

Neighborhood Predictors of Walking for Transportation and Exercise: The New Orleans PACE Project

Jeanette Gustat, PhD, MPH¹; Janet Rice, PhD¹; Kathryn Parker, MPH¹; Adam
B Becker, PhD, MPH ²; Thomas A Farley, MD, MPH¹

¹Tulane University School of Public Health and Tropical Medicine, New
Orleans, LA

²Consortium to Lower Obesity in Chicago Children, Chicago, IL

Background

- Obesity in children and adults is on the rise
- Changing the environment to promote activity is a promising approach to address the obesity epidemic



Partnership for an Active
Community Environment

- To examine factors related to walking including the social and physical environment in low income neighborhoods
- To identify and address the factors that influence physical activity in specific New Orleans neighborhoods: 1 intervention and 2 comparison neighborhoods

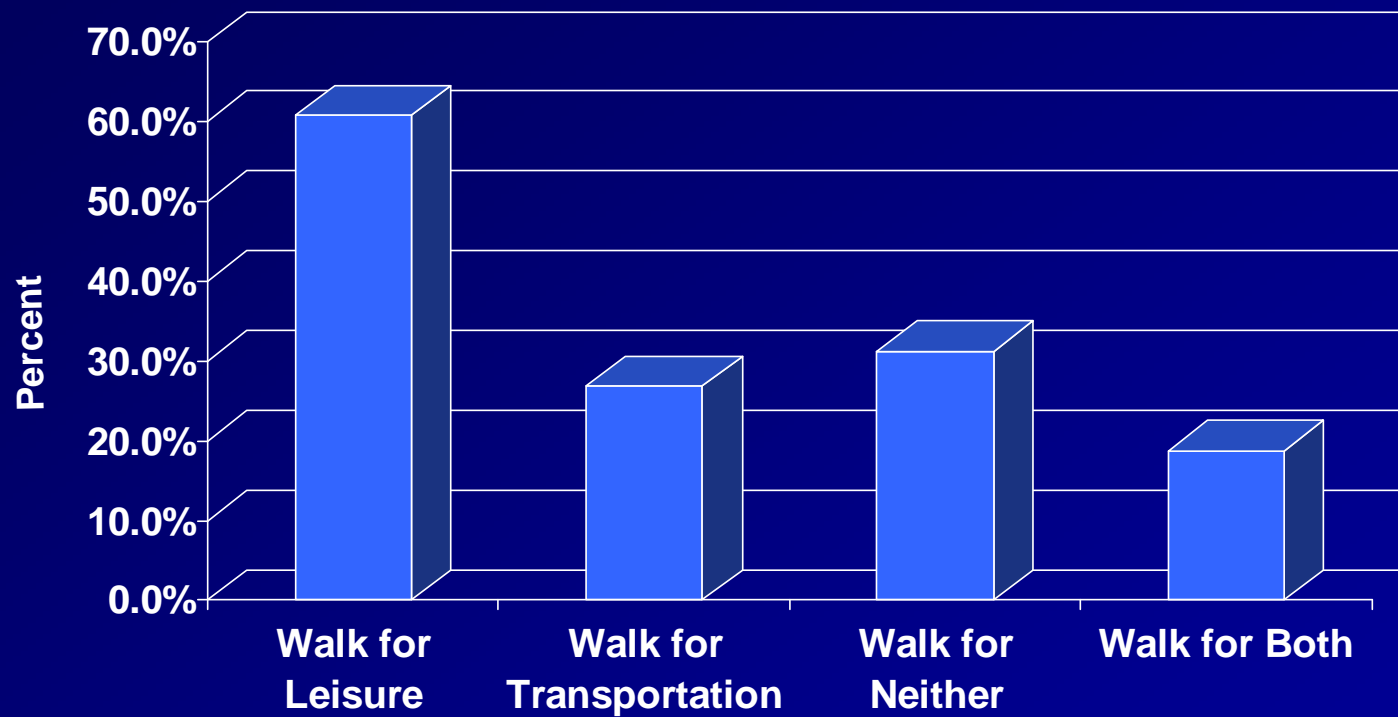
Methods

- Stratified simple random sampling
 - Blocklisting of all housing units made
 - 12 attempts per selected housing unit
- Modified Kisch table used to select survey respondent
- Trained interviewers conducted face-to-face interview lasting approximately 45 minutes
- 74.9% response rate
 - 778 selected
 - 499 completed/666 contacted
 - unable to contact 112

