

# 2016 RICHMOND REGION FITNESS SCORECARD



Leading the Charge to Make Our Community  
the Most Physically Active in the Nation





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# I. Introduction

The Active RVA movement supports people from all corners of the Richmond Region to live an active lifestyle. Countless studies have shown that a host of chronic diseases can be prevented by moderate physical activity. A healthier community contributes to more productive workplaces and students who get daily exercise perform better in the classroom. By supporting and celebrating active living for all residents, we can make Richmond the most active region in the country.

To aid in this quest, Active RVA produces a yearly scorecard of the region's fitness level. Among other factors, the evaluation is based on the best data currently available that measures residents' physical activity levels and chronic disease rates, as well as miles of paved multi-use bike trails and bike lanes.

Every Richmonder, regardless of age or income level, deserves a more attractive and vibrant place to live where safe opportunities to walk, run, dance, swim, bike or workout abound. Active RVA believes that a community that measures and celebrates its goals and achievements is more likely to succeed in the long run at staying focused on the end result - making our region the most physically active in the nation.

Sports Backers provides staff and operational support for the Active RVA movement. For more information about how your company, school or organization can also support the Active RVA movement, please see the [www.activerva.org](http://www.activerva.org) website for more information.

# II. Richmond Region Fitness Scorecard Program

The data points used for the scorecard calculation are a combination of data used in the American College of Sports Medicine (ACSM) American Fitness Index (which are reported by reputable agencies and organizations for the metropolitan area), estimates of youth risk behaviors used in the Virginia Atlas of Community Health, and the current inventory of paved, multi-use bike trails and lanes in the Richmond region, as measured and compiled by Sports Backers staff. The data used includes the following (applies to adult population unless otherwise noted):

- Percent any physical activity or exercise in the last 30 days
- Percent meeting CDC aerobic activity guidelines
- Percent meeting both CDC aerobic and strength activity guidelines
- Percent obese
- Percent in excellent or very good health
- Percent with angina or coronary heart disease
- Percent with diabetes
- Percent of youth (age 14-19) classified as obese
- Percent of youth (age 14-19) inactive
- Percent bicycling or walking to work
- Miles of paved multi-use trails and bike lanes in the Richmond region

Last year, the ACSM updated their report to include the data points concerning the percent meeting CDC aerobic activity guidelines and percent meeting CDC aerobic and strength activity guidelines in place of the previous data point on percent physically active at least moderately. Both of these indicators are based on new questions added to the Behavior Risk Factor Surveillance Survey and replace

questions about moderate and vigorous physical activity, which are no longer asked. Data points on percent of youth obese and percent of youth inactive were also new additions to the report last year, as these are important statistics to take into account when measuring the health and fitness of our region's population.

A greater weight was assigned to the first three data points pertaining to physical activity, as these are good indicators of the overall activity levels of residents of the Richmond region. The remaining eight data points were also weighted, and the Richmond Region's data scores were then divided by the target goal for each indicator (or in cases where it is better to have a score that is equal to or lower than the target goal, the target goal was divided by Richmond's score). The resulting number was then multiplied by the assigned weight for that indicator to reach an overall score for that category. The 11 category scores were combined to reach the overall physical activity score for the Richmond region.

*\*miles of multi-use trails/bike lanes, percent of youth obese, and percent of youth inactive were divided by 1, since there is not yet a nationally or locally recognized target goal in place for those categories*

*\*percent of youth (age 14-19) inactive is classified as those who did not participate in at least 60 minutes of physical activity on any day during the seven days before the survey*

