

# **FAMILY, NEIGHBOURHOOD, AND SCHOOL SOCIAL CAPITAL AND PHYSICAL EDUCATION**

***Familia, escuela y sociedad como capital  
humano de la cultura física***

Tricongreso ENED – FIEP – RED 2017  
Mexico City, Mexico

# Self introduction...

**From Croatia,  
Europe**

**FIEP Europe  
General  
Secretary**

**Chairman of  
the FIEP  
Committee for  
International  
Collaboration**

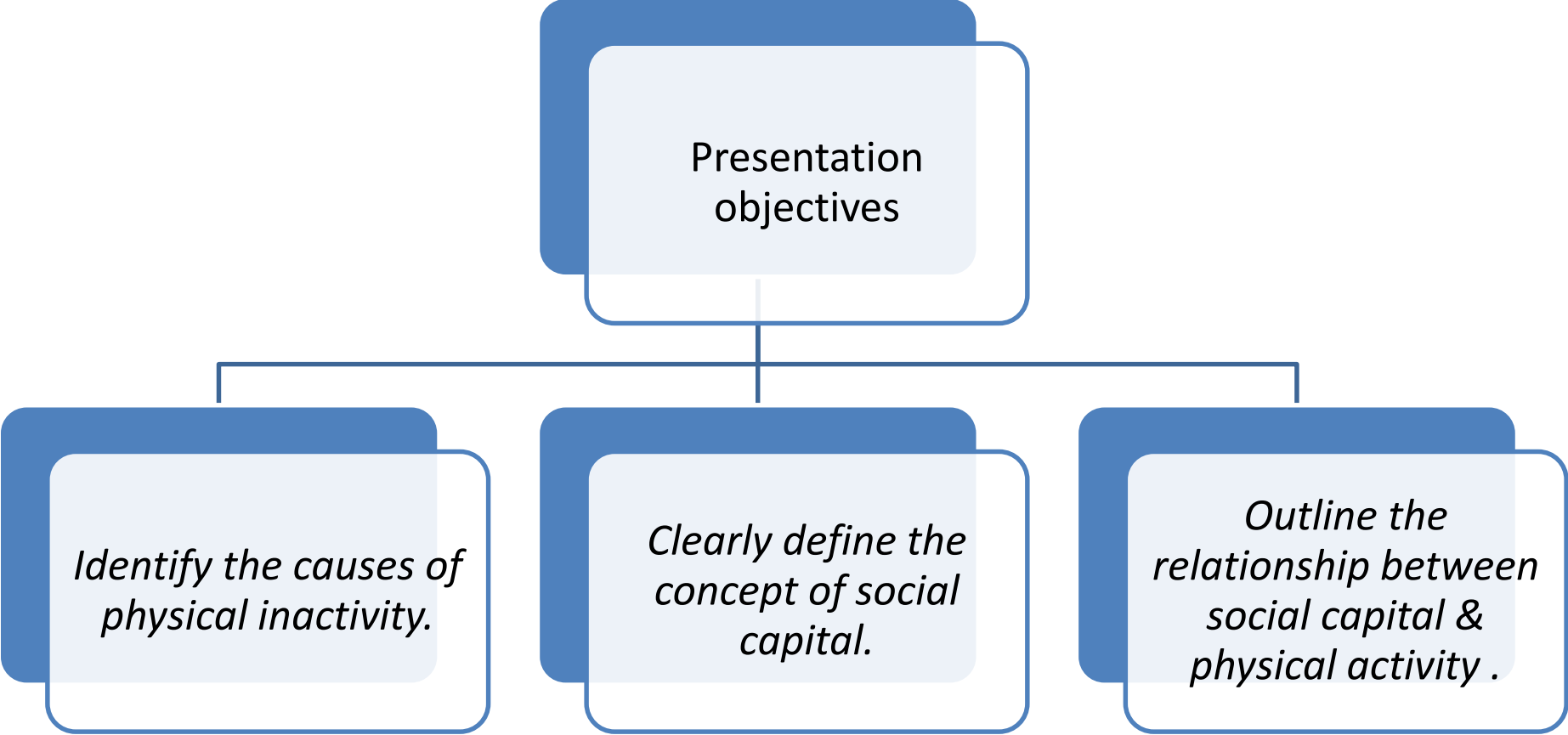


**Assistant  
professor at  
the Faculty of  
Kinesiology,  
University of  
Zagreb, Croatia**

**Interested in  
human health  
& performance**

# ME GUSTA MEXICO 😊





```
graph TD; A[Presentation objectives] --> B[Identify the causes of physical inactivity.]; A --> C[Clearly define the concept of social capital.]; A --> D[Outline the relationship between social capital & physical activity.];
```

Presentation objectives

*Identify the causes of physical inactivity.*

*Clearly define the concept of social capital.*

*Outline the relationship between social capital & physical activity .*

**THE WORLD FACES  
AN  
EPIDEMIC OF  
SEVERE OBESITY**



**MORE ADULTS IN  
THE WORLD ARE  
OBESE THEN  
OVERWEIGHT**

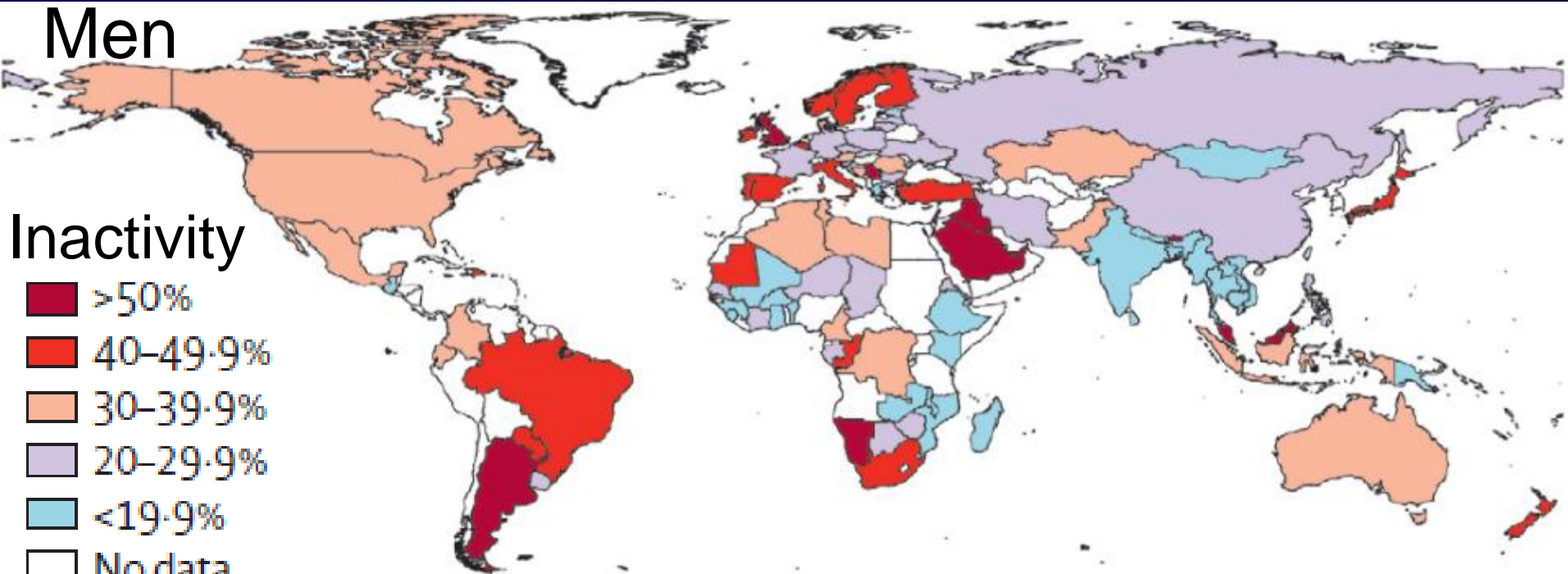
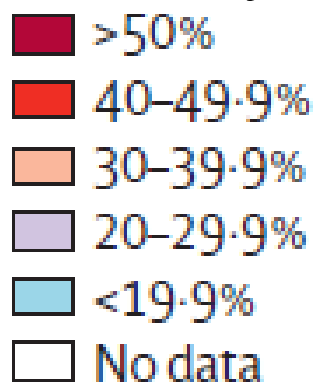
**THE RISE IN CHILD  
AND ADOLESCENT  
OBESITY HAS  
ACCELERATED**

