

# MAKING STRIDES 2









#### STATE REPORT CARDS

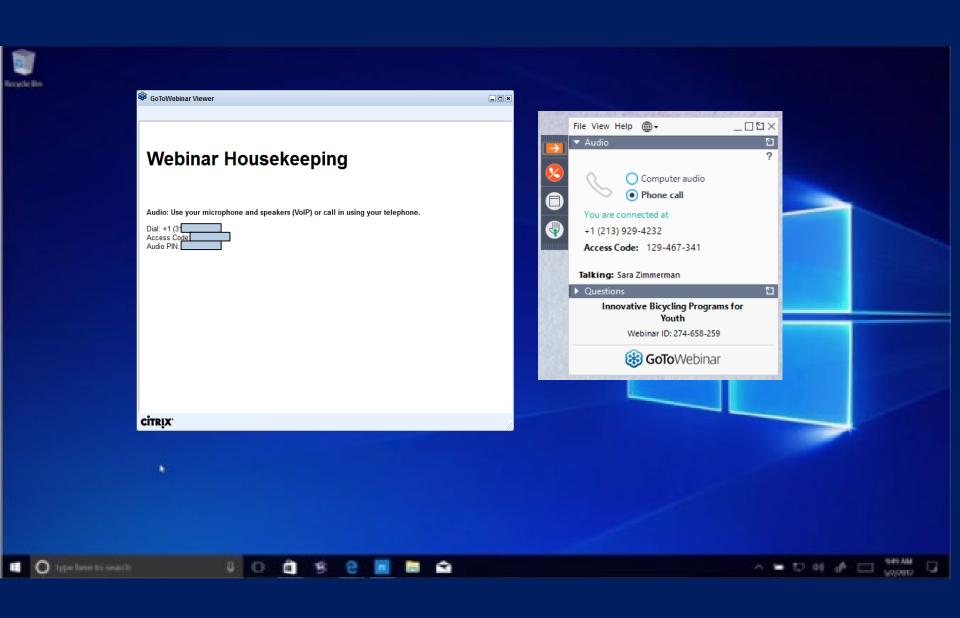
on Support for Walking, Bicycling, and Active Kids and Communities

# Making Strides 2020: A Look at Our State Report Cards

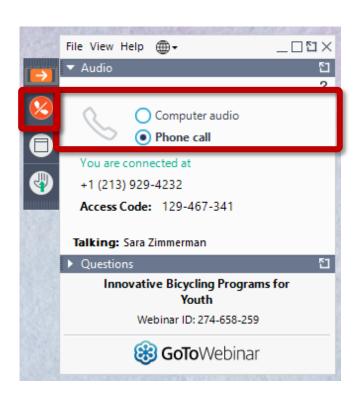
July 9, 2020





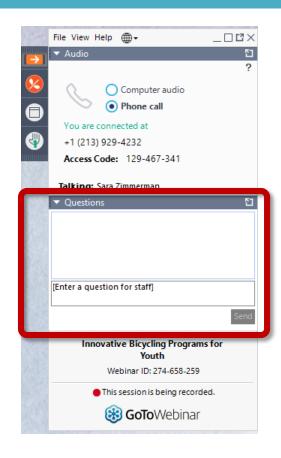


## **AUDIO CONTROLS**





## HAVE A QUESTION?



#### **QUESTIONS & COMMENTS**

Submit your text questions and comments using the Questions Panel



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#### **Webinars**

One of the great ways that we love to share resources and expertise is through our regular webinars. Our webinars feature our staff and incredible advocates, Safe Routes to School program staff, government officials, elected leaders, and others from around the country sharing their knowledge and learning on a diverse range of topics.

#### **UPCOMING WEBINARS**



June 27, 2018

#### Making Strides 2018: A Look at Our State Report Cards

Join this webinar to learn about the Safe Routes to School National Partnership's updated state report cards and report, Making Strides: 2018 State Report Cards on Support for Walking, Bicycling, and Active Kids and Communities.

# TODAY'S PRESENTERS







**MARGO** 

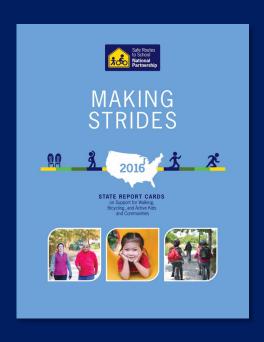


**MARISA** 

# **Report Overview**

# WHY STATE REPORT CARDS?

Overall goal: Provide a snapshot of how supportive each state is of walking, bicycling, and physical activity for children and adults.