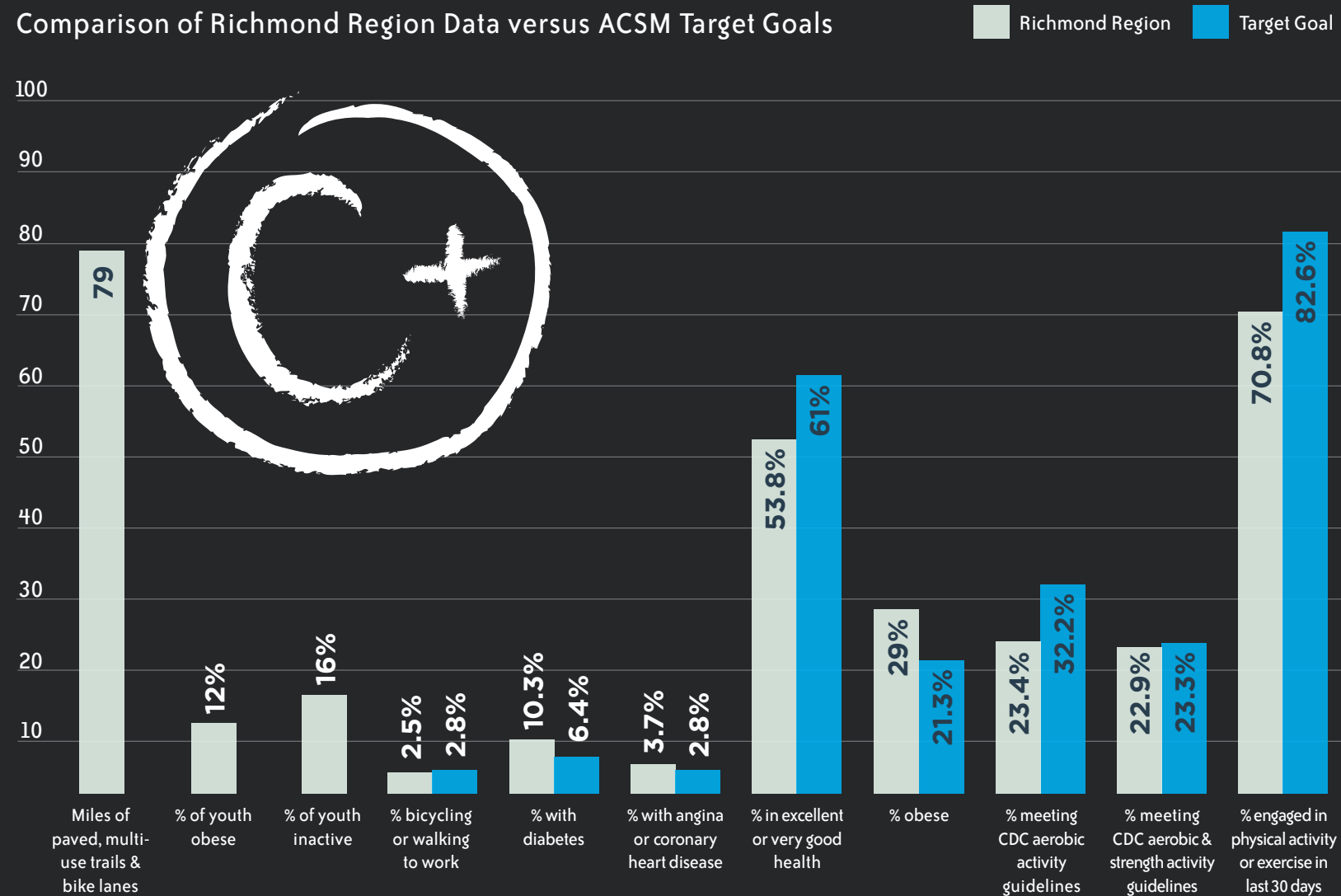
*\*target goals: for personal health indicators, the target goal is the 90th percentile for Metropolitan Statistical Areas (MSAs) during 2008-2012; for the new personal health indicators (CDC aerobic guidelines, CDC aerobic and strength guidelines) the target goals were 90 percent of the 2015 values*

*For community health indicators (percent biking/walking to work), target goal is MSA average for 2008-2012*



# III. Richmond Region Fitness Grade

Comparison of Richmond Region Data versus ACSM Target Goals



## Richmond is Striving to be in the Top 10 Percent in the Country

The Richmond Region continues to show improvements and struggles across several fitness areas, leading to an overall grade of C+ for this year.

After declining last year, the percent of people in excellent or very good health rose from 52.7 percent to 53.8 percent for the current scorecard. While Richmond does not make CDC's 20 percent target for people meeting the CDC guidelines for aerobic/strength activity, there was improvement across the region - up to 22.9 percent from 20.5 percent in 2015. In addition to the above mentioned increase in people meeting the CDC's guidelines for aerobic/strength activity, Richmond also saw an increase in the percentage that bike and/or walk to work. This marks the 4th consecutive year there has been an increase of people that bike and/or walk to work.

While there was a slight increase in overall obesity, from 28.4 percent to 29 percent, individuals with very good health also rose from 52.7 percent to 53.8 percent. Indicators on chronic disease were generally positive with individuals with heart disease maintaining at the 2015 levels of 3.7 percent and individuals with diabetes down to 10.3 percent.

