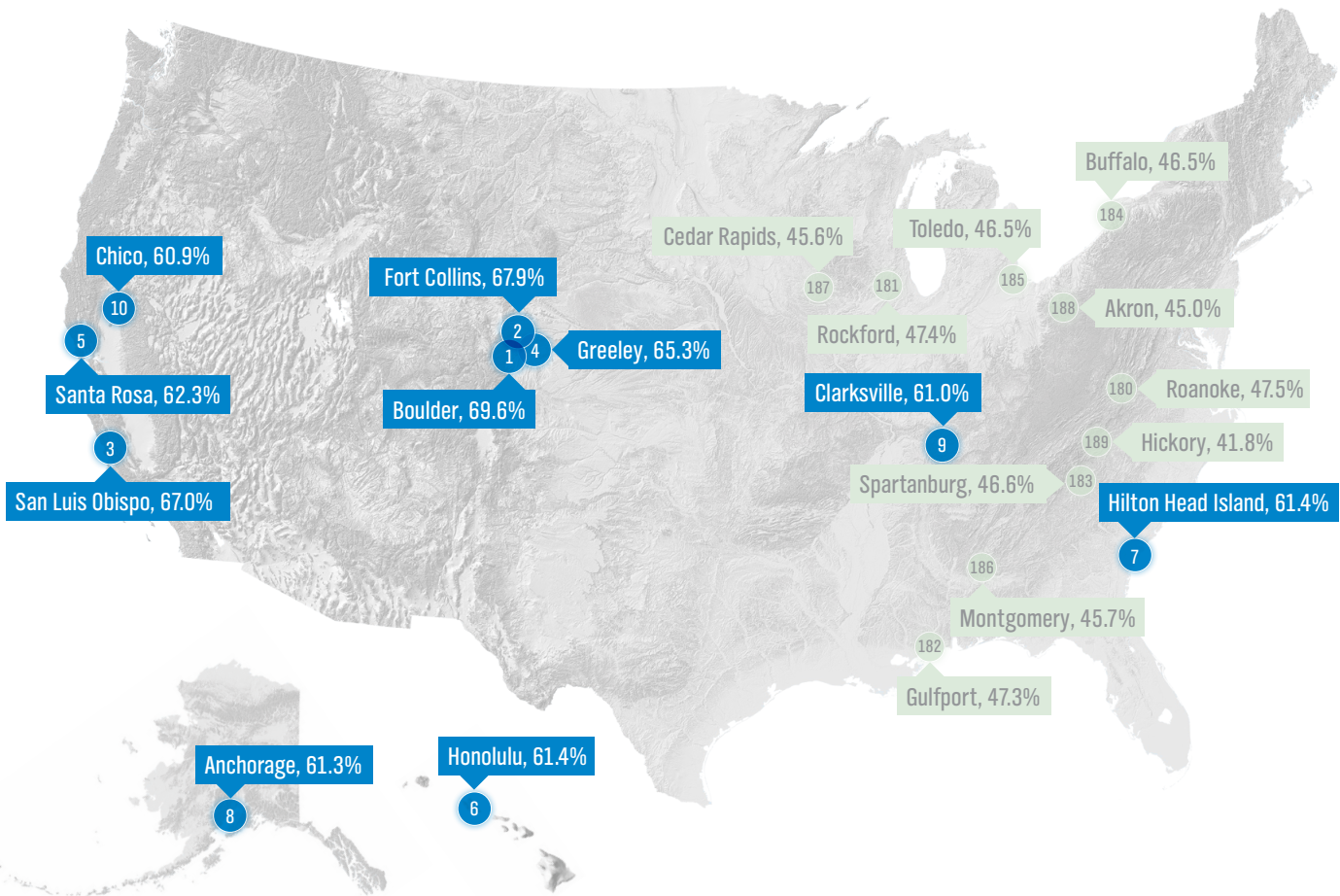


STATE OF AMERICAN WELL-BEING

2016 Community Rankings for Exercise



Highest and **Lowest** Exercise Communities in the U.S., 2015/2016
Rankings based on those exercising 30+ minutes, 3+ days in the prior week

