

# Walking & Bicycling to School Programs: Train the Trainer Presentation

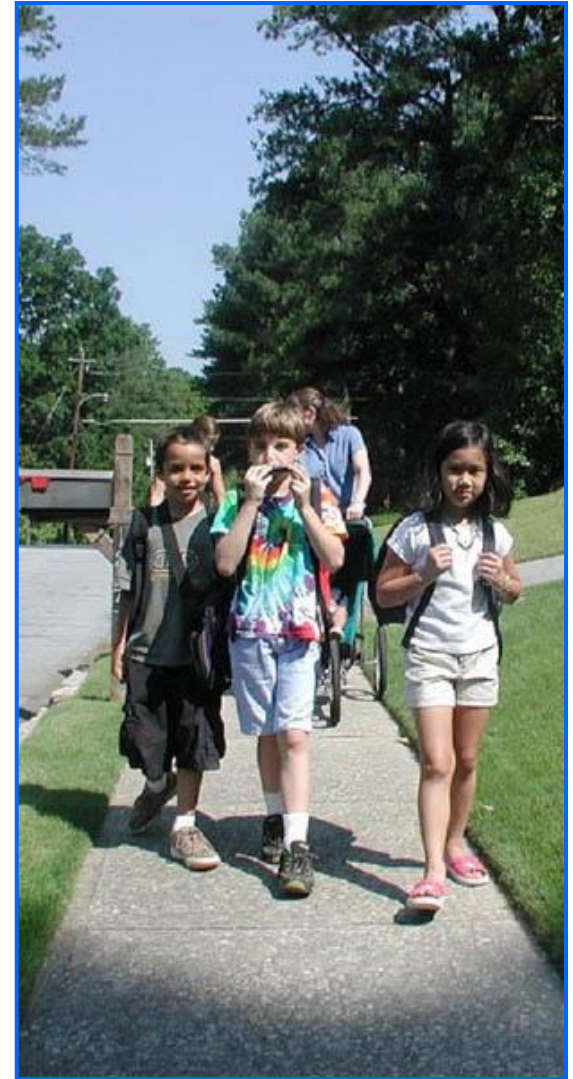


Department of Health and Human Services  
Centers for Disease Control and Prevention



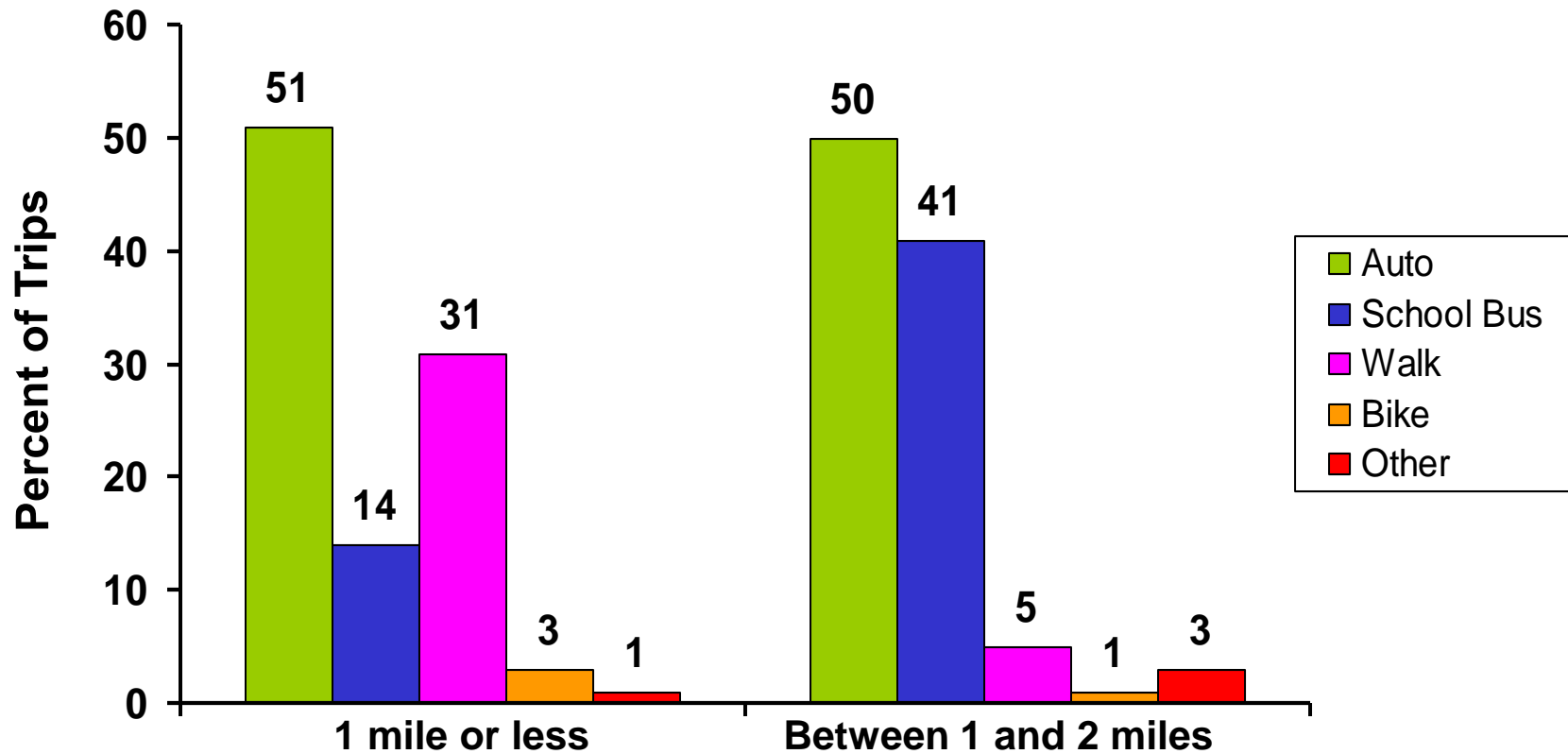
# Walking and Bicycling to School: Presentation Outline

