



Association between Parental Perceptions and Active Commuting to School in Children

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Introduction

- United States children are experiencing an epidemic of obesity¹
- Less than 25% of children meet current physical activity guidelines²
- Active commuting to school (ACS) is a sustainable way to be active through different life stages³

Study Objectives

- 1) To investigate the association of various **parental psychosocial constructs** related to ACS and **child ACS status**
- 2) To examine parental **perceptions of the environment** and **child ACS status**

Methods

- Data:** Safe Travel Environment Evaluation Texas Schools (STREETS) study⁴
- Participants: Third grade parent-child dyads (n=260)
- Variables:**
 - Child ACS (0 = no, 1= yes)
 - Parent perceptions of child ACS related constructs (self-efficacy, independent mobility, modeling, concerns, and support)
 - Parent environmental perceptions (walkability, school built environmental, school neighborhood environment, social control, social cohesion, social engagement)
 - Measures adapted from SRTS, UH-PEAK, NEWS, Texas SPAN
- Analysis:** Logistic regressions were used to examine the association between parental perceptions and child ACS.

Conclusions and Next Steps

Conclusions

-Parents’ perceptions of ACS and PA impact child commute behavior. Researchers investigating ACS should focus on parent engagement in ACS programs to increase the likelihood of ACS

Next Steps

-Future policies should focus on safe infrastructure and investment in safe improvements to improve parental perceptions

Results

1. Means of self-reported **parental SE** , **parental ACS support** , parent rated **IM** were associated with **higher odds of children’s ACS** .
2. Mean of parental **ACS concerns** were associated with **lower odds of child ACS**



Table 1 . Associations between parental perception of physical activity, perceptions of environment, and child ACS status (n=260)

Parental Perception	Exposure	AOR	95% CI	p-value
ACS	ACS SE	11.4	[6.0, 21.8]	<0.0001
	ACS support	11.7	[6.6, 20.8]	<0.0001
	ACS concerns	0.3	[0.2, 0.4]	<0.0001
	ACS IM	1.8	[1.5, 2.1]	<0.0001
	PA modeling	1.4	[0.9, 2.0]	0.09
	SE PA habits	0.9	[0.6, 1.3]	0.51
Environmental	Neighborhood walkability	1.2	[0.7, 2.3]	0.5
	Neighborhood IM	1.8	[1.0, 3.2]	0.07
	School built environment	1.1	[0.6, 1.9]	0.88
	School environmental perceptions	0.7	[0.2, 2.0]	0.47
	Safety perceptions total	1.7	[0.6, 4.7]	0.29
	Social engagement	1.5	[1.1, 1.9]	0.006
	Social control	1.3	[1.0, 1.7]	0.03
	Social cohesion	0.9	[0.6, 1.4]	0.72
	Social capital	1.7	[1.1, 2.6]	0.01

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