

Meeting:	Bury Local Bee Network Forum
Meeting date:	Tuesday 17 th March 2026
Title of report:	Active Travel, Health, Schools and Obesity
Report by:	Natalie Blackston
Decision Type:	Report for information.
Ward(s) to which report relates	Boroughwide

Summary

To advise Bury's Bee Network Forum on the progress of delivering Bury Public Health's – LETS Get Bury Moving Framework's ambition around integrating physical activity into everyone's daily routines, thus local Bee Network infrastructure is pivotal in achieving the Chief Medical Officers activity levels for good health across the life course.

Active travel—primarily walking, wheeling and cycling plays a major role in improving population health by embedding physical activity into daily routines. National *Active Lives* data consistently shows that physically active adults have significantly lower rates of long-term conditions such as cardiovascular disease, diabetes and poor mental wellbeing. Yet levels of inactivity remain highest in deprived communities, where health outcomes are poorest. Increasing active travel is therefore a key lever for reducing health inequalities.

For children and young people, active travel to and from school creates reliable, built-in daily activity that supports healthy growth and development. Schools with higher active travel rates generally report better pupil concentration, mental wellbeing, and lower absenteeism. Obesity rates remain high particularly in Year 6 showing a strong association with low physical activity and potentially car-dependent travel patterns.

Active travel contributes to obesity prevention by increasing energy expenditure, reducing sedentary behaviour, improving cardiorespiratory fitness and supporting long-term healthy habits. Environments that enable safe walking and cycling such as school streets, connected routes, and reduced traffic are proven to increase activity levels across whole communities. When scaled, active travel interventions can therefore deliver measurable impacts on childhood obesity, adult chronic disease

and overall population wellbeing, while supporting wider goals around clean air, climate resilience and healthy places.

Recommendation

The Bee Network Forum is requested to note the Bee Network Update around active travel, health, schools and obesity.

Reasons for recommendation

For information and discussion.

Alternative options considered and rejected

N/A

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