

The school run...a journey to learn



Introductions



Gwyn Williams
Public Health Principal

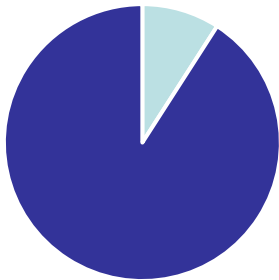


Natasha Howard
Public Health Practitioner

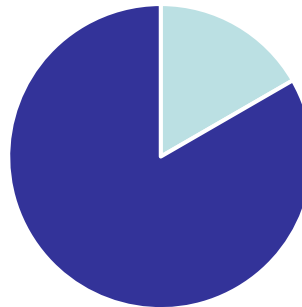
How much of our health is linked to healthcare - Prescriptions, GPs, Hospital?



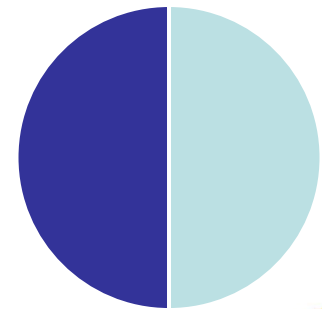
10%/ A little



20% / a little bit more



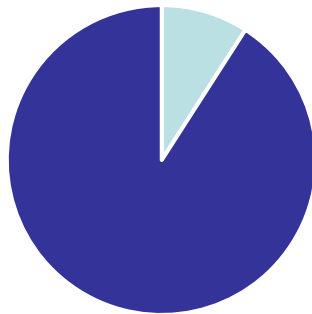
50% / Half



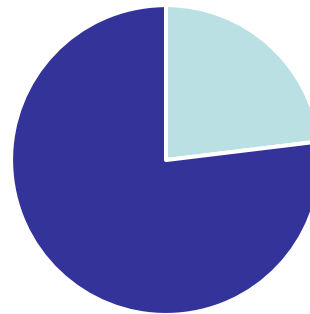
How much of our health is linked to health behaviours eg physical activity, diet, etc?



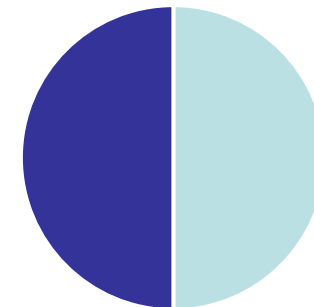
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30%



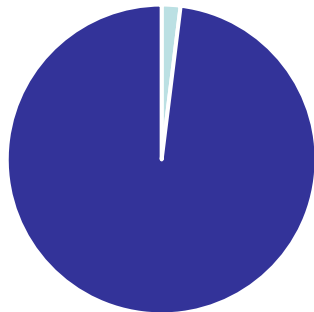
50% / Half



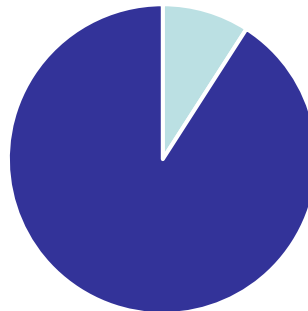
How much of our health is linked to the built & natural environment?



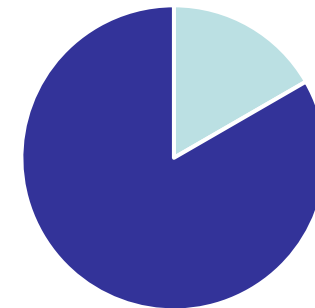
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10% / A little



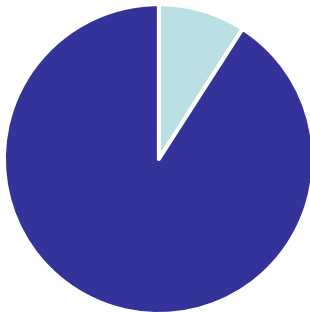
20% / a little bit more



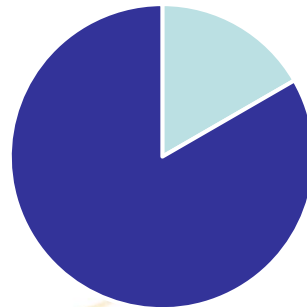
How much of our health is linked to socioeconomic factors eg education, jobs, income, transport?



