

Prevention First: School Health

Walk & Bike to School

Challenge: In 2009, only 13% of children walked and biked to school, compared to 48% thirty years ago¹ and the California childhood obesity rate is at 38%.² Walk to School and Bike to School programs aim to increase the number of children safely walking and biking to school. Additional benefits include:

- A reduction in traffic congestion.
- Increased opportunities for schools and parents to address concerns about personal and traffic safety.
- An increase in students learning walking and biking skills.
- More opportunities for children and families to enjoy walking in their community.

Objective: Increase physical activity for students through Walk and Bike to School efforts.

Our Commitment to School Health: Our Prevention First³ School Health's Safe Routes to School staff can provide professional development, training, and technical assistance to assist school districts and schools in the following areas:

- Implementing walking school buses, bicycle trains, school safety patrols and other SRTS activities to improve student safety and increase walking and biking to school.
- Conducting School Walkability/Bikeability Audits to assess and report on the school environment and identify safety concerns and barriers to students walking and biking to school.
- Working with Local School Wellness Policy committees to adopt Safe Routes to School language for the purposes of sustaining efforts over time.
- Promoting International Walk to School and Bike to School Day.

Contact Information and Emphasis:

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¹"How Children Get to School: School Travel Patterns from 1969 to 2009." *National Center for Safe Routes to School*. November 2011. Web. December 2014.

²Babey, Susan H., et al. "A Patchwork of Progress: Changes in Overweight and Obesity Among California 5th, 7th, and 9th Graders, 2005-2010." *UCLA Center for Health Policy Research and California Center for Public Health Advocacy*. November 2011. Web. December 2014.

*http://saferoutesinfo.org/sites/default/files/resources/NHTS_school_travel_report_2011_0.pdf

**<http://healthpolicy.ucla.edu/publications/Documents/PDF/PatchworkStudy.pdf>

