



Active & public transport

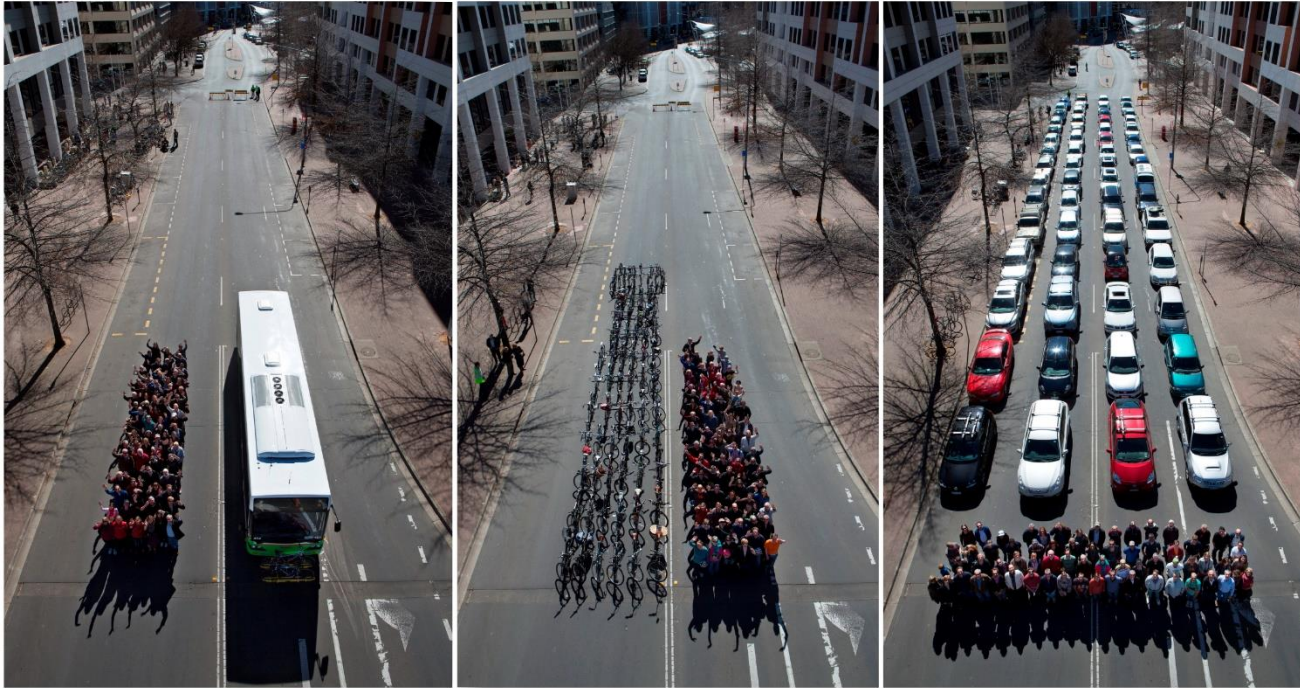
We Ride Australia + Heart Foundation
Stephen Hodge + Rohan Greenland



‘A Healthy Choice for the Future – the important role of Governments and schools’

- State of play
- Government responses
- Barriers
- Responses & policies
- A national approach to safe routes to school

2018 Travel to Learn Summit



THE GLOBAL CHRONIC DISEASE CRISIS: is Australia doing enough?

9.30am-12:00pm | Tuesday 19 June 2018
Committee room 1R1, Parliament House Canberra

SOLD OUT



ACDPA
Australian Chronic Disease Prevention Alliance



The Global Chronic Disease Crisis: is Australia doing enough?

