

The guide contains:

- **Step by Step:** Steps to guide you through organizing a **KidsWalk-to-School** program in your neighborhood
- **KidsWalk-to-School Tools:** Sample letters, surveys, evaluations, and press release forms
- **Safety Tips:** Walking, Biking, School Bus, and Stranger Danger Tips for Children
- **Having Fun:** Ideas to make walking to school an active and exciting part of a child's day

How can I get a copy of KidsWalk-to-School?

To obtain a copy of the **KidsWalk-to-School** guide, choose one of the following options:

Download from CDC Web site:

www.cdc.gov/nccdphp/dnpa/kidswalk.htm

Request by e-mail:

ccdinfo@cdc.gov

Call to request the guide:

1-888-CDC-4NRG



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KidsWalk-to-School

A Guide to Promote Walking to School



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Centers for Disease Control and Prevention

Remember when...

Remember when children walked and rode bikes everywhere—to school, their friends' houses, the park or the store—and parents seldom feared for their safety?

Unfortunately, young people today are not as free to walk and play outdoors because many of our communities have been designed to be convenient for cars, not for children.

Today, only about 1 out of every 10 trips to school are made by walking and bicycling. Of school trips one mile or less, a low 31% are made by walking; within two miles of school, just 2% are made by bicycling.

Sadly, this deprives neighborhoods of the activity and laughter of children walking and bicycling to and from school together.

Is there a solution?

Yes! **KidsWalk-to-School** is a program that aims to get children to walk and bicycle to and from school in groups accompanied by adults. This gives kids a chance to be more physically active, to practice safe pedestrian skills, and to learn more about their environment.

At the same time, **KidsWalk-to-School** encourages people to change their neighborhoods for the better, working together, to make walking a safe and enjoyable part of everyone's lives.

Who should use KidsWalk-to-School?

KidsWalk-to-School is for anyone who wants to make traveling to and from school a safe, active, and enjoyable part of children's lives again. The program is great for neighborhoods that have an elementary school within walking distance—usually within a mile. But the **KidsWalk-to-School** program can also be adapted for children of all ages, those who live in neighborhoods further from the school, and those living in neighborhoods without safe walking routes.

Why is it important for children to walk to school?

Kids today don't have as many opportunities to be physically active as they once did.

Most schools do not have physical education classes every day, and many elementary schools are removing recess from the daily schedule. At home, today's children have a wider variety of television programs and video games to entertain them.

These realities have contributed to fewer kids getting regular physical activity and may be contributing to a growing number of overweight children, which has increased by 63% over the past 30 years.

Is KidsWalk-to-School just for children?

No. Participating in **KidsWalk-to-School** is good for the whole neighborhood, not just for children. Here are some of the benefits you may not have thought of:

- Children and adults in the neighborhood get more physical activity.
- Fewer people driving means less traffic in and around homes and schools.
- Crimes are less likely to happen when more people are outside keeping an eye on their neighborhood.
- Neighbors have more chances to get to know each other and become friends.

What can you do?

- Get together with your neighbors to bring back the days when children traveled safely through their neighborhoods.
- Use the **KidsWalk-to-School** guide to help you develop your program. Get into action and walk with a child on the path to better health for you, your children, and your community!

