

Reliability of an Application for the System for Observing Play and Recreation in Communities in the Recreovia of Bucaramanga, Colombia

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Abstract : Introduction: Recreovía as a public health strategy contributes to encourage the practice and adherence to physical activity (PA) recommendations, by temporarily closing the roads to motorized vehicles. The determination of the PA requires the evaluation of the reliability of the measurement instruments, in order to sustain the continuity and relevance of Recreovía as a community intervention. Objective: Establish the inter-rater reliability of the App for the System for Observing Play and Recreation in Communities (iSOPARC®) in the Recreovia of Bucaramanga, Colombia. Methods: Five trained observers at two observation points on the 2.3 km of the Recreovia (14th Street and 32nd Street) used the App (iSOPARC®), between 08:00 a.m. and 12:00 m. in periods of 20 minutes during a regular Sunday. Reliability analysis was performed using the Intraclass Correlation Coefficient (ICC 2.1). Results: A total of 2682 users were observed (43.6 % women) in 7 observations. ICC showed a range between 0.96 and 0.99 for the PA level and ICC between 0.95 and 0.99 for age group for the two observation points. Conclusion: The reliability found for the iSOPARC® guarantees the consecutive measurement of the PA level at the Recreovia, which will allow measuring its effectiveness in the medium and long term, as a community intervention strategy.

Keywords : environment, observation, physical activity, recreation, reliability

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