**Juego de Pelota**

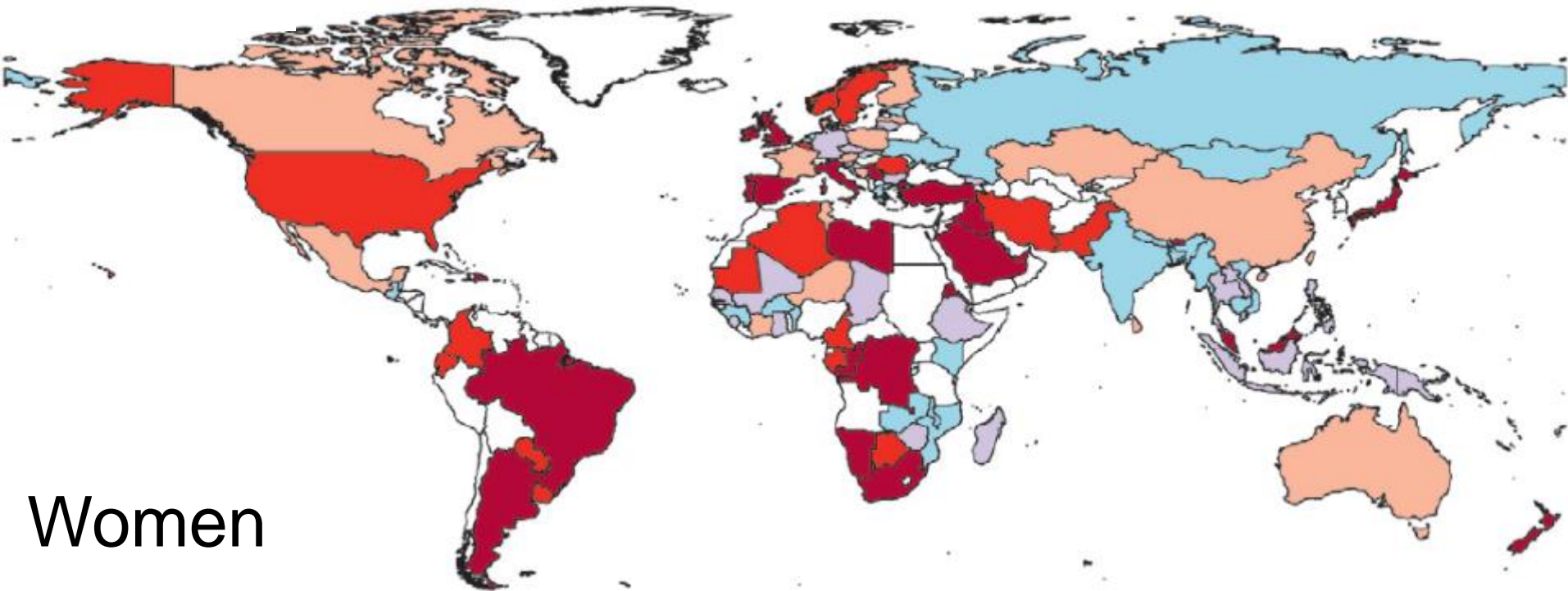
**MORE THEN 124  
MILION CHILDREN &  
ADOLESCENTS ARE  
NOW OBESE**

# Men

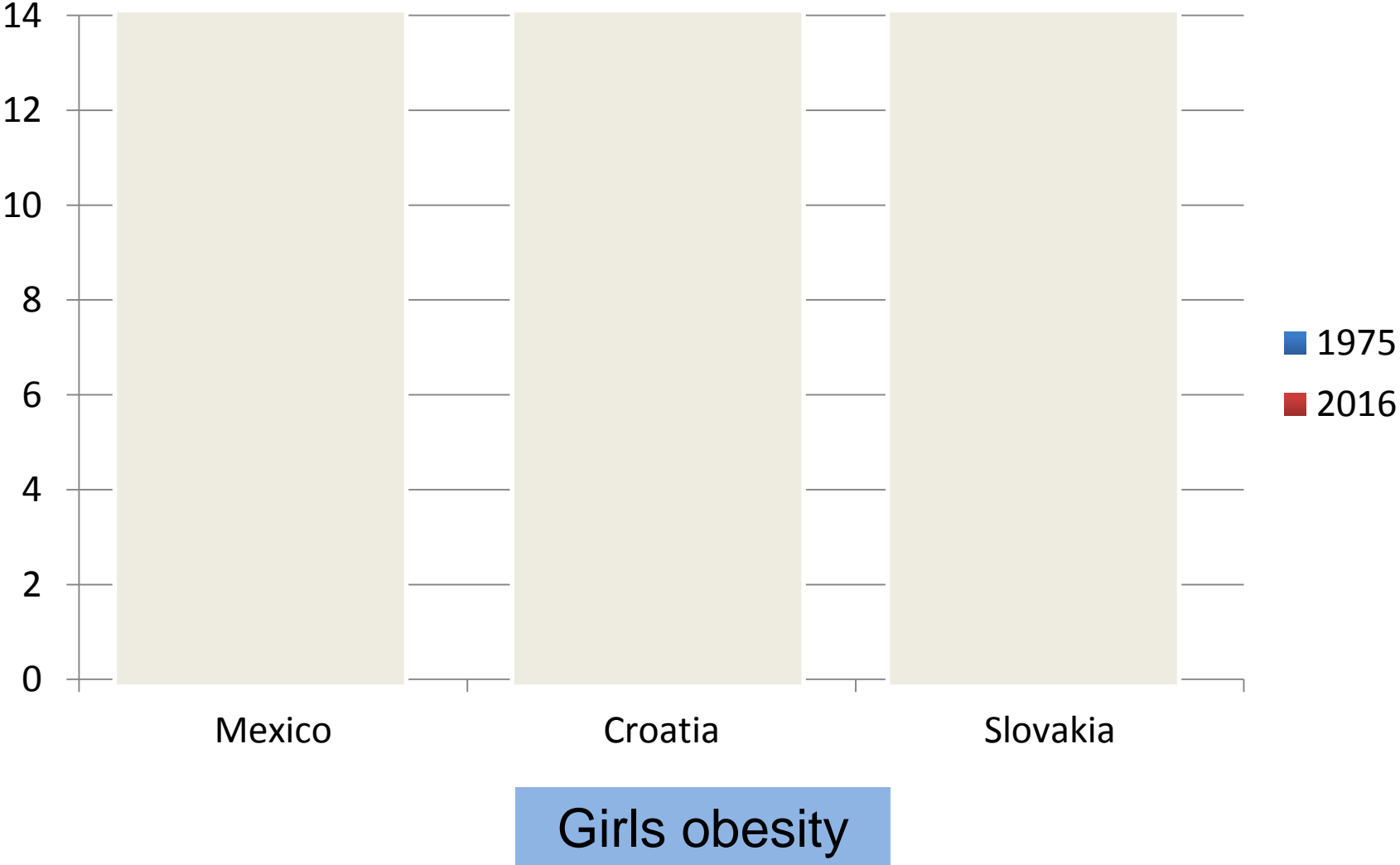
