

Neighbourhood Built Environment and Walking in Canada

Regular walking provides health benefits and reduces the risk of chronic conditions including cardiovascular disease, diabetes, hypertension, depression, cancer and obesity.⁽¹⁾ Despite the known benefits, Canadian adults do not participate in enough walking.⁽²⁾

A recent systematic review of Canadian evidence* found the neighbourhood built environment to be important for transportation walking (to get to and from destinations).



OVERALL WALKABILITY

Combination of neighbourhood built features (e.g. *Walk Score*®).



LAND USE & DIVERSITY

Access to a mix of destinations close to home.



DESTINATION PROXIMITY

Transportation (e.g. *transit; workplace*) or recreational destinations (e.g. *parks*) within walking distance of home.

Creating neighbourhood built environments that support walking can contribute to better health among adults and reduce the economic burden on Canada's health care system.⁽³⁾

*For more information:

Farkas B, Wagner DJ, Nettel-Aguirre A, Friedenreich C, McCormack GR. *A systematized literature review on the associations between neighbourhood built characteristics and walking among Canadian adults.* Health Promotion and Chronic Disease Prevention in Canada. 2019;39(1):1-14.
doi: <https://dx.doi.org/10.24095%2Fhpcdp.39.1.01>

References:

1. Warburton DER, Nicol CW, Bredin SSD. *Health benefits of physical activity: The evidence.* CMAJ. 2006;174:801-809.
2. Colley RC, Garriguet D, Jansset I, Craig CL, Clarke J, Tremblay MS. *Physical activity of Canadian adults: accelerometer results from the 2007 to 2009 Canadian Health Measures Survey.* Health Rep. 2011;22(1):7-14.
3. Krueger H TD, Krueger J, Ready AE. *The economic benefits of risk factor reduction in Canada: tobacco smoking, excess weight and physical activity.* Can J Public Health. 2014;105(1):e69-78.



BUILT ENVIRONMENT
AND
HEALTHY LIVING

www.BEHealthyLivingLab.com