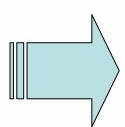


Safe Routes to School



Safe Routes to School goals

Where it's safe, get children walking and biking



Where it's not safe, plan for changes









Elements of SRTS programs

- Education
- Encouragement
- Enforcement
- Engineering
- Evaluation













Education

- Imparts safety skills
- Creates safety awareness
- Fosters life-long safety habits
- Includes parents, and other drivers



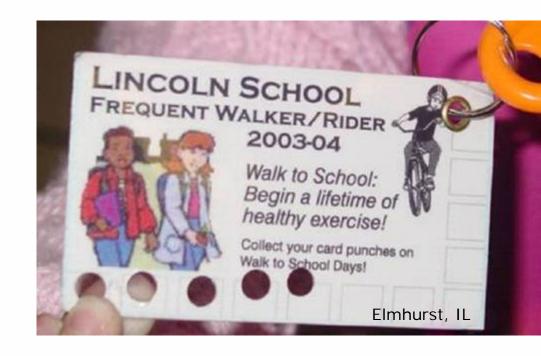






Encouragement

- Increases popularity of walking and bicycling
- Easy way to start SRTS programs
- Emphasizes fun







Enforcement

- Increases awareness of pedestrians and bicyclists
- Improves driver behavior
- Helps children follow traffic rules











Engineering

- Creates safer conditions for walking and bicycling
- Can influence the way people behave









Evaluation

SURVEY ABOUT WALKING AND BIKING TO SCHOOL - FOR PARENTS -									
Dear Parent or Carego	or.								
Your shield's school want	is to learn your thoughts about in	Name walking and bilding to achoos.							
This survey will take also	of 10 - 15 minutes to complete. V	We said that each family complete							
only one survey per sole	oxi your children attend. If more t	han one child from a school brings a							
survey home, please NF	out the survey for the child with t	er next birthday from today's date.							
After you have complete	of this survey, send it beat to the	school with your shill or give 2 to th							
beacher, Your response	will be kept confidential and neit	her your name nor your shill's nam							
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Is the program making a difference?







Barriers to walking and bicycling to school across the nation

Long distances 62%

30% Traffic danger

Adverse weather 19%

12% Fear of crime danger

Note: Sum of percentages is more than 100% because respondents could identify more than one barrier.

(CDC, 2005)

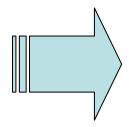
Barriers to walking and bicycling to school in Coventry

- Long distances 76%
- 47% Traffic danger
- 48% Lack of sidewalks
- 34% Lack of safe crossings

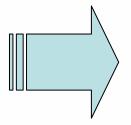
Note: Sum of percentages is more than 100% because respondents could identify more than one barrier.

(Coventry SRTS Parent Survey May 2011)

Unintended consequences of less walking and bicycling



For the environment



For individual health



Health: Physical inactivity



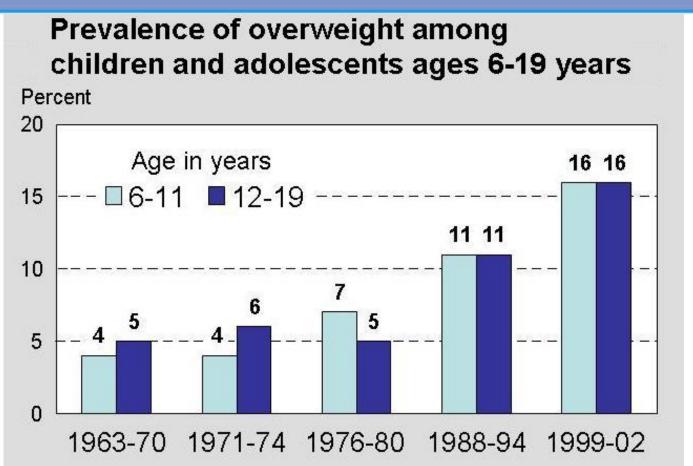
- Most kids aren't getting the physical activity they need
- Recommended 60 minutes on most, preferably all, days of the week

(US Depts. of Health and Human Services and Agriculture, 2005)





Health: U.S. youth overweight rates



NOTE: Excludes pregnant women starting with 1971-74. Pregnancy status not available for 1963-65 and 1966-70. Data for 1963-65 are for children 6-11 years of age; data for 1966-70 are for adolescents 12-17 years of age, not 12-19 years. SOURCE: CDC/NCHS, NHES and NHANES

(National Center for Health Statistics)







Health: Overweight children have an increased risk of...

