A photograph of a park with green grass, trees, a paved path, and a pond. The scene is bright and sunny, with a clear sky. In the foreground, there are several green picnic tables and benches. A paved path winds through the park, leading towards a pond on the right. The background is filled with lush green trees and a few buildings in the distance.

Environmental Correlates of Recreational Path Use in a Diverse Sample of Adults

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BACKGROUND

- ✘ People who have access to PA facilities and resources, such as parks and recreation paths, are more likely to engage in PA
- ✘ Communities with paths and individuals who use them are of great interest in order to better understand characteristics that facilitate path use
- ✘ Few path-based studies have included a diverse sample of racial & ethnic minority groups to understand their path use

STUDY PURPOSES

- ✘ Pilot, feasibility study:
 - + Determine the feasibility of recruiting participants to a neighborhood path study;
 - + Examine PA patterns of path use among onsite exercisers;
 - + Examine path features that influence use

STUDY SETTING: PEARLAND, TX

✘ Master-planned communities

- + Neighborhood parks and day care/schools, new roads, nearby shopping and dining, community services, churches, etc.

- + Designed to encourage an active lifestyle

 - ✘ golf courses, tennis courts, bike and walking trails, swimming pools

- + Aesthetically pleasing

 - ✘ Manmade lakes, street lights, open green space, tree-lined paths

STUDY SETTING: PEARLAND, TX

- ✘ Shadow Creek Ranch; built in 2002
 - + Located 15 min from Houston
 - + Homes priced from \$170,000 to \$1 million
 - + 700 acres of greenbelts and community parks
 - + 300 acres of recreational lakes
 - + 22-mile hike and bike network (not completed)
 - + Diversity (no census data)
 - ✘ Schools in neighborhood:
 - ★ 20% white
 - ★ 35% black
 - ★ 18% Latino
 - ★ 27% Asian



STUDY METHODS

- ✘ Convenience sample; trained interviewers recruited adults using intercept surveys and follow-up survey (optional)
- ✘ Eligible:
 - + actively using neighborhood path (walkers only)
 - + Read and write English or Spanish
 - + Be at least 18 years old
- ✘ Compensation: pedometer (onsite); \$20 gift card to sporting goods store (follow-up survey)
- ✘ No entry point; sampled various areas of the walking path and recruited at various times (early morning, late evening)
- ✘ Time: 6 weeks
- ✘ Survey - 27 questions



Sam Houston Tollway/Beltway 8

★ Visitor Center

To Houston ↑



Melvin P. Ryan Expressway/State Highway 288

RESPONSE RATE

✘ 65% of those approached participated

+ Refusals (n=102)

