

## Measuring the differences of neighbourhood environment and physical activity in gated and non-gated neighbourhoods in Karachi, Pakistan

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### **ABSTRACT**

Neighbourhood environment (NE) is important for physical activity (PA); however, no studies have compared the NE and PA in gated neighbourhoods, especially in developing countries. Therefore, the objective of this study is to compare NE and PA between gated and non-gated neighbourhoods. Objective and subjective ( $n = 1042$ ) methods and independent sample  $t$ -tests were used. Results show that all the indicators are significantly different except housing density. Vigorous Physical Activity (VPA) is higher in gated but walking is higher in non-gated neighbourhoods. Therefore, it can be concluded that gating can reduce walking habits of people living in gated neighbourhoods in developing countries.

### **KEYWORDS:**

Neighbourhood environment (NE) ; Physical activity (PA); Objective and subjective ( $n = 1042$ )