- **What is the problem?**
- What are some solutions?
- Benefits of Walking and Bicycling to School
- What Can You Do?
- National Level Support



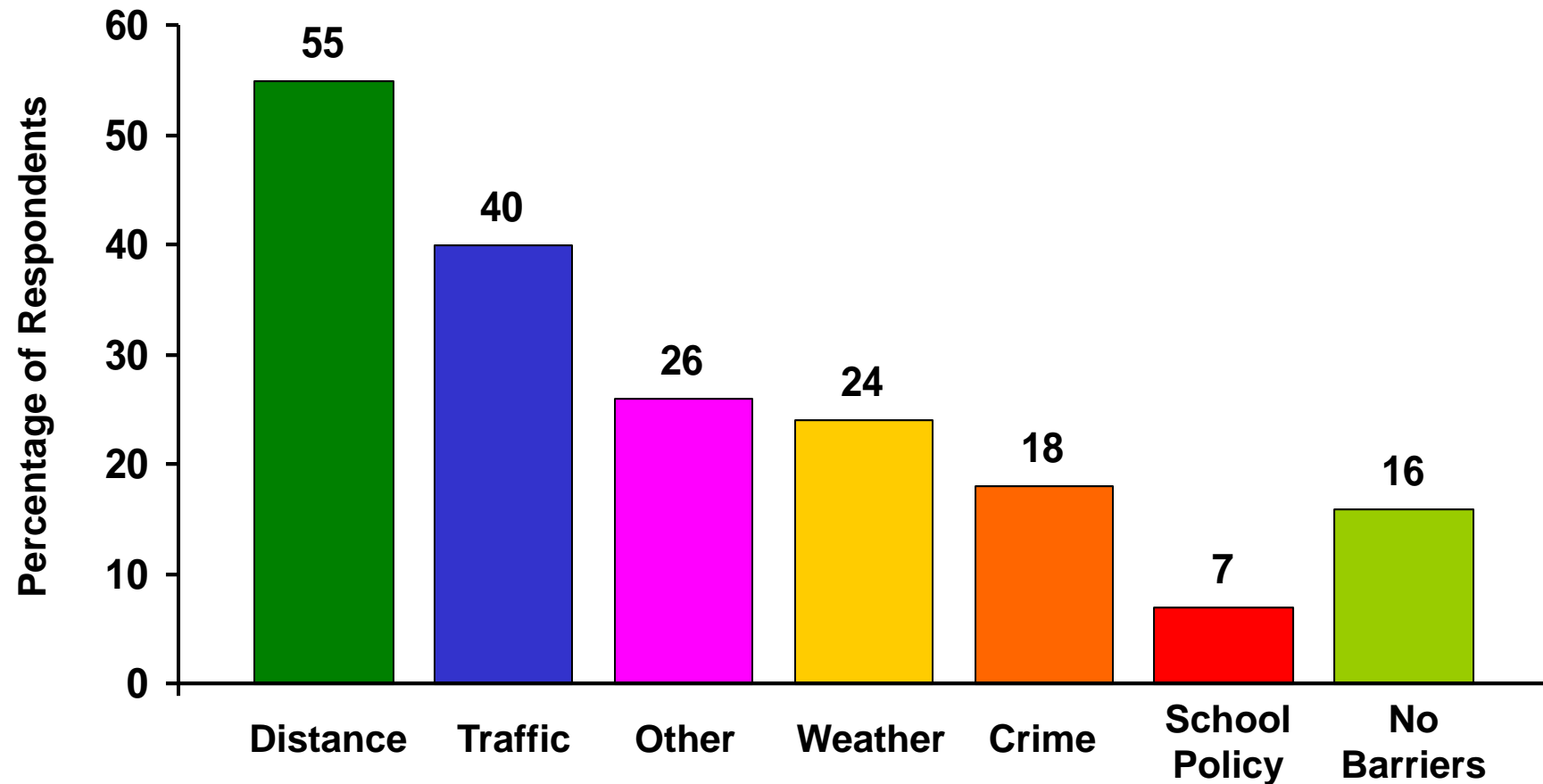
# Trips to School by Distance and Mode

## Youth Ages 5-15 (1995)



Calculations from the 1995 *Nationwide Personal Transportation Survey*. US Department of Transportation, Federal Highway Administration, unpublished data, 2000.

# Reported Barriers to Walking & Biking to School (1999)



1999 HealthStyles Survey

# Children's Health Risks

Related to Physical Inactivity, Pedestrian Safety, and Air Quality

- Prevalence of **overweight** children has tripled
- Sharp increase in cases of **type 2 diabetes** in children
- **Pedestrian injuries** are the 3<sup>rd</sup> leading cause of unintentional injury-related death among children
- **Asthma** rates have increased 160% in the past 15 years in children

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# Ways to Get Kids Walking and Bicycling to School

