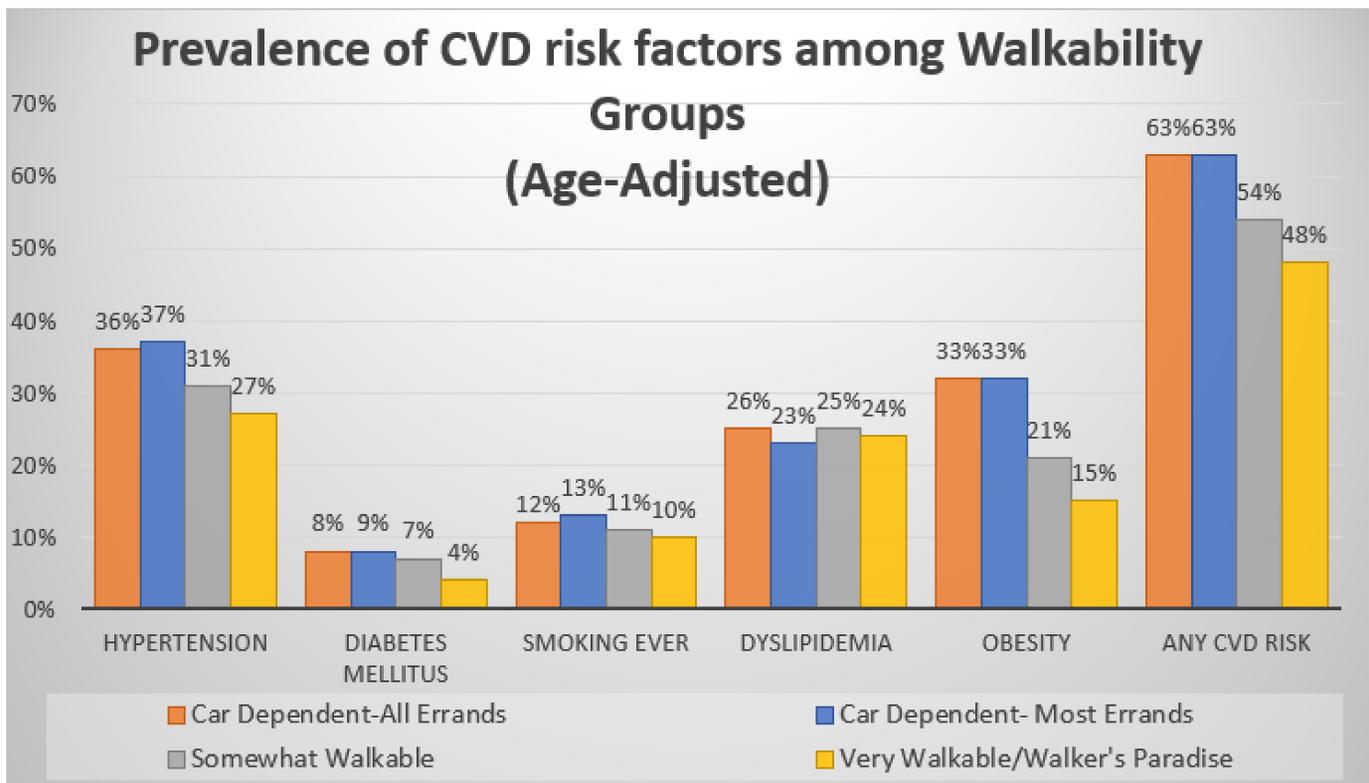


Living in Walkable Neighborhoods Improves Cardiovascular Health

Background

Urban design that is supportive to walking is becoming an important and proven determinant of health, especially cardiovascular health. This study examined the link between walkability and cardiovascular risk factors by studying close to one million patients in an urban setting.



Key Takeaways

↑ 2x

Optimal cardiovascular health doubled in those living in walkable neighborhoods compared to those living in the least walkable neighborhoods.

↑ Cardiovascular Health

Living in walkable urban neighborhoods with easy access to parks, schools and shops improves cardiovascular health.

Impact

- There is a robust favorable association between neighborhood walkability and cardiovascular health.
- These findings support investments in walkable neighborhoods as a viable tool for mitigating the growing burden of cardiovascular risk factors.

