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For more information, please write to:  
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Thanks!

# Streets for Life Ciclovia / Car-Free Sundays: Social Integration & Healthy Living



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## PAHO

Promoting Physical Activity  
in the Caribbean

Port of Spain, Trinidad & Tobago

Tuesday, May 7<sup>th</sup>, 2008



Senior  
Associate



Senior  
Consultant



Senior  
Advisor



Member  
Board of  
Directors



Member  
Advisory  
Boards



# Walking & Biking and Health



Is this what our future looks like?





What about Personal & Public Health costs?

Quality of Life?



# Obesity Trends Among Canadian Adults HPS, 1985

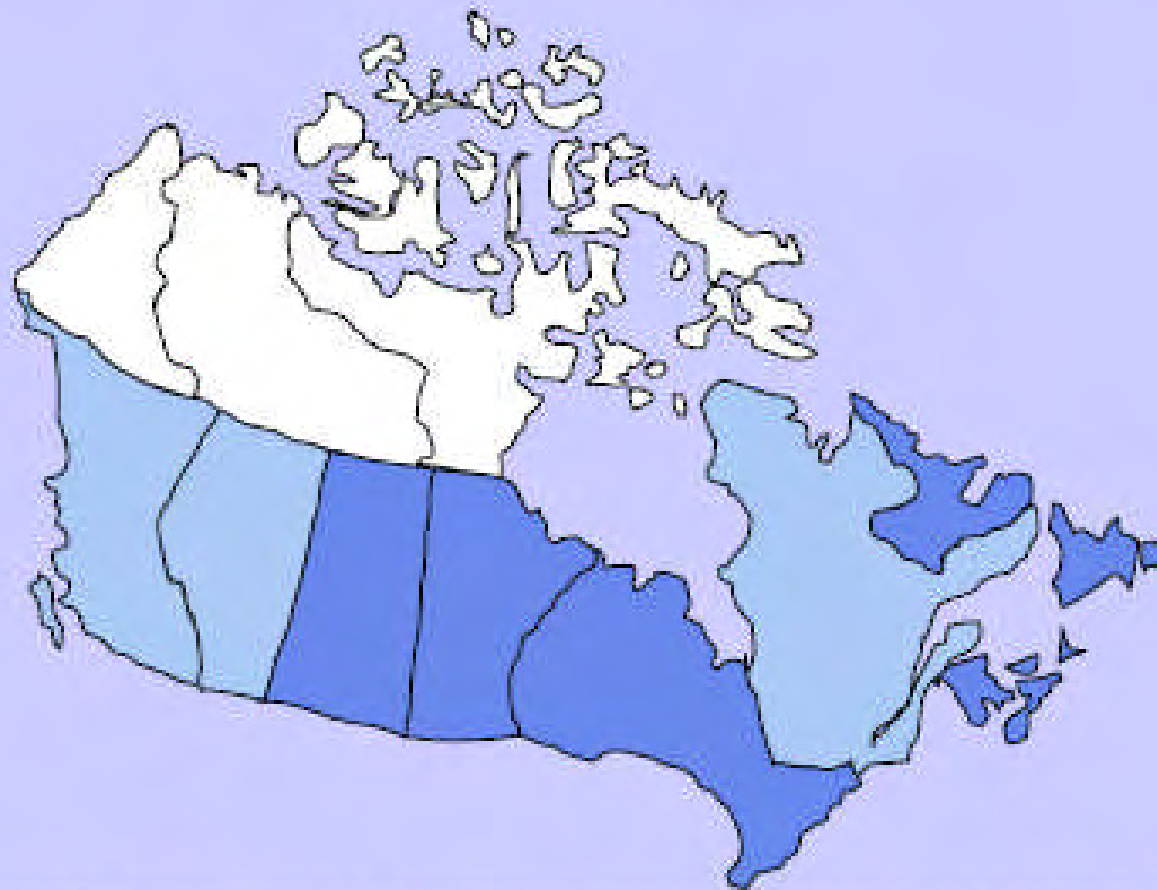


No Data  <10%  10%-14%  15-19%  ≥20% 

Source: Katzmarzyk PT. *Can Med Assoc J* 2002;166:1039-1040.