- ***Safe Routes to School***

To identify and create safe routes to school for walking and bicycling

- ***Walking School Bus***

To encourage children to walk to school in groups accompanied by adults



# Walk and Bicycle to School Programs

Walk to School Day

Walking Wednesday

Walking School Bus

Safe Routes to School

Classroom Learning

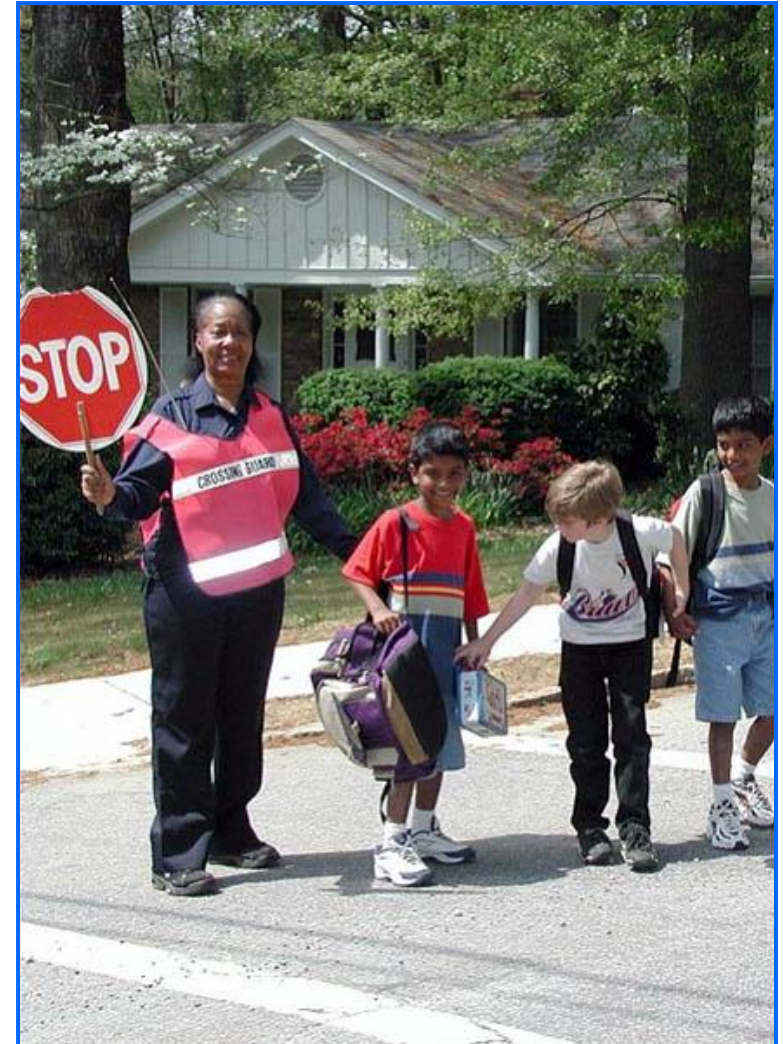
No Idling Campaign

Eyes on the Street



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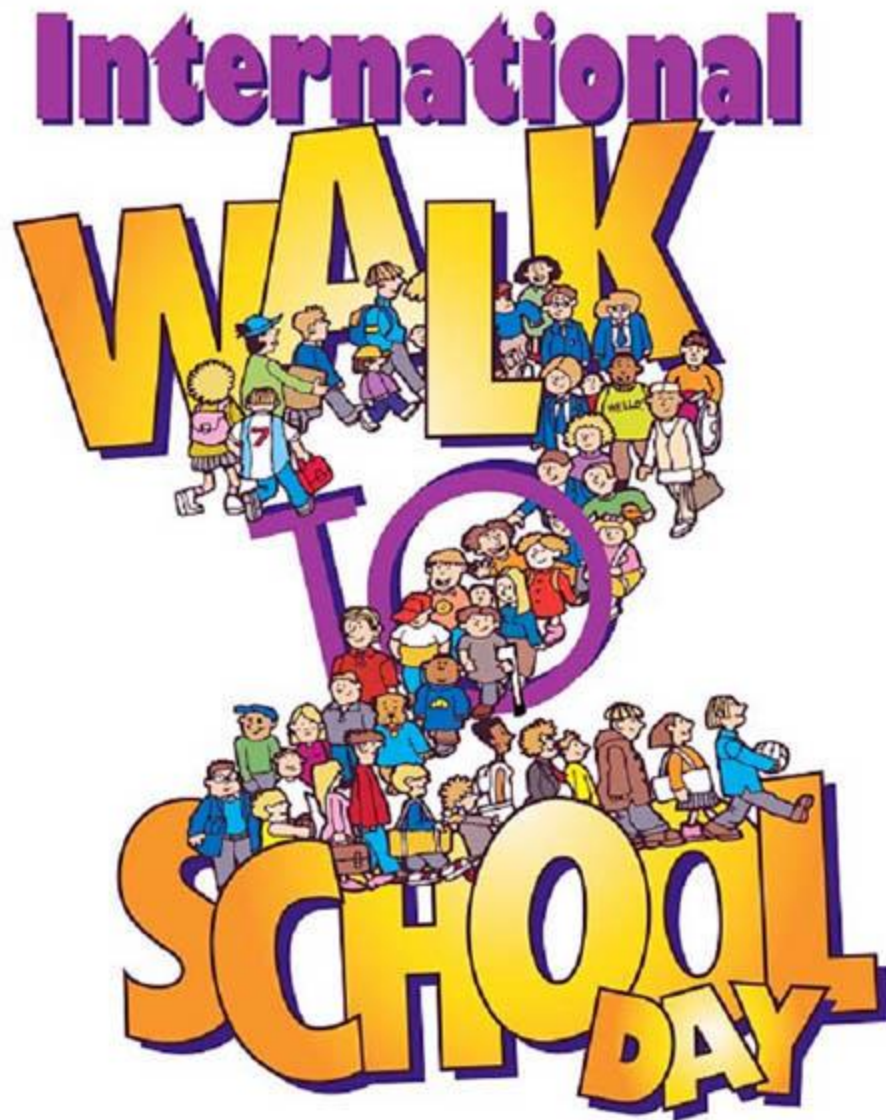


