

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**

WASHINGTON FACT SHEET

Sprawl Scores for Washington 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
Portland-Salem, OR-WA	Clark County	103.44
	Snohomish County	100.73
Seattle-Tacoma- Bremerton, WA	Pierce County	107.59
	King County	118.01

For the complete report, visit www.smartgrowthamerica.org

How Sprawl Is Related to Health for each Washington 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
Portland-Salem, OR-WA	Clark County	26.09	166.57	18.0%	23.8%
	Snohomish County	26.10	166.63	18.1%	23.9%
Seattle-Tacoma- Bremerton, WA	Pierce County	26.07	166.48	17.9%	23.7%
	King County	26.04	166.25	17.5%	23.5%