

# The influence of the built & social environment on older adults' wellbeing in an activity-travel context

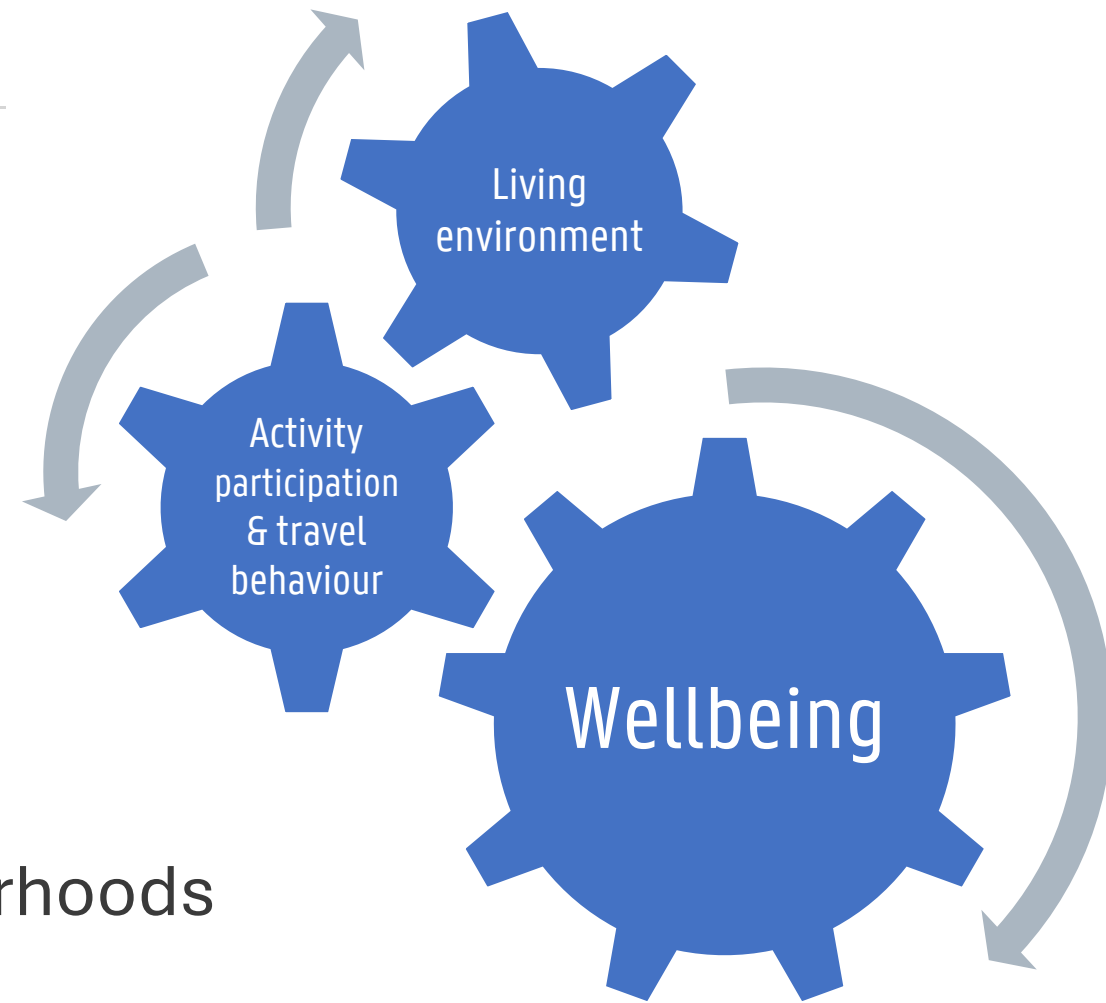
Caroline Beckers

Prof. dr. Frank Witlox | Prof. dr. Greet Cardon | Dr. Long Cheng

# Ageing society

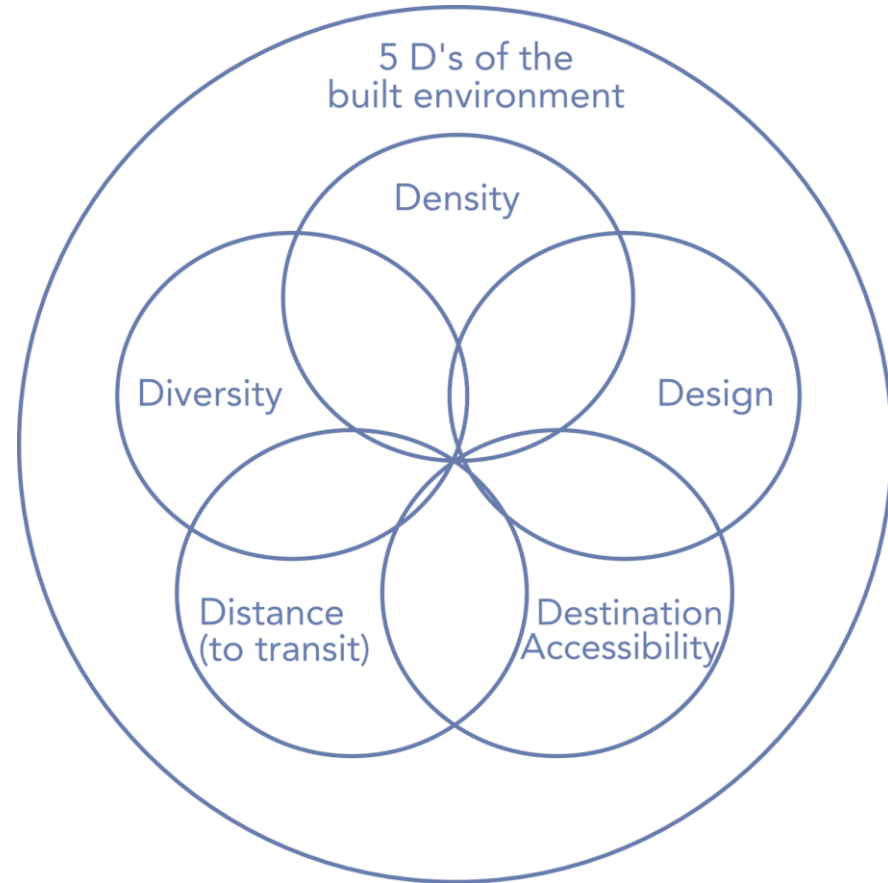
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- Ageing
  - declined capacity for travel
  - wellbeing ↓
- “Ageing (well) in place”
- 15-Minute City
  - liveable, human-centred neighbourhoods
  - for all inhabitants



