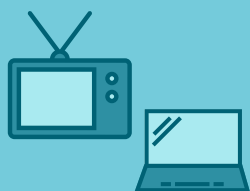


# DRIVING TOWARDS OBESITY

Higher levels of sedentary behaviour can contribute to poor weight status and adverse health outcomes

## SEDENTARY BEHAVIOUR

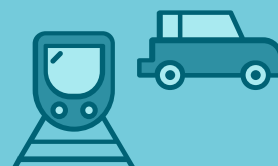
includes



screen time



prolonged sitting  
or lying down



seated  
transportation

a recent review\* examined the relationship between motor vehicle driving and the weight status of adult populations

## INCREASED DRIVING TIME AND DISTANCE



were associated with poor weight outcomes among adults



Interventions that encourage active modes of transportation and reduced reliance on motor vehicles might promote healthy weight in adults

### \* For more information:

McCormack, G. R., & Virk, J. S. (2014). Driving towards obesity: A systematized literature review on the association between motor vehicle travel time and distance and weight status in adults. *Preventive Medicine*, 66, 49–55. doi: 10.1016/j.ypmed.2014.06.002

### References

1. French, S.A., Story, M., Jeffery, R.W., 2001. Environmental influences on eating and physical activity. *Annu. Rev. Public Health* 22, 309–335



**BUILT ENVIRONMENT**  
AND  
**HEALTHY LIVING**

[www.BEHealthyLivingLab.com](http://www.BEHealthyLivingLab.com)