

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**

MARYLAND FACT SHEET

Sprawl Scores for Maryland 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
Philadelphia-Wilmington-Atlantic City, PA-NJ-DE-MD	Cecil County	86.87
	Queen Anne's County	77.24
Washington-Baltimore, DC-MD-VA-WV	Carroll County	81.92
	Frederick County	87.09
	Charles County	89.72
	Calvert County	90.84
	Harford County	92.47
	Howard County	93.65
	Baltimore County	107.02
	Anne Arundel County	107.75
	Prince George's County	112.42
	Montgomery County	112.70
	Baltimore city	162.76

For the complete report, visit www.smartgrowthamerica.org

How Sprawl Is Related to Health for each Maryland 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
Philadelphia-Wilmington-Atlantic City, PA-NJ-DE-MD	Cecil County	26.15	166.93	18.5%	24.2%
	Queen Anne's County	26.18	167.14	18.8%	24.4%
Washington-Baltimore, DC-MD-VA-WV	Carroll County	26.16	167.04	18.7%	24.3%
	Frederick County	26.14	166.93	18.5%	24.2%
	Charles County	26.14	166.87	18.4%	24.1%
	Calvert County	26.13	166.84	18.4%	24.1%
	Harford County	26.13	166.81	18.3%	24.1%
	Howard County	26.12	166.78	18.3%	24.0%
	Baltimore County	26.08	166.49	17.9%	23.7%
	Anne Arundel County	26.07	166.47	17.9%	23.7%
	Prince George's County	26.06	166.37	17.7%	23.6%
	Montgomery County	26.06	166.36	17.7%	23.6%
	Baltimore city	25.88	165.26	16.2%	22.6%

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Smart Growth America ▪ Surface Transportation Policy Project