

# Cross-Sector Partnership Impacts Students and Families Walking and Bicycling

Presented by:

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Thursday, May 12, 2016



A North Carolina Safe Routes to School Project

A PARTNERSHIP BETWEEN NC DEPARTMENT OF TRANSPORTATION AND NC DIVISION OF PUBLIC HEALTH

# Topics

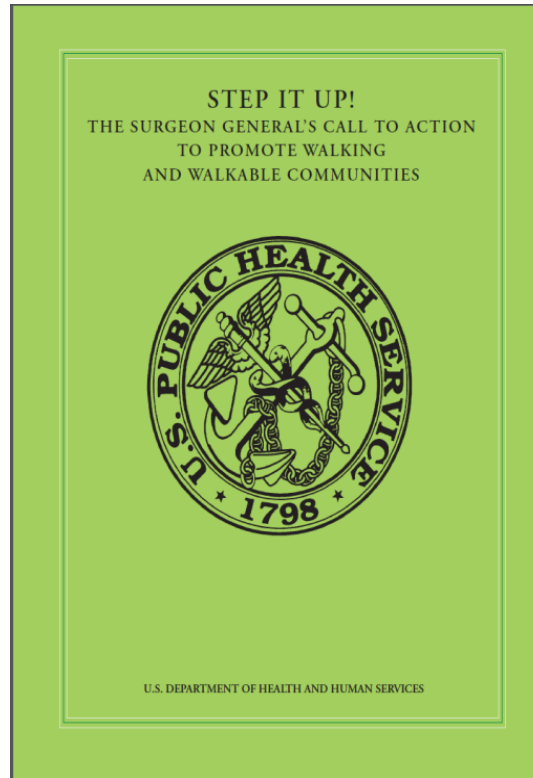
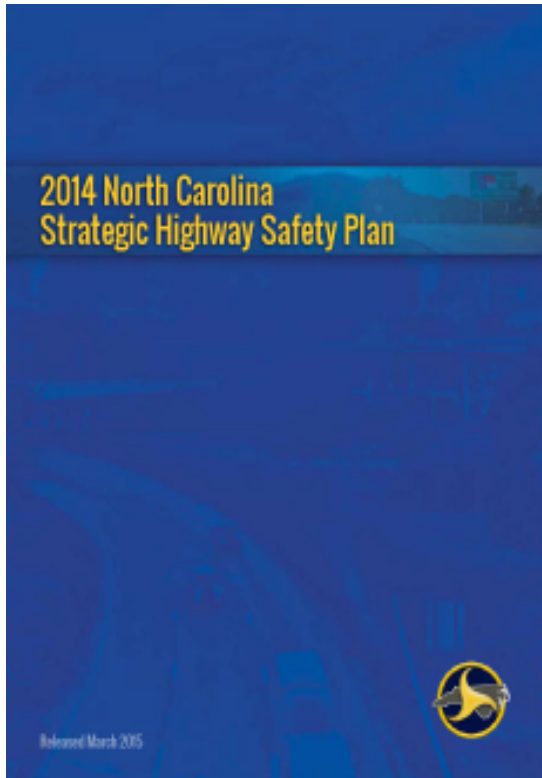
- The Partnership:
  - How the NC Department of Transportation and the NC Division of Public Health are working together to increase walking and bicycling across North Carolina
- The Project:
  - Active Routes to School: State and local implementation
- The Impact:
  - Impact of the Active Routes to School Project on North Carolina students and families walking and bicycling



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# Partnerships



Home

## Transportation and Health Tool



Photo credit: [www.pedbikeimages.org](http://www.pedbikeimages.org) / Laura Sandt

### What is the Transportation and Health Tool?

The Transportation and Health Tool (THT) was developed by the U.S. Department of Transportation and the Centers for Disease Control and Prevention to provide easy access to data that practitioners can use to examine the health impacts of transportation systems.

The tool provides data on a set of transportation and public health indicators for each U.S. state and metropolitan area that describe how the transportation environment affects safety, active transportation, air quality, and connectivity to destinations. You can use the tool to quickly see how your state or metropolitan area compares with others in addressing key transportation and health issues. It also provides information and resources to help agencies better understand the links between transportation and health and to identify strategies to improve public health through transportation planning and policy.

### How to Use the Tool

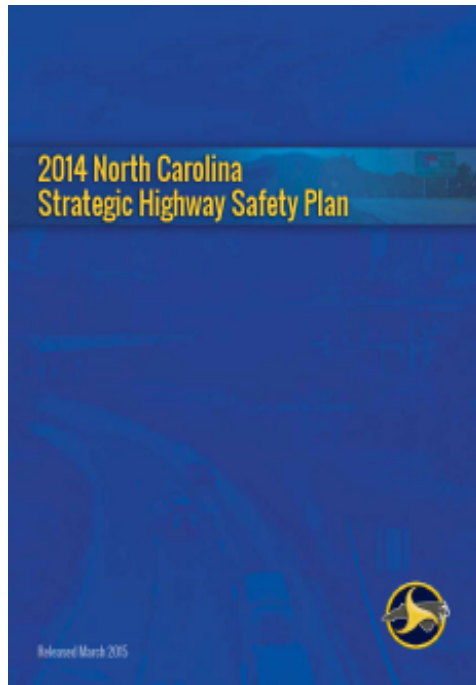
- View indicator data
- Learn more about the indicators used in the tool
- Identify strategies to improve transportation and health outcomes
- Explore information, resources, and research about the relationship between transportation and health
- Understand how the tool assigns scores to states and metropolitan areas
- Review how and why the tool was developed

Updated: Tuesday, October 27, 2015



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# The North Carolina Strategic Highway Safety Plan



Strategy 1 -Continue to develop training and education programs for pedestrian and bicycle safety.

- Expand education in schools through the implementation of Let's Go NC! and other programs that encourage safe walking and riding behaviors.

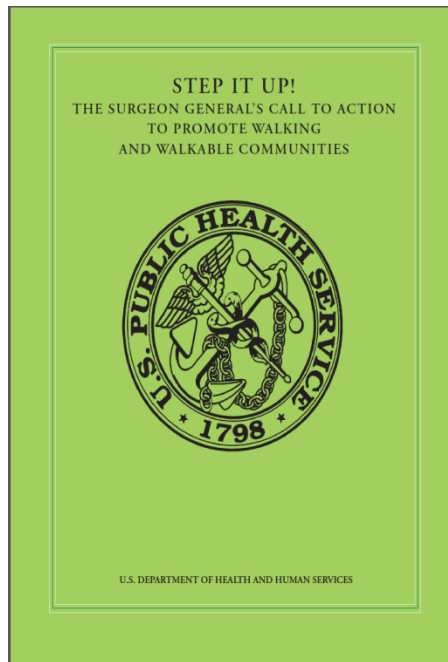
Strategy 3 -Continue to develop communication and leadership support for pedestrian and bicycle safety.

- Demonstrate support for pedestrian and bicycle safety through continued investment in Complete Streets and Safe Routes to School.
- Continue to develop interdepartmental and interagency coordination to improve safety and efficiency for pedestrian and bicycle efforts.



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# U.S. Surgeon General's Call to Action to Promote Walking and Walkable Communities



Goal 1. Make Walking a National Priority

Goal 2. Design Communities that Make It Safe and Easy to Walk for People of All Ages and Abilities

Goal 3. Promote Programs and Policies to Support Walking Where People Live, Learn, Work, and Play

- Strategy 3A. Promote programs and policies that make it easy for students to walk before, during and after school.

Goal 4. Provide Information to Encourage Walking and Improve Walkability

Goal 5. Fill Surveillance, Research, and Evaluation Gaps Related to Walking and Walkability



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# Transportation and Health Tool

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## Transportation and Health Tool



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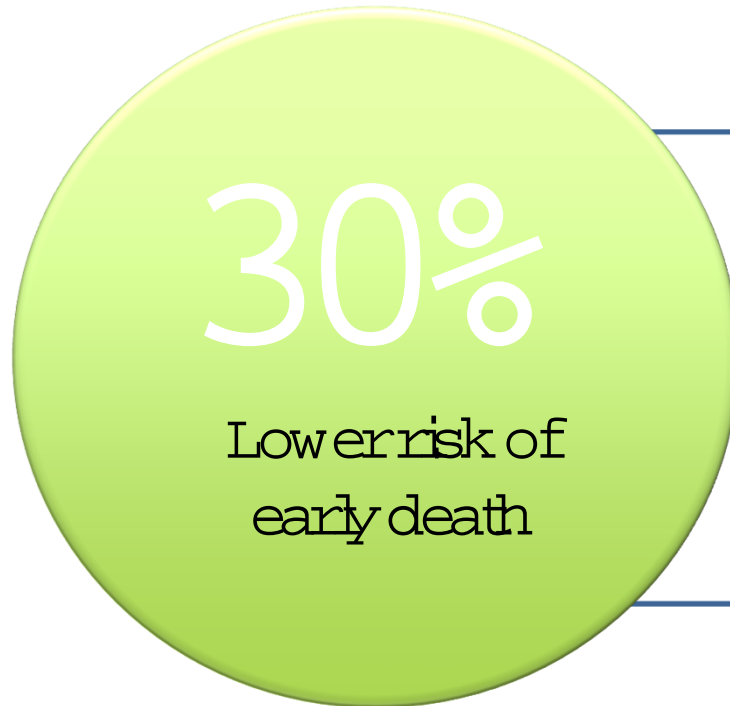
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# Physical Activity



Source: U.S. Department of Health and Human Services. Step It Up! The Surgeon General's Call to Action to Promote Walking and Walkable Communities. Washington, DC: U.S. Department of Health and Human Services, Office of the Surgeon General; 2015.