✘ Gender

✘ Women – 52%

✘ Men – 39%

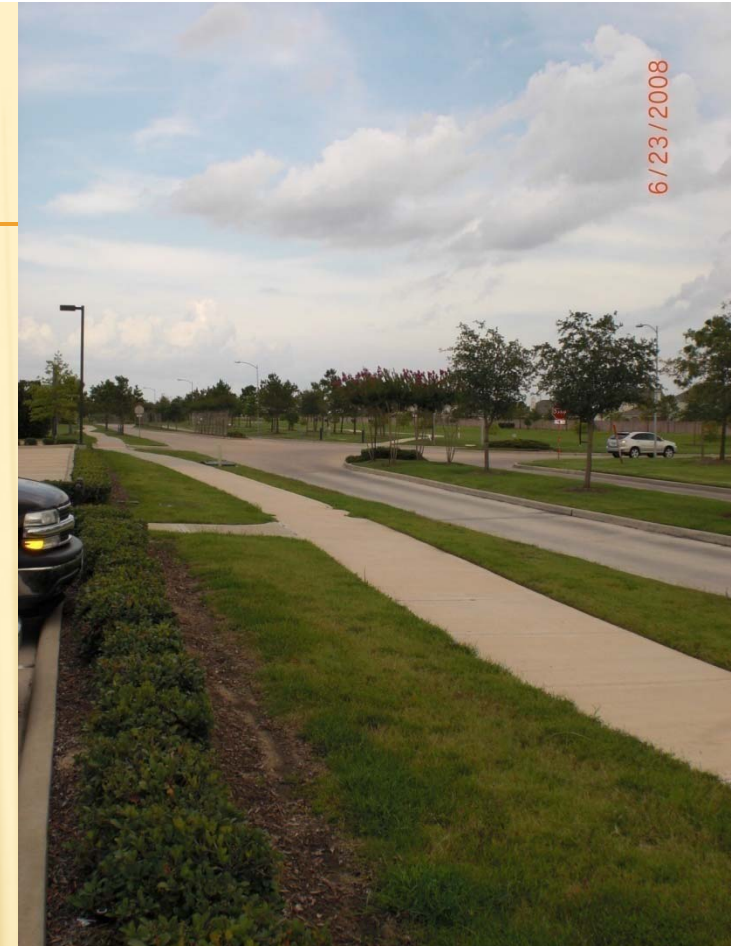
✘ Race/ethnicity

✘ Latino – 17%

✘ White – 20%

✘ Asian – 31%

✘ Black – 20%

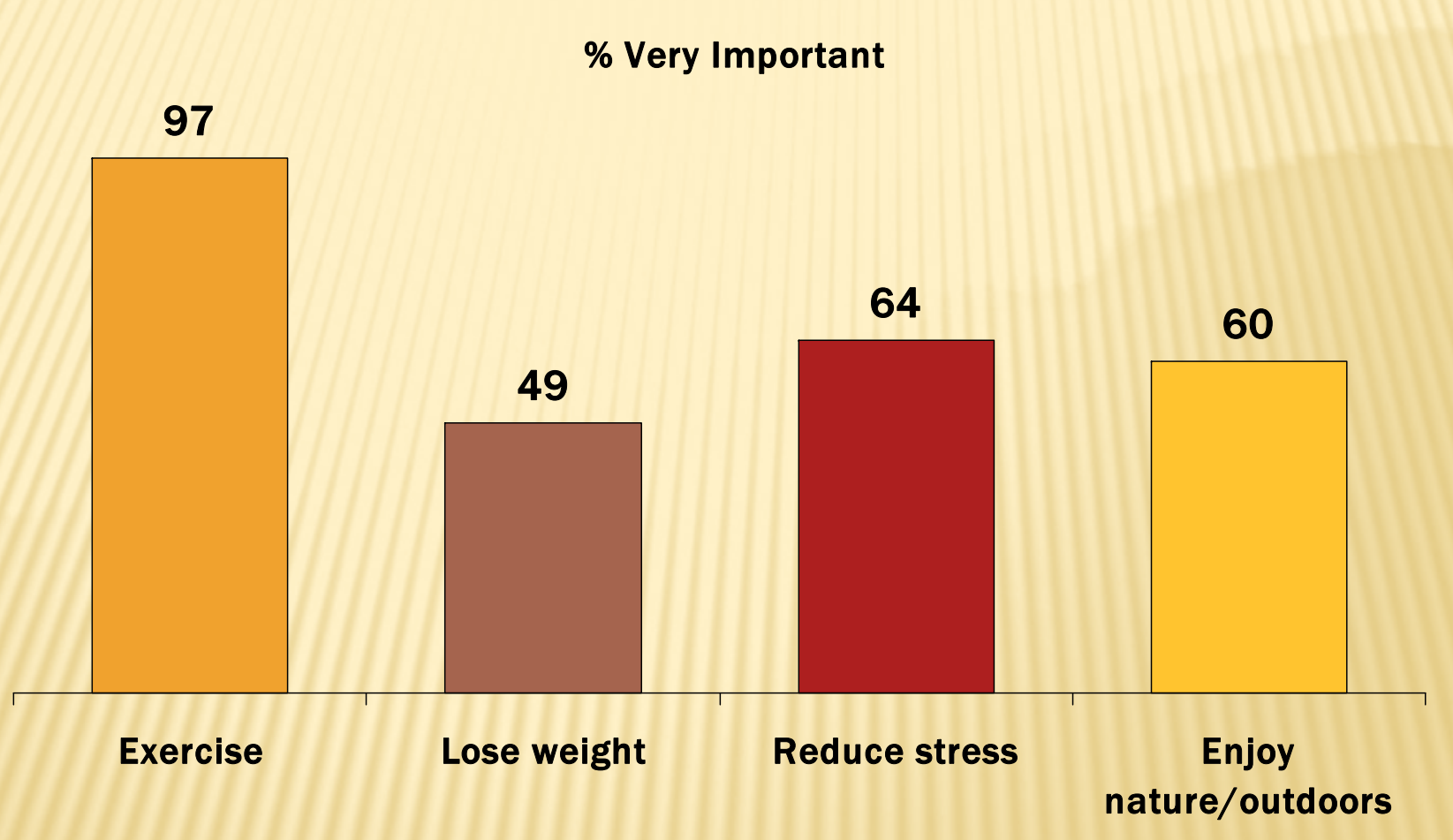


RESULTS: SOCIODEMOGRAPHICS

N=194		n	%
Race/ethnicity	White	54	27.8
	Black	61	31.4
	Asian	40	20.6
	Latino	20	10.3
	Other/missing	19	9.8
Gender	Men	83	43.7
	Women	107	56.3
Income	<\$50,000	19	9.8
	\$50,000 - \$99,000	68	35.0
	>\$100,000	84	43.3
	Missing	23	11.9
	Mean		SD
BMI*		25.28	4.19
Age		37.41	11.7

*Blacks significantly more likely to be overweight (m=27.0)

