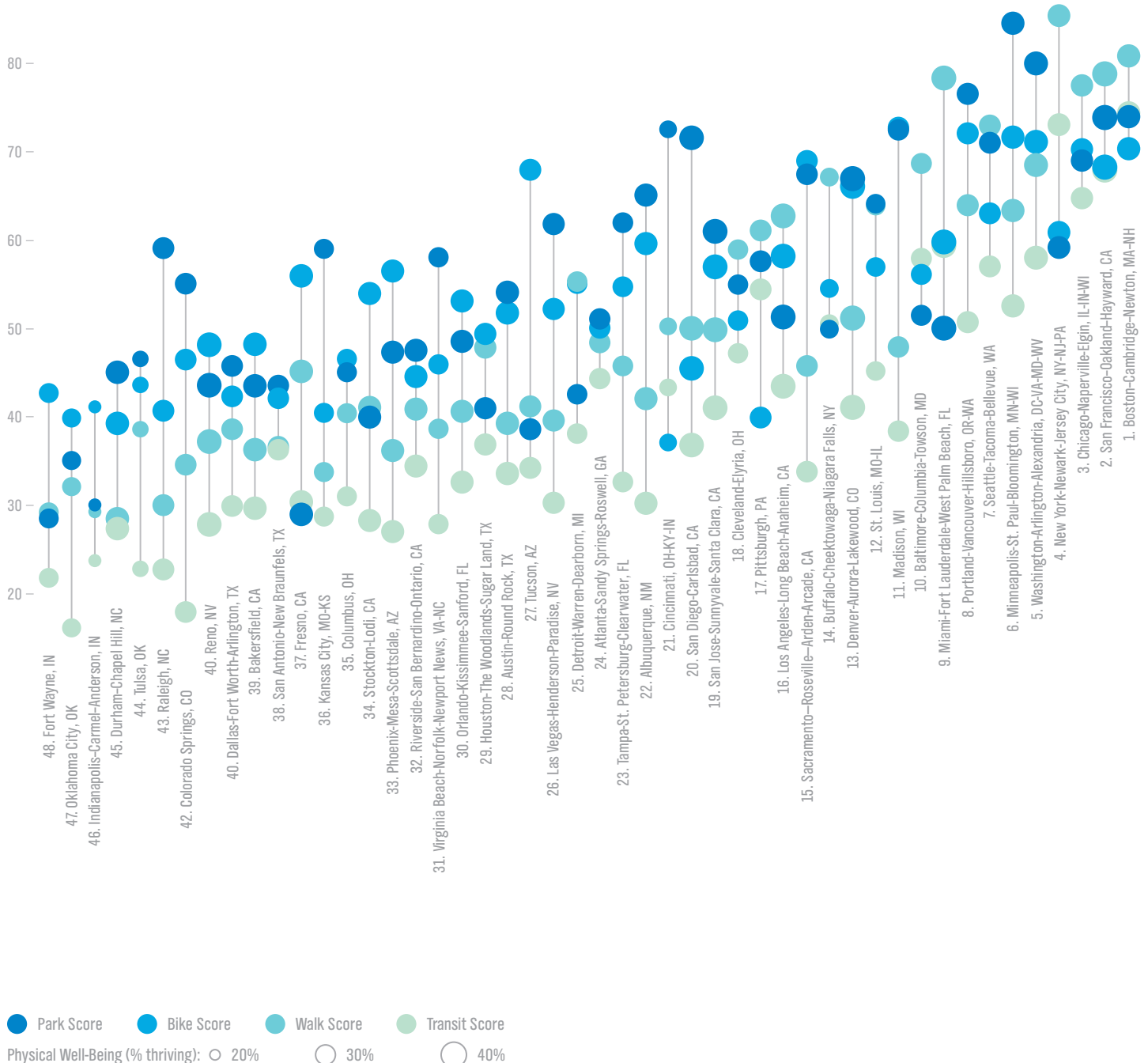


# STATE OF AMERICAN WELL-BEING

## Active Living Environment in U.S. Communities



The above chart plots Active Living metrics for 48 medium- to large-size metro communities. Communities are arranged from lowest to highest Active Living score (left to right). Results for Park score, Bike score and Walk score are shown above each community. Circle size represents the percent of those thriving in physical well-being.

