

How do green spaces facilitate physical activity?

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BACKGROUND

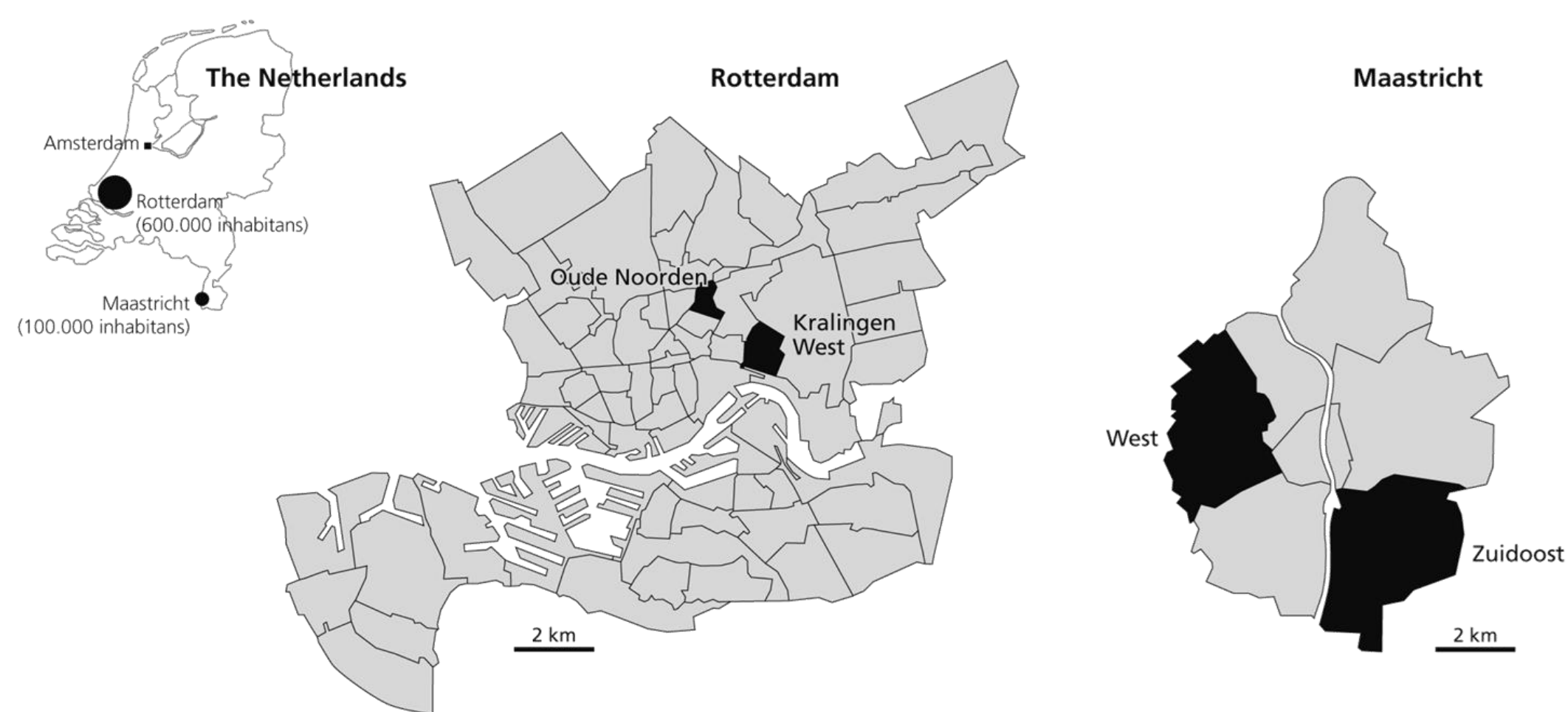
Natural environments are often seen as environments that support physical activity. However, most research has focused on parks, and we have little insight in how other natural environments are used for physical activity. Further, researchers presume that the size of natural environments may be related to how such environments are used for physical activity, but evidence is missing. The aim of this study was therefore to provide insight in how different physical activity behaviors (according to intensity and modality) are distributed across various types and sizes of natural environments.

RESEARCH QUESTION

How are type and size of natural environments related to physical activity behavior?

