



# Walking to school

Step by step...

Leuven,  
19/June/2019



# Justification and framing

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Physical inactivity is a very sharp risk factor for main non-transmissible diseases and is associated to premature death of around 5,3 million people every year, all over the world

In Portugal, in 2008, it was responsible for 13,6% of all deaths

A lot of time spent on sedentary behaviors is a social mark that characterizes a lot of today's societies life stiles

# Justification and framing

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Internationally, the main recommendations for physical activity are expressed in minutes of moderate or vigorous physical activity per week. People should accumulate 150 minutes of moderate physical activity per week, or 75 minutes of vigorous physical activity per week, or some similar combination of both

A 2016 study (conducted with accelerometers) analysed a sample of 1183 Portuguese adults of 20-75 years-old (data from 2006-2008) and concluded that (only) 21% of this sample reached physical activity recommendations

# Justification and framing

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2014 Eurobarometer data revealed that 14% of adult population practiced moderated physical activity 4 or more days a week and 9% vigorous activities during the same days. Thus, it is estimated that 15 to 23% of Eurobarometer portuguese sample subjects met international physical activity recommendation' standards

It is estimated, from Health National Inquiry, performed at the end of 2014, that 10 to 15% of female sample subjects met reccomendations, compared to 20 to 25% of male sample subjects

WHO data (2013-2014), from 10 to 20 years-old youngsters (mean age 13,8 years-old), revealed that only 16% practiced physical activity on a daily basis (23% of the boys vs. 9% of the girls)

# Walking

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About 40% of portuguese people walk 5 or more days a week, while 39% never walk



2014 Eurobarometer data report that Portugal is among european countries where people have less walking reported minutes. Only 6% walk more than an hour (61-90 minuts), around half of the european mean time

23 February 2018

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## Key facts

- Insufficient physical activity is one of the leading risk factors for death worldwide.
- Insufficient physical activity is a key risk factor for noncommunicable diseases (NCDs) such as cardiovascular diseases, cancer and diabetes.
- Physical activity has significant health benefits and contributes to prevent NCDs.
- Globally, 1 in 4 adults is not active enough.
- More than 80% of the world's adolescent population is insufficiently physically active.
- Policies to address insufficient physical activity are operational in 56% of WHO Member States.
- WHO Member States have agreed to reduce insufficient physical activity by 10% by 2025.

# Pilot Project

- Beginning: 2018, April 26th
- School with just 20 students (7 grade 1, 13 grade 3) located at a rural zone (Regueira de Pontes, Leiria, center of Portugal)
- Teacher follows Waldorf Pedagogy









# Goals

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- encourage the adoption of active lifestyles

- promote social skills among children of the same school

- promote social skills between parents, children, teachers and administrative staff of the same school



# Goals

- Values promotion, such as respect for nature  
+
- Get to know remarques on traffic safety  
+
- Children' independent mobility promotion



Collecting trash



## Cycling at school



## Strategies and actions

- Initial activity (8h45/8h50)
- Seldom pedometer utilization
- Ten minutes walk to school (about 1200 steps)
- Frequent communication with parents (WhatsApp)



# Results

- Teachers and parents' satisfaction is obvious (*whatsapp*)

- Children's satisfaction is present during walking to school and at the activities they get involved in, at school and out of it













Passo a passo...



Pais levam filhos à escola a pé e promovem estilo de vida saudável

A ideia foi apresentada por um professor de Desporto e rapidamente aceite pelos pais. Em Regueira de Pontes, concelho de Leiria, os pais levam as crianças a pé para a escola duas vezes por semana. Nesta edição, saiba como funciona este "autocarro andante".



We hope to have a (at least) small contribution to change data from future Eurobarometers on portuguese people physical activity



Thank you for your attention!