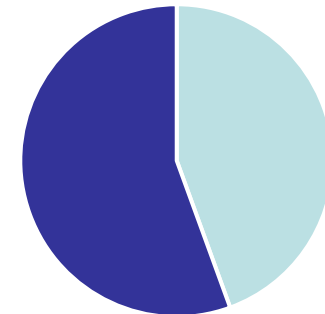
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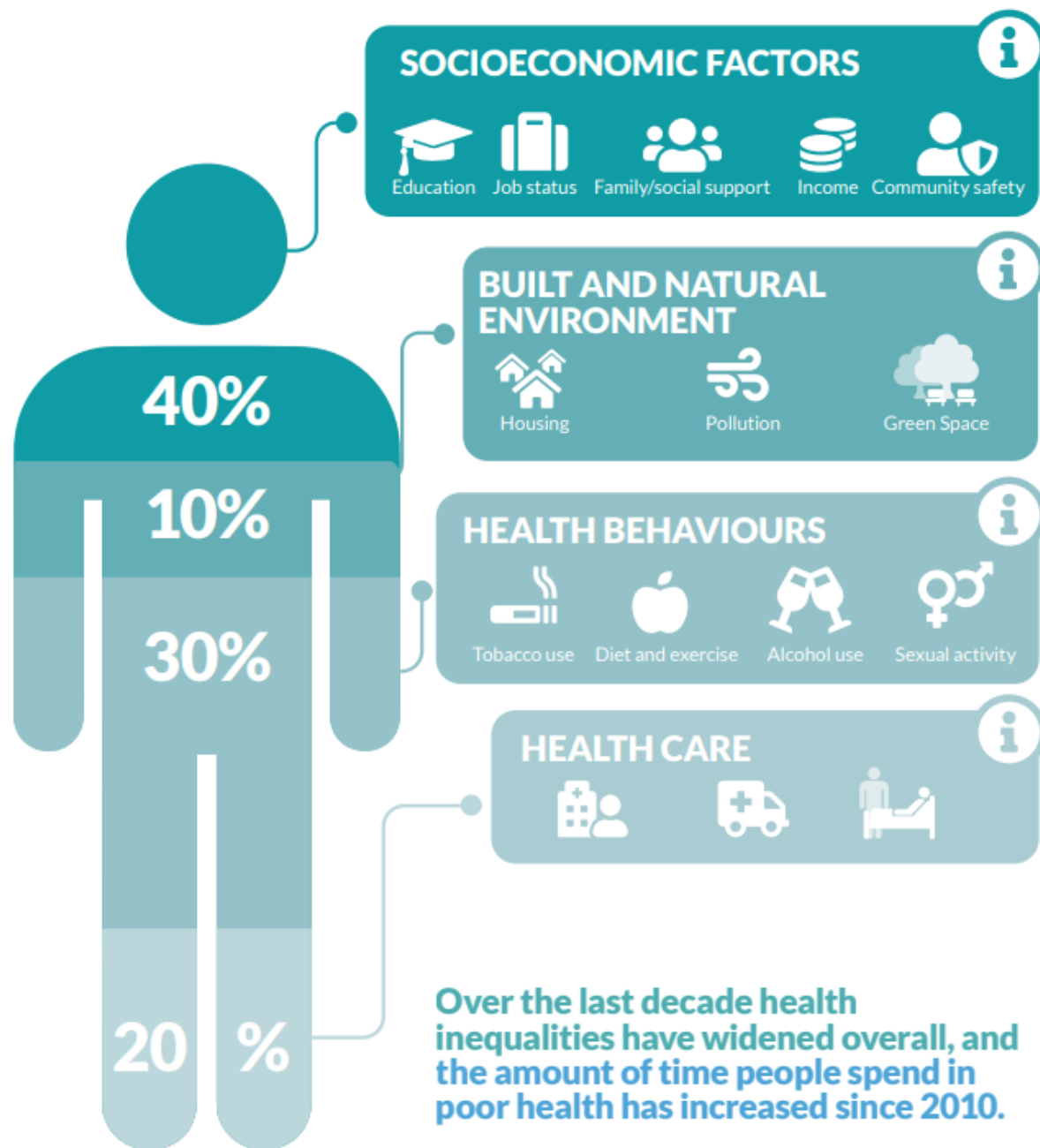
20% / a little bit more



40% / Nearly Half



PERCENTAGE OF HEALTH ACCOUNTED FOR BY EACH DETERMINANT



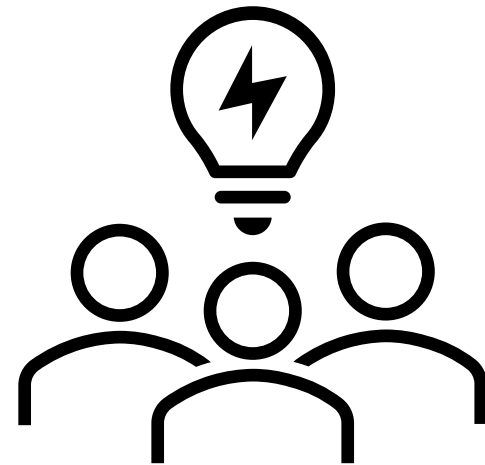
What does Active Travel to School mean?



