 **SCHOOL OF PUBLIC HEALTH**
UNIVERSITY AT ALBANY State University of New York

Public Health Live – T²B²

Walking to School

Guest Speakers

- Mark Fenton, MS, Host of America's Walking
- Diane Kenneally, BS, PE
Director, Local Programs Bureau
New York State Department of Transportation
- Introductions by:
Ursula Bauer, PhD
Director, Division of Chronic Disease
Prevention and Adult Health New York State
Department of Health

Thanks to our Sponsors:

- School of Public Health, University at Albany
- NYS Department of Health
- NYS Community Health Partnership
- Milestones in Public Health Grant from Pfizer, Inc.

Special Thanks to

- NYS Association of County Health Officials
- NYS Nurses Association

Viewer Call-In

Phone: 800-452-0662
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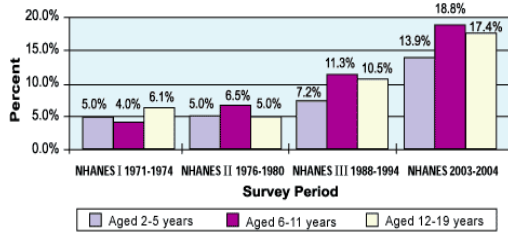
Evaluations

Please visit
www.t2b2.org
to fill out your evaluation and post test.

**Nursing Contact Hours, CME, CHES
are available.**

Thank you!

Prevalence of Overweight* Among U.S. Children and Adolescents (Aged 2 –19 Years)



*Sex- and age-specific BMI ≥ 95th percentile based on the CDC growth charts
National Health and Nutrition Examination Surveys.

Physical Activity

- Recommendation: 60 minutes of moderate to vigorous physical activity each day



Decreased Traffic = Decreased Asthma



Injury Reduction



Pictures from Cornell's "An Organizer's Guide to Bicycle Rodeos."

Safe Routes to School

An Integrated Approach for Safety, Health, & Transportation Efficiency

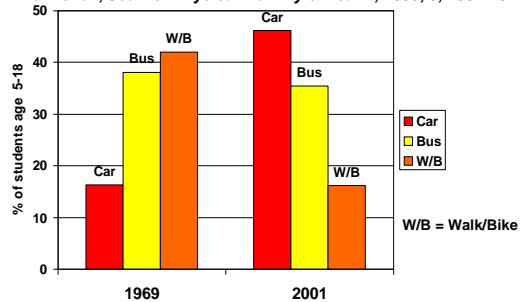


Greece, NY

Glens Falls, NY

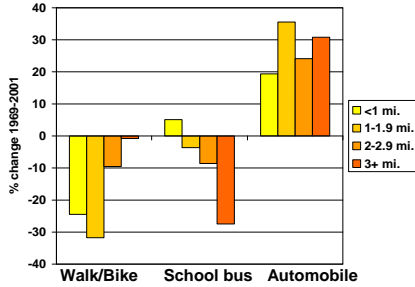
Changes in Walking & Cycling to School, 1969 to 2001

Ham et al., *Jour. of Physical Activity & Health*, 2008, 5, 205-215



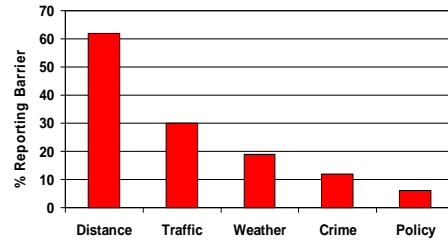
Change in Travel to School by Distance 1969 to 2001

Ham et al., *Jour. of Physical Activity & Health*, 2008, 5, 205-215



Barriers to Walking to School

Parent reported; MMWR Sep. 30, 2005, US CDC.



Benefits of a Safe Routes to School Approach:



- Safety & health of kids.
- Traffic congestion.
- Environmental impact, air & water quality.
- Academic performance & behavior of students.