Rates of Regular Exercise in Communities Across the Nation

This report, part of the Gallup-Sharecare *State of American Well-Being* series, examines the rate of regular exercise across the U.S. and ranks 189 communities based on the percentage of respondents in each community who indicated that they exercise 30 or more minutes, three or more days in the last week. As part of the Gallup-Sharecare Well-Being Index, U.S. adults are asked: *In the last seven days, on how many days did you exercise for 30 or more minutes?* The community results vary widely – the top communities have more than 65% of their population exercising regularly, while the lowest communities have rates of 45% or less.

In 2016, the communities with the highest rates of regular exercise are from Colorado (five communities in the top 25) and California (six communities in the top 25). Boulder, Colorado was the number one exercise community in 2016, with almost 70% of their residents indicating they exercise regularly. Boulder is a community with a track record of high well-being, high fresh produce consumption and extremely low rates of obesity. Fort Collins, Colorado was the second highest exercise community, with 67.9% of residents exercising regularly, followed by San Luis Obispo-Paso Robles-Arroyo Grande, California (67.0%), Greeley, Colorado (65.3%), and Santa Rosa, California (62.3%).

Several of the lowest exercise communities are in Ohio, a state that has six communities in the bottom 25, including Akron, Toledo, Cincinnati, Canton-Massillon, Youngstown-Warren-Boardman, and Cleveland-Elyria. Hickory-Lenoir-Morganton, North Carolina was the nation’s lowest community for regular exercise, with only 41.8% of their residents exercising regularly.

Innovative communities around the country are beginning to take an environmental approach to ensure their residents have safe and easy places to exercise. These communities are creating vibrant, livable, walkable, and bikeable public spaces and are investing in infrastructure that provides safe places to exercise and move naturally. Champions for these community health projects often include the local hospital or health system, employers in the area, regional and local health plans, and community leaders and/or some combination thereof.

U.S. Communities with Highest and Lowest Rates of Regular Exercise, 2015/2016

Percentages indicate those who exercise 30+ minutes, 3+ days in the last week

Communities with the Highest Rates of Regular Exercise		Communities with the Lowest Rates of Regular Exercise	
1. Boulder, CO	69.6	180. Roanoke, VA	47.5
2. Fort Collins, CO	67.9	181. Rockford, IL	47.4
3. San Luis Obispo-Paso Robles, CA*	67.0	182. Gulfport-Biloxi-Pascagoula, MS	47.3
4. Greeley, CO	65.3	183. Spartanburg, SC	46.6
5. Santa Rosa, CA	62.3	184. Buffalo-Cheektowaga-Niagara Falls, NY	46.5
6. Urban Honolulu, HI	61.4	185. Toledo, OH	46.5
7. Hilton Head Island-Bluffton-Beaufort, SC	61.4	186. Montgomery, AL	45.7
8. Anchorage, AK	61.3	187. Cedar Rapids, IA	45.6
9. Clarksville, TN-KY	61.0	188. Akron, OH	45.0
10. Chico, CA	60.9	189. Hickory-Lenoir-Morganton, NC	41.8

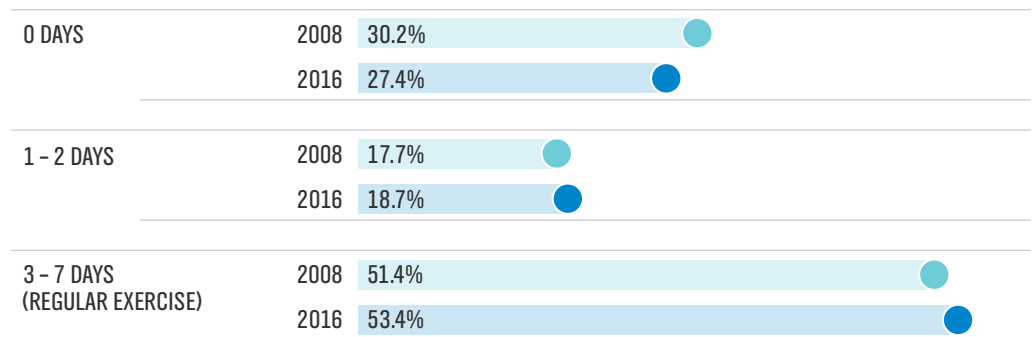
*San Luis Obispo–Paso Robles–Arroyo Grande, CA

