

Active transportation and physical activity:  
opportunities for collaboration on  
transportation and public health research.

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# Active transportation and physical activity: opportunities for collaboration on transportation and public health research

James F Sallis <sup>a</sup> ... M.Katherine Kraft <sup>d</sup>

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### Abstract

Physically inactive lifestyles are a major public health challenge, and research in the transportation field on influences on the choice to walk and bike may provide guidance toward solutions. In the interests of promoting effective collaboration among the transportation, planning, and health fields, the current paper was written to fulfill three purposes. The first purpose was to summarize the transportation and planning studies on the relation between community design and non-motorized (‘‘active’’) transport and to interpret these studies from a health perspective. The second purpose was to summarize studies from the health literature that examine the relation between physical environmental variables and leisure-time physical activity that have relevance for transportation research. The third purpose was to promote more collaboration among transportation, planning, and health investigators by identifying opportunities for



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