The Sample

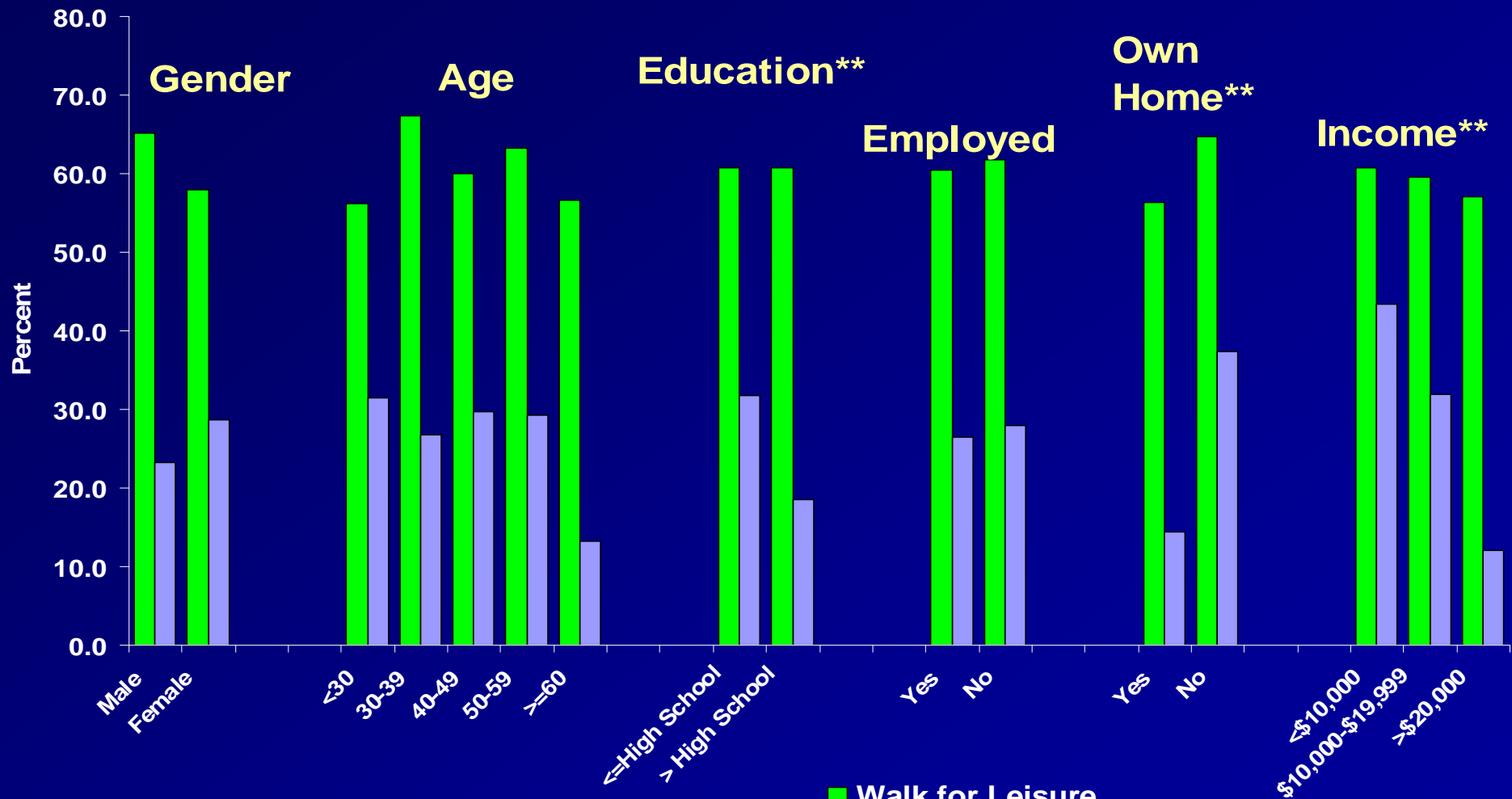
African American	94.0%
Female	61.2%
Employed	42.8% (post K) v 57.5% (pre K)
Unemployed	15.1% (post K) v 5.2% (pre K)
GED/HS grad +	81.7%
Mean age	44.4 yrs \pm 14.1
Income	60% \leq \$20,000/yr
Mean BMI	
Males	27.2 \pm 5.9
Females	29.5 \pm 7.6