METHODS

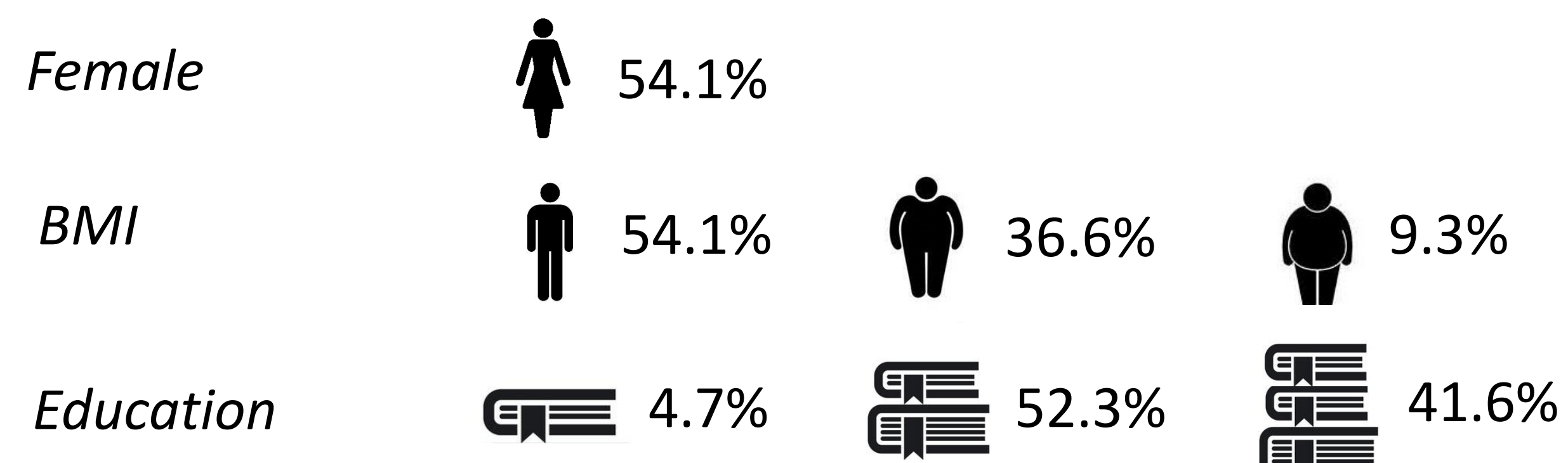
Participants: Dutch adults, 45-65 years



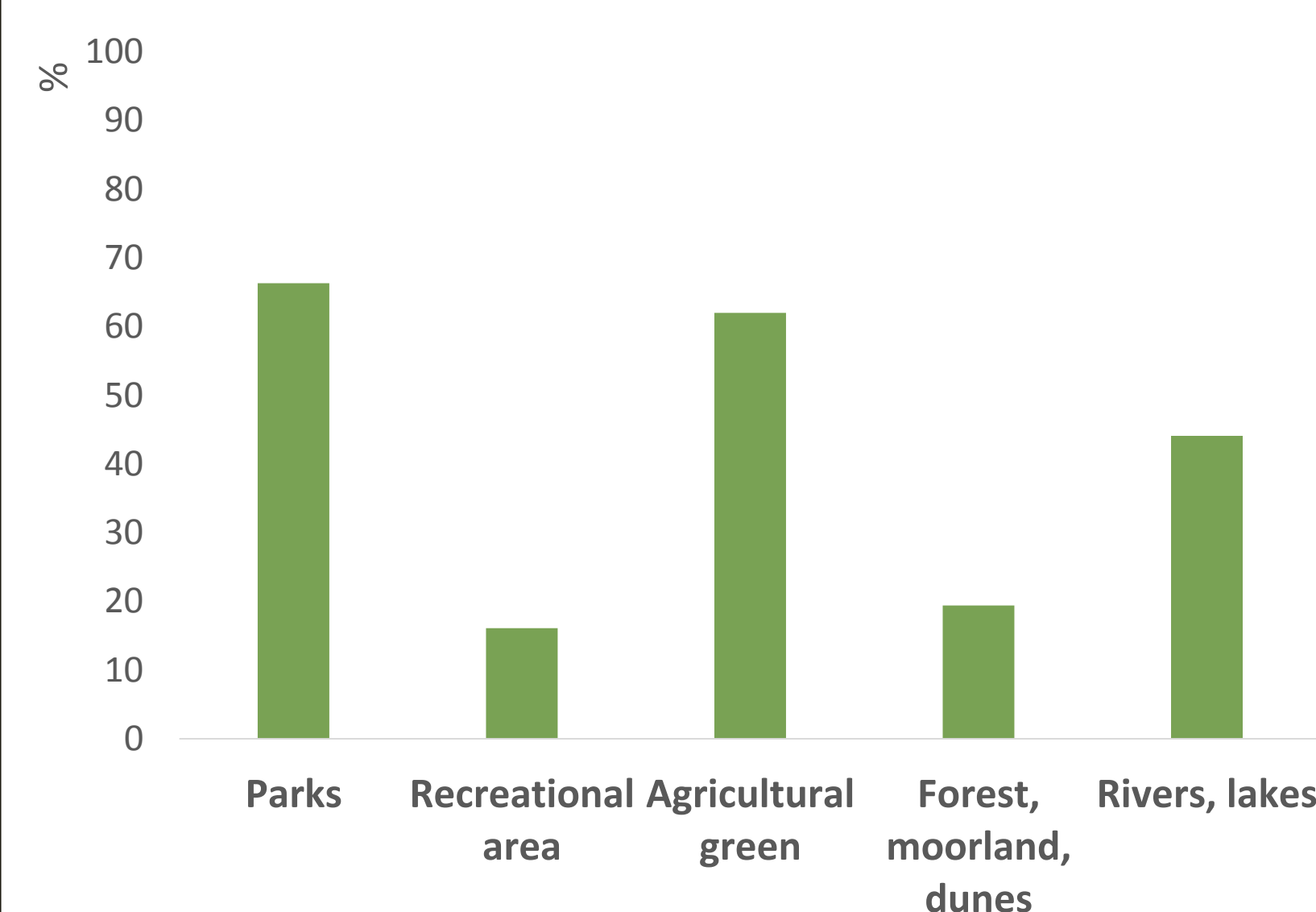
Participants were asked to wear an accelerometer and GPS-device for 7 consecutive days.

