

# Local Neighbourhoods What Difference Do They Make?

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- on behalf of the I.Family consortium -



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## Urbanisation and public health

- Urbanisation
  - Lifestyle changes
  - Increasing rate of western diseases
- Insufficient physical activity
  - Risk factor for 10% of non-communicable diseases
  - Mortality risk factor







## Individual behaviour change

- Costly
- Inefficient
- Not lasting
- Health inequality

## Environmental changes

- Opportunities for active travel
- Address (high-risk) populations







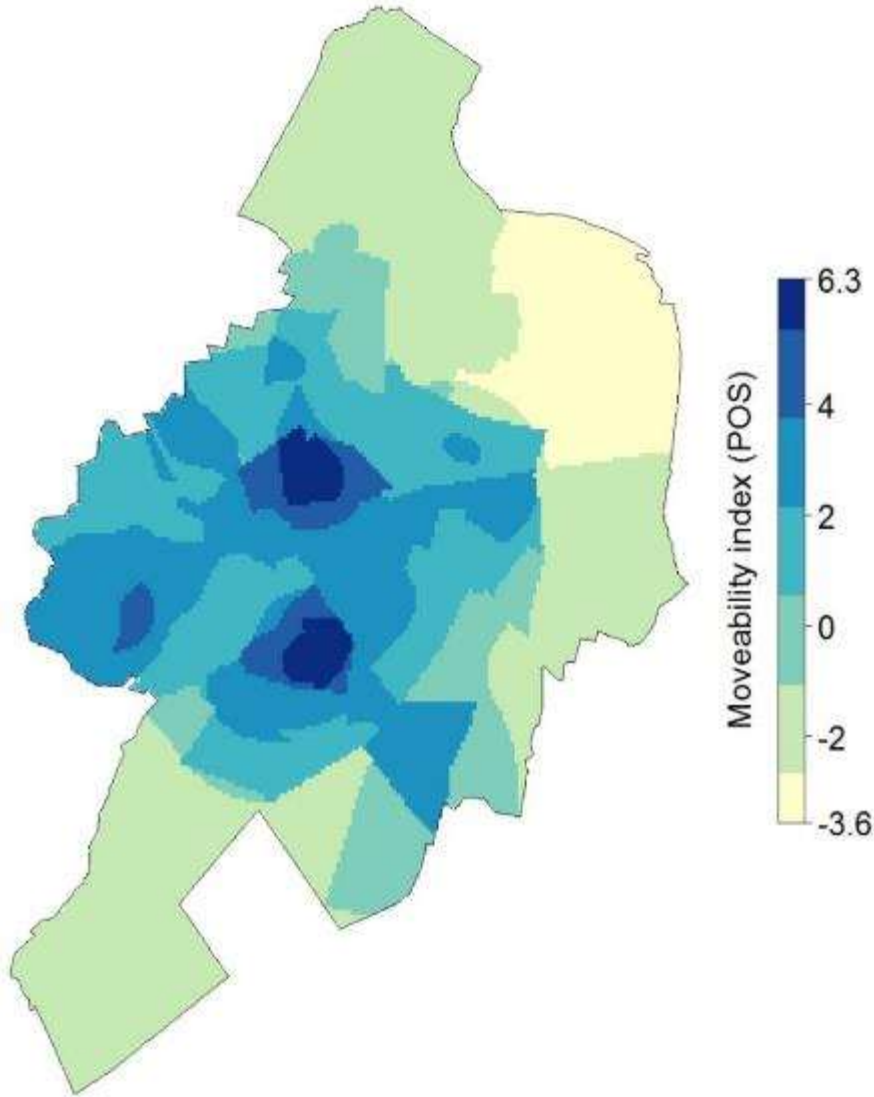
# From walkability to moveability





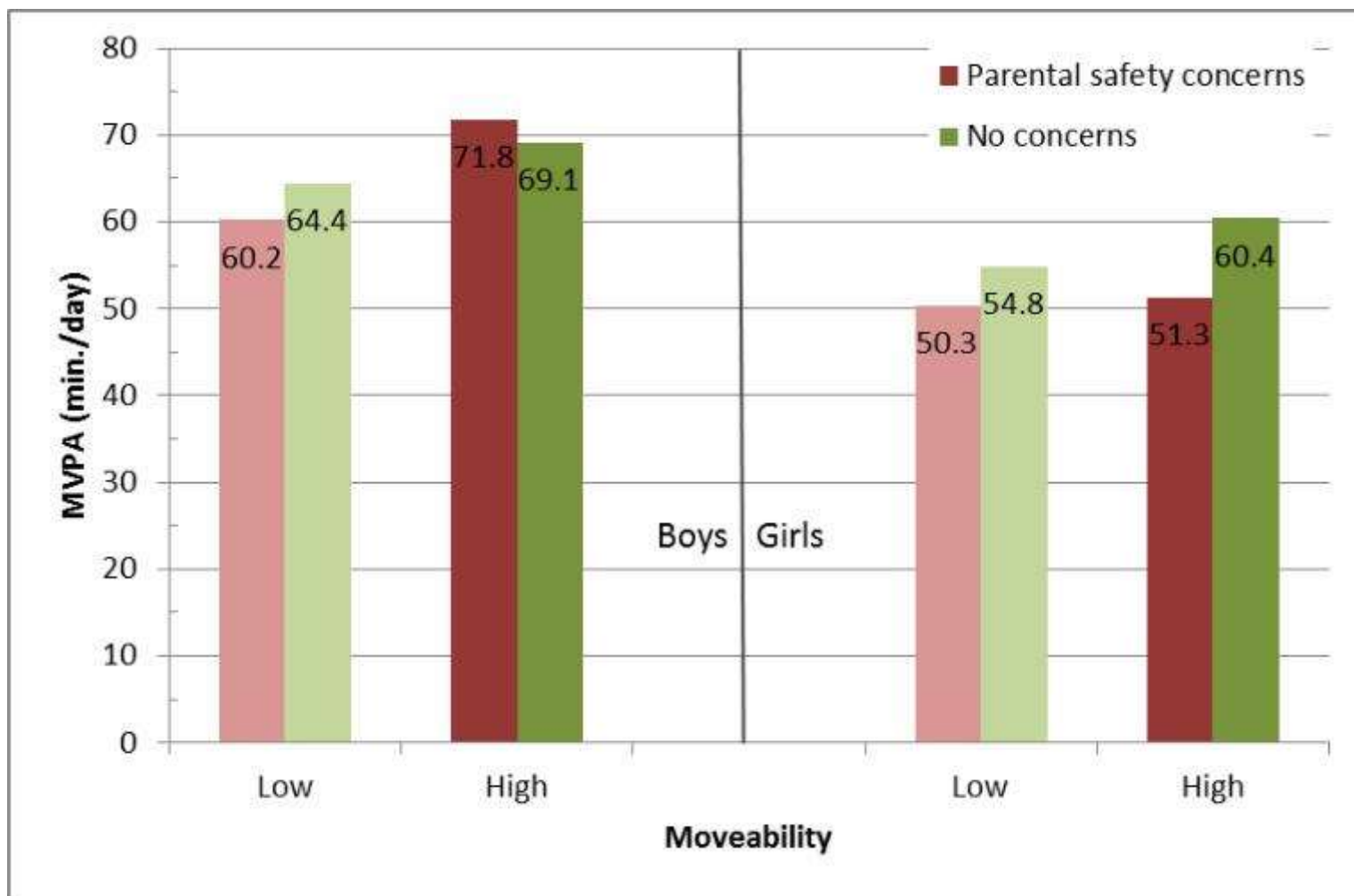
## Moveability index

- Quantifies opportunities for physical activity in the urban environment
- Compared to physical activity in children