# Can Your Community Make You Healthy?

Communities that want to promote well-being, balance city budgets, attract the best new workforces, and spur economic growth should prioritize investments that encourage active transportation. From protected bike lanes, mixed use development, trails, and wide sidewalks to landscaping and other amenities, it's been proven that an active transportation environment results in healthier citizens, steadier long-term growth, and a more vibrant economy.

– Dan Burden,  
director of innovation and  
inspiration, Blue Zones, LLC

This report, part of the Gallup-Healthways *State of American Well-Being* series, examines the active living environment within 48 medium- to large-size metro communities across the U.S. and the associated impact on various aspects of residents' well-being.

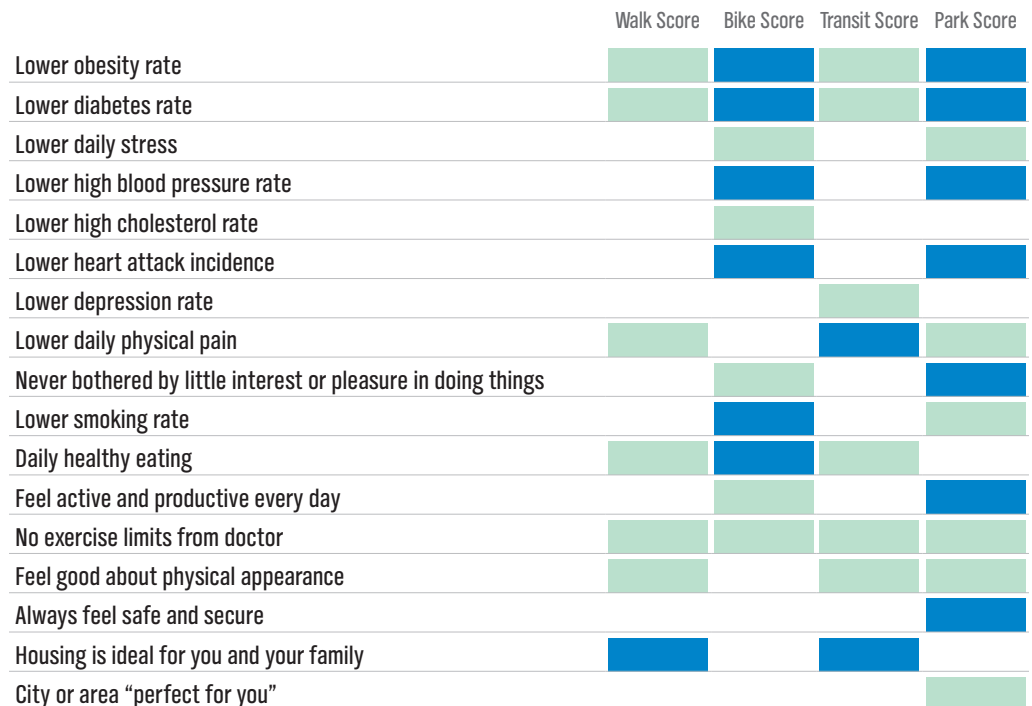
Our research shows that active living environments—those communities that invest in bike paths, parks, walkability and public transit—have residents who have better outcomes in key aspects of well-being. Across the communities that we studied nationwide, residents in the five highest active living communities have, on average, significantly **lower** rates of smoking, obesity, diabetes, high blood pressure, high cholesterol and depression; and significantly **higher** rates of exercise, healthy eating, fresh produce consumption, and those thriving in physical well-being as compared to residents in communities with low active living infrastructure.

As part of our research, Gallup and Healthways leveraged publicly available secondary data sources to analyze four key components of a community's built environment—walkability, bike-ability, parks, and public transit—and combined these data to calculate an Active Living score for each community. These four scores collectively provide powerful insight into a community's performance in key aspects of well-being. But each component of active living influences various well-being metrics differently. For example, bike and park scores have stronger correlations with lower obesity, diabetes, and blood pressure; while walk and transit score have the strongest correlation with feeling that the community's housing is ideal.

