

Strategic goals for physical activity reflected in urban planning documents

Alisa Koralova

Riga Technical University, Faculty of Architecture and Urban Planning

Abstract. Different European countries have objectives developed at the national and local strategic levels, describing general aims of physical activity promotion and general requirements for urban environment to encourage active lifestyle. However, there is a gap between strategies and specific urban planning and design solutions, as objectives described in different strategic documents often do not appear in any planning and design guidelines, making those objectives quite difficult to achieve.

This article demonstrates research on 10 European countries' national strategic documents, and capitals' strategic and urban planning and development documents, which address urban planning and design to promote physical activity. Having active living or physical activity strategic objectives at the national level, only some of the analysed countries have national cycling and green infrastructure development plans. Furthermore, only few capitals showed physical activity strategic objectives integrated in urban planning and design guidelines at the regional level. Based on the chosen case studies, a diagram of interconnections at different strategic and planning levels has been developed, proposing specific guidelines for physical activity strategic objectives' integration into urban planning documents.

Keywords: Active living; physical activity; urban planning; national strategies; cycling plans.