

One hundred one associational study groupings had a total of 379 outcomes (short-term, intermediate, or long-term), including 312 positive, 21 negative, and 46 neutral associations.

Environment and Policy Indicators

Short-term Outcomes

Intermediate Outcomes

Long-term Outcomes

Areas with Minimal Sprawl
(e.g., less car dependence, increased density)

17 (+) 3 (x) 0 (-)

High Composite Scores
(e.g., walkability, urbanicity, compact neighborhood)

4 (+) 1 (x) 0 (-)
2 (+) 0 (x) 0 (-)
8 (+) 2 (x) 1 (-)
34 (+) 10 (x) 0 (-)

Adequate Space Designated as Park Land
(e.g., percentage of park coverage)

0 (+) 1 (x) 0 (-)
10 (+) 1 (x) 0 (-)
1 (+) 0 (x) 0 (-)

Majority of Space Designated as Urban
(e.g., traditional neighborhoods, high-rise/multi-unit, older homes)

9 (+) 3 (x) 0 (-)
25 (+) 3 (x) 2 (-)
1 (+) 0 (x) 0 (-)
1 (+) 0 (x) 0 (-)

High Population Density
(e.g., limited parking access, increased number of residents)

6 (+) 2 (x) 1 (-)
21 (+) 3 (x) 2 (-)
2 (+) 0 (x) 0 (-)

Diverse Land Use
(e.g., access to shops, density of facilities, distance to facilities)

27 (+) 4 (x) 1 (-)
130 (+) 13 (x) 13 (-)
3 (+) 0 (x) 0 (-)
1 (+) 0 (x) 0 (-)

Presence of Urban Containment Policies
(e.g., urban growth boundaries)

3 (+) 0 (x) 0 (-)
2 (+) 0 (x) 0 (-)
5 (+) 0 (x) 1 (-)

Facility Use*

Transit Use*

Trail Use*

Park Use*

More Physical Activity

Vigorous intensity physical activity
7 (+) 4 (x) 0 (-)

Moderate to vigorous physical activity
18 (+) 2 (x) 0 (-)

Moderate physical activity
9 (+) 1 (x) 0 (-)

General physical activity
27 (+) 8 (x) 4 (-)

Meeting physical activity recommendations
4 (+) 0 (x) 1 (-)

Leisure time physical activity
9 (+) 3 (x) 1 (-)

Outdoor physical activity
1 (+) 0 (x) 0 (-)

Active transportation
59 (+) 1 (x) 4 (-)

Walking
89 (+) 10 (x) 7 (-)

Cycling
6 (+) 2 (x) 1 (-)

Less Sedentary Behavior

Inactivity
6 (+) 0 (x) 0 (-)

Less Overweight and Obesity

Body mass index
67 (+) 15 (x) 3 (-)

*Facility use, trail use, and park use were included as a short-term proxy for physical activity. No other short-term outcomes are not reflected in the peer-reviewed literature.

Key:

- (+) Positive Association
- (x) No Association
- (-) Negative Association

Figure 21B: Community Design