by The Australian Chronic Disease
Prevention Alliance



2018 Travel to Learn Summit



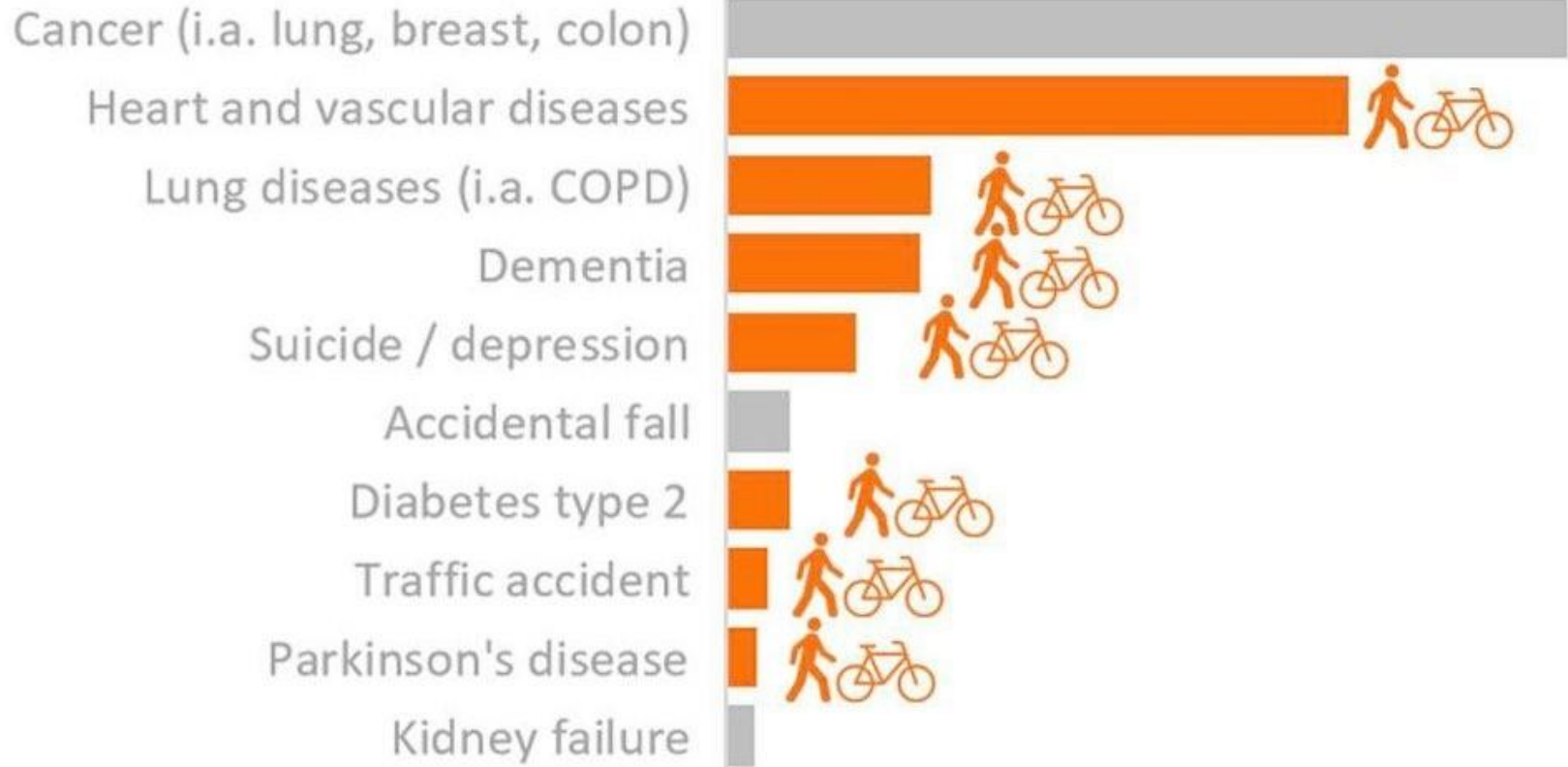
 **VERY POOR**  **POOR**  **AVERAGE**  **GOOD**  **VERY GOOD**

2018 Travel to Learn Summit

Table 3.5: Number and proportion of disease burden due to physical inactivity (attributable DALY), by linked disease, 2011

Linked disease	Total DALY	DALY attributable to physical inactivity	% of linked disease burden due to physical inactivity
Coronary heart disease	346,651	39,262	11.3
Dementia	151,308	20,752	13.7
Diabetes	101,653	19,065	18.8
Bowel cancer	92,422	15,003	16.2
Stroke	136,771	13,555	9.9
Breast cancer	70,675	7,813	11.1
Uterine cancer	7,622	1,226	16.1
Total	4,494,427	116,676	2.6

Top 10 most deadly diseases in the Netherlands



2018 Travel to Learn Summit

TIPPING THE SCALES

**8 critical actions
Australia must
take to tackle
obesity**

opc.org.au/tippingthescales
#TippingTheScales



**Toughen
restrictions on
TV junk food
advertising
to kids**



**Set food
reformulation
targets**



**Make Health
Star Ratings
mandatory**



**Develop an
active transport
strategy**



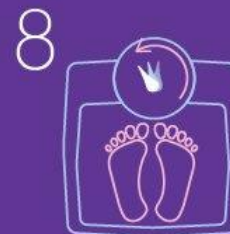
**Fund public
health education
campaigns**



