**Title:**

Accessibility to parks and trails and physical health measures in CATSLife: evaluating selection **Author:**

Chandra Reynolds

**CoAuthor(s)**

Elijah Knaap, Robin Corley, Kyle Gebelin, Elizabeth Munoz, Sally J. Wadsworth,

**Description:**

Neighborhood walkability is associated with obesity and cardiovascular health though a paucity of research has evaluated self-selection that may underlie associations. We measured accessibility to parks and trails using geospatial measurements as well as self-reported activity-friendliness of neighborhoods (ease of walking, biking, and recreating) in CATSLife. Physical health indicators include measures of adiposity (BMI, WHR), resting heart rate, and blood pressure. Sociodemographic variables will be adjusted for, including education are included as covariates.

Accessibility to parks and trails will be considered using spline regression models testing urban planner indices notions of what is walkable or accessible (e.g., ¼ to ½ mile distance). Sibling similarity for park and trail accessibility will be evaluated by sibling type.

Initial work with 1240 participants and simple distances or counts suggest small associations for park and trail access with physical health, with some evidence of environmental selection. Moreover, spline regression models suggest associations may be differential based on distance or optimal access.

Last Presentation: GSA 2020

Plans: use updated CATSLife data

**Sample:**

CATSLife

**Process:**

Analyses begun

**Start:**

2020/03

**Last:**

2021/06