Based on the overall Active Living score, Boston and San Francisco are the top two active living communities in the U.S., followed by Chicago, New York, and Washington D.C. Indiana and Oklahoma each have two of the bottom five active living communities, with Fort Wayne, Indianapolis, Oklahoma City and Tulsa scoring low for active living infrastructure. New York and Boston are the top two communities for both walkability and transit; Madison, Wisconsin, and Portland, Oregon, have the highest bike scores; while Minneapolis and Washington, D.C., have the highest park scores.

Strength of Relationship Between Active Living Score Metrics and Key Aspects of Well-Being

- Very strong relationship; significant with 99% confidence.
- Strong relationship; significant with 95% confidence.



# Active Living Environment and its Impact on Well-Being

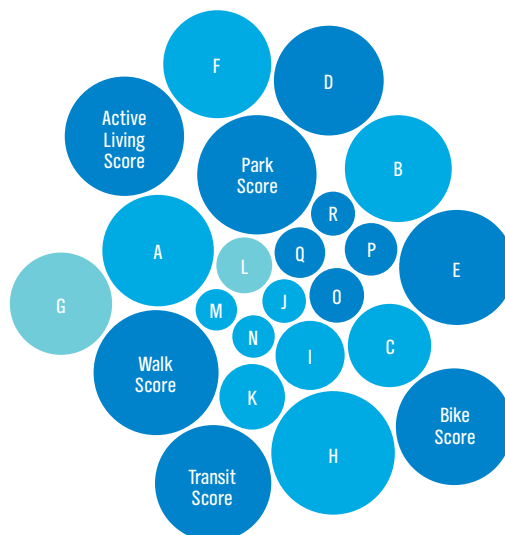
Our Blue Zones Project findings show that if we design streets for humans—not just cars—health ensues. Other studies show that if a city reduces car use by 10% and the distance to public transportation by 30%, it could expect diabetes to drop by 11% and heart disease to drop by 15%. How? Simply construct more bike lanes, charge more for parking and reduce lot sizes.

– Dan Buettner,  
National Geographic Fellow  
and New York Times Bestseller  
of *Blue Zones: Lessons from the  
World's Longest Lived People*

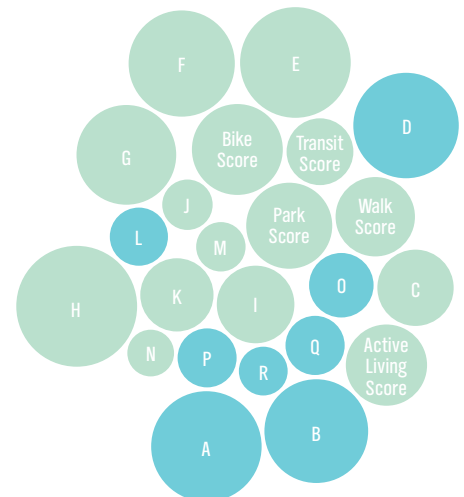
## Comparison of Highest 5 vs. Lowest 5 Active Living Communities

	Highest 5 Active Living Communities	Lowest 5 Active Living Communities	Point Difference	Percentage Difference
A. Well-Being Score	62.1	61.0	1.2	n/a
B. Life Evaluation (% thriving)	57.1	53.8	3.3	6.1%
C. Physical Well-Being (% thriving)	34.7	29.1	5.6	19.3%
D. Physical Health Near Perfect	60.3	55.6	4.7	8.5%
E. Eat Healthy All Day Yesterday	66.2	61.2	4.9	8.1%
F. Fresh Produce Consumption	58.3	56.4	1.9	3.3%
G. Exercise	52.3	49.7	2.5	5.1%
H. Someone Encourages You to be Healthy	76.3	73.0	3.4	4.6%
I. Obesity	23.9	30.1	-6.2	-20.6%
J. Diabetes	9.5	12.7	-3.1	-24.6%
K. High Blood Pressure (current)	21.5	26.8	-5.3	-19.8%
L. High Cholesterol (current)	15.6	16.9	-1.4	-8.0%
M. Depression (current)	8.6	12.2	-3.6	-29.3%
N. Little Interest or Pleasure Doing Things (% Nearly Every Day)	9.0	10.9	-1.9	-17.4%
O. Smoking	14.9	20.8	-6.0	-28.6%
P. Food Insecurity	13.8	17.4	-3.6	-20.6%
Q. Healthcare Insecurity	12.8	17.5	-4.8	-27.1%
R. Healthcare Provider Limits Exercise	9.7	11.9	-2.2	-18.5%

Highest 5 Active Living Communities



Lowest 5 Active Living Communities



This chart depicts key well-being metrics for the highest five and lowest five Active Living communities. Circle size represents the score or percentage of each metric.

