

# 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**

## ALABAMA FACT SHEET

### Sprawl Scores for Alabama 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
Birmingham, AL	St. Clair County	83.76
	Shelby County,	87.16
	Jefferson County	108.45
Mobile, AL	Baldwin County	83.16
	Mobile County	98.85
none	Walker County	84.98

For the complete report, visit [www.smartgrowthamerica.org](http://www.smartgrowthamerica.org)

### How Sprawl Is Related to Health for each Alabama 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
Birmingham, AL	St. Clair County	26.16	167.00	18.6%	24.3%
	Shelby County	26.14	166.92	18.5%	24.2%
	Jefferson County	26.07	166.46	17.8%	23.7%
Mobile, AL	Baldwin County	26.16	167.01	18.6%	24.3%
	Mobile County	26.10	166.67	18.1%	23.9%
none	Walker County	26.15	166.97	18.6%	24.2%