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)

- Auto: 51%
- School Bus: 1%
- Walk: 31%
- Bicycle: 3%
- Other: 1%

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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• What is the problem?
• **Why is Walking and Bicycling to School Important?**
• What Can We Do?
• Discussion
Many reasons to do a Walk and Bicycle to School program:

- Increased independence
- Increased physical activity
- Improved pedestrian skills
- More social interaction
- Reduced fear of crime
- Decreased neighborhood/school traffic
- Community design
- Less reliance on automobile

More social interaction, Increased independence, Increased physical activity, Improved pedestrian skills, Many reasons to do a Walk and Bicycle to School program, Reduced fear of crime, Decreased neighborhood/school traffic, Community design, Less reliance on automobile.
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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
• 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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