# Environment – Activity Participation & Travel Behaviour

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- Built environment:
  - 5 D's
- Social environment:
  - Distribution of age
  - Education
  - Employment status
  - Income
  - Safety
  - Diversity of neighbours & interactions

# Activity Participation & Travel Behaviour - Wellbeing

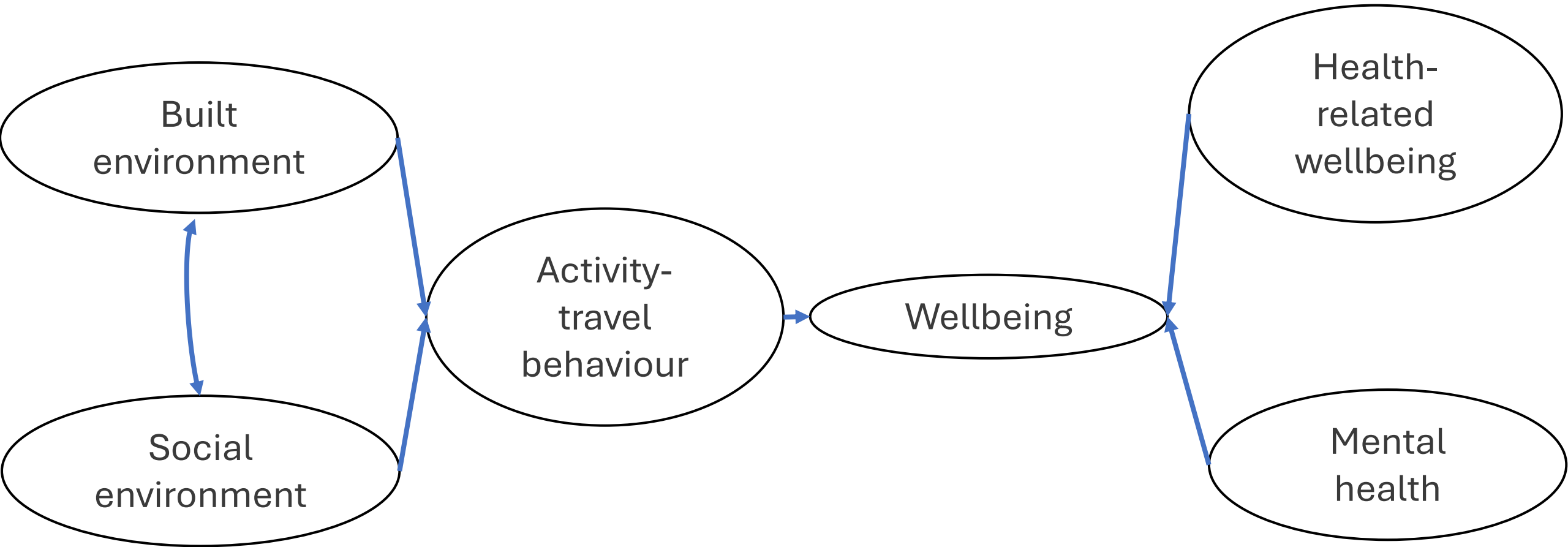
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- Ability to be mobile  
→ quality of life & wellbeing
- Wellbeing → multiple perspectives
- Spatial context?



