%
Any days when mental health was not good during the past 30 days	34.9%	33.7%	34.2%	23.4% – 42.0%
Percent with asthma	9.1%	8.4%	8.2%	4.9% – 12.0%
Percent with angina or coronary heart disease	2.5%	4.1%	3.8%	1.8% – 5.2%
Percent with diabetes	7.8%	8.0%	8.0%	5.1% – 11.0%
Death rate/100,000 for cardiovascular disease	204.2	229.6	223.0	151.2 – 308.2
Death rate/100,000 for diabetes	22.2	24.6	24.0	13.2 – 37.9
Health Care				
Percent with health insurance	85.5%	85.8%	86.4%	76.4% – 94.1%

Community/Environmental Indicators – Score = 59.8; Rank = 13 (note: most of these data were available only for the main city in the MSA)

	San Diego	MSA Average	Range of all Cities
Built Environment			
Parkland as a percent of city land area	21.9%	10.6%	2.6% – 21.9%
Acres of parkland/1,000	36.2	18.7	3.4 – 130.6
Farmers' markets/1,000,000	8.4	11.0	0.3 – 33.2
Percent using public transportation to work	3.6%	4.2%	0.5% – 30.2%
Percent bicycling or walking to work	3.4%	2.7%	1.0% – 6.7%
Recreational Facilities			
Ball diamonds/10,000	2.3	1.8	0.0 – 5.3
Dog parks/10,000	1.2	0.8	0.0 – 5.8
Park playgrounds/10,000	1.8	2.2	0.9 – 4.9
Golf courses/100,000	0.6	0.9	0.0 – 2.4
Park units/10,000	3.5	4.1	1.3 – 11.0
Recreation centers/20,000	1.0	1.0	0.1 – 2.6
Swimming pools/100,000	1.0	3.2	0.2 – 12.3
Tennis courts/10,000	1.5	2.0	0.6 – 4.9
Park-related expenditures per capita	\$122	\$97	\$10 – \$268
Level of state requirement for Physical Education classes**	3	2.5	0 – 3
Number of primary health care providers per 100,000	121.3	124.4	70.0 – 201.6

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

SAN FRANCISCO, CA

(San Francisco-Oakland-Fremont, CA MSA)

COUNTIES

Alameda, Contra Costa, Marin, San Francisco, San Mateo

Ranking: Total Score = 71.3; Rank = 5

STRENGTHS/ADVANTAGES

- Lower percentage of households below poverty level
- Higher percentage eating 5+ servings of fruits/vegetables per day
- Lower percent with diabetes
- Lower death rate for cardiovascular disease
- Larger percent of city land area as parkland
- Higher percent using public transportation to work
- More dog parks per capita
- Higher park-related expenditures per capita
- Higher level of state requirement for Physical Education classes
- Higher median household income
- Lower percent currently smoking
- Lower percent obese
- Lower percent with asthma
- Lower percent with angina or coronary heart disease
- Lower death rate for diabetes
- More farmers' markets per capita
- Higher percent bicycling or walking to work
- More tennis courts per capita
- Higher number of primary health care provide

OPPORTUNITIES/CHALLENGES

- Fewer acres of parkland per capita
- Fewer park playgrounds per capita
- Fewer recreation centers per capita
- Fewer ball diamonds per capita
- Fewer park units per capita
- Fewer swimming pools per capita

DESCRIPTION OF SAN FRANCISCO-OAKLAND-FREMONT, CA MSA

	San Francisco MSA	U.S. Value	MSA Average	MSA Range
Population	4,203,898	301,290,332	3,254,681	1,030,495 – 18,815,988
Percent less than 18 years old	21.7%	24.5%	24.9%	20.7% – 29.5%
Percent 18 to 64 years old	66.0%	62.9%	63.6%	60.9% – 66.7%
Percent 65 years old and older	12.4%	12.6%	11.5%	7.4% – 17.2%
Percent male	49.7%	49.3%	49.2%	48.0% – 51.3%
Percent high school graduate or higher	86.9%	84.5%	86.2%	77.0% – 92.5%
Percent White	56.4%	73.9%	72.0%	50.1% – 88.7%
Percent Black or African American	8.6%	12.4%	14.1%	1.4% – 45.4%
Percent Asian	22.0%	4.4%	5.0%	1.0% – 29.5%
Percent Other Race	12.9%	9.3%	8.5%	1.8% – 26.8%
Percent Hispanic/Latino	20.1%	15.1%	14.4%	1.1% – 52.6%
Percent unemployed	5.5%	6.3%	6.1%	3.9% – 10.7%
Median household income	\$73,581	\$50,740	\$55,940	\$44,843 – \$83,793
Percent of households below poverty level	6.3%	9.5%	8.3%	4.4% – 15.1%
Violent crime rate/100,000*	643.8			
Percent with disability	12.5%	15.0%	13.7%	9.8% – 19.2%