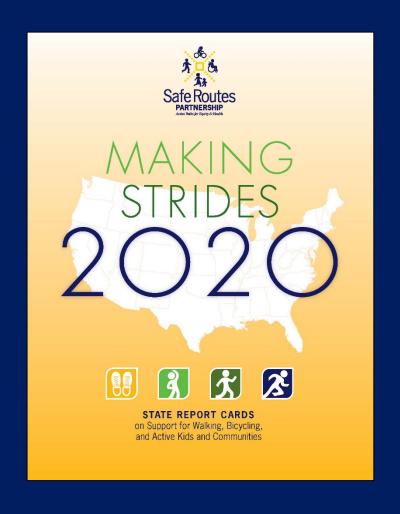




# **KEY CONTENTS**

# Report includes:

- Research on why physical activity, walking and bicycling matter
- Rationale for state report cards
- Detailed explanation of the scoring, indicators and core topic areas
- The report cards themselves



# **CHANGES FROM 2018 REPORT CARDS**

- Reorganized core topic areas to separate active transportation funding from Safe Routes to School
- Integrated state physical activity indicators into the Active School and Neighborhoods core topic area
- Added indicators related to state active transportation funding and Safe Routes to School supportive practices
- Removed some indicators of diminished significance and made other minor adjustments

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2020 State Report Cards 2018 State Report Cards WEBINARS

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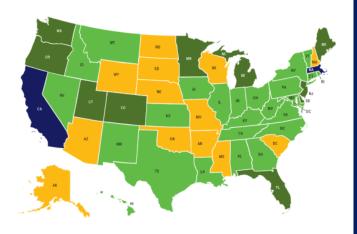
2020 - Report

#### 2020 State Report Cards

Making Strides: State Report Cards on Support for Walking, Bicycling, and Active Kids and Communities

We've developed state report cards which provide a snapshot of how supportive each state is of walking, bicycling, and physical activity for children and adults as of 2020.

The report cards primarily look at state policy, focusing on four key areas: Complete Streets and Active Transportation Policy and Planning, Federal and State Active Transportation Funding, Safe Routes to School Funding and Supportive Practices, and Active Neighborhoods and Schools. Click on the map to view each state's report card.





# SCORING FOR THE REPORT CARDS

- 28 indicators across 4 core topic areas; each individually scored
- 200 points possible
- Numerical score and "grade" in each topic area + overall score and grade
- 4 grading categories that recognize state's accomplishments as well as room for improvement



# Massachusetts 2020



150

Core Topic Area

Subtopic

Indicator

WARMING UP

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COMPLETE STREETS AND ACTIVE TRANSPORTATION POLICY AND PLANNING		<b>3</b>
Complete Streets Policies	Adopted state Complete Streets policy(ies)	5 / 5
	Has strong state Complete Streets policy	19/20
Active Transportation Planning and Design	Adopted goals to increase walking and bicycling mode share	5 / 5
	Adopted a state pedestrian, bicycle, or active transportation plan	10/10
	Adopted/endorsed NACTO guidelines	5/5
		44 / 45
FEDERAL AND STATE ACTIVE TRANSPORTATION FUNDING		<b>3</b>

Transportation Alternatives Implementation	Retained TAP funding without transfers	5 /10
	Awarded TAP projects	10 /10
	Obligated state-controlled TAP funds	8 /10
	Provides special consideration for high-need communities in TAP awards	0 / 5
	Provides matching funds for high-need communities	5 / 5
	Provides support to TAP applicants	5 / 5
State Funding for Active Transportation	Dedicates state funding for active transportation	10 /10
	Amount of state funding for active transportation	10 /10
	Provides special consideration for high-need communities in state awards	5 / 5
		58 /70

SAFE ROUTES TO SCHOOL FUNDING AND SUPPORTIVE PRACTICES	<b>*</b>		
Safe Routes to School Funding	Provides special consideration for Safe Routes to School projects using TAP funds	5	/
	Dedicates state or other funding for Safe Routes to School	3	1
	Funds SRTS non-infrastructure projects	0	1
	Provides Safe Routes to School planning grants or minigrants	2	1
Safe Routes to School Supportive Practices	Staffs state Safe Routes to School program with state employees or consultants	5	1
	Provides a resource center or technical assistance to Safe Routes to School initiatives	5	1
	Supports equitable access to Safe Routes to School programming	5	1
	Facilitates Safe Routes to School education	2	1
		27	/3