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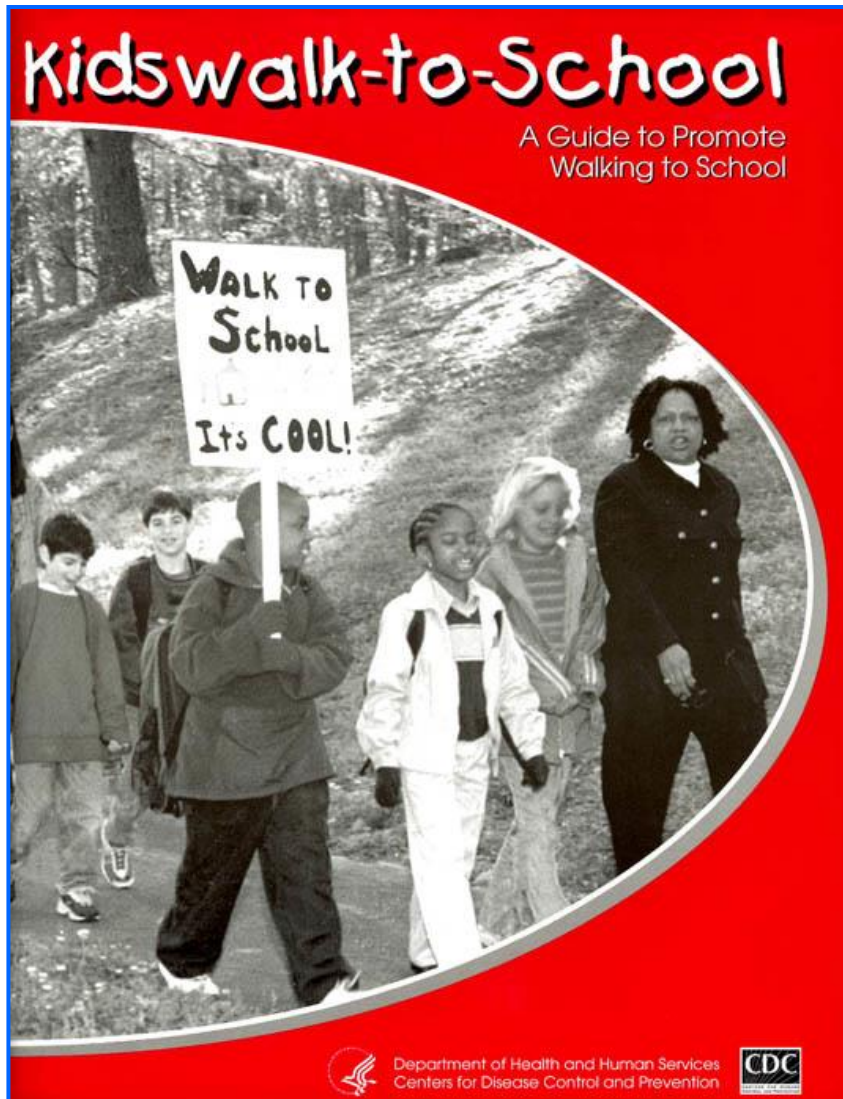







[www.walktoschool.org](http://www.walktoschool.org)

[www.iwalktoschool.org](http://www.iwalktoschool.org)



## CDC's *Kidswalk-to-School*

- Increase **daily physical activity** of children
- Improve **pedestrian safety**
- Educate and empower communities to **create safe routes to school**



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National Center for Chronic Disease Prevention and Health Promotion

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# KidsWalk-to-School



- Download guide, fact sheet, brochure, and video of Surgeon General
- Download Community Presentation

[www.cdc.gov/nccdphp/dnpa/kidswalk](http://www.cdc.gov/nccdphp/dnpa/kidswalk)



# Safe Routes to School (SR2S) Legislation



- California, 1999 [www.dot.ca.gov/hq/LocalPrograms/](http://www.dot.ca.gov/hq/LocalPrograms/)  
(click Safe Routes to School)
  - \$20 Million/year until January 2005
  - Traffic calming, crosswalks, sidewalks, bike lanes in and around schools
- Texas, 2002 [www.SafeRoutesTexas.org](http://www.SafeRoutesTexas.org)
  - \$3 Million/year first year
- Other states are working on similar SR2S Legislation
- National SR2S Legislation

## Find out about other programs in the United States

- Download *The Summary of 2002 Safe Routes to School Programs in the United States* at [www.transact.org](http://www.transact.org)
- Visit the CDC's State-based Physical Activity Program Directory <http://apps.nccd.cdc.gov/DNPAProg/>
- Find out who participated in Walk to School Day at [www.walktoschool.org](http://www.walktoschool.org)