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# **Two-thirds** of all **deaths** in **North Carolina** result from **chronic disease** and **injury**.

**Chronic Disease and Injury Section**

North Carolina  
Division of  
Public Health

The **FIVE** leading causes of death in North Carolina:

**Cancer**

**Heart Disease**

**Chronic Lung Disease**

**Stroke**

**Injury and Violence**

Many of these **deaths** are due to **preventable causes** such as **tobacco use, physical inactivity** and **poor nutrition**.

The **Chronic Disease and Injury Section** uses **effective strategies** to **reduce the burden of chronic disease and injury** across the life span.



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# Physical Activity Recommendations

Children and adolescents need 1 hour or more of physical activity daily. This should include:



## Aerobic Activity

Most of the 60 minutes or more should be aerobic activity and should include vigorous-intensity at least 3 days a week.



## Muscle-Strengthening Activity

on at least 3 days of the week.



## Bone-Strengthening Activity

on at least 3 days of the week.

60 minutes or more of physical activity daily



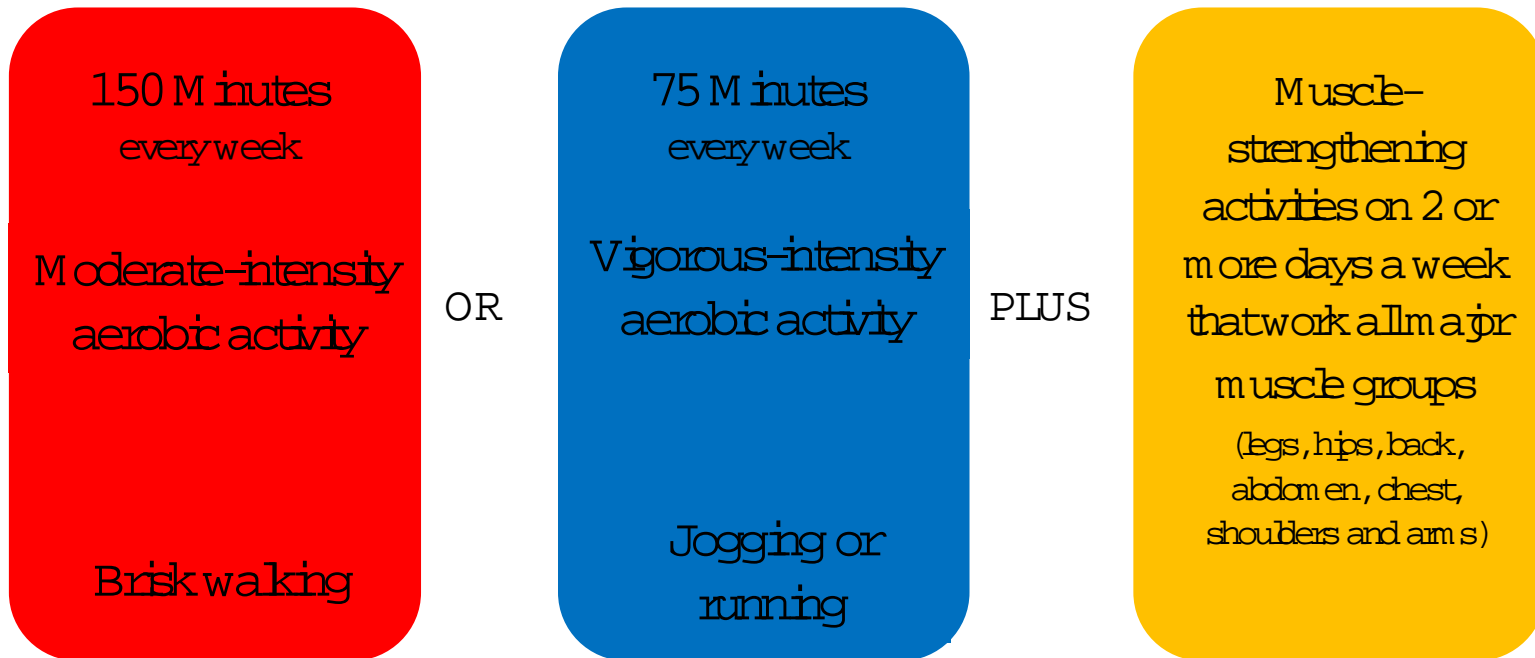
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Source: United States Department of Health and Human Services. 2008 Physical Activity Guidelines for Americans. <http://www.health.gov/paguidelines/guidelines/>. Accessed April 2015.

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# Physical Activity Recommendations

Adults need at least:



Key Point: All adults should avoid inactivity. Some physical activity is better than none, and adults who participate in any amount of physical activity gain some health benefits.



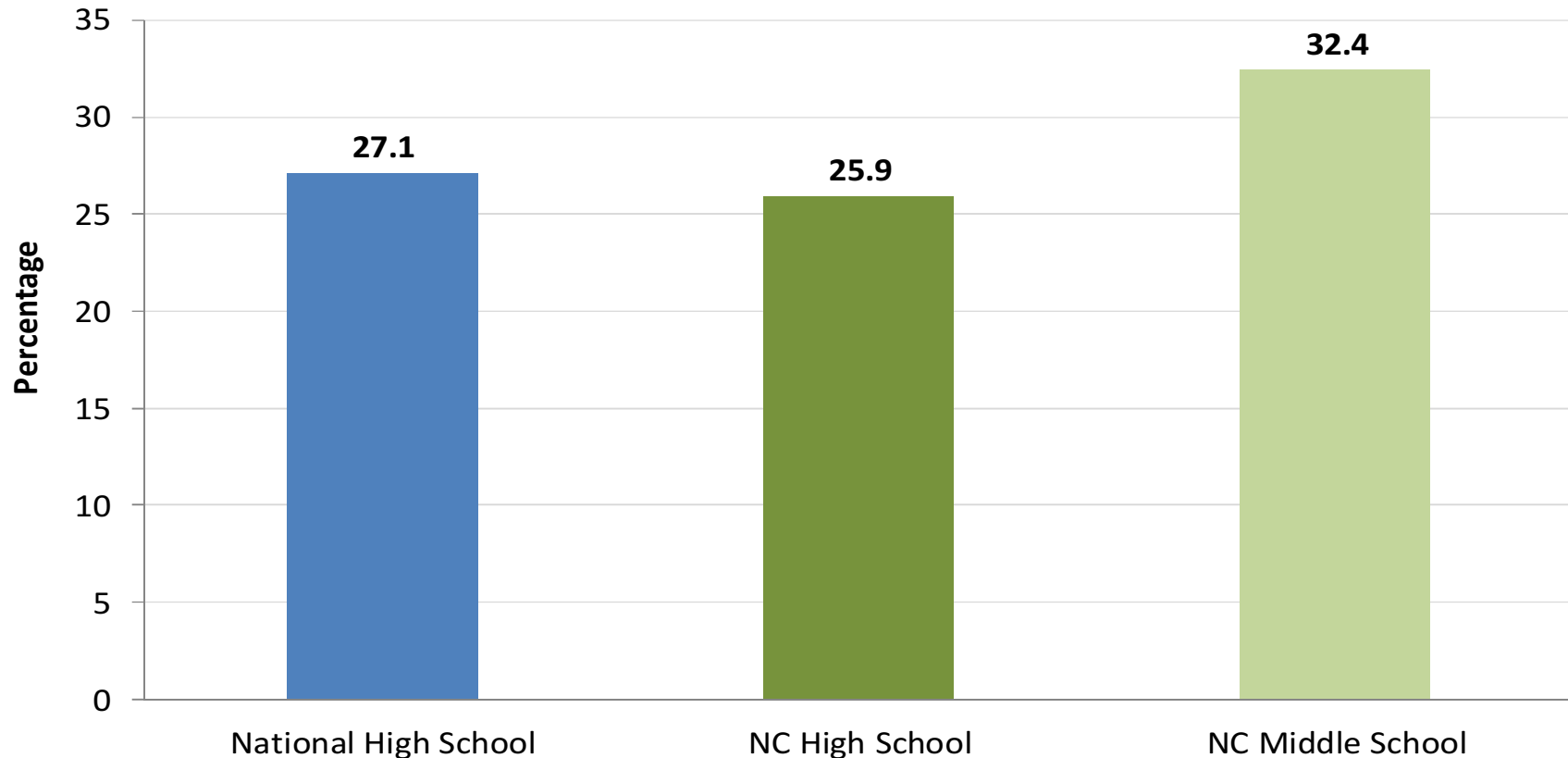
Source: United States Department of Health and Human Services. 2008 Physical Activity Guidelines for Americans. <http://www.health.gov/pa/guidelines/guidelines/>. Accessed April 2015.