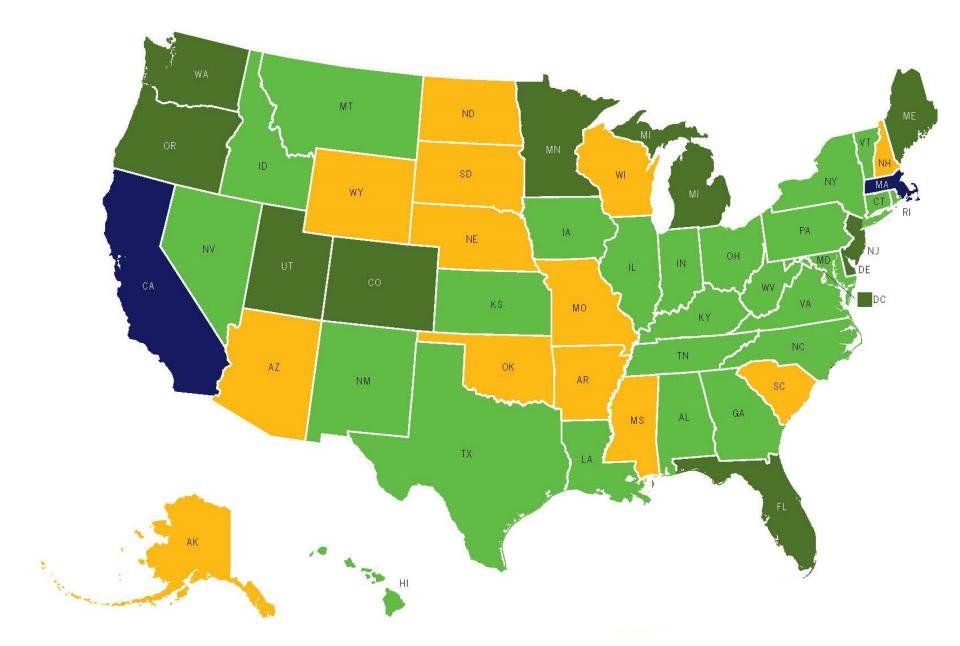
Shared Use of School Facilities	Adopted state policy supporting shared use of school facilities	6 /10
	Provides funding/incentives in support of shared use of school facilities	0 / 5
School Siting and Design	Requires large school sites (minimum acreage guideline)	0 / 0
	Supports walking, bicycling and physical activity in school design guidelines	12 /15
Physical Education	Adopted PE minutes and graduation requirements	0 /15
State Physical Activity Staff	Dedicates state staff to physical activity	$\frac{3/5}{21/50}$

Overall grade

Overall points Topic grade

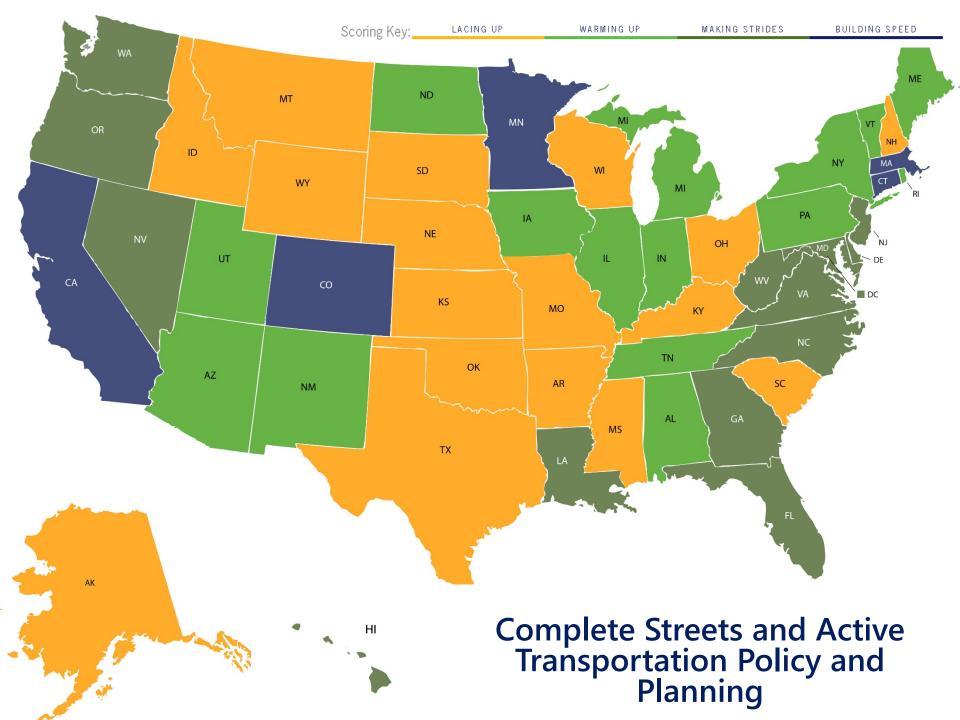
Points earned (out of # points)

Subtotal





Core Topic Area 1:
Complete Streets and Active Transportation
Policy and Planning





MAKING STRIDES

MAKING STRIDES



OVERALL SCORE

BUILDING SPEED

138/20

el (See )		
COMPLETE STREETS AND ACTIVE TRANSPORTATION POLICY AND PLANNING		
Complete Streets Policies	Adopted state Complete Streets policy(ies)	5 / 5
	Has strong state Complete Streets policy	8/20
Active Transportation Planning and Design	Adopted goals to increase walking and bicycling mode share	<b>5</b> / 5
	Adopted a state pedestrian, bicycle, or active transportation plan	10/10
	Adopted/endorsed NACTO guidelines	0 / 5
		28 / 45

WARMING UP



## What's a complete streets policy?

A policy that ensures that all new construction and renovation of streets creates streets that are safe, comfortable, and convenient for everyone using them

Who? People walking and biking, cars, public transportation riders, people with disabilities, and people of all ages.