*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 = 79.4; Rank = 1

	San Francisco MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	82.2%	77.4%	77.7%	67.8% – 85.4%
Percent physically active at least moderately	50.8%	49.5%	49.0%	39.5% – 55.7%
Percent eating 5+ fruits/vegetables per day	30.1%	24.4%	25.5%	17.1% – 36.2%
Percent currently smoking	12.5%	19.8%	18.7%	12.5% – 25.4%
Chronic Health Problems				
Percent obese	14.7%	26.3%	25.4%	14.7% – 34.8%
Percent in excellent or very good health	55.1%	54.2%	55.6%	47.1% – 64.2%
Any days when physical health was not good during the past 30 days	34.3%	35.3%	34.4%	28.7% – 39.3%
Any days when mental health was not good during the past 30 days	36.5%	33.7%	34.2%	23.4% – 42.0%
Percent with asthma	7.0%	8.4%	8.2%	4.9% – 12.0%
Percent with angina or coronary heart disease	3.0%	4.1%	3.8%	1.8% – 5.2%
Percent with diabetes	5.5%	8.0%	8.0%	5.1% – 11.0%
Death rate/100,000 for cardiovascular disease	178.2	229.6	223.0	151.2 – 308.2
Death rate/100,000 for diabetes	17.5	24.6	24.0	13.2 – 37.9
Health Care				
Percent with health insurance	91.1%	85.8%	86.4%	76.4% – 94.1%

Community/Environmental Indicators – Score = 63.1; Rank = 10 (note: most of these data were available only for the main city in the MSA)

	San Francisco	MSA Average	Range of all Cities
Built Environment			
Parkland as a percent of city land area	18.0%	10.6%	2.6% – 21.9%
Acres of parkland/1,000	7.2	18.7	3.4 – 130.6
Farmers' markets/1,000,000	16.2	11.0	0.3 – 33.2
Percent using public transportation to work	14.5%	4.2%	0.5% – 30.2%
Percent bicycling or walking to work	5.8%	2.7%	1.0% – 6.7%
Recreational Facilities			
Ball diamonds/10,000	1.0	1.8	0.0 – 5.3
Dog parks/10,000	3.6	0.8	0.0 – 5.8
Park playgrounds/10,000	2.0	2.2	0.9 – 4.9
Golf courses/100,000	0.9	0.9	0.0 – 2.4
Park units/10,000	3.0	4.1	1.3 – 11.0
Recreation centers/20,000	0.8	1.0	0.1 – 2.6
Swimming pools/100,000	1.2	3.2	0.2 – 12.3
Tennis courts/10,000	2.3	2.0	0.6 – 4.9
Park-related expenditures per capita	\$268	\$97	\$10 – \$268
Level of state requirement for Physical Education classes**	3	2.5	0 – 3
Number of primary health care providers per 100,000	164.8	124.4	70.0 – 201.6

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

SAN JOSE, CA

(San Jose-Sunnyvale-Santa Clara, CA MSA)

COUNTIES

San Benito, Santa Clara

Ranking: Total Score = 61.3; Rank = 13

STRENGTHS/ADVANTAGES

- Lower percent unemployed
- Lower percentage of households below poverty level
- Lower percent obese
- Lower percent with diabetes
- Higher percent of city land area as parkland
- Higher level of state requirement or Physical Education classes
- Higher median household income
- Lower percent with disability
- 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 park-related expenditures per capita

OPPORTUNITIES/CHALLENGES

- Fewer farmers' markets per capita
- Fewer golf courses per capita
- Fewer swimming pools per capita
- Fewer ball diamonds per capita
- Fewer park units per capita
- Fewer tennis courts per capita

DESCRIPTION OF SAN JOSE-SUNNYVALE-SANTA CLARA, CA MSA

	San Jose MSA	U.S. Value	MSA Average	MSA Range
Population	1,803,643	301,290,332	3,254,681	1,030,495 – 18,815,988
Percent less than 18 years old	24.1%	24.5%	24.9%	20.7% – 29.5%
Percent 18 to 64 years old	65.2%	62.9%	63.6%	60.9% – 66.7%
Percent 65 years old and older	10.6%	12.6%	11.5%	7.4% – 17.2%
Percent male	51.3%	49.3%	49.2%	48.0% – 51.3%
Percent high school graduate or higher	84.8%	84.5%	86.2%	77.0% – 92.5%
Percent White	53.4%	73.9%	72.0%	50.1% – 88.7%
Percent Black or African American	2.5%	12.4%	14.1%	1.4% – 45.4%
Percent Asian	29.5%	4.4%	5.0%	1.0% – 29.5%
Percent Other Race	14.6%	9.3%	8.5%	1.8% – 26.8%
Percent Hispanic/Latino	26.6%	15.1%	14.4%	1.1% – 52.6%
Percent unemployed	5.4%	6.3%	6.1%	3.9% – 10.7%
Median household income	\$83,793	\$50,740	\$55,940	\$44,843 – \$83,793
Percent of households below poverty level	5.5%	9.5%	8.3%	4.4% – 15.1%
Violent crime rate/100,000*	327.6			
Percent with disability	9.9%	15.0%	13.7%	9.8% – 19.2%