Quiz

Government figures show that 1 in 6 deaths in the UK are caused by which of these?

- a) Physical Inactivity
- b) Road Collisions
- c) Smoking



Physical activity in children and young people

- Early Years – at least 180 mins a day for 1-5 year olds [Link](#)
- Children and Young People 5 – 18 – 60 mins per day [Link](#)
- Disabled children and young people 20 mins a day [Link](#)

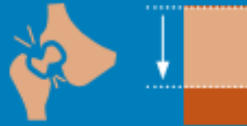
Benefits of Physical Activity

What are the health benefits of physical activity?

Regular physical activity reduces your risk of...



Dementia by up to
30%



Hip fractures by up to
68%



Depression by up to
30%



Breast cancer by
20%



Colon cancer by
30%



Type 2 diabetes
by up to
40%



Cardiovascular
disease by up to
35%



All-cause mortality by
30%

If a car is idling for 1 minute, how many balloons would it fill with harmful exhaust emissions?

7



63



150



Where is pollution worse?

- Inside your car?
- Cycling past?
- Walking past?



Myth busting

- Idling means leaving a vehicle running for over a minute while its stationary
- While this is often because of traffic, there are some instances such as waiting for children outside school and sitting in total gridlock when idling is not necessary

“ Starting and stopping my engine will cause more pollution than just letting it run. ”

Unless your vehicle is particularly old, turning off an engine and then restarting after a minute will cause less pollution than letting it run and also uses less fuel.

“ I need to keep my battery fully charged, so I have to keep the engine running! ”

Modern car batteries need less engine running time to stay charged.

“ Catalytic converters need to be hot to work properly. ”

Catalytic converters retain their heat after the engine is switched off.

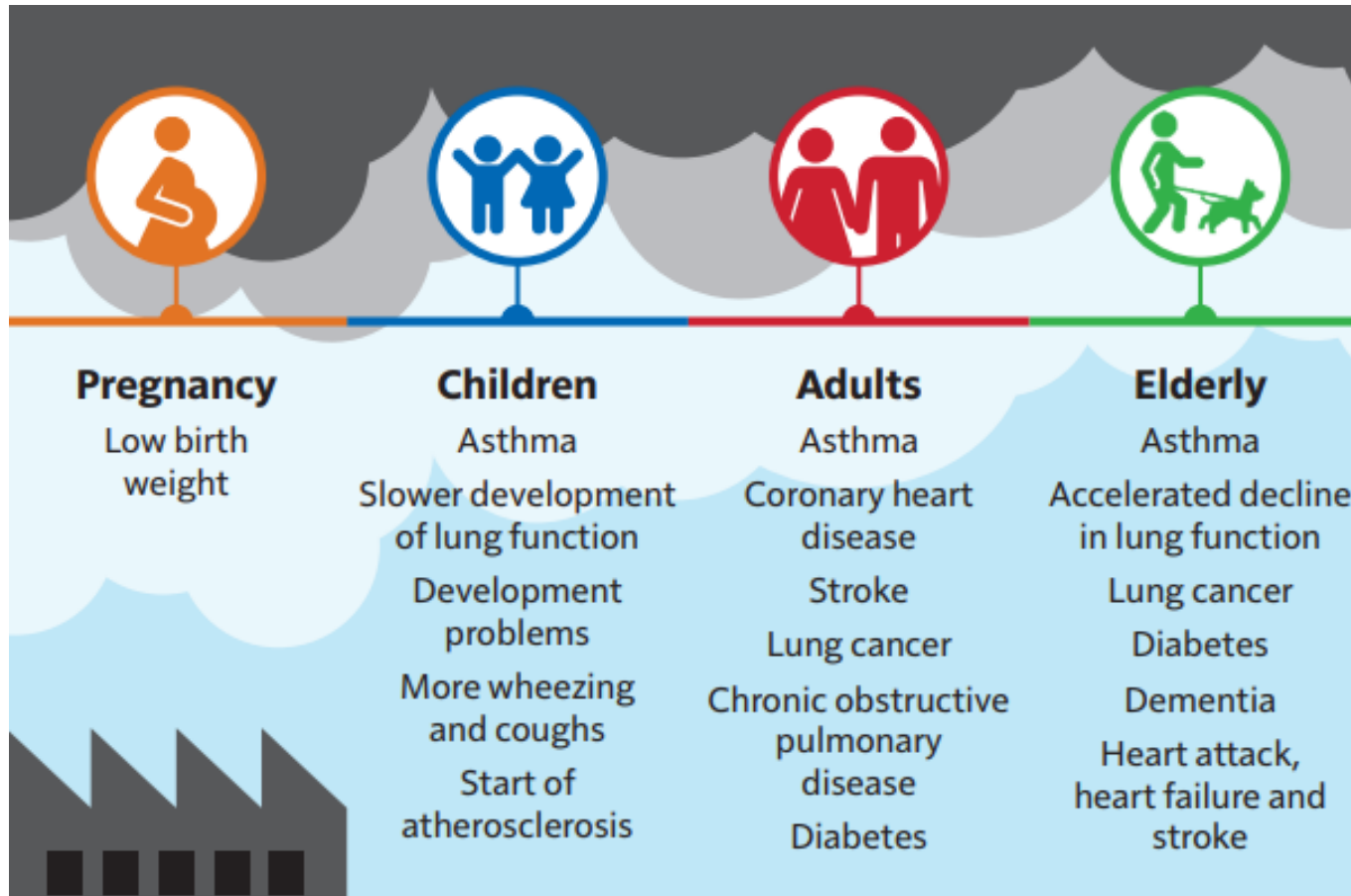
“ If it's cold outside I need to keep my engine running for it to stay warm. ”

