



**Opal**

# THINK FEET FIRST.

## STEP, CYCLE, SCOOT TO SCHOOL Fast Facts



- Physically active children are healthier, happier and know their neighbourhood better than children who are not active.
- Children who are physically active are fitter, have stronger bones and are leaner compared to physically inactive children.
- Children and young people who are physically active are more likely to be active adults, resulting in health benefits throughout their life.
- Reductions in stress, anxiety and depression and enhanced social skills and self esteem are also associated with physical activity in children.
- Young people who walk, cycle or scoot, to school, are 30% more likely to actively travel to other neighbourhood destinations. This indicated that by promoting active travel to and from school, further physical activity benefits can be achieved.
- Most children, when asked, would love to walk, cycle or scoot to school.
- National guidelines recommend that children should accumulate at least 60 minutes (and up to several hours) of moderate to vigorous activity every day.
- Rates of active travel have declined significantly, in 1970, 55% of young people walked to school. Today it is estimated that this rate has fallen to less than 20%.
- Australians have lower levels of walking and cycling and higher levels of car travel than children in Canada and Sweden, despite having a better climate for active travel.
- The more people that Think Feet First and Step, Cycle or Scoot to School the greater reduction in environmental damage caused by greenhouse gas emissions from vehicles.
- Data indicates that an Australian child is nearly twice as likely to be killed as a car passenger than as a pedestrian and more than four times more likely to be killed as a car passenger than as a cyclist.
- Data shows that countries with high levels of active transport have low pedestrian and cyclist fatality rates.

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