

# 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**

## **NORTH CAROLINA FACT SHEET**

### **Sprawl Scores for North Carolina Counties**

A lower number indicates a higher degree of sprawl. The mean score on the county sprawl index is 100.

<b>Metro Area</b>	<b>County</b>	<b>County Sprawl Score</b>
Charlotte- Gastonia-Rock Hill, NC-SC	Union County	75.93
	Lincoln County	78.56
	York County, SC	84.11
	Rowan County	87.22
	Cabarrus County	89.47
	Gaston County	93.06
	Mecklenburg County	96.82
Greensboro-- Winston-Salem-- High Point, NC	Yadkin County	69.17
	Davie County	70.99
	Stokes County	71.26
	Randolph County	77.32
	Davidson County	85.42
	Forsyth County	96.58
Raleigh-Durham- Chapel Hill, NC	Guilford County	97.26
	Franklin County	76.50
	Orange County	86.21
	Wake County	95.89
	Durham County	99.12

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

## How Sprawl Is Related to Health for each North Carolina 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
Charlotte-Gastonia-Rock Hill, NC-SC	Union County	26.18	167.17	18.9%	24.4%
	Lincoln County	26.17	167.11	18.8%	24.4%
	York County, SC	26.15	166.99	18.6%	24.2%
	Rowan County	26.14	166.92	18.5%	24.2%
	Cabarrus County	26.14	166.87	18.4%	24.1%
	Gaston County	26.12	166.79	18.3%	24.1%
	Mecklenburg County	26.11	166.71	18.2%	24.0%
Greensboro--Winston-Salem--High Point, NC	Yadkin County	26.21	167.32	19.1%	24.6%
	Davie County	26.20	167.28	19.0%	24.5%
	Stokes County	26.20	167.27	19.0%	24.5%
	Randolph County	26.18	167.14	18.8%	24.4%
	Davidson County	26.15	166.96	18.6%	24.2%
	Forsyth County	26.11	166.72	18.2%	24.0%
	Guilford County	26.11	166.70	18.2%	24.0%
Raleigh-Durham-Chapel Hill, NC	Franklin County	26.18	167.16	18.9%	24.4%
	Orange County	26.15	166.94	18.5%	24.2%
	Wake County	26.11	166.73	18.2%	24.0%
	Durham County	26.10	166.66	18.1%	23.9%

### *Measuring the Health Effects of Sprawl*

Smart Growth America ▪ Surface Transportation Policy Project