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# Aerobic Physical Activity

Aerobic physical activity recommendation for children/adolescents:

60 minutes or more of physical activity daily (vigorous-intensity physical activity at least 3 days a week)



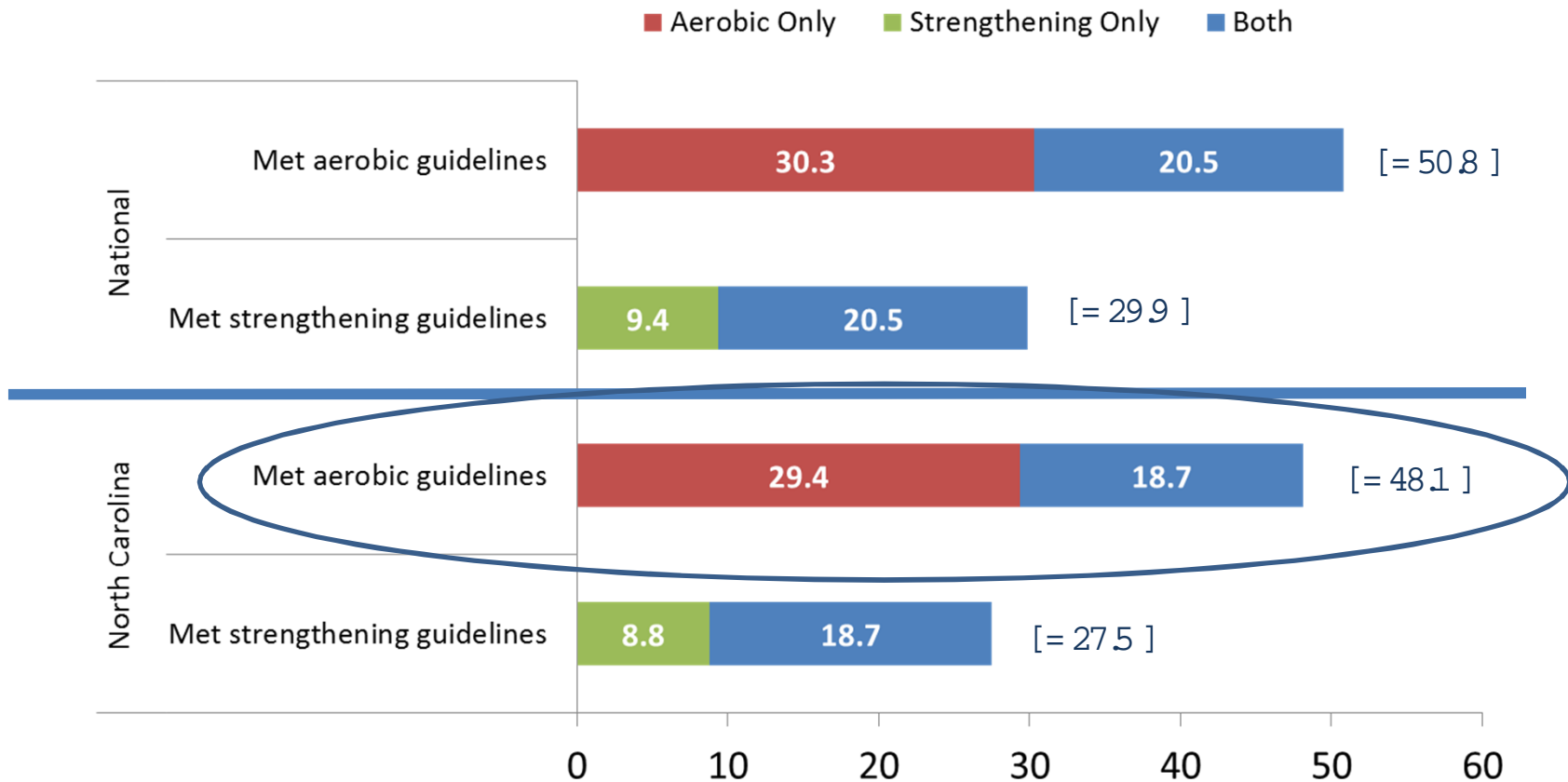
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Data Sources: United States Department of Health and Human Services. 2008 Physical Activity Guidelines for Americans. <http://www.health.gov/faq/guidelines/guidelines/>. Accessed 07/2014. Centers for Disease Control and Prevention. State Indicator Report on Physical Activity, 2014. [http://www.cdc.gov/physicalactivity/docs/bads/pa\\_state\\_indicator\\_report\\_2014.pdf](http://www.cdc.gov/physicalactivity/docs/bads/pa_state_indicator_report_2014.pdf). Accessed 07/2014. Department of Public Instruction and the Department of Health and Human Services, North Carolina Youth Risk Behavior Survey form middle and high school. Middle school: <http://www.nchealthyschools.org/docs/data/yrs/2013/statewide/middle-school.pdf> High school: <http://www.nchealthyschools.org/docs/data/yrs/2013/statewide/high-school.pdf>

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# Physical Activity Guidelines among Adults, BRFSS 2013



Sources: United States Department of Health and Human Services Center for Disease Control and Prevention Office of Surveillance, Epidemiology, and Laboratory Services Public Health Surveillance Program Office Behavioral Risk Factor Surveillance System, 2013. Participated in enough Aerobic and Muscle Strengthening exercises to meet guidelines. <http://apps.nccd.cdc.gov/brfss/display.asp?cat=PA&yr=2013&qkey=8291&state=US>. Accessed April 14, 2015.

North Carolina Department of Health and Human Services, State Center for Health Statistics, 2013 BRFSS Survey Results, Aerobic and Strengthening Guidelines (4-LEVEL) <http://www.schs.state.nc.us/data/brfss/2013/nc/all/PAREC1.html>. Accessed April 14, 2015.

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# NC Department of Transportation

## NC Division of Public Health



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# SRTS Project Goals

- Where it's safe, get kids walking and biking
- Where it's not safe, make changes
- Where there is an opportunity, educate, encourage, and work with local user groups such as PTAs, Law Enforcement, etc.
- The primary reason is safety as well as promoting and improving pedestrian and bicycle travel for the supported school and community



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# ACTIVE ROUTES TO SCHOOL

A North Carolina Safe Routes to School Project

A Partnership between  
NC Department of Transportation  
& NC Division of Public Health



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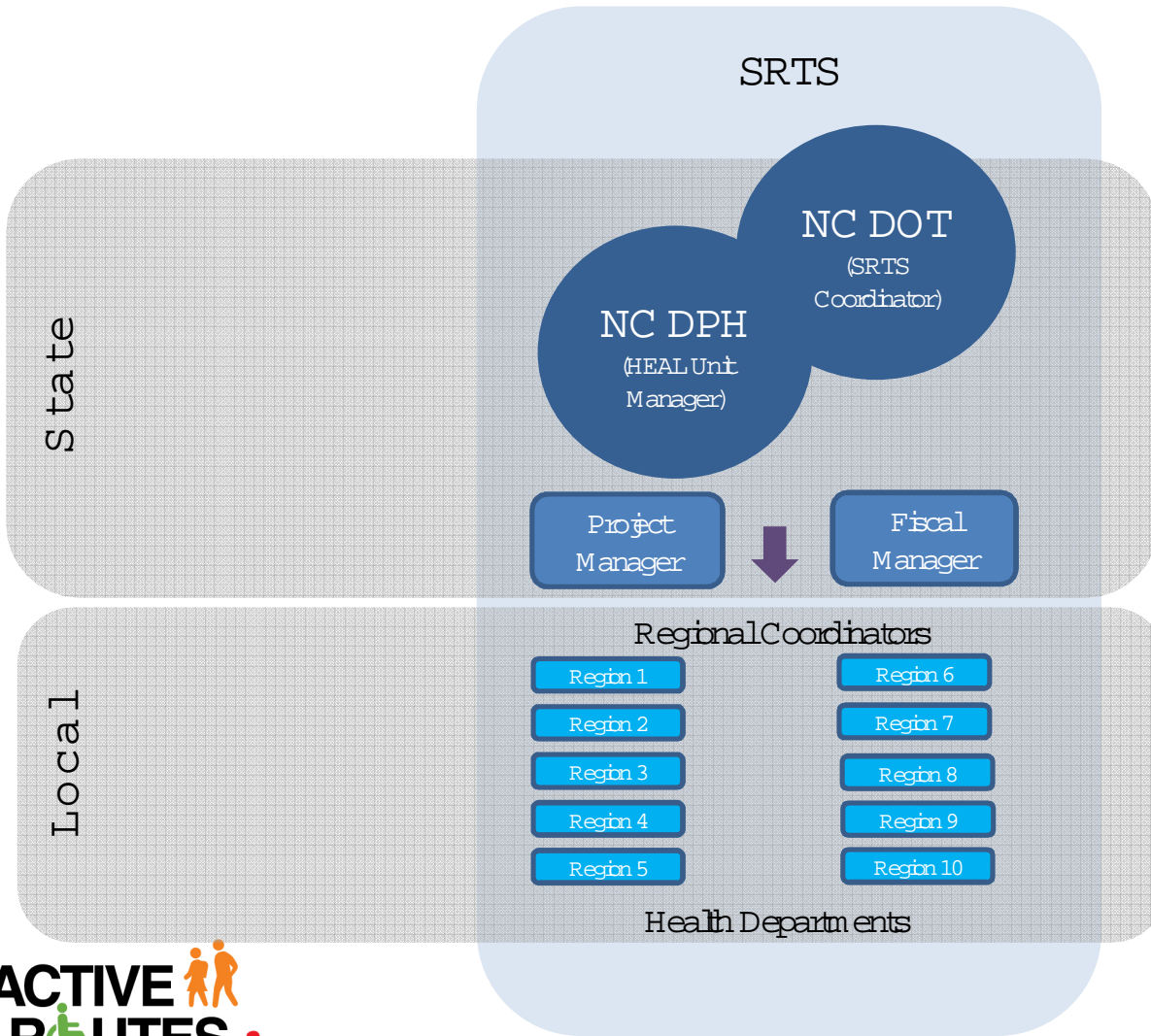
# Active Routes to School Project Goal

Increase the number of elementary and middle school students who safely walk and bike to school.



