

# DOES RESIDENTIAL RELOCATION AFFECT PHYSICAL ACTIVITY?

Residential relocation studies are important for understanding the relationship between the built environment (BE) and physical activity (PA)<sup>(1)</sup>.



A Canadian study compared changes in PA following residential relocation in a sample of adults. Participants were categorized into three groups:

## NEIGHBOURHOOD WALKABILITY



"DECLINERS"

Moved to a less walkable neighbourhood



"MAINTAINERS"

Moved to an equally walkable neighbourhood



"IMPROVERS"

Moved to a more walkable neighbourhood

## FINDINGS

### TRANSPORTATION WALKING

Compared to walkability maintainers...

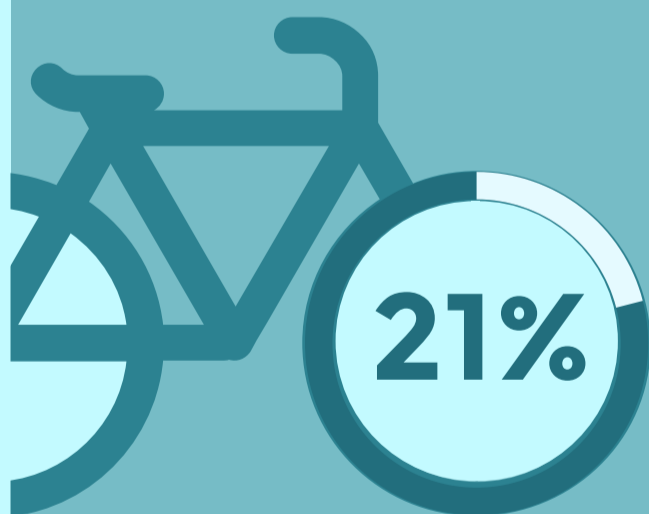


Walkability improvers perceived the greatest overall change in their walking.



Walkability decliners perceived the greatest decrease in their walking.

### TRANSPORTATION CYCLING



more walkability improvers perceived an increase in their transportation cycling relative to walkability maintainers.

Changes in PA following relocation to a neighbourhood with different walkability provides support for the BE-PA relationship.

\*For more information:  
McCormack, G.R., McLaren, L., Salvo, G., & Blackstaffe, A. (2017) Changes in Objectively-Determined Walkability and Physical Activity in Adults: A Quasi-Longitudinal Residential Relocation Study. *International Journal of Environmental Research and Public Health*, 14(5), 551. doi:10.3390/ijerph14050551

#### References:

1) Keall, M.; Chapman, R.; Howden-Chapman, P.; Witten, K.; Abrahamse, W.; Woodward, A. Increasing active travel: Results of a quasi-experimental study of an intervention to encourage walking and cycling. *J. Epidemiol. Community Health* 2015, 69, 1184-1190.



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