As featured in CDC’s Hi-5 Initiative
Getting Going with Safe Routes to School

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About the National Partnership

We are a nonprofit organization that advances safe walking and bicycling to and from schools, improves the health and wellbeing of kids of all races, income levels and abilities, and fosters the creation of healthy communities for everyone.
What We Do

• Create support for safe, healthy, active neighborhoods
• Support partners in policy change
• Advance equity
• Share expertise as we learn from the field
What Is Safe Routes to School?
Did you walk or bike to school when you were a kid? What about your kids (or the kids of friends or family)?
In 1969, nearly 50% of all children walked or bicycled to school.

As of 2009, just 13% of today’s children walk or bicycle to school.
Safe Routes to School means taking steps so that students can safely get to school by foot or bicycle.
The 6 E’s of Safe Routes to School

Comprehensive approach to get kids to safely walk and bike to school

- Education
- Encouragement
- Engineering
- Enforcement
- Evaluation
- Equity
Safe Routes to School Now

• 17,000 schools
• More than $1.2 billion in federal money
• With 6.8 million students having benefited, Safe Routes to School is increasingly familiar
Why Does Safe Routes to School Matter?
Safe Routes to School increases physical activity for kids
Walking & Biking to School

Increase Physical Activity

- Kids who walk and bike are more physically active, fitter, & have lower BMIs than kids who don’t

Safe Routes to School Initiatives Work

- Safe Routes to School programming led to 31% increase over 5 years
- Infrastructure improvements led to an average 18% increase
- Comprehensive multiyear approaches led to 43% increases in walking and bicycling to school
Safe Routes to School improves safety from collisions
Safe Routes to School infrastructure improvements increase safety

- 45% decrease in injuries to kids
- 75% decrease in overall pedestrian injuries
Research shows that children of African American heritage are 2x as likely to be killed while walking, children of Latino heritage are 40% more likely, and children of White heritage are the least likely to be killed while walking. (Source: Dangerous by Design, 2011)
Research shows

**Communities with Sidewalks**

- **high income**: 90%
- **low income**: 49%

**Who Has Streets with Lighting?**

- **high-income communities**: 75%
- **low-income communities**: 51%

Safe Routes to School can increase safety and equity for kids, through focusing programs & infrastructure improvements in underinvested communities.
Safe Routes to School is a great first step toward a more walkable, bikeable community for everyone.
Walking the Walk: How to Build Successful Safe Routes to School Initiatives
Getting Started

• **What**: Getting kids walking with walk to school day or walking school buses

• **Who**: Parents, health departments, school staff, or others

• **How**: No formula, but two basic approaches to getting started:
  • Jumping in with a small volunteer led pilot
  • Doing rigorous planning & kicking off with a larger effort
Starting a Walking School Bus

• Walking school buses are a core element of strong K-5 encouragement program
• Five steps to starting a walking school bus
Collaboration is essential for Safe Routes to School

- Community groups
- Families
- Public works
- Transportation dept
- Planning
- Public health
- Teachers & principals
- School district
- Law enforcement
Making Strides: State Report Cards

Snapshot of how supportive each state is of walking, bicycling, and physical activity for children and adults.

Contains:
• Research on why physical activity, walking and bicycling matter
• Explanation of the scoring, indicators and core topic areas
• The report cards themselves
Resources

www.saferoutespartnership.org/publications
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