MAKING STRIDES



Scoring Key:\_\_\_

LACING UP

WARMING UP

MAKING STRIDES

BUILDING SPEED

#### **COMPLETE STREETS AND ACTIVE** TRANSPORTATION POLICY AND PLANNING

**Active Transportation Planning and Design** 

Adopted goals to increase walking and bicycling mode share Adopted a state pedestrian, bicycle, or active transportation plan Adopted/endorsed NACTO guidelines

5 / 5

10/10

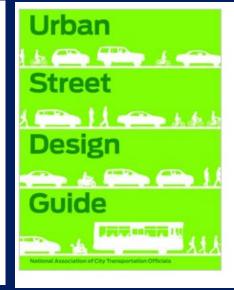
0 / 5

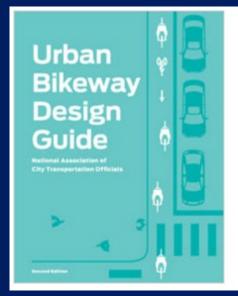






awareness and improve bicycless' riding and utallic skills, as well or motorists' attitudes toward "rates of the cost" is one way of an couplishing this goal from a saler by yoling experience, points princetion programs should address effective riding settletyles and the use of safety equipment. Children who are offered bloycling education through the advaol system benefit by learning a life. skill—not only in terms of bicycling as a specific activity, but also better awareness of road synamics in general.

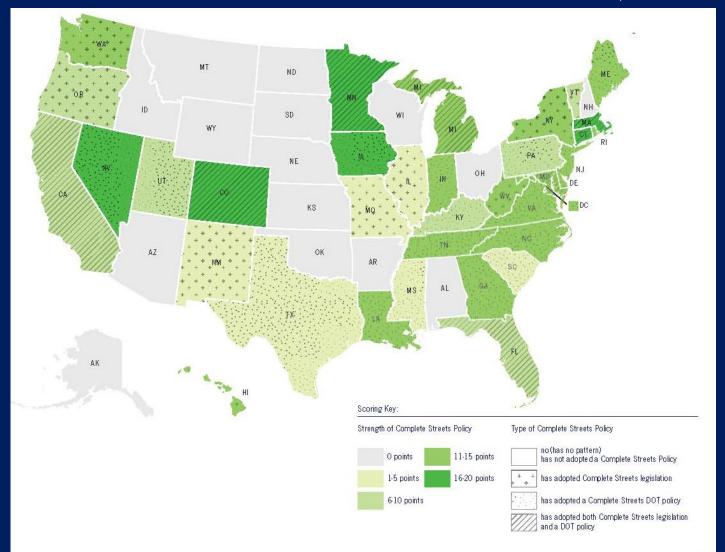




# REFLECTIONS

# **Complete Streets Policies**

- 36 states with Complete Streets policies
- Low average score for strength –
   11 out of 20 points



# REFLECTIONS

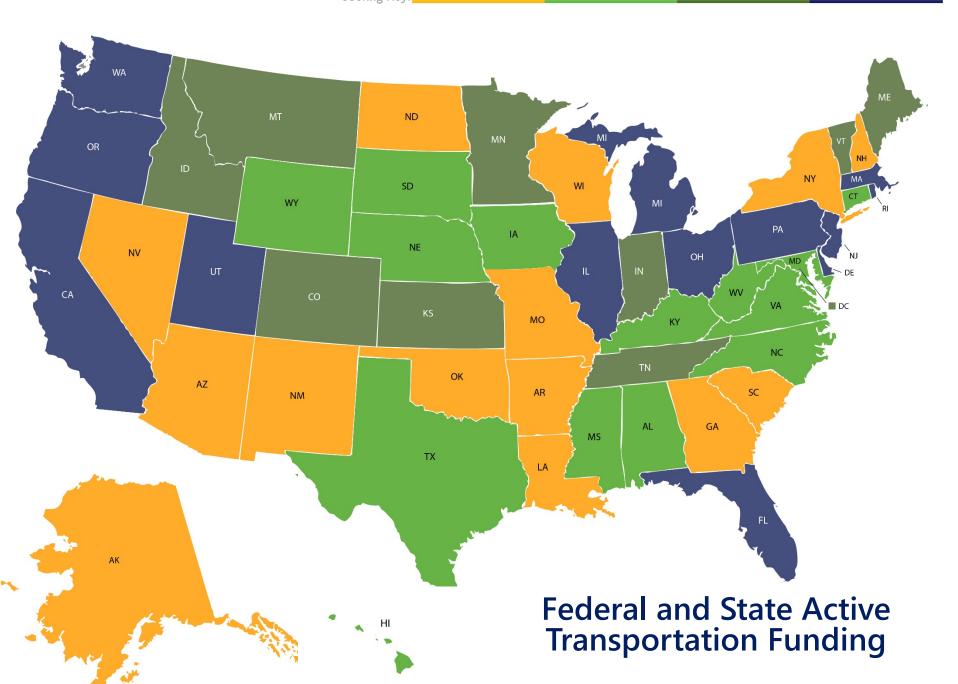
# **Active Transportation Planning & Design**

