

# Validity of a Scale Assessing the Built Environment for Physical Activity

Jennifer L. Gay, PhD; Jessalyn Smith, PhD

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**Objectives:** To examine the construct validity and reliability of existing self-report items measuring perceptions of the built environment for physical activity. **Methods:** Exploratory factor analysis, internal consistency, and nonparametric scaling were assessed using data from a cross-sectional sample of adults (n=479). **Results:** A new 5-factor model was identified. Internal consistency and scaling reliabilities

were moderate to strong, providing support for the new structure. **Conclusions:** Further studies are needed to confirm these results. Subscales should be treated as indices and use sum scores in analysis to detect subtle variations and provide more precise power calculations.

**Key words:** construct validity, reliability, built environment, physical activity

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