*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 = 69.4; Rank = 11

	San Jose MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	85.4%	77.4%	77.7%	67.8% – 85.4%
Percent physically active at least moderately	48.1%	49.5%	49.0%	39.5% – 55.7%
Percent eating 5+ fruits/vegetables per day	28.0%	24.4%	25.5%	17.1% – 36.2%
Percent currently smoking	13.3%	19.8%	18.7%	12.5% – 25.4%
Chronic Health Problems				
Percent obese	20.0%	26.3%	25.4%	14.7% – 34.8%
Percent in excellent or very good health	55.0%	54.2%	55.6%	47.1% – 64.2%
Any days when physical health was not good during the past 30 days	34.1%	35.3%	34.4%	28.7% – 39.3%
Any days when mental health was not good during the past 30 days	31.6%	33.7%	34.2%	23.4% – 42.0%
Percent with asthma	9.0%	8.4%	8.2%	4.9% – 12.0%
Percent with angina or coronary heart disease	2.6%	4.1%	3.8%	1.8% – 5.2%
Percent with diabetes	6.9%	8.0%	8.0%	5.1% – 11.0%
Death rate/100,000 for cardiovascular disease	162.3	229.6	223.0	151.2 – 308.2
Death rate/100,000 for diabetes	22.8	24.6	24.0	13.2 – 37.9
Health Care				
Percent with health insurance	84.2%	85.8%	86.4%	76.4% – 94.1%

Community/Environmental Indicators – Score = 53.2; Rank = 20 (note: most of these data were available only for the main city in the MSA)

	San Jose	MSA Average	Range of all Cities
Built Environment			
Parkland as a percent of city land area	14.5%	10.6%	2.6% – 21.9%
Acres of parkland/1,000	17.4	18.7	3.4 – 130.6
Farmers' markets/1,000,000	9.4	11.0	0.3 – 33.2
Percent using public transportation to work	3.8%	4.2%	0.5% – 30.2%
Percent bicycling or walking to work	3.5%	2.7%	1.0% – 6.7%
Recreational Facilities			
Ball diamonds/10,000	0.4	1.8	0.0 – 5.3
Dog parks/10,000	0.8	0.8	0.0 – 5.8
Park playgrounds/10,000	2.4	2.2	0.9 – 4.9
Golf courses/100,000	0.3	0.9	0.0 – 2.4
Park units/10,000	2.5	4.1	1.3 – 11.0
Recreation centers/20,000	1.1	1.0	0.1 – 2.6
Swimming pools/100,000	0.2	3.2	0.2 – 12.3
Tennis courts/10,000	0.8	2.0	0.6 – 4.9
Park-related expenditures per capita	\$113	\$97	\$10 – \$268
Level of state requirement for Physical Education classes**	3	2.5	0 – 3
Number of primary health care providers per 100,000	131.7	124.4	70.0 – 201.6

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

SEATTLE, WA

(Seattle-Tacoma-Bellevue, WA MSA)

COUNTIES

King, Snohomish, Pierce

Ranking: Total Score = 69.7; Rank = 6

STRENGTHS/ADVANTAGES

- Lower percent unemployed
- Lower percentage of households below poverty level
- Lower percent with diabetes
- Higher percent using public transportation to work
- More ball diamonds per capita
- More park units per capita
- Higher park-related expenditures per capita
- Higher level of state requirement for Physical Education classes
- Higher median household income
- 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
- More dog parks per capita
- More tennis courts per capita
- Higher number of primary health care providers per capita

OPPORTUNITIES/CHALLENGES

- Higher percent of days when physical health was not good during the past 30 days
- Fewer acres of parkland per capita
- Fewer recreation centers per capita
- Fewer swimming pools per capita

DESCRIPTION OF SEATTLE-TACOMA-BELLEVUE, WA MSA

	Seattle MSA	U.S. Value	MSA Average	MSA Range
Population	3,309,347	301,290,332	3,254,681	1,030,495 – 18,815,988
Percent less than 18 years old	23.2%	24.5%	24.9%	20.7% – 29.5%
Percent 18 to 64 years old	66.4%	62.9%	63.6%	60.9% – 66.7%
Percent 65 years old and older	10.4%	12.6%	11.5%	7.4% – 17.2%
Percent male	50.0%	49.3%	49.2%	48.0% – 51.3%
Percent high school graduate or higher	91.2%	84.5%	86.2%	77.0% – 92.5%
Percent White	76.1%	73.9%	72.0%	50.1% – 88.7%
Percent Black or African American	5.2%	12.4%	14.1%	1.4% – 45.4%
Percent Asian	10.4%	4.4%	5.0%	1.0% – 29.5%
Percent Other Race	8.3%	9.3%	8.5%	1.8% – 26.8%
Percent Hispanic/Latino	7.3%	15.1%	14.4%	1.1% – 52.6%
Percent unemployed	5.0%	6.3%	6.1%	3.9% – 10.7%
Median household income	\$63,895	\$50,740	\$55,940	\$44,843 – \$83,793
Percent of households below poverty level	6.7%	9.5%	8.3%	4.4% – 15.1%
Violent crime rate/100,000*	385.1			
Percent with disability	14.2%	15.0%	13.7%	9.8% – 19.2%