Walking



- 9.8% walk for transportation 30+ min/day
- 20.3% walk 30+ min/day for leisure or to walk a dog

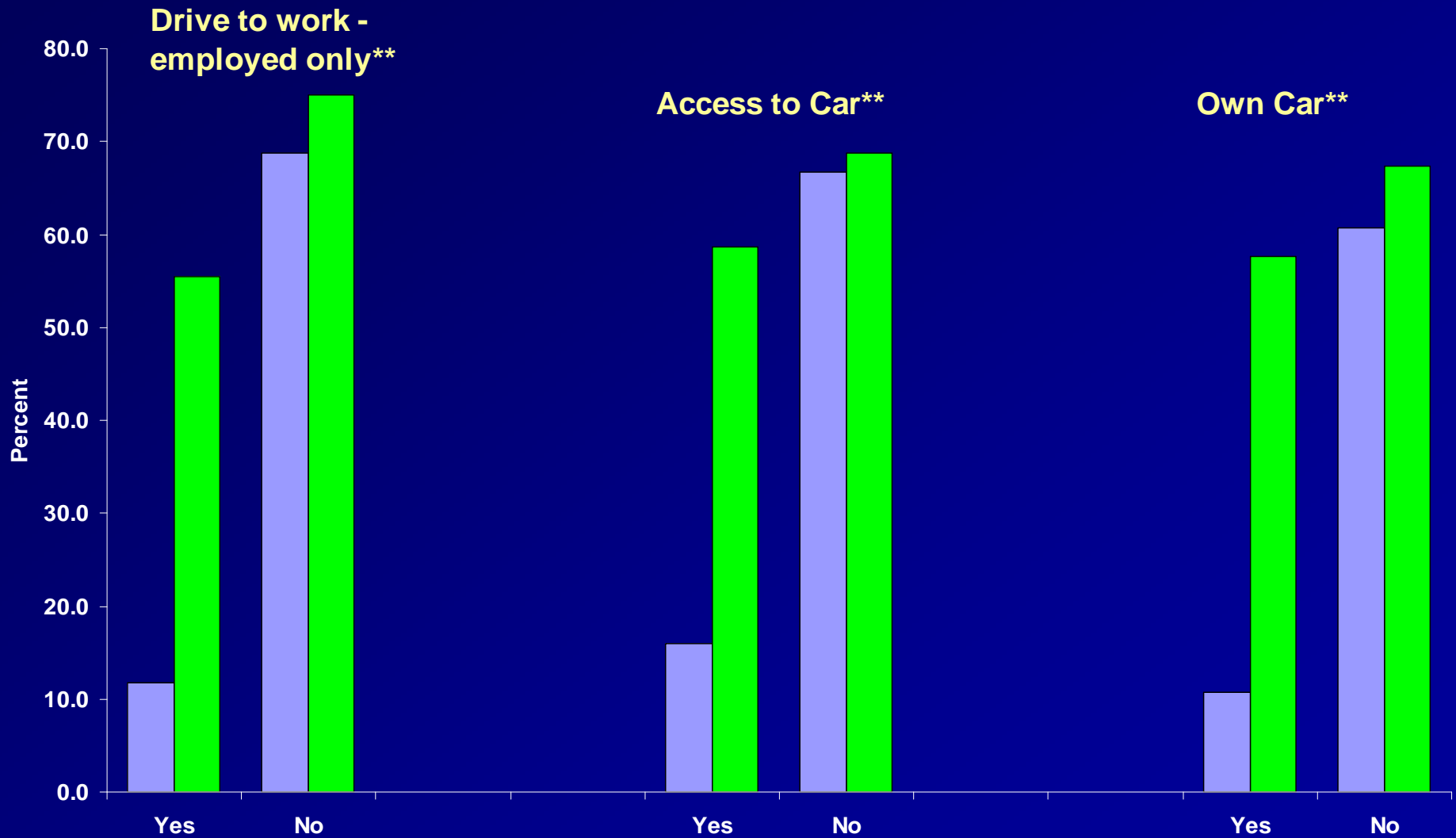
Characteristics of those who Walk



**p<0.01 Walk for Transportation

■ Walk for Leisure
 ■ Walk for Transportation

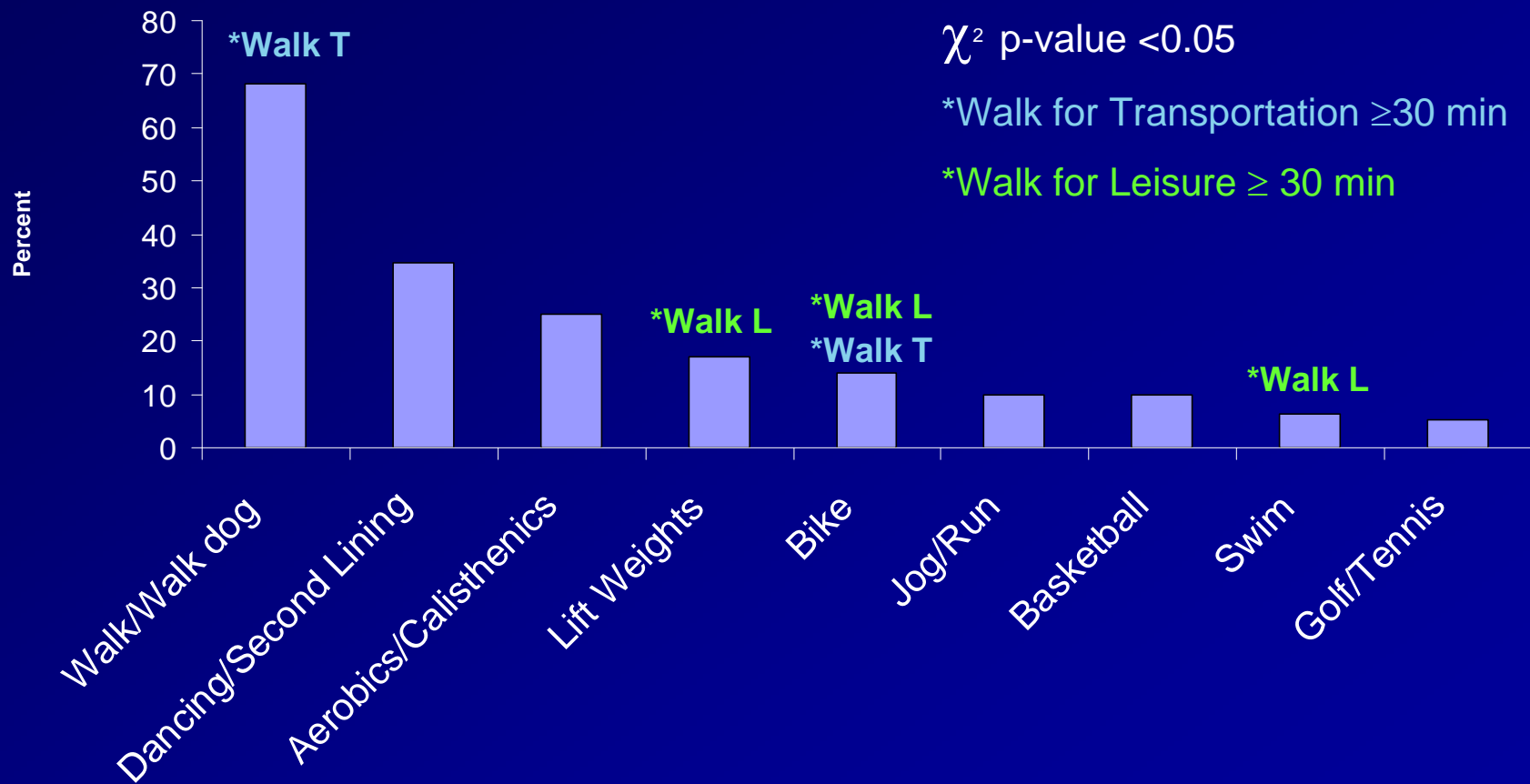
