

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**

PENNSYLVANIA FACT SHEET

Sprawl Scores for Pennsylvania 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
Allentown- Bethlehem-Easton, PA	Carbon County	93.99
	Northampton County	110.65
	Lehigh County	119.67
Harrisburg- Lebanon-Carlisle, PA	Perry County	82.91
	Cumberland County	97.64
	Lebanon County	102.33
	Dauphin County	113.77
Lancaster, PA	Lancaster County	94.09
Philadelphia- Wilmington- Atlantic City, PA- NJ-DE-MD	Cecil County, MD	86.87
	Salem County, NJ	89.71
	Chester County	89.84
	Cumberland County, NJ	94.16
	Bucks County	100.15
	Gloucester County, NJ	101.53
	Burlington County, NJ	101.58
	Montgomery County	107.06
	New Castle County, DE	114.83
	Camden County, NJ	123.76
Pittsburgh, PA	Delaware County	125.34
	Philadelphia County	187.78
	Fayette County	98.66
	Westmoreland County	100.53
Scranton--Wilkes- Barre--Hazleton, PA	Washington County	100.95
	Beaver County	105.52
	Allegheny County	120.99
	Wyoming County	78.64
York, PA	Columbia County	92.46
	Luzerne County	107.09
	Lackawanna County	111.01
none	York County	94.78
none	Adams County	81.01
none	Monroe County	86.35

For the complete report, visit www.smartgrowthamerica.org

How Sprawl Is Related to Health for each Pennsylvania 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
Allentown-Bethlehem-Easton, PA	Carbon County	26.12	166.77	18.3%	24.0%
	Northampton County	26.06	166.41	17.8%	23.7%
	Lehigh County	26.03	166.21	17.5%	23.5%
Harrisburg-Lebanon-Carlisle, PA	Perry County	26.16	167.02	18.6%	24.3%
	Cumberland County	26.11	166.69	18.2%	24.0%
	Lebanon County	26.09	166.59	18.0%	23.8%
Lancaster, PA	Dauphin County	26.05	166.34	17.7%	23.6%
	Lancaster County	26.12	166.77	18.3%	24.0%
	Cecil County, MD	26.15	166.93	18.5%	24.2%
Philadelphia-Wilmington-Atlantic City, PA-NJ-DE-MD	Salem County, NJ	26.14	166.87	18.4%	24.1%
	Chester County	26.13	166.87	18.4%	24.1%
	Cumberland County, NJ	26.12	166.77	18.3%	24.0%
	Bucks County	26.10	166.64	18.1%	23.9%
	Gloucester County, NJ	26.09	166.61	18.1%	23.9%
	Burlington County, NJ	26.09	166.61	18.1%	23.9%
	Montgomery County	26.08	166.49	17.9%	23.7%
	New Castle County, DE	26.05	166.32	17.6%	23.6%
	Camden County, NJ	26.02	166.12	17.4%	23.4%
	Delaware County	26.01	166.09	17.3%	23.4%
Pittsburgh, PA	Philadelphia County	25.80	164.71	15.5%	22.1%
	Fayette County	26.10	166.67	18.1%	23.9%
	Westmoreland County	26.10	166.63	18.1%	23.9%
	Washington County	26.10	166.62	18.1%	23.9%
	Beaver County	26.08	166.52	17.9%	23.8%
Scranton--Wilkes-Barre--Hazleton, PA	Allegheny County	26.03	166.18	17.4%	23.4%
	Wyoming County	26.17	167.11	18.8%	24.4%
	Columbia County	26.13	166.81	18.3%	24.1%
	Luzerne County	26.08	166.49	17.9%	23.7%
York, PA	Lackawanna County	26.06	166.40	17.8%	23.7%
	York County	26.12	166.76	18.3%	24.0%
none	Adams County	26.17	167.06	18.7%	24.3%
none	Monroe County	26.15	166.94	18.5%	24.2%

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Smart Growth America • Surface Transportation Policy Project