

Bikes in Schools

ACC, Schools, RSTs, DHBs, PHOs, Local Councils, Community Funders, Auckland Transport, MoE, Akina Foundation, Service Clubs, Rotary, Businesses, Private Individuals, Contractors and Suppliers.

Thank you!

Bikes in Schools:

Is this New Zealand's most effective children's physical activity project?

Effective = *successful in producing a desired or intended result*

Bikes in Schools:

A school-based intervention

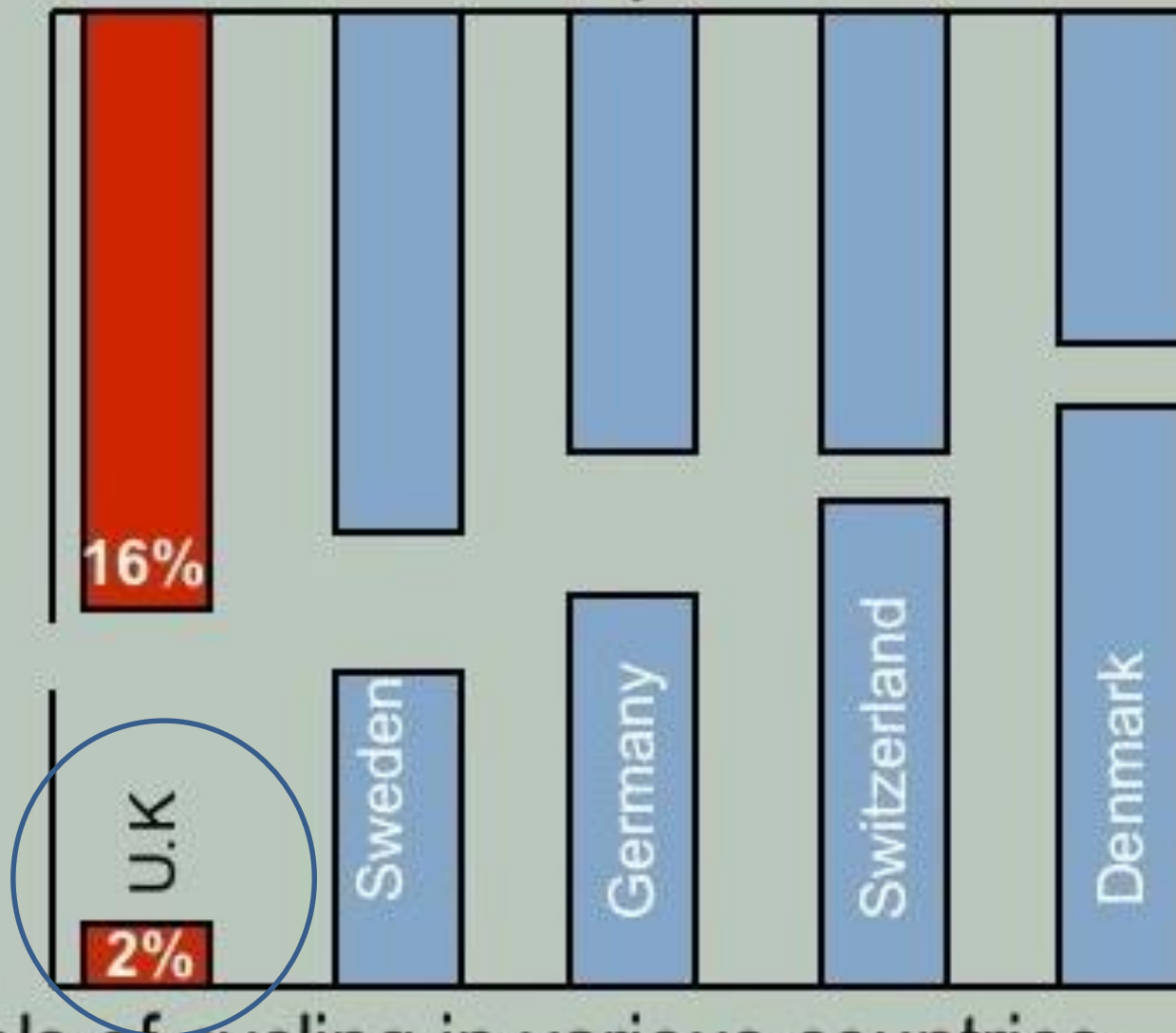
“School-based interventions are thought to be the most universally applicable and effective way to counteract low physical activity (PA) and fitness”





