Physical activity environment and obesity risk – new research
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"It is difficult to envisage a future where obesity prevalence decreases in environments that actively promote it," Dr. Hobbs says.

"Our study showed that the recreational physical activity environments was related to obesity risk, but only in younger adults. An individual's mobility varies with age and older adults are generally less mobile. While many factors affect mobility, it is plausible that the immediate residential neighbourhood environment may play a more important role in an individual's daily life who remains closer to home."

According to Dr. Hobbs, age has not previously been identified as a determining factor in this type of research.

"The research is especially important for policymakers, as it offers tentative evidence that supports previous research which suggests that the environment may matter more for certain populations. This suggests that policymakers in Public Health and Planning need to consider the impact that environmental interventions have across the life course," he says.

"Obesity is associated with a range of diseases, such as type 2 diabetes, cardiovascular disease, arthritis and some cancers, so finding ways to stop people becoming obese is important for public health and for the public purse."

More information: M. Hobbs et al. Examining longitudinal associations between the recreational physical activity environment, change in body mass index, and obesity by age in 8864 Yorkshire Health Study participants. Social Science & Medicine (2018). DOI: 10.1016/j.socscimed.2018.06.027

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