# Build State Level Partnerships

- FHWA State Bicycle and Pedestrian Coordinator  
[http://www.transportation.org/committee/design/tf\\_non-motorized\\_bikeped.html](http://www.transportation.org/committee/design/tf_non-motorized_bikeped.html)
- State Department of Education
- State PTA  
[www.pta.org/ptacommunity/index.asp](http://www.pta.org/ptacommunity/index.asp)
- State Police Department: Community Policing
- Rivers, Trails, and Conservation Assistance (RTCA)  
[http://www.nps.gov/rtca/contactus/cu\\_offices.html](http://www.nps.gov/rtca/contactus/cu_offices.html)
- Other State Physical Activity Contacts

# Look into Funding Possibilities

- Surface Transportation Program (STP)
  - Transportation Enhancement Activities (TEA)
  - Hazard Elimination
- Congestion Mitigation & Air Quality Improvement Program (CMAQ)
- Recreational Trails Program
- Safe Routes to School Legislation
- National Safe Kids, Walk This Way

<http://www.fhwa.dot.gov/environment/bikeped/bp-broch.htm#funding>

# Gather State Data

- Obesity/Overweight  
[www.cdc.gov/nccdphp/dnpa/obesity/trend/prev\\_reg.htm](http://www.cdc.gov/nccdphp/dnpa/obesity/trend/prev_reg.htm)
- Physical Inactivity [www.cdc.gov/nccdphp/dash/yrbs/](http://www.cdc.gov/nccdphp/dash/yrbs/)
- Cardiovascular Diseases  
<http://apps.nccd.cdc.gov/BurdenBook/index.asp>
- Air Quality [www.epa.gov/airnow/](http://www.epa.gov/airnow/)
- Diabetes [www.cdc.gov/diabetes/statistics/index.htm](http://www.cdc.gov/diabetes/statistics/index.htm)

# Promote Walking and Bicycling to School

- Speak at conferences
- Facilitate teleconferences
- Conduct workshops
- Seek funding for mini-grants
- Create news releases and media events



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# Surveys show that voters would support using Local, State, & Federal Funds...

**54%** for more bike paths

**61%** for more sidewalks

**72%** for mandatory sidewalks in new developments

**70%** to help ensure the safety of children to walk or ride bicycles to school

Source: EPA/CDC:Greenstyles Survey; Healthsyles 2000

# ***Promoting Better Health for Young People Through Physical Activity and Sports Objective***

“Enable communities to develop and promote the use of safe, well-maintained, and close-to-home sidewalks, crosswalks, bicycle paths, trails, parks, recreational facilities, and community designs featuring mixed-use development and a connected grid of streets.”

A Report to the President from the Secretary of Health and Human Services and the Secretary of Education, fall 2000.

# Healthy People 2010 Objectives

**22.12** Increase the proportion of children's trips to school  $\leq$  1 mile made by walking from **31%** to **50%**.

**22.15** Increase the proportion of children's trips to school  $\leq$  2 miles made by bicycling from **2.4%** to **5.0%**.

# Pedestrian and Bicycle Safety Resources

- National Strategies for Advancing Child Pedestrian Safety [www.cdc.gov/ncipc/pedestrian/](http://www.cdc.gov/ncipc/pedestrian/)
- National Strategies for Advancing Bicycle Safety [www.cdc.gov/ncipc/bike/call\\_to\\_action.htm](http://www.cdc.gov/ncipc/bike/call_to_action.htm)
- *Getting to School Safely* - NHTSA [www.nhtsa.dot.gov/people/injury/buses/GTSS/toc.html](http://www.nhtsa.dot.gov/people/injury/buses/GTSS/toc.html)

# Pedestrian and Bicycle Resources

## Advocacy

- National Center for Bicycling and Walking [www.bikefed.org](http://www.bikefed.org)
- League of American Bicyclists  
[www.bikeleague.org](http://www.bikeleague.org)

## Information

- Pedestrian and Bicycle Information Center  
[www.walkinginfo.org](http://www.walkinginfo.org)  
[www.bicyclinginfo.org](http://www.bicyclinginfo.org)



# Additional Resources

- What can you do About Air Pollution?  
[www.epa.gov/otaq/18-youdo.htm](http://www.epa.gov/otaq/18-youdo.htm)
- No Idling Project  
[www.greenestcity.org/indexwsd.html](http://www.greenestcity.org/indexwsd.html)
- TEA-3  
[www.tea3.org](http://www.tea3.org)

# Pointers to Keep in Mind

- Build partnerships
- Be prepared for initial resistance
- Safety is the #1 priority
- There is a solution to every problem
- Community Design changes may take time and be expensive
- Start small

