

# 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/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)<sup>5</sup>
  - 41% Grade 9 students **failed** their cardiorespiratory fitness scores (2011)<sup>2,4</sup>
- Type II Diabetes – “economic tsunami”<sup>1</sup>
  - 2014 rate was 1 in 10<sup>1</sup>
  - 2022 rate now 1 in 6<sup>3</sup>
- Overweight/Obese
  - 2021 rate 53.6%<sup>3</sup>

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.”<sup>1</sup>

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

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

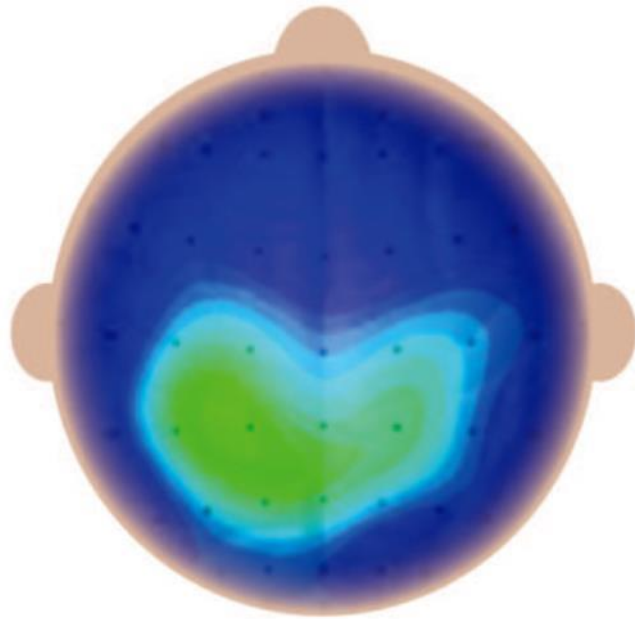
“Driving our kids to and from school may be robbing them of an important source of daily physical activity.”



