

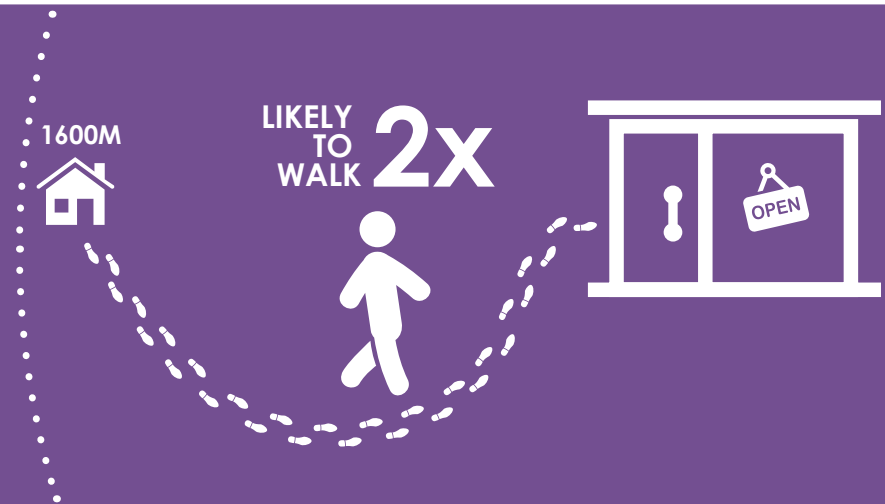
DESTINATIONS



LIVING WITHIN CLOSE PROXIMITY (400-800M) OF A MIX OF DESTINATIONS IS ASSOCIATED WITH HIGHER LEVELS OF ACTIVE TRANSPORT (WALKING AND CYCLING) ACROSS ALL AGE GROUPS.

Source: Sallis, J. F., et al. (2012). "Role of Built Environments in Physical Activity, Obesity, and Cardiovascular Disease." *Circulation* 125(5): 729-737.

PEOPLE LIVING WITHIN 1600M OF A CONVENIENCE STORE, SHOPPING CENTRE OR NEWSAGENT ARE TWICE AS LIKELY TO REGULARLY WALK.



Source: McCormack, G. R., et al. (2008). "The relationship between destination proximity, destination mix and physical activity behaviours." *Preventive Medicine* 46(1): 33-40.



MAIN STREET

'BIG BOX SHOPPING CENTRE'



PEOPLE WITH ACCESS TO 'MAIN-STREET' CENTRES ARE OVER 7 TIMES MORE LIKELY TO WALK FOR OVER AN HOUR EACH WEEK. PEOPLE LIVING WITHIN 1600M OF A 'BIG-BOX' SHOPPING CENTRE ARE 3 TIMES MORE LIKELY TO WALK WITHIN THE NEIGHBOURHOOD.

Source: Hooper, P., et al. (2015). "The building blocks of a 'Liveable Neighbourhood': Identifying the key performance indicators for walking of an operational planning policy in Perth, Western Australia." *Health & Place* 36: 173-183.