

Physical activity locations

Marijke Jansen | PhD-candidate | Utrecht University

Background

The built environment is seen as an important determinant of physical activity (PA). Adaptations of the built environment might evoke (higher levels of) PA. Therefore, municipalities are increasingly focusing on the design of PA-friendly cities. However, most studies so far, have focused on the residential neighborhood, ignoring the potential effect of other important environments (e.g. work environment) on PA behavior. In order to develop adequate policy and intervention on the design of PA-friendly cities, it is necessary to gain more detailed insight in the locations where adults are actually physically active, and where they are not.

Aim To investigate how PA is distributed across public open spaces (parks, squares, roads, etc.) and to examine what socio-demographic and environmental factors influence PA.

Methods

Target group

Adults aged 45 – 65 years

Research area

The Netherlands



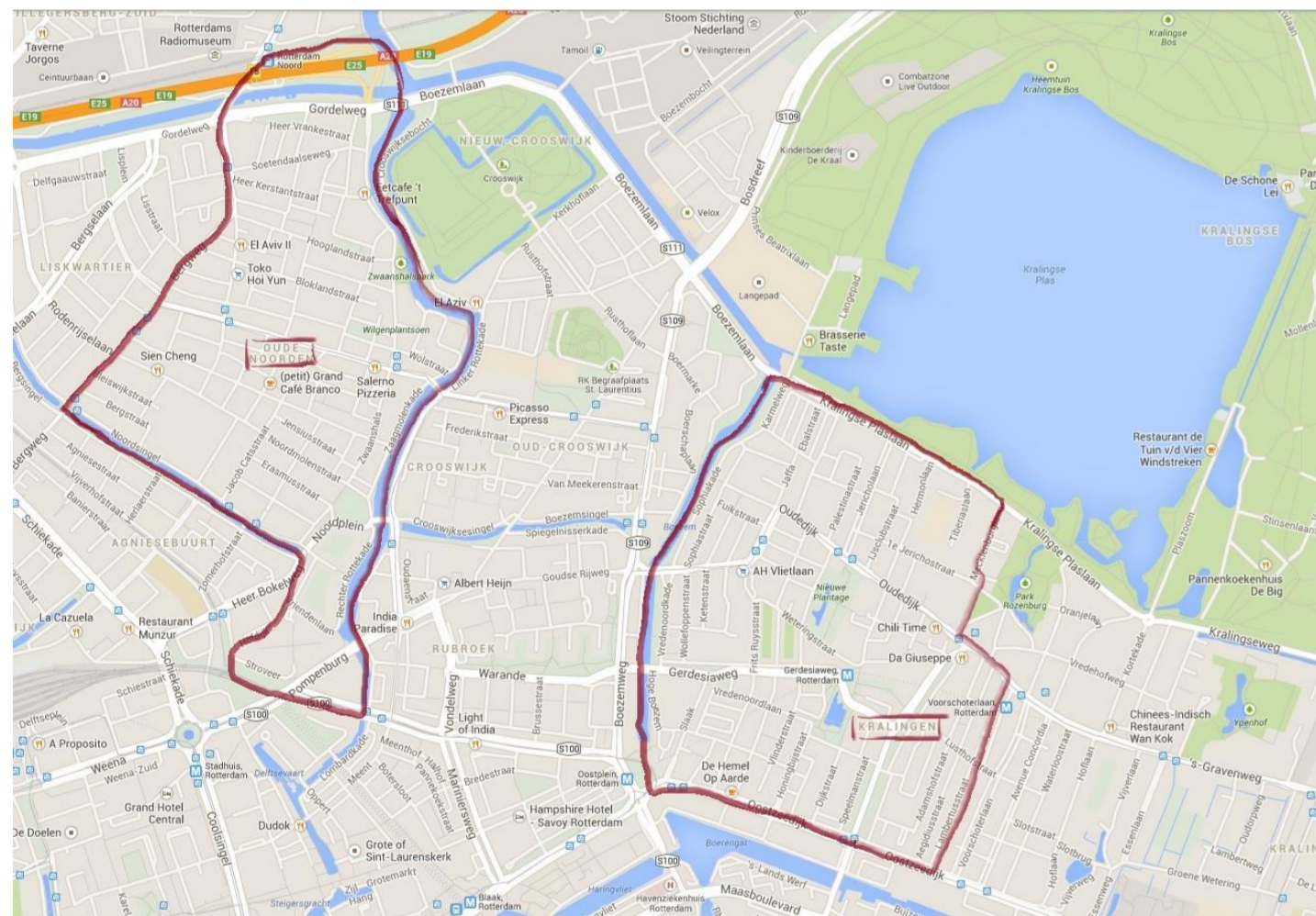
Rotterdam

Oude Noorden (N=48), Kralingen-West (N=62)



