



# STATISTICHE

figures and graphs to analyse the Veneto region

Flash



Lack of physical activity is one of the main health risk factors: in fact, it is estimated that in Europe every year there are a million deaths (10% of the total) and 8.3 million life years lost due to premature death or lived in conditions of disability (5% of the total) caused by insufficient physical activity. More than half of the European population are not active enough and do not reach the weekly physical activity levels recommended to keep healthy. Even more lazy are the Italians, very far from the records of Nordic countries.

## MOVE MORE: A HEALTHY HABIT

Physical inactivity constitutes a significant health problem, for this reason the 2008 Action Plan of the World Health Organisation (WHO) provides the member states with the actions necessary for increasing daily physical activity: firstly, ensure that walking, cycling and other forms of activity are accessible and safe; improve sports, recreation and leisure facilities; increase the number of safe spaces available for active play.

The promotion of active transportation, by foot and on bike, to increase daily physical activity is a winning approach,

because not only does it improve health, but also has positive effects on the environment, allowing the replacement of short journeys by car. In European countries there is great potential for active transportation, many journeys are short and pleasant for walking or cycling. To change the built environment and create more opportunities for an active life, it is necessary to involve more government sectors.

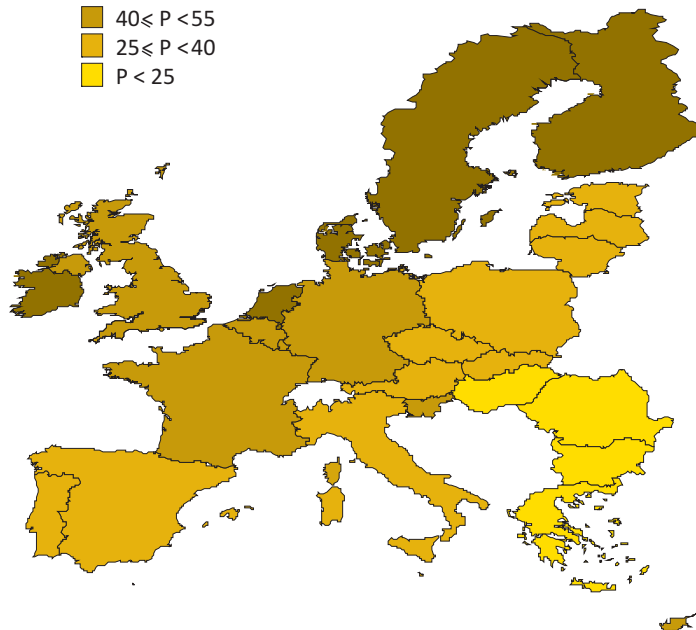
The WHO recommendations on physical activity for health in 2010 summarise the dose-response relationship among frequency, duration, type and quantity of physical activity necessary for prevention and indicate recommended levels of physical activity for different age groups. As demonstrated in the movement pyramid, in general, for an active lifestyle some healthy habits can start to be adopted daily, for example taking the stairs rather than the lift or walking rather than taking public transport, and gradually inserting physical activities or sports more or less intense with weekly regularity. Walking and cycling can fall easily into a weekly programme of physical activity contributing to achieving the recommended "dose".

THE MOVEMENT PYRAMID



% PEOPLE ENGAGED WITH A CERTAIN SPORT REGULARITY (P) FOR EUROPEAN COUNTRY - YEAR 2009

- $P \geq 55$
- $40 \leq P < 55$
- $25 \leq P < 40$
- $P < 25$



Source: processing by the Veneto Region – Directorate Regional Statistical System on data from the President's Council on Physical Fitness and Sports, Washington DC, 2002 ed. Eurobarometer

WEB  
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ALSO AVAILABLE:

- Statistical report 2012: Veneto reports and compares itself
- The Education Quality in Veneto
- Economic Scenario, conjuncture indicators – June 2012

<http://www.regione.veneto.it/statistica>

There are many benefits for those who dedicate their time to physical activity. Movement reduces the risk of cardiovascular diseases, hypertension, diabetes and osteoporosis. Exercise helps to control weight and positively influences on the psychological well-being, reducing stress, increasing self-esteem and helping to make friends. According to the Passi (Progress of Medical Health in Italy)