Rates of Regular Exercise by Key Demographic Data

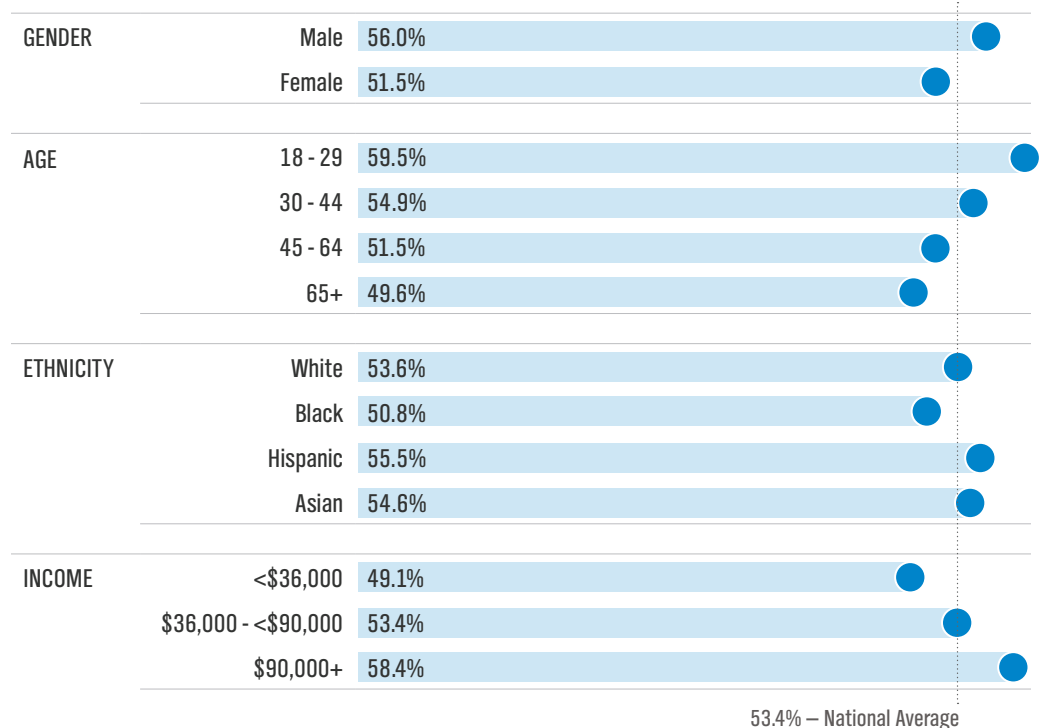
Nationally, there is good news regarding exercise as rates for regular exercise are at their highest point in the nine years since Gallup and Sharecare began measurement. Those exercising 30 minutes or more, three or more days per week jumped two percentage points from 2008, to reach 53.4% in 2016. During this same time period, those who didn't exercise at all declined by almost 3 points to 27.4%, adding to this positive national trend.

Analysis conducted by Gallup and Sharecare shows that rates of regular exercise vary by gender, age, ethnicity, and income. Males outpace females for regular exercise by 4.5 percentage points; and rates fall as people age, with 18 to 29 year olds having a 10 point higher regular exercise rate than those age 65 and above. Of the four major ethnicities in the U.S., Hispanics (55.5%) boast the highest rates of regular exercise followed by Asians (54.6%). Finally, there is a direct correlation between regular exercise rates and income – rates rise as income rises.

