

Active Transportation Physical & Mental Health

City Council
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BikeBrampton
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BikeBrampton.ca

*Biking in Brampton
Builds our Community*



Traffic Safety Concerns Around Schools

- Excess speeds in school zones
- Disobeying signs
- Blocking fire routes
- Unattended vehicles on roadways
- Unsafe driving in the Kiss & Ride
- Distracted drivers

Brampton Kids on Bikes, 2014-15

- <https://bikebrampton.ca/wp-content/uploads/2015/06/2015-05-15-Brampton-Kids-on-Bikes-Final-Report.pdf>
- https://bikebrampton.ca/wp-content/uploads/2014/11/2014-Brampton-Kids-on-Bikes-Literature-Review-Report_v2.pdf
- <https://bikebrampton.ca/wp-content/uploads/2015/02/2015-04-20-Moving-Peel-Kids-Safely-School-Travel-Planning-Workshop-Results.pdf>
- <https://bikebrampton.ca/useful-links/brampton-kids-on-bikes/>

Brampton Kids on Bikes Project



Advocating Safe & Active Routes to School



Peel School Safety Committee, 2015

Walk & Bike to School
in Peel



Insurance
Travel
Roadside
Rewards



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Active Transportation Solution



“Physical activity is a powerful intervention...in preventing death in the treatment of heart disease, stroke, and the prevention of diabetes.”

GTHA Medical Officers of Health. (2014)
Improving Health by Design in the Greater Toronto-Hamilton Area

Chronic Physical Disease in Peel

- Heart & Lung Disease
 - Cardiovascular & respiratory disease, cancer, diabetes accounted for 80% of leading causes of death (2012)⁵
 - 41% Grade 9 students **failed** their cardiorespiratory fitness scores (2011)^{2,4}
- Type II Diabetes – “economic tsunami”¹
 - 2014 rate was 1 in 10¹
 - 2022 rate now 1 in 6³
- Overweight/Obese
 - 2021 rate 53.6%³

1. GTHA Medical Officers of Health. Improving Health by Design, (2014) pp.9-10

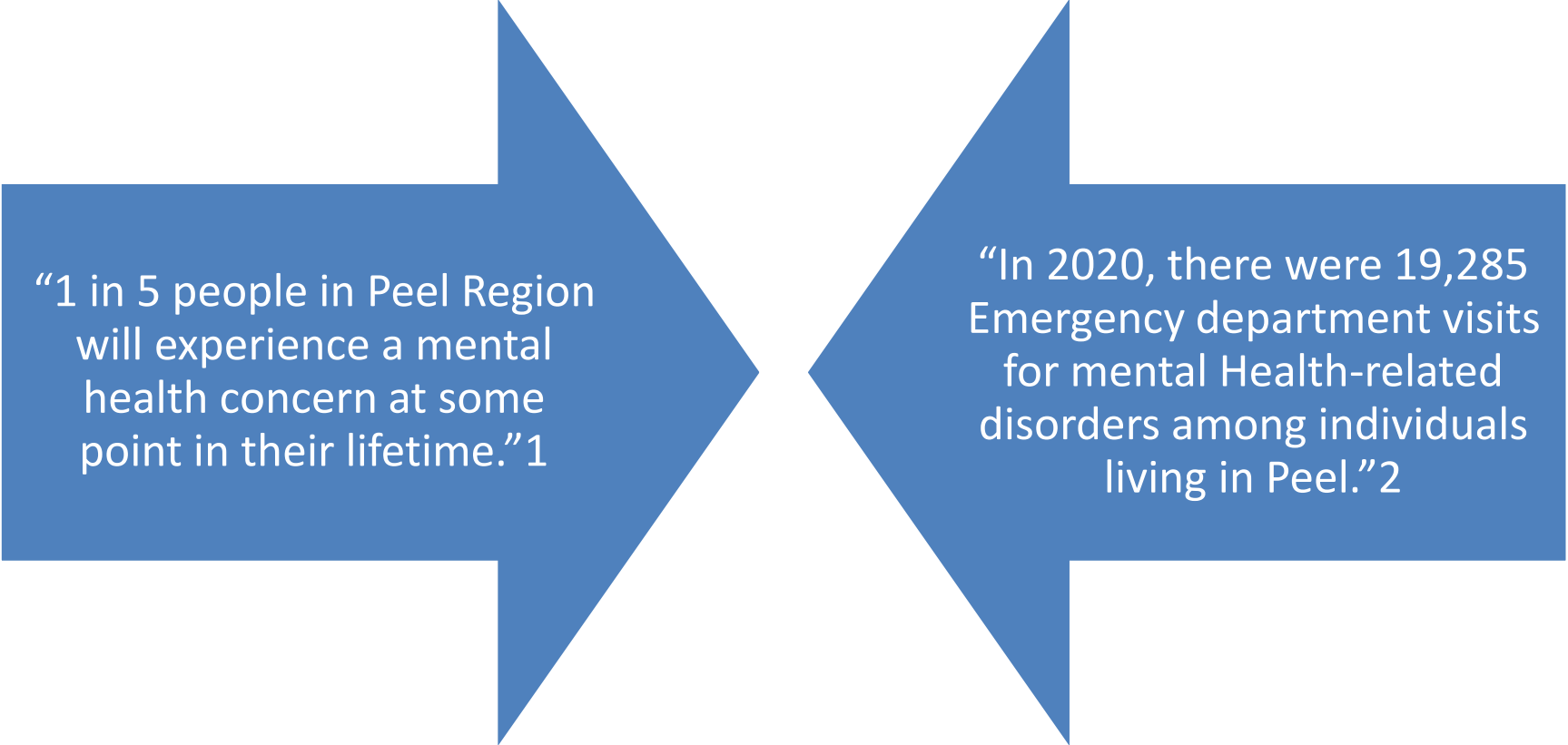
2. Region of Peel Health. Changing Course, Peel Region Health Study, (2012) p.11

