Addressing Attendance through Safe Routes to School



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What is Safe Routes to School?

What Is Safe Routes to School?

A movement that

- Encourages kids to walk and bicycle to school
- Addresses barriers that make it hard or unsafe to walk or bicycle to school





Problems



- 1/3 of children are overweight or obese triple the rate of a generation ago
- Family car trips to school make up 10-14% of morning congestion
- Motor vehicle injuries are
 the **biggest** source of
 fatalities for children,
 whether as passengers, on
 foot or bicycle.
- Injuries and fatalities are
 especially high in low
 income neighborhoods

Benefits of Safe Routes to School

Addresses **many** problems

- Children's health and obesity
- Climate change
- Air pollution
- Reducing traffic injuries when walking, biking, and using public transportation
- Avoiding street crime and violence
- Improved academic achievement
- Improved attendance



Two Main Categories of SRTS

- Programs: such as walking school buses, walk and roll to school days, bike rodeos, or walking Wednesdays
- Infrastructure:
 building and fixing
 sidewalks, crosswalks,
 paths, bicycle lanes

The Six E's

- Education
- Encouragement
- Engineering
- Enforcement
- Evaluation
- Equity

How Is the Safe Routes to School World Structured?

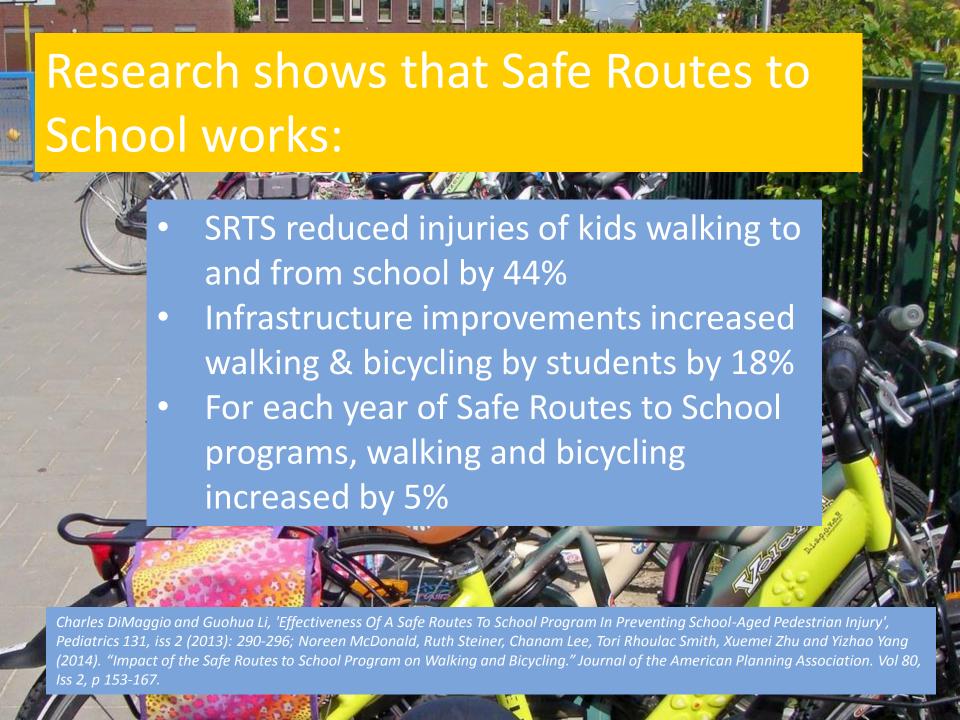
- Federal Transportation Bill:
 - Through the Transportation Alternatives Program, provides funding for Safe Routes to School programs and infrastructure
- State and Regional Initiatives:
 Many states and regions have their own initiatives & funding
- Local: Programs generally run at local level

Upshot: Diverse programs and approaches

Who runs Safe Routes to School programs?

