

RESOURCES

The following resources may be helpful in developing your KidsWalk-to-School program.

RESOURCES TO PROMOTE PHYSICAL ACTIVITY

**Centers for Disease Control and Prevention
National Center for Chronic Disease Prevention and Health Promotion
(NCCDPHP)
4770 Buford Highway, NE
Atlanta, GA 30341-3717
Web site: www.cdc.gov/nccdphp**

The NCCDPHP strives to enable all people in an increasingly diverse society to lead long, healthy, and satisfying lives. To accomplish this, the NCCDPHP is in partnership with health and education agencies, major voluntary associations, the private sector, and other federal agencies.

**Division of Nutrition and Physical Activity (DNPA)
Web site: www.cdc.gov/nccdphp/dnpa**

The DNPA concentrates on conducting research, evaluating current programs, and creating new programs in the area of physical activity and nutrition.

**ACES: Active Community Environments Initiative
Web site: www.cdc.gov/nccdphp/dnpa/aces.htm**

This initiative is a CDC-sponsored initiative to promote walking, bicycling, and the development of accessible recreation facilities.

**American Heart Association
7272 Greenville Avenue
Dallas, TX 75231
Telephone: 800-AHA-USA1
Web site: www.americanheart.org**

The American Heart Association provides people with education and information on fighting heart disease and stroke. The Web page has a great section devoted to physical activity in your daily life. The Web site provides facts, tips, and recommendations to maintain a healthy lifestyle, including information on the benefits of physical activity and tips to parents for heart healthy children. Visit www.justmove.org for your own personal online physical activity diary.

National Association for Health & Fitness—the Network of State and Governor’s Councils (NAHF)
201 South Capitol Avenue, Suite 560
Indianapolis, IN 46225
Telephone: 317-237-5630
Web site: www.physicalfitness.org

NAHF is a nonprofit organization whose goal is to improve the quality of life for individuals in the United States by promoting physical fitness, sports, and healthy lifestyles.

National Coalition for Promoting Physical Activity
401 W. Michigan Street
Indianapolis, IN 46202
Telephone: 317-637-0349
Web site: www.ncppa.org

The National Coalition for Promoting Physical Activity unites the strengths of public, private, and industry efforts into a collaborative partnership to inspire Americans to lead physically active lifestyles to enhance their health and quality of life.

Shape Up America!
6707 Democracy Boulevard
Suite 306
Bethesda, MD 20817
Web site: www.shapeup.org

The goal of Shape Up America! is to educate the public about the importance of achieving a healthy body weight through physical activity and healthy eating. Visit the Web site for some great resources to help you achieve and maintain a healthy weight, including an online guide to healthy eating and how to balance the food you eat with physical activity, an online fitness center, and a motivation and support center.

RESOURCES TO PROMOTE PEDESTRIAN AND BICYCLE SAFETY

Canadian Tire Child Protection Foundation
P.O. Box 770, Station K
Toronto, ON M4P 2V8
Canada
Telephone: 800-748-8903
Fax: 416-487-6524

The Canadian Tire Child Protection Foundation produces *Kidestrians: Practicing Traffic Safety with Kids*, a great resource for teaching and practicing pedestrian safety with your children. This easy-to-follow booklet presents simple activities you can do with your children to reinforce and help them understand pedestrian rules.

Centers for Disease Control & Prevention
National Center for Injury Prevention and Control (NCIPC)
4770 Buford Highway, NE
Atlanta, GA 30341-3717
Web site: www.cdc.gov/ncipc

The NCIPC works closely with other federal agencies; national, state, and local organizations; state and local health departments; and research institutions to reduce injury, disability, death, and costs associated with injuries outside the workplace.

The Bike Hub
National Bicycle Safety
Web site: www.cdc.gov/ncipc/bike/default.htm

The National Center for Injury Prevention and Control developed the Bike Hub organization. The mission of this organization is to reduce the number of bicycle injuries by promoting bicycle safety.

National Highway Traffic Safety Administration (NHTSA)
Traffic Safety Programs
400 Seventh Street, SW
Washington, DC 20590
Telephone: 202-366-0910
Web site: www.nhtsa.dot.gov

NHTSA, part of the U.S. Department of Transportation, was established by the Highway Safety Act of 1970 and is responsible for reducing deaths, injuries, and economic losses resulting from motor vehicle crashes. This organization also conducts research on driver behavior and traffic safety in order to develop the most efficient and effective means of bringing about safety improvements. Materials are available on pedestrian, bicycle, and school-bus safety. Spanish language materials on pedestrian safety have been developed.

The National SAFE KIDS Campaign
1301 Pennsylvania Ave, NW, Suite 1000
Washington, DC 20004-1707
Telephone: 202-662-0600
Fax: 202-393-2072
Web site: www.safekids.org

The National SAFE KIDS Campaign works through grassroots coalitions to educate and empower communities to protect children from unintentional injury. Contact SAFE KIDS to get involved in a SAFE KIDS coalition in your area.

