



Correlation between built environment and physical activity in cambé city – Paraná – Brazil

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ABSTRACT: Considering the increase of health problems related to inactivity and non-communicable diseases, like heart diseases and obesity, nowadays many researches carry out the correlation between the built environment and physical activity. Those issues associate health and urban planning studies. Walking occurs in daily actions and can be considered as a viable alternative to health problems reduction and to promote physical activity. Walkability is defined by Southworth (2005) as a built environment extension that supports and encourages safe and comfortable walking as well as connects people with their destinations in a pleasure and agile way. To analyze and measure walkability it is possible to apply the Walkability Index, which is organized by Frank et al. (2010) and it systematizes four built environment variables: net residential density, retail floor area ratio, intersection density and land use mix. This article aims to analyze the relationship between the variables of the Walkability Index compared with the results of the areas with the highest rates of walkability among the population aging 40 years or more in Cambé city – Paraná State (Brazil), from the VIGICARDIO database coordinated by Loch (2013). From the hypothesis that areas with higher walkability rates according to Loch (2013) will have the support of the built environment highlighted by the Walkability Index (FRANK et al., 2010), the outcomes were mapped and overlapped for analysis. The results contribute to the development of strategies to insert walkability in the urban planning discussions and point out issues to make our cities healthier and more sustainable.

Keywords *health; built environment; walkability; walkability index.*