



The Association between Frequency of Seeing People Walk and Neighborhood Social Cohesion: Race/Ethnic Differences



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INTRODUCTION

- Seeing people walk significantly increases the likelihood of engaging in physical activity
- Neighborhood social cohesion has also been associated with performance of physical activity
- However, little is known about the association between seeing people walk and neighborhood social cohesion, and whether this association differs by race/ethnicity

PURPOSE:

- To examine the association between the frequency of seeing people walk within sight of home and neighborhood social cohesion among adults, and whether this association varies by race/ethnicity

METHODS

STUDY POPULATION

2015 National Health Interview Survey (NHIS)

- Analyses included 33,099 NHIS participants aged ≥ 18 years

KEY STUDY MEASURES

Seeing people walk within sight of home

- Seeing people walk was measured using the following question: "How often are there people walking within sight of your home?"
- Neighborhood social cohesion was measured based on whether participants agreed or disagreed with the following statements:
 - "People in this neighborhood help each other out"
 - "There are people I can count on in this neighborhood"
 - "People in this neighborhood can be trusted"
 - "This is a close-knit neighborhood"
- Original response scales were reverse coded for each item
- A sum score of the 4 items was created with a higher score indicating higher levels of neighborhood social cohesion
- Neighborhood social cohesion was then classified into the following categories:
 - Low, medium, and high neighborhood social cohesion

STATISTICAL ANALYSES

- Multinomial logistic regression models were used to estimate associations between seeing people walk and neighborhood social cohesion
- Variation by race/ethnicity was tested by including a race/ethnicity and frequency of seeing people walk interaction term in the fully adjusted model

RESULTS

Table 1. Selected Participant Characteristics

Characteristic	Latinos	Non-Latino White	Non-Latino Black	Non-Latino Asian
Age, years (mean)	14.03	49.32	44.39	44.58
Male, %	49.82	48.53	45.14	46.61
Education				
Less than high school, %	31.92	8.03	13.92	9.24
Frequency of seeing people walk				
Every day, %	9.83	15.22	9.30	7.10
Every 2-3 days, %	5.43	5.00	4.16	4.48
About once a week, %	9.50	8.87	7.84	9.47
Less than once a week, %	75.24	70.92	78.71	78.96
Neighborhood Social Cohesion				
Low, %	39.03	25.09	39.72	29.39
Medium, %	35.76	31.62	35.05	38.94
High, %	25.21	43.29	25.23	31.67

Table 2. Association of Frequency of People Walking Within Sight of Home with Neighborhood Social Cohesion among Adults by Race/Ethnicity*

	Latino		Non-Latino White		Non-Latino Black		Non-Latino Asian	
	Medium vs. Low	High vs. Low						
	OR (95% CI)							
Frequency of Seeing People Walk								
Every day	1.40 (1.05-1.88)	1.58 (1.07-2.34)	1.04 (0.89-1.19)	1.00 (0.84-1.19)	1.56 (1.05-2.29)	1.25 (0.89-1.78)	1.18 (0.69-2.04)	0.76 (0.40-1.45)
Every 2-3 days	1.51 (1.01-2.26)	1.22 (0.72-2.08)	1.40 (1.09-1.79)	1.06 (0.82-1.35)	1.64 (0.98-2.75)	1.35 (0.82-2.22)	2.00 (0.88-4.54)	1.16 (0.47-2.85)
About once a week	1.26 (0.77-2.04)	1.42 (0.78-2.57)	1.00 (0.76-1.33)	0.95 (0.73-1.24)	0.78 (0.44-1.36)	2.13 (1.13-4.03)	1.00 (0.41-2.46)	0.46 (0.15-1.41)
Less than once a week	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00

*Adjusted for age, sex, education, and reporting unsafe to walk in neighborhood due to traffic, crime, and animals

CONCLUSIONS

- Among Latinos, seeing people walk within sight of home every day was significantly associated with medium and high levels of neighborhood social cohesion and seeing people walk every 2-3 days was associated with medium social cohesion
- Among Non-Latino Whites, seeing people walk every 2-3 days was associated with medium social cohesion
- Among Non-Latino Blacks, seeing people walk every day was associated with medium social cohesion, and seeing people walk about once a week was associated with high social cohesion
- Promoting walkable neighborhoods should be considered in efforts to increase social cohesion and activity across all populations

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