

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**

CALIFORNIA FACT SHEET

Sprawl Scores for California 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 |
|---|-----------------------|---------------------|
| Bakersfield, CA | Kern County | 95.07 |
| Fresno, CA | Fresno County | 98.02 |
| Los Angeles-Riverside-Orange County, CA | San Bernardino County | 100.49 |
| | Riverside County | 101.34 |
| | Ventura County | 112.72 |
| | Orange County | 131.74 |
| | Los Angeles County | 141.74 |
| Modesto, CA | Stanislaus County | 109.91 |
| Sacramento-Yolo, CA | El Dorado County | 85.67 |
| | Placer County | 95.58 |
| | Yolo County | 105.60 |
| | Sacramento County | 116.35 |
| San Diego, CA | San Diego County | 119.73 |
| San Francisco-Oakland-San Jose, CA | Sonoma County | 101.84 |
| | Napa County | 107.01 |
| | Solano County | 110.41 |
| | Santa Cruz County | 111.63 |
| | Marin County | 111.80 |
| | Contra Costa County | 115.77 |
| | Santa Clara County | 127.28 |
| | San Mateo County | 132.09 |
| | Alameda County | 136.64 |
| San Francisco County | 209.27 | |
| Santa Barbara-Santa Maria-Lompoc, CA | Santa Barbara County | 115.84 |
| Stockton-Lodi, CA | San Joaquin County | 110.94 |

For the complete report, visit www.smartgrowthamerica.org

How Sprawl Is Related to Health for each California 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 |
|---|-----------------------|---------------------------------|------------------------|--|--|
| Bakersfield, CA | Kern County | 26.12 | 166.75 | 18.3% | 24.0% |
| Fresno, CA | Fresno County | 26.11 | 166.69 | 18.2% | 23.9% |
| Los Angeles-Riverside-Orange County, CA | San Bernardino County | 26.10 | 166.63 | 18.1% | 23.9% |
| | Riverside County | 26.10 | 166.61 | 18.1% | 23.9% |
| | Ventura County | 26.06 | 166.36 | 17.7% | 23.6% |
| | Orange County | 25.99 | 165.94 | 17.1% | 23.2% |
| | Los Angeles County | 25.96 | 165.73 | 16.8% | 23.0% |
| Modesto, CA | Stanislaus County | 26.07 | 166.42 | 17.8% | 23.7% |
| Sacramento-Yolo, CA | El Dorado County | 26.15 | 166.96 | 18.6% | 24.2% |
| | Placer County | 26.12 | 166.74 | 18.2% | 24.0% |
| | Yolo County | 26.08 | 166.52 | 17.9% | 23.8% |
| | Sacramento County | 26.04 | 166.28 | 17.6% | 23.5% |
| San Diego, CA | San Diego County | 26.03 | 166.21 | 17.5% | 23.5% |
| San Francisco-Oakland-San Jose, CA | Sonoma County | 26.09 | 166.60 | 18.0% | 23.9% |
| | Napa County | 26.08 | 166.49 | 17.9% | 23.7% |
| | Solano County | 26.06 | 166.41 | 17.8% | 23.7% |
| | Santa Cruz County | 26.06 | 166.39 | 17.7% | 23.6% |
| | Marin County | 26.06 | 166.38 | 17.7% | 23.6% |
| | Contra Costa County | 26.05 | 166.30 | 17.6% | 23.6% |
| | Santa Clara County | 26.01 | 166.04 | 17.3% | 23.3% |
| | San Mateo County | 25.99 | 165.94 | 17.1% | 23.2% |
| | Alameda County | 25.97 | 165.84 | 17.0% | 23.1% |
| | San Francisco County | 25.72 | 164.24 | 14.9% | 21.6% |
| Santa Barbara-Santa Maria-Lompoc, CA | Santa Barbara County | 26.05 | 166.29 | 17.6% | 23.6% |
| Stockton-Lodi, CA | San Joaquin County | 26.06 | 166.40 | 17.8% | 23.7% |

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Smart Growth America ▪ Surface Transportation Policy Project