

## 5.0 The Evidence

The evidence presented in this Review has been summarised using the three ‘domains’ of the healthy built environment relationship as category headings:

1. The Built Environment and Getting People Active;
2. The Built Environment and Connecting and Strengthening Communities; and
3. The Built Environment and Providing Healthy Food Options.



Research is first presented on the benefits of encouraging each domain – for example, the benefits to physical health of physical activity. The analysis then proceeds to a discussion of the evidence on the specific ways that the built environment influences each domain – for example, the provision of walking trails can encourage physical activity. This analysis is presented as a narrative on how the built environment can be modified to promote good health. Reference is then made to seminal studies chosen because of the strength of the findings and their relevance to the Australian context. Key themes are subsequently outlined with conclusions, and sample policy and evidence tied to each theme. Recommendations for future research, strengths and weaknesses in the literature, together with policy implications, conclude each domain.