- Highest Quartile
- 2<sup>nd</sup> Quartile
- 3<sup>rd</sup> Quartile
- 4<sup>th</sup> Quartile

# Best Practices to Improve Active Living in U.S. Communities

Small changes in how we live, work, and engage in our community add up to major impact for our health and economy. The quality of life in Albert Lea has turned around, thanks to Blue Zones Project's resources and our community's commitment.

– Chad Adams, city manager, Albert Lea, Minnesota

We want to do more than treat people who are sick—we want to more completely fulfill our mission of improving health and overall well-being in hopes of helping people avoid preventable illnesses in the first place. The community-based approach of Blue Zones Project is changing lives in Fort Worth for the better.

– Barclay Berdan, CEO, Texas Health Resources

There is a science to better well-being—that's what Blue Zones Project is all about. Simple, evidence-based changes to environments and routines can ensure our children know their grandchildren.

– Dr. Allen Weiss, CEO, NCH Healthcare System

Blue Zones Project is one of the most important initiatives the Beach Cities have ever taken on, giving us deeper insight into our community's health needs. Experts and policy changes help us address those concerns in order to mirror the world's healthiest, happiest people.

– Susan Burden, CEO, Beach Cities Health District

Communities around the country are taking an environmental approach to community health by creating vibrant, livable, walkable, and bikeable public spaces that foster active living and high well-being. These towns and cities are committing to infrastructure improvements that make healthy choices easier, encourage people to move naturally and develop strong social networks. Active living investments, like those highlighted below, include designing streets for all users, not just automobiles; new transportation and land use policies; as well as mixed-use housing development with diversity and walkable neighborhoods.

Best-in-class programs have cooperative efforts from schools, worksites, restaurants, grocery stores, faith-based organizations, and city government. And as is evident by the results highlighted on the following page, active living environmental changes have lasting, community-wide impact—measurably and sustainably improving residents' health and well-being.

## Adopt a Complete Streets Policy

The design, operation, and maintenance of streets that are safe, comfortable, and convenient for travel via auto, foot, bicycle, and transit by people of all ages, incomes, and abilities. Features include traffic-calming, street trees, wide sidewalks, bike lanes, etc.



## Adopt an Active Transportation Plan

The documentation of current state pedestrian, bicycling, and public-transit infrastructure, with priorities and a plan for completing improvements. The plan should address accountability, incentives, funding, implementation, and evaluation.



## Create a Safe Routes to School Plan

The enforcement, education, encouragement, and engineering strategies for safe school routes. Working with school leadership and Walking School Bus coordinators to identify safety improvements needed along common routes to school.



## Create a Parking Master Plan

Strategies to make better use of space and balance incentives to make all forms of transportation competitive. Includes an analysis of current parking environment, emphasizing the downtown, business and/or historic districts.



## Promote Housing Diversity

A mix of housing for different income levels, ages, and abilities promotes diversity and strong social networks, allowing residents to move up economically without moving out of their neighborhood.



## Adopt Parks & Open Space Master Plan

Ways for increasing and preserving green infrastructure (trees, plants, soil) and other natural areas; while leveraging biophilic design principles such as increasing tree canopy, rain gardens and green street design.



### Albert Lea, Minnesota



- Albert Lea established more than 10 miles of bike lanes and new sidewalks, and enhanced streets to support walking and biking. The city adopted policies to reduce tobacco use, and started workplace programs to promote health and social interaction. Grocery stores, restaurants, schools, and workplaces made changes to make healthy choices easier; and several restaurants added outdoor dining areas.
  - These active living improvements helped Albert Lea increase overall well-being by 2.8 points from 2014 to 2016, easily outpacing the state and nation. During this same timeframe, smoking dropped to less than 15%, below the national average of 18.5%. The percentage of residents who are eating their recommended amounts of fresh produce at least most days of each week rose to 62%, above the national average of 57.5%. Community pride increased, up seven points to 68.7%.
- 