# Research objective

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# Methodological approach

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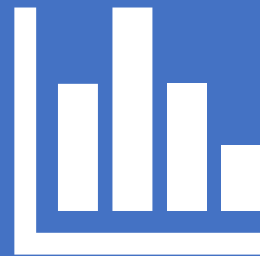
## DATA COLLECTION

GIS  
Surveys



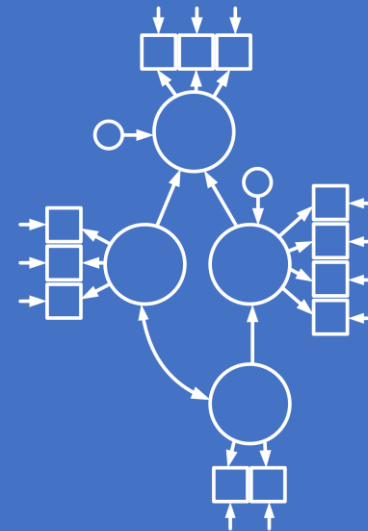
## EXPLORATIVE FACTOR ANALYSIS

Statements



## LINKAGES EXPLORATION

SEM



## DIFFERENCES BETWEEN GROUPS

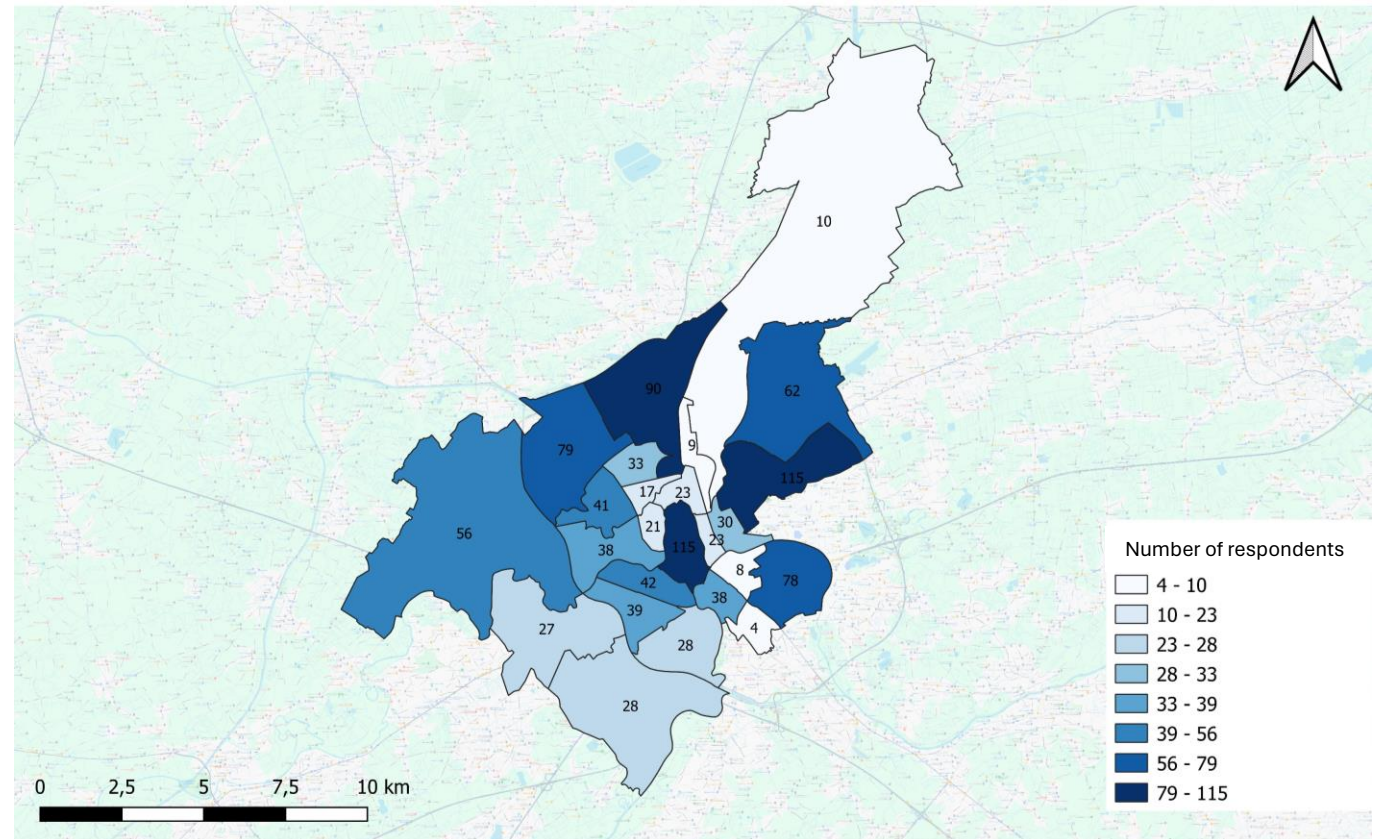
Multi-group SEM



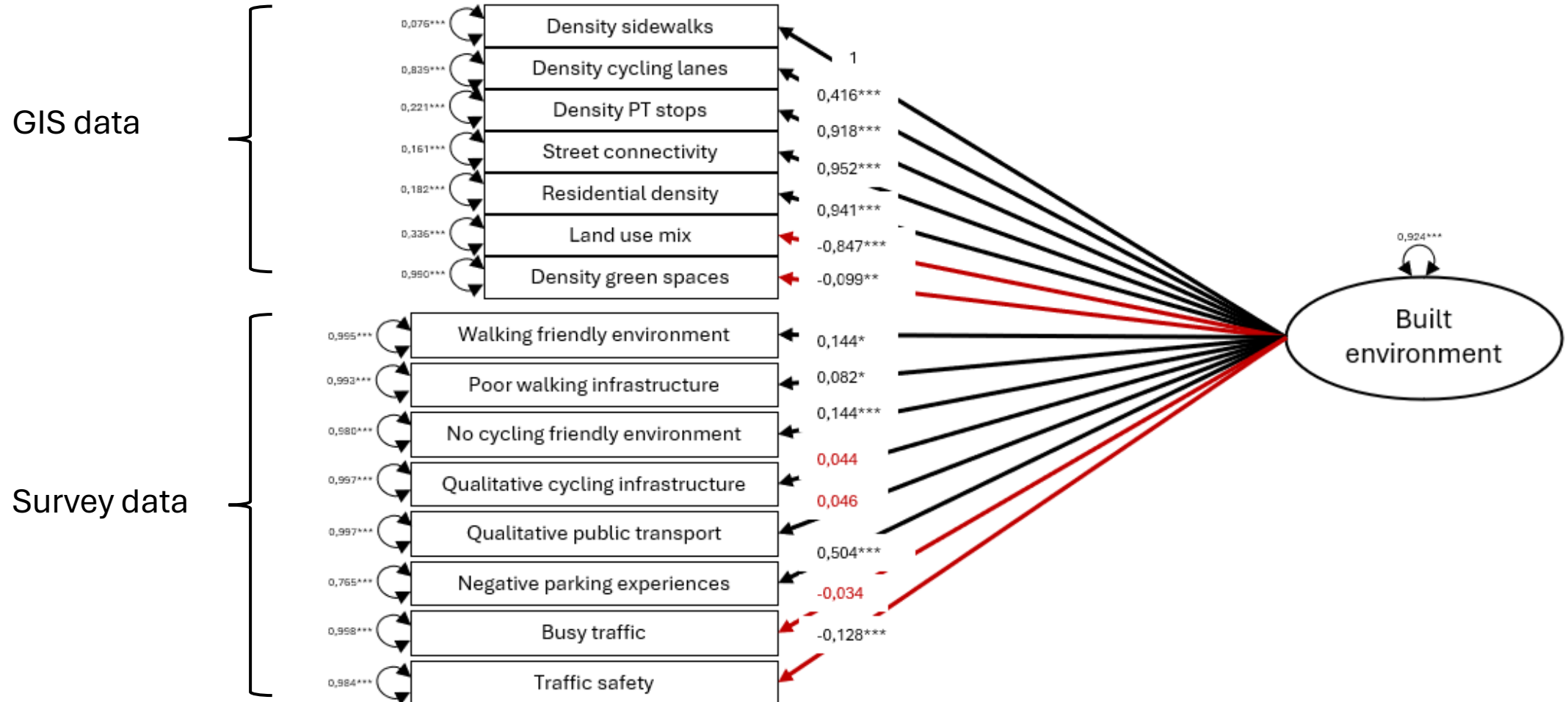
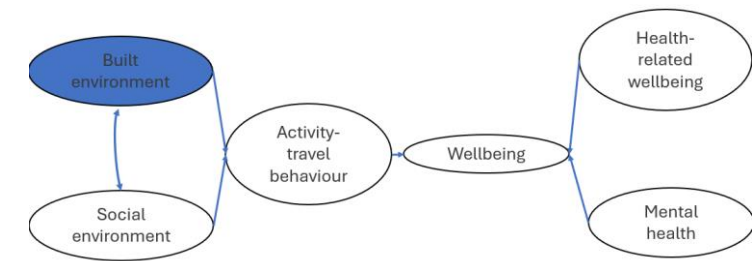


# Data collection

- Online & paper version
- 1115 responses
  - Average age: 73
  - Female: 66%
  - Male: 34%

