

# MOTORISED TRIPS SUSCEPTIBLE OF BEING SUBSTITUTED BY WALKING IN CATALONIA, SPAIN

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**Background and aims:** Walking as a mean of transport is considered a moderate physical activity that can be integrated into daily life and suitable for achieving recommended activity levels. This study aims to quantify the number of people who could achieve recommendations by substituting short motorised trips (5 minutes or less) by walking.

**Methods:** A cross-sectional study was developed. Data come from individuals older than 3 years who reported, in the 2006 Daily Mobility Survey, having travelled on the referred working day (N=98,665). A bivariate and multivariate logistic regression analysis was carried out to determine the factors associated with making short motorised trips among those not reaching recommended physical activity levels through walking, by calculating odds ratios (OR) and their corresponding 95%CI.

**Results:** A total of 79% of men and 70.6% of women did not achieve recommended physical activity levels through walking. Of those, 16% of men [95%CI 15.6-16.4], and 14.5% of women [95%CI 14.1-14.9], could achieve recommended levels of physical activity if they were to substitute at least one (in adults) or two (in younger than 18) short motorised trip by walking. This change would increase in 405,694 men [95%CI 394,742-416,619] and 321,303 women [95%CI 311,989-331,012] the number of people in Catalonia who would achieve recommended daily levels of physical activity through walking as a means of transport. In both men and women, the association of making short motorised trips increases with decreasing age (OR=3.01, [2.13-4.50] in 4-11 aged boys; OR=6.04[3.91-9.31] in girls), increases with decreasing size of municipality (OR=4.32[3.71-5.05]; OR=6.49[5.34-7.89], men and women, respectively, residing in the smallest municipalities) and is associated with living with 2 or more other people only among women (OR=1.71[1.44-2.04]).

**Conclusion:** This study shows the potential of daily trips on foot as a source of physical activity when combating current levels of sedentarism.