Relationships between children’s activity, active transport, and independent mobility

Participants

- Preschoolers
- Children
- Adolescents
- Adults
- Elderly
- Impaired mobility

Health measures

- Physical activity
- Independent mobility
- Active transport
- Sedentary time
- Body size
- Nutrition

Environment measures

- Home
- School
- Workplace
- Built
- Natural

Background

Moderate-to-vigorous intensity physical activity is essential for children’s physical and psychological wellbeing. Active travel (e.g., walking, cycling, or scootering for transport) and independent mobility (e.g., unsupervised active travel) may contribute to children’s physical activity and confer additional benefits but this relationship is not well understood.

Methods

254 children aged 9-13 years living in Auckland, New Zealand, wore accelerometers (physical activity monitors) and completed travel diaries for 7 days.

Percentage of time in moderate-to-vigorous intensity physical activity (MVPA) out of school hours, and proportion of trips that were active (active travel), or made independently (independent mobility) were calculated.

Relationships between MVPA and active travel and independent mobility were examined.

Key findings

Both active travel and independent mobility were associated with increased moderate-to-vigorous intensity physical activity outside of school hours.

Publication details