

Neighbourhood Built Environment and Weight Status

Neighbourhood built characteristics are associated with physical activity⁽¹⁾ and obesity risk^(2,3). A recent Canadian study estimated the associations between measure of weight status including body mass index (BMI), waist circumference (WC), and waist-to-hip ratio (WHR) and neighbourhood built characteristics.

Several neighbourhood characteristics within 400m of home were associated with better weight status (lower risk) and the importance of some characteristics differed for men and women.



More 4-way Intersections & Higher Walkability



More Green Space



Lower risk of Overweight & Obesity



Lower risk of Abdominal Obesity

Among men...

Among women...



Higher number of Businesses & Walkability



More Green Space



Lower risk of Overweight & Obesity



Lower risk of Overweight & Obesity

&

&



Higher Population & Walkability



More Green Space



Lower risk of Obesity



Lower risk of Abdominal Obesity

Urban planning decisions could influence population health via the relationship between the local built environment and weight status.

***For more information:**

Vikram Nichani, Liam Turley, Jennifer E. Vena, Gavin R. McCormack. Associations between the neighbourhood built environment and body mass index, waist circumference, and waist-to-hip ratio: findings from Alberta's Tomorrow Project. *Health and Place*. 2020; 64: 102357.

References:

1. Van Dyck D, Cerin E, Cardon G, Deforche B, Sallis JF, Owen N, et al. Physical activity as a mediator of the associations between neighbourhood walkability and adiposity in Belgian adults. *Health & Place*. 2010; 16(5):952-60.
2. Sarkar C. Residential greenness and adiposity: Findings from the UK Biobank. *Environment International*. 2017; 106:1-10.
3. Poulou T, Elliott SJ, Paez A, Newbold KB. Building obesity in Canada: understanding the individual- and neighbourhood-level determinants using a multi-level approach. *Geospatial Health*. 2014; 9(1):45-55.



BUILT ENVIRONMENT
AND
HEALTHY LIVING
www.BEHealthyLivingLab.com