

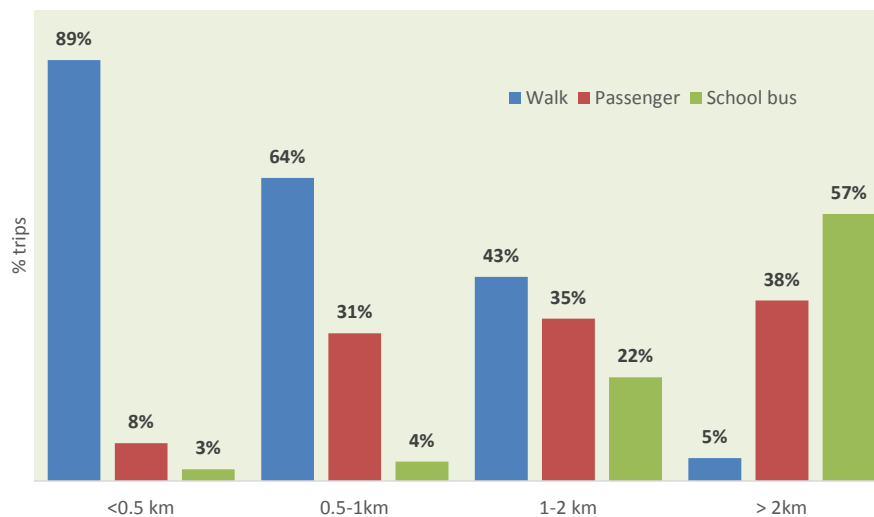
Walking to School

There is a growing concern among health professionals and parents that our children are not doing enough physical exercise. In its 2014 report card, Active Healthy Kids Canada¹ awarded Canada with a *D minus* grade among 15 countries for active transportation (e.g. walking and cycling). Physical inactivity is associated with a number of health issues such as overweight, obesity and type 2 diabetes.



Walking to school is an economic and effective way to incorporate physical activity in a school age child's daily routine. Governments, school boards, health agencies, concerned organizations and individuals are encouraging students to participate in active transportation to schools. The Walking School Bus (WSB)² where a designated parent or trusted adult leads a group of children on the walk to school is an example of many such initiatives. Between 2009 and 2011, about 900 students from 23 schools of the Halton District School Board³ participated in the WSB initiative.

**Proportion of school trips by distance and by mode
Halton Region, 2011**



Source: 2011 Transportation Tomorrow Survey

According to the results of the Transportation Tomorrow Survey (TTS)⁴, the number of school trips made by Halton students (between 11 and 18 years of age) has increased by almost 50% since 1986. However, the proportion of walk to school trips decreased from 43% to 33%. In 2011, over half (54%) of the students in that age group were driven to school (28%) or rode a school bus (26%).

The travel mode (walking, auto passenger, school bus) chosen by students also varies by distance⁵ between home and school. For distance less than 0.5 km, the majority (89%) of students walked. For distances between 0.5 and 1 km, the proportion of walk trips dropped to 64%. About one-third (31%) are driven to school as auto