**Add a 20%
health levy to
sugary drinks**



**Establish a
national obesity
taskforce**

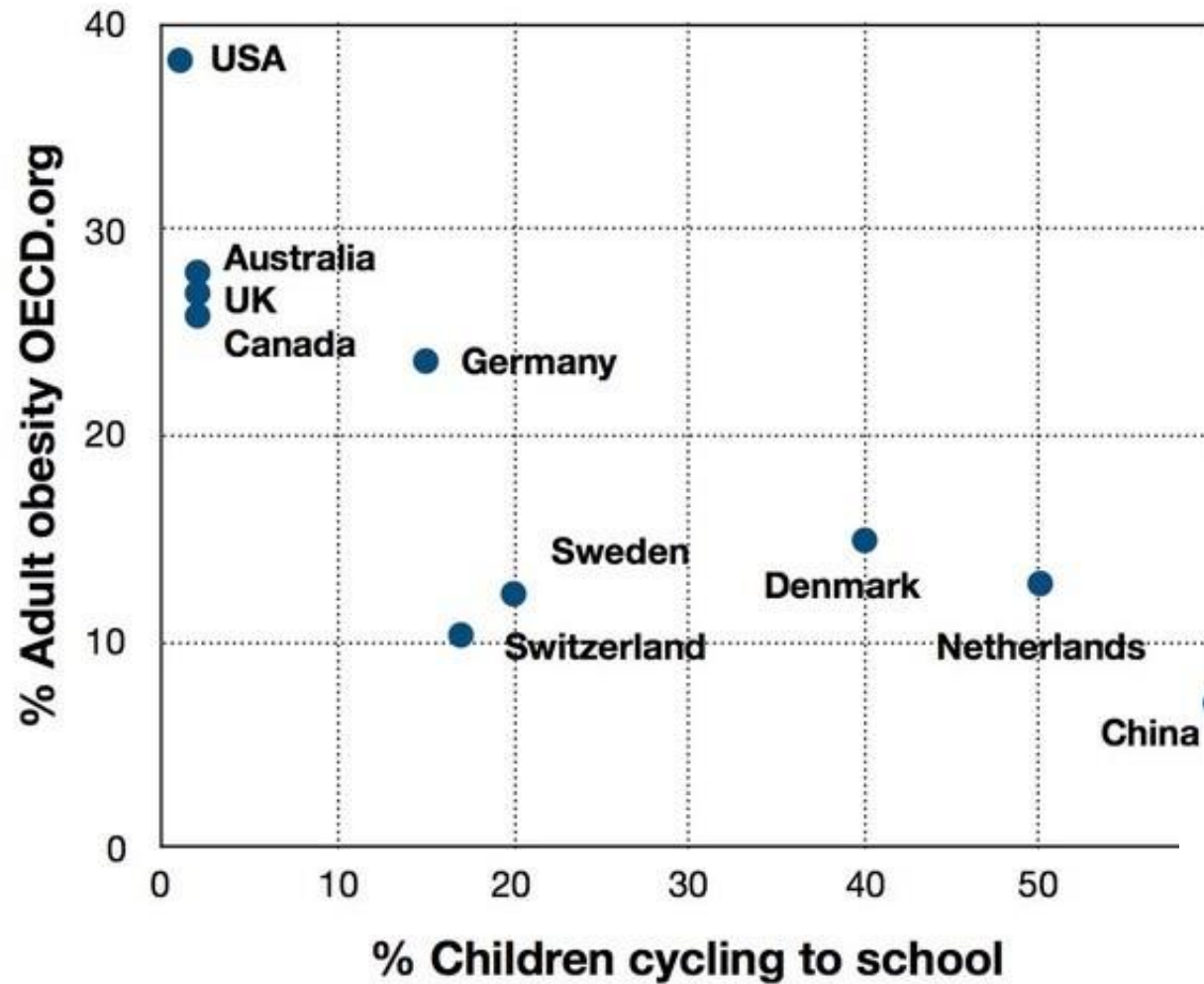


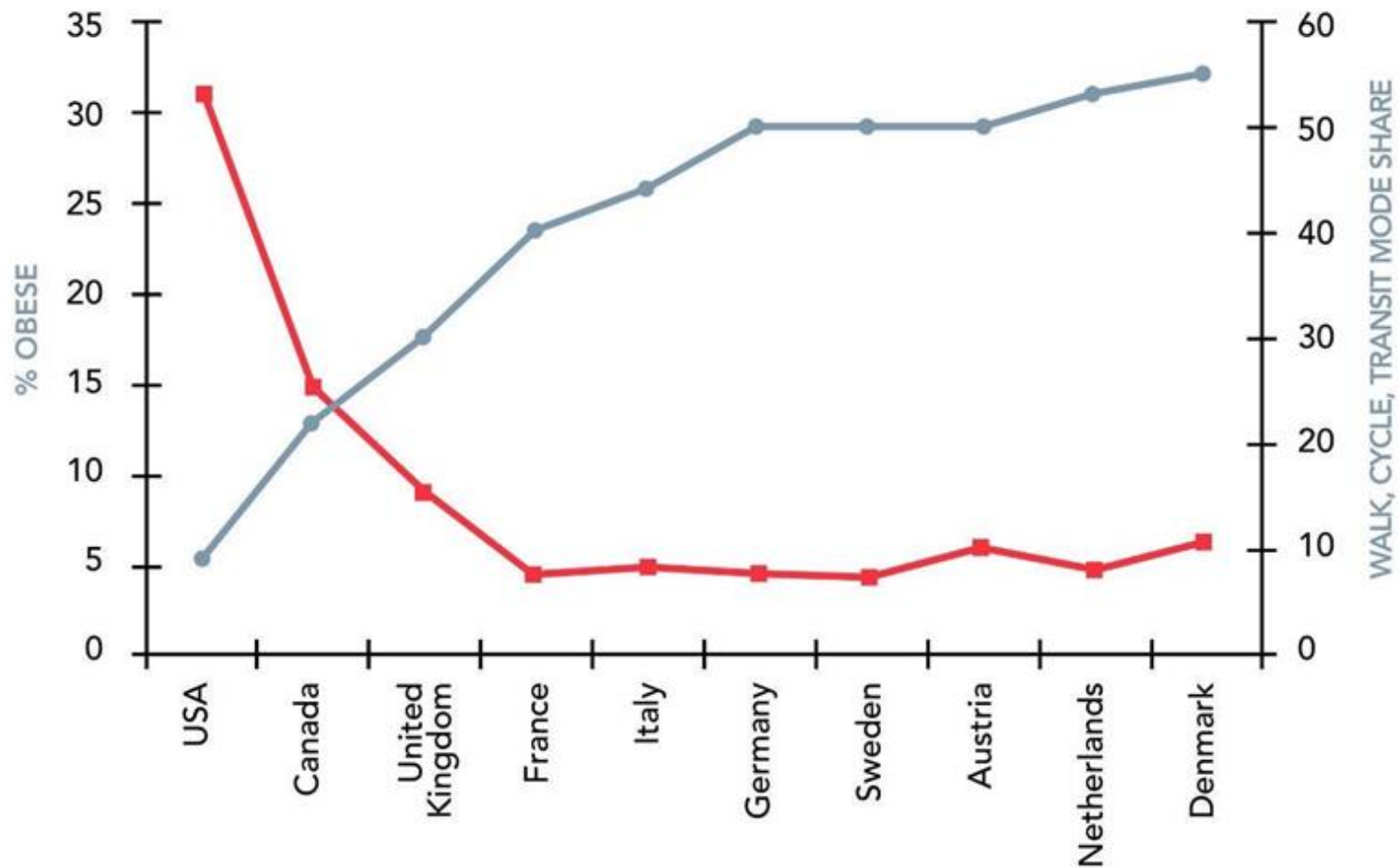
**Monitor diet,
physical activity,
weight guidelines**

