

### **Third Key Objective**

**(iii) To explore external factors that may contribute to childhood obesity**

#### **Summary of the Key Points set out in the Presentation on School Travel Plans**

1. There was a government target for local authorities to deliver 100% travel plans by March 2010
2. There were three main objectives to a school travel plan namely;
  - i. The environment – tackling congestion and climate change
  - ii. Safety – tackling casualty rates
  - iii. Health & well being – tackling obesity
3. What are School Travel Plans?
  - i. A written document that provides:
    - A package of measures to improve safety on the journey to school
    - To encourage active travel to school
    - Identifies sustainable transport solutions
4. The whole school community is consulted on a school travel plan
5. The School Travel Plan Co-coordinator:
  - Assists and advises school with their school travel plan
  - Promotes sustainable travel to school initiatives
  - Reviews school travel plans
  - Has links with other teams within the Council
  - Helps deliver safe routes to school
6. Key Initiatives are:
  - Walk to school week
  - Walking buses
  - Park & stride
  - Road safety initiatives
  - Cycling City
    - Bike it
    - Beauty & the bike
    - Events
7. Children who cycled were fitter than those who walked or went by car or bus. Car users were the least fit, less than bus users.
8. Children who travel actively to school
  - Had higher weekly levels of activity than those who did not
  - Were more likely to be active in other aspects of their life
  - May have a lower BMI
9. There is evidence to show that active travel to school has health benefits