

Glossary

Body-Mass Index (BMI):

A practical measure of weight in relation to height that is used to determine weight status and provide an initial assessment of body fatness.

Built Environment:

Includes all of the physical structures engineered and built by people. These structures include homes, workplaces, schools, parks and transit arrangements.

Connectivity:

The directness of travel to destinations.

Decentralization:

Movement of population and employment away from city centers.

Deconcentration:

Movement of population and employment to less dense areas.

Health:

A state of complete physical, mental and social well-being.

Nonmotorized Travel:

Travel by nonmotorized means, including walking, cycling, small-wheeled transport (i.e. skates, skateboards), and wheelchair.

Obesity:

The state of being well above one's normal weight, typically more than 20 percent over ideal weight. In regards to BMI, adults with a BMI of 30 and above are considered obese.

Over-weight:

The state of carrying more body weight that is normal or healthy for one's age and build. In regards to BMI, overweight is defined as an adult with a BMI between 25 and 29.9. In regards to children and adolescents, those that have a BMI above the 95th percentile for their age and sex are considered overweight.

Physical Activity:

Bodily movement or any form of exercise that causes your body to work harder than normal and increase its energy expenditure.

Physical Fitness:

A set of attributes that a person has that relates to the ability to perform physical activities such as agility, balance, coordination, power, and speed. Health-related components of physical fitness include body composition, cardiorespiratory function, flexibility, and muscular strength/endurance.

Public Health:

The science and art of protecting and improving the health of the communities through education, promotion of healthy lifestyles, and research for disease and injury prevention.

Risk Factors:

A variable associated with an increased risk of disease or infection. For example, risk factors for obesity may include: genetics, family history, age, sex, diet, physical activity, media use, tobacco use, etc.

Social Equity:

Fair and impartial access to social or public services regardless of economic or social status.

Traffic calming:

Methods used to reduce vehicle speeds, improve safety, and enhance quality of life through traffic education, enforcement, and engineering. These methods may be physical changes to the roadways such as changes in street alignment, traffic circles, speed humps, and raised crosswalks.

Walkability:

Factors such as land use mix, safety, street connectivity, residential density, and orientation and placement of homes and buildings, that all interact to determine the overall walking conditions of an environment.