- Type 2 Diabetes
- Low self esteem
- Decreased physical functioning
- Obesity in adulthood
- Many other negative emotional & physical effects

(Institute of Medicine, 2005)





Safe Routes to School programs are part of the solution...

Improve walking and bicycling conditions

Increase physical activity

Decrease air pollution





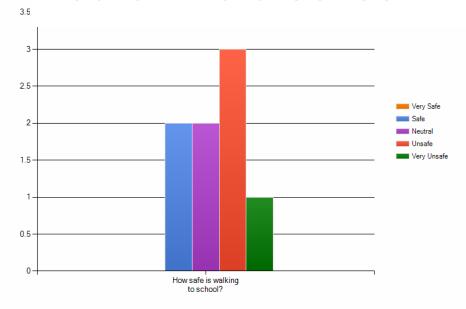


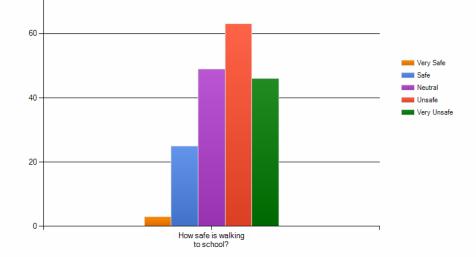
Parents' perception of walking and biking to school: Safety

May 2011 SRTS Parent Survey

Nathan Hale School

Robertson School





n = 8

n = 191

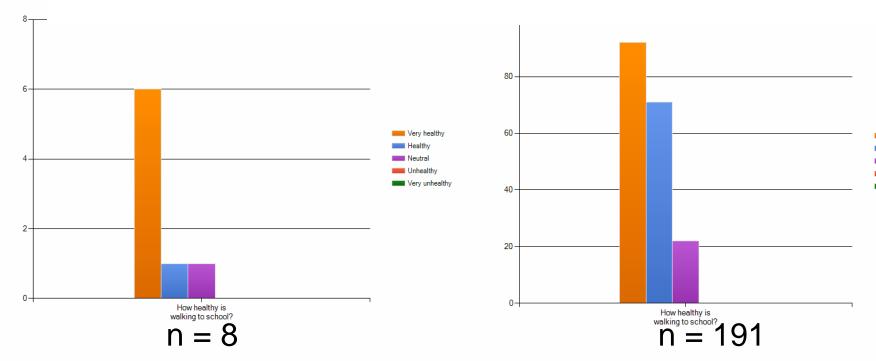


Parents' perception of walking and biking to school: Health

May 2011 SRTS Parent Survey

Nathan Hale School

Robertson School





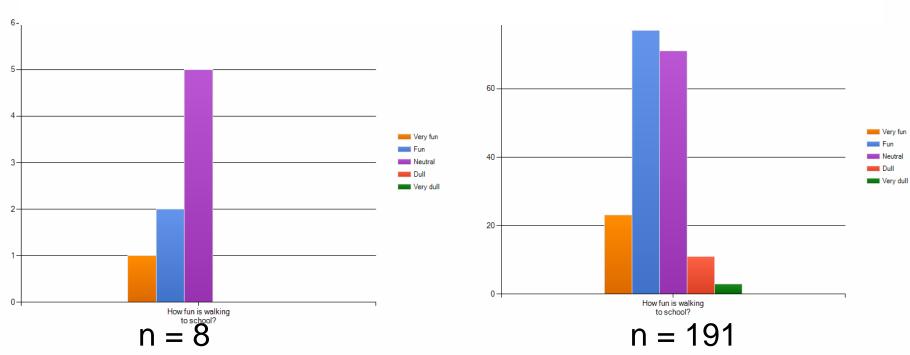


Parents' perception of walking and biking to school: Fun

May 2011 SRTS Parent Survey

Nathan Hale School

Robertson School







Children who walk or bike to school benefit...

- Arrive at school ready to learn
- Increases child's sense of freedom & independence
- Helps establish lifetime habits
- Teaches pedestrian and bicyclist skills
- Contributes to the recommended 60 minutes of physical activity each day





Coventry issues

- Lack of sidewalks or safe paths
- Heavy or fast automobile traffic
- Difficult crossings









Possible Solutions: 5 E's

- Engineering: Infrastructure like sidewalks & crossings
- Enforcement: Speed limits and rules of the road
- Education: Safe driving, biking & walking









Possible Solutions:

- Walking School Train
- WalkingWednesdays
- Crossing Guards
- Traffic Calming
- Pace Car Program







Children from neighborhoods or streets walk together to school, picking up additional walkers along the way.