While over two-thirds of Australian children participate in organised out-of-school sport, **fewer than 20%** meet daily physical activity recommendations.²¹

State of play

- Overweight/obesity: 70.8% children/91.5% youth
- Mode to school:
- Mode to school:
- Mode to school:
- Government responses
- Barriers
- Programs & policies
- A national approach to safe routes to school





State of play

- Overweight/obesity: 70.8% children/91.5% youth
- **Mode to school: 1971 → 2013, 42% decrease**
- Mode to school:
- Mode to school:
- Government responses
- Barriers
- Programs & policies
- A national approach to safe routes to school

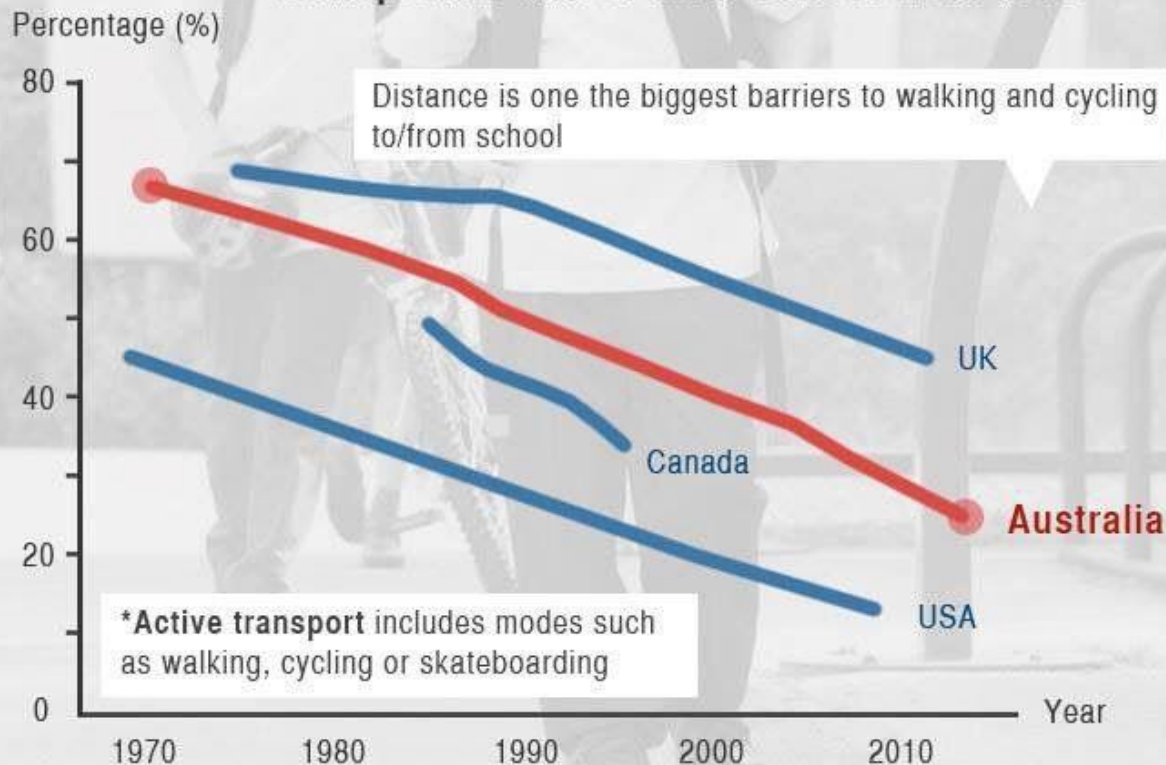
State of play

- Overweight/obesity: 70.8% children/91.5% youth
- Mode to school: 1971 → 2013, 42% decrease
- **Mode to school: 75% walked/cycled, now 70+% driven**
- Mode to school:
- Government responses
- Barriers
- Programs & policies
- A national approach to safe routes to school