### Beach Cities, California (Hermosa Beach, Manhattan Beach, and Redondo Beach)



- Since 2010, the Beach Cities collectively secured over \$8.1 million in transportation funding for walkability, bike-ability, and livability projects. In 2012, Hermosa Beach was recognized by the National Complete Streets Coalition for adopting the second strongest Complete Streets policy in the country. The Southern California Association of Governments awarded Redondo Beach's Herondo Street/Harbor Drive Gateway Improvement Project the 2016 Sustainability Award for Achievement in Active Transportation. The project made a heavily trafficked street safer and more bike-friendly by adding protected bike lanes, a welcome park, reverse-angle parking, a road diet, and improved pedestrian crossings.
  - Residents who are above normal weight (obese and overweight) has declined by 15% since 2010. The number of obese residents was less than half the national average, at 12.1%. Smoking declined by 17%, bringing the percentage of smokers in the Beach Cities to 8.9%. The Beach Cities' policy efforts include creating more smoke-free environments with outdoor smoking bans, multi-unit housing smoking bans, and tobacco-retailer licensing programs.
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### Marion, Iowa



- City policy in Marion requires consideration of pedestrian and cyclist needs in all street-related projects, and new developments must have sidewalks installed within five years. Guidelines integrate trees, green space, and other natural features to make streets more walkable. The city's Complete Streets policy has revitalized its historic Uptown area, diverting cars and creating a pedestrian-friendly atmosphere.
  - Since 2014, Marion has seen a 16% increase in people who feel active and productive every day, from 65.6% in 2014 to 76.2% in 2015.
- 

### Muscatine, Iowa



- Recognized by the National Complete Streets Coalition for having one of the top policies in the country, Muscatine added approximately 10 miles of new sidewalks and trails improving community connectivity and making it easier for residents to move naturally. The city converted an old rural road with a T-style intersection to a roundabout that links schools, the post office, a recreation center, and a hospital. The city added a 10-foot-wide trail along the redesigned road that now counts 10,000 pedestrian trips a year. Planning is under way to transform a four-lane highway that separates downtown from the riverfront and link the river and urban center, with pedestrian-safe crossings, reduced lanes of traffic, and green space.
  - Since 2012, Muscatine has seen a 17% increase in the percentage of residents who exercise regularly, rising from 47.5% in 2012 to 55.8% in 2016; and has seen a drop of 13.6% for those who report significant daily stress, decreasing from 40.4% in 2012 to 34.9% in 2016.
-

## Community Rankings by Active Living Score

Active Living Rank		Well-Being Index Score	Active Living Score	Walk Score	Bike Score	Transit Score	Park Score
1.	Boston-Cambridge-Newton, MA-NH	62.3	74.9	80.7	70.3	74.4	74.0
2.	San Francisco-Oakland-Hayward, CA	63.0	72.0	78.7	68.0	67.8	73.8
3.	Chicago-Naperville-Elgin, IL-IN-WI	61.4	70.4	77.5	70.2	64.7	69.0
4.	New York-Newark-Jersey City, NY-NJ-PA	61.2	69.6	85.3	60.8	73.0	59.2
5.	Washington-Arlington-Alexandria, DC-VA-MD-WV	62.8	69.4	68.4	71.0	58.0	80.0
6.	Minneapolis-St. Paul-Bloomington, MN-WI	63.0	68.0	63.3	71.7	52.5	84.5
7.	Seattle-Tacoma-Bellevue, WA	61.1	66.0	72.9	63.0	57.0	71.0
8.	Portland-Vancouver-Hillsboro, OR-WA	61.7	65.8	63.9	72.0	50.8	76.5
9.	Miami-Fort Lauderdale-West Palm Beach, FL	62.7	61.9	78.3	59.7	59.4	50.0
10.	Baltimore-Columbia-Towson, MD	60.8	58.5	68.7	56.1	57.8	51.5
11.	Madison, WI	61.7	57.8	47.9	72.6	38.3	72.5
12.	St. Louis, MO-IL	60.4	57.5	63.9	56.9	45.2	64.0
13.	Denver-Aurora-Lakewood, CO	62.5	56.2	51.1	66.1	41.0	66.8
14.	Buffalo-Cheektowaga-Niagara Falls, NY	60.6	55.5	67.1	54.5	50.4	50.0
15.	Sacramento-Roseville-Arden-Arcade, CA	61.6	54.0	45.7	68.9	33.8	67.5
16.	Los Angeles-Long Beach-Anaheim, CA	62.8	53.9	62.7	58.1	43.4	51.3
17.	Pittsburgh, PA	61.7	53.2	61.0	39.9	54.4	57.5
18.	Cleveland-Elyria, OH	60.2	53.0	58.9	50.8	47.1	55.0
19.	San Jose-Sunnyvale-Santa Clara, CA	63.7	52.2	49.8	56.9	41.0	61.0
20.	San Diego-Carlsbad, CA	63.3	50.9	49.9	45.5	36.7	71.5
21.	Cincinnati, OH-KY-IN	60.4	50.7	50.2	37.0	43.2	72.5
22.	Albuquerque, NM	61.2	49.2	42.0	59.6	30.2	65.0
23.	Tampa-St. Petersburg-Clearwater, FL	60.7	48.7	45.8	54.7	32.5	62.0
24.	Atlanta-Sandy Springs-Roswell, GA	61.5	48.4	48.4	49.9	44.3	51.0

