

Active Youth

Promoting active mobility of adolescent in urban streets and open spaces through mobile devices

AktivE Jugend

Project Aims

The project Active Youth combines traffic and landscape planning with sports science methods to study the **spatial patterns of health-promoting, active mobility** of 15 to 17 year old students in Vienna through mobile devices. Within the project active mobility is supplemented by **playful, digital approaches** such as geo caching or GPS drawing. The development of the **analysis tool JAM – Young's Active Mobility Check** – concludes the project.

Project Description

Especially young people are reliant on active mobility and thus reliant on suitable streets and open spaces. Their health promoting behaviour is hardly encouraged in Austria yet. The project Active Youth recorded **mobility patterns** of students in Vienna via the **smartphone tracking app Moves**, **accelerometers** – logging the intensity of the physical activity and step count – and analogue **travel diaries**. Through the interplay of traffic and landscape planning with sports science approaches a **cartography of actively visited streets** and places was visualised and analysed.

Additionally, modes of active mobility were encouraged with **playful possibilities** of mobile devices like **geo caching or GPS drawing**. The behaviour towards active, health-related mobility can be described in **three types of physical activity** of the young: the sportive, the walking-enthusiast and the convenient.

Within the duration of two years the research brought new findings on **spatial qualities** that support everyday physical activity. Based on this mixed methods approach the **analysis tool JAM – Young's Active Mobility Check** – was developed.

Impact

The mobility check JAM visualizes and locates **health promoting mobility** and opens an appreciative perspective towards **walking and cycling of the young**. The **interdisciplinary set of methods** sensitizes the attitude and behaviour of the young and enables the reflection on spatial preconditions of everyday physical activity. Next to **health and sustainability** as effects of active mobility JAM also transports **media competences and privacy issues** concerning mobile devices.

Implementation

The analysis tool **JAM – Young's Active Mobility Check** – serves as tool to specifically and playfully discuss the topics walking and cycling and to reflect on one's **mobility behaviour and spatial preconditions** for physical activity and everyday mobility in urban environments. The use of JAM is primarily designed for **schools** as a setting to **support students' physical activity** and health in everyday life. Moreover, there are relevant links to **leisure education, health prevention or urban development** because JAM visualizes socio-spatial physical activity patterns. JAM can be extended to **other settings** such as **neighbourhoods** or can be customized for **other target groups** such as children, working-age population or elderly people.

<http://aktive-jugend.boku.ac.at/>



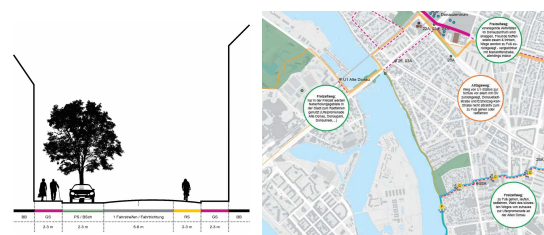
Young people walking, cycling and skating in the new pedestrian shopping street Mariahilfer Straße, Vienna (Foto: Irene Bittner)



Modes of mobility, recorded by the Moves-App, transferred to GIS: green – walking, blue – cycling, purple – running, grey – motorised traffic



Activity levels, recorded by Actigraph GT3X+, transferred to GIS: red – vigorous, pink – moderate, orange – light, grey – sedentary activity



Analysis of the visited built environment, socio-spatial and physical activity patterns of students from two schools in Vienna

Active Youth Project Partners

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