

Streszczenie w języku angielskim:

This work presents the problem of contemporary diseases of affluence and highlights the lack of physical activity as an important factor influencing their development. The health and socio-economic consequences of these diseases are presented. The work discusses the main existing methods of their treatment and prevention, and indicates that shaping the functionality of urban space plays an important role in these activities.

Known barriers to physical activity occurring in the urban environment as well as examples of health-promoting urban interventions in local, system and structural scale are described.

The principles of conducting multi-agent behavioral simulations for estimating the parameter of the potential of walking activity, depending on the functionality of the designed urban environment, were presented.

Work indicates, that the use of this parameter as a measure of the quality of the concept of urban interventions may be useful as a supporting tool in the decision-making and design process, strengthening its focus on the prevention and rehabilitation of contemporary civilization diseases.