Active Travel for Kids on the Sunshine Coast

Setting the Context

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Physical Activity – a key ingredient to child health & development

Lots of research
Physical Activity – key for health promotion & resiliency

BCCDC COVID-19 Survey (May 2020)

Responses: 394,382

• Walk/run/cycle for recreation decreased (adults): 26.5%
• Mental health worsening (adults): 47%
• Household with increased child stress: 60%
• Households with children with decreased connection with friends: 79%

Raising Canada Sept 2020 report: Due to the pandemic restrictions, only 4.8% of 5 to 11 year-olds and 0.8% of 12 to 17 year-olds were meeting the national physical activity guidelines.
For optimal health benefits, children and youth (aged 5–17 years) should achieve high levels of physical activity, low levels of sedentary behaviour, and sufficient sleep each day.

A healthy 24 hours includes:
Example:
- Increasing social-emotional vulnerabilities
- Weak motor skills

Example:
- Low levels of physical activity
- Low levels of active travel

Example:
- No articulated policies for active travel for kids
- Barriers in the built environment
Early Development Instrument - measures 5 child developmental scales

Sunshine Coast: 38% EDI rate on 1+ scales
Powell River: 37% EDI rate on 1+ scales

Tells us how populations of kids are doing.

Symptoms

BC average: 33.4%

42 SD regions are below 37%
15 SD regions are at 37% or higher

0%
13% Revelstoke
37% PR
38% SC
54% Van Island West
## Symptoms

### Wave 7: 2016-19

<table>
<thead>
<tr>
<th>Physical Health Well-Being</th>
<th>Sunshine Coast</th>
<th>Powell River</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>16%</td>
<td>18%</td>
</tr>
<tr>
<td>Social Competence</td>
<td>19%</td>
<td>22%</td>
</tr>
<tr>
<td>Emotional Maturity</td>
<td>23%</td>
<td>22%</td>
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</tbody>
</table>
Symptoms

Research has shown the EDI to be predictive of the MDI.
The relationship between Assets and Child Well-Being

As the number of assets that a child reports increases, the more likely that child is to report higher well-being.

<table>
<thead>
<tr>
<th>Number of Assets reported</th>
<th>% reporting medium to high well-being</th>
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<tbody>
<tr>
<td>0-1</td>
<td>30%</td>
</tr>
<tr>
<td>2</td>
<td>46%</td>
</tr>
<tr>
<td>3</td>
<td>60%</td>
</tr>
<tr>
<td>4</td>
<td>75%</td>
</tr>
<tr>
<td>5</td>
<td>86%</td>
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</table>
18% of 12 to 17 year-olds in BC get the daily recommended amount of physical activity (2018, AHS)

Patterns/Trends

2020 Canadian Physical Activity Report Card
The Backseat Generation

21% of 5-19 year-olds in Canada typically use active modes of travel to get to school.

63% use inactive modes

(Canadian Fitness & Lifestyle Research Institute, 2014-16)

2020 Canadian Physical Activity Report Card
Active School Travel on the Sunshine Coast & Powell River

“How do you usually get to/from school?”

<table>
<thead>
<tr>
<th></th>
<th>Sunshine Coast</th>
<th>Powell River</th>
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<tbody>
<tr>
<td></td>
<td>To</td>
<td>WISH</td>
</tr>
<tr>
<td>CAR</td>
<td>43%</td>
<td>29%</td>
</tr>
<tr>
<td>SCHOOL BUS</td>
<td>33%</td>
<td>16%</td>
</tr>
<tr>
<td>TRANSIT</td>
<td>0%</td>
<td>3%</td>
</tr>
<tr>
<td>WALK</td>
<td>18%</td>
<td>19%</td>
</tr>
<tr>
<td>CYCLE, SKATE, SCOOT</td>
<td>3%</td>
<td>20%</td>
</tr>
</tbody>
</table>

New West: 45%

Chilliwack: 20%
Higher levels of physical activity
Better fitness
Increased sociability
Improved spatial skills (wayfinding, cog dev)
Increased alertness (readiness to learn)
Increased independence & self-reliance
Improved mental well-being
Higher sense of community belonging
Reduced parent stress (reduces kid stress)
Safer streets (school zones, traffic, cohesion)
Reduced vehicle emissions (air, climate)
Individual schools and PACs
Walking School Buses, school route maps, safer school zones, newsletters & orientations encouraging active school travel, etc.

School District 46
Bike infrastructure, bike skills training, collaborating on school route maps, School Hands Up Survey, etc.

Local governments (ToG, DoS)
Road design/traffic calming, bike lanes/sidewalks, wayfinding, integration of active travel into plans & policies, etc.

TraC (Transportation Choices)
Promotes Active Transportation Month, Car Free Day, advocacy for free bus pass for students, bike library, collaborating with SD46 on safe route maps, etc.

Vancouver Coastal Health
Presentations (School Admin, DPAC, Govt Liaison), convening Active Travel for Kids Tactical Group, advocacy & advice for healthy built environments, letters of support, small grants (Gibsons PAC, ToG AT Kids Project)

RCMP: traffic safety around school zones
MOTI: review of Hwy 101 safety, BC AT Strategy, some grants
BC Transit: open to playing a role
MCFD: has helped with some messaging to parents

Increased action and more consistency across the school district
Presenters

Dr. Mariana Brussoni
Associate Professor, Department of Pediatrics and the School of Population & Public Health, UBC; Investigator, BC Children’s Hospital’s Research Institute & the BC Injury Research & Prevention Unit
Areas of focus: child injury prevention, outdoor/risky play, the power of play - physical and psycho-social links

Dr. Guy Faulkner
Professor and Chair, Applied Public Health, School of Kinesiology, UBC
Areas of focus: interconnection of physical activity & mental health, children’s independent mobility (active travel)
Producer: Running Free documentary
Translink
- Walk to School Wednesday
- Specifically for PACs
- Templates
- Sample social media

Resources for Educators, Parents, and Kids

Other Translink resources:
- TravelSmart Recommended Books: Primary Level
- TravelSmart Crossword Level 1
- TravelSmart Crossword Level 3 to 4
- TravelSmart Crossword Level 5 to 7
- TravelSmart Bingo
- Transit Field Trip Tips
- Seabus Scavenger Hunt
- Active Kids are Healthy Kids Infographic
- Tactical Urbanism Toolkit

Ontario
- Effective strategy areas
- Specific actions
- Community case studies

Internationally

USA
- Back to School 2020
  Recommendations for Safe Routes to School Programming

UK
- School travel ideas

NZ
- Wellington Region's School Travel Plan programme
Watch this 26-minute documentary on Youtube  
https://www.youtube.com/watch?v=OKOXfa8NfTY

Overview

We are facing a physical inactivity crisis among children and youth.

One important factor explaining this crisis is the dramatic decline in the independent mobility of children.

Told through the eyes of three families, this documentary explores the concept of children’s independent mobility, the benefits for children’s mental health and wellbeing in being independently mobile, and challenges viewers to consider solutions to the problem of declining independent mobility of children and youth today.

Directed by: Donna Gall
Produced by: Guy Faulkner
Produced with an endowment from the UBC’s Faculty of Education
Active School Travel Pilot Program

- Up to $10,000
- Preference for inclusion in the pilot are rural, semi-rural and suburban schools
- Submission deadline November 15

Get Involved

- Sign up for our Oct 29 Pilot Program Info Session
- Email us for more information about the pilot project
- Review the Program Guide to learn
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