Days of Exercise Per Week in U.S., 2008 & 2016



Regular Exercise Rates in the U.S. by Key Demographic Data, 2016



High and Low Exercise Communities: A Comparison of Outcomes

In the highest 10 exercise communities almost two-thirds of residents exercise regularly, compared to less than half of those in the lowest 10 communities. This 18-point difference in regular exercise correlates with other positive health and well-being outcomes, including a positive relationship with other health behaviors. High exercise communities also benefit from higher rates of healthy eating, more fresh produce consumption and lower rates of smoking. Importantly, these communities have significantly lower disease burden, with residents who have much lower rates of obesity, and report approximately 30% less diagnoses of diabetes, depression, high blood pressure, high cholesterol, and heart attack, as compared with the lowest 10 communities.

High exercise communities also have residents who report higher rates of smiling, enjoyment and happiness, and they evaluate their current and future lives more positively. From a community well-being perspective, high exercise communities have populations who feel safer and more secure, have more pride in their communities, and have higher rates of impactful volunteerism. Finally, these high exercise communities also have higher purpose well-being, with residents who more frequently reach their goals and learn or do something interesting each day.

Comparison of Highest 10 versus Lowest 10 Exercise Communities

		Highest 10 Communities for Exercise	Lowest 10 Communities for Exercise	Percentage Point Difference	Percentage Difference
HEALTH BEHAVIORS	Exercise	63.8	46.0	17.8	39%
	Healthy Eating	65.7	60.4	5.3	9%
	Fresh Produce Consumption	61.0	56.5	4.5	8%
	Smoking	15.8	22.9	-7.1	-31%
DISEASE BURDEN	Obesity	23.6	33.7	-10.1	-30%
	Diabetes	9.3	13.5	-4.2	-31%
	Depression (current)	9.5	13.0	-3.5	-27%
	High Blood Pressure (current)	19.9	29.1	-9.2	-32%
	High Cholesterol (current)	12.6	18.9	-6.3	-33%
	Heart Attack	3.3	4.7	-1.4	-31%
EMOTIONAL AFFECT	Positive Emotions (smiling, enjoyment, happiness)	86.3	82.5	3.8	5%
	Life Evaluation	59.6	52.2	7.4	14%
COMMUNITY & PURPOSE WELL-BEING	Safe & Secure	82.1	74.0	8.1	11%
	Community Pride	71.0	61.7	9.3	15%
	Community Volunteerism	21.4	17.8	3.6	21%
	Reached Goals	56.7	52.6	4.1	8%
	Learn or Do Something Interesting Each Day	68.7	62.0	6.7	11%

2015/2016 Community Rankings for Exercise, Highest and Second Quintile

Rank		% Regular Exercise
1.	Boulder, CO	69.6
2.	Fort Collins, CO	67.9
3.	San Luis Obispo-Paso Robles-Arroyo Grande, CA	67.0
4.	Greeley, CO	65.3
5.	Santa Rosa, CA	62.3
6.	Urban Honolulu, HI	61.4
7.	Hilton Head Island-Bluffton-Beaufort, SC	61.4
8.	Anchorage, AK	61.3
9.	Clarksville, TN-KY	61.0
10.	Chico, CA	60.9
11.	Santa Maria-Santa Barbara, CA	60.7
12.	Colorado Springs, CO	60.7
13.	San Diego-Carlsbad, CA	60.6
14.	Burlington-South Burlington, VT	60.5
15.	Bremerton-Silverdale, WA	60.3
16.	Barnstable Town, MA	60.1
17.	Duluth, MN-WI	58.7
18.	Lynchburg, VA	58.6
19.	Denver-Aurora-Lakewood, CO	58.3
20.	Boise City-Nampa, ID	58.1
21.	Albuquerque, NM	58.1
22.	San Francisco-Oakland-Hayward, CA	57.8
23.	Portland-Vancouver-Hillsboro, OR-WA	57.7
24.	Killeen-Temple, TX	57.7
25.	Springfield, MO	57.7
26.	Fayetteville-Springdale-Rogers, AR-MO	57.6
27.	Prescott, AZ	57.5
28.	Manchester-Nashua, NH	57.2
29.	Savannah, GA	57.2
30.	Asheville, NC	57.2
31.	Pensacola-Ferry Pass-Brent, FL	57.1
32.	Tucson, AZ	57.1
33.	Los Angeles-Long Beach-Anaheim, CA	57.1
34.	Eugene, OR	57.0
35.	Gainesville, FL	56.9
36.	Durham-Chapel Hill, NC	56.9
37.	Norwich-New London, CT	56.8
38.	Santa Cruz-Watsonville, CA	56.8

