

Built Environment and Psychosocial Factors Associated With Trail Proximity and Use

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Objectives: To explore the relationships among neighborhood built environment characteristics, psychosocial factors, perceived and objective proximity assessments, and use of a community rail-trail. **Method:** Telephone survey data of adults (n=788) in Morgantown, WV, were classified into one of 4 distance-perception categories based on actual (using geographic information systems technology) and perceived proximity of a community rail-trail. **Results:** Differ-

ences in psychosocial barriers to physical activity ($P=.037$) and perceived neighborhood walkability ($P<.001$) were associated with perceived proximity to and use of a community trail. **Conclusion:** Specific attention should be given to address neighborhood and psychosocial barriers when constructing and promoting community trails.

Key words: proximity, trail use, neighborhood walkability, psychosocial barriers

Am J Health Behav. 2007;31(4):374-383