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# Active Routes to School Organizational Structure



Key and Abbreviations	
DOT	Department of Transportation
DPH	Division of Public Health
SRTS	Safe Routes to School
HEAL	Healthy Eating and Active Living

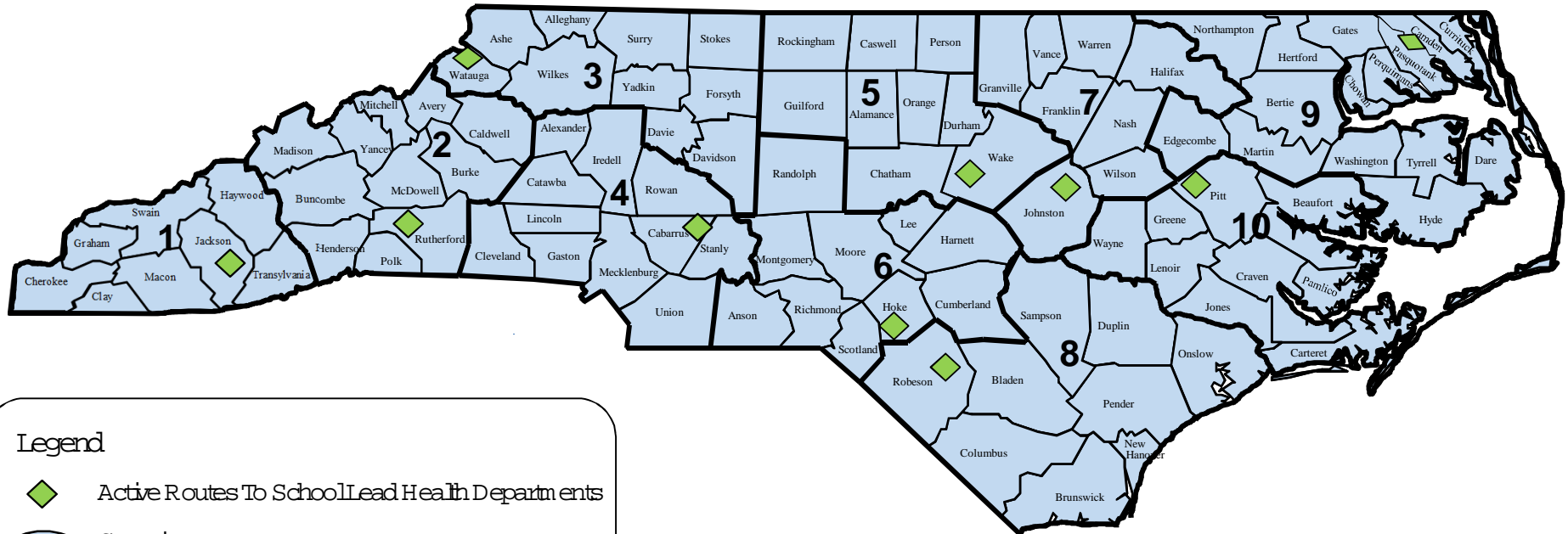
Technical Assistance  
Provided by Highway Safety  
Research Center (HSRC)






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# Active Routes to School Regions



**Legend**

-  Active Routes To School Lead Health Departments
-  Counties
-  Regions

Last updated: 06/23/14



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# Project Coordinators



Region 1 Coordinator: Jackie Moore  
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Region 3 Coordinator: Elisabeth Fornadley-Johnson  
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Region 4 Coordinator: George Berger  
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Cell: 910-985-7388



Region 7 Coordinator: Nicole Westley  
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Region 8 Coordinator: Shahnee Haire  
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Vacant



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# Active Routes to School

## Partnership

- NC Department of Transportation and NC Division of Public Health
- Administered through local NC health departments in 10 regions

## Alignment

- NC Safe Routes to School Initiatives
- Local, regional and state community safety and health initiatives



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# Project Activities

## Awareness-Raising Events

- Increase one-time awareness events about the importance of Safe Routes to School

## Ongoing Programs

- Increase the number of ongoing programs that encourage walking and biking to school

## Trainings/Workshops

- Increase the number of trainings on how to implement Safe Routes to School-related activities

## Policy Changes

- Increase the number of policies that support walking and biking to school

## Built Environment Changes

- Develop a plan for an infrastructure issue statement to identify a physical improvement to local infrastructure for future exploration



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# Common Elements Among Programs that Increased Walking and Bicycling

1. In-school champion
2. Promotional activities
3. Parent support
4. Policies

## SHIFTING MODES

A Comparative Analysis of Safe Routes to School Program Elements and Travel Mode Outcomes

Prepared by the National Center for Safe Routes to School

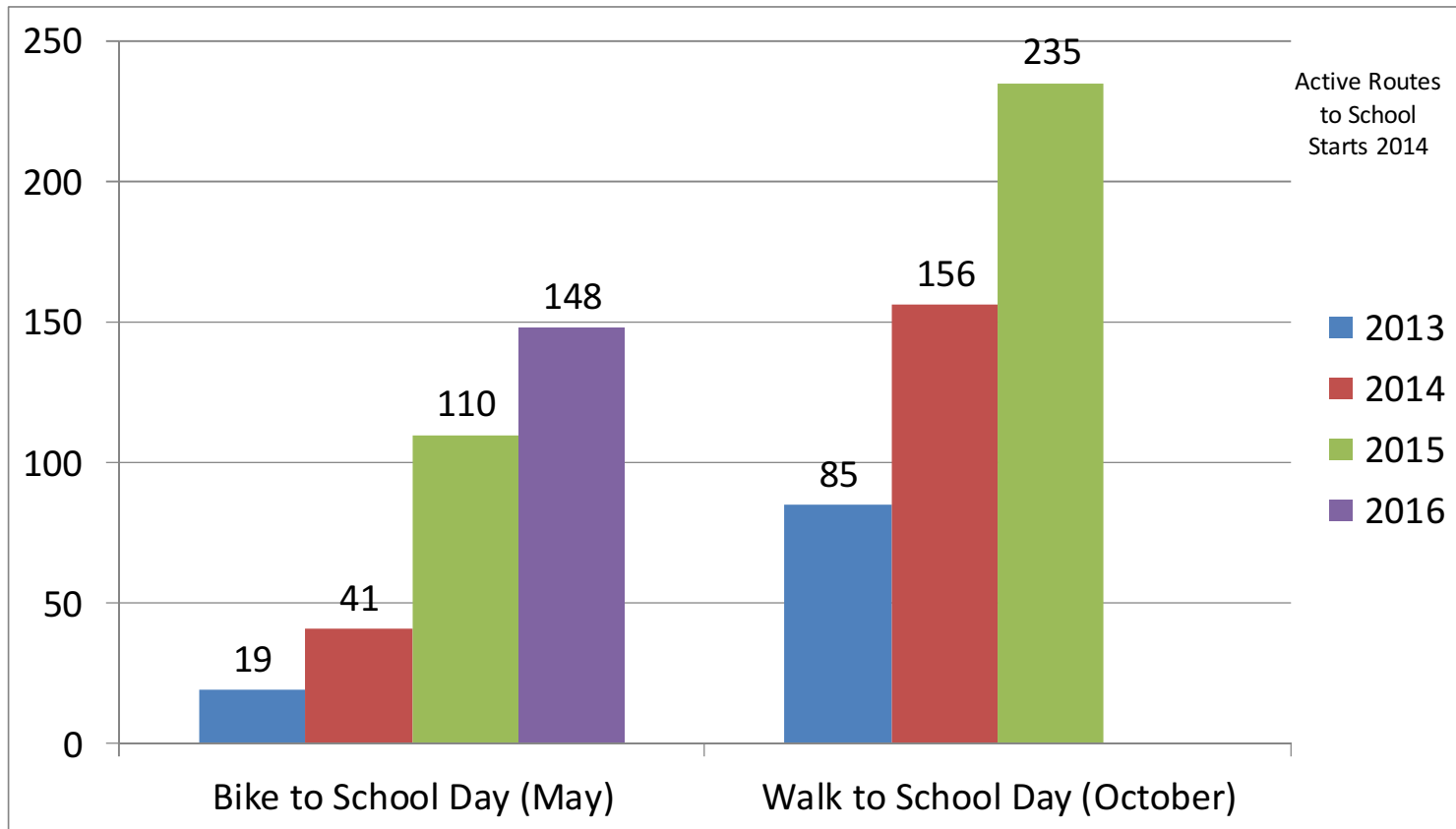


January 2012



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# Partnerships in Action



Source: Schools registered on [www.walkbiketoschool.org](http://www.walkbiketoschool.org). Accessed 4/25/16

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# Partnerships in Action



## Walk to School Day Participation in North Carolina Skyrockets

What an exciting year for Walk to School Day in North Carolina! More students and adults in schools and communities across the state laced up their sneakers and hit the sidewalks in celebration of Walk to School Day in 2015 than ever before. Events were held in over 60 counties statewide and in all 235 schools registered events in North Carolina – nearly a 50% increase from 2014. Nationally, in 2014 North Carolina ranked 27th in Walk to School Day registrations and in 2015 North Carolina rose to 6th place!\*

North Carolina's signature Walk to School Day event in 2015 was celebrated at Hertford Grammar School in Hertford, NC. NC Department of Transportation Secretary Nick Tenyson, NC Deputy Secretary of Health Services Dr. Randall Williams and several other state and local officials joined students and families on a walk to Hertford Grammar School to show their support for the benefits of walking to school.

\* Fewer than a Walk to School Day participation rate is calculated to compare state participation. For each state, the total number of events is divided by the

Nationally, in 2014 North Carolina ranked 27th in Walk to School Day registrations and in 2015 North Carolina rose to 6th place!\*



Source: NC Department of Transportation, Division of Bicycle and Pedestrian Transportation. (2016). "Walk to School Day Participation in North Carolina Skyrockets." Raleigh, NC: NC Department of Transportation.

