

## Health: The Design, Planning and Politics of How and Where We Live

- **Paper / Proposal Title:**

Healthy Mobile Check-Ins Study: Smartphone Based Research into People, Place, and Physical Activity.

- **Format:**

Written paper and presentation in person

- **Author(s) Name:**

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- **University or Company Affiliation:**

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- **Abstract (300 words):**

Considerable research has demonstrated the importance of place in influencing individual and community health. Health factors associated with place include access to public transport, recreational facilities, walkability, safety, availability and price of doctors and other health providers, access to fresh fruit and vegetables, food prices, green spaces and gyms. Differences are present across suburbs throughout cities. Suburbs with larger populations of people with lower socioeconomic position have been found to have poorer general health markers, with higher rates of smoking, lower rates of physical activity, and higher rates of obesity

We designed a study that collected survey data, GIS data, as well as qualitative data from women residing in high and low socioeconomic suburbs within the city of Brisbane, Australia. We collated demographic information, as well as tracking the participants'

travel logistics via the GIS systems in their smart phones for a period of one week. We designed a website to collate this data.

Our mobile website (<http://apps.health.qut.edu.au/location-tracker/public/healthy-mobile-check-ins2.asp>) collected participants' names and email addresses, location, date and time of check-in, mode of transport, reason for the trip, who joined them on the trip, and a current mood. Participants had the option of including a photo; this might be of themselves or something in their environment.

After tracking the walking, running, cycling, and driving patterns of these women for a seven day period, we interviewed women who were engaging in less exercise for transport and recreational reasons, and asked them about factors in their lives and environments inhibiting more active and healthy lifestyles. This paper will present the results of the GIS tracking in spatial photography depicting the travel patterns of the two groups of women, as well as highlighting neighbourhood barriers to healthy living via qualitative data. The study has implications for urban planning, public health, and social geography globally.

• **Author(s) Biography (200 words each):**

Julie-Anne Carroll, PhD, is a Lecturer in the School of Public Health & Social Work (SPHSW), Queensland University of Technology (QUT). She lectures in the areas of Women's Health, International Health, the Social Determinants of Health, and Sociology and Health. Her PhD looked at how place of residence acts as a social determinant of health, and how aspects of people and places interact over time to produce inequalities in health. She is interested in how the social, cultural, and geographic spaces that people inhabit influence their lifestyles and consequently their health and well-being. She is currently involved in research projects that use location-based applications on mobile phones and geographic information systems (GIS) to track and record how people interact with urban living environments for the purposes of physical activity. She is also interested in the provision of urban and rural community services that support people who suffer from mental illness, poverty, and food insecurity.