

Measuring Canadian Perceptions of Neighbourhood Environments and Physical Activity

The Physical Activity Neighborhood Environment Scale (PANES) measures perceptions of how activity-friendly one's neighbourhood is.¹ Items measured include:

HOUSING TYPE

E.g. single-family homes, townhomes, multi-story apartments



LAND USE & DIVERSITY

E.g. access to a mix of destinations close to home



DESTINATION PROXIMITY

E.g. Transportation or recreational destinations close to home



According to a recent study,* the PANES is reliable among Canadian adults & related to overall neighbourhood walkability



Neighbourhood Perceptions



Overall Walkability

The PANES provides valid & reliable estimates of neighbourhood supportiveness for physical activity.

*For more information:

Levi Frehlich, Anita Blackstaffe & Gavin R. McCormack (2019): Test-retest Reliability and Construct Validity of an Online and Paper Administered Physical Activity Neighborhood Environment Scale (PANES), Measurement in Physical Education and Exercise Science, DOI: 10.1080/1091367X.2019.1641099

References:

1) Sallis, J. F., Bowles, H. R., Bauman, A., Ainsworth, B. E., Bull, F. C., Craig, C. L., ... Bergman, P. (2009). Neighborhood environments and physical activity among adults in 11 countries. American Journal of Preventive Medicine, 36(6), 484-490. doi:10.1016/j.amepre.2009.01.031



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