

BUILDING ACTIVE + FIT COMMUNITIES

Neighbourhood built environments and green spaces may support physical activity but little is known about how they support health-related fitness¹.

A recent study* examined the associations between neighbourhood walkability and perceived health-related fitness in adults.

WALKABILITY MEASURES



BASED ON PERCEPTIONS

Physical Activity Neighborhood Environment Scale (PANES)

neighbourhood walkability

Parks Perceptions Index (PPI)

physical activity supports in neighbourhood parks



OBJECTIVELY MEASURED

Walk Score®

calculated based on the walking distance to amenities

HEALTH-RELATED FITNESS

Though physical fitness is multidimensional, **three variables** can reflect an individual's overall health:



muscular strength



cardiorespiratory fitness



flexibility

ASSOCIATIONS

between walkability measures and perceived health-related fitness

FITNESS VARIABLES

PANES

PPI

Walk Score®



cardio respiratory fitness



muscular strength



flexibility



Perceptions of neighbourhood walkability and quality of parks are associated with health-related fitness in adults

*For more information:

McCormack, G.R., Frehlich, L., Blackstaffe, A., Turin, T.C., Doyle-Baker, P.K. Active and Fit Communities. Associations between Neighborhood Walkability and Health-Related Fitness in Adults. Int. J. Environ. Res. Public Health, 2020, 17, 1131.

References

1. McCormack, G.R.; Shiell, A. In search of causality: A systematic review of the relationship between the built environment and the physical activity among adults. Int. J. Behav. Nutr. Phys. Act. 2011, 8, 125.



**BUILT ENVIRONMENT
AND
HEALTHY LIVING**
www.BEHealthyLivingLab.com