

Walking and Bicycling to School:

Community Presentation

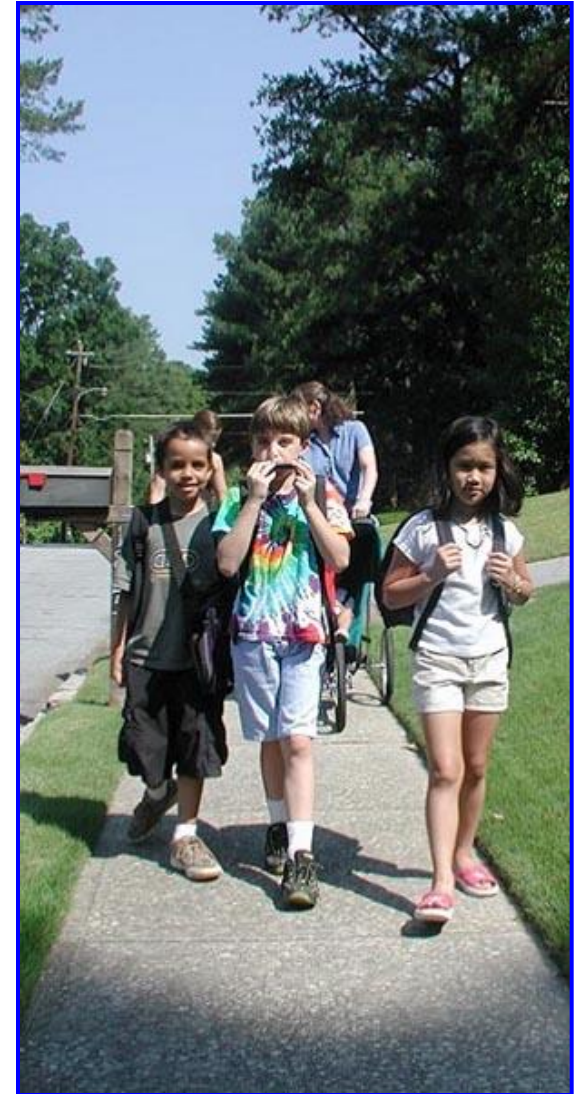


Department of Health and Human Services
Centers for Disease Control and Prevention



Walking and Bicycling to School: Presentation Outline

- **What is the problem?**
- Why is Walking and Bicycling to School Important?
- What Can We Do?
- Discussion





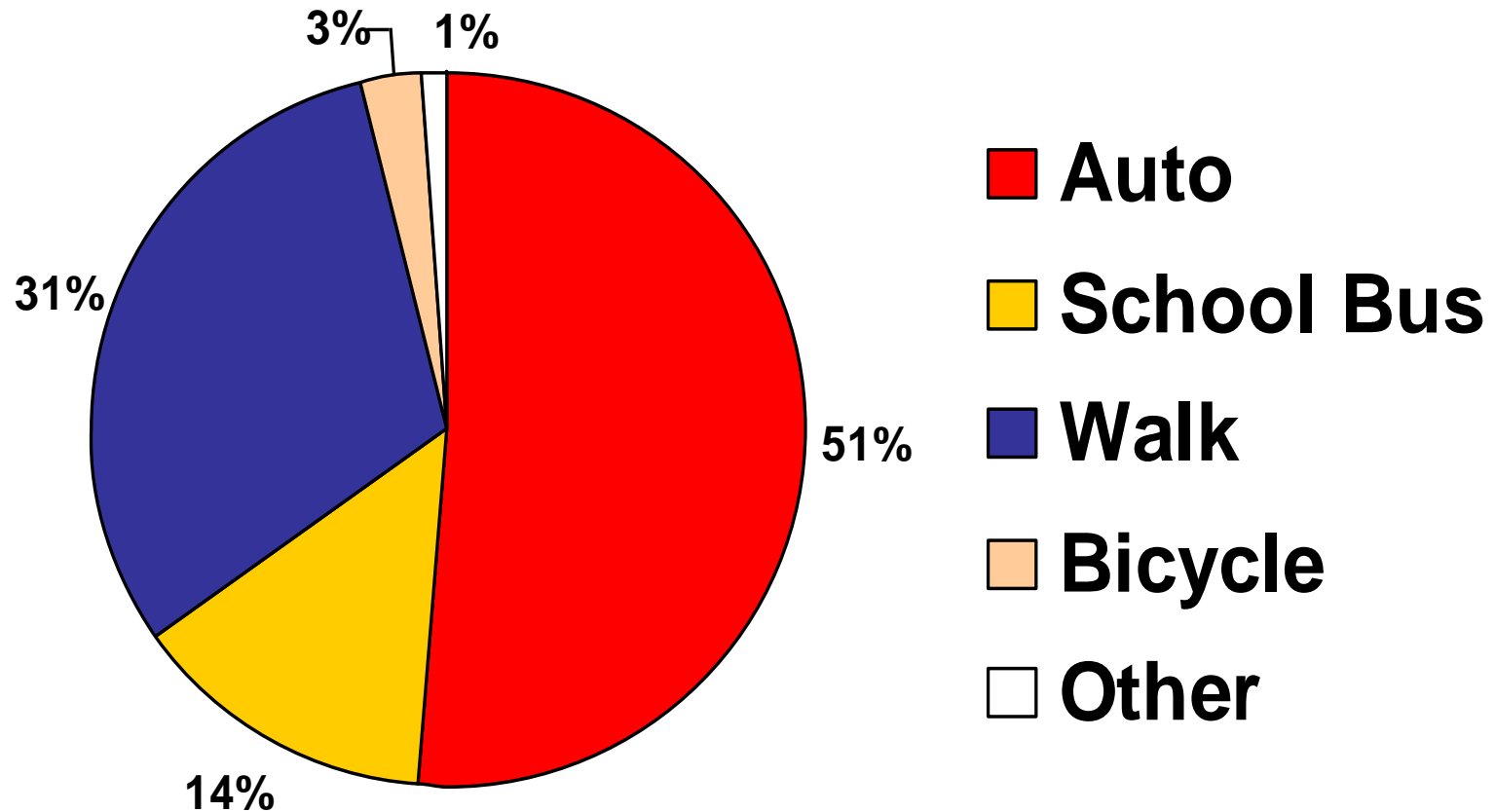
Barriers to walking and bicycling to school