*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 = 70.3; Rank = 10

	Seattle MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	84.3%	77.4%	77.7%	67.8% – 85.4%
Percent physically active at least moderately	53.9%	49.5%	49.0%	39.5% – 55.7%
Percent eating 5+ fruits/vegetables per day	27.3%	24.4%	25.5%	17.1% – 36.2%
Percent currently smoking	15.3%	19.8%	18.7%	12.5% – 25.4%
Chronic Health Problems				
Percent obese	23.6%	26.3%	25.4%	14.7% – 34.8%
Percent in excellent or very good health	58.7%	54.2%	55.6%	47.1% – 64.2%
Any days when physical health was not good during the past 30 days	38.8%	35.3%	34.4%	28.7% – 39.3%
Any days when mental health was not good during the past 30 days	35.7%	33.7%	34.2%	23.4% – 42.0%
Percent with asthma	8.8%	8.4%	8.2%	4.9% – 12.0%
Percent with angina or coronary heart disease	3.2%	4.1%	3.8%	1.8% – 5.2%
Percent with diabetes	6.4%	8.0%	8.0%	5.1% – 11.0%
Death rate/100,000 for cardiovascular disease	192.4	229.6	223.0	151.2 – 308.2
Death rate/100,000 for diabetes	22.5	24.6	24.0	13.2 – 37.9
Health Care				
Percent with health insurance	88.0%	85.8%	86.4%	76.4% – 94.1%

Community/Environmental Indicators - Score = 69.1; Rank = 4 (note: most of these data were available only for the main city in the MSA)

	Seattle	MSA Average	Range of all Cities
Built Environment			
Parkland as a percent of city land area	11.3%	10.6%	2.6% – 21.9%
Acres of parkland/1,000	10.4	18.7	3.4 – 130.6
Farmers' markets/1,000,000	11.5	11.0	0.3 – 33.2
Percent using public transportation to work	8.0%	4.2%	0.5% – 30.2%
Percent bicycling or walking to work	4.1%	2.7%	1.0% – 6.7%
Recreational Facilities			
Ball diamonds/10,000	2.0	1.8	0.0 – 5.3
Dog parks/10,000	1.9	0.8	0.0 – 5.8
Park playgrounds/10,000	2.2	2.2	0.9 – 4.9
Golf courses/100,000	0.9	0.9	0.0 – 2.4
Park units/10,000	7.4	4.1	1.3 – 11.0
Recreation centers/20,000	0.9	1.0	0.1 – 2.6
Swimming pools/100,000	1.7	3.2	0.2 – 12.3
Tennis courts/10,000	2.8	2.0	0.6 – 4.9
Park-related expenditures per capita	\$242	\$97	\$10 – \$268
Level of state requirement for Physical Education classes**	3	2.5	0 – 3
Number of primary health care providers per 100,000	146.9	124.4	70.0 – 201.6

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

TAMPA, FL

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

COUNTIES

Hernando, Hillsborough, Pasco, Pinellas

Ranking: Total Score = 48.5; Rank = 23

STRENGTHS/ADVANTAGES

- More ball diamonds per capita
- More park playgrounds per capita
- More recreation centers per capita
- More tennis courts per capita
- More dog parks per capita
- More park units per capita
- More swimming pools per capita
- Higher park-related expenditures per capita

OPPORTUNITIES/CHALLENGES

- Lower median household income
- Higher percent currently smoking
- Lower percent of city land area as parkland
- Fewer farmers' markets per capita
- Lower level of state requirement for Physical Education classes
- Higher percent with disability
- Higher percent with angina or coronary heart disease
- Fewer acres of parkland per capita
- Lower percent using public transportation to work
- Lower percent bicycling or walking to work

DESCRIPTION OF TAMPA-ST. PETERSBURG-CLEARWATER, FL MSA

	Tampa MSA	U.S. Value	MSA Average	MSA Range
Population	2,723,949	301,290,332	3,254,681	1,030,495 – 18,815,988
Percent less than 18 years old	21.9%	24.5%	24.9%	20.7% – 29.5%
Percent 18 to 64 years old	60.9%	62.9%	63.6%	60.9% – 66.7%
Percent 65 years old and older	17.2%	12.6%	11.5%	7.4% – 17.2%
Percent male	48.7%	49.3%	49.2%	48.0% – 51.3%
Percent high school graduate or higher	86.5%	84.5%	86.2%	77.0% – 92.5%
Percent White	81.4%	73.9%	72.0%	50.1% – 88.7%
Percent Black or African American	11.4%	12.4%	14.1%	1.4% – 45.4%
Percent Asian	2.7%	4.4%	5.0%	1.0% – 29.5%
Percent Other Race	4.4%	9.3%	8.5%	1.8% – 26.8%
Percent Hispanic/Latino	14.3%	15.1%	14.4%	1.1% – 52.6%
Percent unemployed	6.5%	6.3%	6.1%	3.9% – 10.7%
Median household income	\$46,607	\$50,740	\$55,940	\$44,843 – \$83,793
Percent of households below poverty level	8.0%	9.5%	8.3%	4.4% – 15.1%
Violent crime rate/100,000*	703.4			
Percent with disability	16.4%	15.0%	13.7%	9.8% – 19.2%

