

CHART 2 — HEALTHIEST COMMUNITY COMPARISON: RANKING 1=BEST; 25=WORST

Metropolitan Statistical Area	Do these things...			To lower the incidence of...	With these results...				
	More Physical Activity	Higher Fruit & Vegetable Consumption	More with Health Care Coverage	Overweight/ Obesity	Lower Diabetes Rate	Lower Hypertension Rate	Lower Asthma Rate	Fewer with Limitations on Activities Due to Health	Average Rank
Metro Denver*, CO	4	8	12	2	1	3	18	3	6.4
Austin-Round Rock, TX	16	22	23	3	6	1	1	2	9.3
Seattle-Bellevue-Everett, WA	7	5	10	5	6	9	12	23	9.6
Salt Lake City, UT	3	17	14	6	3	2	18	15	9.8
Minneapolis-St. Paul-Bloomington, MN-WI	9	9	1	10	2	4	24	23	10.3
San Diego-Carlsbad-San Marcos, CA	5	2	18	17	14	12	2	13	10.4
Phoenix-Mesa-Scottsdale, AZ	6	15	20	4	10	5	5	18	10.4
Portland-Vancouver-Beaverton, OR-WA	1	3	13	8	5	6	25	23	10.5
San Francisco-Oakland-Fremont, CA	2	1	8	1	10	19	24	21	10.8
Cleveland-Elyria-Mentor, OH	10	10	5	13	21	23	3	9	11.8
Albuquerque, NM	8	25	15	9	4	7	18	13	12.4
Baltimore-Towson, MD	15	6	3	11	18	22	22	5	12.8
Columbus, OH	13	12	4	23	6	20	21	4	12.9
St. Louis, MO-IL	19	12	2	21	10	18	16	9	13.4
Atlanta-Sandy Springs-Marietta, GA	23	11	11	19	18	15	9	5	13.9
Las Vegas-Paradise, NV	14	17	22	7	16	15	5	18	14.3
Cincinnati-Middletown, OH-KY-IN	17	21	7	12	9	21	13	15	14.4
Orlando-Kissimmee, FL	20	4	16	15	20	11	11	18	14.4
Riverside-San Bernardino-Ontario, CA	11	15	19	14	23	10	15	12	14.9
Dallas-Plano-Irving, TX	24	24	25	20	17	8	5	1	15.5
Pittsburgh, PA	18	19	6	16	22	24	4	15	15.5
Kansas City, MO-KS	20	23	9	17	10	17	23	11	16.3
San Antonio, TX	12	12	21	25	25	14	16	7	16.5
Houston-Sugar Land-Baytown, TX	22	20	24	24	14	13	14	8	17.4
Tampa-St. Petersburg-Clearwater, FL	24	7	17	22	24	24	10	22	18.8

Based on National Center for Chronic Disease Prevention and Health Promotion Behavioral Risk Factor Surveillance System, 2005 Data for All MSAs

*Adams, Arapahoe, Boulder, Broomfield, Denver, Douglas and Jefferson Counties