Overweight children aged around 10 years

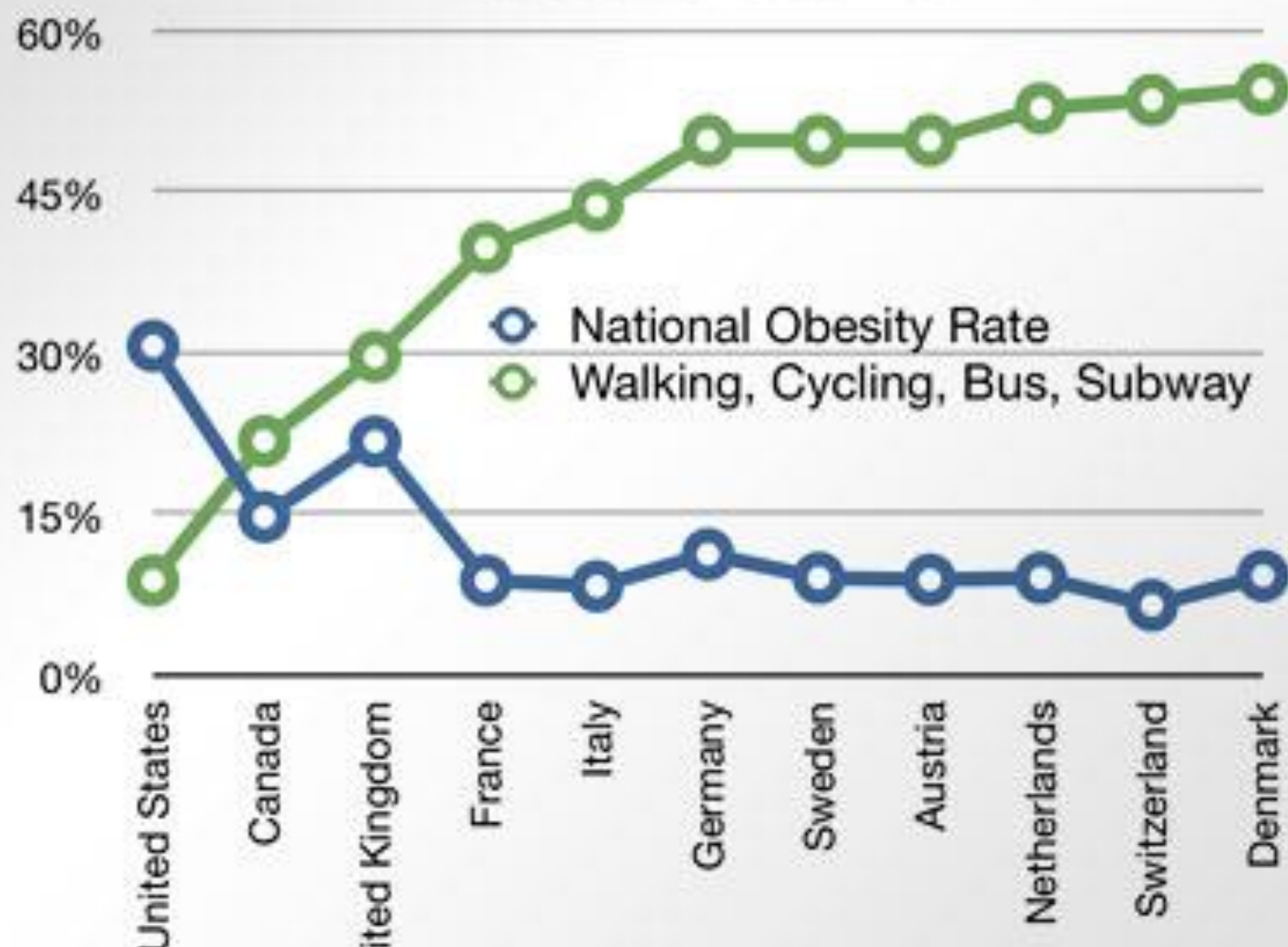
Source: International Obesity Taskforce, 2002



