

PHYSICAL ACTIVITY AND BUILT ENVIRONMENTS: THE LATEST INTERNATIONAL RESEARCH

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The role of built environments in shaping physical activity is well-documented, especially among adults, but almost all the early studies were conducted in the United States and Australia. Thus, it has been unclear whether the built environment—physical activity link applies to countries with very different built environments and cultures. Recently, high quality studies have been reported from a diversity of countries. The purpose of this presentation is to highlight findings from Asia, Europe, and South America, and compare and contrast results to those from the United States and Australia. Studies reporting the association between built environment attributes and BMI/obesity also will be presented. The IPEN (International Physical Activity and Environment Network) collaborative international studies will also be described as well as efforts to use the growing international literature to inform built environment policies across multiple nations and in international organizations.