Effects of socio-economic factors of children’s households on Active Transport in Nairobi City County, Kenya

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ABSTRACT
Introduction: There is a growing interest in promoting active transport (AT) in urban environments. This is particularly envisaged to offer a significant opportunity for children to achieve enough physical activity to curb cardiovascular risk factors, enhance psychosocial well-being and improved bone health.

Objectives: The study focused on socio economic correlates of AT to school among children in Nairobi City County.

Methods: Data was collected from a sample of 352 children of ages 9 – 12 years old. Socio economic factors affecting AT for the children was assessed using questionnaires.

Results: The means for level of educational level in the three regions in Nairobi City; urban (µ=4.48), periurban (µ=4.31) and rural (µ=4.23) were higher significantly compared to the other socio economic determinants like motorcycle, bicycle and vehicle ownership which was less than 1 (µ<1). Active transport by the children was not affected by educational level across the three regions as noted (F=1.742, p=0.176). However, the other socio economic factors affected children’s active transport significantly as noted bicycle, motorcycle and vehicle ownership (F=76.548, p<0.0001), (F=99.456, p<0.0001 and (F=113.679, p<0.0001), respectively. On the other hand, other socio economic indicators like ownership of bicycle, motorcycle and vehicle resulted in statistical significant differences across all the regions (p<0.0001).

Conclusions: Parents/guardians’ level of education does not affect children’s use of AT in Nairobi City County. Parents/guardians ownership of vehicles, motorcycles and bicycles determined the children’s use of AT across regions of Nairobi City County.

Keywords: urban, periurban, rural and environment