

# 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., & Blackstafte, 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.



## BUILT ENVIRONMENT AND

## HEALTHY LIVING

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