*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 = 38.6; Rank = 39

	Tampa MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	76.6%	77.4%	77.7%	67.8% – 85.4%
Percent physically active at least moderately	47.1%	49.5%	49.0%	39.5% – 55.7%
Percent eating 5+ fruits/vegetables per day	26.1%	24.4%	25.5%	17.1% – 36.2%
Percent currently smoking	23.4%	19.8%	18.7%	12.5% – 25.4%
Chronic Health Problems				
Percent obese	25.1%	26.3%	25.4%	14.7% – 34.8%
Percent in excellent or very good health	52.0%	54.2%	55.6%	47.1% – 64.2%
Any days when physical health was not good during the past 30 days	36.4%	35.3%	34.4%	28.7% – 39.3%
Any days when mental health was not good during the past 30 days	30.4%	33.7%	34.2%	23.4% – 42.0%
Percent with asthma	7.5%	8.4%	8.2%	4.9% – 12.0%
Percent with angina or coronary heart disease	4.5%	4.1%	3.8%	1.8% – 5.2%
Percent with diabetes	8.5%	8.0%	8.0%	5.1% – 11.0%
Death rate/100,000 for cardiovascular disease	204.4	229.6	223.0	151.2 – 308.2
Death rate/100,000 for diabetes	26.3	24.6	24.0	13.2 – 37.9
Health Care				
Percent with health insurance	80.9%	85.8%	86.4%	76.4% – 94.1%

Community/Environmental Indicators – Score = 58.3; Rank = 15 (note: most of these data were available only for the main city in the MSA)

	Tampa	MSA Average	Range of all Cities
Built Environment			
Parkland as a percent of city land area	4.7%	10.6%	2.6% – 21.9%
Acres of parkland/1,000	10.1	18.7	3.4 – 130.6
Farmers' markets/1,000,000	6.6	11.0	0.3 – 33.2
Percent using public transportation to work	1.4%	4.2%	0.5% – 30.2%
Percent bicycling or walking to work	2.4%	2.7%	1.0% – 6.7%
Recreational Facilities			
Ball diamonds/10,000	3.2	1.8	0.0 – 5.3
Dog parks/10,000	2.1	0.8	0.0 – 5.8
Park playgrounds/10,000	2.5	2.2	0.9 – 4.9
Golf courses/100,000	0.9	0.9	0.0 – 2.4
Park units/10,000	5.7	4.1	1.3 – 11.0
Recreation centers/20,000	1.6	1.0	0.1 – 2.6
Swimming pools/100,000	3.9	3.2	0.2 – 12.3
Tennis courts/10,000	2.5	2.0	0.6 – 4.9
Park-related expenditures per capita	\$145	\$97	\$10 – \$268
Level of state requirement for Physical Education classes**	1	2.5	0 – 3
Number of primary health care providers per 100,000	134.2	124.4	70.0 – 201.6

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

VIRGINIA BEACH, VA

(Virginia Beach-Norfolk-Newport News, VA-NC MSA)

COUNTIES

Currituck, NC, Gloucester, VA, Isle of Wight, VA, James City, VA, Mathews, VA, Surry, VA, York, 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

Ranking: Total Score = 63.1; Rank = 10

STRENGTHS/ADVANTAGES

- Higher percentage eating 5+ servings of fruits/vegetables per day
- 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 tennis courts per capita
- Higher level of state requirement for Physical Education classes
- Lower percent unemployed
- More acres of parkland per capita
- More ball diamonds per capita
- More park playgrounds per capita
- More golf courses per capita
- More park units per capita
- Higher park-related expenditures per capita

OPPORTUNITIES/CHALLENGES

- Higher percent obese
- Fewer farmers' markets per capita
- Fewer dog parks per capita
- Fewer swimming pools per capita
- Higher death rate for diabetes
- Lower percent using public transportation to work
- Fewer recreation centers per capita

DESCRIPTION OF VIRGINIA BEACH-NORFOLK-NEWPORT NEWS, VA-NC MSA

	Virginia Beach MSA	U.S. Value	MSA Average	MSA Range
Population	1,658,754	301,290,332	3,254,681	1,030,495 – 18,815,988
Percent less than 18 years old	25.2%	24.5%	24.9%	20.7% – 29.5%
Percent 18 to 64 years old	63.7%	62.9%	63.6%	60.9% – 66.7%
Percent 65 years old and older	11.1%	12.6%	11.5%	7.4% – 17.2%
Percent male	48.9%	49.3%	49.2%	48.0% – 51.3%
Percent high school graduate or higher	88.3%	84.5%	86.2%	77.0% – 92.5%
Percent White	61.1%	73.9%	72.0%	50.1% – 88.7%
Percent Black or African American	31.8%	12.4%	14.1%	1.4% – 45.4%
Percent Asian	3.1%	4.4%	5.0%	1.0% – 29.5%
Percent Other Race	4.0%	9.3%	8.5%	1.8% – 26.8%
Percent Hispanic/Latino	4.0%	15.1%	14.4%	1.1% – 52.6%
Percent unemployed	5.4%	6.3%	6.1%	3.9% – 10.7%
Median household income	\$54,824	\$50,740	\$55,940	\$44,843 – \$83,793
Percent of households below poverty level	8.0%	9.5%	8.3%	4.4% – 15.1%
Violent crime rate/100,000*	439.9			
Percent with disability	13.7%	15.0%	13.7%	9.8% – 19.2%