- Walking/Biking Goals
  - 15 states with goals for increasing both walking & biking
  - 3 states with goals for increasing one, but not the other
- Bicycle and Pedestrian Plans
  - 31 states have a bicycle or pedestrian plan, majority include both
- NACTO Guides
  - 7 states endorsed/adopted both
  - 5 states endorsed/adopted one
  - Remains unchanged since 2018



Core Topic Area 2: Federal and State Active Transportation Funding

Scoring Key: LACING UP WARMING UP MAKING STRIDES BUILDING SPEED





# Minnesota 2020

M A K I N G S T R I D E S



VERALL SCORE

141/200

	Scoring Key:	LACING UP	WARMING UP	MAKING STRIDES	BUILDING SPEED	
FEDERAL AND STATE ACTIVE TRANSPORTATION FUNDING				大		
Transportation Alternatives Implementation	Re	Retained TAP funding without transfers				
	Aw	Awarded TAP projects				
	Ob	Obligated state-controlled TAP funds				
	Pro	Provides special consideration for high-need communities in TAP awards				
	Pro	Provides matching funds for high-need communities				
	Pro	ovides support to TAI	<sup>o</sup> applicants		0 /	
State Funding for Active Transportation	De	Dedicates state funding for active transportation				
	Am	Amount of state funding for active transportation				
	Pro	ovides special consid	eration for high-need co	ommunities in state awards	5 /	
					48 /7	



Scoring Kov



141/200

BUILDING SPEED

	Scoring Rey.	TOTAL	MIXITIA OTTERES	10
FEDERAL AND STATE ACTIVE TRANSPORTATION FUNDING			大	
Transportation Alternatives Implementation	Retained T	AP funding without transfers		5 /10
	Awarded T	「AP projects		10 /10
	Obligated :	state-controlled TAP funds		10 /10
	Provides s	special consideration for high-need co	ommunities in TAP awards	0 / 5
	Provides n	natching funds for high-need commu	ınities	5 / 5
	Provides s	support to TAP applicants		0 / 5

WARMING UP

MAKING STRIDES

LACING UP

- Focus is on state implementation of the Transportation Alternatives Program (~\$2-78M/state/year)
- TAP is the major federal source of transportation funding for biking, walking, Safe Routes to School
- Three key phases track how they get the funding out the door: transfers, awards, and obligation



Provides support to TAP applicants

0 / 5

- Ensuring funding gets in the hands of those who need it most requires:
  - Prioritizing funding
  - Providing matching funds
  - Supporting TAP applicants



- Focus is on state, not federal, money
- This section asks: Is state funding available? What is the source of funding? How much is there (per capita), and does the state consider high-need communities when spending its money?

# REFLECTIONS

# Federal funding:

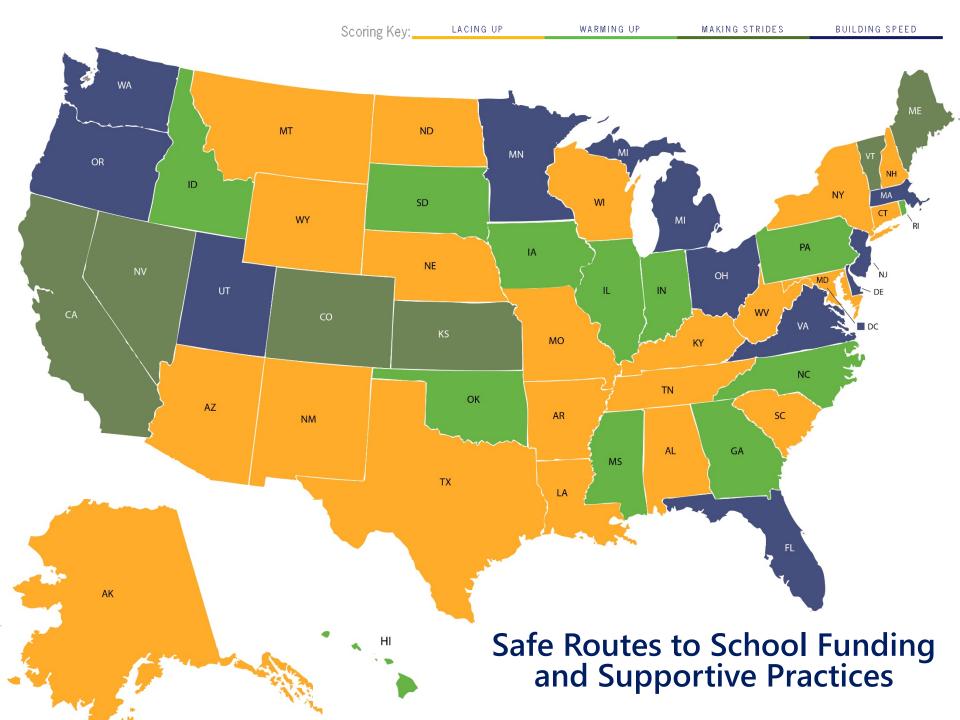
- Award and obligation scores
  - Scores for equity consideration and matching funds
- Number of states with high levels of transfers