## Inactivity



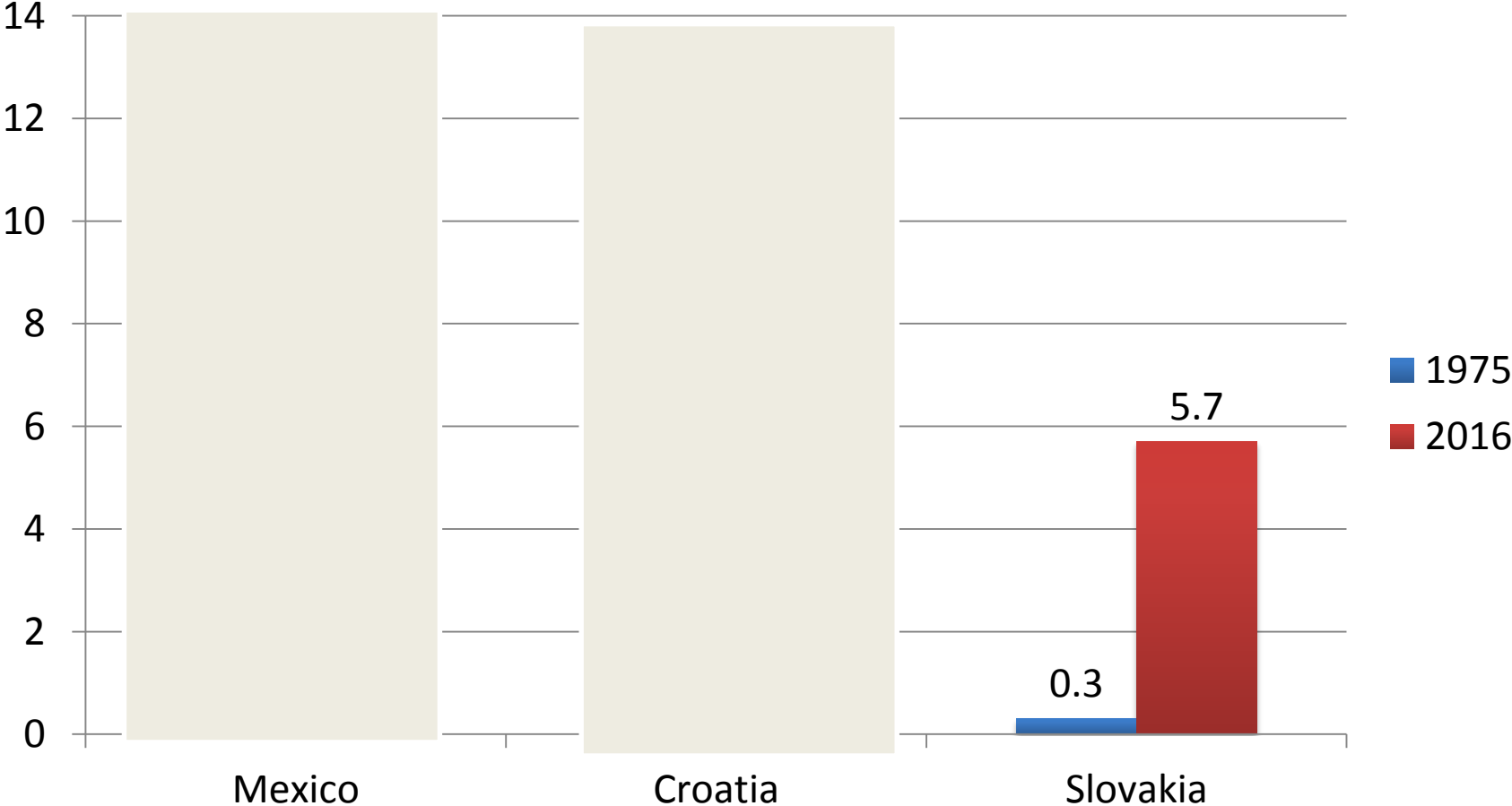
# Women



# NCD Risk Factor Collaboration (NCD-RisC) *Lancet, 2017.*



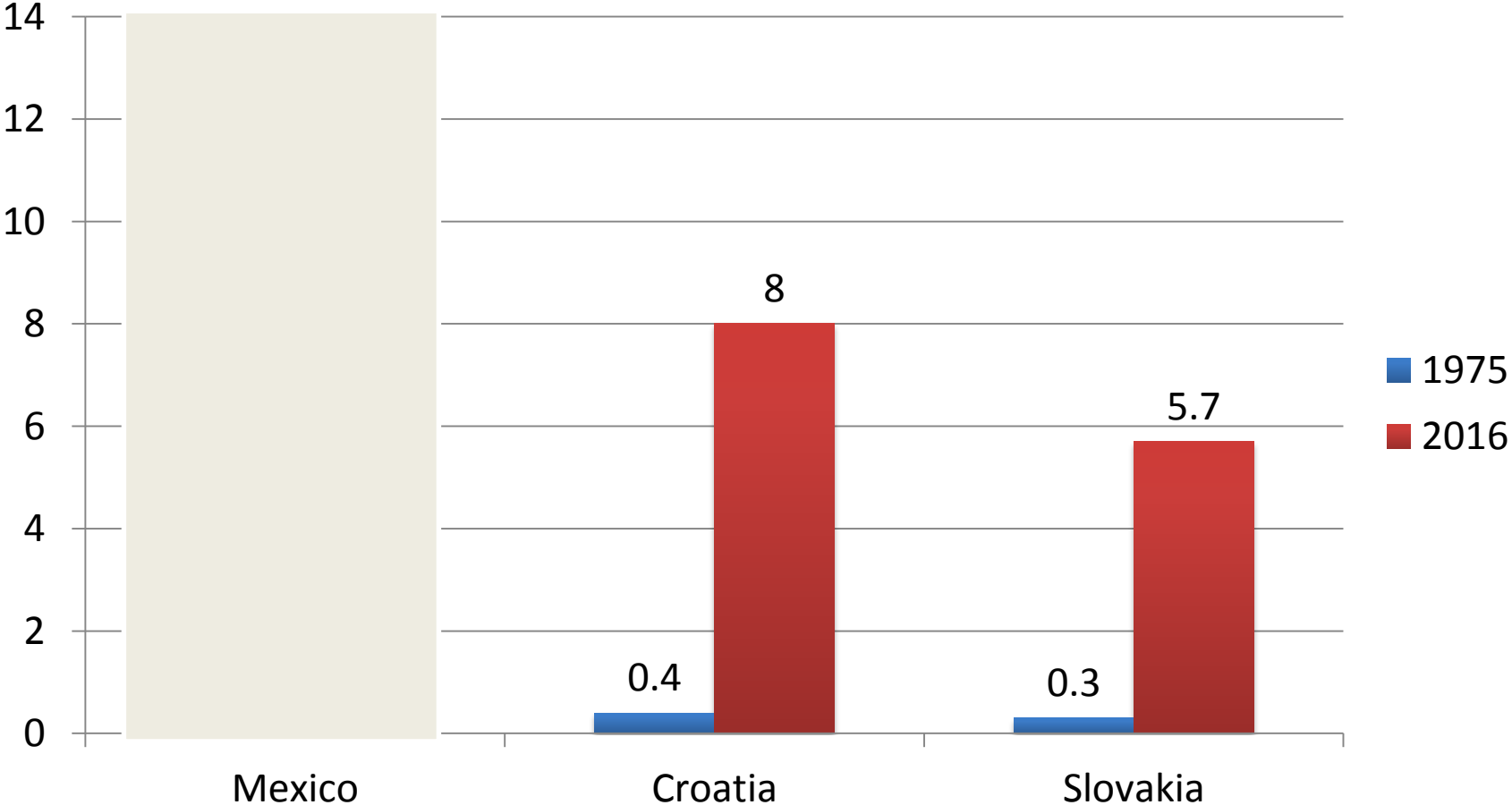
# NCD Risk Factor Collaboration (NCD-RisC) *Lancet, 2017.*