■ Highest Quartile (1 - 12)

■ 2<sup>nd</sup> Quartile (13 - 24)

■ 3<sup>rd</sup> Quartile (25 - 36)

■ 4<sup>th</sup> Quartile (37 - 48)

Some communities may have identical scores due to rounding.

## Community Rankings by Active Living Score

Active Living Rank		Well-Being Index Score	Active Living Score	Walk Score	Bike Score	Transit Score	Park Score
25.	Detroit-Warren-Dearborn, MI	60.0	47.6	55.1	55.0	37.9	42.5
26.	Las Vegas-Henderson-Paradise, NV	61.2	45.9	39.5	52.2	30.2	61.8
27.	Tucson, AZ	61.6	45.5	41.2	67.9	34.2	38.5
28.	Austin-Round Rock, TX	63.5	44.6	39.2	51.7	33.5	54.0
29.	Houston-The Woodlands-Sugar Land, TX	62.7	43.7	47.8	49.3	36.8	41.0
30.	Orlando-Kissimmee-Sanford, FL	61.7	43.6	40.5	53.0	32.5	48.5
31.	Virginia Beach-Norfolk-Newport News, VA-NC	60.9	42.6	38.6	45.9	27.8	58.0
32.	Riverside-San Bernardino-Ontario, CA	61.6	41.8	40.8	44.6	34.4	47.5
33.	Phoenix-Mesa-Scottsdale, AZ	62.3	41.7	36.1	56.4	27.0	47.3
34.	Stockton-Lodi, CA	61.4	40.8	41.0	53.9	28.2	40.0
35.	Columbus, OH	60.8	40.7	40.4	46.5	31.0	45.0
36.	Kansas City, MO-KS	61.3	40.4	33.7	40.3	28.7	59.0
37.	Fresno, CA	61.7	40.1	45.1	55.9	30.3	29.0
38.	San Antonio-New Braunfels, TX	63.3	39.6	36.5	42.0	36.3	43.5
39.	Bakersfield, CA	60.8	39.4	36.3	48.1	29.6	43.5
40.	Dallas-Fort Worth-Arlington, TX	62.3	39.1	38.6	42.3	29.8	45.8
40.	Reno, NV	61.9	39.1	37.2	48.1	27.7	43.5
42.	Colorado Springs, CO	63.1	38.4	34.5	46.4	17.8	55.0
43.	Raleigh, NC	62.9	38.0	29.9	40.6	22.6	59.0
44.	Tulsa, OK	60.9	37.9	38.6	43.6	22.7	46.5
45.	Durham-Chapel Hill, NC	62.8	35.0	28.4	39.2	27.3	45.0
46.	Indianapolis-Carmel-Anderson, IN	59.9	31.0	29.2	41.1	23.7	30.0
47.	Oklahoma City, OK	61.0	30.7	32.1	39.8	16.0	35.0
48.	Fort Wayne, IN	60.3	30.5	29.1	42.6	21.7	28.5

■ Highest Quartile (1 - 12)

■ 2<sup>nd</sup> Quartile (13 - 24)

■ 3<sup>rd</sup> Quartile (25 - 36)

■ 4<sup>th</sup> Quartile (37 - 48)

Some communities may have identical scores due to rounding.