*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 = 62.5; Rank = 16

	Virginia Beach MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	79.4%	77.4%	77.7%	67.8% – 85.4%
Percent physically active at least moderately	52.8%	49.5%	49.0%	39.5% – 55.7%
Percent eating 5+ fruits/vegetables per day	28.5%	24.4%	25.5%	17.1% – 36.2%
Percent currently smoking	19.1%	19.8%	18.7%	12.5% – 25.4%
Chronic Health Problems				
Percent obese	29.3%	26.3%	25.4%	14.7% – 34.8%
Percent in excellent or very good health	59.4%	54.2%	55.6%	47.1% – 64.2%
Any days when physical health was not good during the past 30 days	30.1%	35.3%	34.4%	28.7% – 39.3%
Any days when mental health was not good during the past 30 days	30.9%	33.7%	34.2%	23.4% – 42.0%
Percent with asthma	8.5%	8.4%	8.2%	4.9% – 12.0%
Percent with angina or coronary heart disease	3.7%	4.1%	3.8%	1.8% – 5.2%
Percent with diabetes	8.4%	8.0%	8.0%	5.1% – 11.0%
Death rate/100,000 for cardiovascular disease	217.5	229.6	223.0	151.2 – 308.2
Death rate/100,000 for diabetes	27.0	24.6	24.0	13.2 – 37.9
Health Care				
Percent with health insurance	89.0%	85.8%	86.4%	76.4% – 94.1%

Community/Environmental Indicators – Score = 63.7; Rank = 9 (note: most of these data were available only for the main city in the MSA)

	Virginia Beach	MSA Average	Range of all Cities
Built Environment			
Parkland as a percent of city land area	11.1%	10.6%	2.6% – 21.9%
Acres of parkland/1,000	40.5	18.7	3.4 – 130.6
Farmers' markets/1,000,000	9.0	11.0	0.3 – 33.2
Percent using public transportation to work	1.3%	4.2%	0.5% – 30.2%
Percent bicycling or walking to work	2.9%	2.7%	1.0% – 6.7%
Recreational Facilities			
Ball diamonds/10,000	3.1	1.8	0.0 – 5.3
Dog parks/10,000	0.5	0.8	0.0 – 5.8
Park playgrounds/10,000	4.8	2.2	0.9 – 4.9
Golf courses/100,000	1.2	0.9	0.0 – 2.4
Park units/10,000	6.2	4.1	1.3 – 11.0
Recreation centers/20,000	0.3	1.0	0.1 – 2.6
Swimming pools/100,000	1.4	3.2	0.2 – 12.3
Tennis courts/10,000	3.7	2.0	0.6 – 4.9
Park-related expenditures per capita	\$162	\$97	\$10 – \$268
Level of state requirement for Physical Education classes**	3	2.5	0 – 3
Number of primary health care providers per 100,000	125.1	124.4	70.0 – 201.6

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

WASHINGTON, DC

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

COUNTIES

Frederick MD, Montgomery MD, District of Columbia DC, Calvert MD, Charles MD, Prince George's MD, Arlington VA, Clarke VA, Fairfax VA, Fauquier VA, Loudoun VA, Prince William VA, Spotsylvania VA, Stafford VA, Warren VA, Alexandria City VA, Fairfax City VA, Falls Church City VA, Fredericksburg City VA, Manassas City VA, Manassas Park City VA, Jefferson WV

Ranking: Total Score = 74.4; Rank = 1

STRENGTHS/ADVANTAGES

- Lower percent unemployed
- Lower percentage of households below poverty level
- Higher percentage eating 5+ servings of fruits/vegetables per day
- Lower percent with diabetes
- Lower death rate for diabetes
- More farmers' markets per capita
- Higher percent bicycling or walking to work
- More park units per capita
- More swimming pools per capita
- Higher level of state requirement for Physical Education classes
- Higher median household income
- Lower percent with disability
- Lower percent currently smoking
- Lower percent obese
- Lower percent with angina or coronary heart disease
- Lower death rate for cardiovascular disease
- Higher percent of city land area as parkland
- Higher percent using public transportation to work
- More ball diamonds per capita
- More recreation centers per capita
- More tennis courts per capita
- Higher park-related expenditures per capita
- Higher number of primary health care providers

OPPORTUNITIES/CHALLENGES

- Fewer acres of parkland per capita
- Fewer park playgrounds per capita
- Fewer dog parks per capita
- Fewer golf courses per capita

DESCRIPTION OF WASHINGTON-ARLINGTON-ALEXANDRIA, DC-VA-MD-WV MSA

	Washington MSA	U.S. Value	MSA Average	MSA Range
Population	5,306,565	301,290,332	3,254,681	1,030,495 – 18,815,988
Percent less than 18 years old	24.5%	24.5%	24.9%	20.7% – 29.5%
Percent 18 to 64 years old	65.7%	62.9%	63.6%	60.9% – 66.7%
Percent 65 years old and older	9.8%	12.6%	11.5%	7.4% – 17.2%
Percent male	48.7%	49.3%	49.2%	48.0% – 51.3%
Percent high school graduate or higher	89.6%	84.5%	86.2%	77.0% – 92.5%
Percent White	56.6%	73.9%	72.0%	50.1% – 88.7%
Percent Black or African American	26.0%	12.4%	14.1%	1.4% – 45.4%
Percent Asian	8.4%	4.4%	5.0%	1.0% – 29.5%
Percent Other Race	8.9%	9.3%	8.5%	1.8% – 26.8%
Percent Hispanic/Latino	11.9%	15.1%	14.4%	1.1% – 52.6%
Percent unemployed	4.7%	6.3%	6.1%	3.9% – 10.7%
Median household income	\$83,200	\$50,740	\$55,940	\$44,843 – \$83,793
Percent of households below poverty level	4.4%	9.5%	8.3%	4.4% – 15.1%
Violent crime rate/100,000*	444.0			
Percent with disability	9.8%	15.0%	13.7%	9.8% – 19.2%