RESULTS

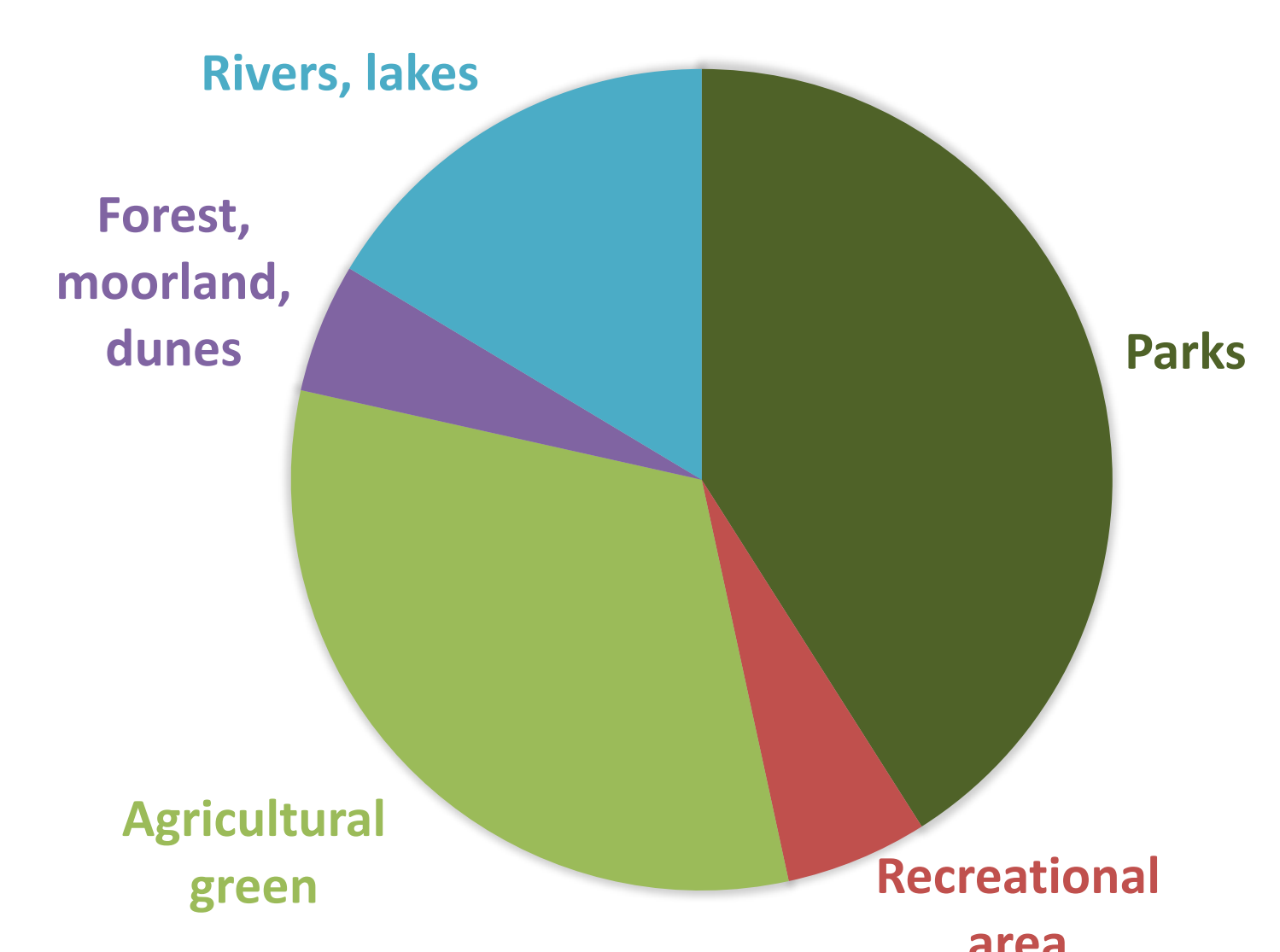
Participant characteristics (N=279)