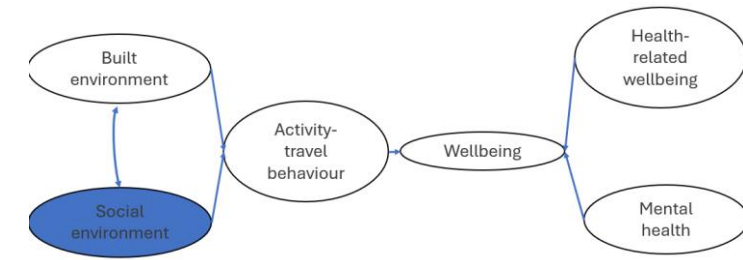


# Built environment

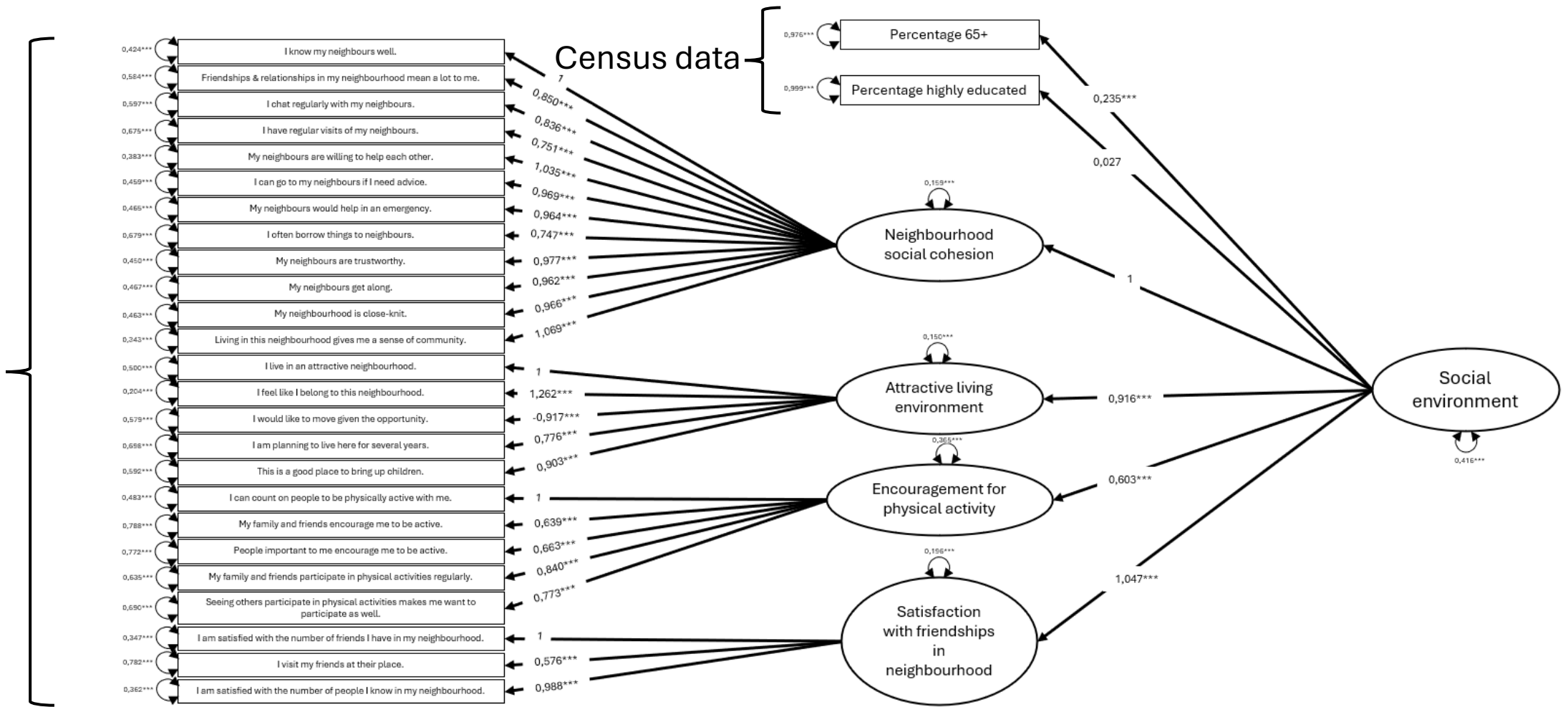




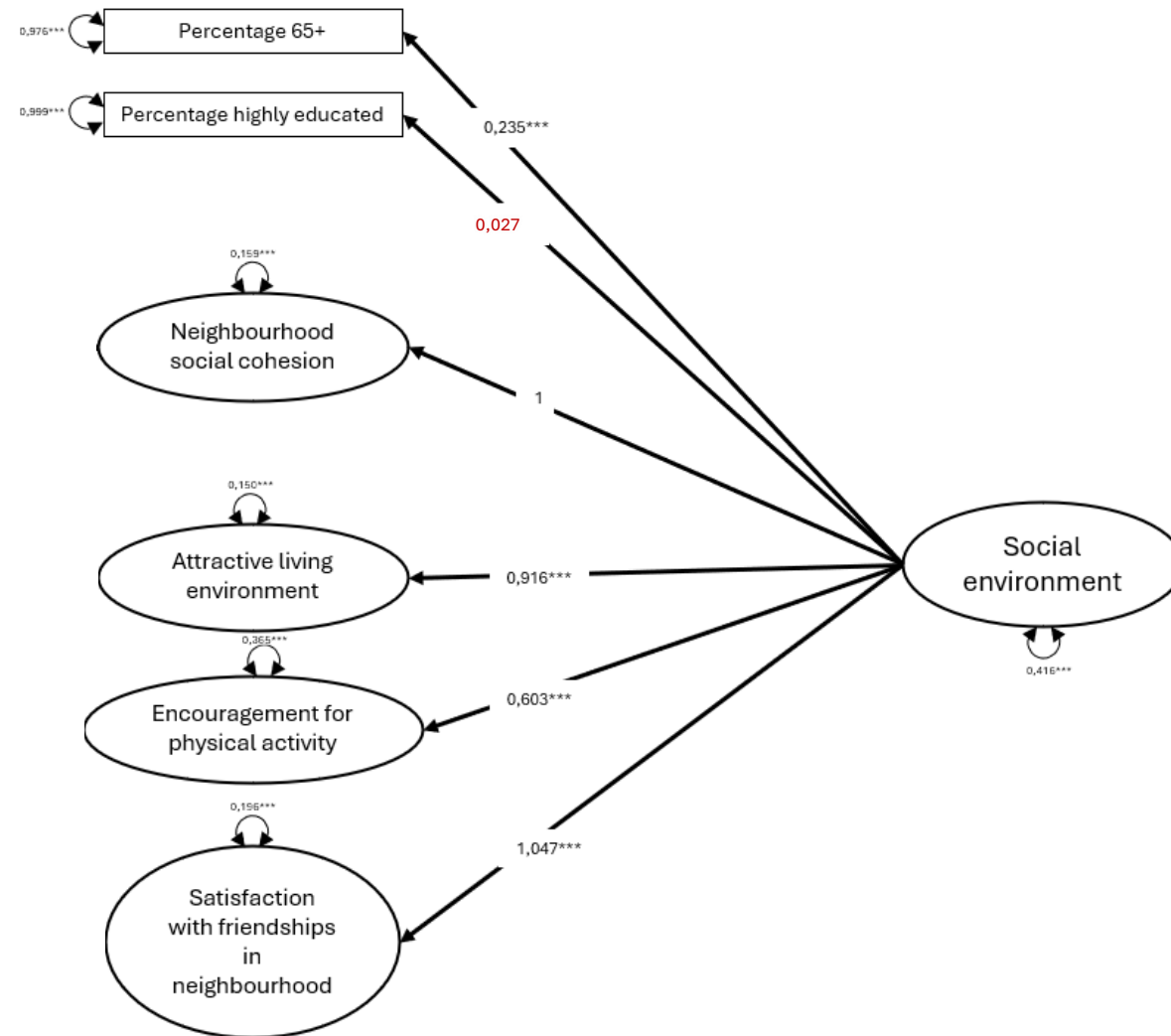
