

Northwest Michigan Chronic Disease Prevention Summit

How Safe Routes to School Widens the Path to Health for Everyone

September 21, 2018 – Ferris State University – Big Rapids, MI
Max Fulkerson, Safe Routes to School Contracts Coordinator, Michigan Fitness Foundation

Fewer kids are biking and walking ... More parents are driving



1969

48% walked or biked
12% driven

(U.S. DOT, 2009)

2009

13% walked or biked
44% driven

Parents driving:



School travel by private vehicle accounts for 10-14% of morning rush hour traffic.

(McDonald, Brown, Marchetti Pedroso, 2011)

The consequences of *this*...



...instead of *this* can be alarming.



Health Impact of less walking and biking:



Overweight children have an increased risk of...

- Type 2 Diabetes
- Low self esteem
- Aggravated existing asthma
- Sleep apnea
- Decreased physical functioning
- Many other negative emotional & physical effects

(Ogden, 2010; CDC, 2009)

Promoting safe walking and bicycling is an ideal strategy to increase physical activity



Safe Routes to School (SRTS)

- For students K-8th grade
- Funds to **increase the number** of students who walk, bike, roll when travelling between home and school and to **make it safer** for them
- Programming to **Educate** and **Encourage** students
- Resources to increase **Enforcement** of traffic laws and pay for **Engineering** a safer built environment for pedestrians
- Data-driven planning process and **Evaluation** to generate solutions that reflect **Equity** for all users

Benefits of SRTS programs

- Reduce traffic congestion around schools
- Improve safety for pedestrians and bicyclists
- Improve classroom management
- Increase students' daily exercise
- Reduce student exposure to vehicle emissions
- Improve children's health

Other benefits of SRTS programs

- Teach fundamental safety skills
- Benefit local economy
- Strengthen family bonds
- Increase child's sense of freedom and responsibility
- Provide more transportation options for everyone

Physical activity, academic performance, and student behavior:

The Association Between School-Based Physical Activity, Including Physical Education, and Academic Performance



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention
National Center for Chronic Disease Prevention and Health Promotion
Division of Adolescent and School Health
www.cdc.gov/HealthyYouth



Revised Version — July 2010
(Replaces April 2010 Early Release)