Community Design

Safety

Time and Convenience

Far More Children Ride in a Car or School Bus to School than Walk or Bicycle (trips 1 mile or less)



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 US Department of Transportation, Federal Highway Administration, unpublished data, 2000.

Children's Health Risks

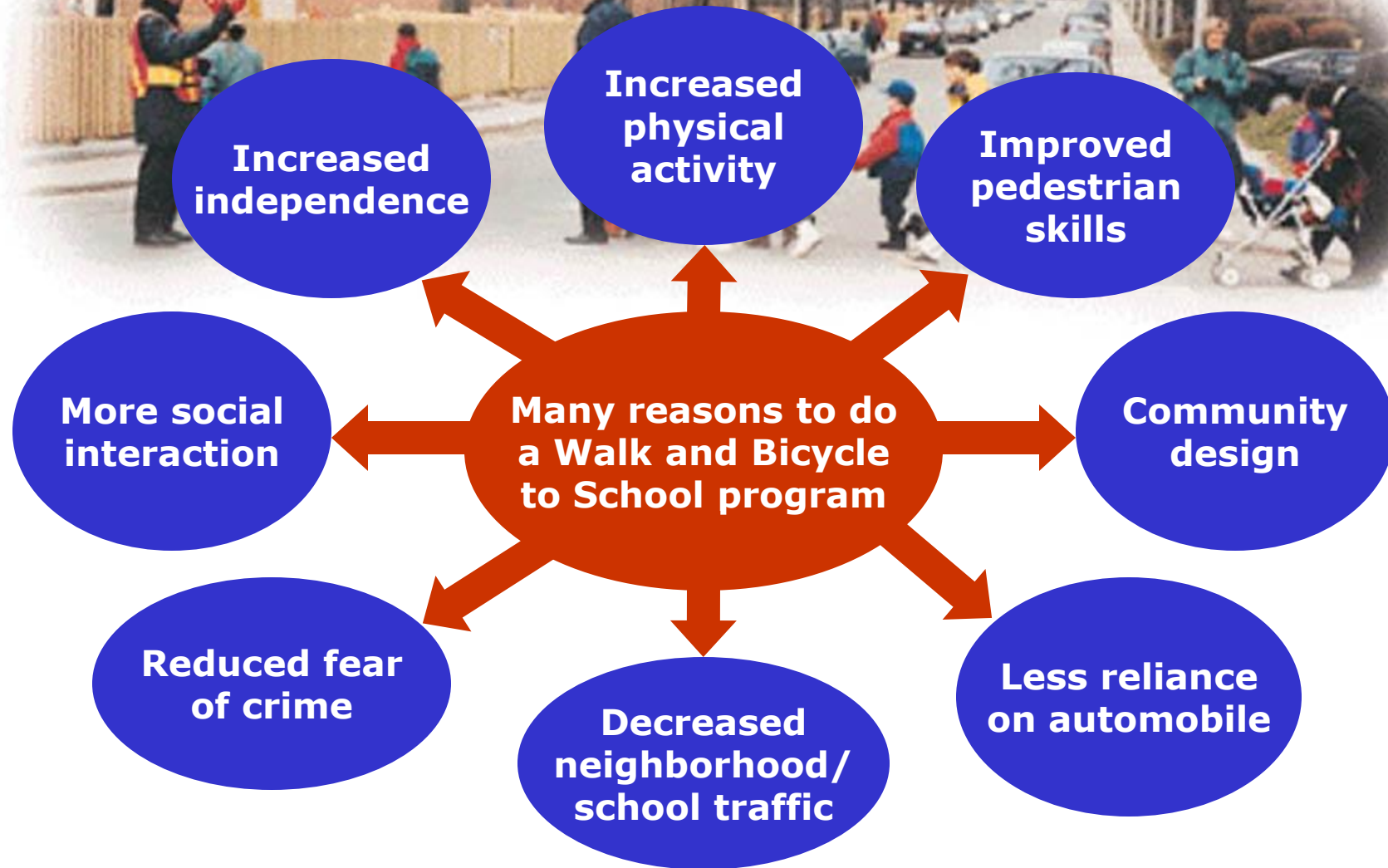
Related to Physical Inactivity, Pedestrian Safety, and Air Quality