- School officials
- Parents
- Nonprofits
- Health departments
- Police departments





Safe Routes to School and Absenteeism

Transportation and Attendance

Transportation is one of the key barriers to attendance that contributes to chronic absenteeism and tardiness



We need a better transportation system



- Big picture focus on a transportation system that works for all & supports community health and well being
- Policy and design that supports safe and convenient walking, bicycling, and public transit
- By creating alternatives to vehicle transportation, ensures back up systems & redundancy



Walking School Buses

- Group of children walking together
- Usually, accompanied by parent or volunteer
- Pick up others at home or corners along the way
- Can be daily, weekly, or every now and then
- Improves safety, increases physical activity, gets kids to school on time

Benefits for Attendance:

- With or without an adult, groups of children are safer from crime, bullying, and vehicles
- Help families juggle morning routines
- Overcome barrier of sick family members
- Daily walking school buses make the trip to school an expectation and a habit



To Sum Up

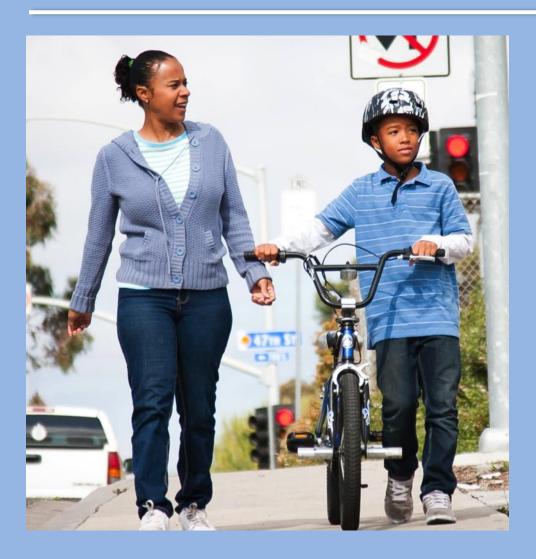
- Walking school buses can help overcome many of the transportation hurdles that prevent attendance
- Infrastructure improvements reduce injuries to kids and make it easier and safer to walk and bicycle
- Creating healthy transportation options give families alternatives and back up for getting kids to school



Our Role



What We Do



- On the ground in specific states and communities to create long term benefits for kids and families
- Federal advocacy
- Resources and
 assistance for
 communities across
 the nation



Sharing Our Deep Expertise



Shared Use

Increasing Access to Physical Activity Opportunities

Childhood obesity has more than tripled in children and adolescents in the past 30 years. Low-income communities and communities of color tend to be adversely affected by obesity and have fewer adequate places for children and families to be physically active. In many communities, schools are centrally located and have gymnasiums, playerounds, athletic fields.





Using Safe Routes to School to Combat the Threat of Violence



In some communities, the danger of violence and crime discourages children from walking to school and keeps people off the street, limiting physical activity and restricting errands and trips. Violent crime and conflict can cause death, pain, and trauma, both for those directly affected and for those who witness or learn of events. Preventing violence goes hand in hand with community betterment, public engagement, street scale enhancements, physical activity and improved economic opportunities.



- There are 850,000 children living in gang violence "hot zones" all over the country, putting kids at risk on their way to school before they even get to the classificant.
- Parents report violence and crime as one of the five primary factors affecting children's walking or bicycling.²
- Five percent of high school stadents report not going to school at least one day per month because they feel they would be unsafe at or on their way to or from school 3.
- Almost 25 percent of students ages 12-18 reported that there were gangs in their schools.⁴

In underserved communities, walking and hisyching are often major ways that people get around — a necessary part of gitting to school, work, the gincers year, or to other key destinations. In addition, walking and hisyching may be a particularly alfordable and accessible means to get physical activity? At the same time, there is often more danger from traffic and from vidence on the street in underserved communities. We here within a community inhibits business, pile access, healthy nutritional choices, and physical activity, Addressing vidence within underserved communities is critical to economic renewal and health.

Combatting Violence Through Safe Routes to School

Violence and crime affect children in communities across the country, in many communities, the actual rask of harm to children is very low, and Safe Boutes to School programs can play a crucial role in helping parents feel comfortable with children's active transportation to school. In other communities, however, children face very real danges of robberly harassemer, jagn intrinsdation and gang recruitment. Safe Boutes to School programs can assist significantly in increasing the safety of children and teres in these communities.

How can Sale Routes to School programs help with these problems? A range of potential steps are provided below. Planning and community engagement can assist in determining which of the steps are most needed and appropriate for a given community.