Health. Physical Activity Recommendation for Adolescents:

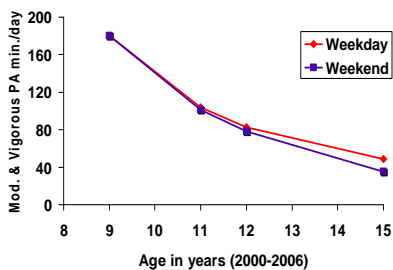
(1994 consensus conf. Pediatric Exercise Science)

- Physically active every day as part of lifestyle (at least 60 minutes).
- Some vigorous activity; at least 20 minutes, three days/week.



Adolescent Physical Activity

JAMA. 2008; 300(3):295-305



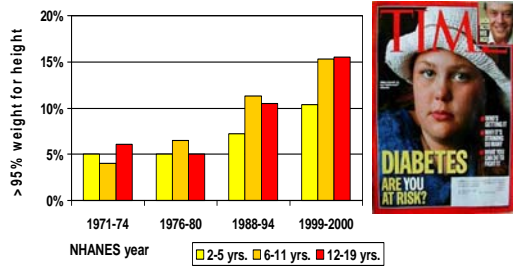
Physically Inactive Children Have an Increased Risk of:

- Overweight and obesity, Type 2 diabetes.
- Aggravated existing asthma; sleep apnea.
- Decreased physical functioning (e.g., playing sports, climbing stairs, bicycling & walking).
- Musculoskeletal problems (e.g., tibial varum).
- Low self esteem; poor academic performance.
- Diminished physical & social navigation skills.

(American Academy of Pediatrics, 2005)

US Youth Overweight Rates

JAMA 288 (14); Oct 9, 2002.



Student Benefits

Physically active children perform better academically.



Teachers report children act out less in class after they've been physically active.

Physical Education, Physical Activity, and Academic Performance, Fall 2007 Active Living Research Brief, www.activeivingresearch.org/files/Active_Ed.pdf

Transportation Benefits

Ease costs:
One bus =
~\$50k/year.



Rye, NY



Ease traffic congestion and delays, risk of collisions, parent frustration, faculty time spent as "traffic cops."

5 Elements of a Comprehensive Safe Routes to School Program:

- Education
 - Enforcement
 - Engineering
 - Encouragement
 - Evaluation
- Goal: Sustain change!



Evaluation: Do This *First!*

Travel modes

- Show of hands

Direct observation

- Traffic counts, speed
- Vehicle movements

Surveys

- Student, parent
- Perceptions, desires

Municipal data

- Crash Data
- Traffic volumes, speed



Evaluation: Do This *First!*

Mapping

- Map home locations; code by travel mode:
 - Green = Walk
 - Blue = Bike
 - Yellow = Bus
 - Red = Car
- Routes (current, barriers, preferred)

Education

- Bicycle & pedestrian safety skills and knowledge.
- Ties to curricular programs (math calculating distances, speeds, travelers; geography mapping routes; science health benefits; arts, etc.)



Education

Target adults, neighbors, teachers with safe driving instruction, rules for pick-up, drop-off, reminders, etc.



Enforcement

- Not just police; but faculty, staff, students, parents all involved.
- Speed and traffic enforcement.
- Combine with other tools, doesn't "stick" alone.



Enforcement

No surprises; do progressive steps:

- Educate
- Warnings
- Ticket; then increase \$.



Encouragement

- Walking school busses & bicycle trains.
- Corner captains, safe houses.
- Walk before, after, & at recess.
- Early release (5 mins?) for bikes, pedestrians.
- Classroom, grade competitions.
- Punch cards for points.
- Prize drawings.
- Footloose Fridays, Walking Wednesdays.
- Build into curriculum!



Engineering

Sidewalks, bike lanes, narrowing, traffic calming, multi-use trails.



Bike parking, lockers, walking paths, crossings, countdown timers.

How to Engineer Walk- and Bike-Friendly Schools:

- Located near residential clusters.
- Network of facilities: sidewalks, trails, bike lanes, crossings.
- Inviting, safe site design at the school.
- Safety along the route (traffic, crime).



