

## Key Facts

- The number of children travelling to school by car over the past 20 years has doubled. (Dept for Transport)
- Road traffic in Britain grew by 80% between 1980 and 2005. Car traffic makes up nearly 80% of total traffic. (Department for Transport, 2004)
- In 2006, just over half (52%) of trips to school by children aged five to 10 were made on foot and 41% were made by car. (Dept for Transport: National Travel Survey 2006)
- Among primary school children, 54% of girls travelled to school on foot, compared with 49% of boys. A higher percentage of boys went to school by car, with 44% travelling by this method compared with 38% of girls. (National Travel Survey 2006)
- The average length of the trip to school for children aged five to 10 increased from 1.3 to 1.5 miles between 1995/1997 and 2006. (Dept for Transport: National Travel Survey 2006)
- Nearly 30% (29.7%) of children aged two to 15 were classed as overweight or obese in 2006. (Dept of Health)
- Obesity is now the second biggest cause of death after cancer. (World Health Organisation 2001)
- Soaring obesity rates have led to an increase in childhood type II diabetes and will lead to more future cases of heart disease, osteoarthritis and some cancers. (BMA)
- Four out of 10 boys and six out of 10 girls do not do the recommended minimum of one hour a day of physical activity. (National Diet and Nutrition Survey 2000)
- In the European Union, inactivity is now a greater cause of illness than smoking. (World Health Organisation 2002)
- Walking one mile (1.6km) can burn up at least 100 calories of energy and walking two miles (3.2km) a day, three times a week, can help reduce weight by one pound (0.5kg) every three weeks. (Department of Health)
- The school run accounts for 18% of car trips by residents of urban areas during term time at 8.45am. (Dept for Transport: National Travel Survey 2006)
- The school run is estimated to be responsible for over two million tonnes of CO<sub>2</sub> emitted each year (Sutton Trust) – which is more than the annual CO<sub>2</sub> emissions of the Bahamas. (UN Millenium Indicators)

- Cars consume most fuel and pollute more at the start of their journey when the engine is cold, therefore, walking for short journeys will reduce the amount of CO2 emissions by a disproportionate amount. (Institute for European and Environmental Policy in 2007)
- The UK has higher child road accident rates than Denmark and Germany despite these two countries having higher walking and cycling rates amongst school children of similar ages. (Audit Commission 2007)
- Eighty percent of accidents involving children occur outside the school day. The journey to and from school accounts for just under 20% of child casualties. Very few accidents occur outside the school itself. (The AA Motoring Trust)
- In 1971, 80% of seven and eight-year-olds travelled to school without an adult. In 2006 it was down to 12% of seven to 10-year-olds. (Mayer Hillman, 1991 and Dept for Transport)
- The start of secondary school is the most dangerous year for children on Britain's roads. More than 1600 children between the ages of 12 and 15 are killed or seriously injured each year compared to nearly 1000 eight to 11-year-olds. Walking to school is a safe way of weaning children off parental supervision so they are better equipped to travel independently. (IAM Motoring Trust)
- Children are no more likely to be abducted by predators today than they were 30 years ago. In 1994, for example, six children were murdered by strangers whereas 97 were killed travelling as passengers in cars. (Source: Sustrans, 1996)
- Short-term and even superficial exposure to natural areas through brief walks have been found to have positive effects on mood, reducing feelings of anger and anxiety. (Journal of Environmental Psychology, 2003)
- Driving the average school run for a year costs over £400. (Figure is based on approved mileage rates from the Inland Revenue)