

Residential Relocation and Physical Activity

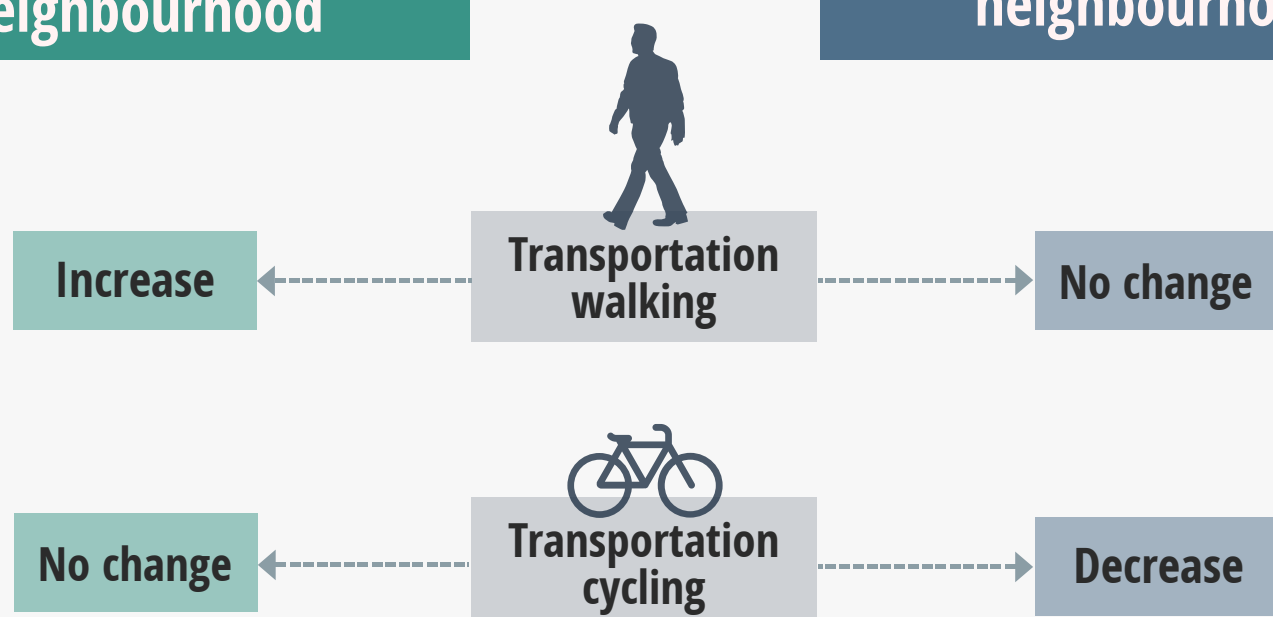
The built environment is associated with physical activity but less is known about how activity changes after moving neighbourhoods.⁽¹⁾ A recent mixed methods study* explored changes in physical activity following residential relocation.

QUANTITATIVE FINDINGS

Perceived change in physical activity following residential relocation

People who moved to a **MORE** walkable neighbourhood

People who moved to a **LESS** walkable neighbourhood



QUALITATIVE FINDINGS

Perceived environment factors associated with physical activity following residential relocation

Getting "around"



- **Functionality** (e.g. street pattern preferences)
- **Safety** (e.g. traffic and feelings of security)
- **Aesthetics** (e.g. nature and proximity to cars)
- **Nearby destinations encouraging active transportation** (e.g. parks and recreational facilities)

"A chance to connect"



- **Family and community** (e.g. family-friendly walking paths and off-leash areas)
- **Nature and sustainability**

Responding to a new neighbourhood environment



- **People change leisure activity to maintain their overall physical activity levels**

Relocating to a new neighbourhood can influence physical activity. The built environment seems to be an important contributor to changes in physical activity after neighbourhood relocation.

*For more information:

Salvo G, Lashewicz BM, Doyle-Baker PK, McCormack GR. *A Mixed Methods Study on the Barriers and Facilitators of Physical Activity Associated with Residential Relocation*. Journal of Environmental and Public Health. 2018;2018:1-12.
doi: <https://doi.org/10.1155/2018/1094812>

References:

1. Giles-Corti B, Sallis JF, Sugiyama T, Frank LD, Lowe M, Owen N. Translating active living research into policy and practice: one important pathway to chronic disease prevention. Journal of Public Health Policy. 2015;36(2):231-243.



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