

Neighborhood Design for Walking and Biking

Physical Activity and Body Mass Index

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Appendix A

Weight, control variables, walkability/bikeability, and physical activity: means and simple correlations for the full sample

Weight outcomes	Women (n=1720)		Men (n=1808)		Women		Men	
	M	SE	M	SE	BMI <i>r</i>	MVPA <i>r</i>	BMI <i>r</i>	MVPA <i>r</i>
BMI (BMI units)	28.84	0.30	28.56	0.21	1.00	-0.17	1.00	-0.21
Control variables (in proportions unless noted)								
Age (years)	43.69	0.35	42.61	0.38	0.09	-0.17	0.10	-0.24
Married	0.67	0.02	0.76	0.02	-0.09	0.04	0.06	0.00
< high school	0.12	0.01	0.14	0.01	0.02	0.08	-0.05	0.04
Some college	0.35	0.01	0.31	0.01	0.09	-0.06	0.03	-0.04
College graduate	0.29	0.02	0.29	0.02	-0.16	0.10	-0.08	0.01
Black	0.13	0.02	0.11	0.02	0.16	-0.04	0.04	-0.01
Hispanic	0.11	0.01	0.12	0.01	0.01	0.03	-0.02	0.14
Other race	0.06	0.01	0.05	0.01	-0.13	-0.02	-0.07	-0.09
< poverty level	0.10	0.01	0.09	0.01	0.08	0.05	-0.07	-0.02
1-2 times the poverty level	0.17	0.01	0.16	0.01	0.02	-0.01	-0.04	0.09
Calories (100's)	18.57	0.16	26.72	0.21	0.05	0.05	-0.02	0.10
Smoker	0.21	0.01	0.26	0.01	-0.06	-0.02	-0.11	-0.07
Device worn (hours/week)	85.03	0.53	86.98	0.60	-0.08	0.13	-0.07	0.05
Income, BG (\$1000's/hh)	53.41	10.44	53.80	10.38	-0.15	0.11	-0.04	0.05
Age, BG (years)	36.07	0.35	36.09	0.44	-0.05	-0.03	0.08	-0.09
Black, BG	0.12	0.01	0.11	0.01	0.14	-0.06	-0.01	-0.02
Hawaiian-Pacific Islander, BG	0.00	0.00	0.00	0.00	0.02	0.01	-0.04	-0.02
Asian, BG	0.03	0.00	0.03	0.00	-0.06	0.01	-0.11	0.01
Hispanic, BG	0.10	0.01	0.10	0.01	0.01	0.00	-0.06	0.07
Walkability/bikeability								
Density, BG (1000's/square mile)	50.02	0.74	40.97	0.65	0.03	0.07	-0.10	0.09
Housing age (years), BG	28.97	10.00	29.48	0.92	0.03	0.04	-0.05	0.03
Walk to work, BG	0.02	0.00	0.02	0.00	-0.06	0.06	-0.06	0.07
Bike to work, BG	0.04	0.00	0.04	0.00	-0.03	0.08	-0.09	0.07
Physical activity								
MVPA (minutes/day)	20.29	0.84	33.90	0.67	-0.17	10.00	-0.21	10.00

Note: Variables are given in proportions, unless otherwise noted. Simple *r*'s >0.046 are significant at *p*<0.05.

BG, block group; hh, household; MVPA, moderate-to-vigorous physical activity

Appendix B

Weight, controls, walkability/bikeability, and MVPA: means and simple correlations for obese (vs healthy weight) subsample

Variables (in proportions, unless otherwise noted)	Women (n=1213)		Men (n=1029)		Women		Men	
	M	SE	M	SE	Obese <i>r</i>	MVPA <i>r</i>	Obese <i>r</i>	MVPA <i>r</i>
Weight outcomes								
BMI (BMI units)	29.39	0.41	29.40	0.35	0.86	-0.20	0.87	-0.28
Obese (vs healthy weight)	0.49	0.02	0.56	0.03	10.00	-0.20	10.00	-0.26
Control variables (in proportions unless noted)								
Age (years)	43.08	0.42	41.97	0.38	0.11	-0.18	0.18	-0.26
Married	0.66	0.02	0.74	0.02	-0.07	0.03	0.10	0.00
< high school	0.11	0.01	0.15	0.02	0.07	0.06	-0.09	0.07
Some college	0.36	0.02	0.31	0.02	0.08	-0.04	0.07	-0.04
College graduate	0.30	0.02	0.29	0.02	-0.21	0.11	-0.11	-0.02
Black	0.13	0.02	0.12	0.02	0.21	-0.05	0.03	0.00
Hispanic	0.10	0.01	0.11	0.02	0.03	0.02	-0.02	0.19
Other race	0.06	0.01	0.05	0.01	-0.17	-0.01	-0.07	-0.12
< poverty	0.10	0.01	0.10	0.01	0.07	0.04	-0.09	0.00
1-2 times the poverty level	0.17	0.01	0.17	0.01	0.04	-0.02	-0.08	0.09
Calories (100's)	180.84	0.22	270.03	0.43	0.02	0.03	-0.03	0.11
Smoker	0.21	0.02	0.28	0.01	-0.08	0.01	-0.15	-0.02
Device worn (hours/week)	84.36	0.63	86.60	0.80	-0.09	0.15	-0.06	0.10
Income, BG (\$1000's/hh)	54.15	10.40	52.33	10.33	-0.21	0.13	-0.04	0.01
Age (years), BG	35.95	0.33	35.96	0.41	-0.04	-0.03	0.15	-0.12
Black, BG	0.12	0.01	0.11	0.01	0.17	-0.07	-0.01	-0.01
Hawaiian-Pacific Islander, BG	0.0	0.0	0.0	0.0	0.01	0.02	-0.06	0.04
Asian, BG	0.03	0.0	0.03	0.0	-0.10	0.01	-0.13	-0.00
Hispanic, BG	0.10	0.01	0.11	0.01	0.03	0.02	-0.07	0.12
Walkability/bikeability								
Density, BG (1000's/square mile)	50.07	0.71	50.05	0.60	0.03	0.06	-0.14	0.10
Housing age (years), BG	29.01	10.04	30.26	0.97	0.05	0.02	-0.10	0.03
Walk to work, BG	0.02	0.0	0.02	0.0	-0.06	0.06	-0.09	0.05
Bike to work, BG	0.04	0.0	0.04	0.0	-0.06	0.07	-0.13	0.04
Physical activity								
MVPA (minutes/day)	20.39	0.95	32.36	0.93	-0.20	10.00	-0.26	10.00

Note: Simple *r*'s >0.056 are significant at *p*<0.050.

BG, block group; hh, household; MVPA, moderate-to-vigorous physical activity