# State funding:

- 28 states have state funding for walking and biking
- State funding equals 56% of TAP funding apportioned to states
- Over 20% of states prioritize high-need communities.



Core Topic Area 3: Safe Routes to School Funding and Supportive Practices





# New Jersey 2020

MAKING STRIDES



131

Scoring Key: LACING UP WARMING UP MAKING STRIDES BUILDING SPEED 100

# Safe Routes to School Funding Provides special consideration for Safe Routes to School projects using TAP funds Dedicates state or other funding for Safe Routes to School Funds SRTS non-infrastructure projects Provides Safe Routes to School planning grants or minigrants 2 / 3 Safe Routes to School Supportive Practices Staffs state Safe Routes to School program with state employees or consultants 5 / 5 Provides a resource center or technical assistance to Safe Routes to School initiatives 5 / 5 Supports equitable access to Safe Routes to School programming 5 / 5 Facilitates Safe Routes to School education



New Jersey 2020

Scoring Key:\_\_



MAKING STRIDES

131/200

BUILDING SPEED

		(**
SAFE ROUTES TO SCHOOL FUNDING AND SUPPORTIVE PRACTICES		
Safe Routes to School Funding	Provides special consideration for Safe Routes to School projects using TAP funds	5 / 5
	Dedicates state or other funding for Safe Routes to School	0 / 5
	Funds SRTS non-infrastructure projects	0 / 5
	Provides Safe Routes to School planning grants or minigrants	2/3

WARMING UP

LACING UP

 This subtopic is focused on getting funding into the hands of local schools / school districts so they can run effective Safe Routes to School programs



# New Jersey 2020

MAKING STRIDES



131/200

	Scoring Key:	LACING UP	WARMING UP	MAKING STRIDES BUILD	ING SPEED
SAFE ROUTES TO SCHOOL FUNDING AND SUPPORTIVE PRACTICES				<b>X</b>	
Safe Routes to School Supportive Practices	St	taffs state Safe Route	s to School program wit	h state employees or consultants	5 / 5
	Pr	rovides a resource ce	nter or technical assista	nce to Safe Routes to School initiat	ives 5 / 5
	Si	upports equitable acc	ess to Safe Routes to S	chool programming	5 / 5
	Fa	acilitates Safe Routes	to School education		2 / 2

 Here we look at what types of support and technical assistance a state provides to help Safe Routes to School programs operate in accordance with best practices