Your engine will stay warm for 30-60 minutes after switching the engine off.

“ If I'm parked on a yellow line, keeping my engine running means I won't get a fine. ”

Parking Enforcement Officers can fine you if you are parked somewhere you shouldn't be, whether your engine is running or not.

Health effects of Air Pollution throughout life



The School Run



Transport is the **most** significant **contributor** to **air pollution in the UK**²



Over **2,000 schools** and nurseries in England and Wales are within **150m of a road** with **illegal levels of air pollution**⁴



One in four cars on the road **at 9am** are **on the school run**³

² Transport and Environment Statistics 2022, DfT, ³ Lets transform the school run, Living Streets & ⁴ Swap the School run for a school walk, Living Streets

Road Safety



- Levels of traffic on the route to and around the school
- Children who actively travel to school have better spatial knowledge
- Children who are driven are aware of destinations only and do not have an idea of the spaces between destinations and home
- Traffic speed (20mph), parking

Road Safety



The good news is, in England & Wales the number of children being driven to school continues to decrease, while walking to school is increasing.

In 2021, 45% walked to school & 3% cycled

(National Travel Survey 2021, DfT)

20mph helps children and families

- Helps protect walkers
- At 20mph the risk of death is 7 x less than at 30mph
- 6-11 years olds cannot reliably see or accurately judge speeds over 20mph
- Noise levels reduced and air quality is improved





[Walking to school \(youtube.com\)](https://www.youtube.com)

Benefits of Active Travel to School

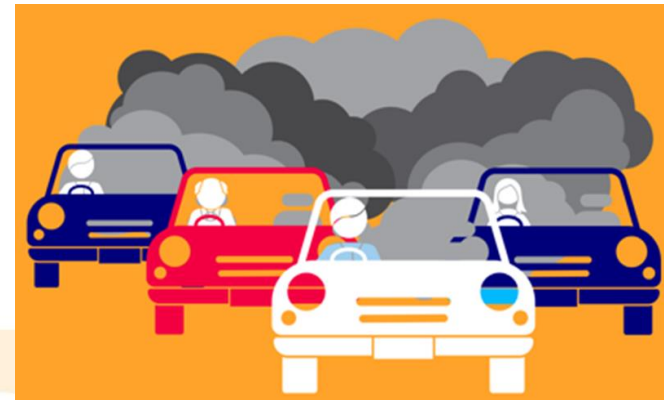
- **Concentration levels of children who actively travel to school is 8% higher after four hours than children who are driven**
- Encourages healthy growth & development
- Builds exercise into daily routines. 15 minutes exercise can significantly improve a child's mood
- Opportunity to feel independent, self-reliant & socialise with peers
- Association between regular exercise on academic performance

Benefits of Active Travel to School

- Reduces air pollution - links to respiratory health outcomes such as Asthma
- **Reduction in stress of busy drop-off & pick up times through reduction in heavy levels of local traffic**
- **Families could save £400 per year if their children walked to school instead of being driven**
- Improve road safety around schools (reduction in vehicles) & wider community
- Reduce noise, severance

How driving behaviour can support Active Travel?

