

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**

NEW JERSEY FACT SHEET

Sprawl Scores for New Jersey 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
New York-Northern New Jersey-Long Island, NY-NJ-CT- PA	Hunterdon County	81.28
	Sussex County	91.77
	Warren County	96.66
	Somerset County	97.01
	Morris County	101.20
	Monmouth County	110.86
	Ocean County	112.14
	Mercer County	116.27
	Middlesex County	121.71
	Bergen County	130.41
	Union County	136.13
	Passaic County	140.41
Philadelphia- Wilmington- Atlantic City, PA- NJ-DE-MD	Essex County	152.13
	Hudson County	190.06
	Salem County	89.71
	Cumberland County	94.16
	Gloucester County	101.53
	Burlington County	101.58
	Camden County	123.76

For the complete report, visit www.smartgrowthamerica.org

How Sprawl Is Related to Health for each New Jersey 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
New York-Northern New Jersey-Long Island, NY-NJ-CT-PA	Hunterdon County	26.16	167.05	18.7%	24.3%
	Sussex County	26.13	166.82	18.4%	24.1%
	Warren County	26.11	166.72	18.2%	24.0%
	Somerset County	26.11	166.71	18.2%	24.0%
	Morris County	26.10	166.62	18.1%	23.9%
	Monmouth County	26.06	166.40	17.8%	23.7%
	Ocean County	26.06	166.38	17.7%	23.6%
	Mercer County	26.04	166.28	17.6%	23.5%
	Middlesex County	26.03	166.17	17.4%	23.4%
	Bergen County	26.00	165.97	17.2%	23.2%
	Union County	25.98	165.85	17.0%	23.1%
	Passaic County	25.96	165.75	16.9%	23.0%
	Essex County	25.92	165.50	16.5%	22.8%
	Hudson County	25.79	164.66	15.4%	22.0%
Philadelphia-Wilmington-Atlantic City, PA-NJ-DE-MD	Salem County	26.14	166.87	18.4%	24.1%
	Cumberland County	26.12	166.77	18.3%	24.0%
	Gloucester County	26.09	166.61	18.1%	23.9%
	Burlington County	26.09	166.61	18.1%	23.9%
	Camden County	26.02	166.12	17.4%	23.4%

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Smart Growth America ▪ Surface Transportation Policy Project