

## Increase in People suffering from Life-style related Disease because of Lack of Physical Exercise in Urban Area

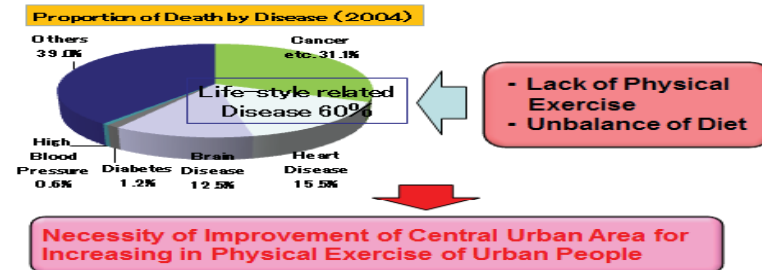


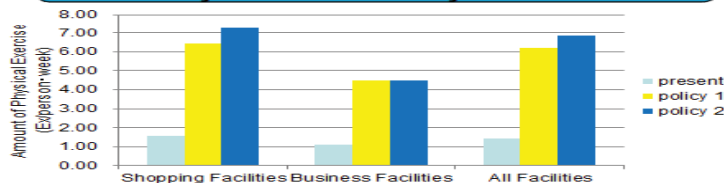
Fig.1 Motivation and Problems

## Proposal of Urban Policies Contributing to Increase in Physical Exercise

- Policy 1 : Improvement of Walking Path**  
This policy is that the walking path having beautiful scenery and the green environment where people enjoy walking are improved.
- Policy 2 : Provision of Information related to Health**  
The information is that the risk to get the disease of high blood pressure is reduced by 30 % if you walk more than 21 minutes in one way in commuting every day.

Fig.2 Proposal of Urban Policies

## Effects of Urban Policies on Increase in Physical Exercise by Policies



2 policies proposed here show the effects on increase in physical exercise. Amount of physical exercise increase when the policies are introduced in comparison with the present time.

Fig. 3 Effects of Urban Policies

## Content:

Many studies show that regular moderate physical activity such as walking and cycling is beneficial for health promotion. The aim of this study is to propose policies promoting physical activity and measure their effects. Focusing on the transport behavior access to living environment facilities, two policies are considered. One is supplying well-paved road for walking and cycling, another is providing information about the relationship between physical activity and health.

First, we estimate the health awareness of residents by a questionnaire survey carried out in Tokushima urban areas and find out that about 30% of residents are considered health is important in their behavior. And then, the quantity of physical activity is calculated. The quantity of physical activity under policies is found to be 1.5~7.2Ex per week more than that without policies.

Keywords: Urban Policies, Physical Exercise, Estimation of Effects, Life-style related Disease

E-mail: kondo@eco.tokushima-u.ac.jp

Tel. +81-88-656-7339

Fax: +81-88-656-7341

HP :<http://www.eco.tokushima-u.ac.jp/b1/index.html>

