

This conference session is designed for those who are new to the field of active living research. It provides an overview of active living research, the basics of physical activity and health, the use of ecological models, the importance of environments and policy, and principles of transdisciplinary research. History of active living research and examples of studies related to the fields of urban planning, transportation, and architecture were also highlighted.

After attending this session, the audience should be able to:

- Understand why our everyday environment should be considered an important venue for combatting the obesity epidemic, a leading public health problem;
- Define “active living” and identify its four behavioral domains and corresponding environmental settings;
- Identify design strategies for our communities, public spaces, and buildings that can help promote active living in four behavioral domains;
- Understand the co-benefits of activity-friendly environments for overall physical health, mental health, social health, environmental sustainability, safety, and economic vitality; and
- Identify the latest environmental and policy initiatives that help facilitate environmental changes toward activity-friendly environments.



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