3. <https://www.mississauga.ca/city-of-mississauga-news/news/city-of-mississauga-will-become-the-newest-member-of-the-cities-changing-diabetes-programme/>

4. <https://www.peelregion.ca/health/library/pdf/school-pa-interventions.pdf> p.5

5. <https://www.peelregion.ca/health/resources/pdf/CHSR-changing-landscape-health-peel-full-report.pdf> p.238

Mental Health in Peel



“1 in 5 people in Peel Region will experience a mental health concern at some point in their lifetime.”¹

“In 2020, there were 19,285 Emergency department visits for mental Health-related disorders among individuals living in Peel.”²

1. Canadian Mental Health Association. (2015). Quick Guide: Mental Health and Addictions Resources
2. Prepared by: Population Health Assessment Team, Office of the MOH, Health Services using: National Ambulatory Care Reporting System 2020, IntelliHEALTH Ontario, Ministry of Health and Long-Term Care; and Population Projections 2020, Statistics Canada; IntelliHEALTH Ontario, Ministry of Health and Long-Term Care; and Age-standardized to the 2011 Canadian population.

<https://pub-peelregion.escribemeetings.com/filestream.ashx?DocumentId=23847>

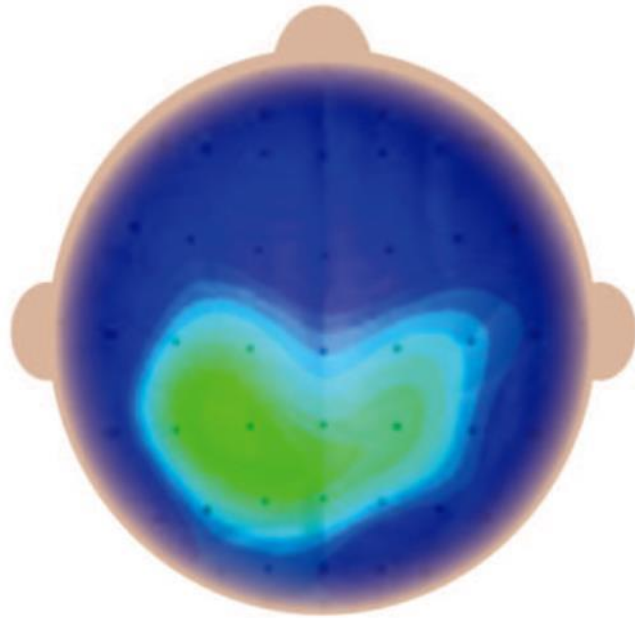
Active Transportation for Physical Activity Goals

“Driving our kids to and from school may be robbing them of an important source of daily physical activity.”