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# Partnerships in Action

Over 50% of NC event organizers – planned, or already completed, policy or engineering changes

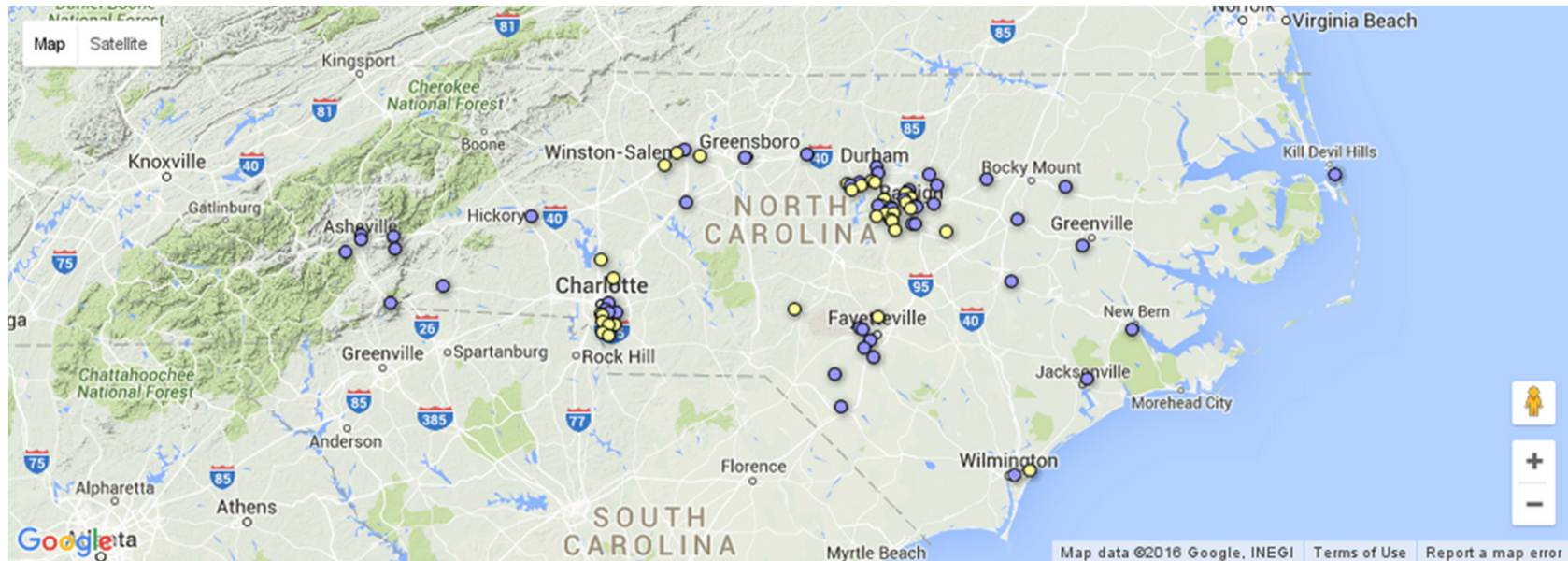
- Top Three Policy or Engineering Changes in North Carolina
  - 26% addition of safety education
  - 22% addition of walking/bicycling promotion to existing school policies
  - 14% addition of sidewalks, paths or crosswalks



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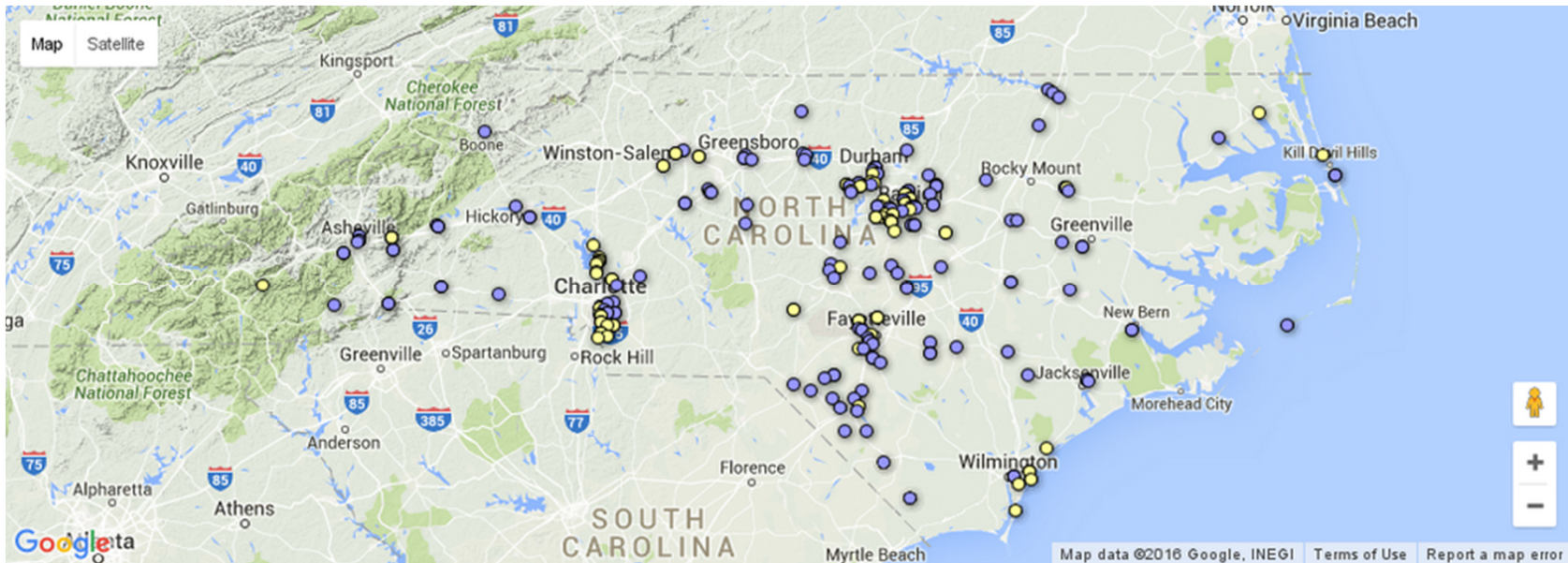
# 2013 Walk to School Day in NC (85 Schools; 59.8% Title I)



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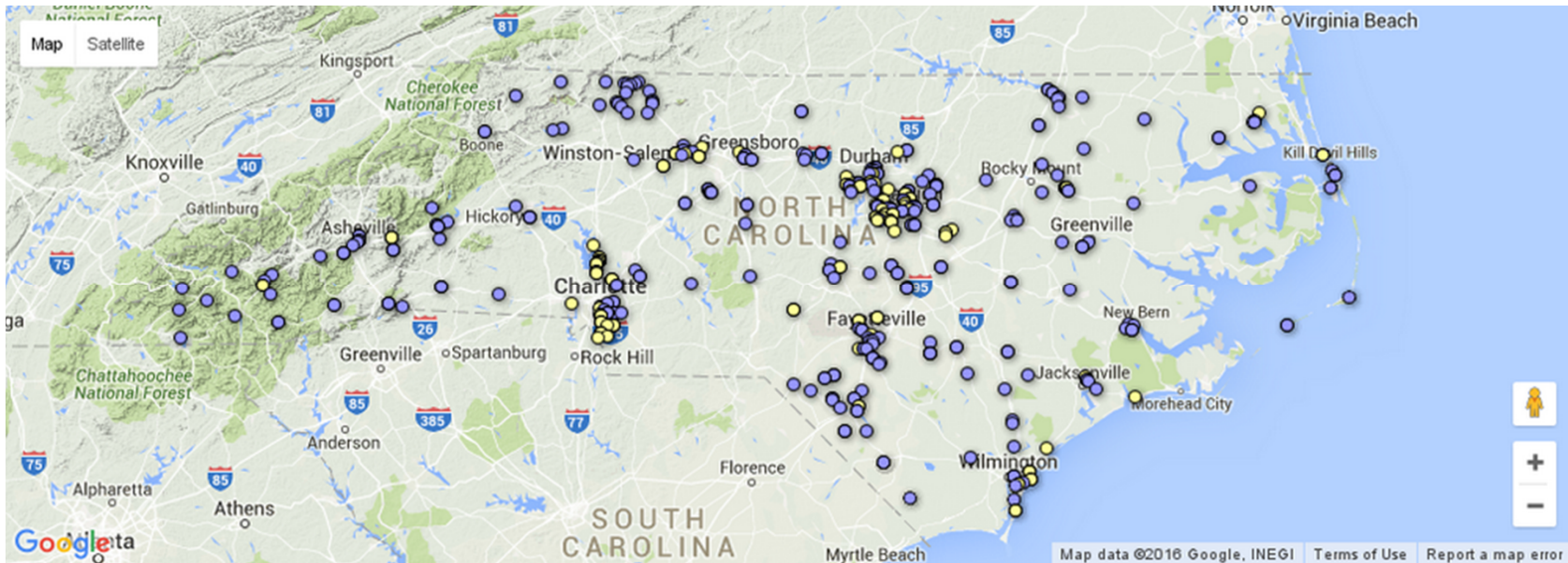


# 2014 Walk to School Day in NC (157 Schools; 66.1% Title I)



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# 2015 Walk to School Day in NC (235 Schools; 73.2% Title I)



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# Partnerships in Action

Select project outcomes reported by Active Routes to School Coordinators between July 2014–April 2016



Safe Routes to School Trainings

- 20 trainings held
- 319 partners trained



Let's Go! NC Training

- 6,907 students have received training



Ongoing Programs

- 38 programs
- 11,714 participants



Ongoing Programs: Walk or bicycle programs that encourage walking and bicycling to or at school on an on-going basis.