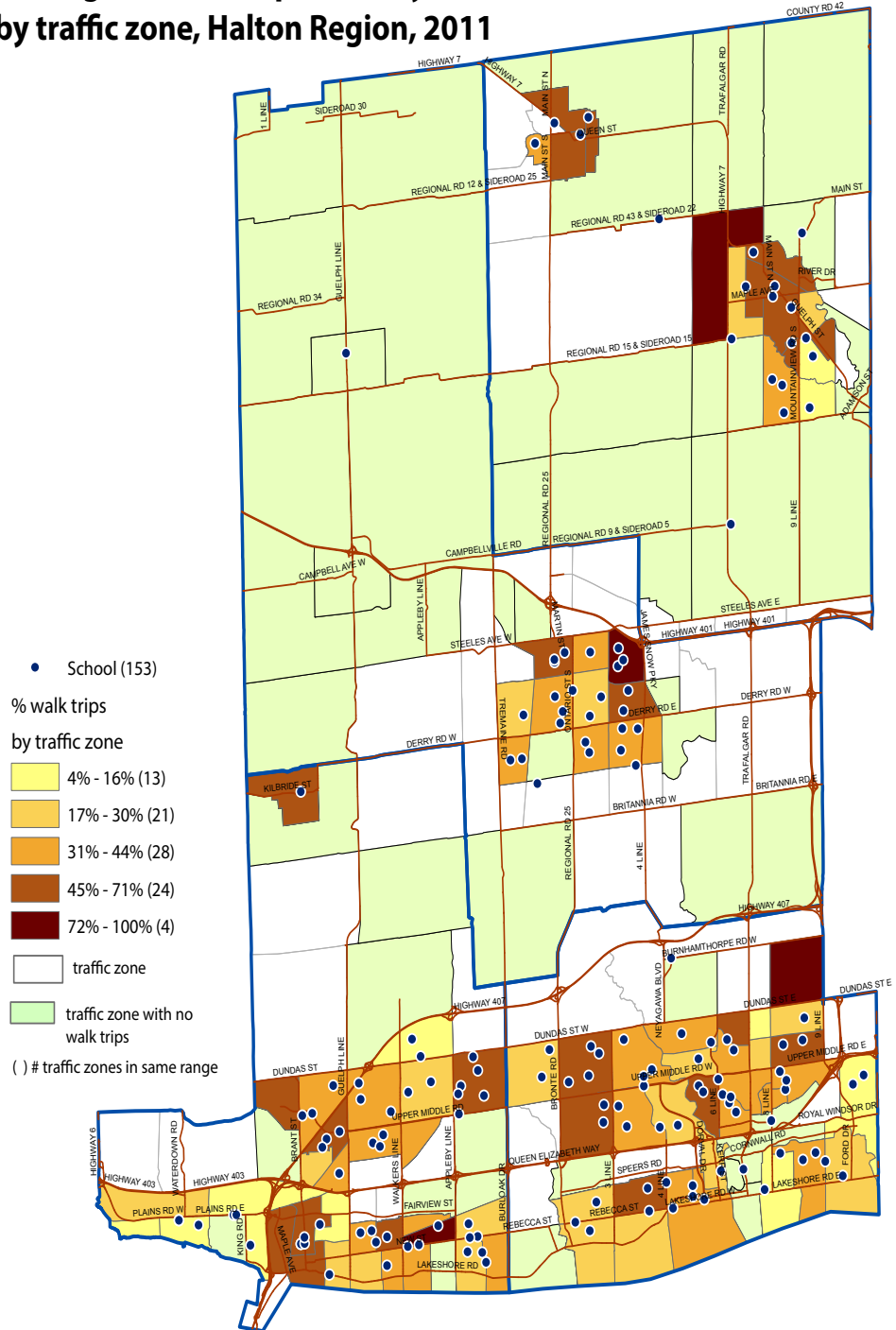
1 Active Healthy Kids Canada 2014 report card, www.activehealthykids.ca
 2 Active and Safe Route to School, <http://www.saferoutestoschool.ca/>
 3 www.hdsb.ca/programs/Pages/ActiveandSafeRoutes.aspx
 4 Transportation Tomorrow Survey (TTS) is a comprehensive travel survey conducted in the Greater Toronto and Hamilton Area and surrounding areas once every five years.
<http://www.dmg.utoronto.ca/transportationtomorrowsurvey/>
 5 Straight line distance between home and school

passengers. For distance between 1 and 2 km, over half (57%) of the students were driven or rode a school bus.

There is no significant variation in the proportion of “walking” students by municipality in Halton. The percentages range between 32% and 36%. However, as shown in the map, due to the location of schools,

the percentage of walk to school trips varies at the neighbourhood (traffic zone) level. Areas with more schools have higher proportion of walk trips. Traffic zones shaded in light green have no “walk to school” students. Although most of these traffic zones are in the rural areas, some of them can be found in Oakville and Burlington.

Walking to school trips (11-18 years) by traffic zone, Halton Region, 2011



Source: 2011 Transportation Tomorrow Survey

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