

Applicant

Dr. Shilpa Dogra, University of Ontario Institute of Technology

E-mail Address

shilpa.dogra@uoit.ca

Project Title

Environmental Features of Age-Friendly, Healthy, Active Cities

Project Summary

Cities may expose older adults to more pollution, and may promote inactivity since they may have fewer green spaces. This is particularly problematic for older adults with heart or lung disease, as it is recommended that they walk to improve their health. Unfortunately, we know very little about the environmental features that influence physical activity levels of older adults living in cities, and we do not know if these factors influence their health. We plan on using data on physical activity and health from the CLSA, and data on air quality, walkability, and health inequalities of the neighbourhoods from CANUE. Analysing these data will help us identify factors that influence physical activity and health of older adults.

Keywords

Built environment, Sedentary time, Physical activity