

# Environmental and Policy Approaches to Increase Physical Activity: Community-Scale Urban Design Land Use Policies

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## Task Force Finding

### Intervention Definition

Community-scale urban design land use policies and practices involve the efforts of urban planners, architects, engineers, developers, and public health professionals to change the physical environment of urban areas of several square miles or more in ways that support physical activity. They include the following.

- Design elements that address:
  - Proximity of residential areas to stores, jobs, schools, and recreation areas
  - Continuity and connectivity of sidewalks and streets
  - Aesthetic and safety aspects of the physical environment
- Policy instruments such as zoning regulations, building codes, other governmental policies, and builders' practices

### Task Force Finding (June 2004)

The Community Preventive Services Task Force recommends design and land use policies and practices that support physical activity in urban areas of several square miles or more based on sufficient evidence of effectiveness in facilitating an increase in physical activity.

### Publications

Heath GW, Brownson RC, Kruger J, et al. The effectiveness of urban design and land use and transport policies and practices to increase physical activity: a systematic review. *Journal of Physical Activity and Health* 2006;3(Suppl 1):S55-76..

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### Disclaimer

The findings and conclusions on this page are those of the Community Preventive Services Task Force and do not necessarily represent those of CDC. Task Force evidence-based recommendations are not mandates for compliance or spending. Instead, they provide information and options for decision makers and stakeholders to consider when determining which programs, services, and policies best meet the needs, preferences, available resources, and constraints of their constituents.

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