

Use of the physical environment

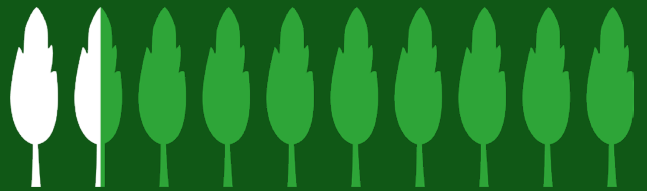
We explored 2 things:

- 1) Availability and use of natural spaces and private gardens.
- 2) What influences children's active travel to school.

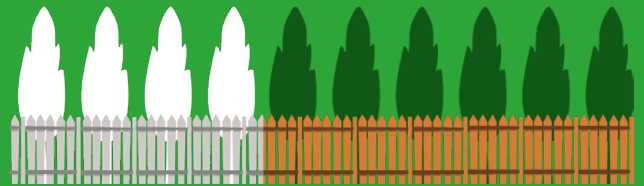
Children from deprived areas were **more** likely to use natural spaces closer to home.



15% of children's time was spent in natural spaces.



41% of children's time was spent in natural spaces + private gardens.



Active travel to school was **more** likely if they lived closer to school, and if the local neighbourhood was more walkable.



More natural space and private gardens around the home was associated with increased use.



Read more at gla.ac.uk/spaces.

Exposure to unhealthy commodities

Two separate studies were conducted: 1) advertising around bus stops and 2) exposure to tobacco retailers.

- 1) Using GPS, we calculated each time children passed a bus stop and identified what unhealthy commodity was being advertised (unhealthy food, sugar sweetened drink beverages, alcohol, e-cigarettes, tobacco).
- 2) Using GPS data, we calculated each time children passed a retailer selling tobacco products.

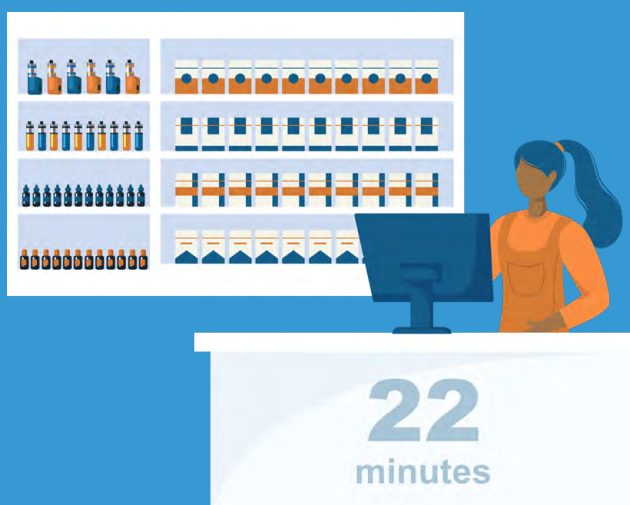
Study 1

More exposure to unhealthy food and drink product advertising in children from more deprived areas vs less deprived areas.



Study 2

On average, children spend **22 minutes** per week in or around shops selling tobacco products.



Children in the most deprived areas were exposed for **6 times longer** vs the least deprived areas.



Highest exposure to tobacco products occurs before and after school hours.



Read more at gla.ac.uk/spaces.

Neighbourhood, environment and health

We measured the availability of natural spaces and private gardens surrounding children's homes.

We explored the relationship between % of natural space and private gardens within 100m of home and social, emotional, and behavioural health outcomes*.

We explored differences in these relationships by household income.

* Strengths and difficulties questionnaire

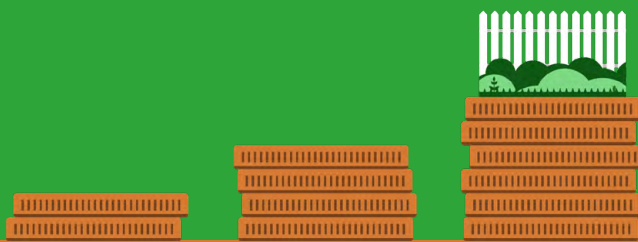
More natural space close to home was associated with less emotional problems.



More natural space close to home was associated with higher levels of prosocial behaviours.



Private garden space was **more** beneficial to children from high-income families.



Increasing natural space close to home may help **narrow** inequalities in health and wellbeing.



More natural space close to home was related to better prosocial behaviours in children from low-income families.



Read more at gla.ac.uk/spaces.

Physical activity

774 children (55% girls) aged 9-10 years old wore physical activity monitors across 8 days.

Light physical activity is **higher** in children in rural areas (4.4 hours/day) vs urban children (4.2 hours/day).



68% achieved the UK Physical Activity Guidelines (averaging 73 minutes of MVPA per day).



76% boys



vs **60%** girls



achieved the UK Physical activity guidelines.

68% most deprived vs **66%** least deprived achieved the UK physical activity guidelines.



*UK physical activity guidelines = an average of 60 minutes of MVPA per day. MVPA, or Moderate to Vigorous Physical Activity, is physical activity characterised by an increase in heart rate, heavy breathing, and increased body temperature.

Read more at gla.ac.uk/spaces.