Maastricht

Zuid-Oost (N=97), West (N=81)



Measures



Questionnaire



Accelerometers and GPS-devices



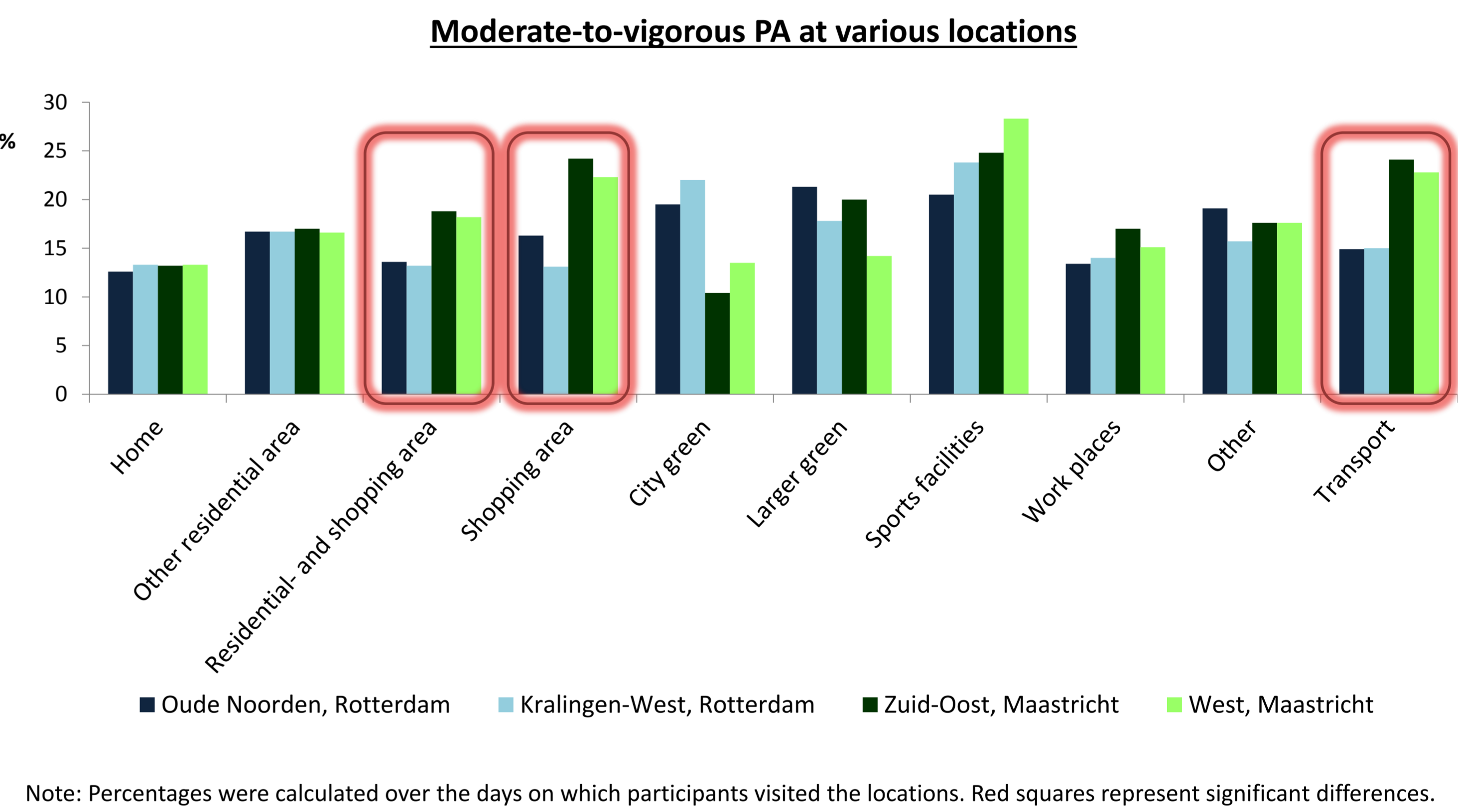
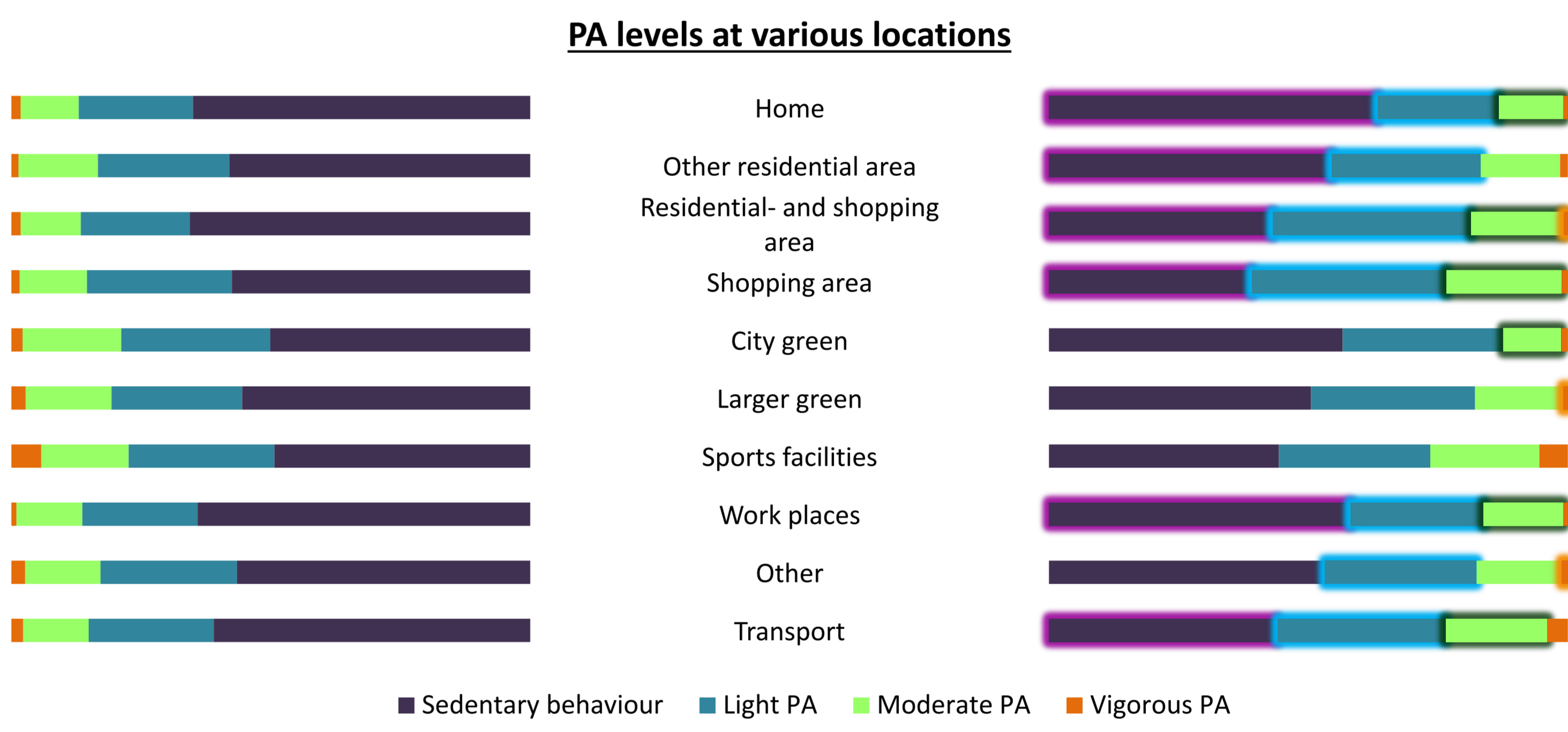
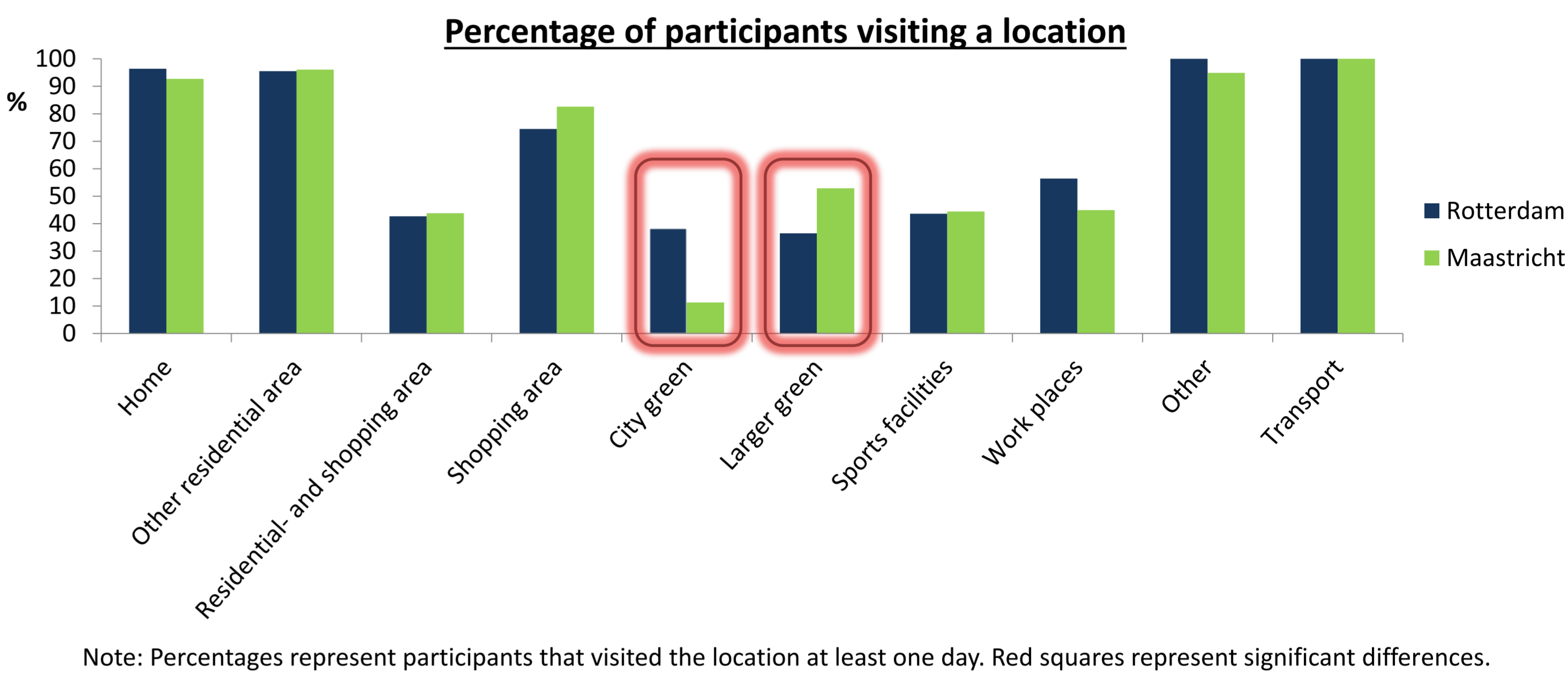
+



