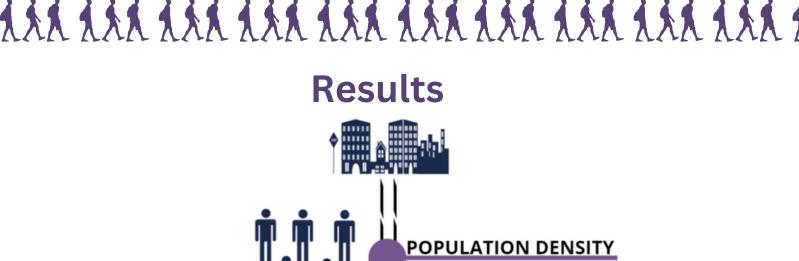
## <u>Determining the minimum thresholds</u> for walkable cities

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 (≥150min/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.





5665 people per km2 would be associated with minimum 80% probability of walking for transport

6491 people per km2 would be associated with a minimum 58% probability of accumulating at least 150 weekly minutes of

## Street Intersections



98 intersections per km2 is associated with at least 80% probability of walking for transport



1222 intersections per km2 is associated with a minimum 58% of accumulating at least 150 minutes of total walking



## Public Transport Stops



At least 28 PT stops per km2 associated with a minimum 80% probability of walking for

Findings suggest that the optimal features of a built **environment** that encourages walking for transport and meets the WHO physical activity guidelines are:

- ~5700 people per km2 100 intersections per km2
- 25 public transport stops

per km2



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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