Girls obesity

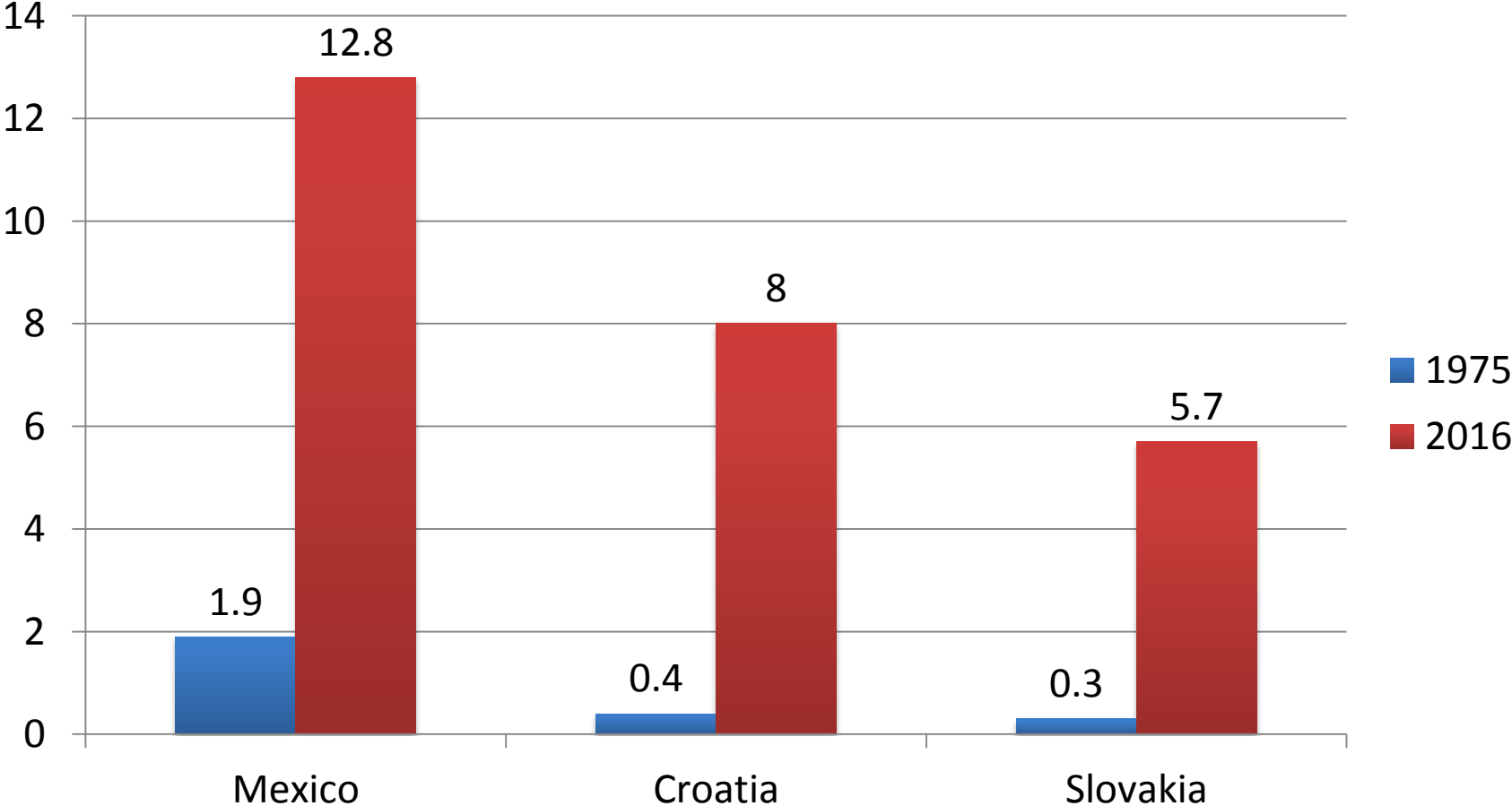


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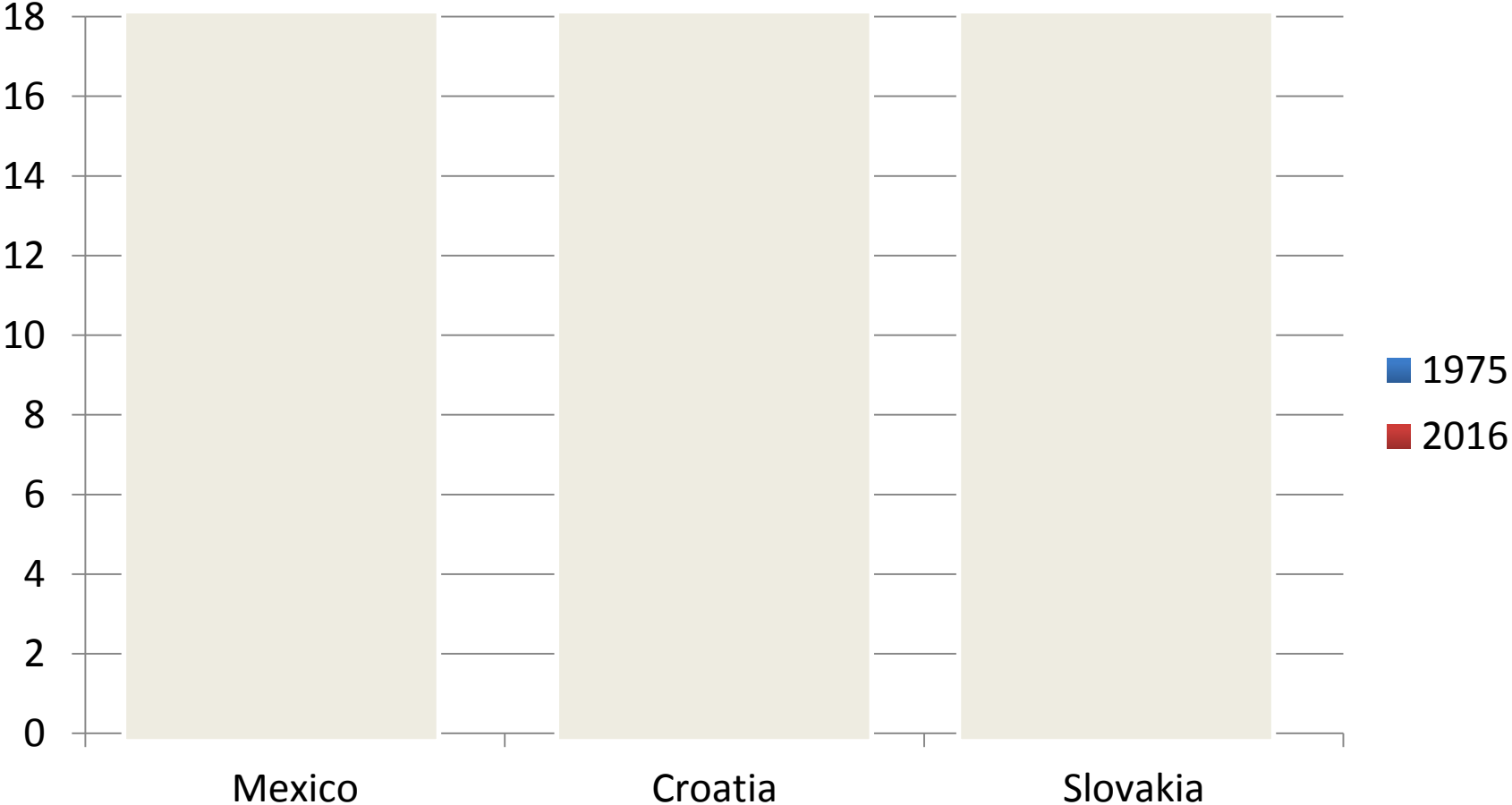
Girls obesity