- Prevalence of **overweight** children has tripled.
- Sharp increase in cases of **type 2 diabetes** in children.
- **Pedestrian injuries** are the 3rd 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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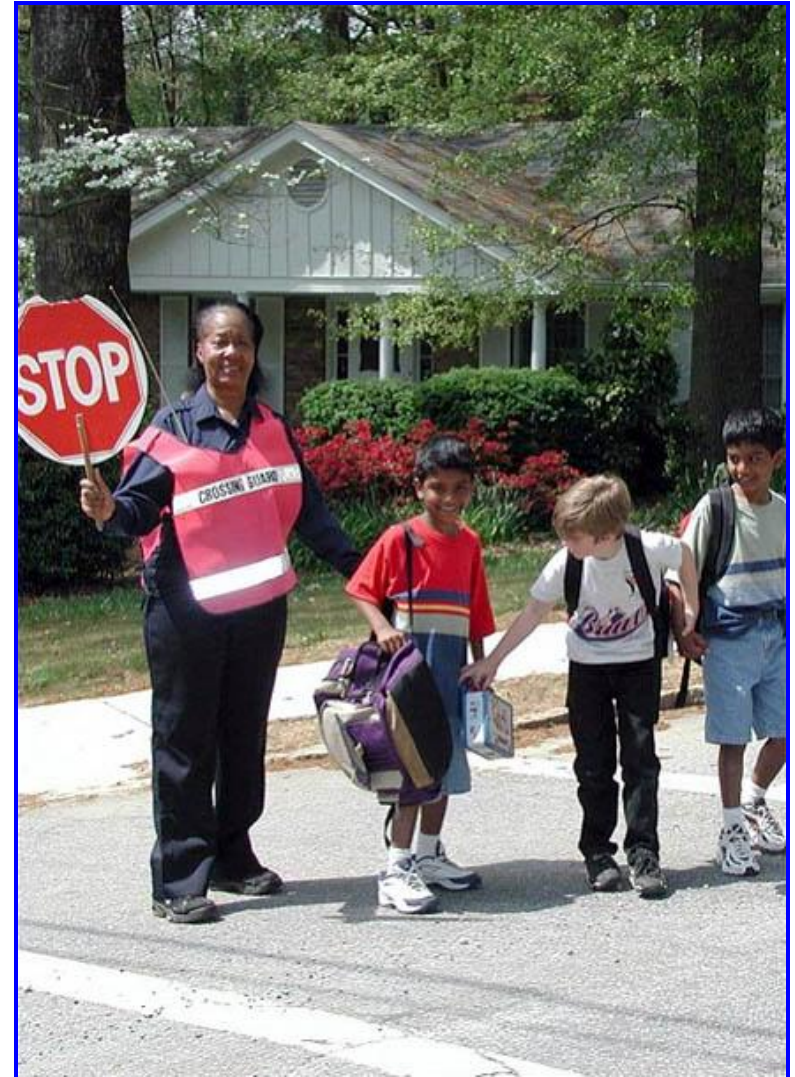
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Walk and Bicycle to School Programs