*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 = 78.0; Rank = 2.5

	Washington MSA	U.S. Value	MSA Average	MSA Range
Health Behaviors				
Percent any physical activity or exercise in the last 30 days	80.7%	77.4%	77.7%	67.8% – 85.4%
Percent physically active at least moderately	48.6%	49.5%	49.0%	39.5% – 55.7%
Percent eating 5+ fruits/vegetables per day	28.9%	24.4%	25.5%	17.1% – 36.2%
Percent currently smoking	13.7%	19.8%	18.7%	12.5% – 25.4%
Chronic Health Problems				
Percent obese	21.5%	26.3%	25.4%	14.7% – 34.8%
Percent in excellent or very good health	59.0%	54.2%	55.6%	47.1% – 64.2%
Any days when physical health was not good during the past 30 days	33.0%	35.3%	34.4%	28.7% – 39.3%
Any days when mental health was not good during the past 30 days	33.0%	33.7%	34.2%	23.4% – 42.0%
Percent with asthma	7.8%	8.4%	8.2%	4.9% – 12.0%
Percent with angina or coronary heart disease	3.2%	4.1%	3.8%	1.8% – 5.2%
Percent with diabetes	6.6%	8.0%	8.0%	5.1% – 11.0%
Death rate/100,000 for cardiovascular disease	200.5	229.6	223.0	151.2 – 308.2
Death rate/100,000 for diabetes	21.5	24.6	24.0	13.2 – 37.9
Health Care				
Percent with health insurance	89.7%	85.8%	86.4%	76.4% – 94.1%

Community/Environmental Indicators – Score = 70.8; Rank = 3 (note: most of these data were available only for the main city in the MSA)

	Washington	MSA Average	Range of all Cities
Built Environment			
Parkland as a percent of city land area	19.4%	10.6%	2.6% – 21.9%
Acres of parkland/1,000	13.1	18.7	3.4 – 130.6
Farmers' markets/1,000,000	13.4	11.0	0.3 – 33.2
Percent using public transportation to work	13.3%	4.2%	0.5% – 30.2%
Percent bicycling or walking to work	3.4%	2.7%	1.0% – 6.7%
Recreational Facilities			
Ball diamonds/10,000	2.2	1.8	0.0 – 5.3
Dog parks/10,000	0.2	0.8	0.0 – 5.8
Park playgrounds/10,000	1.7	2.2	0.9 – 4.9
Golf courses/100,000	0.5	0.9	0.0 – 2.4
Park units/10,000	6.5	4.1	1.3 – 11.0
Recreation centers/20,000	2.4	1.0	0.1 – 2.6
Swimming pools/100,000	5.9	3.2	0.2 – 12.3
Tennis courts/10,000	3.6	2.0	0.6 – 4.9
Park-related expenditures per capita	\$211	\$97	\$10 – \$268
Level of state requirement for Physical Education classes**	3	2.5	0 – 3
Number of primary health care providers per 100,000	142.3	124.4	70.0 – 201.6

**3 = required at three levels: high school, middle school and elementary school; 2= required at two levels; 1= required at only one level

Appendix A – Data Sources

Variable	Data Source	Web Site
Population Estimate	2007 U.S. Census	http://www.census.gov/popest/metro/CBSA-est-2007-annual.html
Age Groups	2007 U.S. Census	http://factfinder.census.gov/home/en/official_estimates_2007.html
Percent male	U.S. Census – 2007 American Community Survey	http://factfinder.census.gov/servlet/DatasetMainPageServlet?_program=ACS&_submenuId=&_lang=en&_ts=
Percent high school graduate or higher	U.S. Census – 2007 American Community Survey	http://factfinder.census.gov/servlet/DatasetMainPageServlet?_program=ACS&_submenuId=&_lang=en&_ts=
Percent in each race groups	U.S. Census – 2007 American Community Survey	http://factfinder.census.gov/servlet/DatasetMainPageServlet?_program=ACS&_submenuId=&_lang=en&_ts=
Percent Hispanic/Latino	U.S. Census – 2007 American Community Survey	http://factfinder.census.gov/servlet/DatasetMainPageServlet?_program=ACS&_submenuId=&_lang=en&_ts=
Percent unemployed	U.S. Census – 2007 American Community Survey	http://factfinder.census.gov/servlet/DatasetMainPageServlet?_program=ACS&_submenuId=&_lang=en&_ts=
Median household income	U.S. Census – 2007 American Community Survey	http://factfinder.census.gov/servlet/DatasetMainPageServlet?_program=ACS&_submenuId=&_lang=en&_ts=
Percent of households below poverty level	U.S. Census – 2007 American Community Survey	http://factfinder.census.gov/servlet/DatasetMainPageServlet?_program=ACS&_submenuId=&_lang=en&_ts=
Violent crime rate/100,000	FBI Uniform Crime Reporting Program 2007	http://www.fbi.gov/ucr/cius2007/data/table_06.html
Percent with disability	U.S. Census – 2007 American Community Survey	http://factfinder.census.gov/servlet/DatasetMainPageServlet?_program=ACS&_submenuId=&_lang=en&_ts=
Percent any physical activity or exercising in the last 30 days	2007 SMART BRFSS - MSA Data	http://apps.nccd.cdc.gov/brfss-smart/SelMMSAPrevData.asp
Percent physically active at least moderately	2007 SMART BRFSS – MSA Data	http://apps.nccd.cdc.gov/brfss-smart/SelMMSAPrevData.asp
Percent eating 5+ fruits/vegetables per day	2007 SMART BRFSS – MSA Data	http://apps.nccd.cdc.gov/brfss-smart/SelMMSAPrevData.asp
Percent currently smoking	2007 SMART BRFSS – MSA Data	http://apps.nccd.cdc.gov/brfss-smart/SelMMSAPrevData.asp
Percent obese	2007 SMART BRFSS – MSA Data	http://apps.nccd.cdc.gov/brfss-smart/SelMMSAPrevData.asp
Percent in excellent or very good health	2007 SMART BRFSS – MSA Data	http://apps.nccd.cdc.gov/brfss-smart/SelMMSAPrevData.asp
Any days when physical health, was not good during the past 30 days	2007 BRFSS	http://www.cdc.gov/brfss/technical_infodata/surveydata/2007.htm#data
Any days when mental health, was not good during the past 30 days	2007 BRFSS	http://www.cdc.gov/brfss/technical_infodata/surveydata/2007.htm#data
Percent with asthma	2007 SMART BRFSS – MSA Data	http://apps.nccd.cdc.gov/brfss-smart/SelMMSAPrevData.asp
Percent with angina or coronary heart disease	2007 SMART BRFSS – MSA Data	http://apps.nccd.cdc.gov/brfss-smart/SelMMSAPrevData.asp