The decline of children walking or cycling to school

it

The percentage of children who use active* transport to and/or from school from 1970



Source: 2014 Report Card on Physical Activity for Children and Young People

State of play

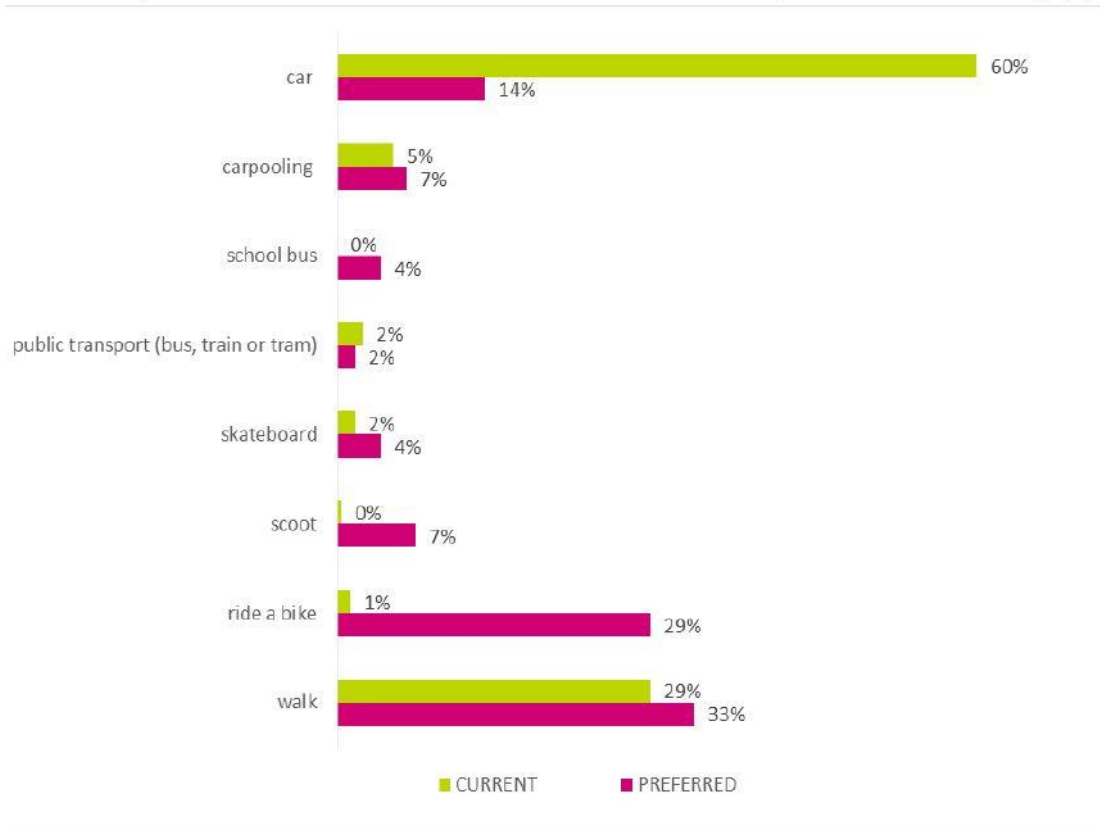
- Overweight/obesity: 70.8% children/91.5% youth
- Mode to school: 1971 → 2013, 42% decrease
- Mode to school: 75% walked/cycled, now 70+% driven
- **Mode to school: 50-63% (all ages) do not walk at all**
- Government responses
- Barriers
- Programs & policies
- A national approach to safe routes to school

State of play

- Overweight/obesity: 70.8% children/91.5% youth
- Mode to school: 1971 → 2013, 42% decrease
- Mode to school: 75% walked/cycled, now 70+% driven
- Mode to school: 50-63% (all ages) do not walk at all
- **Kids just love walking, scooting and cycling to school!**
- Government responses
- Barriers
- Programs & policies
- A national approach to safe routes to school

Year 3 – Year 7 students: 123 respondents

Students preferred mode of travel to and from school v reported mode average, year 3-7



Government responses

- Overweight/obesity: 70.8% children/91.5% youth
- Mode to school: 1971 → 2013, 42% decrease
- Mode to school: 75% walked/cycled, now 70+% driven
- Mode to school: 50-63% (all ages) do not walk at all
- **Government responses**
 - Barriers
 - Programs & policies
 - A national approach to safe routes to school

2018 Travel to Learn Summit



Home AIS Visit Participating in Sport Supporting Sport

Home > News and Media > General news > ASC welcomes funding to get Australians more active

News and Media Centre

General news

ASC pays tribute to Australian golfing great Peter Thomson

AIS news

Podcasts

Contacts

ASC Media Awards 2017

PLAY.
SPORT.
AUSTRALIA.

AusPlay Survey

Participation data for the sport sector

find out more

Could you be the next

LOCAL
SPORTING
CHAMPION?

apply now >

ASC welcomes funding to get Australians more active

09 May 2018

Australian Sports Commission is looking for ways to get Australians more healthy after receiving funding for community sport initiatives for community sport organisations.

The funding is part of a new community sport initiative.

The additional part of the funding is for a new grants program aimed at increasing the physical activity of Australians aged 65 and older.