## MORE ACTIVE EVERY DAY ...

surveillance system of the Italian Ministry of Health, in Veneto in 2011 32% of people, more men than women, had an active lifestyle: they make the weekly, moderate or intense, physical activity recommended by the WHO or do heavy work. 44% do less physical activity than recommended, while 24% are completely physically inactive, i.e. in a

week during their free time they do not do moderate or intense activity even for 10 minutes a day. It is estimated that about 800 thousand people who are physically inactive are between 18 and 69 years old, especially among those who have a lower education level (31% vs. 17% of graduates) and those who have economic difficulties (32% vs. 21%). Comparison between Italian regions showed a strong North-South gradient, with more widespread sedentary behavior in the South, higher than the national average (30.5%). The perception that the person has of its own level of physical activity is important since it determines any changes towards a more active lifestyle: 46% of partially active persons and 17% of those sedentary believed to move themselves enough. If those who live a sedentary life do not feel like it's a risk, they shall hardly modify their lifestyle. It is not enough, therefore, to offer facilities and services for exercise, we also need to strengthen information on the importance of conducting an active life.

Over the last few years, the prevalence of sedentary people has remained stable, whereas an increase in the trend of active people has been seen, both for men and women. This confirms the fact that a part of those who are not sufficiently active, with small changes to their lifestyle, is able to reach the weekly levels of recommended physical activity.

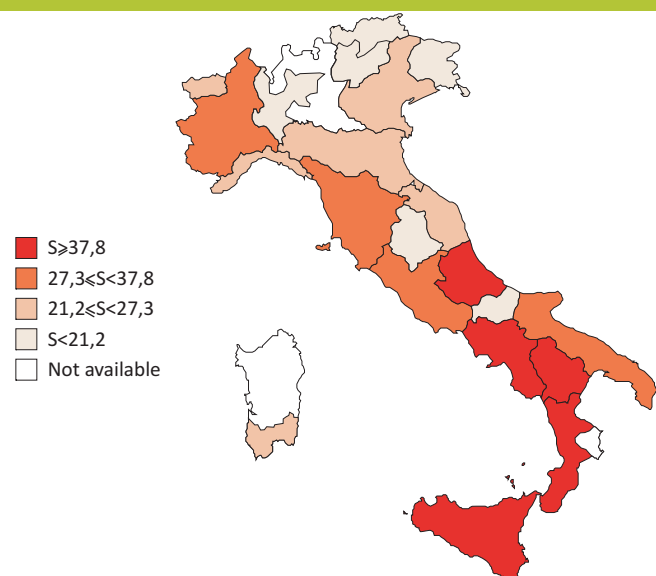
**Recommended weekly physical activity for adults (WHO, 2010):** at least 150 minutes of physical activity of moderate intensity, or at least 75 minutes of physical activity of vigorous intensity, or an equivalent combination of the two for periods of at least 10 minutes. The activity is moderate if it is possible to talk whilst doing it, while it is vigorous if it is no longer possible to converse due to accelerated breathing. In adults, physical activity includes recreational activity in their free time, active transportation (cycling or walking), work, housework, plays, sports or programmed exercise in the context of daily activities.

% OF ACTIVE AND SEDENTARY PEOPLE BY GENDER AND AGE GROUP (\*). VENETO – YEAR 2011

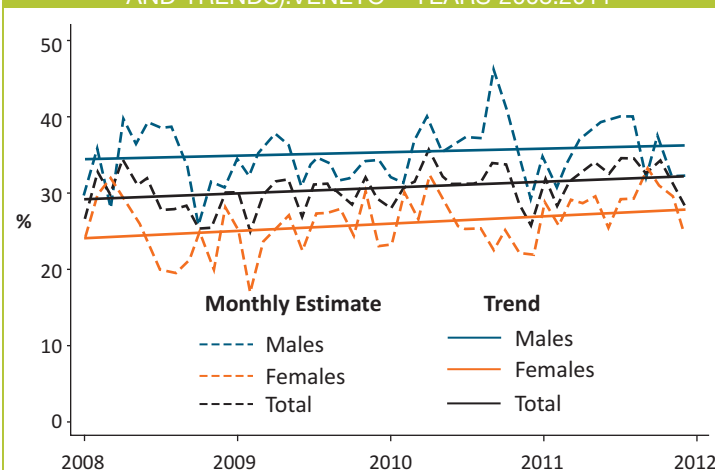
Age	Active			Sedentary		
	Men	Women	Total	Men	Women	Total
18-24	42.1	28.8	36.0	14.1	21.3	16.5
25-34	36.9	21.7	29.7	20.9	23.9	22.9
35-49	34.4	29.0	31.1	25.0	25.0	25.4
50-69	34.1	30.9	31.5	23.6	26.7	25.1
<b>Totale</b>	<b>35.6</b>	<b>27.7</b>	<b>31.5</b>	<b>22.7</b>	<b>25.1</b>	<b>24.0</b>