# STATE OF AMERICAN WELL-BEING

## Active Living Environment in U.S. Communities

### Methodology

These data are collected as part of the Gallup-Healthways Well-Being Index. Results for the 48 communities described in this report are based on 149,938 telephone interviews with U.S. adults. Gallup conducted 500 interviews a day, from Jan. 2, 2014 through Dec. 30, 2015. Gallup conducts interviews in both English and Spanish. For data collected prior to September 1, 2015, each sample of national adults includes a minimum quota of 50% cellphone respondents and 50% landline respondents. For data collected between September 1, 2015 and December 30, 2015, each sample of national adults includes a minimum quota of 60% cellphone respondents and 40% landline respondents. Additional minimum quotas by time zone within region are included in the sampling approach.

The Well-Being Index is calculated on a scale of 0 to 100, where zero represents the lowest possible well-being and 100 represents the highest possible well-being. In 2015, scores for each of the well-being elements are now also calculated on a 0 to 100 scale.

For the purposes of this report, Gallup and Healthways leveraged infrastructure data (walkability, bike-ability, transit infrastructure and parks) from Walk Score® and Park Score® in order to create an Active Living Score. Gallup and Healthways ranked MSAs by Active Living Score and compared MSAs by key items in the Well-Being Index. MSAs that were not in the Walk Score® and Park Score's® database were excluded from these rankings and this report.

Park Score® is based on an analysis of three important characteristics of an effective park system including acreage, facilities and investment, and ease of access. Walk Score® measures the walkability of any address. For each address, Walk Score analyzes hundreds of walking routes to nearby amenities. Points are awarded based on the distance to places in each category. Walk Score also measures pedestrian friendliness by analyzing population density and road metrics such as block length and intersection density. Transit Score® is a patented measure of how well a location is served by public transit on a scale from 0 to 100. Transit score sums the value of all of the nearby routes and values routes based on service level (frequency per week), mode, and distance to the nearest stop. Bike Score™ measures whether a location is good for biking on a scale from 0 - 100 based on bike lanes, hills, destinations and road connectivity, and bike commuting mode share.

To reference additional information on Gallup and Healthways Active Living research, please visit <http://www.gallup.com/businessjournal/196061/communities-built-active-living-healthier-residents.aspx>

### About Gallup

Gallup delivers forward-thinking research, analytics, and advice to help leaders solve their most pressing problems. Combining more than 75 years of experience with its global reach, Gallup knows more about the attitudes and behaviors of the world's constituents, employees, and customers than any other organization. Gallup consultants help private and public sector organizations boost organic growth through measurement tools, strategic advice, and education.

### About Healthways

Healthways is the largest independent global provider of well-being improvement solutions. Dedicated to creating a healthier world one person at a time, the company uses the science of behavior change to produce and measure positive change in well-being for our customers, which include employers, integrated health systems, hospitals, physicians, health plans, communities and government entities. The company serves approximately 68 million people on four continents.

### About Sharecare

Sharecare is a health and wellness engagement solution providing people with personalized resources to help them live their healthiest lives. Nearly 41 million people have shared more than 6 billion data points about their health status and habits with Sharecare, which uses that information to create a comprehensive health profile allowing users to access all of their health resources in one place, and dynamically connect to the knowledge, evidence-based programs and health professionals they need. Learn more at [www.sharecare.com](http://www.sharecare.com).

### About Blue Zones Project® by Healthways®

Blue Zones Project is inspired by Dan Buettner, a National Geographic Fellow and New York Times best-selling author who identified five regions of the world—or Blue Zones—with the highest concentration of people living to 100 years or older. Blue Zones Project is a community-led well-being improvement initiative designed to make healthy choices easier through permanent changes to a city's environment, policy, and social networks. Currently operating in 31 communities across 8 states, Blue Zones Project works with cities to implement policies and programs that will move a community toward optimal health and well-being. Visit [www.bluezonesproject.com](http://www.bluezonesproject.com).