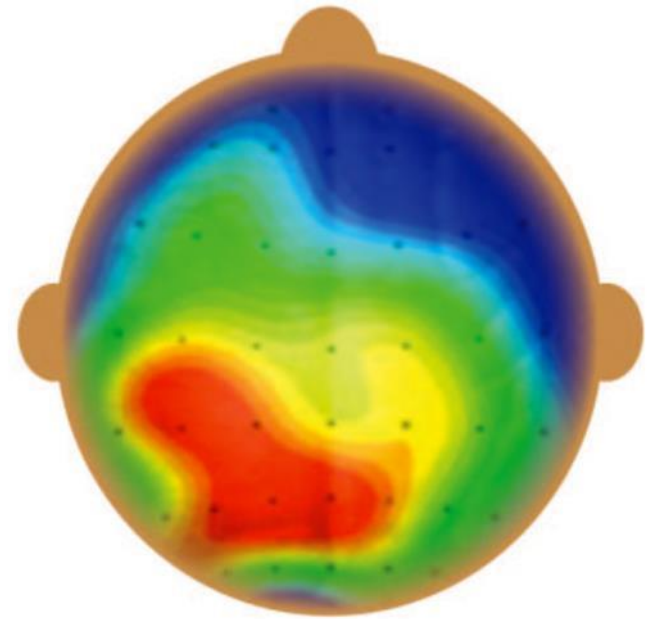


# Neuroscience - Physically Active Kids have more Active Brains

- 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

**84% of kids 3-4 (2014)**

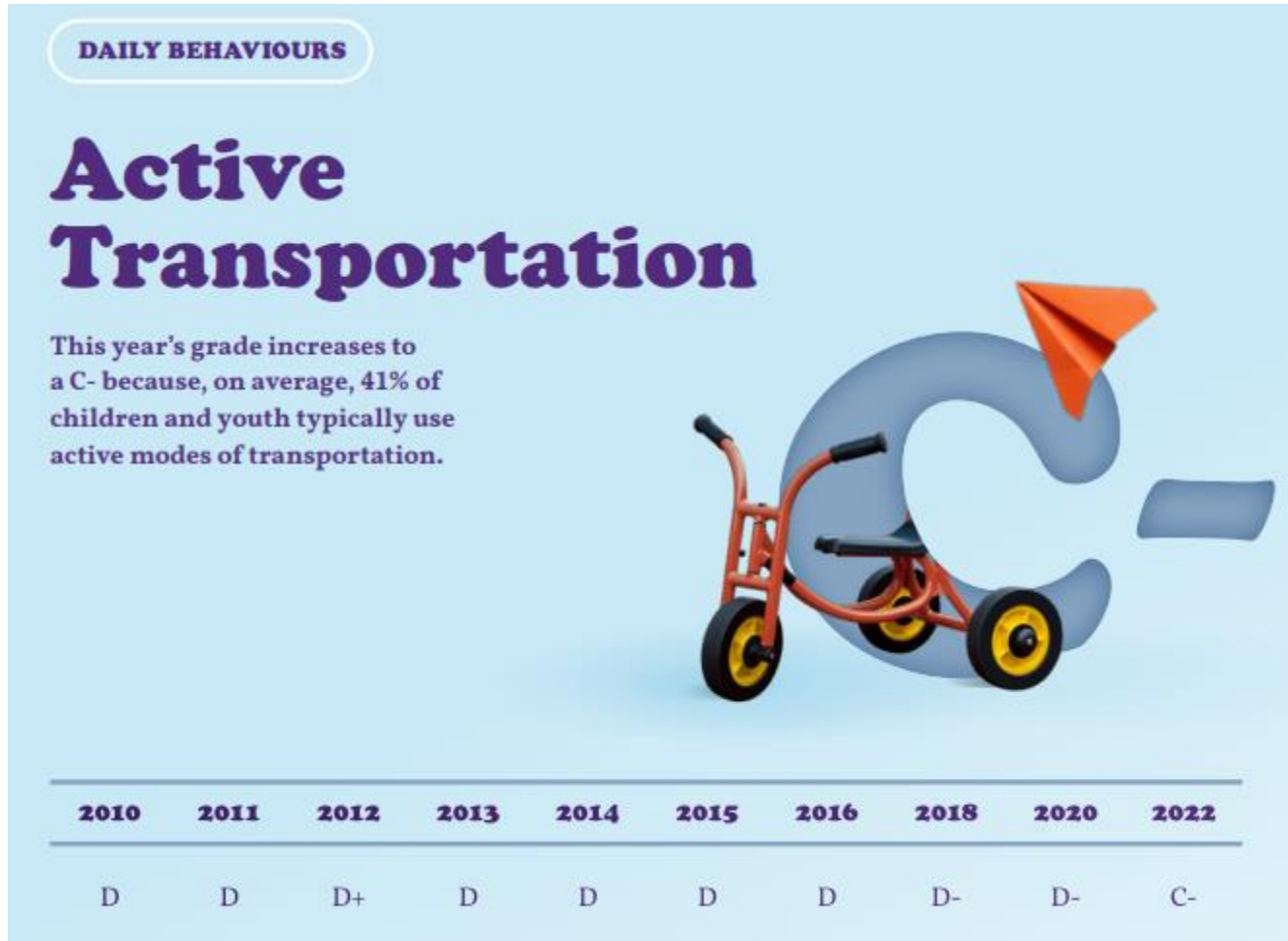
**~5% of kids 5-17 (2014)**

**28% of kids 5-17 (2022)**

get 60 minutes / day

moderate to vigorous physical activity

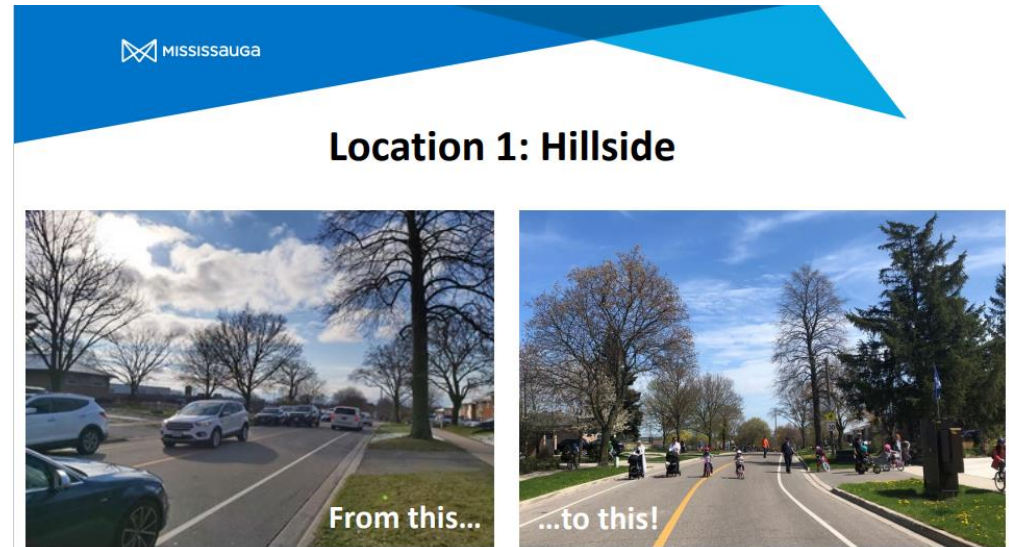