# REFLECTIONS

## **Good News:**

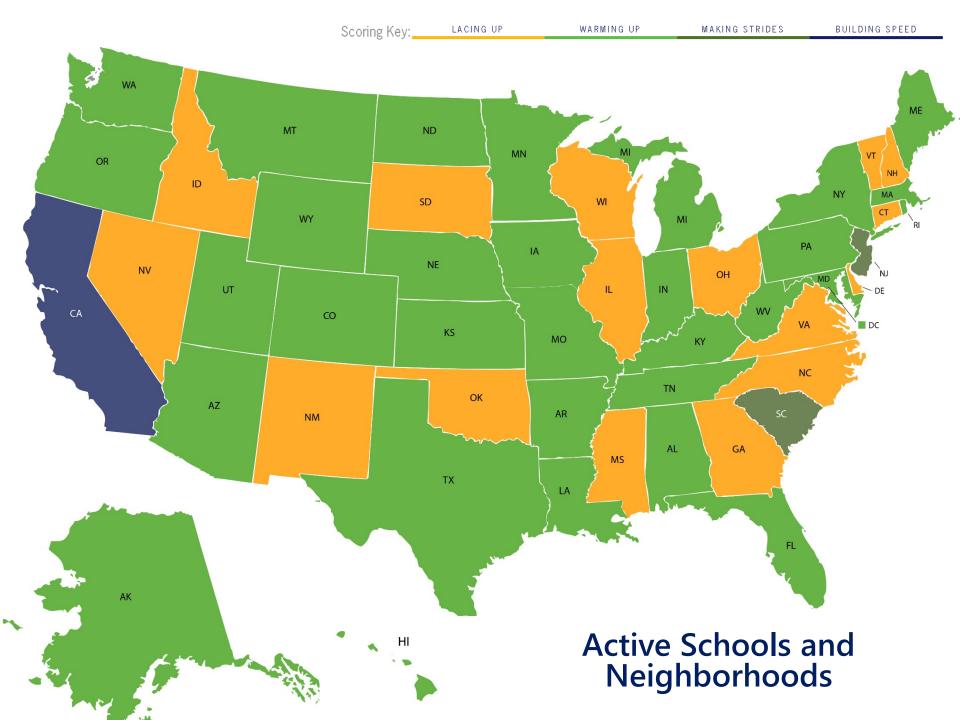
- More states prioritizing \$ for Safe Routes to School
- Nearly half of states have developed curricula or lesson plans on Safe Routes to School

## Needs Improvement:

- Half of states have at least 1 full-time SRTS coordinator
- No progress on # of states allowing funding of Safe Routes to School programming from TAP
- Only 13 states provide resources to reach underserved demographic groups



Core Topic Area 4: Active Schools and Neighborhoods







S	coring Key:	LACING UP	WARMING UP	MAKING STRIDES	BUILDING SPEED	
ACTIVE NEIGHBORHOODS AND SCHOOLS	s		3			
Shared Use of School Facilities	Ad	Adopted state policy supporting shared use of school facilities				
	Pro	ovides funding/incent	tives in support of share	ed use of school facilities	0 / 5	
School Siting and Design	Re	Requires large school sites (minimum acreage guideline)				
	Su	Supports walking, bicycling and physical activity in school design guidelines				
Physical Education	Ad	Adopted PE minutes and graduation requirements				
State Physical Activity Staff	De	dicates state staff to	physical activity		3 / 5	
					24 /50	



ACING UP



39/200

	Scoring Key:	LACING UP	WARMING UP	MAKING STRIDES	BUILDING SPEED	100
ACTIVE NEIGHBORHOODS AND SCH	ools		3			
Shared Use of School Facilities	Ad	opted state policy su	upporting shared use of	school facilities	6 )	/10
	Pro	Provides funding/incentives in support of shared use of school facilities				/ 5

- School shared-use agreements open up school playgrounds, fields, and facilities for recreational use by community members outside of school hours
- Supportive state policies & funding are two of the key ways to overcome fears and challenges with shared use







	Scoring Key:	LACING UP	WARMING UP	MAKING STRIDES	BUILDING SPEED	100%
ACTIVE NEIGHBORHOODS AND SCHO	ols		3			
School Siting and Design	Re	quires large school s	sites (minimum acreage	guideline)	0 /	0
	Su	Supports walking, bicycling and physical activity in school design guidelines				

- School siting & design involves state policies that affect school siting decisions by local school districts.
- Indicators look at whether states require large school sites for new schools (which gets them negative points) & whether state siting guidelines encourage walking, biking or physical activity in other ways.



A C I N G U P



39/200

Scoring Key: LACING UP WARMING UP MAKING STRIDES BUILDING SPEED 1009

**ACTIVE NEIGHBORHOODS AND SCHOOLS** 

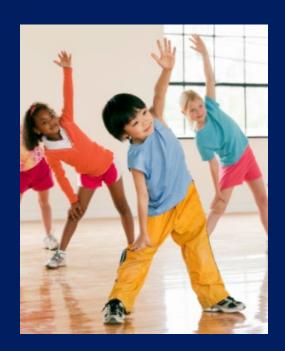
3

**Physical Education** 

Adopted PE minutes and graduation requirements

0 /15

- Strong PE provides a unique opportunity for PA for children & youth
- Old PE indicator had been adopted by almost all states & did not reflect strength of program
- New indicator looks at how many minutes of PE are required for each grade range & whether PE credits required for high school graduation





ACING UP



39/200

Scoring Key: Lacing up warming up making strides building speed 100

**ACTIVE NEIGHBORHOODS AND SCHOOLS** 

State Physical Activity Staff

Dedicates state staff to physical activity

3 / 5

- Staff focused exclusively on physical activity at the state level
- Dedicated staff means there is more staff time spent on physical activity and that the staff has expertise in the area