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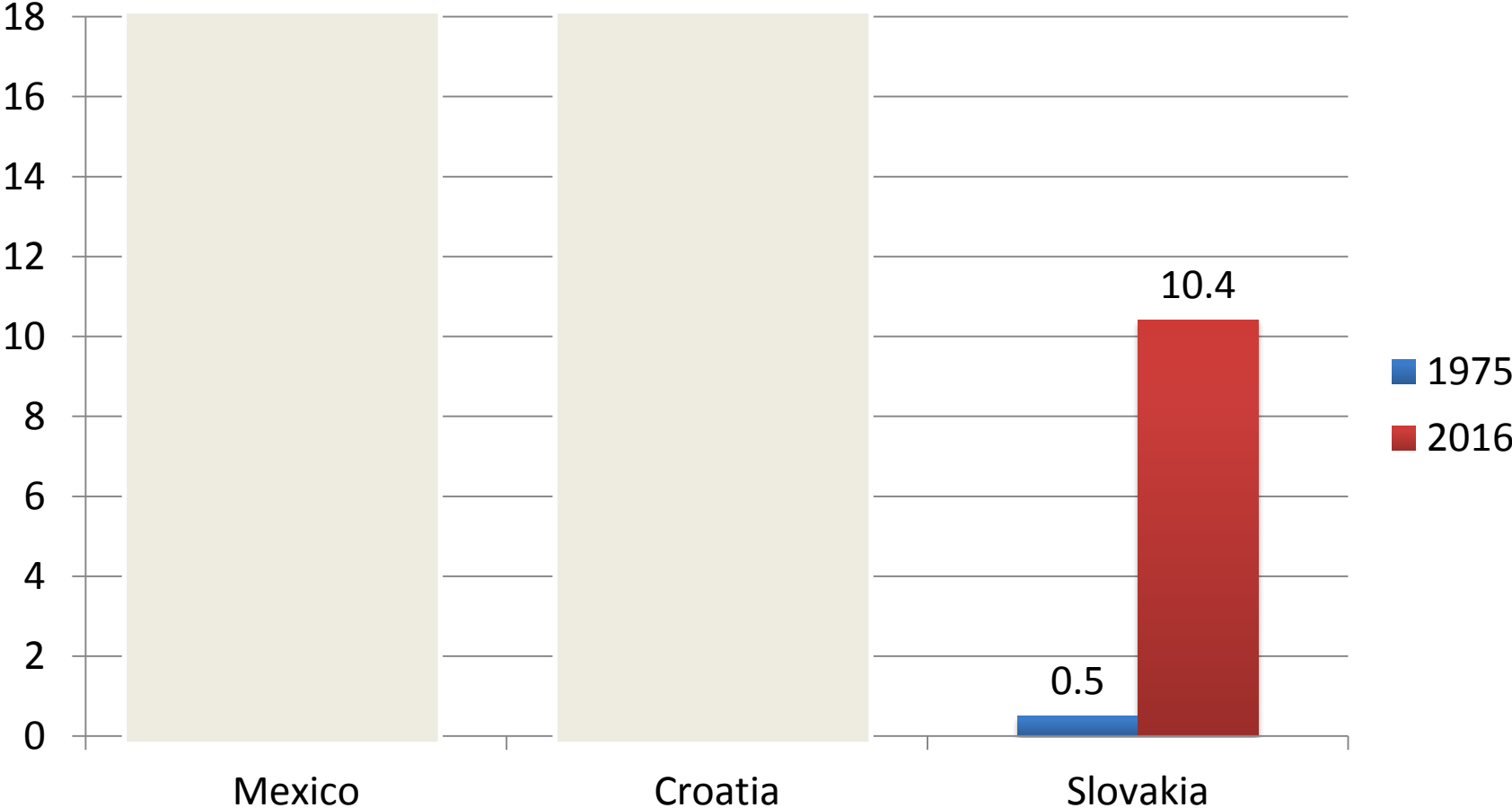
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# NCD Risk Factor Collaboration (NCD-RisC) *Lancet, 2017.*