# 2022 ParticipACTION Report Card



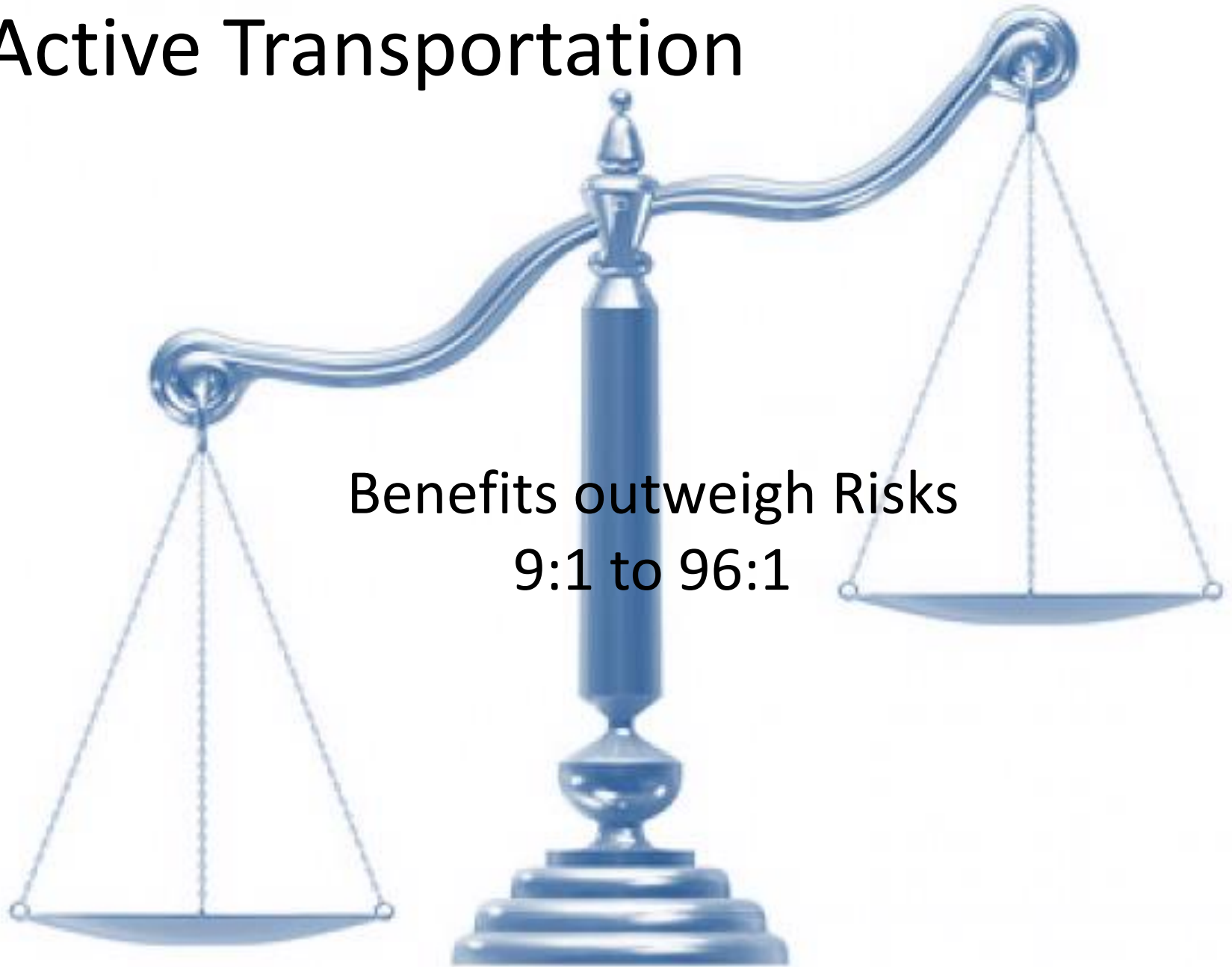


# Mississauga 'School Streets' Pilot, 2022

- 31% increase in rates of walking, cycling and other AT modes (Hillside PS)
- Air pollution reduced 65% (Hillside PS)
- 38% AM and 42% PM decreases in average daily number of vehicles.



# Active Transportation



Benefits outweigh Risks  
9:1 to 96:1

## 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”**