Rank		% Regular Exercise
39.	El Paso, TX	56.7
40.	McAllen-Edinburg-Mission, TX	56.7
41.	Charlottesville, VA	56.7
42.	Vallejo-Fairfield, CA	56.6
43.	Sacramento-Roseville-Arden-Arcade, CA	56.6
44.	Stockton-Lodi, CA	56.4
45.	Fayetteville, NC	56.4
46.	Seattle-Tacoma-Bellevue, WA	56.3
47.	Lincoln, NE	56.3
48.	Naples-Immokalee-Marco Island, FL	56.2
49.	Minneapolis-St. Paul-Bloomington, MN-WI	56.2
50.	Oxnard-Thousand Oaks-Ventura, CA	56.2
51.	Trenton, NJ	56.1
52.	Jackson, MS	56.1
53.	Reno, NV	56.0
54.	Worcester, MA-CT	56.0
55.	Spokane-Spokane Valley, WA	56.0
56.	Bakersfield, CA	55.9
57.	Green Bay, WI	55.9
58.	Daphne-Fairhope-Foley, AL	55.9
59.	Provo-Orem, UT	55.9
60.	Ogden-Clearfield, UT	55.9
61.	Lafayette, LA	55.8
62.	Olympia, WA	55.7
63.	Charleston-North Charleston, SC	55.2
64.	Raleigh, NC	55.1
65.	San Antonio-New Braunfels, TX	55.0
66.	Ann Arbor, MI	54.9
67.	Springfield, MA	54.8
68.	Deltona-Daytona Beach-Ormond Beach, FL	54.8
69.	York-Hanover, PA	54.5
70.	Austin-Round Rock, TX	54.5
71.	Riverside-San Bernardino-Ontario, CA	54.4
72.	Oklahoma City, OK	54.3
73.	Salt Lake City, UT	54.2
74.	Binghamton, NY	54.2
75.	Portland-South Portland, ME	54.2
76.	Cape Coral-Fort Myers, FL	54.1

■ Top Quintile (1 - 38)
 ■ 2nd Quintile (39 - 76)
 ■ 3rd Quintile (77 - 113)
 ■ 4th Quintile (114 - 151)
 ■ 5th Quintile (152 - 189)

2015/2016 Community Rankings for Exercise, Third & Fourth Quintile

Rank		% Regular Exercise
77.	Dallas-Fort Worth-Arlington, TX	54.1
78.	San Jose-Sunnyvale-Santa Clara, CA	54.1
79.	Crestview-Fort Walton Beach-Destin, FL	54.1
80.	Knoxville, TN	54.0
81.	Kansas City, MO-KS	54.0
82.	Bridgeport-Stamford-Norwalk, CT	53.9
83.	Davenport-Moline-Rock Island, IA-IL	53.9
84.	Phoenix-Mesa-Scottsdale, AZ	53.8
85.	Columbus, GA-AL	53.7
86.	Palm Bay-Melbourne-Titusville, FL	53.6
87.	Charlotte-Concord-Gastonia, NC-SC	53.5
88.	Kingsport-Bristol-Bristol, TN-VA	53.5
89.	Utica-Rome, NY	53.5
90.	Salinas, CA	53.5
91.	Lake Havasu City-Kingman, AZ	53.4
92.	Wilmington, NC	53.4
93.	Corpus Christi, TX	53.4
94.	Syracuse, NY	53.3
95.	Miami-Fort Lauderdale-West Palm Beach, FL	53.3
96.	Salem, OR	53.2
97.	Mobile, AL	53.1
98.	North Port-Sarasota-Bradenton, FL	53.0
99.	Madison, WI	53.0
100.	Scranton-Wilkes-Barre-Hazleton, PA	53.0
101.	Milwaukee-Waukesha-West Allis, WI	53.0
102.	Virginia Beach-Norfolk-Newport News, VA-NC	52.9
103.	Omaha-Council Bluffs, NE-IA	52.9
104.	Boston-Cambridge-Newton, MA-NH	52.9
105.	Wichita, KS	52.8
106.	Tallahassee, FL	52.6
107.	Washington-Arlington-Alexandria, DC-VA-MD-WV	52.6
108.	Kennewick-Richland, WA	52.5
109.	New Orleans-Metairie, LA	52.5
110.	Chattanooga, TN-GA	52.4
111.	Lancaster, PA	52.4
112.	Columbia, SC	52.3
113.	Atlanta-Sandy Springs-Roswell, GA	52.3

