

# Introducing the Children's Index

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# Sustrans' work with Children & Young People

- [iBike](#)
- [Hands Up Scotland Survey](#)
- [Places for Everyone](#)
- [Big Walk & Wheel](#)



# What we know

And what we still need to find out



# What we currently know

- In 2023, the percentage of school pupils travelling actively to school, either by walking, cycling, scootering or skating, is at 49.3%.
- The proportion of pupils being driven to school saw a 0.6pp drop since 2022, to 22.5%, the lowest level since 2016.



Jim McEwan/Sustrans

## We also know ...

- As many as 42% of children get less than half the recommended hour of physical activity a day.
- Nearly a third (31%) of children aged 2–15 are overweight or obese in the UK.
- Interventions offer extremely high value for money, returning at least £10 (including congestion, physical activity, and safety benefits) for every £1 invested.



Michael Kelly/Sustrans

# The Walking & Cycling Index

Started in 2015

Covers 23 cities across UK and Ireland

'What people do' dashboard now available



# Why a 'Children's Index'?

- There is a gap in data regarding children and active travel.
- We need to know about the impact investment has on reducing inequalities and improving outcomes.



Andy Catlin/Sustrans

# The outcomes from a Children's Index

- Independent online survey carried out by YouGov of 1,092 children in Scotland between age of 6 and 15.
- Give children & young people a voice on travel, transport and improving their neighbourhoods.
- Challenge the view that active travel isn't important to children or reducing inequalities in childhood.



Brian Sweeney/Sustrans



# Initial results

Poverty & Inequality  
Healthy Active Lives  
Access to Services  
Infrastructure



# Poverty & Inequality

- 41% worry about family having enough money.
- 78% support reducing the price of cycles.
- 84% support giving all children cycle training.
- 73% of ethnic minority children cycle compared to 81% of the maj population.
- 74% of disabled children cycle compared to 83% of those with no disability.



Andy Catlin/Sustrans

# Healthy, active lives

- 90% say their local area is a safe place to walk.
- 70% say their local area is a safe place to cycle.
- 48% want to cycle more often than they do now.
- 23% want to be driven less often by parents and guardians.



Brian Sweeney/Sustrans

# Healthy, active lives

- 30% worry about their health, including stress and anxiety.
- 42% say government is doing enough to help children be healthy.



Brian Sweeney/Sustrans

# Access to services

- 80% would walk more if parks, shops and playgrounds were closer to their home.
- 79% support more of the things they need to get to being in walking distance.
- 46% think the government can help reduce car use by providing other transport choices.



Brian Sweeney/Sustrans

# Infrastructure

- 80% agree more road crossings would help them walk more.
- 79% agree cycle paths away from cars would encourage them to cycle more.
- 62% say their local area is good for public transport.



Brian Sweeney/Sustrans

# What next?

Orkney Islands Council supporting young people to design their future.



# Papdale East Park, Kirkwall







**FINN**

Design Collaborator

my granny and my aunty were all part  
of the Papdale East Playpark Association

Sustrans is the charity making it easier for people to walk and cycle.

We connect people and places, create liveable neighbourhoods, transform the school run and deliver a happier, healthier commute.

Join us on our journey.

[www.sustrans.org.uk](http://www.sustrans.org.uk)

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