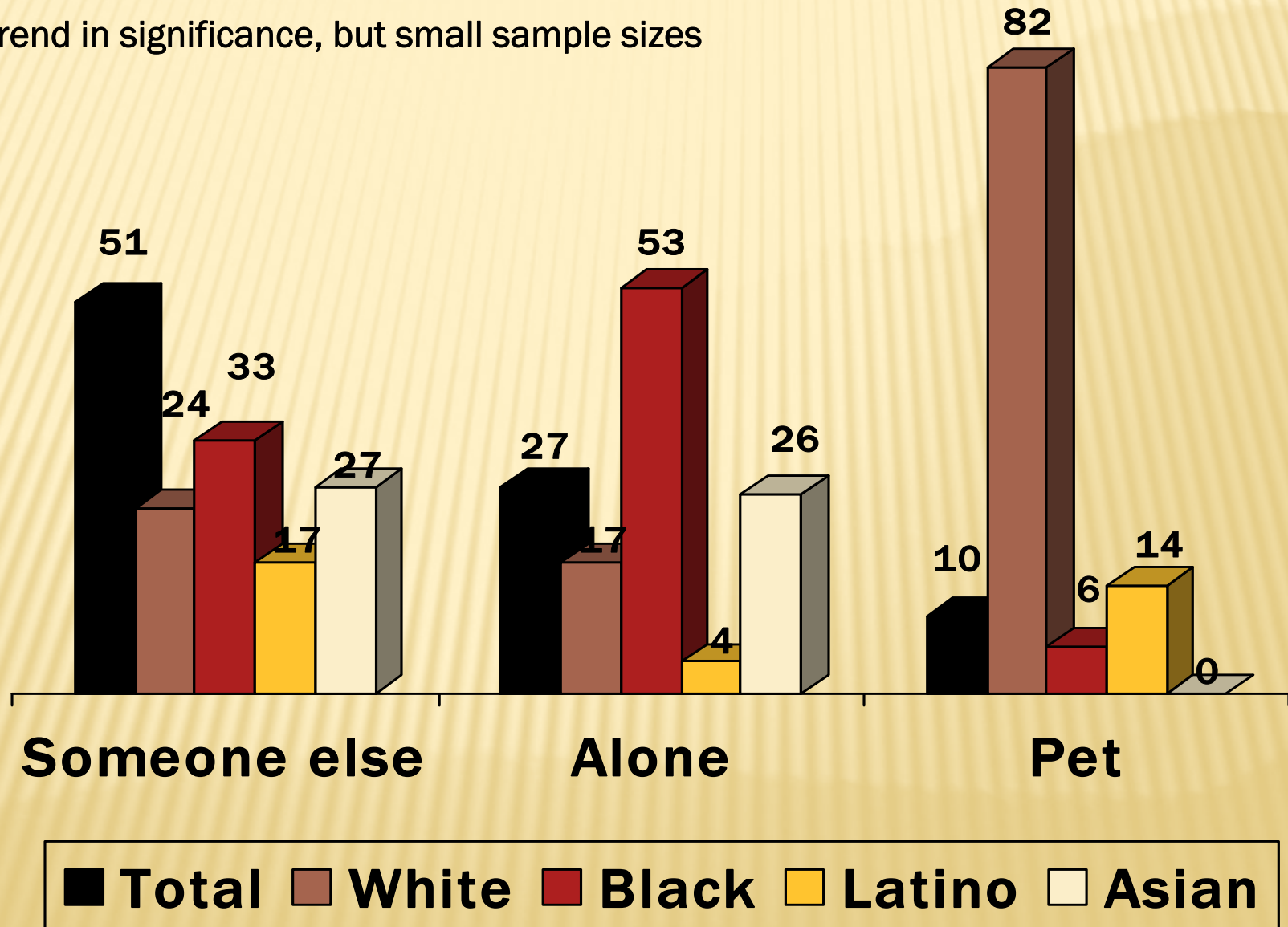
RESULTS: REASONS FOR USING PATH



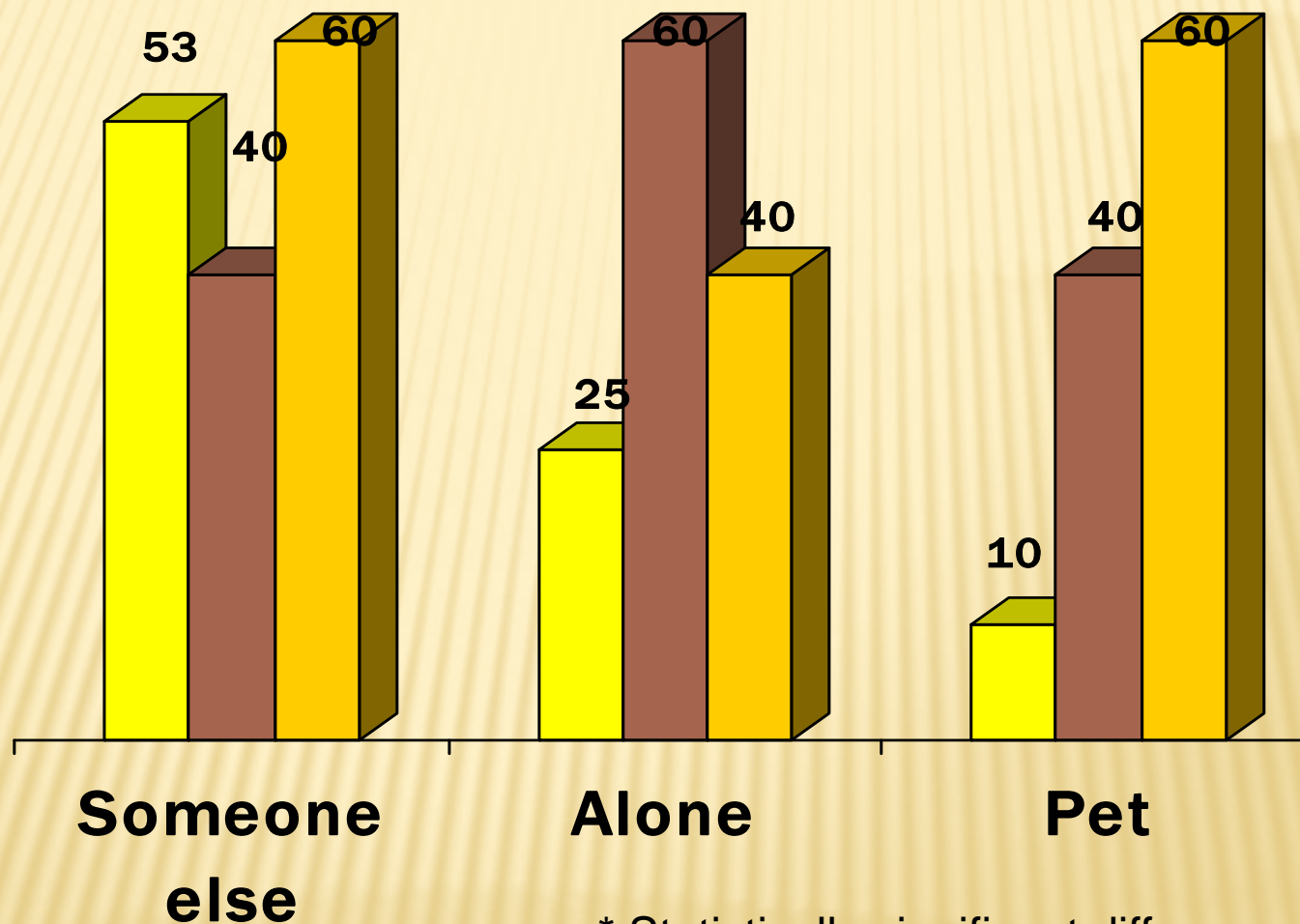
- ✘ Those overweight more likely to say very important reason ($p < .01$)
- ✘ Women and Blacks most likely to say all very important reasons – NS