# Obesity Trends Among Canadian Adults HPS, 1990

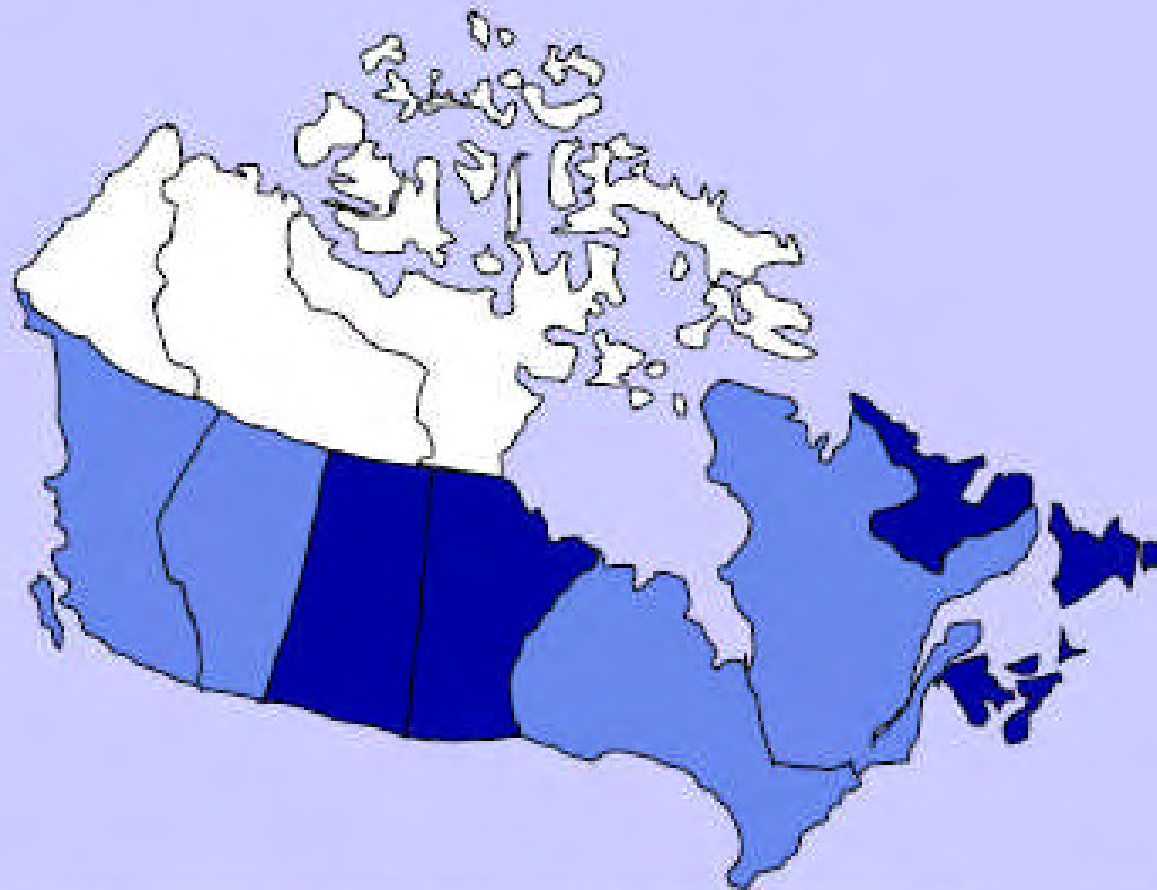


No Data <10% 10%-14% 15-19% ≥20%

Source: Katzmarzyk PT. *Can Med Assoc J* 2002;166:1039-1040.