Access to Cars and Walking



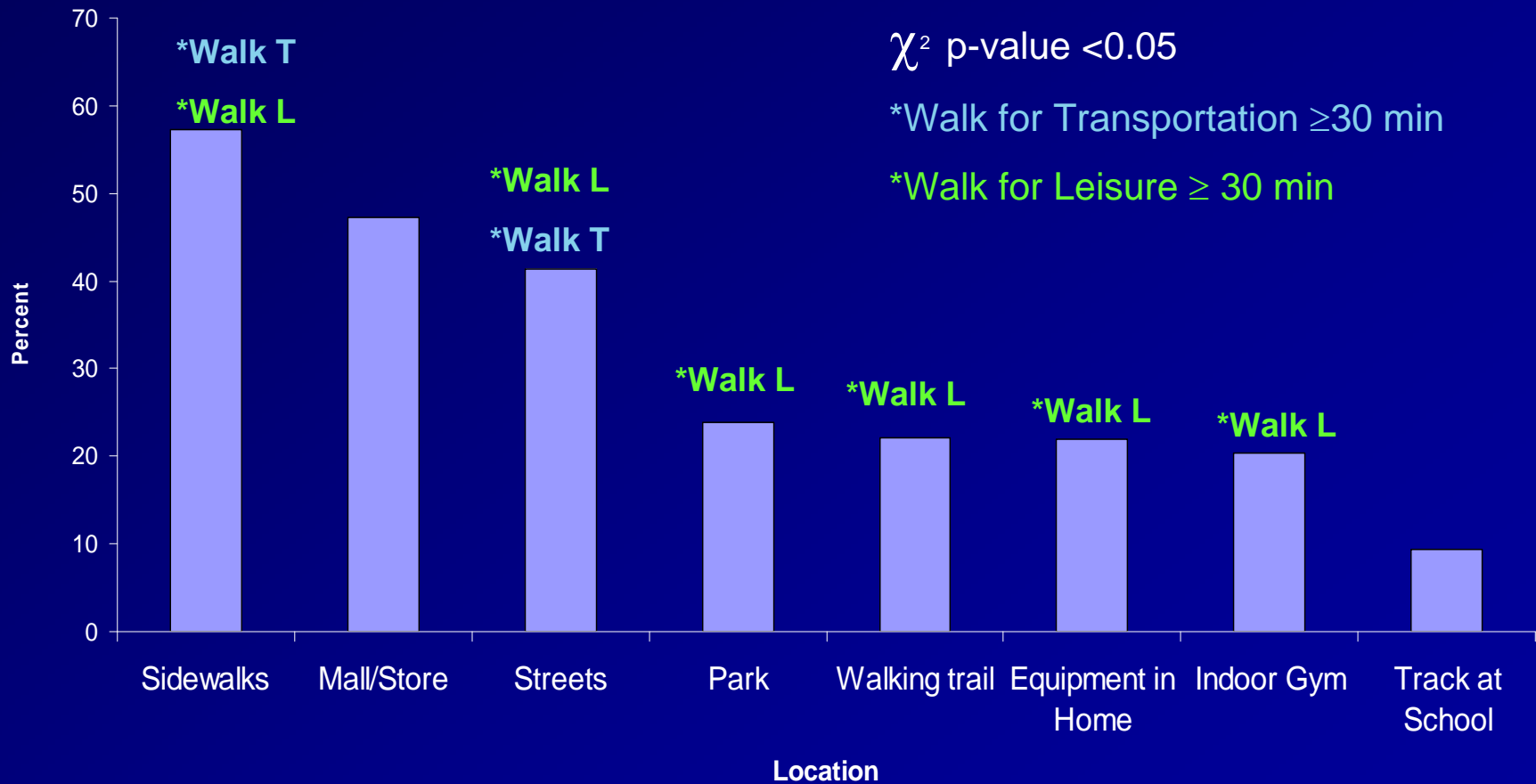
**p<0.01 Walk for Transportation

■ Walk for Transportation ■ Walk for Leisure

Types of Activity



Where respondents exercise



Agreement among walkers regarding the community social environment

Walk for Leisure

- NH is good place to live
- I feel at home in NH
- Important to live in NH
- I expect to live in NH long time
- NH is good for children
- Adults watch out for children
- Neighbors take care of homes
- Parents know children's friends
- Parents know each other
- NH is safe from crime
- Safe outside at night

