

# 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**

## MASSACHUSETTS FACT SHEET

### Sprawl Scores for Massachusetts 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
Boston-Worcester-Lawrence, MA-NH-ME-CT	Worcester County	99.44
	Plymouth County	100.26
	Bristol County	113.62
	Norfolk County	113.64
	Essex County	118.56
	Middlesex County	121.56
	Suffolk County	179.37
Springfield, MA NECMA	Hampshire County	87.77
	Hampden County	108.58

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

## How Sprawl Is Related to Health for each Massachusetts 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.

<b>Metro Area</b>	<b>County</b>	<b>Expected Body Mass Index</b>	<b>Expected Weight</b>	<b>Expected probability of obesity</b>	<b>Expected probability of having hypertension</b>
Boston-Worcester-Lawrence, MA-NH-ME-CT	Worcester County	26.10	166.65	18.1%	23.9%
	Plymouth County	26.10	166.64	18.1%	23.9%
	Bristol County	26.05	166.34	17.7%	23.6%
	Norfolk County	26.05	166.34	17.7%	23.6%
	Essex County	26.04	166.23	17.5%	23.5%
	Middlesex County	26.03	166.17	17.4%	23.4%
	Suffolk County	25.83	164.90	15.7%	22.2%
Springfield, MA NECMA	Hampshire County	26.14	166.91	18.5%	24.2%
	Hampden County	26.07	166.45	17.8%	23.7%

### *Measuring the Health Effects of Sprawl*

Smart Growth America ▪ Surface Transportation Policy Project