National Safety Council
1121 Spring Lake Drive
Itasca, IL 60143-3201
Telephone: 630-285-1121
Fax: 630-285-1315
Web site: www.nsc.org/library.htm

The National Safety Council is a membership organization dedicated to protecting life and promoting health. Through their Web site, access the Fact Sheet Library on many safety, health, and environmental topics. Get the latest statistics from their *Accident Facts* publication.

The University of North Carolina Highway Safety Research Center (HSRC)
730 Airport Road, Suite 300
Campus Box 3430
Chapel Hill, NC 27599-3430
Web site: www.hsrc.unc.edu

The HSRC is a great resource on child pedestrian safety. Visit their Web site for more information on their child pedestrian safety series and the National and International Walk Our Children to School Day at www.walktoschool-usa.org; www.iwalktoschool.org.

RESOURCES TO PROMOTE HEALTHY ENVIRONMENTS

Centers for Disease Control and Prevention
National Center for Environmental Health (NCEH)
4770 Buford Highway, NE
Atlanta, GA 30341-3717
Web site: www.cdc.gov/nceh/ncehome.htm

NCEH investigates the effects of the environment on health. They are especially committed to safeguarding the health of populations that are particularly vulnerable to certain environmental hazards—children, the elderly, and people with disabilities. NCEH responds to environmental emergencies, educates and trains various audiences, and develops standards and guidelines to help formulate public policy. Check out the kid's site for a great resource for children, www.cdc.gov/nceh/kids/99Kidsday.

Earth Force
1908 Mount Vernon, 2nd Floor
Alexandria, VA 22301
Telephone: 703-299-940
Web site: www.earthforce.org

Earth Force is a national, nonprofit organization that is youth driven and nonpartisan. Its vision is to build the most effective program to help young people aged 10–14 years, and improve the environment through developing citizenship skills and addressing real environmental issues in their communities and nation.

Environmental Working Group (EWG)
1718 Connecticut Avenue, NW, Suite 600
Washington, DC 20009
Telephone: 202-667-6982
Web site: www.ewg.org

Visit the EWG Web site to obtain a copy of the *Mean Streets Report* and many other EWG publications.

Greenest City Project
244 Gerrard Street, Main Floor
Toronto, ON M5A 2G2
Canada
Telephone: 416-922-7626
Fax: 416-922-7636
Web site: www.greenestcity.org

Greenest City works with Toronto's diverse communities to take action to improve air quality, better the health of residents, regenerate urban life, and reduce greenhouse gases.

The American Lung Association
1740 Broadway
New York, NY 10019
Telephone: 212-315-8700
Web site: www.lungusa.org

The American Lung Association provides fact sheets and information on air pollution, how it affects your health, and how to protect yourself and your children.

RESOURCES TO PROMOTE CRIME PREVENTION

The National Center for Missing and Exploited Children (NCMEC)
2101 Wilson Boulevard, Suite 550
Arlington, VA 22201-3077
Telephone: 703-235-3900
Fax: 703-235-4067
24-hour Hotline: 800-THE-LOST (800-843-5678)
Web site: www.missingkids.com

As the nation's resource center for child protection, NCMEC spearheads national efforts to locate and recover missing children and raises public awareness about ways to prevent child abduction, molestation, and sexual exploitation.

National Crime Prevention Council
1000 Connecticut Ave., NW, 13th Floor
Washington, DC 20036
Telephone: 202-466-6272
Fax: 202-296-1356
Web site: www.ncpc.org

Prevention Council is a national nonprofit organization. Its mission is to help America prevent crime and build safer, stronger communities. You can explore their On-Line Resource Center for useful information about crime prevention, community building, comprehensive planning, and fun stuff for kids. This site is also available in Spanish.

RESOURCES TO PROMOTE/SUPPORT WALKING AND BIKING

America WALKs
P.O. Box 29103
Portland, OR 97210
Telephone: 503-222-1077
Fax: 503-228-0289
Web site: www.webwalking.com/amwalks

America WALKs provides a support network for local pedestrian advocacy groups. They offer advice about how to get started and how to be effective with public officials and engineering and design professionals. Visit their Web site, call, or write to find a local pedestrian organization that may be willing to assist your efforts.

Bikes Belong
1368 Beacon Street
Brookline, MA 02446-2800
Telephone: 617-734-2800
Fax: 617-734-2810
Web site: www.BikesBelong.org

Bikes Belong seeks to assist local organizations, agencies, and citizens in developing bicycle facilities projects funded by TEA-21 (Transportation Equity Act for the 21st Century). Visit their Web site, write, or call to receive a copy of the *Guide to Bicycle Advocacy*.