## REFLECTIONS

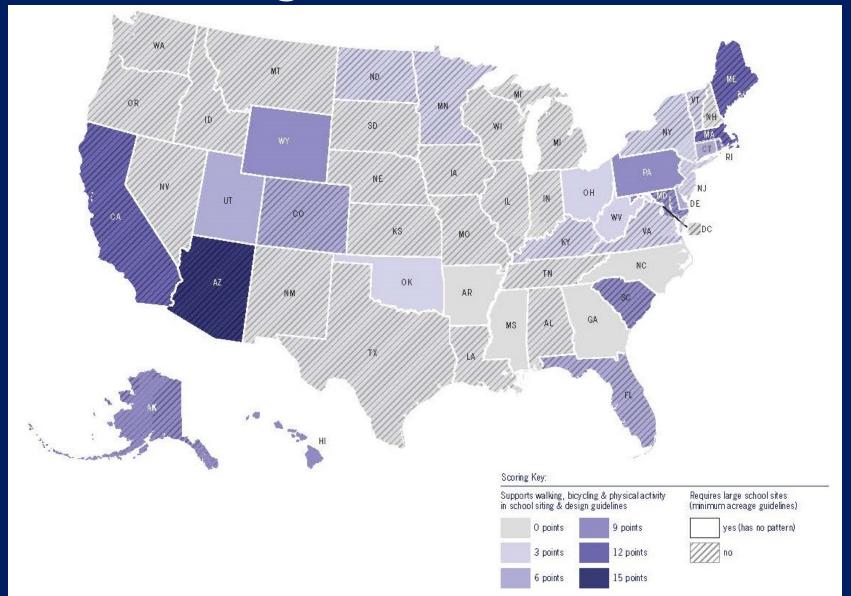
## Shared use

- The number of states with shared use policies hasn't changed since 2018
- Number of states with incentives consistent

## School siting

- 13 states still have detrimental large minimum acreages requirements
- Half of the states encourage consideration of positive factors in school siting, such as walkability or colocation with parks

# REFLECTIONS School Siting



## REFLECTIONS

- Physical Education requirements
  - No change since 2018
- State physical activity staff increased





# **Overall Reflections & Actions**

## **OVERALL REFLECTIONS**

- Most states still in the middle categories
- Slight downward shift in overall scores with 13 states falling into the lowest category and only two states in the highest category
- In every region of the country, there was at least one state with a fairly high score
- Every state has at least one area where it has taken considerable steps, but every state has the opportunity to do more

## HOW TO USE YOUR REPORT CARD

- Factsheets: help you understand scores in a glance & how to use report cards
- Choose one or two areas where your state could improve
- Connect with partners
- Help your state improve its score!



Making Strides: 2020 State Report Cards

How to Use Your State's Report Card on Walking, Biking, and Physical Activity



The 2020 Making Strides state report cards evaluate each state on 28 indicators spanning four core topic areas that focus on key areas for state action to promote and support physical activity. The state report cards help us understand at a glance how each state is doing in supporting healthy and active kids and adults, and where there is room for improvement, making it easier to take action in support of healthier communities.

This fact sheet provides tips on how to use your state's report card. It sets out key points you can use in communicating the importance of state support for walking, biking, and physical activity, provides steps to consider in using the report card, and highlights ideas to inspire change in your state.

#### Why State Support for Walking, Bicycling, and Physical Activity Matters

Physical Activity Matte

- Studies have shown that physical activity is important for everyone.<sup>1</sup> Physical activity has a
  variety of benefits, including reducing risk of stroke, high blood pressure, diabetes, some
  cancers, premature death, and depression.<sup>2</sup>
- More walking, bicycling, and physical activity can also provide an increased sense of community and less social isolation, higher cognitive functioning, less air pollution and fewer climate changing emissions.<sup>3</sup>
- Physical inactivity and obesity do not affect all communities equally. These conditions, which can affect quality of life and lead to premature mortality, are disproportionately prevalent in low-income communities and communities of color.\* Black and Latinx youth have higher rates of obesity than white and Asian American youth.3

#### Americans Aren't Getting Enough Physical Activity

- Only 54 percent of American adults are meeting the aerobic component of the physical activity guidelines and a scant 24 percent are meeting the recommended levels of overall physical activity.<sup>6</sup>
- Less than one-quarter (24 percent) of children 6 to 17 years of age participate in 60 minutes of physical activity every day.<sup>7</sup> Physical activity rates were higher for boys than girls, and higher for white students than for African American students.<sup>8</sup>

Making Strides: State Report Cards on Walking, Bicycling, and Active Kids and Communities

The new 2020 full report, Making Strides: State Report Cards on Walking, Bicycling, and Active Kids and Communities, provides a detailed explanation of how the states were graded, an overview of the research that supports walking, bicycling, and physical activity as ways to improve health; a discussion of the rationale for state-level report car make the provided of the research that supports on the state of physical activity in different regions and our country as a whole.

# Q & A







MARGO



MARISA



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