

Measuring the Health Effects of **SPRAWL**

A National Analysis of Physical Activity, Obesity and Chronic Disease

Data from the new report by **Smart Growth America** and
the **Surface Transportation Policy Project**

DISTRICT OF COLUMBIA FACT SHEET

Sprawl Scores for District of Columbia Counties

A lower number indicates a higher degree of sprawl. The mean score on the county sprawl index is 100.

Metro Area	County	County Sprawl Score
	District of Columbia data not available	
	Queen Anne's County, MD	77.24
	Carroll County, MD	81.92
	Frederick County, MD	87.09
	Stafford County, VA	87.90
	Charles County, MD	89.72
	Calvert County, MD	90.84
	Harford County, MD	92.47
Washington- Baltimore, DC-MD- VA-WV	Howard County, MD	93.65
	Loudoun County, VA	94.57
	Prince William County, VA	99.98
	Baltimore County, MD	107.02
	Anne Arundel County, MD	107.75
	Prince George's County, MD	112.42
	Montgomery County, MD	112.70
	Arlington County/Alexandria City/Fairfax County, VA	117.81
	Baltimore city, MD	162.76

For the complete report, visit www.smartgrowthamerica.org

How Sprawl Is Related to Health for each D.C. County

The table below illustrates the study's findings by calculating the expected impact of sprawl on the body mass index and weight of an average person (height- 5'7"). The last two columns calculate the expected impact of sprawl on the probability of being obese or having hypertension.

Metro Area	County	Expected Body Mass Index	Expected Weight	Expected probability of obesity	Expected probability of having hypertension
	District of Columbia data not available				
Washington-Baltimore, DC-MD-VA-WV	Queen Anne's County, MD	26.18	167.14	18.8%	24.4%
	Carroll County, MD	26.16	167.04	18.7%	24.3%
	Frederick County, MD	26.14	166.93	18.5%	24.2%
	Stafford County, VA	26.14	166.91	18.5%	24.2%
	Charles County, MD	26.14	166.87	18.4%	24.1%
	Calvert County, MD	26.13	166.84	18.4%	24.1%
	Harford County, MD	26.13	166.81	18.3%	24.1%
	Howard County, MD	26.12	166.78	18.3%	24.0%
	Loudoun County, VA	26.12	166.76	18.3%	24.0%
	Prince William County, VA	26.10	166.64	18.1%	23.9%
	Baltimore County, MD	26.08	166.49	17.9%	23.7%
	Anne Arundel County, MD	26.07	166.47	17.9%	23.7%
	Prince George's County, MD	26.06	166.37	17.7%	23.6%
	Montgomery County, MD	26.06	166.36	17.7%	23.6%
	Arlington County/Alexandria City/Fairfax County, VA	26.04	166.25	17.5%	23.5%
	Baltimore city, MD	25.88	165.26	16.2%	22.6%

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Smart Growth America • Surface Transportation Policy Project