

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**

IOWA FACT SHEET

Sprawl Scores for Iowa 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
Des Moines, IA	Warren County	79.86
	Dallas County	81.68
	Polk County	105.34
Omaha, NE-IA	Pottawattamie County	93.73

For the complete report, visit www.smartgrowthamerica.org

How Sprawl Is Related to Health for each Iowa 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
Des Moines, IA	Warren County	26.17	167.08	18.7%	24.3%
	Dallas County	26.16	167.04	18.7%	24.3%
	Polk County	26.08	166.52	17.9%	23.8%
Omaha, NE-IA	Pottawattamie County	26.12	166.78	18.3%	24.0%