

KidsWalk-to-School Programs: Train the Trainer Presentation 508

Slide 1:

Text: Walking and Bicycling to School Programs: Train the Trainer 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: Walking and Bicycling to School: Presentation Outline

- What is the problem?
- What are some solutions?
- Benefits of Walking and Bicycling to School
- What Can You Do?
- National Level Support

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

Slide 3:

Text: Trips to School By Distance and Mode, Youth Ages 5-15 (1995)

Graphics: Bar chart

Trips to school 1 mile or less

51% Auto

14% School Bus

31% Walk

3% Bike

1% Other

Trips to school between 1 and 2 miles:

50% Auto

41% School Bus

5% Walk

1% Bike

3% Other

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 US Department of Transportation, Federal Highway Administration, unpublished data, 2000.

Slide 4:

Text: Reported Barriers to Walking and Biking to School, HealthStyles Survey (1999)

Graphics:

50% of Respondents said Distance

40% of Respondents said Traffic

26% of Respondents said Other
24% of Respondents said Weather
18% of Respondents said Crime
7% of Respondents said School Policy
16% of Respondents said No Barriers

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:

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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: Ways to get Kids Walking and Bicycling to School

- Safe Routes to School: To identify and create safe routes to school for walking and bicycling
- Walking School Bus: To encourage children to walk to school in groups accompanied by adults

Slide 8:

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 9:

Text: Walking and Bicycling to School: Presentation Outline

- 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 10:

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 11:

Text: Walking and Bicycling to School: Presentation Outline

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Graphics: Photo of mom carrying a sign that says Children Walking, Slow Down walking on a sidewalk with 5 children carrying backpacks (one of the children is walking a dog)

Slide 12:

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 13:

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 the cover of the KidsWalk-to-School guidebook

Slide 14:

Text: KidsWalk-to-School, www.cdc.gov/nccdphp/dnpa/kidswalk

- Download guide, fact sheet, brochure, and video of Surgeon General
- Download Community Presentation

Graphics: Backdrop of the KidsWalk-to-School WegPage.

Slide 15:

Text: Safe Routes to School (SR2S) Legislation

- California, 1999 www.dot.ca.gov/hq/LocalPrograms/ (click Safe Routes to School)
 - \$20 Million/year until January 2005
 - Traffic calming, crosswalks, sidewalks, bike lanes in and around schools
 - Texas, 2002 www.SafeRoutesTexas.org
 - \$3 Million/year first year
 - Other states are working on similar SR2S Legislation
 - National SR2S Legislation
- Graphics:** KidsWalk-to-School logo, Max

Slide 16:

Text: Find out about other programs in the United States

- Download *The Summary of 2002 Safe Routes to School Programs in the United States* at www.transact.org
- Visit the CDC's State-based Physical Activity Program Directory
<http://apps.nccd.cdc.gov/DNPAProg/>
- Find out who participated in Walk to School Day at www.walktoschool.org

Slide 17:

Text: Build State Level Partnerships

- FHWA State Bicycle and Pedestrian Coordinator
www.fhwa.dot.gov/environment/bikeped/bipedcor.htm
- State Department of Education
- State PTA www.pta.prg/ptacommunity/index.asp
- State Police Department: Community Policing
- Rivers, Trails, and Conservation Assistance (RTCA)
http://www.nps.gov/rtca/contactus/cu_offices.html
- Other State Physical Activity Contacts

Slide 18:

Text: Look into Funding Possibilities

- Surface Transportation Program (STP)
 - Transportation Enhancement Activities (TEA)
 - Hazard Elimination
- Congestion Mitigation & Air Quality Improvement Program (CMAQ)
- Recreational Trails Program
- Safe Routes to School Legislation
- National Safe Kids, Walk This Way
<http://www.fhwa.dot.gov/environment/bikeped/bp-broch.htm#funding>

Slide 19:

Text: Gather State Data

- Obesity/Overweight www.cdc.gov/nccdphp/dnpa/obesity/trend/prev_reg.htm

- Physical Inactivity www.cdc.gov/nccdphp/dash/yrbs/
- Cardiovascular Diseases <http://apps.nccd.cdc.gov/BurdenBook/index.asp>
- Air Quality www.epa.gov/airnow/
- Diabetes www.cdc.gov/diabetes/statistics/index.htm

Slide 20:

Text: Promote Walking and Bicycling to School

- Speak at conferences
- Facilitate teleconferences
- Conduct workshops
- Seek funding for mini-grants
- Create news releases & media events

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

Slide 22:

Text: Surveys show that voters would support using Local, State, & Federal Funds...

54% for more bike paths

61% for more sidewalks

72% for mandatory sidewalks in new developments

70% to help ensure the safety of children to walk or ride bicycles to school

Source: EPA/CDC:Greenstyles Survey; Healthstyles 2000

Slide 23:

Text: “Enable communities to develop and promote the use of safe, well-maintained, and close-to-home sidewalks, crosswalks, bicycle paths, trails, parks, recreational facilities, and community designs featuring mixed-use development and a connected grid of streets.”

A Report to the President from the Secretary of Health and Human Services and the Secretary of Education, Fall 2000.

Slide 24:

Text: Healthy People 2010 Objectives

22.12 Increase the proportion of children’s trips to school \leq 1 mile made by walking from 31% to 50%.

22.15 Increase the proportion of children’s trips to school \leq 2 miles made by bicycling from 2.4% to 5.0%.

Slide 25:

Text: Pedestrian and Bicycle safety Resources

- National Strategies for Advancing Child Pedestrian Safety
www.cdc.gov/ncipc/pedestrian/
- National Strategies for Advancing Bicycle Safety
www.cdc.gov/ncipc/bike/call_to_action.htm
- Getting to School Safely* - NHTSA
www.nhtsa.dot.gov/people/injury/buses/GTSS/toc.html

Slide 26:

Text: Pedestrian and Bicycle Resources

Advocacy

- National Center for Bicycling and Walking www.bikefed.org
 - League of American Bicyclists www.bikeleague.org
- Information
- Pedestrian and Bicycle Information Center
www.walkinginfo.org
www.bicyclinginfo.org

Slide 27:

Text: Additional Resources

- What can you do About Air Pollution?
www.epa.gov/otag/18-youdo.htm
- No Idling Project www.greenestcity.org/indexwsd.html
- TEA-3 www.tea3.org

Slide 28:

Text: Pointers to Keep in Mind

- Build partnerships
- Be prepared for initial resistance
- Safety is the #1 priority
- There is a solution to every problem
- Community Design changes may take time and be expensive
- Start small

Graphics; KidsWalk-to-School logo, Max