



Determining the minimum thresholds for walkable cities


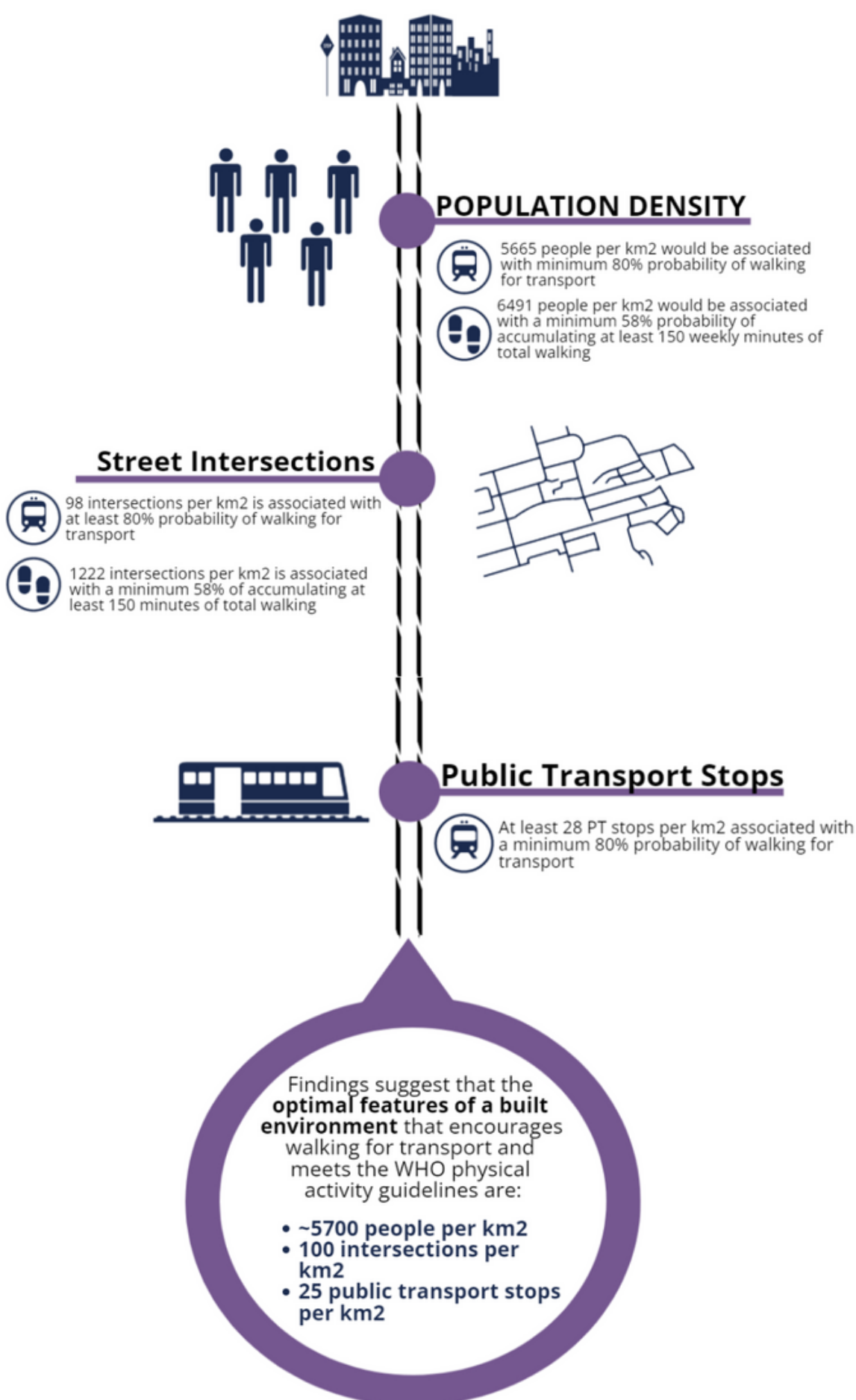
This study estimated the associations of urban design and transport features with two walking outcomes:

1. At least 80% probability of engaging in any walking for transport
2. Meeting WHO physical activity guidelines (≥ 150 min/week physical activity) via walking

By gathering this information, the paper identifies the minimum thresholds for population density, street intersections, and public transport stops for walkable cities.



Results



Research Title: Determining thresholds for spatial urban design and transport features that support walking to create healthy and sustainable cities: findings from the IPEN Adult study

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