Purpose:
This study was designed to examine the relationship between active transportation (defined as the percentage of trips taken by walking, bicycling, and public transit) and obesity rates (BMI $\geq 30$ kg · m$^{-2}$) in different countries.

Methods:
National surveys of travel behavior and health indicators in Europe, North America, and Australia were used in this study; the surveys were conducted in 1994 to 2006. In some cases raw data were obtained from national or federal agencies and then analyzed, and in other cases summary data were obtained from published reports.

Results:
Countries with the highest levels of active transportation generally had the lowest obesity rates. Europeans walked more than United States residents (382 versus 140 km per person per year) and bicycled more (188 versus 40 km per person per year) in 2000.

Discussion:
Walking and bicycling are far more common in European countries than in the United States, Australia, and Canada. Active transportation is inversely related to obesity in these countries. Although the results do not prove causality, they suggest that active transportation could be one of the factors that explain international differences in obesity rates.

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Walking and bicycling are far more common in Europe than in North America and Australia. The use of public transit, which normally requires walking or cycling to reach the transit stop, is also more common in Europe. Travel-related walking and cycling have lower rates of obesity. In contrast, the United States, Australia, and Canada demonstrate extreme automobile dependence and have the highest rates of obesity.

Discussion

The main finding of this study is that countries in Europe, North America, and Australia where active travel is most common have the lowest obesity rates, whereas those countries with the highest rates of car use for travel have the highest.

Cycling Weekly has experimented with a cardboard box as opposed to a bike box. The theory is baggage handlers are more careful with the fragile looking exterior — but we're not sure it's worth spending the flight imagining the carbon frame massacre that could be going on in the underbelly of the plane. We've talked enough about Spain, and Cycling Weekly team members have enjoyed some incredible cycling holidays in France so we're sticking with this end for now. Flight time: Four hours to Tenerife South or North. Recommended time to visit: November through to May, spring temperatures feature highs between 20–23ºC. Tuscany, Italy.

Obesity isn't just limited to one part of the world. Obesity exists in every country. However, some countries have a far higher proportion than others. These nations are categorized as the most obese nations in the world. While some think that the richest and most developed countries in the world are the most obese, this isn't always the case. The United States and the United Kingdom are two of the most economically rich and developed countries globally. Kuwait's obesity is blamed on the arrival of American fast-food restaurants, which have taken over and replaced local food. As a result, diabetes has also been on the rise in Kuwait. Behind Nauru, Cook Islands and Palau are the second and third most obese nations, with obese people making up 55.9% and 55.3%, respectively.

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