Using a framework known as the "Six Es," we identify specific kinds of actions that can combat violence and support Size Bouston to School, Size Bouston School programs often use this framework to describe the steps that ensure that children can walk and bisycle skelly to school. The Six Es are engineering, education, encouragement, enforcement, evaluation, and equity, which sets out the need for fair opportunities for health for all communities.

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Case Study
Bicycling and Walking to School as a
Community: Takoma Park, MD

GREATER WASHINGTON DC

The City of Takoma Park Safe Routes to School program won special recognition from the National Center Safe Routes to School James L. Oberstar schools to request Safe Routes to School activities and keeps in regular contact with the schools. Regular communication establishes the relationship and allows Lucy to learn how best to fit Safe Routes to School programming into existing school



Technical Assistance
To Get Kids Walking and Bicycling Through
Community Scale Policy Strategies

Utilize Our Expertise!

The Safe Routes to School National Partnership provides Technical Assistance based upon the specific needs of each city, county and/or school district seeking assistance. For more than a decade Safe Routes to School programs have flourished across the country using the power of quality programming to raise awareness and change habits. Now, communities are boosting walking and bicycling to school and in daily life through sustainable, long-term policy change. The Safe Routes to School National Partnership can help your community or school district to build local leadership, partnerships and community support, establish walking and bicycling policies and programs that advance healthy, active lifestyles, and institutionalize ongoing funding and policy changes that support active transportation as a permanent part of your community's healthy future.

Individualized Technical Assistance

Each community is unique. Through our individualized inchrisal assistance we provide strategies support to local program and policy leaders via telephone calls and email con-respondence on an an extend basis. We will be represented to the contract of the contract with the paide your policy change efforts. We can conduct webrinus and conference presents to the paide your policy change efforts. We can conduct webrinus and conference presents are most policies, sust with developing material programs of the contract of the c

Workshops

We can help you to produce and lead inspiring and effective Safe Routes to School and active transportation policy workshops, designed to get critical stakeholders thinking about and invested in the hig policy picture and community, wide Self Rouse to School efforts. These workshops can be combined with load site visits, customized presentations, participating in and/or leading stakeholder meetings, and/or conducting wallsahouts at schools to assess infrastructure needs. We can also follow up with you by phone and email via individualized technical assistance to build upon the meetings with stakeholders, and to develop materials and action plans.

Keynote Addresses

Sometimes community leaders need to be inspired by national experts. Our prominent and inspiring speakers bring best practices from around the country and the world, and an energy and charisms that will inspire positive change. The Safe Routes to School National Partnership can help turbo charge your community into action. ife Routes to School program offers

ol Day: All schools in Takoma Park r does outreach every year to help t serves as a kick-off for walking and

with the Washington Area Bicylike safety rodeos are offered free of sols. The workshop features a safety ing followed by a bicycle course e safe practices. Bike to School Day 1 May, 2012. Over 160 students and t day. New bike racks will be ingrowing number of students biking prowing number of students biking

sordinator will help organize Walkorhoods. Parents can rotate the the students and designated be set for each Walking School Busvice, SchoolPool, has been introfinding nearby students to join a lPool is a project of Metropolitan I of Governments Commuter Con-

ity: Developed by the Takoma Park in safety program reinforces safe it includes a mock crosswalk, cars, idents play the role of a pedestrian as that reminds them to "walk in the

Who We Are:

Our team has helped communities and school districts throughout the country to develop community-scale Safe Routes to School programs, partnerships and action plans that have resulted in new policies that support healthy and active communities.

Contact: Maggie Cooper, Technical Assistance Manager, maggie@saferoutespartnership.org or (703) 521-1561

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Fire Up Your Feet

Physical Activity Tracker

- For teachers, staff, and families
- Track miles or minutes of activity during the day
- Compete to win Challenge Awards for your school stay motivated in a fun and friendly environment.

Free Resources, Toolkits

- Ideas for increasing physical activity in schools
- Fun classroom activities
- Guides for organizing events at schools and/or in community
- Resources to encourage safe walking and bicycling to school and in everyday life

Healthy Fundraising Platform

- Schools and families can fundraise in a healthy way by accessing a fundraising platform that incorporates healthy activities, like fun runs and walk-a-thons
- Centered on physical activity pledges and events









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