

# 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 YORK FACT SHEET

### Sprawl Scores for New York 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 |
|---|----------------------|---------------------|
| Albany-Schenectady-Troy, NY                           | Saratoga County      | 88.90               |
|   | Montgomery County    | 89.71               |
|   | Rensselaer County    | 99.04               |
|   | Albany County        | 105.13              |
|   | Schenectady County   | 108.87              |
| Buffalo-Niagara Falls, NY                             | Niagara County       | 98.52               |
|   | Erie County          | 106.81              |
| New York-Northern New Jersey-Long Island, NY-NJ-CT-PA | Hunterdon County, NJ | 81.28               |
|   | Sussex County, NJ    | 91.77               |
|   | Putnam County        | 92.69               |
|   | Warren County, NJ    | 96.66               |
|   | Somerset County, NJ  | 97.01               |
|   | Orange County        | 98.10               |
|   | Morris County, NJ    | 101.20              |
|   | New Haven County, CT | 107.10              |
|   | Fairfield County, CT | 107.34              |
|   | Suffolk County       | 109.88              |
|   | Rockland County      | 110.19              |
|   | Monmouth County, NJ  | 110.86              |
|   | Ocean County, NJ     | 112.14              |
|   | Mercer County, NJ    | 116.27              |
|   | Middlesex County, NJ | 121.71              |
| Westchester County                                    | 128.37               |                     |
| Bergen County, NJ                                     | 130.41               |                     |
| Union County, NJ                                      | 136.13               |                     |
| Nassau County   | 136.56               |                     |
| Passaic County, NJ                                    | 140.41               |                     |
| Essex County, NJ                                      | 152.13               |                     |
| Richmond County                                       | 162.89               |                     |
| Hudson County, NJ                                     | 190.06               |                     |
| Queens County   | 218.90               |                     |
| Bronx County  | 250.72               |                     |
| Kings County  | 263.65               |                     |
| New York County                                       | 352.07               |                     |

| Metro Area    | County            | County Sprawl Score |
|---------------|-------------------|---------------------|
| Rochester, NY | Wayne County      | 74.63               |
|               | Livingston County | 76.56               |
|               | Orleans County    | 79.66               |
|               | Ontario County    | 79.85               |
|               | Monroe County     | 103.62              |
| Syracuse, NY  | Madison County    | 75.57               |
|               | Oswego County     | 83.93               |
|               | Onondaga County   | 101.73              |
| none          | Greene County     | 76.67               |

