

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**

COLORADO FACT SHEET

Sprawl Scores for Colorado 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
Colorado Springs, CO	El Paso County	105.29
	Douglas County	94.83
Denver-Boulder-Greeley, CO	Boulder County	108.15
	Jefferson County	112.59
	Arapahoe County	114.56
	Denver/Adams County	125.56

For the complete report, visit www.smartgrowthamerica.org

How Sprawl Is Related to Health for each Colorado 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
Colorado Springs, CO	El Paso County	26.08	166.53	17.9%	23.8%
	Douglas County	26.12	166.76	18.3%	24.0%
Denver-Boulder-Greeley, CO	Boulder County	26.07	166.46	17.8%	23.7%
	Jefferson County	26.06	166.37	17.7%	23.6%
	Arapahoe County	26.05	166.32	17.6%	23.6%
	Denver/Adams County	26.01	166.08	17.3%	23.4%