Walk to School Day

Walking Wednesday

Walking School Bus

Safe Routes to School

Classroom Learning

No Idling Campaign

Eyes on the Street

International

WALK



TO

SCHOOL DAY



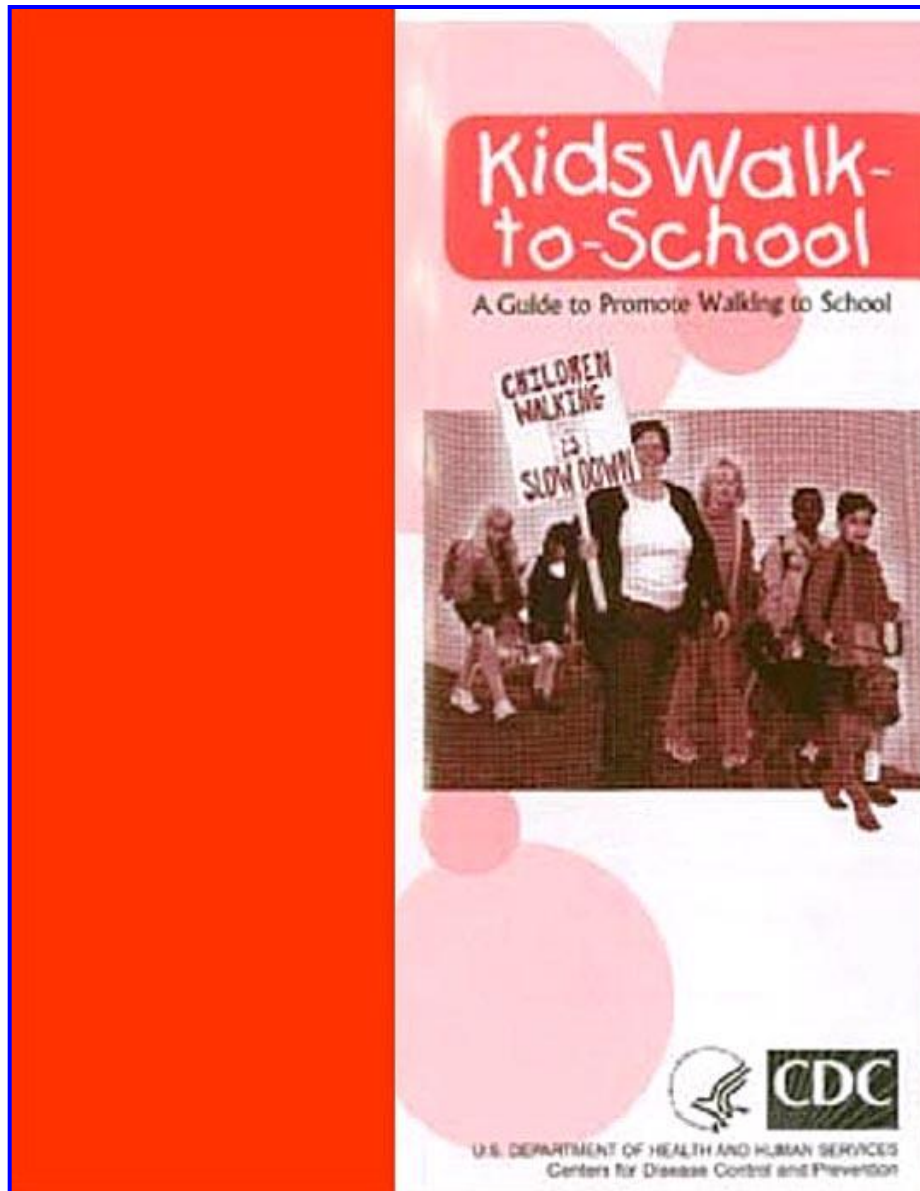
www.walktoschool.org

www.iwalktoschool.org

Kids walk-to-School



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



KidsWalk-to-School Materials

- Step-by-Step Guide
 - Walkable Routes to School Survey
- Brochure
- Web site
 - www.cdc.gov/nccdphp/dnpa/kidswalk

For copies:

www.cdc.gov/nccdphp/kidswalk

Ccdinfo@cdc.gov

1-888-CDC-4NRG

Safe Routes to School (SR2S) Legislation

- **California**
 - \$20 Million/year set-aside
 - Funding used for traffic calming, crosswalks, sidewalks, bike lanes in and around schools
- **Other states working on SR2S**
- **National Safe Routes to School Legislation**



Great Ideas!

- **Involve many different groups**
- **Classroom Involvement**
 - Journal Writing, Creating maps, Contests
- **Tailor program to meet needs of each community**
 - Young mentors, older neighborhood friends
 - Park and walk
 - Walking Wednesdays
- **Make it fun!**



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