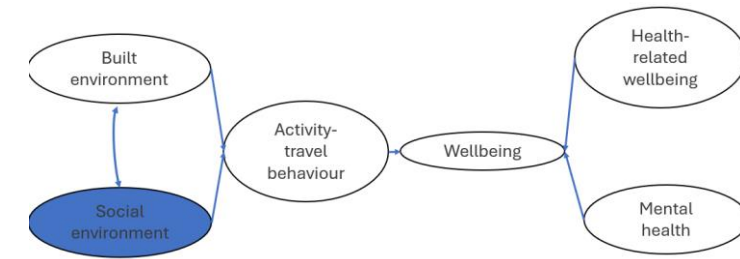
# Social environment



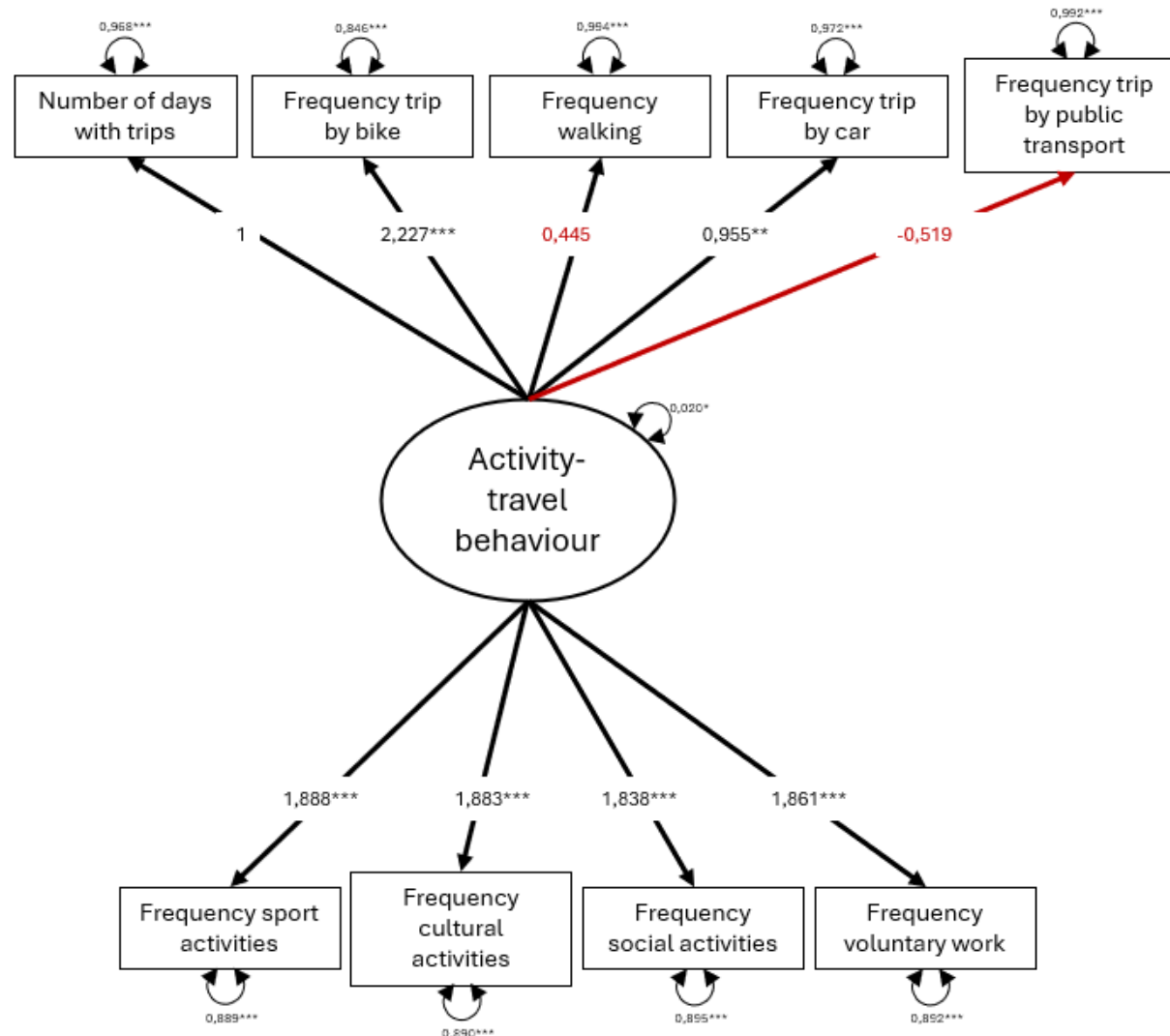
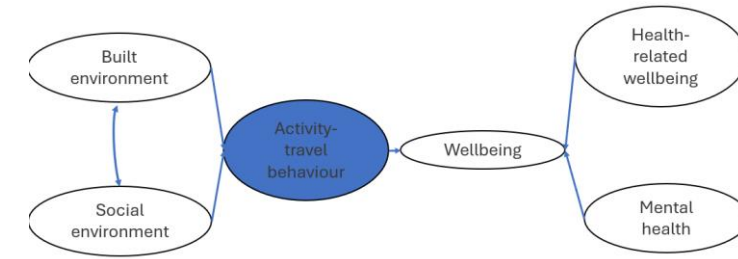
Survey data



