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TEN REASONS

Why Sprawl Is Hazardous to Your Health

1. **It's stressful.** Thanks largely to sprawl, the average American driver spends 443 hours a year behind the wheel. (Federal Highway Administration; AAA Foundation for Traffic Safety)
2. **It scars your lungs.** All that driving pollutes the air, causing respiratory illnesses. When traffic was restricted in Atlanta during the 1996 Olympics, asthma-related emergencies dropped 42 percent. (Physicians for Social Responsibility; Sprawl Watch Clearinghouse)
3. **It's toxic.** Suburban lawns are treated with more pesticides per acre than croplands, exposing residents to chemicals that can cause cancer and damage neurological and reproductive systems. (Environmental Media Services)
4. **It spreads disease.** As sprawl penetrates deeper into woodland clearings where deer thrive, deer-tick-borne Lyme disease has soared from 120 cases annually to almost 18,000 in the past 20 years. (Biodiversity Project; Lyme Disease Foundation)
5. **It's treacherous.** Subdivisions are often built far from vital infrastructure like hospitals. Every minute a heart-attack victim waits for an ambulance reduces the chance of survival by 10 percent. (Biodiversity Project)
6. **It pollutes your water.** Each year, sprawl destroys 100,000 acres of pollutant-absorbing wetlands. (Sierra Club Challenge to Sprawl Campaign)
7. **It limits your food choices.** Locally produced food requires fewer pesticides and preservatives, but it becomes harder to find as sprawl destroys some half a million acres of farmland a year. (American Farmland Trust; USDA Economic Research Service)
8. **It empties your wallet.** Families in sprawling neighborhoods spend \$1,300 more each year on transportation than those in denser areas. Wouldn't you feel sick if you squandered your kids' college tuition hauling them

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to kindergarten? (Surface Transportation Policy Project)

9. **It can kill you.** The more you have to drive the more likely you'll be one of 43,000 annual traffic fatalities. (Sprawl Watch Clearinghouse)

10. **It's fattening.** Carbound communities' sedentary lifestyle has been linked to a 50 percent increase in obesity. Is it time to curb our appetite for development or for doughnuts? Probably both. (Washington Post, January 21, 2001; National Institute of Diabetes and Digestive and Kidney Diseases)

-- J.H.

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