



GLOBAL WEEK
FOR ACTION ON NCDs

3-9
SEPTEMBER
2018

ENOUGH.
OUR HEALTH. OUR RIGHT. RIGHT NOW.

DAY 4 THURSDAY 6 SEPTEMBER 2018

BETTER URBAN PLANNING TO GET EVERYONE MOVING

" [...] The built environment has consistently been shown to affect the level of physical activity among the population; thus, there is much scope to use the setting of the city to increase opportunities for physical activity. [...] Well-planned walkable neighbourhoods, affordable housing and services with access to plenty of green and public space, as well as multimodal public transit options, will make a significant contribution not only to attainment of health goals but also to a more balanced and equitable urban development".

World Health Organization Regional Office for Europe (2017). [Towards more physical activity](#): Transforming public spaces to promote physical activity — a key contributor to achieving the Sustainable Development Goals in Europe.

Further reading:

- [The Royal College of Chiropractors \(RCC\). Infographic. Physical activity: Get in the Habit!](#)
- [Audrey & Battista-Ferrer \(2015\) Healthy urban environments for children and young people: A systematic review of intervention studies. Health & Place](#)
- [Rojas-Rueda et al. \(2016\) Health Impacts of Active Transportation in Europe. PLOS One](#)