(\*) For 100 people of the same gender and age group

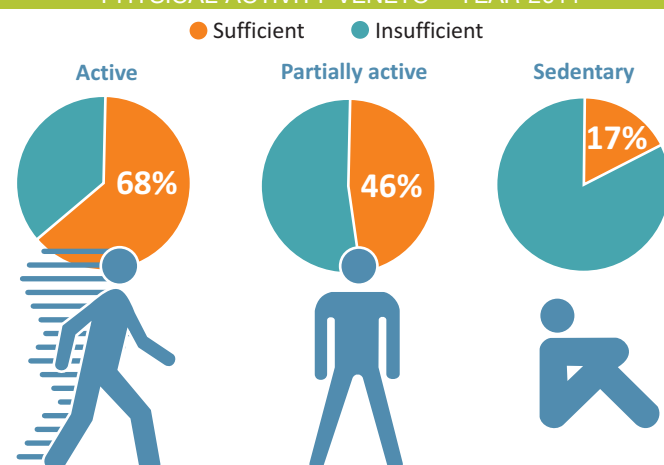
% OF SEDENTARY (S) PEOPLE BY REGION – YEAR 2011



% OF ACTIVE PEOPLE BY GENDER (MONTHLY ESTIMATES AND TRENDS). VENETO – YEARS 2008:2011



% OF PEOPLE WHO THINK THEY MAKE SUFFICIENT PHYSICAL ACTIVITY VENETO – YEAR 2011



In 2010 in Veneto, only 20% of children did at least one hour of physical activity 5 to 7 days a week, in line with the WHO recommendations, a share which is higher, however, than the Italian average (16%). More often they do an hour of activity for two days a week (29%), 15% one day a week and 8% do not activity. This emerged from the Okkio survey promoted by the Italian Ministry of

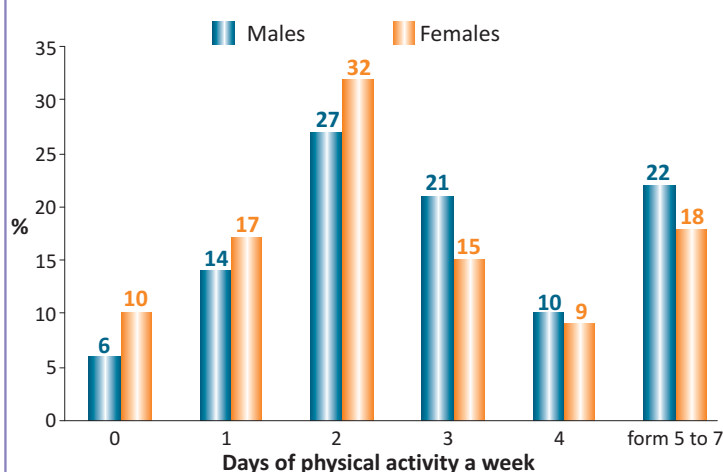
Health, where to estimate the physical activity of 8-9 year-old children the information provided by the parents is analyzed, which were asked how many days, in a normal week, the children play outdoors or do structured sport for at least an hour.

During adolescence physical activity decreases compared to early and

middle childhood: according to the international HBSC survey, only 7.6% of 11 year olds, 5.4% of 13 year olds and 5% of 15 year olds reach the levels recommended by the WHO. Rather than doing daily physical activity, it is more likely that a teenager carries out intense sport 2 or 3 times a week: 65% of 11 and 13 year olds, less the 15 year olds, more boys than girls. It is interesting to know not only who does sport, but also who leaves it, which is a more frequent occurrence in this stage in which a teenager experiences a period of many changes: between 10 and 17 years old 29% of boys decide not to do any sport; one out of two who used to do sport in the past quit, on average at around 13 years old, especially for reasons linked to lack of interest and time, sometimes due to laziness or because they replaced it with something else. If we are not able to convey to teenagers the importance of a daily active life, which completes the benefits of doing sport, there is the risk of having a population of sedentary teenagers. Even the journey from home to school can become an opportunity to move: if the journey time does not exceed 15 minutes, 37% of Veneto students go to school on foot or by bike, with greater journey times (15-45 minutes) the share lowers to 13.5%.