Rank		% Regular Exercise
114.	Dayton, OH	52.3
115.	Houston-The Woodlands-Sugar Land, TX	52.3
116.	Augusta-Richmond County, GA-SC	52.0
117.	Memphis, TN-MS-AR	51.9
118.	Las Vegas-Henderson-Paradise, NV	51.8
119.	Medford, OR	51.8
120.	Richmond, VA	51.8
121.	Kalamazoo-Portage, MI	51.7
122.	Des Moines-West Des Moines, IA	51.7
123.	Tampa-St. Petersburg-Clearwater, FL	51.5
124.	Columbus, OH	51.5
125.	Evansville, IN-KY	51.5
126.	Lubbock, TX	51.5
127.	Baton Rouge, LA	51.2
128.	Little Rock-N Little Rock-Conway, AR	51.2
129.	Myrtle Beach-Conway-North Myrtle Beach, SC-NC	51.2
130.	Hartford-West Hartford-East Hartford, CT	51.1
131.	Pittsburgh, PA	51.1
132.	Allentown-Bethlehem-Easton, PA-NJ	51.0
133.	Nashville-Davidson-Murfreesboro-Franklin, TN	51.0
134.	Tulsa, OK	50.9
135.	Port St. Lucie, FL	50.9
136.	Jacksonville, FL	50.9
137.	Chicago-Naperville-Elgin, IL-IN-WI	50.9
138.	Philadelphia-Camden-Wilmington, PA-NJ-DE-MD	50.9
139.	Erie, PA	50.8
140.	Lakeland-Winter Haven, FL	50.8
141.	Albany-Schenectady-Troy, NY	50.8
142.	Shreveport-Bossier City, LA	50.6
143.	Orlando-Kissimmee-Sanford, FL	50.6
144.	St. Louis, MO-IL	50.5
145.	Lexington-Fayette, KY	50.5
146.	Providence-Warwick, RI-MA	50.5
147.	Birmingham-Hoover, AL	50.5
148.	Fresno, CA	50.3
149.	Ocala, FL	50.3
150.	Beaumont-Port Arthur, TX	50.1
151.	Salisbury, MD-DE	50.1

■ Top Quintile (1 - 38)
 ■ 2nd Quintile (39 - 76)
 ■ 3rd Quintile (77 - 113)
 ■ 4th Quintile (114 - 151)
 ■ 5th Quintile (152 - 189)

