

# PAPER 4: SOCIOECONOMIC DISADVANTAGE & WALKING FOR TRANSPORT

## PAPER FOCUS:

STUDY DESIGN: **Longitudinal**

STUDY LOCATION: **QLD**

POPULATION: **Older Adults**



•**SOCIAL ENVIRONMENT FEATURES:** **Neighbourhood Disadvantage**, Transport, Social Infrastructure, Walkability, Public Transport, Public Open Space, Food, Local Employment, Housing, Crime & Safety

•**HEALTH & WELLBEING OUTCOMES:** **Walking (Transport & Recreation)**, Outdoor Recreation, Cycling, Fitness, Sitting Time, Obesity, Mental Health



## WHAT WE DID:

- **This longitudinal study examined relationships between neighbourhood disadvantage, individual-level socioeconomic position and walking for transport (WfT) during mid-and early old-age (40 – 70 years).**
- **Three questions were addressed: (i) which socioeconomic groups walk for transport, (ii) does the amount of walking change over time as people age, and (iii) is the change socioeconomically patterned?**

## WHAT WE FOUND:

- **The odds of being defined as a ‘never walker’ were significantly lower for residents of disadvantaged neighbourhoods.**
- **The less educated, blue collar employees, and members of lower income households were more likely to be defined as “never walkers”.**
- **WfT declined significantly over time as people aged and the declines were steeper for older persons, particularly for the retired and members of low income households.**

## SO WHAT?

- **Designing age-friendly neighbourhoods might slow or delay age-related declines in WfT and should be a priority.**
- **Steeper declines in WfT among residents of low income households may reflect their poorer health status and the impact of adverse socioeconomic exposures over the life course.**
- **Each of these declines represents a significant challenge to public health advocates, urban designers, and planners in their attempts to keep people active and healthy in their later years of life**

**Change in walking for transport: a longitudinal study of the influence of neighbourhood disadvantage and individual-level socioeconomic position in mid-aged adults. | Turrell G, Hewitt B, Haynes M, Nathan A, Giles-Corti B. | *International Journal of Behavioral Nutrition and Physical Activity*, 2015. 11:151. Contact Details: [g.turrell@qut.edu.au](mailto:g.turrell@qut.edu.au) | CRE Website: <http://mccaughey.unimelb.edu.au/programs/cre>**