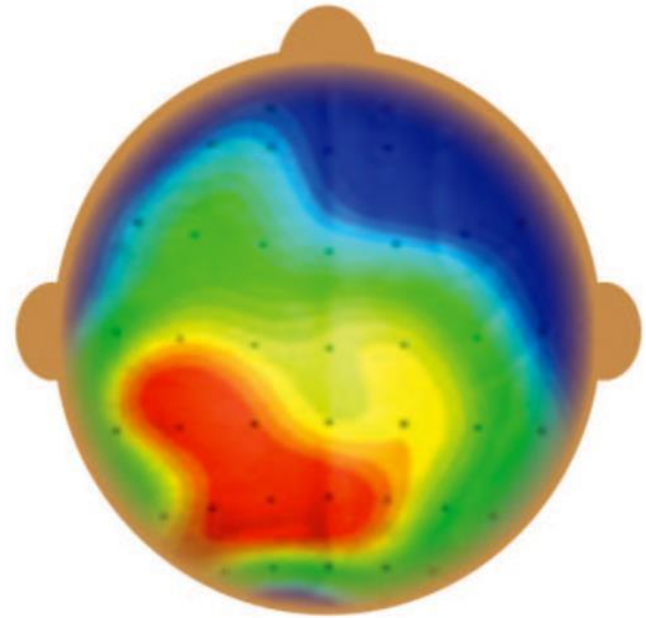


Neuroscience - Physically Active Kids have more Active Brains

- Brain scans of students taking a test



- After 20 minutes of sitting quietly



- After 20 minutes of walking

Active Kids Learn Better

- Standardized test scores increased by 6% over 3 years



Academic Performance

- Grade 3 kids who exercised and biked to school improved their ability to concentrate equivalent to being half a year ahead in school



Lifelong Habits for Learning & Positive Behaviour

“Experiences such as biking and walking to school may increase the odds of children and adolescents forming lifelong habits for learning and for positive behaviors.”



Current Physical Activity Levels

A light blue silhouette of a child in a running pose, positioned behind the central text.

84% of kids 3-4 (2014)

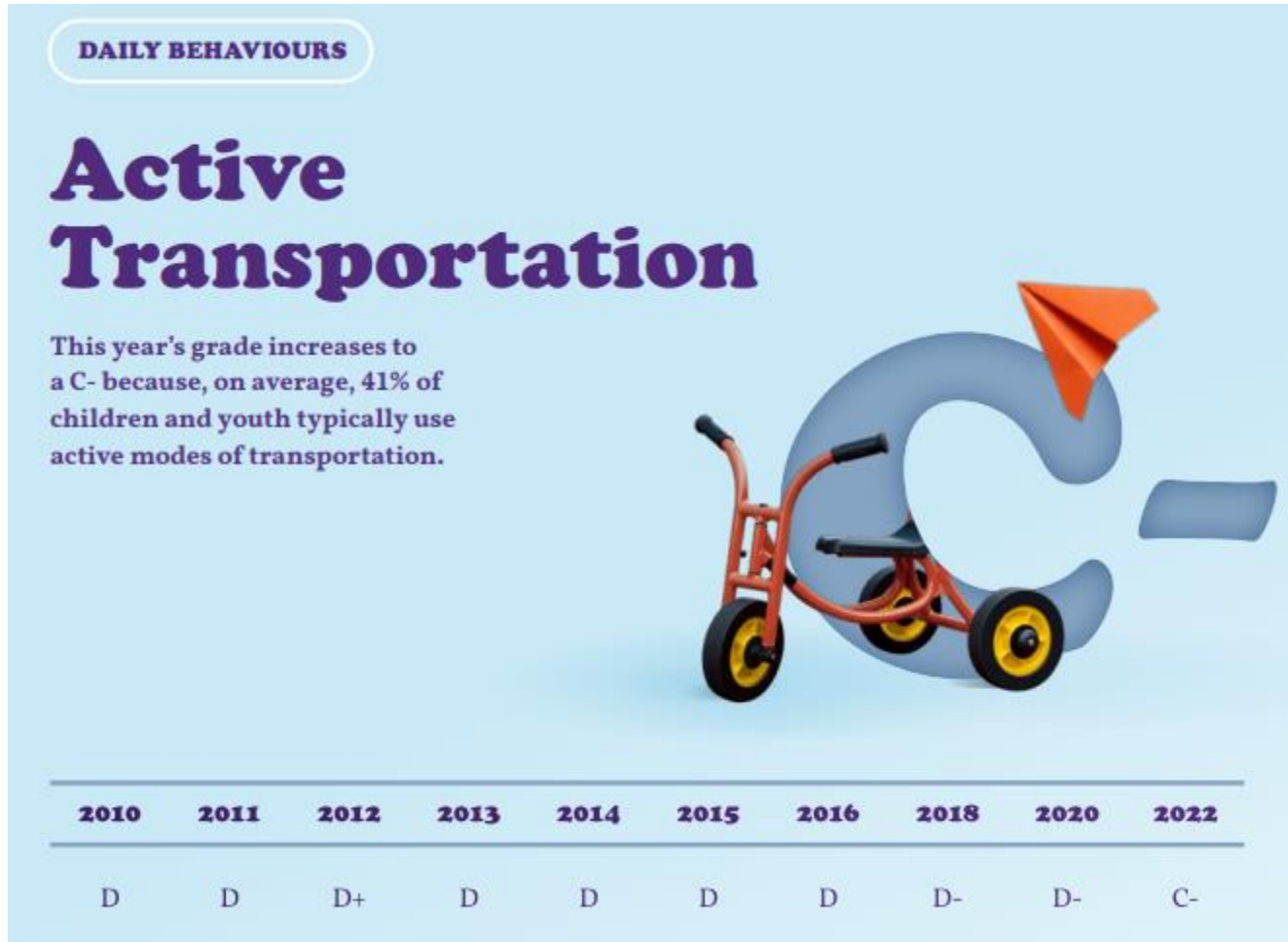
~5% of kids 5-17 (2014)