## Impact of urban moveability

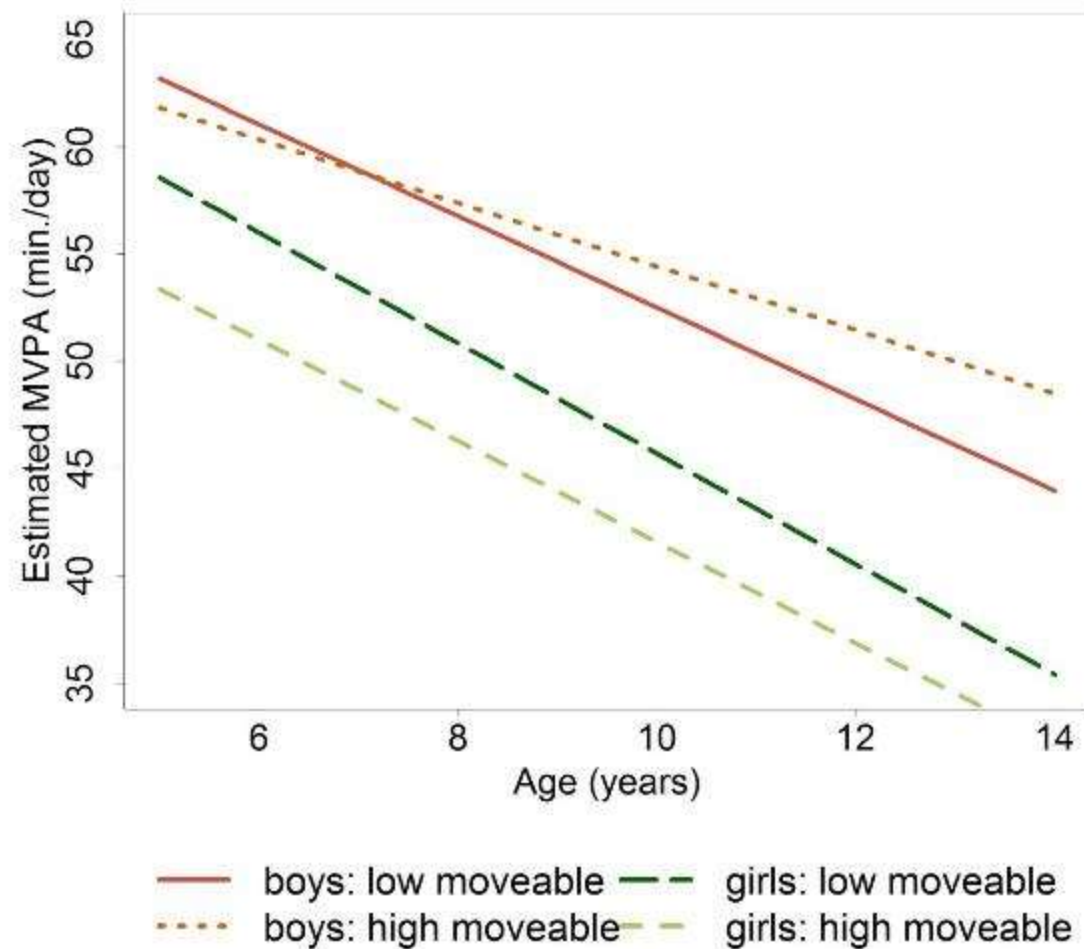






## Transition from childhood to adolescence

- Physical activity declines
- Less reduction in more moveable areas
  - Boys
    - Availability of public open spaces
  - Girls
    - Street connectivity
    - Land use mix





## Urban environments shape our behaviour

- Moveability
    - Physical activity
    - Gender differences
  - Extension
    - Social cohesion
    - Cultural participation
- **Liveability** of urban environment



[maytree.com/blog/2015/02/liveability-for-whom](http://maytree.com/blog/2015/02/liveability-for-whom)