


PHYSICALLY ACTIVE CITIES


Baltimore, United States

 **29.2**

 3,424

 18


 639


 0.9

Ghent, Belgium

 **35.5**

 7,246


 10.4


 317


 1.2

Olomouc, Czech Republic

 **47.1**

 19,219


 15

 265


 1.1

Hong Kong, China

 **44.9**

 57,276


 13

 426

 4

Curitiba, Brazil

 **31.5**

 6,338

 24

 178

 2

Wellington, New Zealand





 **50.1**

 3,559

 19.4

 222

 1.4

-  Minutes of physical activity per day
-  Net residential density per 0.5 kilometres
-  Public transport density per 0.5 kilometres
-  Street network distance from participant's home to nearest stop or station in metres
-  Number of parks within a 0.5 kilometre buffer of participant's home

Source: J. F. Sallis *et al.* *The Lancet* **387**, 2207–2217 (2016).

A study of 6,822 adults aged 18–66 in cities around the world linked four environmental features with physical activity: residential density and public transport density, as well as how close participants lived to a park or station. Residents in Wellington, New Zealand, had the highest physical activity scores, and residents in Baltimore, United States, had the lowest.