

WALKPEDALRIDE

How children get to school in Canada

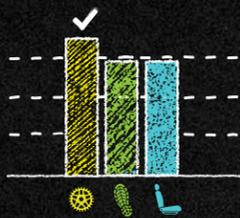
The **Health Behaviour in School-Aged Children Study (2017/2018)** covers health, well-being, social environments and health behaviours in students in grades 6 to 10 from across Canada. Children get to school in a variety of ways including by cars, bus, walking or biking. Some of these types of transportation are active, such as walking and biking, while others are not.

How are students getting to school?



✓ GOOD NEWS / ! BAD NEWS

Children who **bike** to school accumulate **more active days per week**



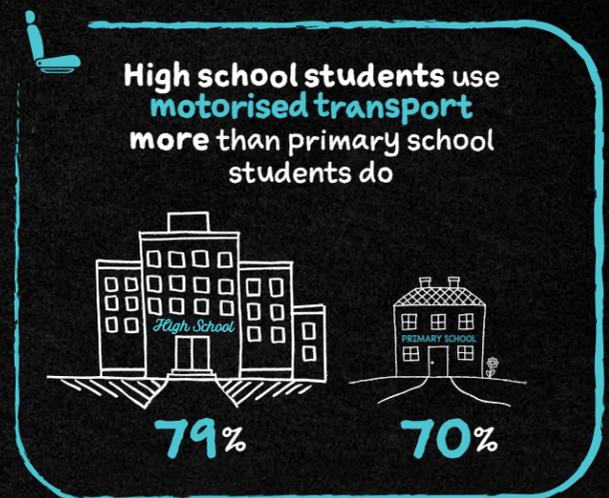
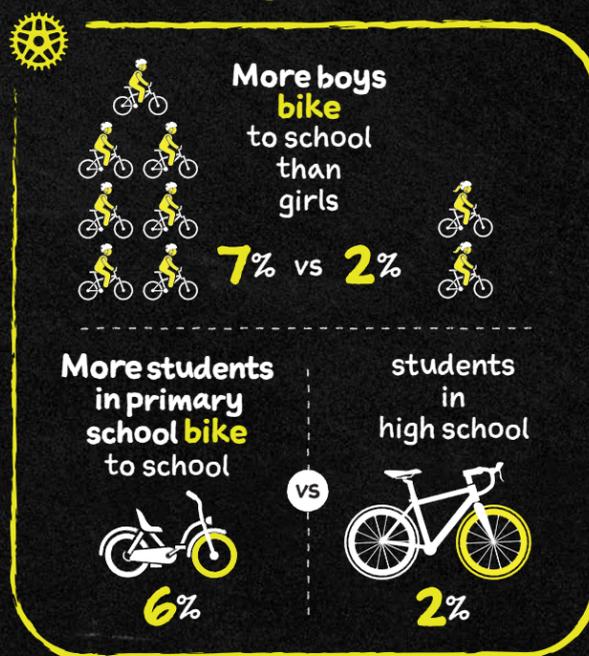
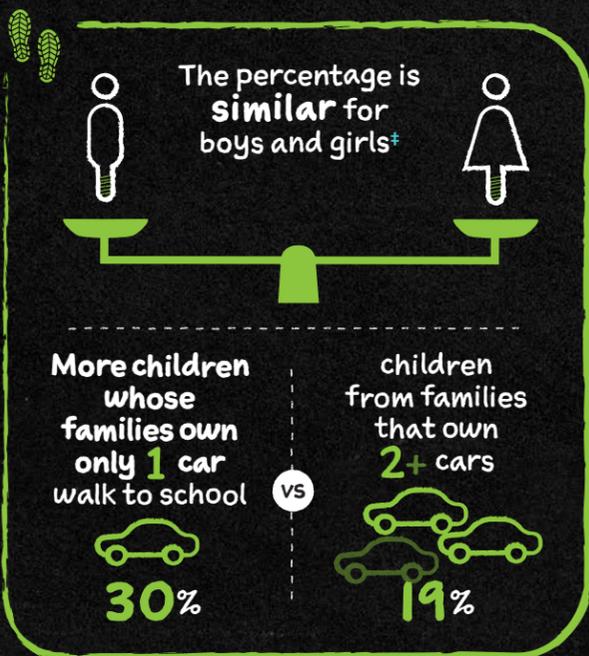
compared to those who **walk** or use **motorised transport**

Only **47%** of students who live

less than 5 min.

from school **walk or bike** to school

Who walks, pedals or rides?



Using active transportation is beneficial for:

CHILDREN'S HEALTH

- Increasing cardio-respiratory fitness and maintaining a healthy weight¹
- Developing a sense of autonomy and independence²
- Mental health²
- Building social skills³
- Performance at school⁴

THE ENVIRONMENT

- Decreasing greenhouse gas emissions, air pollution and congestion around school⁵

THE COMMUNITY

- Increasing social ties in the community⁶

Make active transportation part of your healthy lifestyle [Canada.ca](https://www.canada.ca) | Search Physical activity, sedentary behaviour and sleep | Get data PASS Indicators | Explore Bicycling Infrastructure | Like us @HealthyCdns | Follow us @GovCanHealth

Data source: Health Behaviour in School-Aged Children Study, 2017/2018.
* Motorised transportation included: car, motorcycle, moped, bus, train, streetcar, subway, and boat/ferry.
‡ A similar percentage of boys and girls used motorised transport.

References:
¹ Voss C. Public Health Benefits of Active Transportation. Children's Active Transportation. 2018. p1-20.
² Kleszczewska D, Mazur J, Bucksch J, Dzielska A, Brindley C, Michalska A. Active Transport to School May Reduce Psychosomatic Symptoms in School-Aged Children: Data from Nine Countries. Int J Environ Res Public Health. 2020; 17(23). 1-12.

³ Waygood EOD, Friman M, Olsson LE, Taniguchi A. Children's incidental social interaction during travel international case studies from Canada, Japan, and Sweden. J Transp Geogr. 2017;63:22-9.
⁴ Martinez-Gomez D, Ruiz JR, Gomez-Martinez S, Chillan P, Rey-Lopez JP, Diaz LE, et al. Active commuting to school and cognitive performance in adolescents: the AVENA study. Arch Pediatr Adolesc Med. 2011;165(4):300-5.
⁵ Hong A. Environmental Benefits of Active Transportation. Children's Active Transportation. 2018. p.21-38.
⁶ Tranter P, Tolley R. Conclusion: re-imagining the city for a healthier future. Slow Cities 2020. p. 355-87.