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

## How Sprawl Is Related to Health for each New York 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 |
|---|----------------------|--------------------------|-----------------|---------------------------------|---|
| Albany-Schenectady-Troy, NY                           | Saratoga County      | 26.14                    | 166.89          | 18.5%                           | 24.1%                                       |
|   | Montgomery County    | 26.14                    | 166.87          | 18.4%                           | 24.1%                                       |
|   | Rensselaer County    | 26.10                    | 166.66          | 18.1%                           | 23.9%                                       |
|   | Albany County        | 26.08                    | 166.53          | 17.9%                           | 23.8%                                       |
|   | Schenectady County   | 26.07                    | 166.45          | 17.8%                           | 23.7%                                       |
| Buffalo-Niagara Falls, NY                             | Niagara County       | 26.11                    | 166.67          | 18.1%                           | 23.9%                                       |
|   | Erie County          | 26.08                    | 166.49          | 17.9%                           | 23.8%                                       |
| New York-Northern New Jersey-Long Island, NY-NJ-CT-PA | Hunterdon County, NJ | 26.16                    | 167.05          | 18.7%                           | 24.3%                                       |
|   | Sussex County, NJ    | 26.13                    | 166.82          | 18.4%                           | 24.1%                                       |
|   | Putnam County        | 26.13                    | 166.80          | 18.3%                           | 24.1%                                       |
|   | Warren County, NJ    | 26.11                    | 166.72          | 18.2%                           | 24.0%                                       |
|   | Somerset County, NJ  | 26.11                    | 166.71          | 18.2%                           | 24.0%                                       |
|   | Orange County        | 26.11                    | 166.68          | 18.2%                           | 23.9%                                       |
|   | Morris County, NJ    | 26.10                    | 166.62          | 18.1%                           | 23.9%                                       |
|   | New Haven County, CT | 26.08                    | 166.49          | 17.9%                           | 23.7%                                       |
|   | Fairfield County, CT | 26.07                    | 166.48          | 17.9%                           | 23.7%                                       |
|   | Suffolk County       | 26.07                    | 166.42          | 17.8%                           | 23.7%                                       |
|   | Rockland County      | 26.06                    | 166.42          | 17.8%                           | 23.7%                                       |
|   | Monmouth County, NJ  | 26.06                    | 166.40          | 17.8%                           | 23.7%                                       |
|   | Ocean County, NJ     | 26.06                    | 166.38          | 17.7%                           | 23.6%                                       |
|   | Mercer County, NJ    | 26.04                    | 166.28          | 17.6%                           | 23.5%                                       |
|   | Middlesex County, NJ | 26.03                    | 166.17          | 17.4%                           | 23.4%                                       |
|   | Westchester County   | 26.00                    | 166.02          | 17.2%                           | 23.3%                                       |
|   | Bergen County, NJ    | 26.00                    | 165.97          | 17.2%                           | 23.2%                                       |
|   | Union County, NJ     | 25.98                    | 165.85          | 17.0%                           | 23.1%                                       |
|   | Nassau County        | 25.97                    | 165.84          | 17.0%                           | 23.1%                                       |
|   | Passaic County, NJ   | 25.96                    | 165.75          | 16.9%                           | 23.0%                                       |

| <b>Metro Area</b>  | <b>County</b>     | <b>Expected<br/>Body<br/>Mass<br/>Index</b> | <b>Expected<br/>Weight</b> | <b>Expected<br/>probability<br/>of obesity</b> | <b>Expected<br/>probability<br/>of having<br/>hypertension</b> |
|--|-------------------|---|----------------------------|--|--|
| New York-<br>Northern New<br>Jersey-Long<br>Island, NY-NJ-CT-<br>PA (cont'd) | Essex County, NJ  | 25.92                                       | 165.50                     | 16.5%  | 22.8%  |
|  | Richmond County   | 25.88                                       | 165.26                     | 16.2%  | 22.6%  |
|  | Hudson County, NJ | 25.79                                       | 164.66                     | 15.4%  | 22.0%  |
|  | Queens County     | 25.69                                       | 164.03                     | 14.7%  | 21.4%  |
|  | Bronx County      | 25.58                                       | 163.33                     | 13.8%  | 20.8%  |
|  | Kings County      | 25.54                                       | 163.05                     | 13.5%  | 20.5%  |
|  | New York County   | 25.23                                       | 161.11                     | 11.5%  | 18.9%  |
| Rochester, NY  | Wayne County      | 26.19                                       | 167.20                     | 18.9%  | 24.5%  |
|  | Livingston County | 26.18                                       | 167.16                     | 18.8%  | 24.4%  |
|  | Orleans County    | 26.17                                       | 167.09                     | 18.7%  | 24.3%  |
|  | Ontario County    | 26.17                                       | 167.08                     | 18.7%  | 24.3%  |
|  | Monroe County     | 26.09                                       | 166.56                     | 18.0%  | 23.8%  |
| Syracuse, NY   | Madison County    | 26.18                                       | 167.18                     | 18.9%  | 24.4%  |
|  | Oswego County     | 26.16                                       | 166.99                     | 18.6%  | 24.2%  |
|  | Onondaga County   | 26.09                                       | 166.60                     | 18.0%  | 23.9%  |
| none   | Greene County     | 26.18                                       | 167.15                     | 18.8%  | 24.4%  |

## ***Measuring the Health Effects of Sprawl***

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