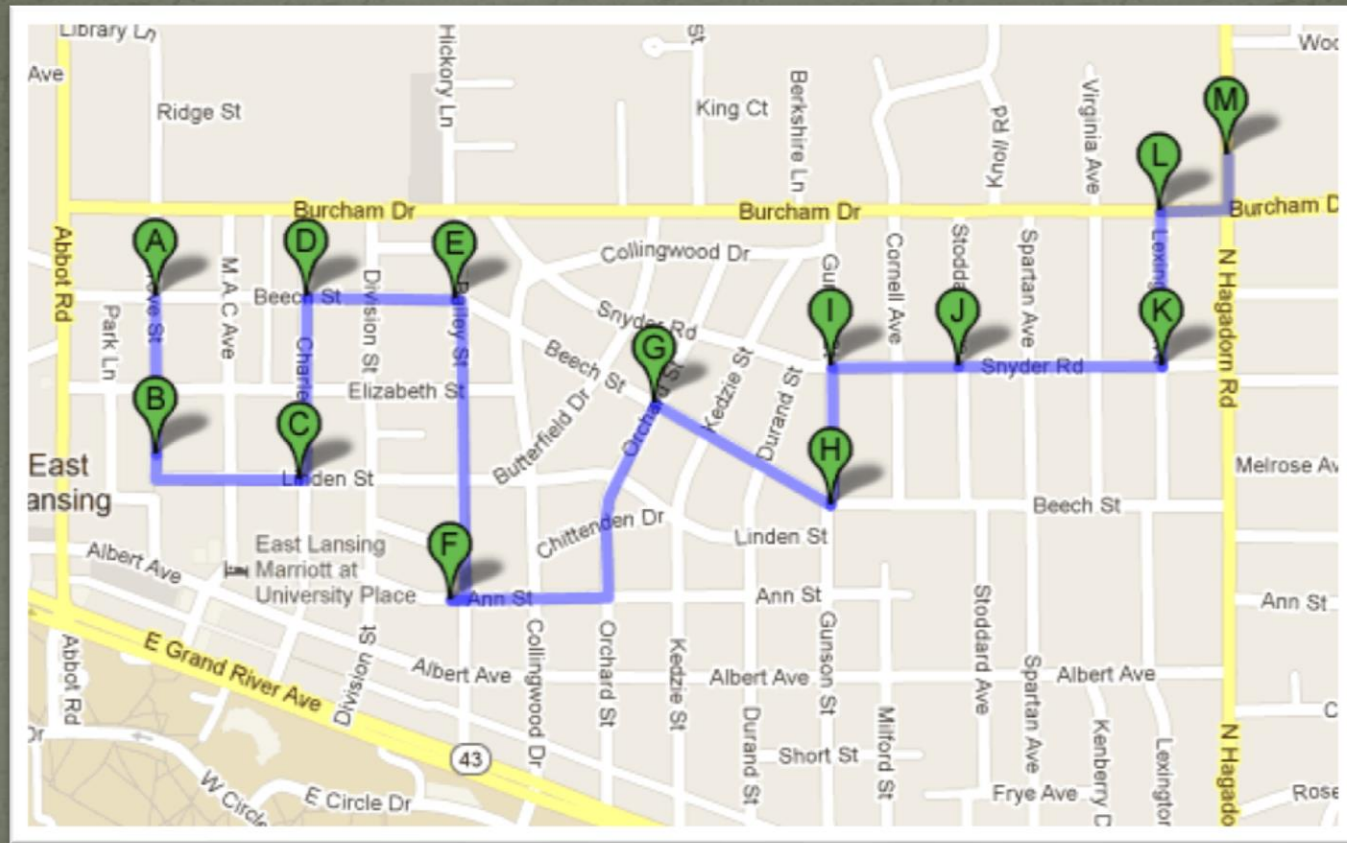
Walking School Bus and Bike Train



*"It's like recess
before school"*



Walking School Bus



Pedestrian safety



Bicyclist safety

- Preparing for the ride



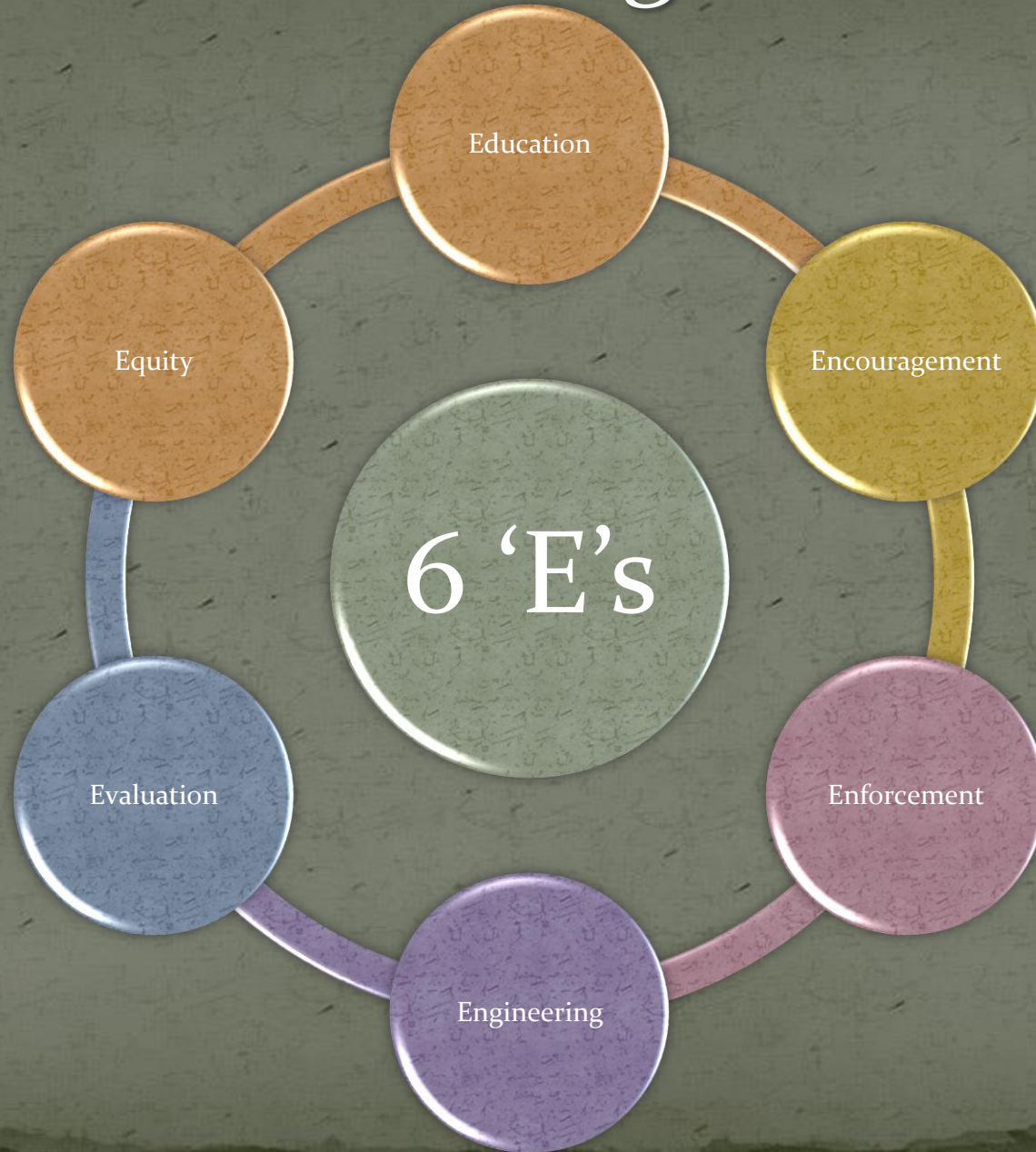
- Following the rules of the road



Encouragement: Golden Sneaker Award



SRTS Planning Process



SRTS Planning

- **SRTS planning team** – parents, students, teachers, administrators, local govt, tribal govt, law enforcement, road commissions, non-profit organizations, public health professionals, cycling groups, trails groups, nutritionists, chambers of commerce, neighborhood groups, local business owners, community hospitals, transportation planners, insurance companies, etc.....

SRTS Planning

- **Collect and analyze data** from parent surveys, students surveys, travel tallies, geocoded addresses, route maps, walking audits
- Gather data about the current conditions and **visualize** data of the proposed solutions using charts, graphs, maps, engineering drawings, design drawings

Success stories



Horizon Elementary, Holt



Gorham, New Hampshire

Pryor Creek, Oklahoma

- 1st city in Oklahoma to pass **Complete Streets ordinance** (2016-01)
- Unanimous support from City Council
- Grew out of Safe Routes to School **walking school bus**
- Coalition of stakeholders (Cherokee Nation and Cherokee Nation Healthy Nation, Oklahoma Tobacco Settlement Trust, Pryor Area Chamber of Commerce, Safe Route to School National Partnership, Pryor Public Schools, Pryor High School Leadership Students, Pryor Bicycle Pedestrian Task Force, Dan Burden and WALC Institute, Mayes County HOPE Coalition, MidAmerica Industrial Park, Grand River Dam Authority, Mayes County Commissioners)

