

SEATTLE-TACOMA-BELLEVUE MSA

Counties: King, Snohomish

Ranking: Total Score = 401; Rank = 2

Strengths:

- Higher percent graduated from high school
- Higher employment rate
- Higher median income
- Fewer below poverty level
- Higher percent exercised in the past 30 days
- More were exercising at least moderately
- More eat 5+ servings of fruit or vegetables per day
- Lower smoking rate
- Lower obesity rate
- More are in excellent or very good health status
- Lower diabetes rate
- Lower cardiovascular death rate
- Lower diabetes death rate
- More have health insurance
- More farmers' markets per capita
- More ball diamonds per capita
- More dog parks per capita
- More playgrounds per capita
- More park units per capita
- More tennis courts per capita
- Higher park-related expenditure per capita
- More primary care providers per capita

Challenges:

- Older median age of residents
- Higher percentage of residents are disabled
- Fewer swimming pools per capita

Description of Seattle-Tacoma-Bellevue MSA

	<u>Seattle</u>	<u>US value</u>	<u>All MSAs</u>
Population	3,309,347	299,398,485	6,323,285
Median age	37.1	36.4	35.8
Percent male	49.2%	49.2%	48.9%
Percent graduated high school	90.9%	84.1%	84.4%
Percent White	76.0%	73.9%	66.7%
Percent Black or African American	5.4%	12.4%	15.2%
Percent American Indian and Alaska Native	1.0%	0.8%	0.5%
Percent Asian	10.4%	4.4%	6.8%
Percent Native Hawaiian or Pacific Islander	0.6%	0.1%	0.2%
Percent Other	3.0%	6.3%	8.9%
Percent with Two or More Races	3.8%	2.0%	2.1%
Percent Hispanic/Latino	7.0%	14.8%	20.4%
Percent employed	50.5%	47.3%	48.0%
Median household income	\$73,802	\$48,451	\$62,013
Percent of population below poverty level	6.0%	9.8%	8.6%
Violent crime rate/100,000	415.9		
Percent of housing older than 1969	0.4%	0.5%	0.5%
Percent with disability	14.0%	15.1%	12.9%

ACSM American Fitness Index™ Components

Personal Health Indicators- - Score = 182; Rank = 2

	<u>Seattle</u>	<u>US</u>	<u>MSA Average</u>
Health Behaviors:			
Percent exercising in last 30 days	85.0	77.4%	76.4%
Percent exercising at least moderately	53.3%	49.1%	48.4%
Percent eating 5+ fruit/vegetables per day	27.0	27.5%	25.4%
Percent currently smoking	13.8%	20.1%	17.1%
Chronic Health Problems			
Percent obese	21.2%	25.1%	23.4%
Percent in excellent or very good health	60.2%	55.1%	54.6%
Percent with asthma	7.9%	8.5%	7.9%
Percent with diabetes	6.8%	7.5%	7.7%
Death rate/100,000 for cardiovascular disease	180.4	229.6	228.4
Death rate/100,000 for diabetes	20.7	24.6	21.9
Health Care			
Percent with health insurance	87.3%	85.8%	84.2%

Community/Environmental Indicators -- Score = 205; Rank = 2

	<u>Seattle</u>	<u>MSA Average</u>
Built Environment		
Parkland as a percent of MSA land area	11.3%	11.6%
Acres of parkland/1,000	10.5	11.0
Farmers' markets/1,000,000	4.2	3.0
Number/10,000 using public transportation to work	3.7	3.6
Number/10,000 biking or walking to work	2.4	2.1
Recreational Facilities		
Ball diamonds/10,000	2.0	1.3
Dog parks/10,000	1.9	0.6
Park playgrounds/10,000	2.3	1.8
Golf courses/100,000	0.9	0.6
Park units/10,000	7.5	3.8
Recreation centers/20,000	0.9	1.0
Swimming pools/100,000	1.7	2.6
Tennis courts/10,000	2.9	1.8
Park-related Expenditures per Capita	\$266	\$86
Level of State Requirement for PE classes (3 = highest)	3	2.6

Health Care Providers -- Score = 14; Rank = 3

Number of primary care providers/100,000	119.2	97.1
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