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# Active Routes to School Project Evaluation

- # and distribution of activities
- % of students who walk or bicycle to and from school
- Participating families' walking and bicycling activity
- Schools' Coordinator-defined readiness to embrace active school travel



# Data Collection

## Parent Survey

**Parent Survey About Walking and Biking to School**

**Dear Parent or Caregiver,**  
 Your child's school wants to learn your thoughts about children walking and biking to school. This survey will take about 5 - 10 minutes to complete. We ask that each family complete only one survey per school year for each child. If more than one child from a school brings a survey home, please fill out the survey for the child with the next birthday from today's date.

After you have completed this survey, send it back to the school with your child or give it to the teacher. Your responses will be kept confidential and neither your name nor your child's name will be associated with any results.  
**Thank you for participating in this survey!**

+ CAPITAL LETTERS ONLY – BLUE OR BLACK INK ONLY +

School Name: \_\_\_\_\_

1. What is the grade of the child who brought home this survey?  Grade (PK,K,1,2,3...)

2. Is the child who brought home this survey male or female?  Male  Female

3. How many children do you have in Kindergarten through 8<sup>th</sup> grade?

4. What is the street intersection nearest your home? (Provide the names of two intersecting streets)  
 \_\_\_\_\_ and \_\_\_\_\_

+ Place a clear 'X' inside box. If you make a mistake, fill the entire box, and then mark the correct box. +

5. How far does your child live from school?  
 Less than ¼ mile     ½ mile up to 1 mile     More than 2 miles  
 ¼ mile up to ½ mile     1 mile up to 2 miles     Don't know

+ Place a clear 'X' inside box. If you make a mistake, fill the entire box, and then mark the correct box. +

6. On most days, how does your child arrive and leave for school? (Select one choice per column, mark box with X)

Arrive at school	Leave from school
<input type="checkbox"/> Walk	<input type="checkbox"/> Walk
<input type="checkbox"/> Bike	<input type="checkbox"/> Bike
<input type="checkbox"/> School Bus	<input type="checkbox"/> School Bus
<input type="checkbox"/> Family vehicle (only children in your family)	<input type="checkbox"/> Family vehicle (only children in your family)
<input type="checkbox"/> Carpool (Children from other families)	<input type="checkbox"/> Carpool (Children from other families)
<input type="checkbox"/> Transit (city bus, subway, etc.)	<input type="checkbox"/> Transit (city bus, subway, etc.)
<input type="checkbox"/> Other (skateboard, scooter, inline skates, etc.)	<input type="checkbox"/> Other (skateboard, scooter, inline skates, etc.)

+ Place a clear 'X' inside box. If you make a mistake, fill the entire box, and then mark the correct box. +

7. How long does it normally take your child to get to/from school? (Select one choice per column, mark box with X)

Travel time to school	Travel time from school
<input type="checkbox"/> Less than 5 minutes	<input type="checkbox"/> Less than 5 minutes
<input type="checkbox"/> 5 – 10 minutes	<input type="checkbox"/> 5 – 10 minutes
<input type="checkbox"/> 11 – 20 minutes	<input type="checkbox"/> 11 – 20 minutes
<input type="checkbox"/> More than 20 minutes	<input type="checkbox"/> More than 20 minutes
<input type="checkbox"/> Don't know / Not sure	<input type="checkbox"/> Don't know / Not sure

+ \_\_\_\_\_ +

## Student Travel Tally

**Safe Routes to School Students Arrival and Departure Tally Sheet**

+ CAPITAL LETTERS ONLY – BLUE OR BLACK INK ONLY +

School Name: \_\_\_\_\_ Teacher's First Name: \_\_\_\_\_ Teacher's Last Name: \_\_\_\_\_

Grade: (PK,K,1,2,3...) \_\_\_\_\_ Monday's Date (Week count was conducted) \_\_\_\_\_ Number of Students Enrolled in Class: \_\_\_\_\_

0 2      M M D D Y Y Y Y      1 5

• Please conduct these counts on two of the following three days Tuesday, Wednesday, or Thursday. (Three days would provide better data if counted).  
 • Please do not conduct these counts on Mondays or Fridays.  
 • Before asking your students to raise their hands, please read through all possible answer choices so they will know their choices. Each student may only answer once.  
 • Ask your students as a group the question "How did you arrive at school today?"  
 • Then, reread each answer choice and record the number of students that raised their hands for each. Place just one character number in each box.  
 • Follow the same procedure for the question "How do you plan to leave for home after school?"  
 • You can conduct the counts once per day but during the count please ask students both the school arrival and departure questions.  
 • Please conduct this count regardless of weather conditions (i.e., ask these questions on rainy days, too).

**Step 1.** Fill in the weather conditions and number of students in each class  
**Step 2.** AM – "How did you arrive at school today?" Record the number of hands for each answer.  
 PM – "How do you plan to leave for home after school?" Record the number of hands for each answer.

Key	Weather S = sunny R = rainy O = overcast S/N = snow	Student Tally Number in class when count made	Walk	Bike	School Bus	Family Vehicle	Carpool	Transit	Other
						Only with children from your family	Riding with children from other families	City bus, subway, etc.	Skate-board, scooter, etc.
Sample AM	S N	2 0	2	3	8	3		3	1
Sample PM	R	1 9	3	3	8	1	2	2	
Tues. AM									
Tues. PM									
Wed. AM									
Wed. PM									
Thurs. AM									
Thurs. PM									

Please list any disruptions to these counts or any unusual travel conditions to/from the school on the days of the tally.

+ \_\_\_\_\_ +



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# Three Strongest Predictors of Walking and Biking to School

From 7,730 parent surveys collected by 73 schools:

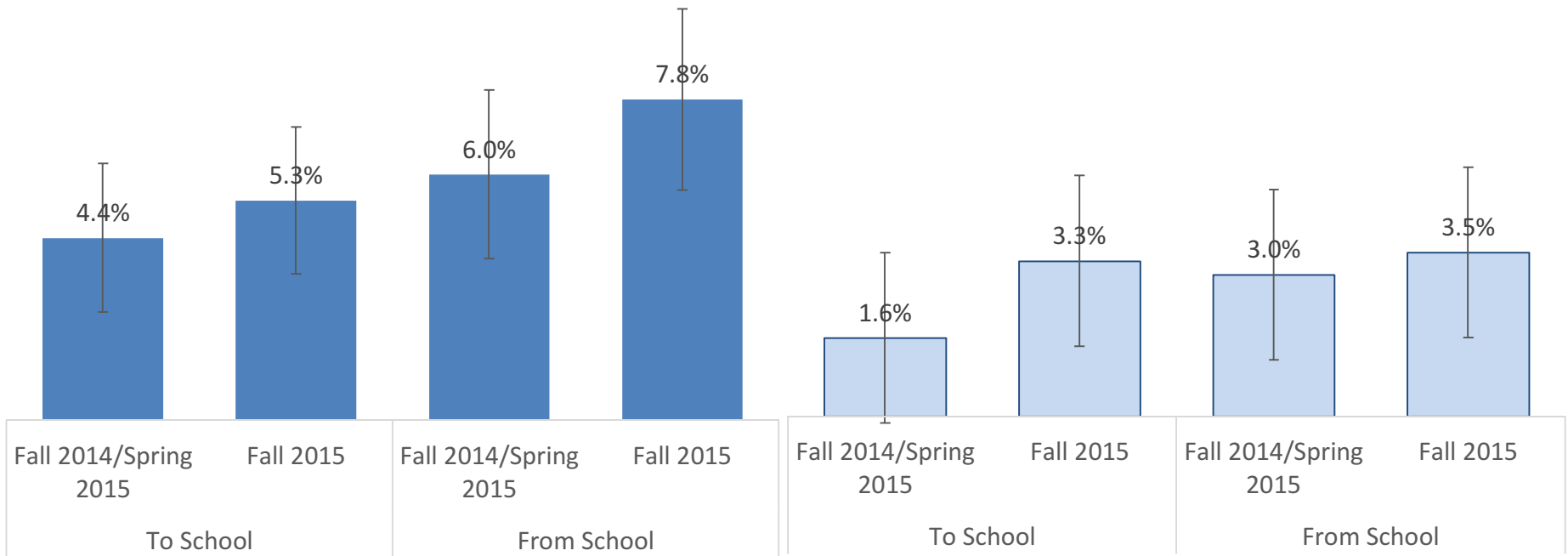
1. Distance from School: Students living within one mile of school were 10 times more likely to walk or bike to school than students living beyond one mile of school
2. Fun!: Students whose parents perceived walking or biking to school as fun were 3 times more likely to walk or bike
3. Asking permission: Students who asked their parent for permission to walk or bike to school were 2.5 times more likely to do so