League of American Bicyclists
1612 K Street, NW, Suite 401
Washington, DC 20006
Telephone: 202-822-1333
Fax: 202-822-1334
Web site: www.bikeleague.org

The League of American Bicyclists fights for the rights of bicyclists through an aggressive national advocacy program, promotes bicycling for recreation and transportation, and increases bicycle safety and awareness by educating bicyclists and other road users. This organization also has small cards that have the rules for bicycling for kids. These may be beneficial to hand out to walk-to-school groups.

Partnership for a Walkable America
National Safety Council
1121 Spring Lake Drive
Itasca, IL 60143-3201
Telephone: 630-285-1121
Fax: 630-285-1315
Web site: www.nsc.org/walkable.htm

The Partnership for a Walkable America is an alliance of public organizations, private organizations, and individuals who are committed to promoting the changes needed to make it easier and safer for Americans to walk. The Partnership for a Walkable America developed a walkability checklist, and they sponsor the National Walk Our Children to School Day. They can provide information about the event, which is always held on the Wednesday of the first full week in October.

Pedestrians Educating Drivers on Safety (PEDS) — Atlanta
1447 Peachtree Street, Suite 801
Atlanta, GA 30309
Telephone: 404-873-5667
Web site: www.peds.org

PEDS provides workshops, presentations, and technical advice to transportation professionals, neighborhoods, businesses, and local governments to increase awareness of pedestrian safety issues in Atlanta.

National Center for Bicycling and Walking
1506 21st Street, NW, Suite 200
Washington, DC 20036
Fax: 202-463-6625
Web site: www.bikefed.org

The National Center for Bicycling and Walking's Internet Resource Center is an electronic information center for bicycle and pedestrian advocates, practitioners, public officials, and interested citizens.

WalkBoston
156 Milk Street
Boston, MA 02109
Telephone: 617-451-1570
Fax: 617-451-6475
Web site: www.walkboston.org

WalkBoston is a nonprofit advocacy group that promotes walking for transportation and recreation. Its mission is to create and preserve walkable, livable communities through education and advocacy. Write to or call WalkBoston to receive a copy of *Improving Pedestrian Access to Transit: An Advocacy Handbook* for \$6.

RESOURCES TO PROMOTE THE DESIGN OF HEALTHY, WALKABLE COMMUNITIES

Coalition for Healthier Communities and Cities
2119 Mapleton Avenue
Boulder, CO 80304
Telephone: 303-444-3366
Fax: 303-444-1001
Web site: www.healthycommunities.org

The Coalition for Healthier Communities and Cities is designed to engage citizens and organizations nationwide in dialogues leading to action on what works for building healthier communities.

The Center for Livable Communities
Local Government Commission
1414 K Street, Suite 250
Sacramento, CA 95814
Telephone: 916-448-1198
Fax: 916-448-8246
Center Hotline: 800-290-8202
Web site: www.lgc.org

The Center for Livable Communities helps local governments and community leaders be proactive in their land use and transportation planning and adopt programs and policies that lead to more livable and resource-efficient land use patterns.

Center for Neighborhood Technology
2125 West North Avenue
Chicago, IL 60647
Telephone: 773-278-4800
Web site: www.cnt.org

The Center for Neighborhood Technology promotes public policies, new resources, and accountable authority that support sustainable, just, and vital urban communities.

Rails-to-Trails Conservancy
1100 17th Street, NW, 10th Floor
Washington, DC 20036
Telephone: 202-331-9696
Fax: 202-331-9680
Web site: www.railstrails.org

Rails-to-Trails Conservancy is a group focused on enriching America's communities and countryside by creating a nationwide network of public trails from former rail lines and connecting corridors. Visit their Web site, call, or write to obtain fact sheets and find out ways that you can make a difference.

Surface Transportation Policy Project

1100 17th Street, NW, 10th floor

Washington, DC 20036

Telephone: 202-466-2636

Fax: 202-466-2247

Web site: www.transact.org

Web site: www.tea21.org

The Surface Transportation Policy Project is a national coalition of grassroots and national organizations that advocates balanced transportation policy. The Transportation and Quality of Life Campaign seeks to educate the public and decision makers about how transportation choices affect our quality of life.

Urban Land Institute (ULI)

1025 Thomas Jefferson Street, NW, Suite 500, West

Washington, DC 20007-5201

Telephone: 202-624-7000

Fax: 202-624-7140

Web site: www.uli.org

ULI encourages the exchange of ideas and experience among its 14,000 members in 52 countries, initiates research on emerging land use trends, and provides advisory services, educational programs, and publications on policy and practice.

Walkable Communities, Inc.