Results: study population

	Rotterdam (N = 110)		Maastricht (N = 178)	
Age				
Years (±SD)	55,4 (±5,7)		57,1 (±6,3)	
	N	%	N	%
Sex				
Male	49	44,5	81	45,5
Female	61	55,5	97	54,5
BMI				
Normal weight	68	61,8	87	48,9
Overweight	34	30,9	71	39,9
Obesity	8	7,3	20	11,2
Ethnicity				
Autochthonous	89	80,9	155	87,1
Western immigrants	6	5,5	14	7,9
Non-western immigrants	14	12,7	6	3,4
Missing	-	-	2	1,1

Preliminary results



Conclusions

- Inhabitants of Rotterdam spent *significantly more time in MVPA in city green, and in VPA in larger green*
- Inhabitants of (neighbourhoods within) Maastricht had *significantly higher levels of PA during transport*
- Inhabitants of (neighbourhoods within) Maastricht had *significantly higher levels of PA in shopping areas*

Follow-up

- Multilevel analyses to assess what socio-demographic and environmental factors influence (the use of) physical activity (locations)
- In depth analyses on specific physical activity locations
- Walk along / focus groups

Marijke Jansen¹ | Utrecht University, The Netherlands | f.m.jansen@uu.nl

Co-authors: Dick Ettema¹, Frank Pierik² en Martin Dijst¹

¹Department of Human Geography and Planning, Utrecht University, The Netherlands

²Department of Urban Environment and Safety, TNO, Utrecht, The Netherlands