



## Environmental Support for Walking In India

**EnSWIn** – November 2020

The George Institute

for Global Health

India

*Better treatments. Better care. Healthier societies.*

### **Facts:**

- Regional studies in India show that over 50% of urban adults are insufficiently physically active.

### **Project Cycle:**

2019-2020

### **Partners:**

Share-India, ICFAI Business School

### **Supporters:**

Low-and Middle-Income Countries TGI Seed grant

### **Methods:**

- This study includes primary and secondary data collection, and uses surveys, photographs, and in-depth exploration of the perspectives of a subset of selected respondents. The findings will shed light on the association between built environment and physical activity in a wide range of adults living in different zones of the two study sites.
- The study will also document case studies of representative as well as unusual respondents in this study, to develop a deep and nuanced understanding of the available built environment support for regular physical activity, particularly walking (a basic activity that does not necessitate special equipment or training, and is highly responsive to the physical environment) in the study sites.
- Survey instruments that assess perceptions of the physical and social characteristics of the neighbourhood have been adapted for the populations in this study.

### **Impact:**

- This study could pave the way to better understanding of, and action on, environmental support for health, particularly for disadvantaged populations who rely on government (and NGO) provision.

### **Contact:**

To find out more about the EnSWIn program and its principal investigator JK Lakshmi (PI) or The George Institute for Global Health, please contact: Kannan Krishnaswamy on email [kkrishnaswamy@georgeinstitute.org.in](mailto:kkrishnaswamy@georgeinstitute.org.in)

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