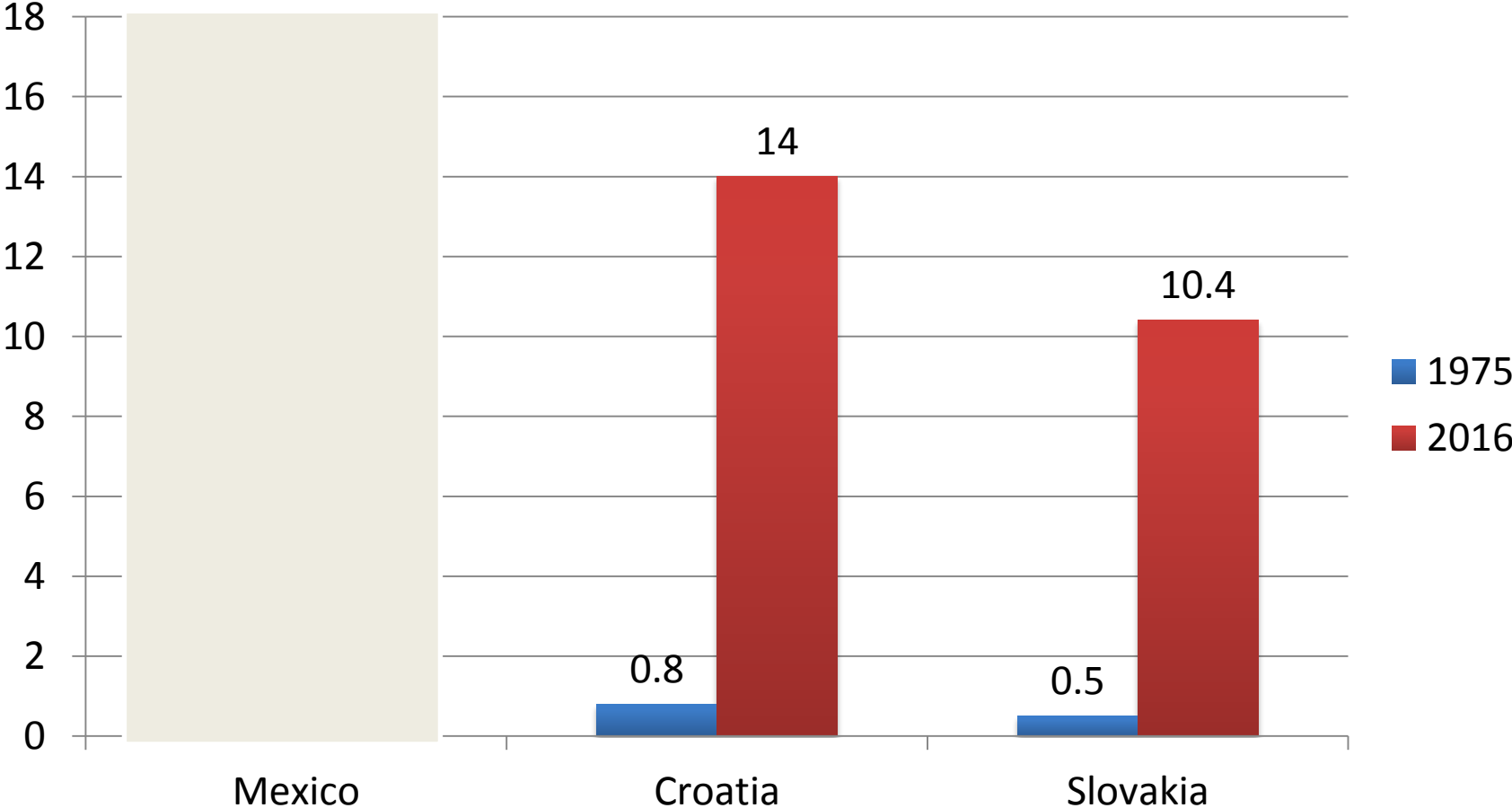
Boys obesity

# NCD Risk Factor Collaboration (NCD-RisC) *Lancet, 2017.*



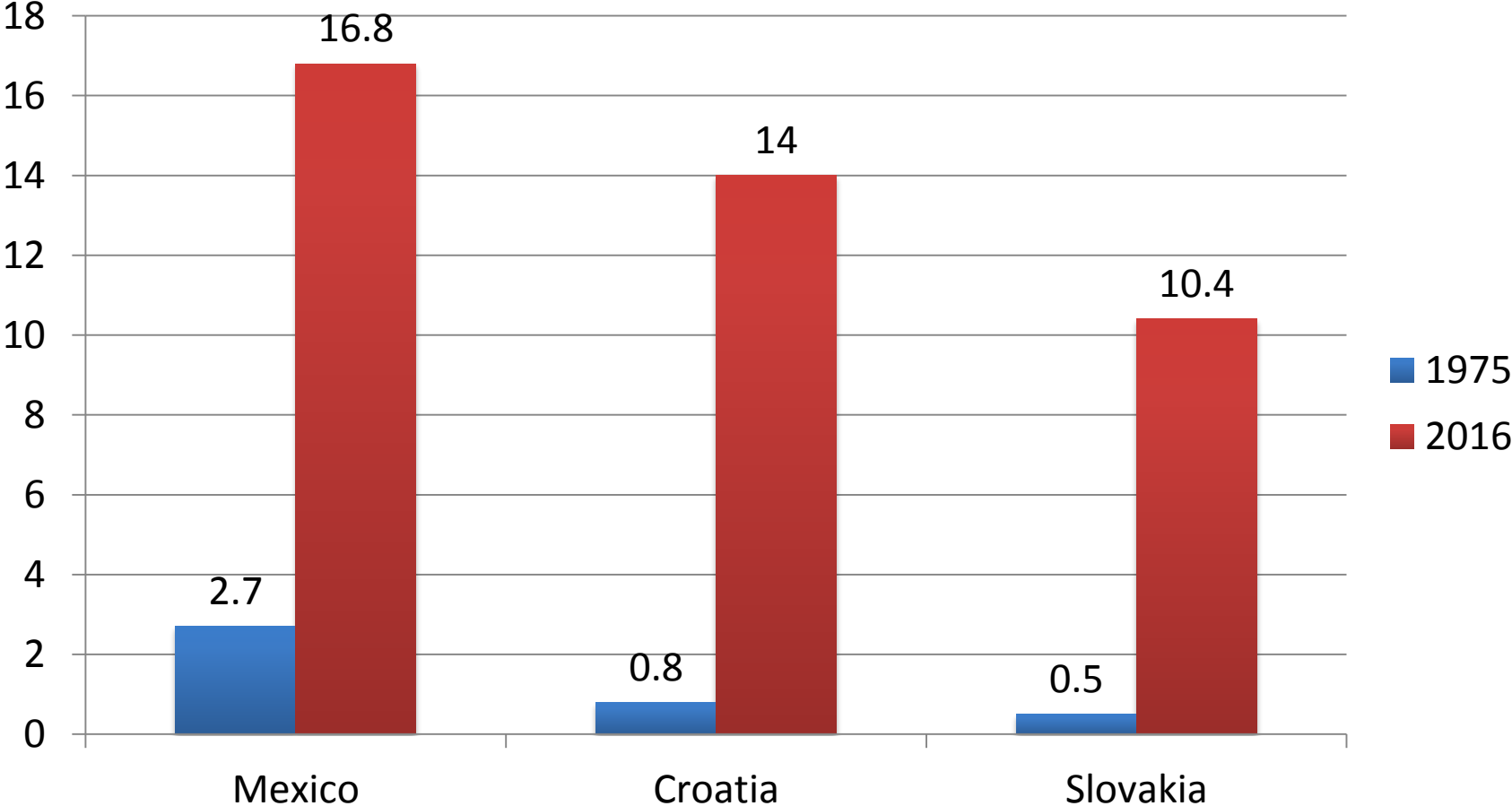
Boys obesity

# NCD Risk Factor Collaboration (NCD-RisC) *Lancet, 2017.*



Boys obesity

# NCD Risk Factor Collaboration (NCD-RisC) *Lancet, 2017.*



Boys obesity



Alewife Train Station, Boston

# Copenhagen, Denmark





# Bike “lane”, Boston



# Amsterdam Train Station





Alewife Train Station, Boston



No sidewalk !