-
- Police don't respond soon enough

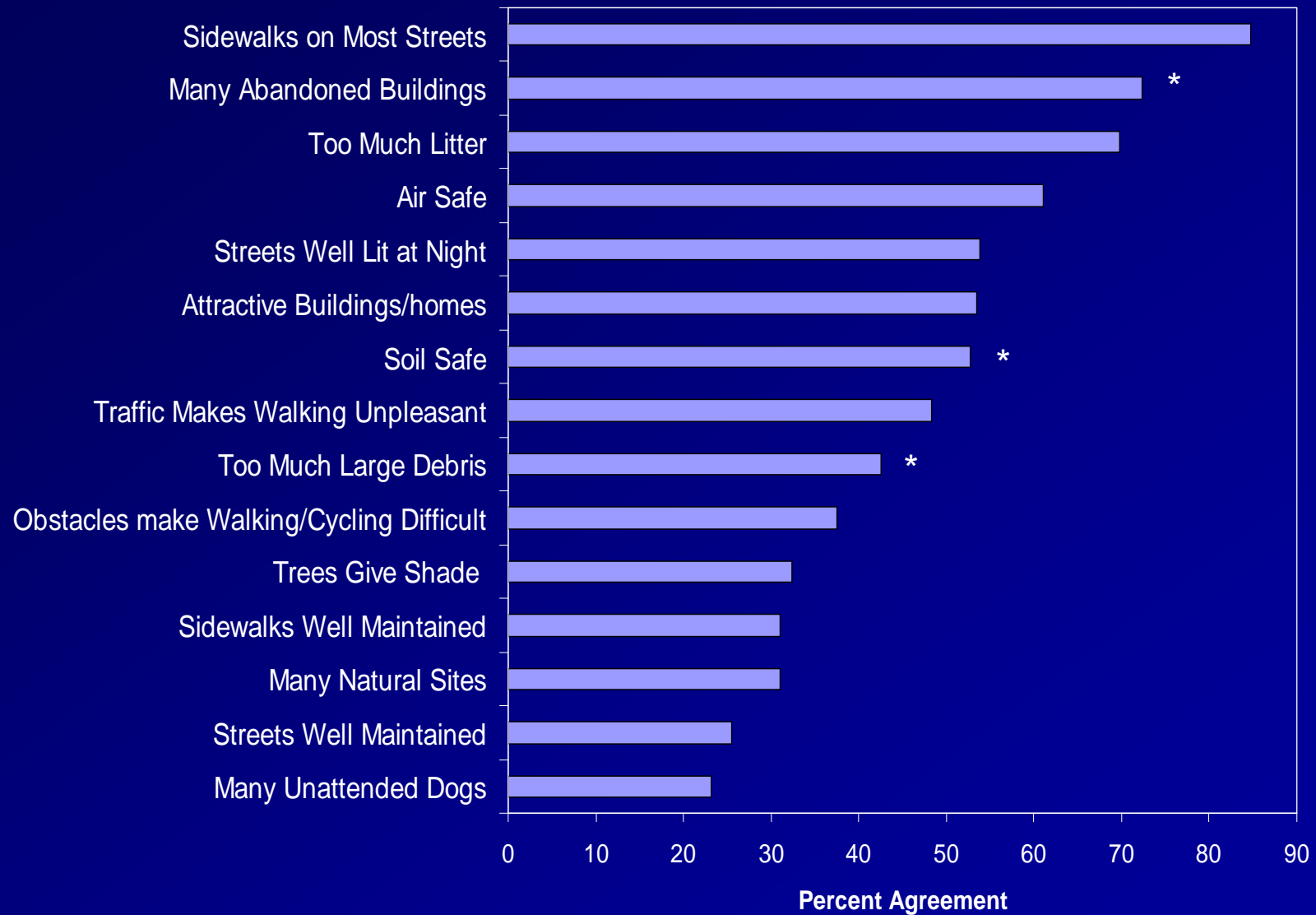
Walk for Transportation

- Parents know children's friends
- Parents know each other

-
- Adults don't supervise children
 - Policies make playing difficult
 - Police don't respond soon enough
 - Police prevent children from playing in the street

p<0.05 for difference between those who walk and those who don't for listed items

Neighborhood Environment



* $p < 0.05$ walk for transportation

Factors that Influence Use of Place to be Physically Active



p-value <0.05

*Walk for Transportation ≥ 30 min

Summary

- Walking for transportation is economically driven
 - Access to car has great influence over walking for transportation
 - More negative view of NH
- Walking for leisure is more common activity
 - Fewer differences in socio-economic factors
 - Not economically driven
 - Greater variety of activities and places for activity
 - More positive outlook about NH

Conclusion

- Addressing crime and condition of the sidewalks and streets could encourage more people to walk
- Getting people to walk for leisure will have positive influences on the neighborhood