28% of kids 5-17 (2022)

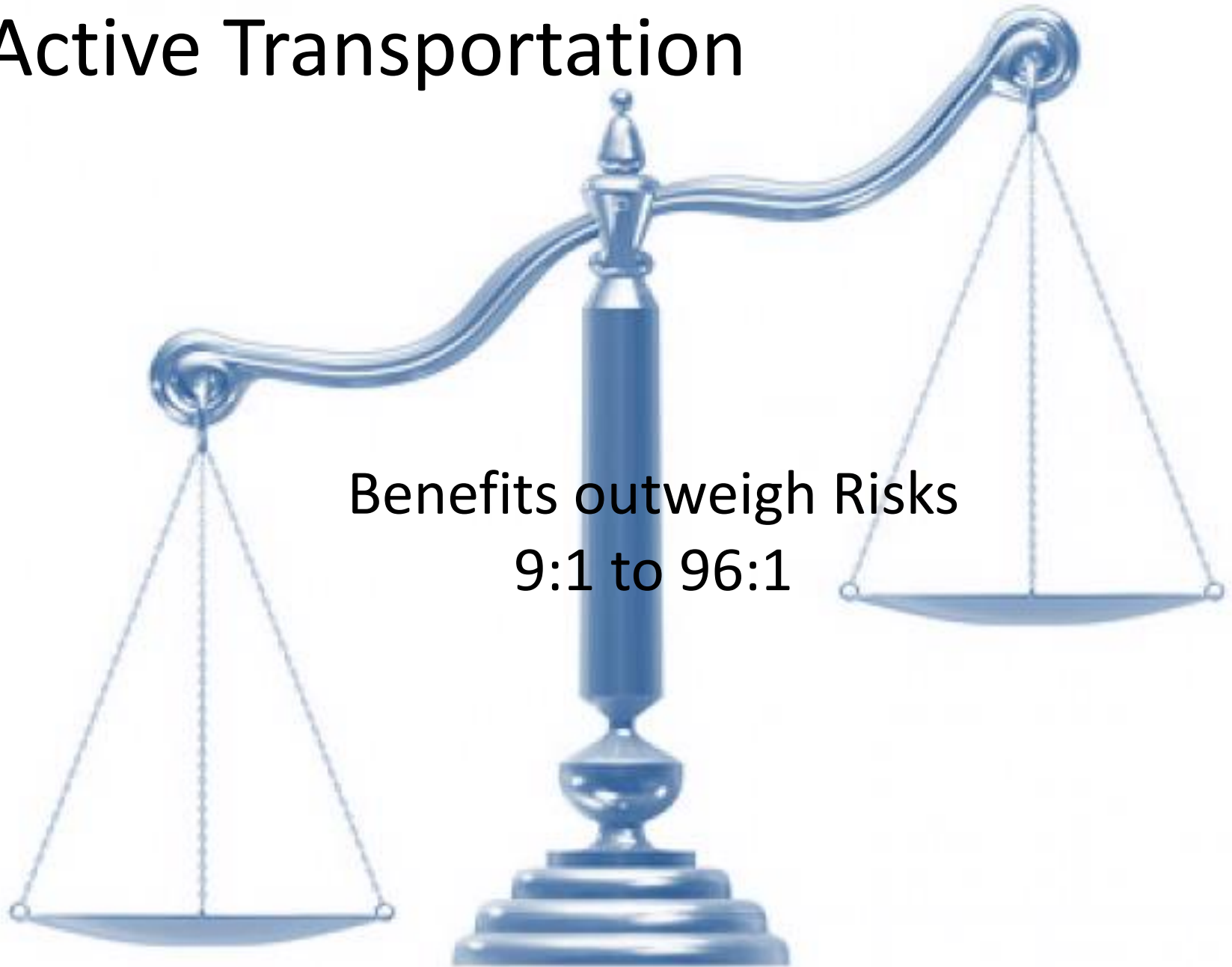
get 60 minutes / day

moderate to vigorous physical activity

2022 ParticipACTION Report Card



Active Transportation



Comfort



Courtesy: Chimney Hill Elementary Newsletter

Convenience



Photo credit: Getty Images

Cultural Norm Shift

Building a Walking & Cycling Culture (ATMP, 2019)

"A few parents that had encouraged their children to walk to school noted disapproval from other parents; they were seen to be acting in an irresponsible manner."

Greenest City, Informa Market Research. Small Steps Large Rewards, Active & Safe Routes to School Resource Manual, June 2001, p.13

**"Good parents allow
Active Transportation"**