

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**

MICHIGAN FACT SHEET

Sprawl Scores for Michigan 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
Detroit-Ann Arbor-Flint, MI	Lapeer County	71.56
	Livingston County	82.72
	Monroe County	83.45
	St. Clair County	88.30
	Genesee County	99.04
	Washtenaw County	99.27
	Oakland County	105.71
	Macomb County	107.27
Grand Rapids- Muskegon-Holland, MI	Wayne County	123.22
	Ottawa County	87.36
Lansing-East Lansing, MI	Kent County	98.44
	Clinton County	66.63
	Eaton County	77.36
Saginaw-Bay City- Midland, MI	Ingham County	103.26
	Midland County	82.25
	Bay County	95.10
	Saginaw County	96.22

For the complete report, visit www.smartgrowthamerica.org

How Sprawl Is Related to Health for each Michigan 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
Detroit-Ann Arbor-Flint, MI	Lapeer County	26.20	167.27	19.0%	24.5%
	Livingston County	26.16	167.02	18.6%	24.3%
	Monroe County	26.16	167.01	18.6%	24.3%
	St.Clair County	26.14	166.90	18.5%	24.2%
	Genesee County	26.10	166.66	18.1%	23.9%
	Washtenaw County	26.10	166.66	18.1%	23.9%
	Oakland County	26.08	166.52	17.9%	23.8%
	Macomb County	26.07	166.48	17.9%	23.7%
	Wayne County	26.02	166.13	17.4%	23.4%
Grand Rapids-Muskegon-Holland, MI	Ottawa County	26.14	166.92	18.5%	24.2%
	Kent County	26.11	166.68	18.1%	23.9%
Lansing-East Lansing, MI	Clinton County	26.21	167.37	19.2%	24.6%
	Eaton County	26.18	167.14	18.8%	24.4%
	Ingham County	26.09	166.57	18.0%	23.8%
Saginaw-Bay City-Midland, MI	Midland County	26.16	167.03	18.7%	24.3%
	Bay County	26.12	166.75	18.3%	24.0%
	Saginaw County	26.11	166.72	18.2%	24.0%

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Smart Growth America ▪ Surface Transportation Policy Project