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Change of commuting mode and health behavior after parking lot closure in workplace

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Background & Aim:: Increasing of physical activity has a positive effect on health promotion. Changing commuting mode to active transportation (public transportation, walking and cycling) makes good effect to health promotion. There have been mainly campaigns or promotion-like intervention related researches. We examined the commuting mode transition, related factors and physical activity that were made by parking lot closure in the hospital.

Method: From April, 2014 to August, 2014 about 4 months, there were parking lot closure in the hospital in Seoul. During that time, it is possible to use private parking lot beside hospital with more expensive charge. In the questionnaire, we asked about transition of commuting mode, commuting time, walking time during commuting, physical activity, interests about weight reduction or diet, etc.

Results: Among enrolled workers(175 persons), there were 50 passive commuters, becoming 21 commuting-mode changers, 29 non-changers. In mode changers group, there were increasing in walking time (average 5.4 minutes to 25.8 minutes per day during commuting time) and physical activity (average 413 METs-minutes to 613 METs-minutes per week). Long commuting distance (above 5 km) was related to less commuting-mode change. Attitude to weight reduction didn't have a statistical significance in relation to mode change.

Conclusions: : Parking lot closure in workplace makes passive transportation commuters to active transport commuters, with increasing walking time during commute and increasing physical activity. Commuting distance is the factor that has a statistical significance.