

## #56 BUILT ENVIRONMENT & PHYSICAL ACTIVITY

### THE UK FACULTY OF PUBLIC HEALTH

Report, 2016

**Topic for advocacy** HEPA - Physical Activity and Health / Sport facility management and urban planning

<http://www.fph.org.uk/uploads/briefing%20statement%20-%20built%20environment%20and%20physical%20activity.pdf>

#### Description of the good example

This report has been done by the UK Faculty of Public Health (FPH), which is UK's leading professional body for public health specialists. The briefing describes the association between the built environment and the levels of physical activity. It is not intended to be an exhaustive resource but rather a signpost to the key issues. The statement outlines evidence-based interventions and recommendations, as well as suggesting key publications and organisations as the next step towards understanding and tackling this complex problem.

#### Target - Who can best use this example or document?

Public health professionals, policymakers, local and national governments, councillors, non-for profit organisations, transport planners, clinical commissioning groups.

#### Highlights and outcomes

##### Why could it be useful for your organisation and advocacy?

The built environment includes land-use patterns, transport systems, urban design, green spaces and all buildings and spaces that are created by people (including schools, homes, workplaces and recreational areas).

#### Learning points - What can we learn from it?

Most sustainable physical activity occurs during everyday activities within the built environment rather than in the leisure-focused environment. The qualities of the built environment have a significant role in facilitating active lifestyles by creating opportunities and reducing barriers for physical activity. There is an increasing amount of evidence that the built environment has the potential to encourage increased levels of physical activity.

#### Further information

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*\*All information in this entry is sourced from the link above and contact mentioned in the document.*