

CITY RANK	Highest Ranked City & Score	100 City Average	St. Paul, MN 2022	city name	city name
Overall Rank	Arlington, VA		3	8	.
Overall Score	85.0	51.7	78.0	71.4	.

Personal Health Rank	Arlington, VA		4	19	.
Personal Health Score	86.8	50.5	76.7	65.5	.

Health Behaviors

% exercising in the last 30 days	Arlington, VA 93.8	77.6	83.3	80.9	.
% meeting aerobic activity guidelines	St. Petersburg, FL 65.4	50.9	58.9	59.0	.

% meeting	Anaheim, Highest Ranked City & Score	23.8 100 City Average	28.5 St. Paul, MN 2022	26.7 city name	.
% bicycling or walking to work	Boston, MA 19.3	4.5	11.6	4.4	.
% using public transportation to work	New York, NY 55.6	7.0	11.9	9.0	.
% consuming 2+ fruits/ day	Newark, NJ 41.7	30.9	37.9	33.5	.
% consuming 3+ vegetables/ day	San Antonio, TX 20.9	14.5	15.2	13.8	.
% sleeping 7+ hours/ day	San Jose, CA 78.8	68.0	74.4	73.9	.
% smoking	San Francisco, CA 3.8	12.8	11.6	11.8	.

Health Outcomes

% in excellent or very good health	Arlington, VA 70.1	55.9	63.9	61.3	.
% physical health not good during	Arlington, VA 16.1	27.5	27.5	28.7	.

the past 30
days

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good during the past 30 days					
% with obesity	San Jose, CA 17.8	30.0	26.3	29.6	.
% with asthma	San Jose, CA 3.5	9.4	9.1	7.4	.
% with high blood pressure	Arlington, VA 15.2	30.4	25.3	27.7	.
% with angina or coronary heart disease	San Francisco, CA 0.1	3.4	3.1	2.6	.
% with stroke	Arlington, VA 0.4	3.2	2.4	2.9	.
% with diabetes	Arlington, VA 5.2	10.3	8.1	9.6	.
Pedestrian fatality rate/ 100,000 residents	Irvine, CA 0.0	2.6	1.2	1.3	.

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Community/ Environment Score	82.5	53.4	80.0	79.9	.

Built Environment

Air Quality Index	Norfolk, VA 99.2	65.3	74.9	86.9	.
Bike Score®	Minneapolis, MN 83.5	54.2	83.5	66.9	.
% with food insecurity	Chesapeake, VA 7.2	11.5	7.7	9.7	.
Parks/ 10,000 residents	Atlanta, GA 11.2	4.1	4.3	6.2	.
% within a 10 min. walk to a park	Boston, MA & San Francisco, CA 100	71.6	98.0	99.0	.
Walk Score®	New York, NY 88.3	48.0	70.5	59.8	.

Recreational Facilities

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Basketball hoops/ 10,000 residents	Norfolk, VA 16.9	3.4	3.5	6.4	.
Park playgrounds/ 10,000 residents	Madison, WI 6.9	2.5	2.8	2.6	.
Recreational centers/ 20,000 residents	Minneapolis, MN 2.3	0.9	2.3	1.7	.
Swimming pools/ 100,000 residents	Cleveland, OH 10.9	2.3	0.9	1.3	.
Tennis courts/ 10,000 residents	Norfolk, VA 6.0	1.8	3.3	2.7	.

Policy & Funding

Local Complete Streets Policy	Multiple 2.0	1.1	1	1	.
Park expenditure/ resident (adjusted)	Minneapolis, MN \$302	\$107	\$302	\$204	.
Physical education requirement	Multiple 3.0	2.8	3	3	.

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the onset of the COVID-19 pandemic. However, these data describe the health and environmental conditions in the 100 largest U.S. cities not long before the pandemic started.

Comparisons of overall rank, score, and sub-scores to previous years should be avoided due to changes in some indicators used to calculate the ranking and scores. Individual indicators that have not changed can be compared to data from 2018 to 2022.