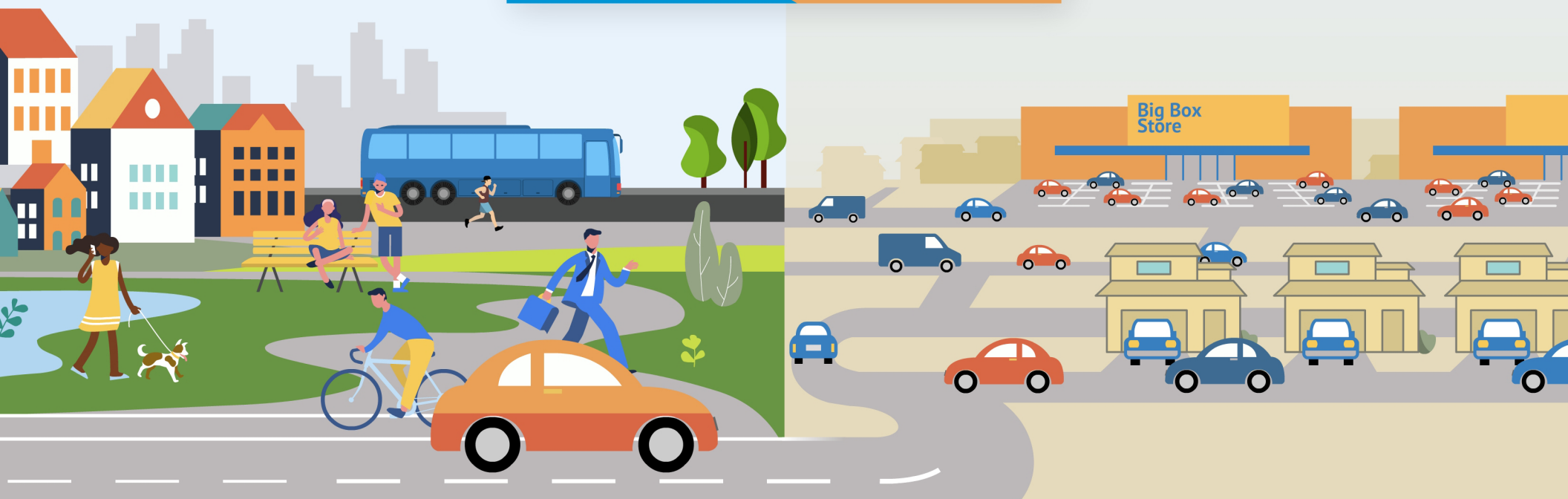
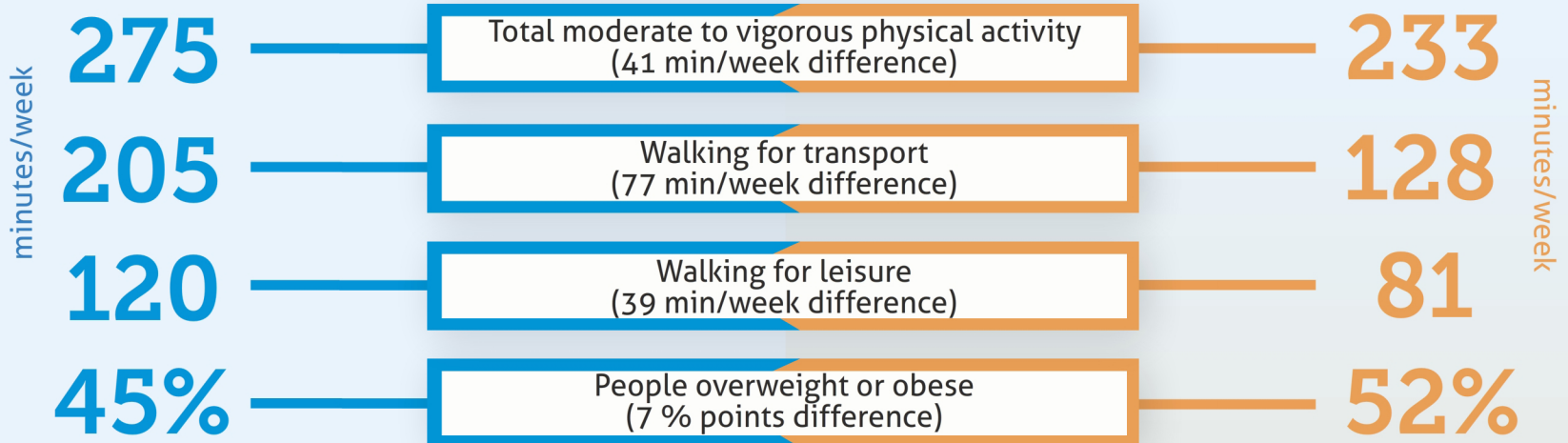


# Comparing the worst- and best-designed neighborhoods for physical activity and obesity across 12 countries

IPEN (International Physical Activity and Environment Network) Adult Study  
Annual Review of Public Health. 2020. <https://doi.org/10.1146/annurev-publhealth-040218-043657>

## Results for most active neighborhoods

## Results for least active neighborhoods



Physical activity and overweight/obesity were compared among more than 14,000 adults living in the 5% least and 5% most activity-supportive neighborhoods in 12 countries

### Conclusions

Adults in 12 countries living in the most activity-supportive neighborhoods were more active and less obese compared to residents of the least activity-supportive neighborhoods.

These results support global initiatives, such as the United Nations Sustainable Development Goals, WHO's Global Action Plan for Non-Communicable Diseases, WHO's Global Action Plan for Physical Activity, and national physical activity plans.

This evidence can be used by transportation, city planning, and parks and recreation departments in governments worldwide.

Living in an activity-supportive neighborhood can help adults meet 1/3 to 1/2 of the recommended 150 min/week of physical activity.

Designing activity-supportive built environments should be a higher international health priority.



-  Australia
-  Belgium
-  Brazil
-  Colombia
-  Czech Republic
-  Denmark

-  Hong Kong
-  Mexico
-  New Zealand
-  Spain
-  United Kingdom
-  United States

Results were similar across 17 cities in 12 diverse countries