320 South Main Street

High Springs, FL 32643

Telephone: 904-454-3304

Fax: 904-454-3306

Web site: www.walkable.org

Walkable Communities, Inc. is a nonprofit corporation that assists communities to become more walkable and pedestrian friendly. They offer resources such as presentations, publications, slide sets, walkable audits (to help determine specific problems and solutions), training courses, workshops, planning and visioning charrettes to facilitate community planning efforts, and meditation in community disputes over planning issues.

OTHER RESOURCES

American Automobile Association (AAA) Foundation for Traffic Safety

1440 New York Avenue, NW, Suite 201

Washington, DC 20005

Telephone: 202-638-5944

Fax: 202-638-5943

Web site: www.aafts.org

The AAA Foundation for Traffic Safety provides information on research, traffic safety resources, and informational newsletters.

American Cancer Society
1599 Clifton Road, NE
Atlanta, GA 30329
Telephone: 800-ACS-2345
Web site: www.cancer.org

The American Cancer Society promotes and offers free resources on the importance of a healthy diet and exercise program to improve health and reduce cancer risks.

Federal Highway Administration (FHWA)
400 7th Street, SW
Washington, DC 20590
Web site: www.fhwa.dot.gov

The FHWA provides proactive leadership, expertise, resources, and information to continually improve the quality of our nation's highway system and its intermodal connections. FHWA undertakes this mission in cooperation with partners to enhance the country's economic vitality, quality of life, and the environment.

National Civic League (NCL)
1445 Market Street, #300
Denver, CO 80202-1728
Telephone: 303-571-4343
Fax: 303-571-4404
Web site: www.ncl.org/ncl/index.htm

NCL works directly with communities to foster cross-sector collaboration and grassroots problem solving. NCL offers speeches and presentations on the healthy communities movement and training in healthy communities principles, skills, and tools; facilitates long-term healthy communities initiatives; and serves as a liaison to a national network of healthy communities innovators at the local, state, and national levels.

ORGANIZATIONS THAT PROMOTE WALK-TO-SCHOOL PROGRAMS

City of Chicago Walking School Bus Program
City of Chicago Department of Transportation
30 North LaSalle Street, #400
Chicago, IL 60602
Telephone: 312-742-2755
Fax: 312-744-8511

The City of Chicago Walking School Bus Program is designed to reclaim neighborhood streets as safe and livable places for children. Parents and caregivers are organized into groups to escort children to and from school. The program involves 450,000 public school students at 600 schools and is implemented through Chicago's Alternative Policing Strategy Program (CAPS).

Go for Green
30 Stewart Street
Ottawa, ON K1N 6N5
Canada
Telephone: 613-562-5336
Fax: 613-562-5314
Web site: www.goforgreen.ca

Go for Green is the Active Living & Environment Program, whose mission is to encourage outdoor physical activity that protects, enhances, or restores the environment. Go for Green involves community-driven solutions that make a positive contribution to Canadian society. This Web site, which is available in English and French, describes Active & Safe Routes to School and compiles success stories, resources, publications, and case studies of the program.

Sustrans
Head Office
35 King Street, Bristol BS1 4DZ
England
Telephone: 0117-926-8893
Fax: 0117-929-4173
Web site: www.sustrans.org.uk/

Sustrans' goal is to encourage people to walk and cycle more in order to reduce motor traffic and its adverse effects. One project that is promoted is Safe Routes to Schools, which is designed to enable and encourage children to cycle and walk to school by improving street design, calming traffic, creating traffic-free spaces, and linking with the National Cycle Network.

United Kingdom National Walk To School Program
c/o Road Safety Section
Dorset County Council
County Hall
Dorchester, Dorset
DT1 1XJ - England
Telephone: (01305) 224680
Fax: (01305) 224771
Web site: www.walktoschool.org.uk
E-mail: walktoschool@dorset-cc.gov.uk

The UK's National Walk To School Web site is hosted by the Dorset County Council on behalf of Travelwise UK, The Pedestrians Association UK, and the Local Authority Road Safety Officers Association. These three organizations are the joint promoters of the walk to school campaign in the United Kingdom. Its main objectives are to encourage and promote accompanied walking to school on a regular basis, as a viable, safe, healthy alternative to the car. The interactive Web site contains pages of innovative ideas for teachers, parents and children as well as details of the latest Government initiatives and a comprehensive useful contact list.

WAY TO GO! School Program
3538 West 24th Avenue
Vancouver, BC V6S 1L4
Canada
Telephone: 604-732-1511
Fax: 604-733-0711
Web site: www.waytogo.icbc.bc.ca

WAY TO GO! is a step-by-step guide to developing and implementing a walk-to-school program in your school community. The guide includes model forms to help organize the project and communicate your plans to the school community. It also lists resources to educate your project team and school community about the environment, safety, and health reasons for reducing the use of cars.