- \$50.4 million over four years to increase the investment in sport organisations for participation outcomes. This would include increased investment in junior sport pathways such as the national Local Sporting Champions grants program;
 - \$41.7 million to continue managing the Australian Government's Sporting Schools program until the end of the 2019 calendar year;
 - \$29.7 million in 2018-19 for a grants program to improve local community sport infrastructure, and;
 - \$22.9 million over two years for a new grants program aimed at increasing the physical activity of Australians aged 65 and older.
- Palmer said: "The ASC welcomes this funding for community sport because a thriving sport system begins with a healthy, vibrant participation base.
- This funding will enable the ASC and our partner organisations to reach and enrich the lives of more Australians through sport and physical activity.

"We have a responsibility to ensure our children learn and develop through movement. This funding will enable the ASC to continue managing the successful Sporting Schools program, funding some 5200 primary school and 500 targeted high schools across the country.



2018 Travel to Learn Summit

ASC welcomes funding to g Active Kids | Office of Sport

https://sport.nsw.gov.au/sectordevelopment/activekids

Minister | Information Access | News | Sporting events | Contact

I'm looking for

Home About us Venues Sector development Find a club For clubs & organisations

Home > Office of Sport > Sector development > Active Kids

SHARE TO: f t e

Active Kids

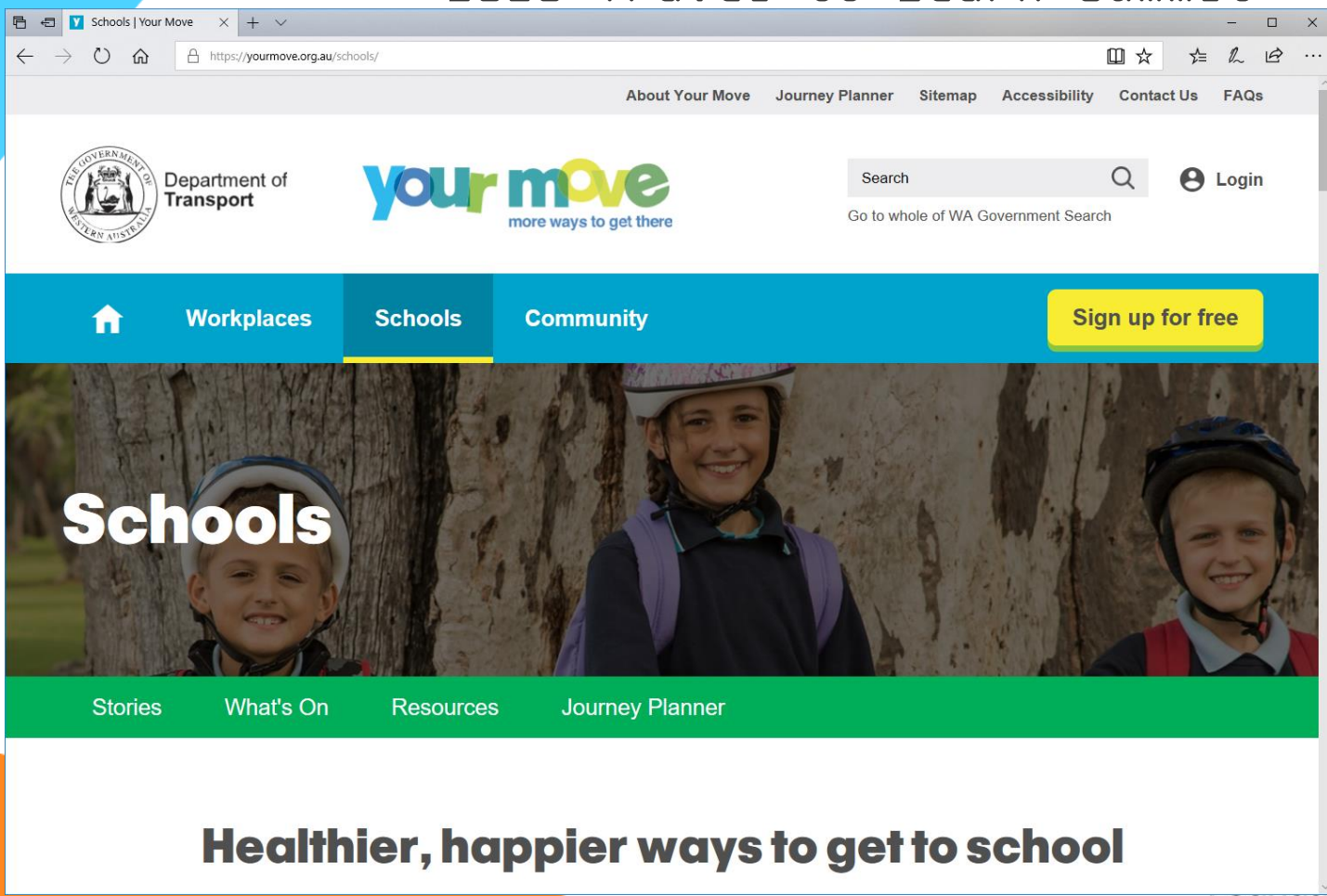


Apply for a
VOUCHER

Apply to be a
PROVIDER



2018 Travel to Learn Summit




