
The role of neighbourhood built environments for increasing
physical activity

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12:00 - 1:00 P.M.

Room O1504, O'Brien Centre
Health Sciences Centre,
3330 Hospital Drive NW, Calgary

The link between physical activity and health are well established. Nevertheless, many adults do not participate in levels of physical activity sufficient to accrue health benefits. There is growing evidence regarding the built environments' role for encouraging and supporting physical activity participation. Creating physical activity supportive environments are particularly important if long-term population-wide increases in physical activity participation are to be achieved.

In this seminar, research findings and the state of evidence regarding the relationship between the built environment and physical activity will be presented. Preliminary results from the EcoEUFORIA (Economic Evaluation of Urban Form for Increasing Activity) study will also be presented. The EcoEUFORIA study is a population-based investigation about neighbourhood walkability and physical activity among Calgarian adults.

Gavin McCormack is an AHFMR funded postdoctoral research fellow working with the Population Health Intervention Research Centre (PHIRC) at the University of Calgary. Dr McCormack has a research interest in the measurement and determinants of physical activity behaviour, in particular urban form and neighbourhood walkability.

This Seminar Series is sponsored by the Population Health Intervention Research Centre (www.ucalgary.ca/PHIRC). We'd like it to reflect a range of perspectives and interests. We welcome participation. Please contact Lindsay Bradshaw, at ph (403) 210 9316; or by email bradshaw@ucalgary.ca if you have any ideas or suggestions.



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