BERTUCCI'S  
BRICK OVEN PIZZERIA



3399 MI

RANGE ROVER EVOQUE

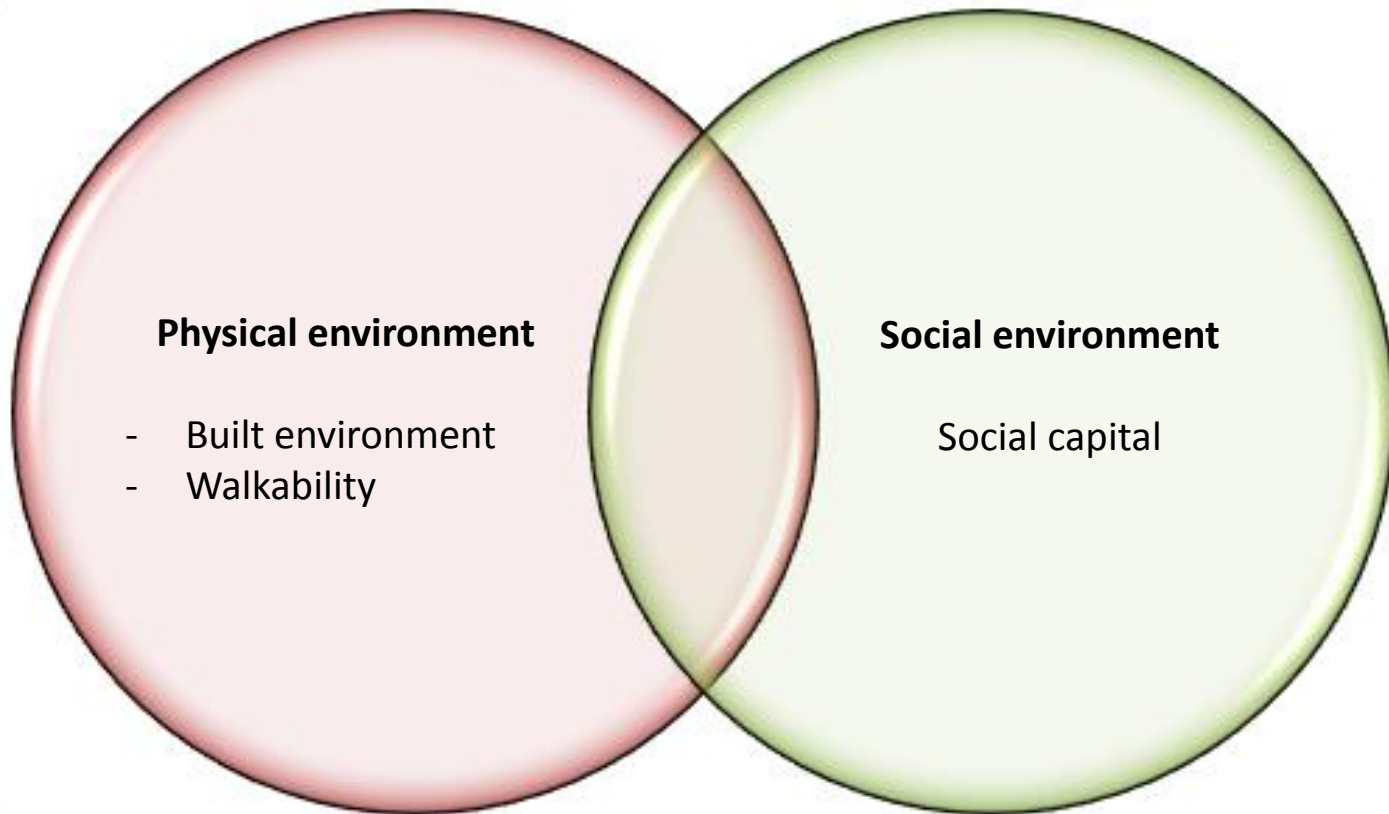
RANGE ROVER EVOQUE

UNDERGROUND

KEEP TO THE RIGHT

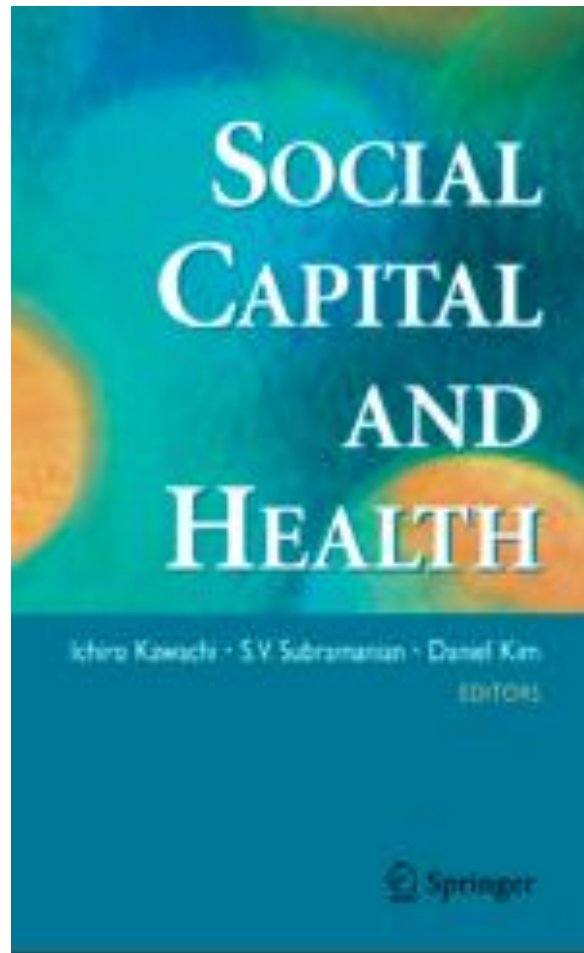


# Social determinants of physical activity



# Social capital?

Increasing attention as a potential influence on the development of youth.



**SC theory** – interpersonal trust, cooperation, reciprocity and exchange support may facilitate the action of group members.

# Research question

**Whether social capital promotes youth physical activity & health?**





# **SOCIAL CAPITAL & HEALTH**

**EUROPEAN ADOLESCENTS  
(Croatia, Lithuania & Serbia)**

**CROATIA**

*Novak et al (2017) Int J Public Health*

*Novak, Suzuki, Kawachi (2015) BMJ Open*

# SOCIAL CAPITAL & HEALTH

## EUROPEAN ADOLESCENTS (Croatia, Lithuania & Serbia)

SRH → family trust

SRH → neighbourhood trust  
and informal social control

SRH → vertical, horizontal  
SC, school trust & reciprocity  
at school

*Novak et al (2017) Int J Public Health*

## CROATIA

*Novak, Suzuki, Kawachi (2015) BMJ Open*

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SRH → neighbourhood trust

SRH → reciprocity at school

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# **SOCIAL CAPITAL & PSYCHOLOGICAL DISTRESS**

**CROATIA**

**LITHUANIA**

*Novak & Kawachi (2015) Int J Ment Health Syst*

*Novak et al (2016) Intl J Sport Management  
Recreation & Tourism*