The screenshot shows a web browser window with the URL <https://yourmove.org.au/schools/>. The page header includes navigation links: About Your Move, Journey Planner, Sitemap, Accessibility, Contact Us, and FAQs. The main header features the Department of Transport logo, the 'your move' logo with the tagline 'more ways to get there', a search bar, and a 'Login' button. Below the header is a blue navigation bar with tabs for 'Workplaces', 'Schools' (which is highlighted), and 'Community'. A yellow button labeled 'Sign up for free' is located on the right side of this bar. The main content area features a large image of three children wearing helmets and backpacks, standing in front of a tree. The word 'Schools' is overlaid in large white text on the left side of this image. Below the image is a green navigation bar with links for 'Stories', 'What's On', 'Resources', and 'Journey Planner'. At the bottom of the page, the text 'Healthier, happier ways to get to school' is displayed in a large, bold, dark font. In the bottom right corner, there are two logos: a red heart logo with the word 'ation' below it, and the 'We Ride! AUSTRALIA' logo.



Schools | Your Move

<https://yourmove.org.au/schools/>


About Your Move Journey Planner Sitemap Accessibility Contact Us FAQs

 Department of Transport

your move
more ways to get there

Search   Login

Go to whole of WA Government Search


 Workplaces **Schools** Community


Sign up for free

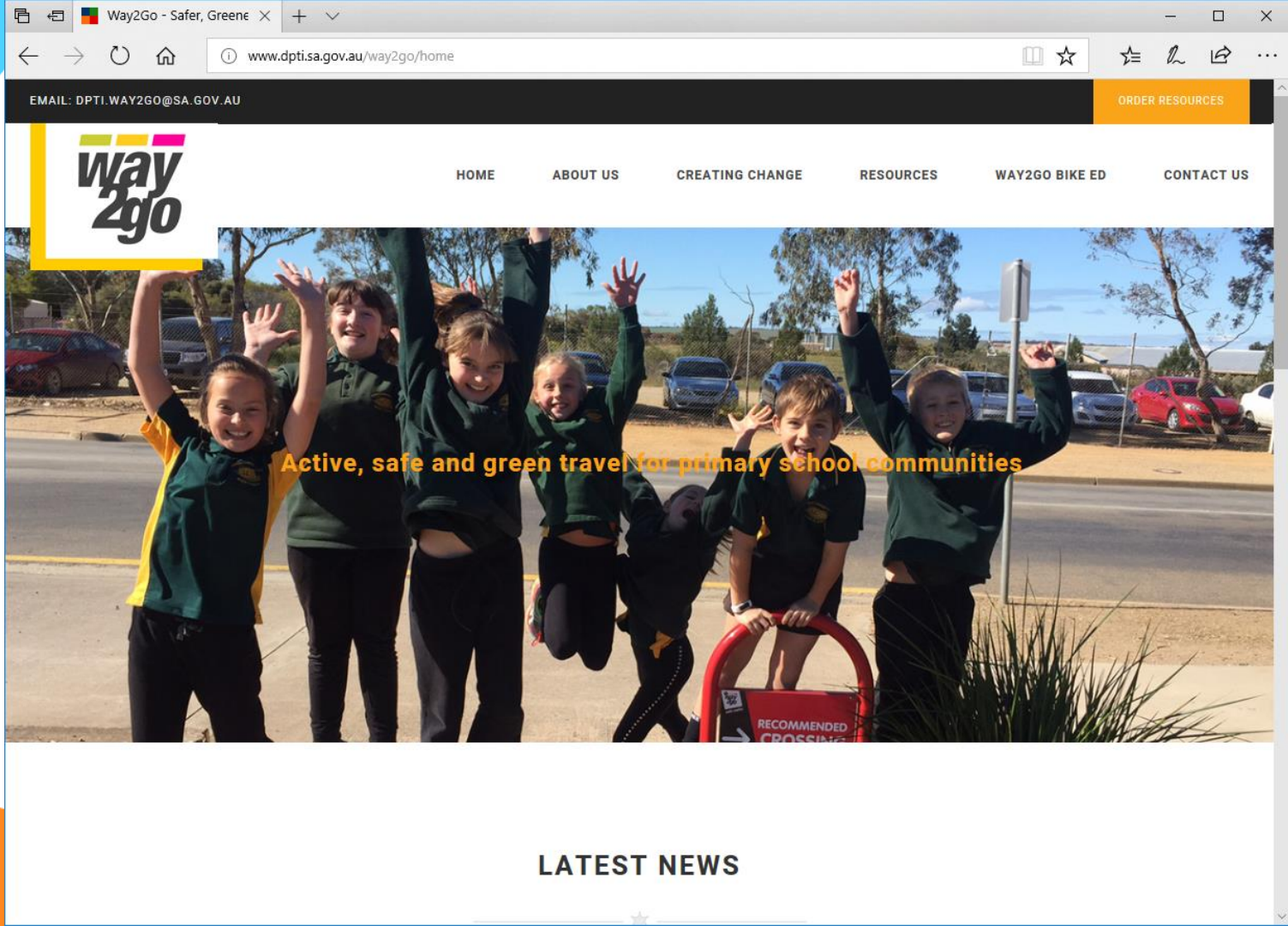
Schools

Stories What's On Resources Journey Planner

Healthier, happier ways to get to school

 tion

 We Ride!
AUSTRALIA



Barriers

- Barriers (national Active Travel to School survey, 2012)
 - 7/10 parents – riding a bike is important
 - 9/10 parents say child can ride a bike

BUT

- 8/10 parents agree too much traffic & not enough bike paths

Barriers

- Barriers
 - Choice of schools out of area
 - Distance.