Key Principle of Drop-off & Pick-up

Make it *safer*, but not necessarily *more convenient*.



Sequential drop, curbside only, adult valets, defined lane(s), no idling.

< Remote drop area.

Plan Safe Routes Programs with Collaborative Community Workshops:



1. Principal
2. Parents (PTO)
3. Police



4. Planning
5. Public works



- New York State Department of Transportation
- Local Programs Bureau
- Diane Kenneally, P.E., Director

Safe Routes to Schools Program Background

- Created by Section 1404 of the Safe, Accountable, Flexible, Efficient Transportation Equity Act – A Legacy for Users (Public Law 109-59) (SAFETEA-LU)
- Signed in to law August 10, 2005
- \$611 M for a nationwide Safe Routes to School program
- Target infrastructure and non-infrastructure projects that benefit children in grades K-8

Safe Routes to School

- New York State
- Statewide application process
- Selection Process
 - \$ 27,499,133 in funds for 70 applications
 - Press release on Monday, Sept. 8, 2008
 - 89 projects
 - 68 communities

5 Eligible Categories

- Engineering Efforts (infrastructure)
- Education Efforts (non-infrastructure)
- Enforcement Efforts (non-infrastructure)
- Encouragement Efforts (non-infrastructure)
- Evaluation (non-infrastructure)

Safe Routes to School Program Requirements

- 100% Federal funds – no local match
- Infrastructure projects – 70% - 90%
- Non-infrastructure projects – 10% - 30%



Safe Routes to Schools The Problems

- Schools constructed without being accessible by walking or bicycling
- Children can't walk or bicycle safely



Safe Routes to Schools The Problems

- In 1969, 87% of children 5 to 18 years of age who lived within one mile of school walked or bicycled to school [1]
- In 2001, 63% of children 5 to 18 years of age who lived within one mile of school walked or bicycled to school [1]
- 24% drop from 1969 – 2001

[1] U.S. Centers for Disease Control and Prevention. Kids Walk-to-School: Then and Now – Barrier and solutions Available: www.cdc.gov/nccdphp/dnpa/kidswalk/then_and_now.htm

Safe Routes to Schools The Goal

- Facilitate projects and activities that will:
 - Improve safety
 - Improve air quality near schools
 - Promote healthy activities
 - Reduce traffic and fuel consumption



Safe Routes to School Program Evaluation

- Recommends ongoing review and evaluation of SRTS Projects:
 - Safety benefits
 - Behavioral Changes
 - Other potential benefits
 - New partnerships created
 - Number of students participate
 - Infrastructure improvements



Potential: Public Health Benefits

Children's skill development

- Traffic skills
- Socialization
- Independence



Children's academic performance

- Concentration, problem solving ability and mood are enhanced by physical activity

Safe Routes to School Contact Information

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Safe Routes to School Contact Information

- Website - <https://www.nysdot.gov/portal/page/portal/divisions/operating/opdm/local-programs-bureau/srts>
- List of Safe Routes to School Coordinators in each Region
- Guidebook, Brochure and Curriculum



For more information:
www.saferoutesinfo.org

www.walktoschool-usa.org

www.saferoutespartnership.org/newyork



Jenkins Elementary, Scituate New school walking loop & "Morning Miles; Walking Weds."

(PTA Health & Safety Comm.)



PTO Dad's Club in action.



Safe Routes to
School: Safer,
slower drop-off &
remote drop areas.



Walking the "Morning Mile" on ½ mile loop around school.



Walking
School
Bus

The Golden Shoe Competition



Walk- and Bike-Ability Checklists



Summary Comment on each E:

- **Evaluation.** Start here!
- **Education.** Not just the kids.
- **Enforcement.** Not just cops.
- **Engineering.** Remember the easy and cheap stuff.
- **Encouragement.** Don't get stuck in the walking school bus rut. Mold the effort to your community.



Evaluations

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Thank you!