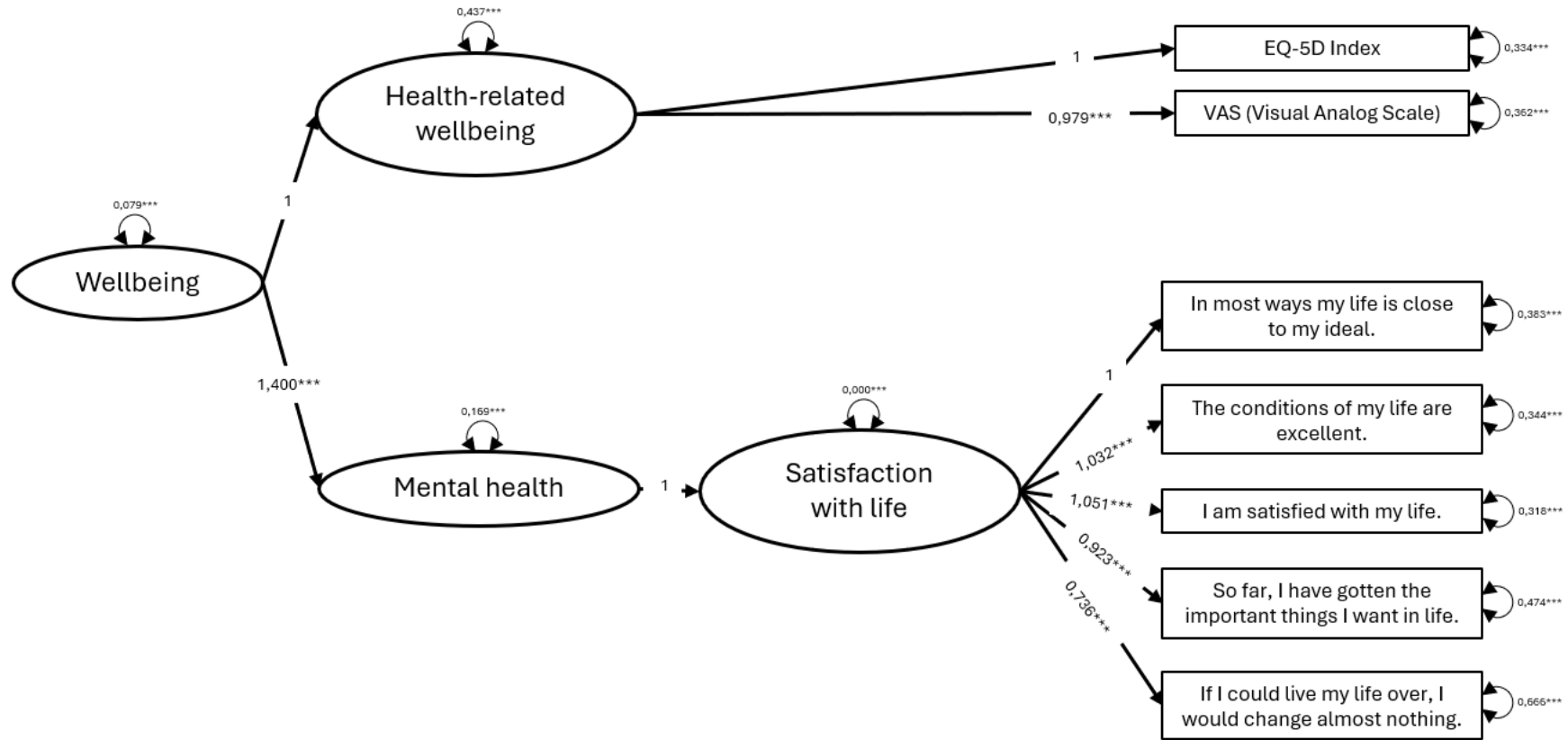
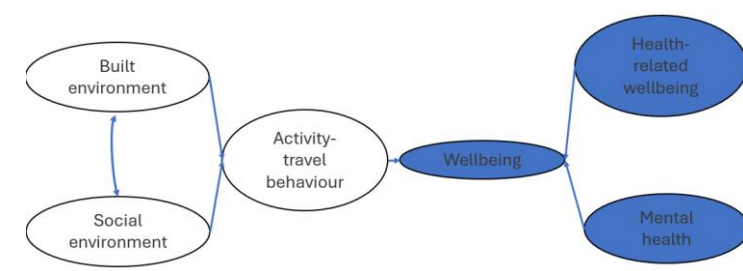
# Social environment



