

Walking and Bicycling to School: Community Presentation 508

Slide 1:

Text: Walking and Bicycling to School Programs: Community Presentation, Department of Health and Human Services, Centers for Disease Control and Prevention

Graphics: KidsWalk-to-School logo, Max walking to school and waving; CDC logo and DHHS logo

Slide 2:

Text:

- What is the problem?
- Why is Walking and Bicycling to School Important?
- What Can We Do?
- Discussion

Graphics: Photo of 3 children with backpacks on walking on a sidewalk

Slide 3:

Text: Barriers to walking and bicycling to school

- Community Design
- Safety
- Time and Convenience

Graphics: Several different groups of parents and children crossing the street mid-block at the direction of a crossing guard

Slide 4:

Text: Far More Children Ride in a Car or School Bus to School than Walk or Bicycle (trips 1 mile or less)

Graphics: Pie Graph

Trips to school 1 mile or less

51% Auto

14% School Bus

31% Walk

3% Bike

1% Other

Calculations from the 1995 *Nationwide Personal Transportation Survey*. US Department of Transportation, Federal Highway Administration, unpublished data, 2000.

Slide 5:

Text: 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.

Slide 6:

Text:

- What is the problem?
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Graphics: Photo of 2 moms (1 pushing a toddler in a stroller and 1 carrying an infant) walking with 3 children carrying backpacks on a sidewalk in front of a school

Slide 7:

Text: Many reasons to do a Walk and Bicycle to School Program

- Increased Physical Activity
- Improved pedestrian safety
- Community design
- Less reliance on automobile
- Decreased neighborhood/school traffic
- Reduced fear of crime
- More social interaction
- Increased independence

Slide 8:

Text:

- What is the problem?
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Graphics: Photo of crossing guard holding stop sign and standing beside 3 children carrying backpacks in a crosswalk.

Slide 9:

Text: 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

Slide 10:

Text: International Walk to School Day, www.walktoschool.org,
www.iwalktoschool.org

Graphics: International Walk to School Day logo and photo of 2 children holding American flags and a drawing of the globe

Slide 11:

Text: CDC's KidsWalk-to-School

- Increase daily physical activity of children
- Improve pedestrian safety
- Educate and empower communities to create safe routes to school

Graphics: Photo of mom carrying a sign that says Children Walking, Slow Down walking on a sidewalk with 2 other moms and 8 children carrying backpacks (one of the children is walking a dog and one of the children is carrying a sign that says Walk to School It's Cool)

Slide 12:

Text: 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/dnpa/kidswalk
ccdinfo@cdc.gov
1-888-CDC-4NRG

Graphics: Photo of the cover of the KidsWalk-to-School Guide and photo of the KidsWalk-to-School Brochure cover.

Slide 13:

Text: 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

Graphics: Photo of two parents and two children riding bicycles and photo of father and daughter walking to school

Slide 14:

Text: 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!

Graphics: Photo of a collage of walk to school drawings from children, photo of children working on drawing a banner for Walk to School Day, and photo of college students walking to school with children.

Slide 15:

Text:

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Graphics: Photo of children carrying backpacks walking away from the camera.