Pryor Creek, Oklahoma

- Coalition continued working on shared goals
- City-Tribal government partnership
- City – bicycle and pedestrian master plan
- County – master trails plan
- City - \$480,000 TAP grant from ODOT
- SRTS team became Pryor Bicycle Pedestrian Task Force

Harrison, MI

- Applied for Major Grant 2015
- Received Conditional Commitment in 2016
- Construction 2017
- Safe Routes to Schools programs 2018 - ?



Multi-Use path available for all users, 24/7

Harrison, MI



Safer for Pedestrians,
especially persons with
disabilities

Opportunities to use Active
Transportation



Traverse City, MI

- Steal Ty's Lunch Keynote presentation and insert **HERE**

Getting Started...

- Register a school
- Connect to other parents
- Form a SRTS planning team
- Contact a SRTS grant coordinator at MFF

Getting Started...

- Visit www.saferoutesmichigan.org
- Participate in Walk to School Day and Bike to School Day
- Use active transportation regularly
- Talk to groups with similar missions or goals

Safe Routes to School resources: Websites

www.saferoutesmichigan.org

Walk to School Day:

- <http://saferoutesmichigan.org/w2sd>

Walking School Bus Webinars:

- <http://saferoutesmichigan.org/train>

Other Resources:

- <http://saferoutesmichigan.org/resources>
- www.saferoutesinfo.org
- www.saferoutespartnership.org

This team can move mountains....

