

Association between different modes of travelling and adiposity in Chilean population: Findings from the Chilean National Health Survey 2016-2017

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Background: Active travel has been suggested as a feasible way of increasing physical activity levels. Although international studies have demonstrated its effect over different health outcomes and adiposity, there is still limited evidence on this topic in developing countries, such as Chile. **Aim:** To investigate the associations between different types of travelling and markers of obesity in the Chilean adult population. **Methods:** 5411 participants from the Chilean National Health Survey 2016-2017 (CNHS) were included in this study. Active travel was assessed using a questionnaire. Car commuters, public transport (PT), walking and cycling were the four forms of travelling assessed. Bodyweight, body mass index and waist circumference were used as markers of adiposity. **Results:** Compared to car travellers, body weight, WC and BMI levels were lower for PT walking and cycling travellers. The odds for obesity (Odds ratio (OR): 0.41 (95% CI: 0.28; 0.61 $p < 0.001$) were lower for walking and the odds (OR: 0.56 (95%CI: 0.35; 0.89 $p = 0.014$) for central obesity were significantly lower for cyclist in comparison to car travellers. Additionally, participation in any form of active travel (walking or cycling) was low, with only 20.9% of the population reporting.