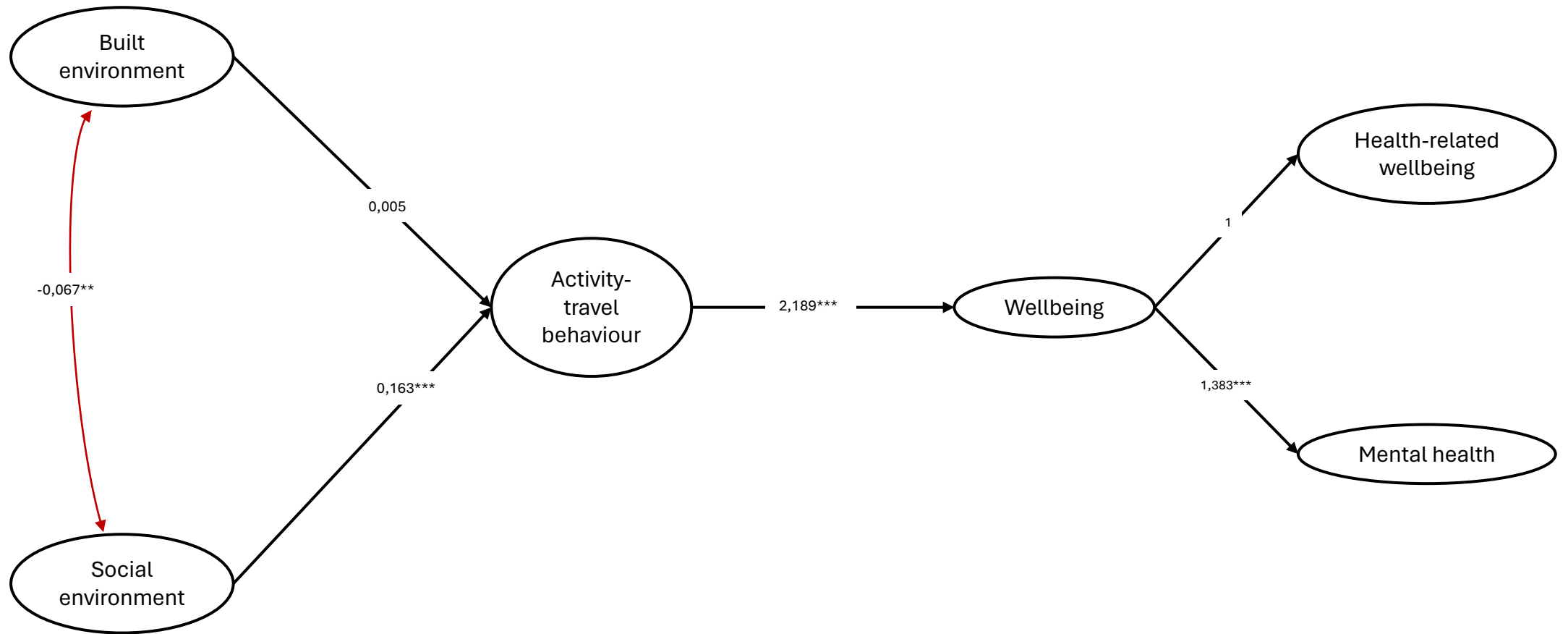
# Activity-travel behaviour



# Wellbeing



# Linkages



# Differences between groups

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- No significant differences:
  - Age (65-79 | 80-95)
  - Gender (Female | Male)
  - Number of household members (1 | 2 | >2 )
  - Main travel mode (On foot | Bike | Car | Public transport)
- Significant differences:
  - Neighbourhood (Centre | 19th century belt | 20th century belt)



# Conclusions

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- Social environment is important
  - Integrating considerations for social cohesion & activity-friendly environments in urban planning
  - Strengthen social networks & community building initiatives
  - Neighbourhood events & meeting spaces
  - Isolation → less activities & lower wellbeing
- Promote active travel
  - More important → being able to travel
- Complex relationships & more research needed

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