# Obesity Trends Among Canadian Adults NPHS, 1994



No Data <10% 10%-14% 15-19% ≥20%

Source: Katzmarzyk PT. *Can Med Assoc J* 2002;166:1039-1040.



# Obesity Trends Among Canadian Adults NPHS, 1998



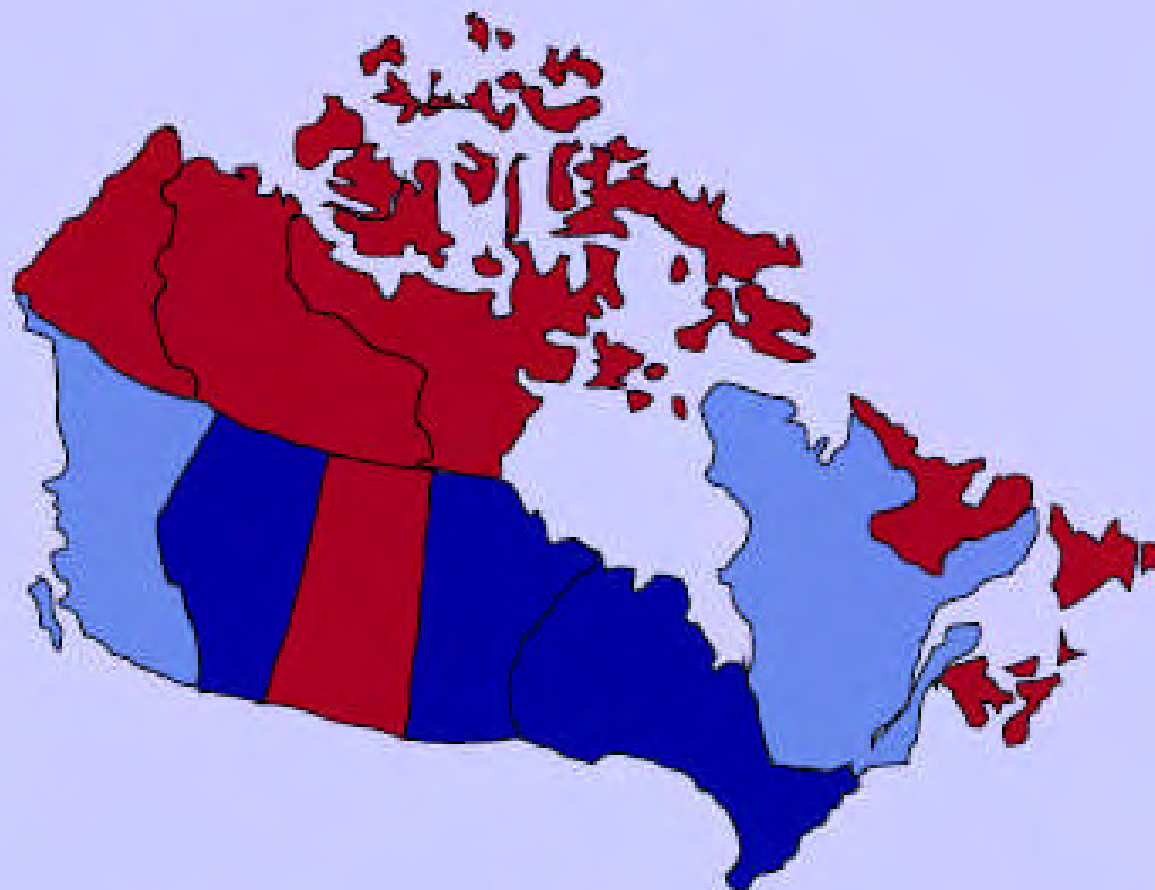
No Data  <10%  10%-14%  15-19%  ≥20% 

Source: Katzmarzyk PT. *Can Med Assoc J* 2002;166:1039-1040.





