

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**

CONNECTICUT FACT SHEET

Sprawl Scores for Connecticut 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
Hartford, CT	Tolland County	81.77
	Middlesex County	90.28
	Hartford County	102.75
New York-Northern New Jersey- Long Island, NY-NJ-CT-PA	New Haven County	107.10
	Fairfield County	107.34

For the complete report, visit www.smartgrowthamerica.org

How Sprawl Is Related to Health for each Connecticut 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
Hartford, CT	Tolland County	26.16	167.04	18.7%	24.3%
	Middlesex County	26.13	166.86	18.4%	24.1%
	Hartford County	26.09	166.58	18.0%	23.8%
New York-No. New Jersey- Long Island, NY-NJ-CT-PA	New Haven County	26.08	166.49	17.9%	23.7%
	Fairfield County	26.07	166.48	17.9%	23.7%