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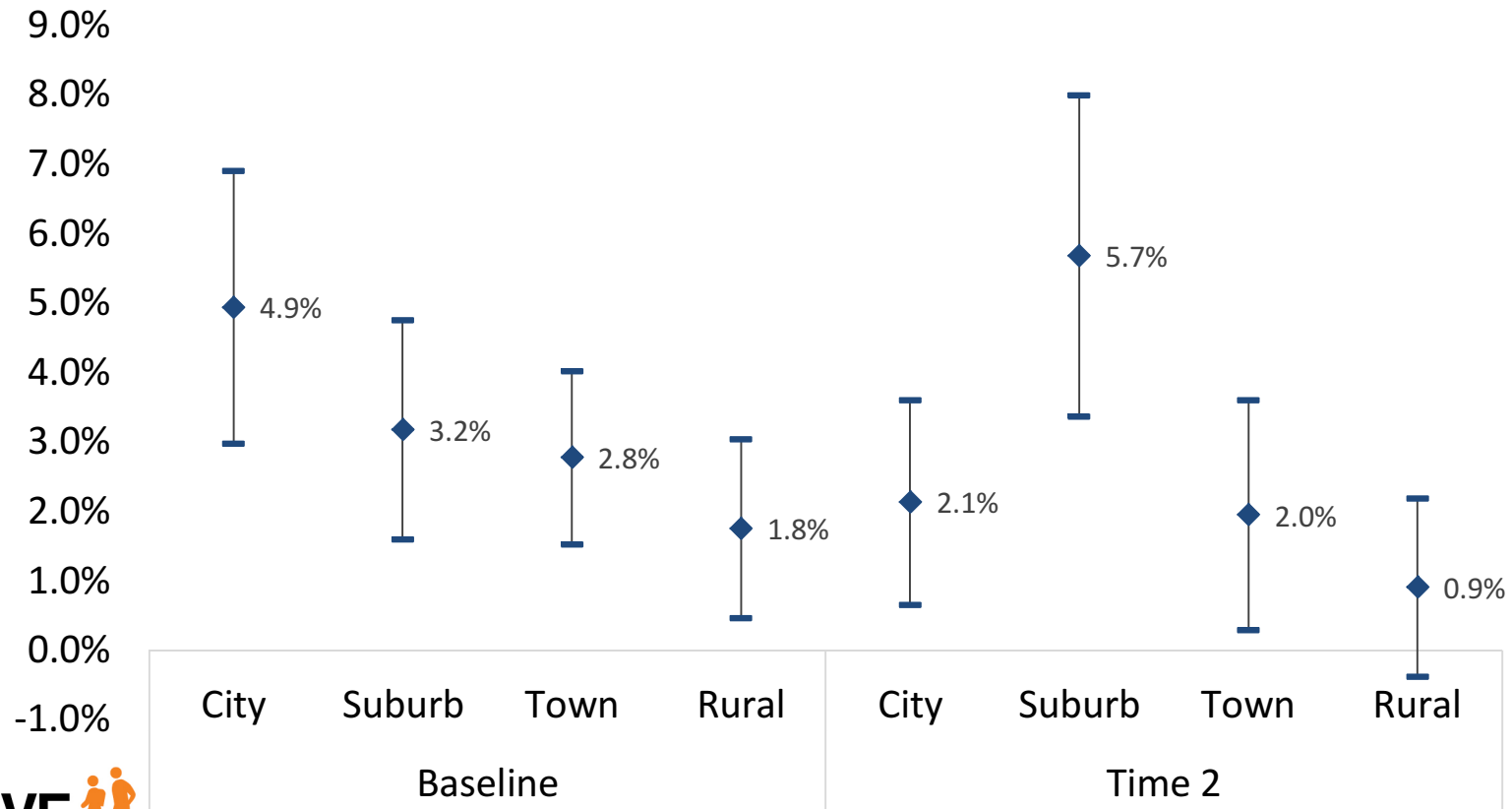


# Probability of Walking or Biking to and from School over Time (surveys on left; tallies on right)



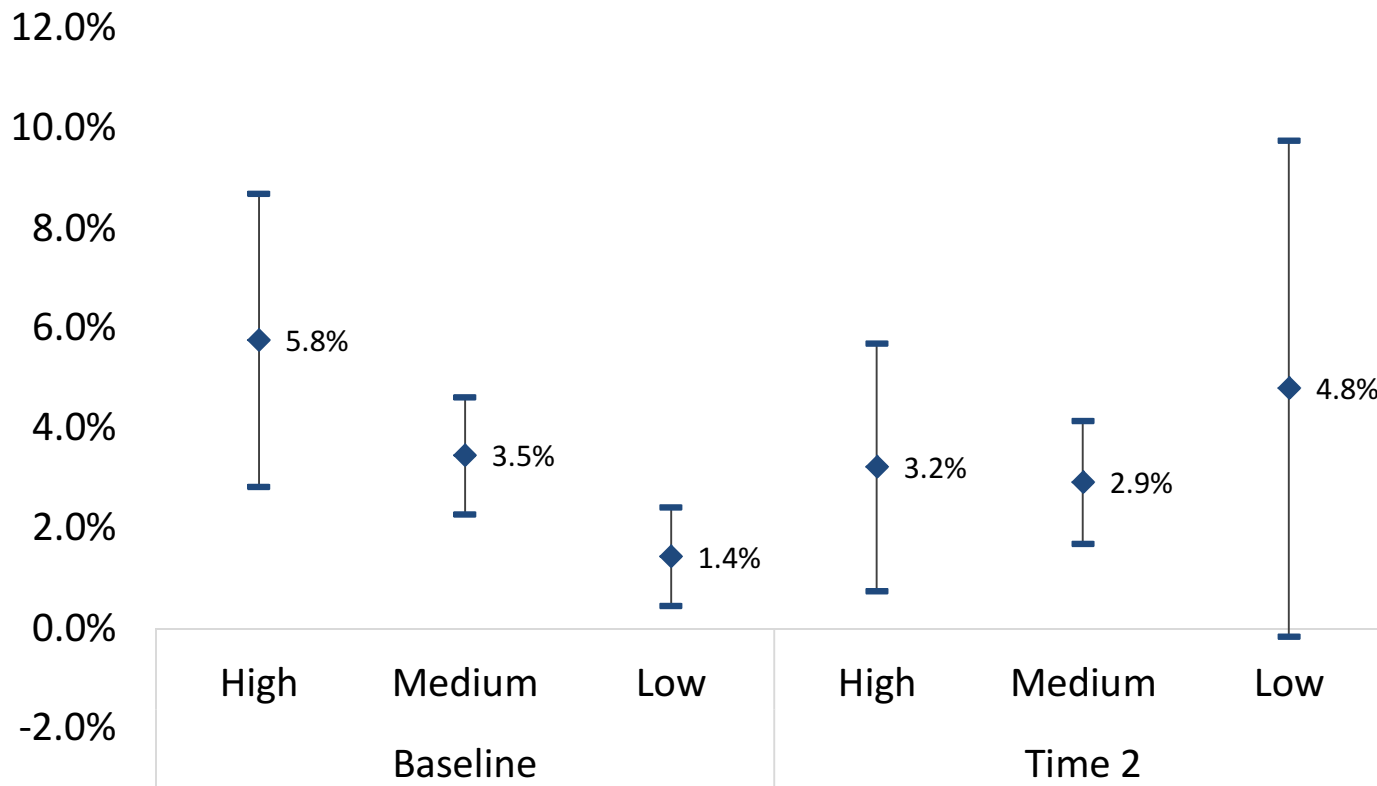
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# Probability of Walking or Biking by School Locale over Time



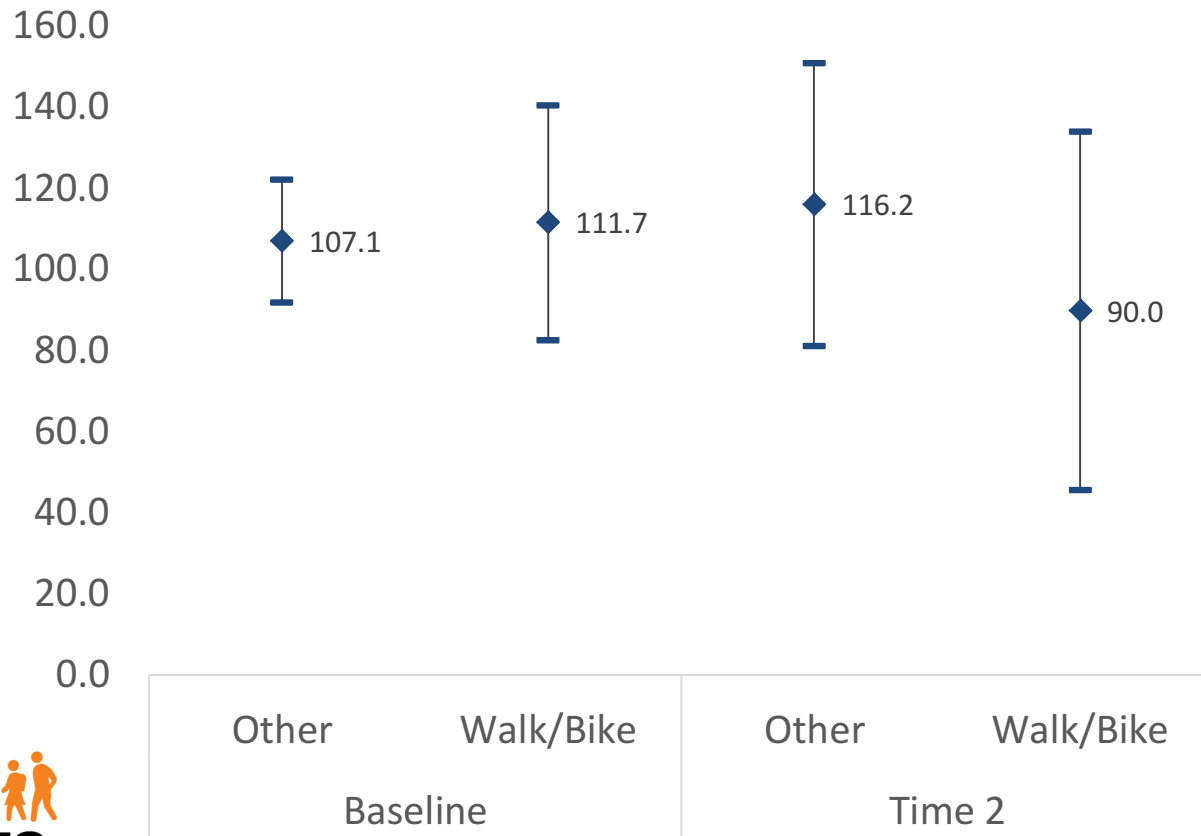
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# Probability of Walking or Biking by School Income over Time