**Recommended weekly physical activity for children and young people from 5 to 17 years old (WHO, 2010):** at least 60 minutes of daily physical activity of moderate to vigorous intensity, mostly of aerobic type. Include activity which strengthens muscles and bones at least 3 times a week. Activity lasting up to 60 minutes provides added health benefits. Physical activity for children and young people include play, sport, transport, recreational activity, physical education or programmed exercise in the context of activities with the family, at school and in the community.

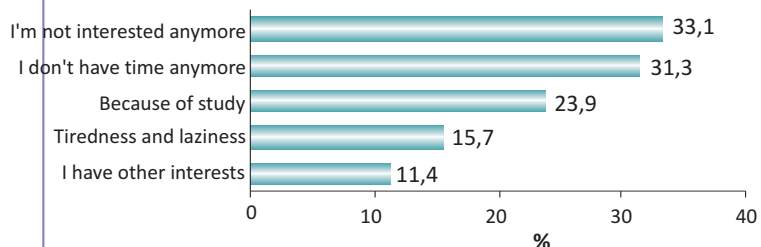
% OF CHILDREN (8-9 YEARS OLD) BY DAYS OF RECOMMENDED PHYSICAL ACTIVITY IN A WEEK. VENETO – YEAR 2010



RAGAZZI (10-17 ANNI) CHE NON PRATICANO SPORT. VENETO E ITALIA - ANNO 2011

	Veneto	Italia
% who don't do sport	28.7	34.4
Of which did sport in the past	55.6	32.9
Who do not do sport any more:		
Started at:		7 years old
Quit at:		13 years old

Reasons for quitting



% OF TEENAGERS BY TYPE OF MOTOR ACTIVITY, AGE AND GENDER (\*)

Physical activity recommended by the WHO

Age	Boys (%)	Girls (%)	Both (%)
11 years old	8.5	6.6	7.6
13 years old	6.3	4.4	5.4
15 years old	6.5	3.5	5.0

Intense sporting activity 2 or 3 times a week

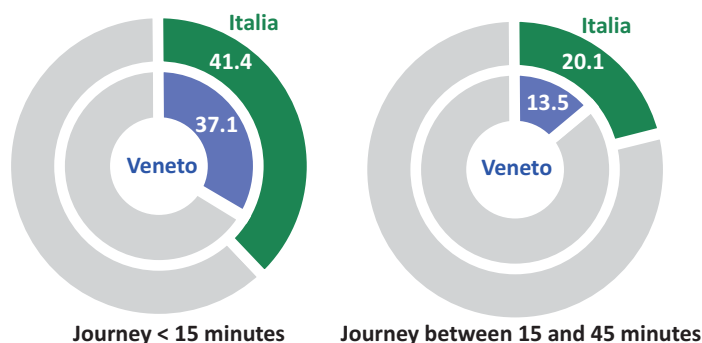
Age	Boys (%)	Girls (%)	Both (%)
11 years old	69.5	61.1	65.4
13 years old	72.6	59.3	66.1
15 years old	67.8	47.1	57.3

(\*) For 100 teenagers of the same gender and age group

% RAGAZZI CHE VANNO A SCUOLA A PIEDI O IN BICI. VENETO E ITALIA - ANNO 2011

	6-10 years old	11-13 years old	14-17 years old
Veneto	26.6	49.4	19.4
Italia	37.2	42,6	20.7

% of students who go to school on foot or by bike by journey time

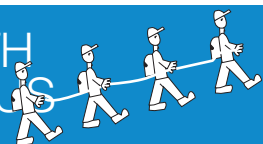


# STATISTICHE *Flash*

One of the actions indicated by the WHO to increase daily physical activity is to offer everyone the possibility of walking, cycling and doing other forms of physical activity in a safe manner.

Among the various proposals, the introduction of the walking bus meets this need. The initiative is aimed at taking children to school on foot with other children, accompanied by adults, a sort of "human bus" made of children, with the end of the line, some stops, pick-up

## TO SCHOOL WITH THE WALKING BUS



times and pre-established routes. Each walking bus is different and unique because it is suited to the needs of the participants. The "walking bus" activity will affect the lifestyles of citizens promoting a cultural change of habits, proposing alternatives of mobility and transport from a young age.