- Parents can organize this in their neighborhood, and accompany children to school or to the main street
- Older children can provide the watchful eyes on the route to school
- Families can take turns or tag-team along the way to provide supervision, if needed.









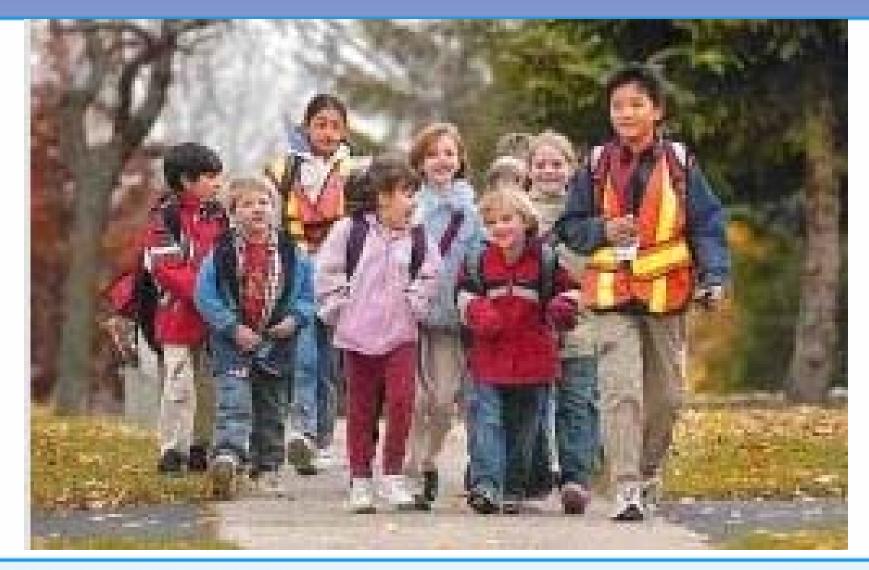














Enables all children to experience walking to school through a coordinated effort of the school, bus company, and parents:

- Children participate only with parental permission
- ➤ Busses operate on same schedule, but stop at an established location about ½ mile from school
- School staff meet students at stop and walk with them to the school



























Crossing Guards









Crossing Guards





Traffic Calming





Traffic Calming







Traffic Calming





Traffic Calming







Cross Walk Markings







Cross Walk Markings





Cross Walk Markings







Cross Walk Signs





Cross Walk Signs





Cross Walk Signs



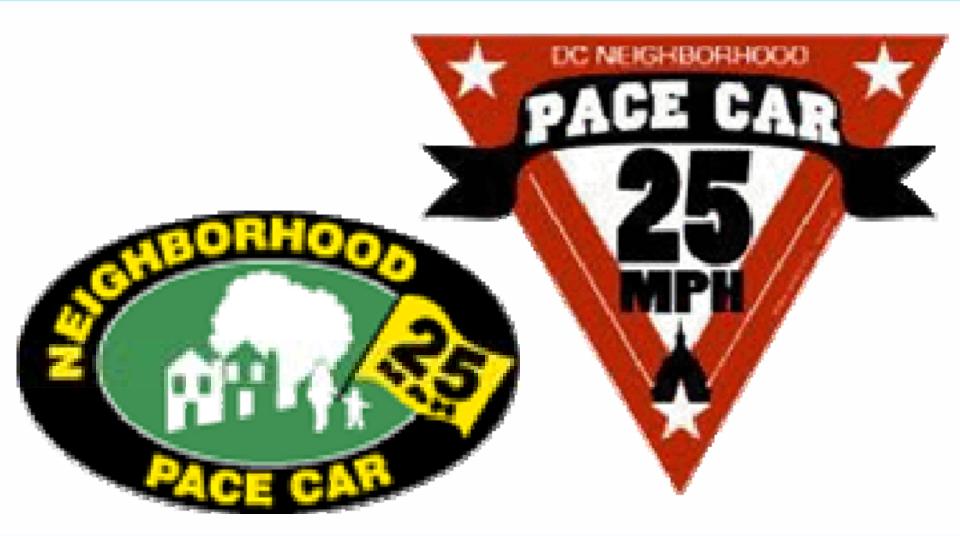




Neighborhood Pace Car Program

- ➤ Participants in the Neighborhood Pace Car Program attach stickers to their cars.
- > They help control speeds on neighborhood streets by driving the speed limit.
- The program has a simple premise: obey the law and respect your neighbors.

Neighborhood Pace Car Program





Neighborhood Pace Car Program









For more information

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Eastern Highlands Health District

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blooma@ehhd.org