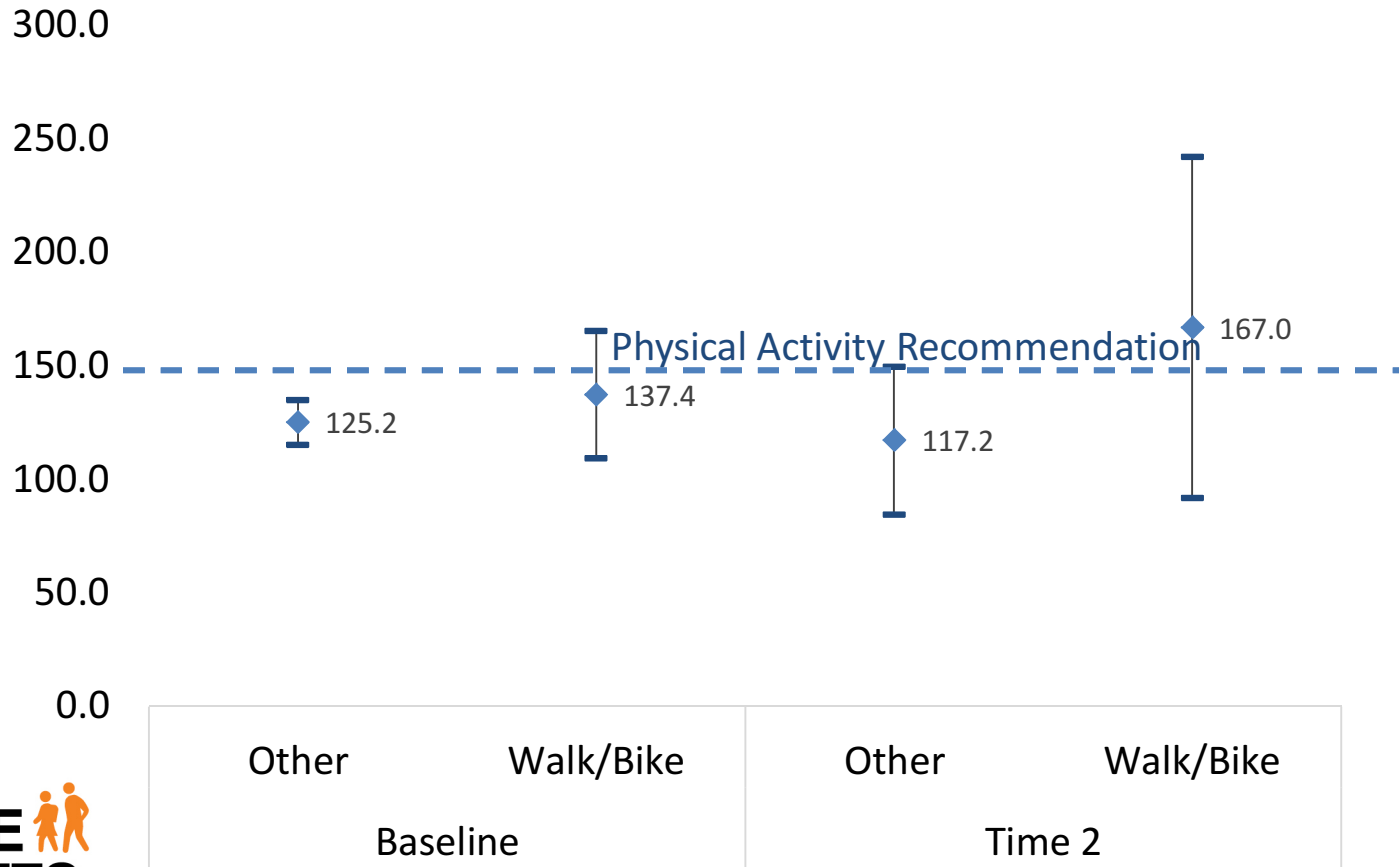
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# Students' School Travel and their Walking and Biking Activity Outside of School



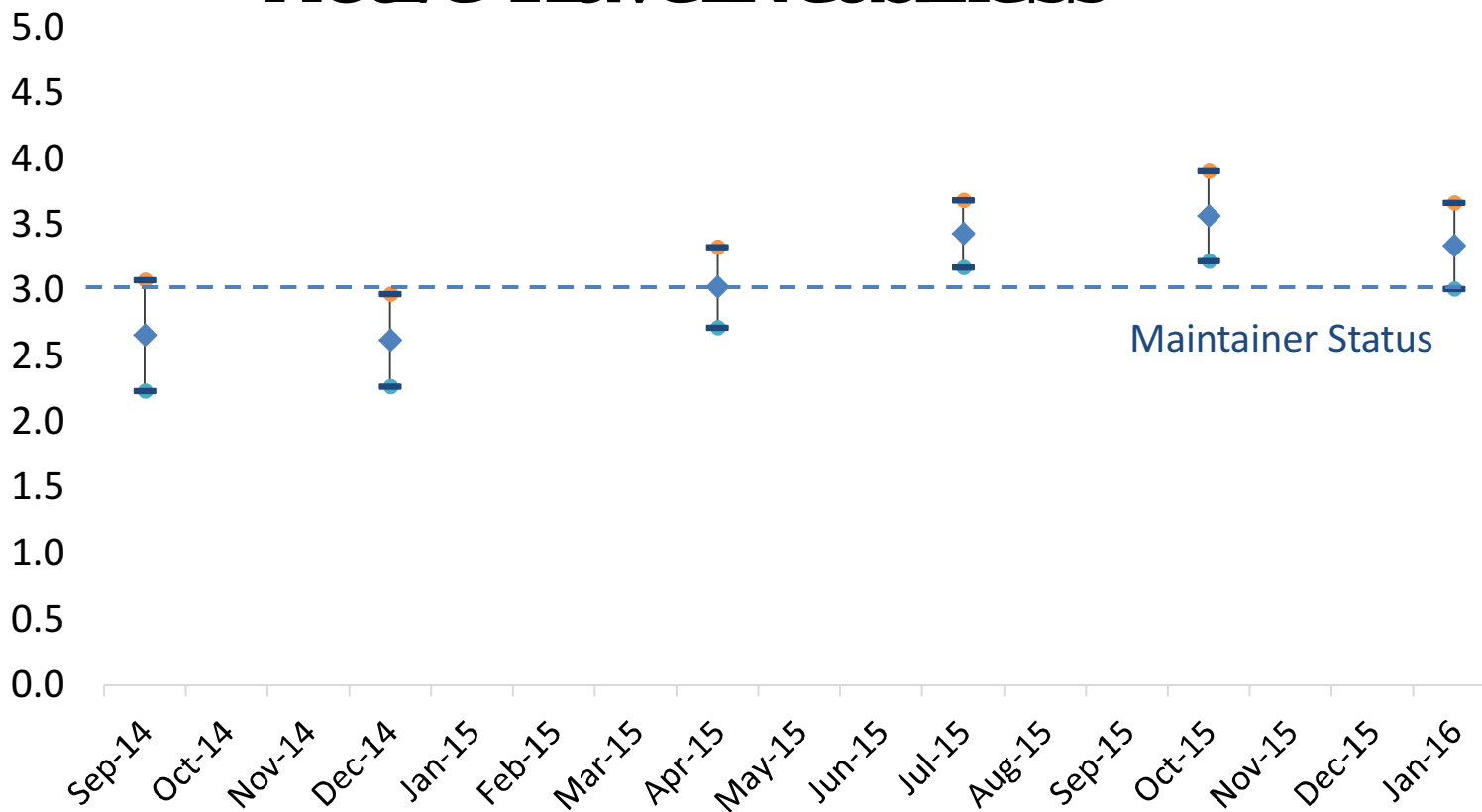
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# Students' School Travel and their Parents' Walking and Biking Activity



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# Schools' Coordinator-reported "Active Travel Readiness"



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# Where is the Active Routes to School Project evaluation headed?

- Understanding Active Routes to School through a health equity lens
- Estimating impacts of interventions on walking and biking outcomes





**ACTIVE ROUTES TO SCHOOL**  
A North Carolina Safe Routes to School Project

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# Lessons Learned

- Cross sector partnerships support sustainable change
  - Increase understanding of partner agencies protocols and processes
  - Increase understanding of opportunities for coordination
  - Breaks down professional “language barriers”
  - Takes time



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# Lessons Learned

- Common goals, different strategies, alignment
  - Defined purpose for working together
  - Align strategies to increase reach and impact



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# Making the connection:

## How can YOU engage with Active Routes to School?

- Community and neighborhood site development
  - Incorporate elements that support bicycle and pedestrian activity and connectivity to schools
- Planning committees
  - Include Active Routes to School Coordinators on your committees (e.g., bicycle and pedestrian plans)
- Support and promote
  - Walk to School Day, Bike to School Day and on-going Active Routes to School Programs in your area



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# Thank you

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