In the last few years, the walking bus experience has been consolidated also in many areas of the Veneto Region and in others the introduction

of the concept is being considered, as shown by a survey conducted by the Veneto Region in 2011, in collaboration with the University Ca' Foscari of Venice (488 Comprehensive Institutes and Educational Departments – CI/ED contacted, 420 responded). In 133 CI/ED, or rather in 31.7% of cases, the pedibus was active, 40.5% if we consider also those which are scheduled to start. Overall 472 routes were organized, with the participation of 8,586 primary school children. In particular, it was noted that about half of the children involved in the walking bus walk from 15 to 30 minutes a day for the whole school year, achieving therefore a good part of the physical activity recommended by the WHO. Over half of walking buses have been active for at least 3 years, indicating a rapidly evolving phenomenon. There are also some which have been active for longer, even up to 6 years (8%).

The walking bus can also be an important tool to change the structure of the city and the territory. In the nearby of CI/ED which have activated the walking bus, in 60.9% of the cases structural interventions have been implemented to improve the safety of pedestrians, such as signage (86.4%), the maintenance of footpaths, the creation of areas closed to traffic at school starting/finishing hours, or areas with limited speed and new cycle paths.

### DIFFUSION OF THE WALKING BUS IN VENETO – YEAR 2011

#### Comprehensive institutions and Educational Departments (CI/ED) by presence of the walking bus

	Numero	%
Yes, the walking bus is present	133	31,7
No, but it is planned to start	9	2,1
No, but we intend to start it	28	6,7
No, but it was in the past	35	8,3
No, it has never been	215	51,2
Total	420	100,0

233 complexes involved

472 active lines/routes

8.586 children involved, 3,2% of residents

### INFLUENCE OF THE WALKING BUS ON THE MOTOR ACTIVITY OF CHILDREN (\*). VENETO – YEAR 2011

#### No. of children by journey time

< 15 minutes	15-20 minutes	20-30 minutes
2,030	5,377	1,099

#### No. of children by days of the week

1-2 days	3-4 days	5-6 days
688	396	7,232

#### No. of children by duration of the walking bus in the year

1-2 months	3-4 months	5-6 months	7-8 months	Whole school year
450	651	380	57	6,511

Today, in Veneto 4,551 children walk thanks to the walking bus initiative

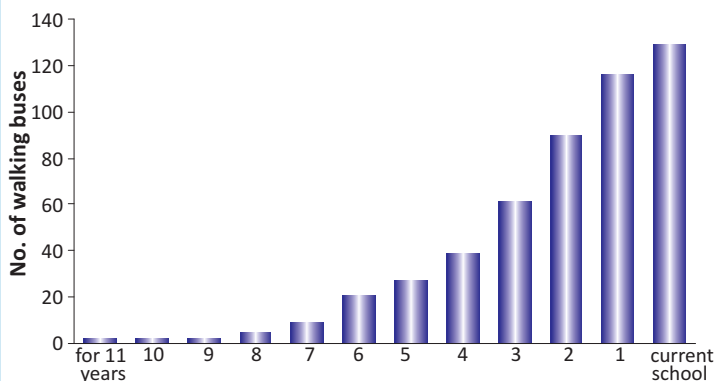
- for the whole school year-

- 5-6 days a week

- from 15 to 30 minutes a day

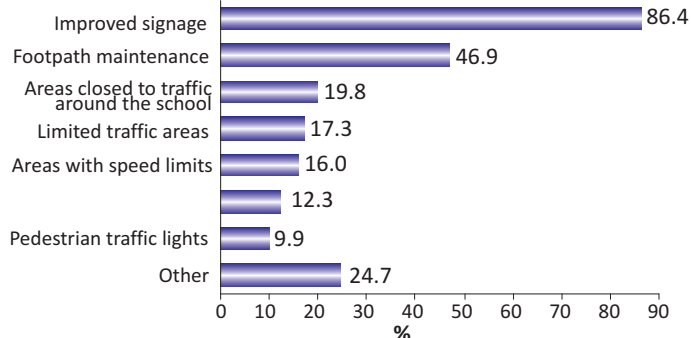
(\*) Without the data of the people who didn't respond to the survey

### WALKING BUS BY NUMBER OF YEARS FOR WHICH THE SCHEME HAS BEEN ACTIVE



Source: processing by the Veneto Region – Directorate Regional Statistical System on data from the Region of Veneto

### % OF CI/ED BY TYPE OF INTERVENTION IMPLEMENTED DUE TO THE WALKING BUS



(\*) % calculated from the total of 81 CI/ED which implemented measures for the safety of routes from home to school

- Department of Health  
- Regional Secretariat for Health  
- Directorate of Prevention

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