



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

Participants



Health measures



Environment measures



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

Oliver M, Parker K, Witten K, Mavoa S, Badland HM, Chaudhury M, Kearns R. (in press). Children's out-of-school independent mobility, active travel, and physical activity: A cross-sectional examination from the Kids in the City study. *Journal of Physical Activity and Health*.