

Promotion of Physical Activity of the Youth through Active Mobility to School (PAYAMOS)



Introduction

This project is about the relationship between childrens and adolescents' modes of transportation to school and their physical health and fitness in multiple european countries. PAYAMOS is funded by the European Commission.

Background

PAYAMOS enjoys a diverse European partnership trying to cover inter- and multidisciplinary approach to ATS (Active Transport To School), urban form, and body health of the youth in different European contexts. The project has both scientific and practical functions addressing the needs of academia, policymakers, and end-users. The contemporary European youth are becoming less physically active, leading to overweight and obesity. There is some evidence that transportation to school is increasingly relying on usage of car and public transport, instead of walking and biking. PAYAMOS will try to understand more about this topic and consequentially relay this information to policy makers and school authorities, as well as students and their parents.



(<https://t1p.de/l5zj>, 11.06.2020)

Objectives

- Providing data on the topic of the relationships between the mobility of children / adolescents / parents, their perceptions, Active Mobility to School (ATS), the built environment, the physical activity of the youth, as well as their body weight, fitness, and oxygen uptake in 7 European countries
- Production of uniform and reliable data generated uniformly in the partner countries
- Shortening the time in which the results of such studies reach policymakers and school authorities
- Bridging the gap between the empirical academic studies on the above subjects with the end-users

Methods

Two data collection surveys are done in elementary and high schools of the partner countries, based on which the data of socioeconomics mobility behaviors, perceptions, etc. are collected. A mix of qualitative and quantitative methods is used in this project, depending on the needs of the scientific approach, relations with policy-making and connection with target groups. For knowledge production, specifically designed questionnaires as well as the Astrand-Rhyming nomogram for VO_2MAX measurements are being used. For the sample group of adolescents, additional measurements regarding body composition, Body Mass Index, heart function, etc. are being collected.

For analysis methods, mathematical modelling and discrete choice models are being used.



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Outcomes

- 4 research papers
- 2 data sets are produced, one for children (age 9-12), one for adolescents (age 14-18)
- Brochures and information papers for policy makers
- Awareness raising workshops in 33 elementary and high schools in 7 countries
- Interim and final reports

Partnership

- Technische Universität Berlin (TUB), Germany (Coordinator);
- Erasmus Centre for Urban, Port and Transport Economics BV (UPT) as a part of Erasmus University Rotterdam, The Netherlands;
- Cracow University of Technology (CUT), Poland;
- Northern Greece Physical Education Teachers Association (EGVE), Greece;
- Mine Vaganti NGO (MVNGO), Italy;
- Rijeka sports association for persons with disabilities (RDSA), Croatia;
- Spor Elcileri Dernegi (SPELL), Turkey.

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