# Obesity Trends Among Canadian Adults CCHS, 2003



No Data <10% 10%-14% 15-19% ≥20%

Source: Statistics Canada, *Health Indicators*, May, 2002.

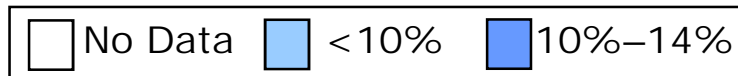
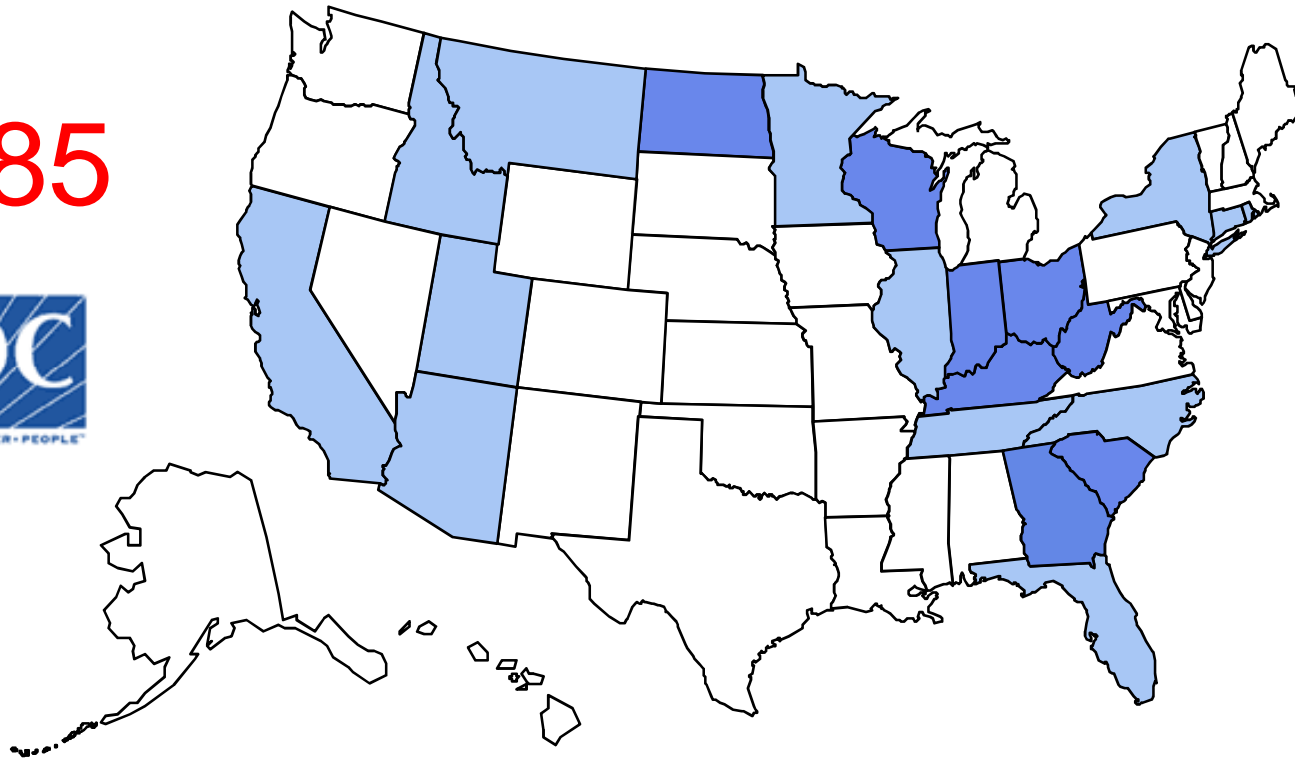


# Obesity Trends\* Among U.S. Adults

(\*BMI  $\geq 30$ , or ~ 30 lbs overweight for 5' 4" person)