2015/2016 Community Rankings for Exercise, Fifth Quintile

Rank		% Regular Exercise
152.	Greenville-Anderson-Mauldin, SC	50.0
153.	Grand Rapids-Wyoming, MI	49.9
154.	Detroit-Warren-Dearborn, MI	49.8
155.	Winston-Salem, NC	49.6
156.	Harrisburg-Carlisle, PA	49.6
157.	Modesto, CA	49.6
158.	Reading, PA	49.5
159.	Topeka, KS	49.4
160.	South Bend-Mishawaka, IN-MI	49.3
161.	Visalia-Porterville, CA	49.3
162.	Indianapolis-Carmel-Anderson, IN	49.2
163.	Huntington-Ashland, WV-KY-OH	49.2
164.	Baltimore-Columbia-Towson, MD	49.2
165.	Cleveland-Elyria, OH	49.2
166.	Youngstown-Warren-Boardman, OH-PA	49.1
167.	New York-Newark-Jersey City, NY-NJ-PA	49.1
168.	Fort Wayne, IN	48.9
169.	Greensboro-High Point, NC	48.8
170.	Flint, MI	48.8
171.	New Haven-Milford, CT	48.7
172.	Fort Smith, AR-OK	48.6
173.	Peoria, IL	48.6
174.	Louisville-Jefferson County, KY-IN	48.3
175.	Canton-Massillon, OH	48.0
176.	Huntsville, AL	48.0
177.	Lansing-East Lansing, MI	47.9
178.	Cincinnati, OH-KY-IN	47.8
179.	Rochester, NY	47.8
180.	Roanoke, VA	47.5
181.	Rockford, IL	47.4
182.	Gulfport-Biloxi-Pascagoula, MS	47.3
183.	Spartanburg, SC	46.6
184.	Buffalo-Cheektowaga-Niagara Falls, NY	46.5
185.	Toledo, OH	46.5
186.	Montgomery, AL	45.7
187.	Cedar Rapids, IA	45.6
188.	Akron, OH	45.0
189.	Hickory-Lenoir-Morganton, NC	41.8

Percentages indicate those who exercised for 30+ minutes, 3+ days in the last week.

■ Top Quintile (1 - 38)
 ■ 2nd Quintile (39 - 76)
 ■ 3rd Quintile (77 - 113)
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STATE OF AMERICAN WELL-BEING

2016 Community Rankings for Exercise

Methodology

These data are based on a subset of 354,473 telephone interviews with U.S. adults across all 50 states and the District of Columbia, conducted from January 2, 2015 to December 30, 2016 as part of the Gallup-Sharecare Well-Being Index. In 2015, 177,281 interviews were conducted nationally; in 2016, 177,192 were conducted nationally. Gallup conducts 500 telephone interviews daily, resulting in a sample that projects to an estimated 95 percent of all U.S. adults. 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, 2016 each sample of national adults includes a minimum quota of 60% cellphone respondents and 40% landline respondents. Additional minimum quotas by time zone and within region are included in the sampling approach. Metropolitan Statistical Areas (MSAs) are based on the U.S. Office of Management and Budget definitions. Only MSAs with at least 300 completed interviews are reported, and results for each MSA are uniquely weighted according to Nielsen Claritas demographic targets.

The rankings data for this specific report are based on the survey item: *In the last seven days, on how many days did you exercise for 30 or more minutes?* Those who reported exercising 30 minutes or more, three or more days in the previous week are categorized as exercising “regularly”. Some communities will depict the same score when rounded to a single decimal. Ranks are based on the unrounded score.

Read more about community exercise trends at: <http://www.gallup.com/poll/218186/emotional-benefits-exercise-greater-older-americans.aspx>

About the Gallup-Sharecare Well-Being Index™

The Gallup-Sharecare Well-Being Index is the world’s largest data set on well-being, with over 2.5 million surveys fielded to date. The Well-Being Index provides unmatched, in-depth insight into the well-being of populations, is frequently cited by national media, and has been leveraged by Nobel laureates and academicians for peer-review and scholarly articles. Gallup interviews 500 people every day; the result is a sample that projects to an estimated 95% of U.S. adults.

The partnership between Gallup and Sharecare merges decades of clinical research, health care leadership and behavioral economics expertise to track and understand the key factors that drive greater well-being for individuals and populations. Previously known as the Gallup-Healthways Well-Being Index, the Gallup-Sharecare Well-Being Index™ was recently rebranded following Sharecare’s 2016 acquisition of Healthways. This rebrand signifies a new and exciting union of the powerful insights generated by Gallup and meaningful health engagement fostered by Sharecare, to create a healthier world through knowledge, information and action.

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