

Ninety associational study groupings had a total of 283 short-term, intermediate-, and long-term outcomes, including 226 positive, 18 negative, and 39 neutral associations.

Environment and Policy Indicators

Short-term Outcomes

Intermediate Outcomes

Long-term Outcomes

Presence of Community Paths and Trails
(e.g., on-and-off-road bicycle and/or walking paths)

3 + 0 x 0 -

Higher Percentage of Park Acreage
(e.g., higher percentage of park space)

4 + 2 x 1 -

Access to Recreation Facilities
(e.g., perceived access to health clubs and public and private gyms, distance to physical activity facilities)

17 + 0 x 1 -

84 + 9 x 7 -

5 + 1 x 1 -

2 + 0 x 0 -

Access to Open Spaces
(e.g., access and availability of places for leisure activity)

4 + 7 x 0 -

2 + 0 x 0 -

70 + 15 x 6 -

3 + 0 x 0 -

3 + 1 x 2 -

2 + 0 x 0 -

Trail Use*

Facility Use*

Stages of Change*

Park Use*

More Physical Activity

Vigorous intensity physical activity
24 + 1 x 0 -

Moderate to vigorous physical activity
19 + 7 x 4 -

Moderate physical activity
5 + 0 x 0 -

General physical activity
52 + 9 x 4 -

Meeting physical activity recommendations
17 + 2 x 1 -

Leisure time physical activity
5 + 1 x 0 -

Outdoor physical activity
4 + 0 x 0 -

Overall fitness scores test
4 + 0 x 3 -

Active transit
5 + 0 x 0 -

Walking
31 + 2 x 1 -

Meeting walking recommendations
4 + 2 x 0 -

Walking and/or cycling
5 + 1 x 1 -

Cycling
8 + 5 x 0 -

Less Overweight and Obesity

Body mass index
24 + 7 x 1 -

Less Sedentary Behavior

Inactivity
9 + 2 x 3 -

*Facility use, trail use, park use and stages of change were included as short-term proxies for physical activity. Other short-term outcomes are not reflected in the peer-reviewed literature.

Key:
+ Positive Association
x No Association
- Negative Association

Figure 17B: Neighborhood Availability of Parks, Playgrounds, Trails, and Recreation Centers