Appendix A – Data Sources

Variable	Data Source	Web Site
Percent with diabetes	2007 SMART BRFS – MSA Data	http://apps.nccd.cdc.gov/brfss-smart/SelMMSAPrevData.asp
Death rate/100,000 for cardiovascular disease	2005 CDC Wonder	http://wonder.cdc.gov
Death rate/100,000 for diabetes	2005 CDC Wonder	http://wonder.cdc.gov
Percent with health insurance	2007 SMART BRFS – MSA Data	http://apps.nccd.cdc.gov/brfss-smart/SelMMSAPrevData.asp
Parkland as a percent of MSA land area	2007 Trust for the Public Land – City Park Facts*	http://www.tpl.org/tier3_cd.cfm?content_item_id=20531&folder_id=3208
Acres of parkland/1,000	2007 Trust for the Public Land – City Park Facts*	http://www.tpl.org/tier3_cd.cfm?content_item_id=20531&folder_id=3208
Farmers' markets/1,000,000	USDA Farmers Markets	http://apps.ams.usda.gov/FarmersMarkets/
Percent using public transportation to work	U.S. Census – 2007 American Community Survey	http://factfinder.census.gov/servlet/DatasetMainPageServlet?_program=ACS&_submenuId=&_lang=en&_ts=
Percent bicycling or walking to work	U.S. Census – 2007 American Community Survey	http://factfinder.census.gov/servlet/DatasetMainPageServlet?_program=ACS&_submenuId=&_lang=en&_ts=
Ball diamonds/10,000	2007 Trust for the Public Land – City Park Facts*	http://www.tpl.org/tier3_cd.cfm?content_item_id=20531&folder_id=3208
Dog parks/10,000	2007 Trust for the Public Land – City Park Facts*	http://www.tpl.org/tier3_cd.cfm?content_item_id=20531&folder_id=3208
Park playgrounds/10,000	2007 Trust for the Public Land – City Park Facts*	http://www.tpl.org/tier3_cd.cfm?content_item_id=20531&folder_id=3208
Golf courses/100,000	2007 Trust for the Public Land – City Park Facts*	http://www.tpl.org/tier3_cd.cfm?content_item_id=20531&folder_id=3208
Park units/10,000	2007 Trust for the Public Land – City Park Facts*	http://www.tpl.org/tier3_cd.cfm?content_item_id=20531&folder_id=3208
Recreation centers/20,000	2007 Trust for the Public Land – City Park Facts*	http://www.tpl.org/tier3_cd.cfm?content_item_id=20531&folder_id=3208
Swimming pools/100,000	2007 Trust for the Public Land – City Park Facts*	http://www.tpl.org/tier3_cd.cfm?content_item_id=20531&folder_id=3208
Tennis courts/10,000	2007 Trust for the Public Land – City Park Facts*	http://www.tpl.org/tier3_cd.cfm?content_item_id=20531&folder_id=3208
Park-related expenditures per capita	2007 Trust for the Public Land – City Park Facts*	http://www.tpl.org/tier3_cd.cfm?content_item_id=20531&folder_id=3208
Level of state requirement for Physical Education classes	2006 – School Health Policies and Programs Study	http://www.cdc.gov/HealthyYouth/shpps/2006/report-cards/index.htm
Number of primary health care providers per 100,000	HRSA Area Resource File	http://www.arfsys.com/ Note: The Area Resource File must be purchased. This web site describes the database.

*Trust for Public Land-City Park Facts for Buffalo, NY, 2008 data.

Appendix B – Members of the Expert Panel

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