# SOCIAL CAPITAL & PSYCHOLOGICAL DISTRESS

## CROATIA

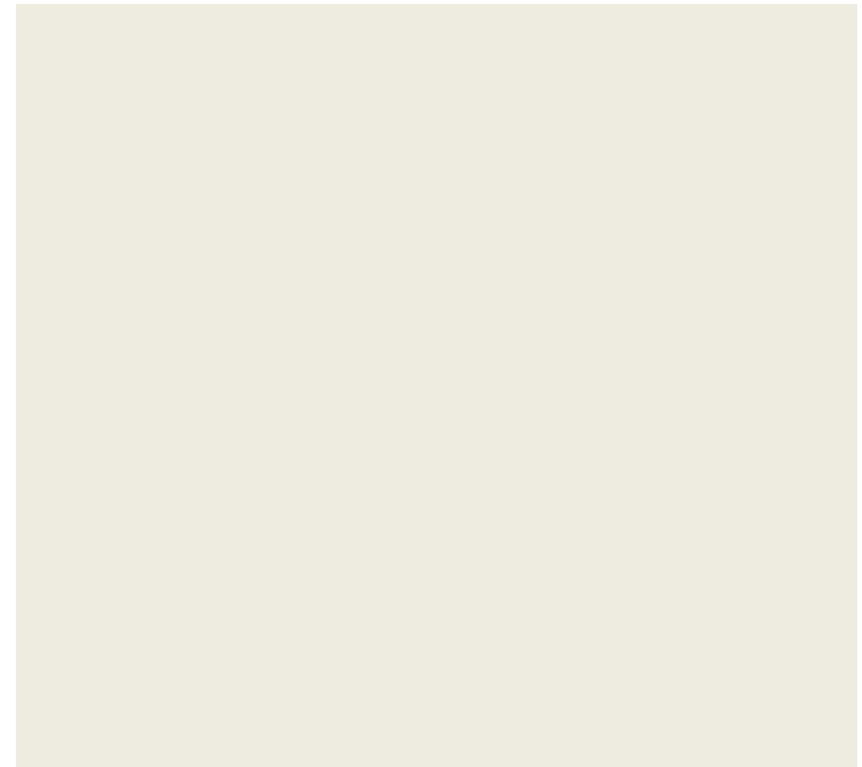
Family support ← K6

Neighbourhood trust ← K6

Teacher-student trust ← K6

Student trust ← K6

## LITHUANIA



# SOCIAL CAPITAL & PSYCHOLOGICAL DISTRESS

## CROATIA

Family support ← K6

Neighbourhood trust ← K6

Teacher-student trust ← K6

Student trust ← K6

## LITHUANIA

Family support ← K6

Neighbourhood trust ← K6

Teacher-student trust ← K6

Reciprocity at school ← K6

# **SOCIAL CAPITAL & PHYSICAL ACTIVITY**

**CROATIA**

**TURKEY**

*Novak et al (2016) Public Health*

*Yildizer et al (2017) J Sport Health Sci*

# **SOCIAL CAPITAL & PHYSICAL ACTIVITY**

## **CROATIA**

SC → regular MVPA in boys

SC → regular overall activity  
in girls

*Novak et al (2016) Public Health*

## **TURKEY**

*Yildizer et al (2017) J Sport Health Sci*



# SOCIAL CAPITAL & PHYSICAL ACTIVITY

## CROATIA

SC → regular MVPA in boys

SC → regular overall activity  
in girls

*Novak et al (2016) Public Health*

## TURKEY

Informal social control &  
vertical school trust ←  
OPAP in boys

Horizontal school trust →  
OPAP in boys

Horizontal school trust ←  
OPAP and MVPAP in girls

*Yildizer et al (2017) J Sport Health Sci*

# CONCLUSION

SC has been shown to have **positive effects** on multiple health outcomes.

*Higher levels of SC are associated with better HEALTH.*

**Interventions** that leverage community SC might serve an avenue for **promotion of PA.**

**Muchas Gracias!**