RESULTS: SOCIAL ENVIRONMENT BY RACE/ETHNICITY

* Trend in significance, but small sample sizes



RESULTS: SOCIAL ENVIRONMENT BY GENDER



* Statistically significant differences (p=.05)

■ Total ■ Men (n=83) ■ Women (n=106)

RESULTS: PHYSICAL ACTIVITY

	Total*	White (n=54)	Black (n=61)	Latino (n=20)	Asian (n=39)
Use of path					
Daily	26 (15%)	5 (19%)	13 (50%)	1 (4%)	7 (27%)
< Daily	148 (85%)	49 (33%)	48 (32%)	19 (13%)	32 (22%)
Minutes on path					
≤ 30 min	42 (24%)	16 (38%)	12 (29%)	2 (5%)	12 (29%)
30-45 min	55 (31%)	15 (27%)	18 (33%)	7 (13%)	15 (27%)
≥45 min	75 (43%)	21 (28%)	31 (41%)	11 (15%)	12 (16%)
PA (IPAQ) (n=105)					
Low/Moderate	58 (57%)	16 (29%)	12 (21%)	9 (16%)	20 (34%)
High	44 (43%)	12 (27%)	19 (43%)	5 (11%)	8 (18%)

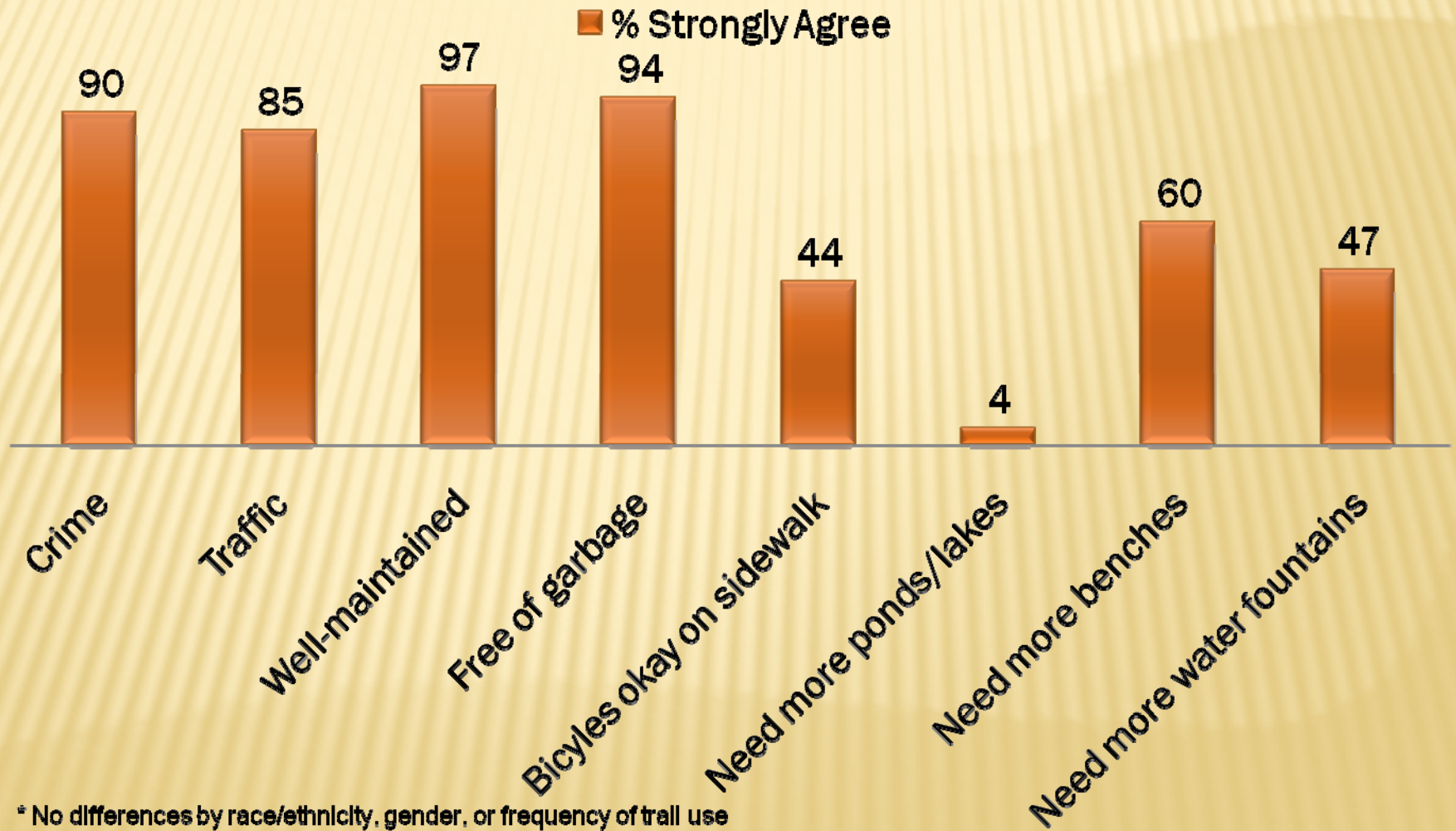
No statistically significant differences by race/ethnicity or gender

RESULTS: PARTICIPATING IN OTHER PA

	Mean participation in PA activities in past week (1-9)
Race/ethnicity*	
White	2.8 (1.9)
Black	2.9 (1.8)
Latino	2.6 (1.5)
Asian	2.0 (1.3)
Frequency of trail use*	
≤1 time per week	2.3 (1.8)
2-3 times per week	2.4 (1.7)
4-5 times per week	3.2 (1.7)
Daily	2.9 (1.9)

*Statistically significant difference ($p < .05$)

RESULTS: PHYSICAL ENVIRONMENT



* No differences by race/ethnicity, gender, or frequency of trail use

LIMITATIONS

- ✘ Response rate/low numbers in certain cells – response bias
 - + Stopped people as they were exercising
- ✘ Convenience sample
- ✘ Generalizability

CONCLUSIONS

- ✘ Varied reasons for using path; exercise favored
- ✘ Different patterns regarding social interaction & PA
 - + Blacks more likely to use path alone
 - + Whites more likely to use path with a pet
 - + Women more likely to use path with someone else
- ✘ Blacks report greater use of path by frequency & time spent; however, also more likely to be overweight
- ✘ Most PA coming from walking path; participation in other activities varies by race/ethnicity & frequency of use
- ✘ Overall, safe and well-maintained recreational environment; need for more benches and water fountains

FUTURE RESEARCH

- ✘ Notable trends, but need to sample more diverse neighborhoods
 - ✘ Recruit greater numbers of Latinos
 - ✘ Lower-income individuals
- ✘ Sample non-path users to examine sociodemographic and environmental correlates among those with access