Program & policies

- Overweight/obesity: 70.8% children/91.5% youth
- Mode to school: 1971 → 2013, 42% decrease
- Mode to school: 75% walked/cycled, now 70+% driven
- Mode to school: 50-63% (all ages) do not walk at all
- Government responses
- Barriers
- **Programs & policies**
- A national approach to safe routes to school

Active School Travel Pathways to a Healthy Future



AUSTRALIAN
HEALTH POLICY
COLLABORATION

Physical activity is a powerful, preventive course of action.
Physical activity leads to healthier and more productive daily lives.

OUR PROBLEM

Physical inactivity is a significant risk factor for chronic diseases such as mental illness, cardiovascular disease and cancer.



Australian children are some of the most "chauffeured" children in the world



children
(5-11 years)
not meeting physical
activity recommendations.

young people
(12-17 years)
not meeting physical
activity recommendations.



THE BENEFITS OF REGULAR ACTIVITY

Physical activity is important at every life stage.
Physical activity behaviours from a young age is linked with health benefits across the life-course.



Physical activity is essential for physical, social and emotional wellbeing

Creates more vibrant, social, safer and environmentally sustainable communities

Foster health-promoting behaviours for children and families to be physically active



OUR SOLUTION

Active travel is one of the easiest ways to incorporate physical activity into everyday life. Australian experts recommend a three-part policy framework.



1. Build active environments to prioritise pedestrians and cyclists



2. Establish a knowledge hub for active school travel initiatives



3. Adopt a national target for physical activity



Supporting Organisations



Foundation



Program & policies

- Overweight/obesity: 70.8% children/91.5% youth
- Mode to school: 1971 → 2013, 42% decrease
- Mode to school: 75% walked/cycled, now 70+% driven
- Mode to school: 50-63% (all ages) do not walk at all
- Government responses
- Barriers
- **Programs & policies**
- A national approach to safe routes to school

Together
we can
move a
generation!



Physical Activity
Foundation



Search



About Us

Active Schools
Challenge

Ride or Walk to
School

Its Your Move –
Safe Cycle

PE Pulse

Healthy Work
Place

Workplace
Challenge

Contact Us

Ride or Walk to School



The Ride or Walk to School program is designed to drive culture change within the school community to once again, make riding and walking to school the norm for our kids.

It's easy to sign up to sign up! All you need to get started is approval from your school's Principal and a nominated teacher coordinator at your school and you can access:

RIDE or
WALK
to school



Riders' Log

[Home](#)

Events ▾

Get Involved

Contact Us

[Home](#) / [News](#)

Public pressure required program funding

POSTED BY DI ELLIFFE 1928.400 ON DECEMBER 02, 2016

correctly fitting their helmet, basic bicycle maintenance and the health benefits of riding.

 7 Comment Share

Ride2School funding in doubt

While Bicycle Network's Ride2School program would love to run more activities and initiatives like this across Tasmania, the program's future is in doubt, with State Government funding only secured until the end of this school year.

Bicycle Network is continuing to work with the government on where future funding will come from.

Our biggest hurdle is securing a long-term deal and knowing which bucket the money will come from. What is certain is that future funding will have to come from various departments.

 Sign in with Twitter

 [Sign in with Email](#)



National approach

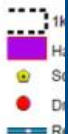
- Overweight/obesity: 70.8% children/91.5% youth
- Mode to school: 1971 → 2013, 42% decrease
- Mode to school: 75% walked/cycled, now 70+% driven
- Mode to school: 50-63% (all ages) do not walk at all
- Government responses
- Barriers
- Programs & policies
- A national approach to safe routes to school





Did you know... You could walk 1km in about 15 minutes?

You could ride 1km in about 5 minutes?



Walking and riding routes

1km radius

Shared Path

Footpath

School Entry Points

Drop Off Point

Underpass

Bus Stop

Zebra Crossing

Signalised Crossing

Shops/ Facilities

Public Toilet



© Australian Capital Territory, Canberra, April 2014

www.health.act.gov.au | www.act.gov.au | Enquiries: Canberra 13ACT1 or 132261

For more information on the Ride or Walk to School program visit www.ped.org.au
GIS transport network analysis provided by Centre for Research and Action in Public Health



Schools | Your Move

https://yourmove.org.au/schools/

Department of Transport

your move
more ways to get there

Search

Login

Go to whole of WA Government Search

Home Workplaces **Schools** Community

Sign up for free

Schools

Stories What's On Resources Journey Planner

Healthier, happier ways to get to school

Join a network of people like you who are sharing tips and tricks on how to motivate students to get moving and create healthy habits for life. Plus, have a heap of fun and earn great rewards while you're at it.

.....

ride!
ALIA

2018 Travel to Learn Summit





We Ride Australia + Heart Foundation
Stephen Hodge + Rohan Greenland