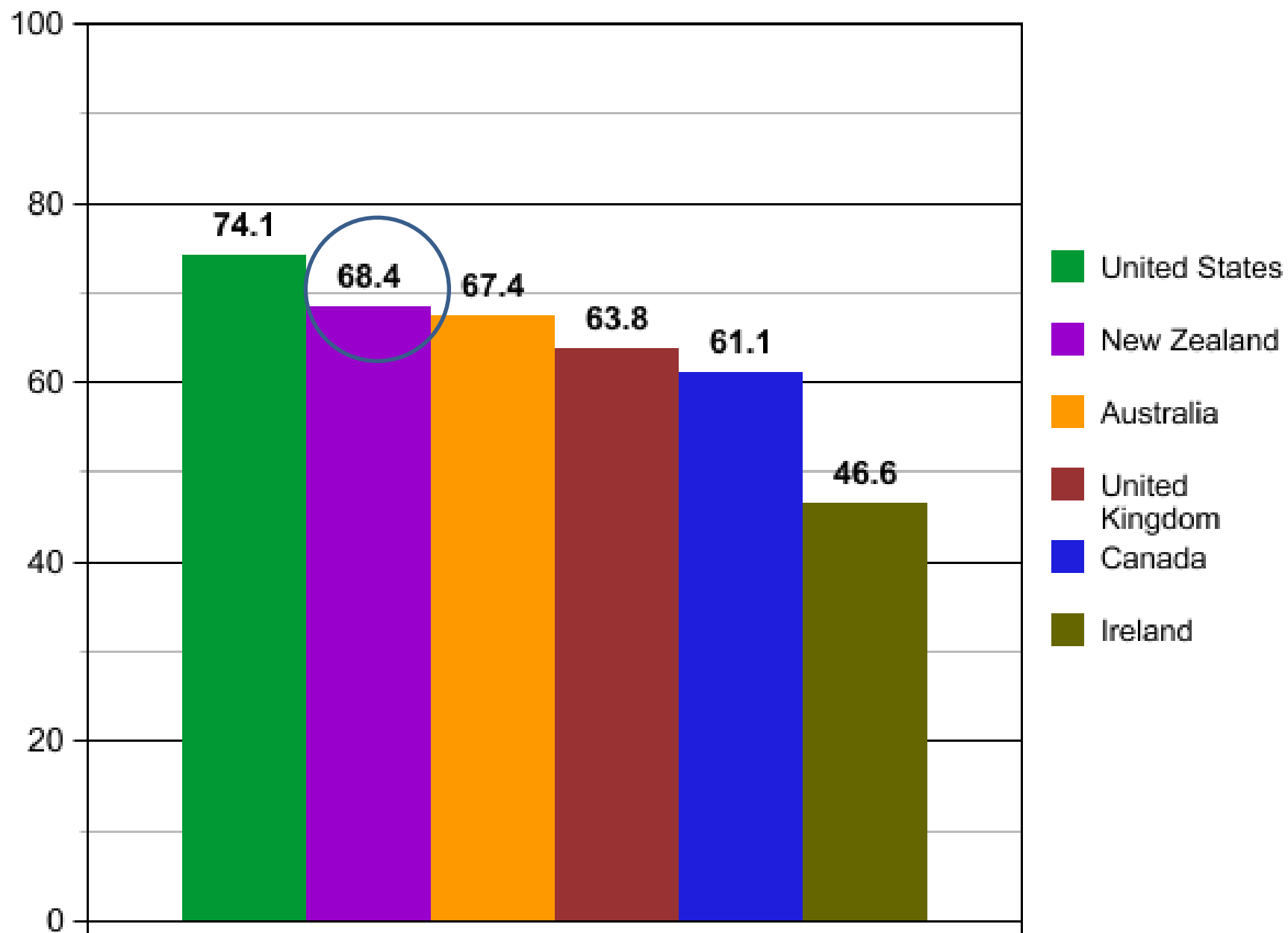
Levels of cycling in various countries

Source: DfT, 1996

Do Cars Make Us Fat?



Prevalence of overweight people in the Anglosphere



SOURCE: World Health Organization, 2007











Outcome

Regular access to, and the riding of a bike goes from approx 30% to 100% of the children

This is immediate and measurable







Impact

Demand

Supply

Simple

Effective

Cost





Pre Bikes in Schools. 5 bikes at school



Post Bikes in Schools. 23 bikes at school....