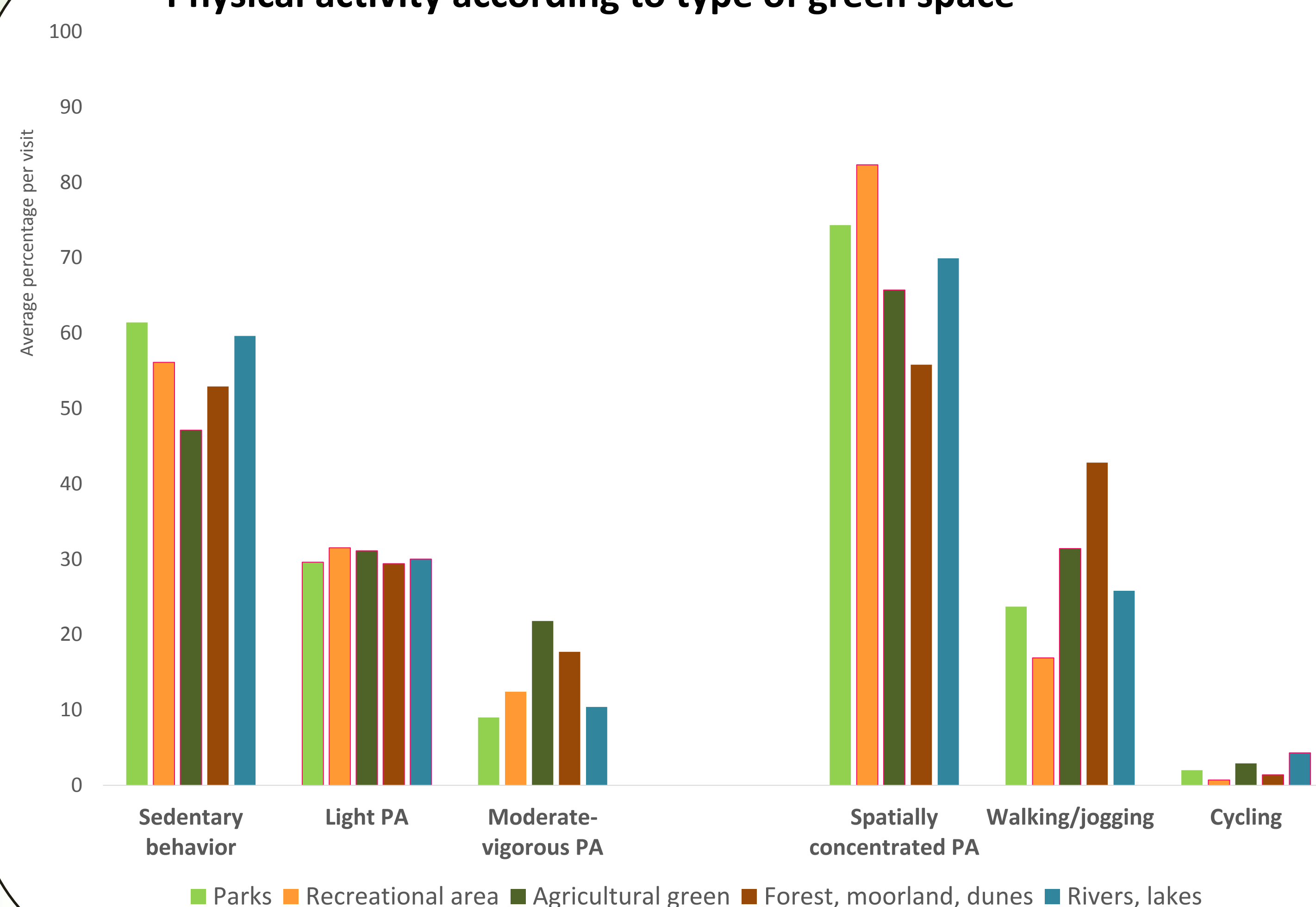
Participants visiting green spaces



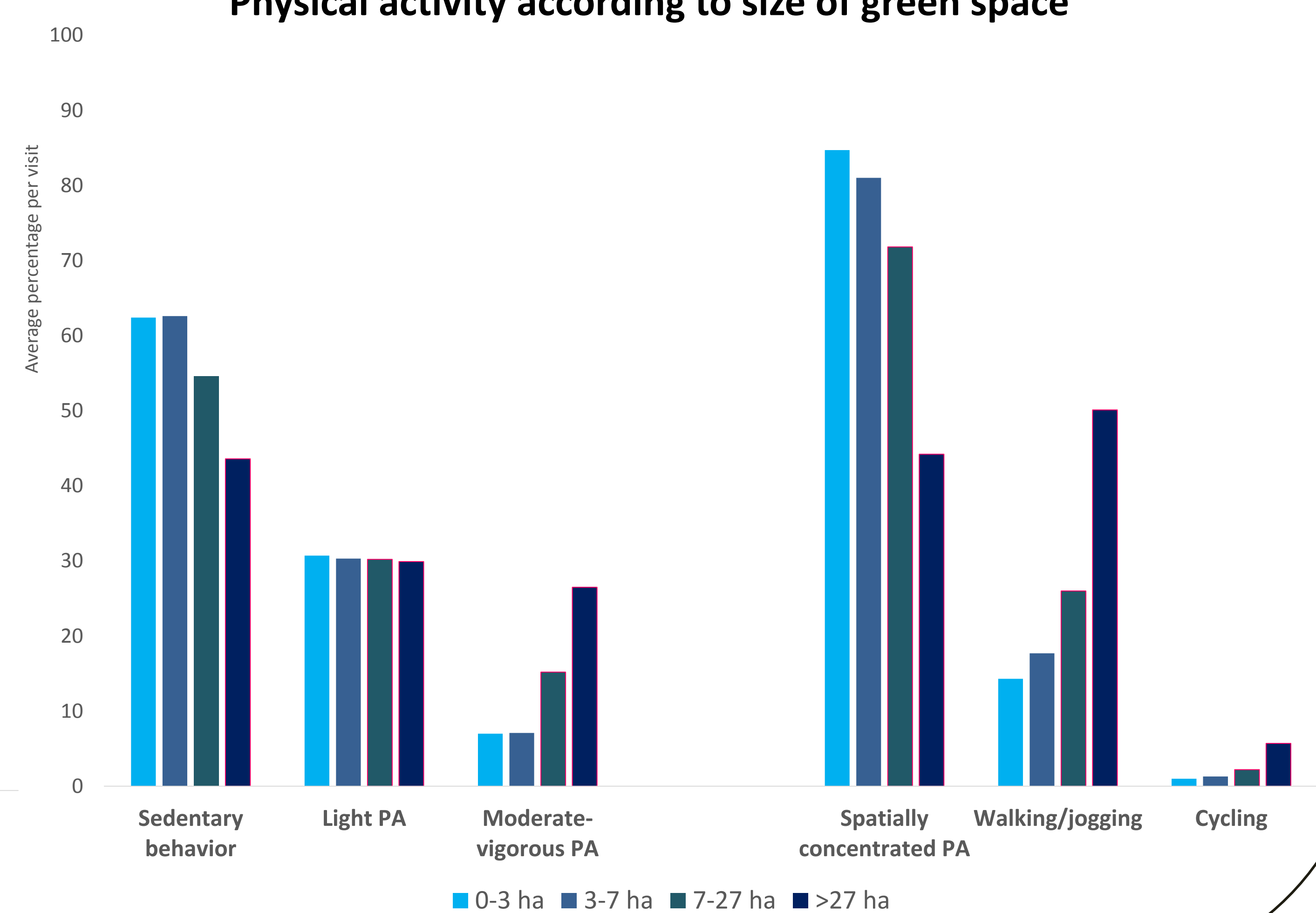
Share of visits



Physical activity according to type of green space



Physical activity according to size of green space



CONCLUSION

- ☞ Different types of natural environments were associated with different intensities and modalities of physical activity.
- ☞ Larger sized natural environments were associated with lower levels of sedentary behavior and spatially concentrated physical activity.
- ☞ Larger sized natural environments were associated with higher levels of moderate-vigorous physical activity and walking and cycling.



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