1985

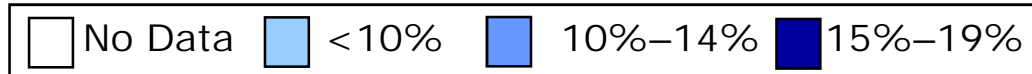
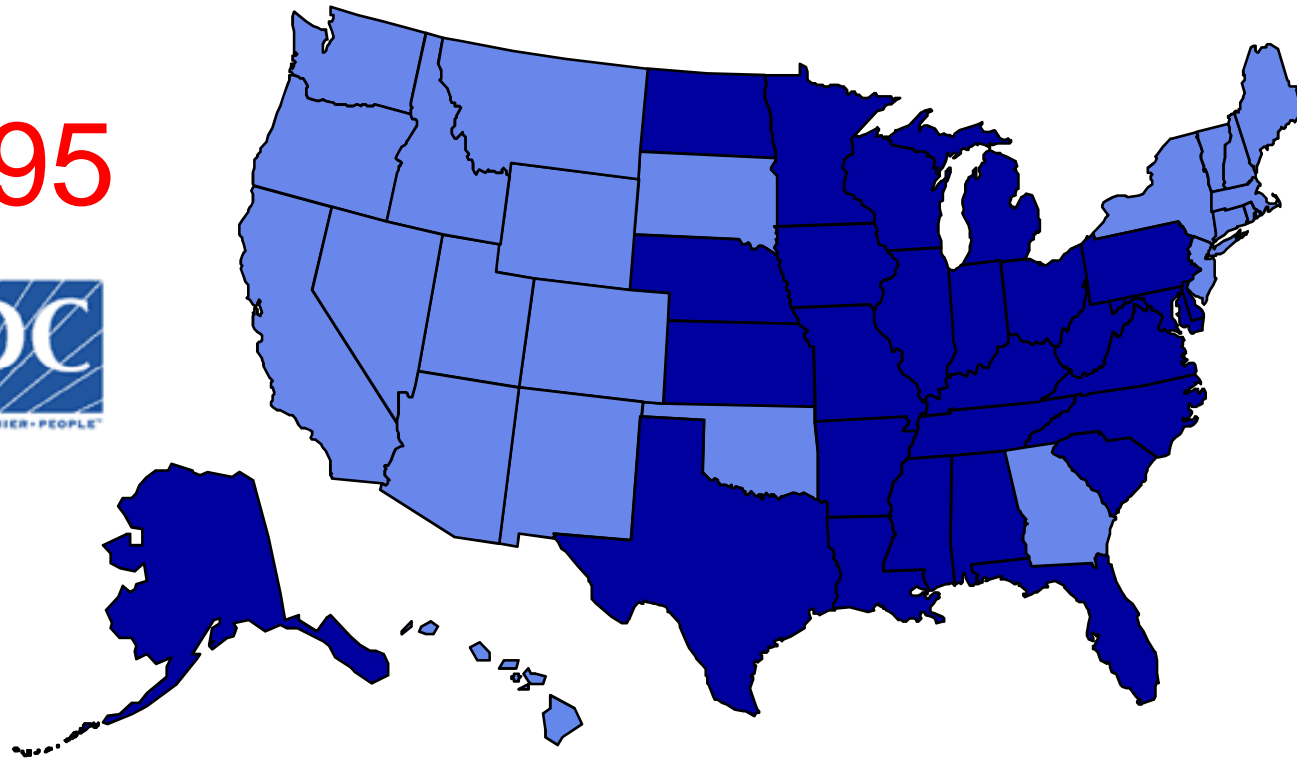


# Obesity Trends\* Among U.S. Adults

(\*BMI  $\geq 30$ , or ~ 30 lbs overweight for 5' 4" person)



1995



# Obesity Trends\* Among U.S. Adults

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs overweight for 5' 4" person)

2005