- Consider parking a short distance away and walking the rest – park & stride
- Consider where & how you park
- Follow 20pmh zones – reduces air pollution at lower speeds and safer for those children walking / wheeling to school
- Don't idle

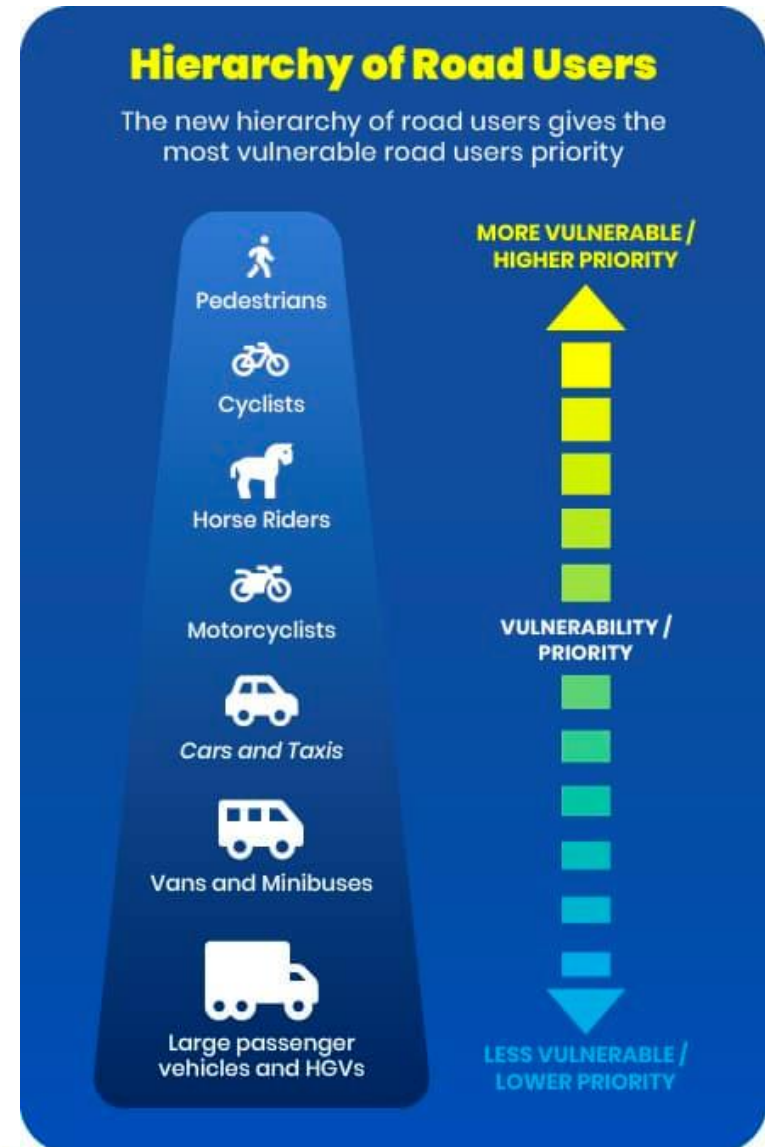


Are you up-to-date?

Useful video

[Confused about the changes to the Highway Code? Don't be! \(youtube.com\)](#)

[Link to UK Gov Highway code](#)



Changes to The Highway Code



The changes follow a public consultation on a review of The Highway Code, which received more than 20,000 responses from the public.

Hierarchy of road users

The hierarchy places those road users most at risk in the event of a collision at the top of the hierarchy.

More likely to be injured



Greater responsibility

Safe passing distances

We're updating guidance on safe passing distances and speeds for people driving when overtaking more vulnerable road users.

When overtaking people walking in the road:

Allow at least 2 metres (6.5 feet) and keep to a low speed



When overtaking people cycling:

Leave at least 1.5 metres (5 feet) at speeds of up to 30 mph



When passing people riding horses or driving horse-drawn vehicles:

Allow at least 2 metres (6.5 feet) at speeds of less than 10 mph



Priority at junctions

When people are crossing or waiting to cross at a junction, other traffic should give way.



Safely opening doors

People driving and passengers should open the door using their hand farthest to the door they are opening. This will make them turn their head to look over their shoulder. They're then less likely to cause injury to other road users or people on the pavement.



How many reasons can you think of to actively travel to/from school?



What's coming up

- Walk to School Week 20th May
- Cornwall Active Travel Challenge – June 2024
- Clean Air Day – 20th June

Resources

- Cornwall Council School Active Travel Toolkit [Link](#)
- ROSPA resources for parents and carers to support walking, cycling & scooting to school [Link](#)
- <https://www.bikeability.org.uk/>

Thank you / Meur ras

If you have any questions or comments

gwyn.williams@cornwall.gov.uk

natasha.howard@cornwall.gov.uk