

WHAT WORKS TO PROMOTE WALKING AT A POPULATION LEVEL?

A SYSTEMATIC REVIEW

Walking promotion has focused on individual approaches rather than population approaches.

Our review identified a new and emerging evidence base for three population approaches to promote walking

Community events

Mass media

Environmental and infrastructure change

These approaches have seen population walking increases ranging from 9 to 75 minutes per week

WALK MORE FOR YOUR HEALTH

This infographic is based on a systematic review of the effectiveness of population approaches to promote walking. We looked at 28,074 studies and analysed 12 of them.

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