- Develop relationships
- Build partnerships
- Work cooperatively instead of competing
- Reduce duplication of effort
- Raise awareness
- Share knowledge/resources
- Unify messaging of like-minded groups
- Encourage investment in public spaces
- Influence community decisions

This team can move mountains....

- Transform and Create new spaces
- Connect places and people
- Improve health and wellness
- Empower communities
- Change lives

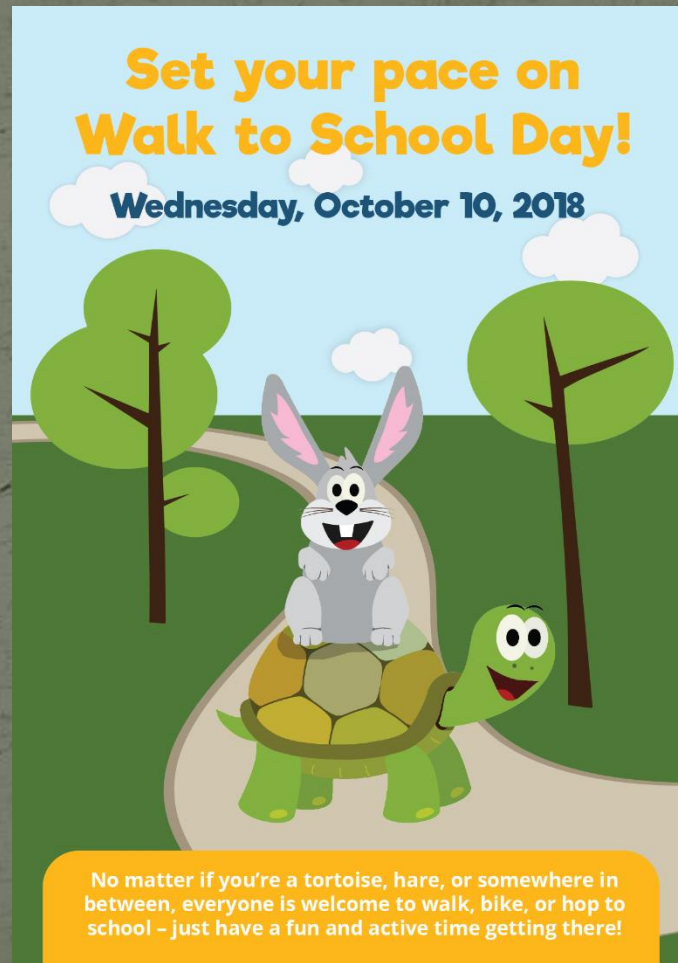
What's Next or What Else for the Team?

- More pedestrian safety
- New bicycle facilities or parking
- Pursue funding for new trails/multi-use paths
- Anti-smoking or quit smoking campaigns
- Connect local active transportation facilities to regional systems
- Health-related issues like nutrition, medical screening
- Business and tourism opportunities
- Placemaking

Reimagining the School Bus



Walk to School Day – October 10, 2018





Safe Routes to School Regional Coordinators



To be assigned to a coordinator, please
contact Katie Alexander:

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BAY • METRO

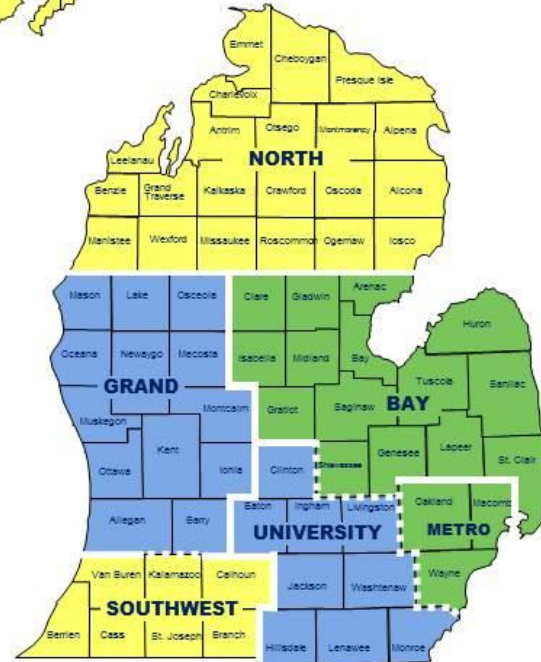
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www.saferoutesmichigan.org

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