

The environment, physical activity and obesity

physical activity → obesity

Ecological models:

psychosocial factors

personal factors

neighborhood environment

→ physical activity


neighborhood environment - - - - -> obesity



physical activity



Measurement of physical activity and neighborhood

	Objective	Subjective
Physical activity	<p>accelerometers</p> 	<p>questionnaires log books</p>
Neighborhood environment	<p>geographical information systems neighborhood audit google streetview</p>	<p>questionnaires (e.g. NEWS)</p>

Direct relationship: neighborhood and physical activity in children

➤ active transportation to school

- Household distance from school

+ Walkability, accessibility

(+) density, pedestrian crossings, general safety

0 aesthetics, crime safety, traffic safety and recreation facilities

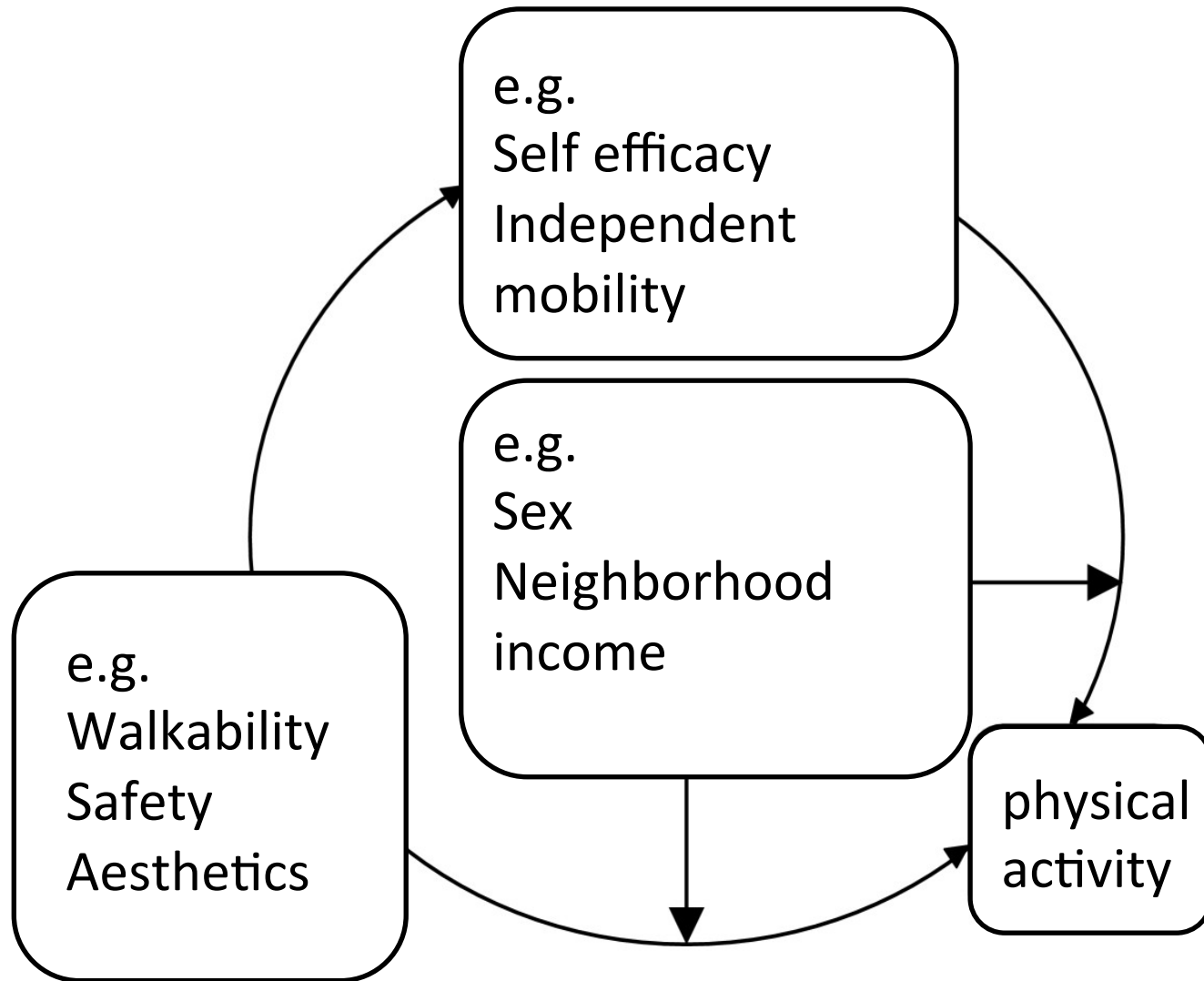
➤ walking and cycling during leisure

moderate- to vigorous- intensity physical activity

total physical activity

Unrelated to the neighborhood environment

Indirect relationship: neighborhood and physical activity



Interventions in the neighborhood

Most interventions: increasing the availability of play spaces for children

- park improvements in Australia
- park renovations in the USA
- an urban greenway/trail to increase connectivity for pedestrians in the USA
- schoolyards were made available after school hours on week- and weekend days as a safe play space for children in the USA

⇒ children's physical activity increased