

Individual and social factors associated with active commuting to school in 4-6 years old Spanish children

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To examine the prevalence of active commuting to school (ACS) in 4 to 6 year old children and individual and social factors associated with it. Cross-sectional study including 1,159 children from Cuenca and Ciudad Real (Castilla-La Mancha, Spain). ACS, population area, and socioeconomic status (SES) were self-reported by parents. Body mass index and cardiorespiratory fitness (CRF) were measured using standard procedures. Binary logistic regression models were used to assess the strength of association between the mode of commuting (ACS/no-ACS) and individual (weight status and CRF) and social (population area and SES) factors. Forty-six percent of the children ACS. The probability of ACS was greater in boys and girls from families of low/medium-low SES and in girls who lived in urban areas. ACS was not associated with weight status and CRF. Effective interventions need to be promoted, especially in children from families of high SES and those living in rural areas. © 2019, © 2019 Informa UK Limited, trading as Taylor & Francis Group.

Active transportation

cardiorespiratory fitness

physical activity

social factors

weight status

article

body mass

cardiorespiratory fitness

child

cross-sectional study

female

girl

human

major clinical study

male

physical activity

preschool child

prevalence

probability

rural area

social aspect

social status

Spain

Spaniard

urban area