

Ymchwiliad i weithgarwch corfforol ymhlith plant a phobl ifanc

Inquiry into physical activity of children and young people

Ymateb gan Sustrans Cymru

Response from Sustrans Cymru

To: Dr Dai Lloyd AM; chair; National Assembly for Wales health, social care and sport committee.

- 1.1 This short note sets out Sustrans Cymru's response to the committee's proposed terms of reference for an inquiry into physical activity of children and young people.
- 1.2 Sustrans Cymru is the all-Wales charity that makes it easier for people to walk and cycle. Our vision is of a Wales with happier, healthier people; greener, better local environments; and stronger economies and communities. Sustrans Cymru will be at the forefront of transforming how people live and travel in Wales.
- 1.3 Sustrans Cymru's Active Journeys programme, funded by Welsh Government, works with schools to engage pupils in healthy and active travel to and from school. The programme helps young people develop healthy behaviours, promote life-long well-being, and helps pupils play a fuller part in society and the economy in later life. Since the programme began in 2015, we have worked in 260 schools across Wales. In the last calendar year we reached 28,000 pupils.
- 1.4 As part of our new strategy, Sustrans Cymru has adopted the 'five ways of working' or SD principles contained within the Well-being of Future Generation Acts. We believe we are one of the first charities in Wales to do so. One core priority for us in the future will be exploring how interventions like our Active Journeys programme can lever even greater impact by working with early-years children and their parents. As a UK charity we have developed expertise in this field through our London programmes, and we are keen to explore the opportunities to bring that learning to Wales.
- 1.5 Sustrans Cymru broadly supports the draft term of references. We would encourage the committee to consider whether appropriate support is being made available to expanding walking and cycling opportunities for young people in Wales; consider the implementation of the Active Travel (Wales) Act from the perspective of child health; and evaluate the extent to which the government's 21st Century Schools Programme is reinforcing or removing existing barriers to improving child health. There are currently no mandatory requirements under the 21st Century Schools Programme for local authorities and governing bodies to consider such matters. It is our belief that how schools are designed and sited within the surrounding community can play an enormous role in encouraging more pupils to walk and cycle to school, reducing short trips in cars.
- 1.6 More information on our Active Journeys Programme can be found at:
<https://www.sustrans.org.uk/active-journeys-school-wales>.
- 1.7 Further information can be obtained from [REDACTED]