Youth obesity and youth inactivity also maintain the 2015 levels with youth obesity at 12 percent and inactivity at 16 percent. That these percentages have leveled off is a positive direction. There are still serious concerns about chronic disease, youth obesity, and levels of activity. Continued improvement is needed in each of these categories

to meet or exceed the target goals. However, the momentum shows that progress continues to be made towards reaching the target goals.

One of the most dramatic updates is in the data regarding the number of paved, multi-use trails and bike lanes in the Richmond Region. With the UCI World Championships, there was an increased focus on cycling and pedestrian infrastructure throughout the year. On the heels of the City of Richmond finalizing their Bicycle Master Plan, the region's first Bike Friendly Business started in the Lakeside area of Henrico County. Additionally, the Virginia Capital Trail officially opened in October with construction also beginning on the City's first 2.25 mile bike-walk street - the first of its kind in Richmond.

The American College of Sports Medicine American Fitness Index set the target goal for personal health indicators to be the 90th percentile for Metropolitan Statistical Areas during 2008-2012. For the new personal health indicators, the target goals were 90 percent of the 2014 values. Richmond is striving to be in the top 10 percent in the country in these personal health indicators.

The goal of the Fitness Scorecard is to use the most relevant data available, such as the CDC's Behavioral Risk Factor Surveillance System and the Youth Risk Behavior Study. However, as with any survey that relies on self-reported data, there are certain limitations when interpreting that data. This includes underreporting behavior considered socially unacceptable or over reporting data that is considered desirable. There can also be variance in data from study to study depending on how and where the data was collected, but the aim remains to use the most relevant and accepted studies and measurements.



**By embracing and celebrating an active lifestyle, residents, schools, businesses, and community leaders can transform greater Richmond into the most physically active community in the nation where all residents have a healthier and higher quality of life.**



## IV. Appendix - Data Sources

### Percent any physical activity or exercising in the last 30 days:

2013 CDC BRFFS (via ACSM American Fitness Index)

[http://www.cdc.gov/brfss/annual\\_data/annual\\_2012.html](http://www.cdc.gov/brfss/annual_data/annual_2012.html)

### Percent meeting CDC aerobic activity guidelines:

2013 CDC BRFFS (Via ACSM American Fitness Index)

[http://www.cdc.gov/brfss/annual\\_data/annual\\_2011.htm](http://www.cdc.gov/brfss/annual_data/annual_2011.htm)

### Percent meeting CDC aerobic and strength activity guidelines:

2013 CDC BRFFS (Via ACSM American Fitness Index)

[http://www.cdc.gov/brfss/annual\\_data/annual\\_2011.htm](http://www.cdc.gov/brfss/annual_data/annual_2011.htm)

### Percent obese:

2013 CDC BRFFS (via ACSM American Fitness Index)

[http://www.cdc.gov/brfss/annual\\_data/annual\\_2012.html](http://www.cdc.gov/brfss/annual_data/annual_2012.html)

### Percent in excellent or very good health:

2013 CDC BRFFS (via ACSM American Fitness Index)

[http://www.cdc.gov/brfss/annual\\_data/annual\\_2012.html](http://www.cdc.gov/brfss/annual_data/annual_2012.html)

### Percent with angina or coronary heart disease:

2013 CDC BRFFS (via ACSM American Fitness Index)

[http://www.cdc.gov/brfss/annual\\_data/annual\\_2012.html](http://www.cdc.gov/brfss/annual_data/annual_2012.html)

### Percent with diabetes:

2013 CDC BRFFS (via ACSM American Fitness Index)

[http://www.cdc.gov/brfss/annual\\_data/annual\\_2012.html](http://www.cdc.gov/brfss/annual_data/annual_2012.html)

### Percent bicycling or walking to work:

U.S. Census – 2013 American Community Survey – 1-Year Estimates  
(via ACSM American Fitness Index)

<http://factfinder2.census.gov/faces/nav/jsf/pages/index.xhtml>

### Percent of youth (age 14-19) classified as obese:

2015 Virginia Atlas of Community Health

[www.atlasva.com](http://www.atlasva.com)

### Percent of youth (age 14-19) inactive:

2015 Virginia Atlas of Community Health

[www.atlasva.com](http://www.atlasva.com)



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Sports Backers is a 501(c)(3) Non-Profit Organization



Sports Backers provides staff and operational support for the Active RVA movement.