



Walkable neighbourhoods and physical activity in Canada

"Walkability" assesses how well a neighbourhood supports physical activity. Walkability increases with:

- well-connected streets
- proximity of useful destinations like schools, workplaces, post offices, stores, and parks
- higher population density



Each neighbourhood is assigned a walkability score from 1 to 5, with 1 being the **least walkable** and 5 being the **most walkable**.

Rural

Suburbia

Urban



Class 1
Least walkable

Class 2

Class 3

Class 4

Class 5
Most walkable

Adults in **more walkable** neighbourhoods are more active than those in **less walkable** neighbourhoods.

The effect is much less pronounced in **children and youth**.

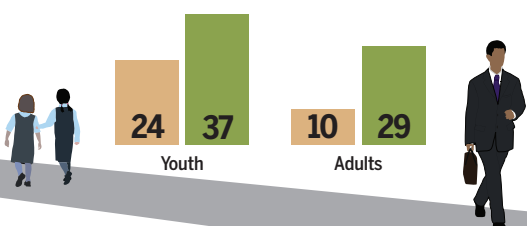
Average daily minutes of moderate-to-vigorous physical activity



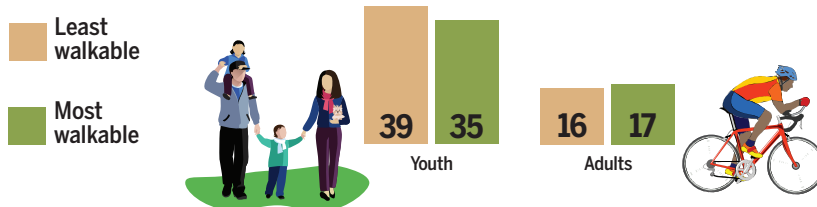
Children (5 to 11 years) engage in **more free play** when they live in **less walkable** neighbourhoods.



Active transportation is higher in more walkable neighbourhoods.

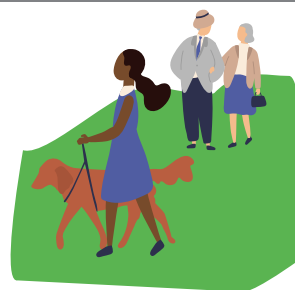


Walkability has little impact on recreational physical activity.



Walkability and obesity

The share of **adults** aged 18 to 59 years classified as overweight or obese was **50% lower** in the most walkable neighbourhoods compared to the least.



Sources: Colley RC, et al. The association between walkable neighbourhoods and physical activity across the lifespan. *Health Reports* 2019; 30(9): 3-13.
Colley RC, et al. An examination of the associations between walkable neighbourhoods and obesity and self-rated health in Canadians. *Health Reports* 2019; 30(9): 14-24.

Catalogue Number: 11-627-M
ISBN: 978-0-660-32546-0
© Her Majesty the Queen in Right of Canada, as represented by the Minister of Industry, 2019