

Why Safe Routes to School Matters

Safety, Health & Transportation



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

The Bad:

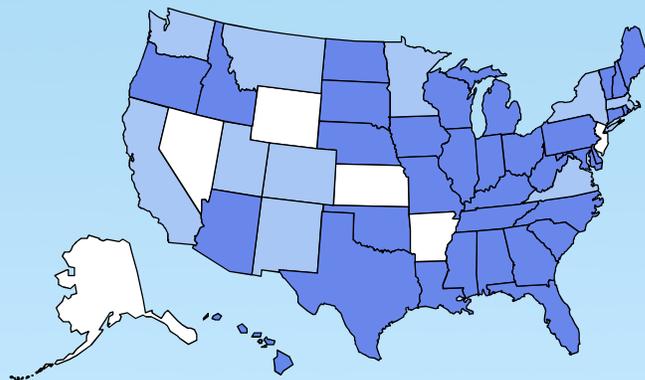
Unintended consequences of less walking and bicycling

- to the environment
- to our health



Obesity trends among U.S. adults: 1990

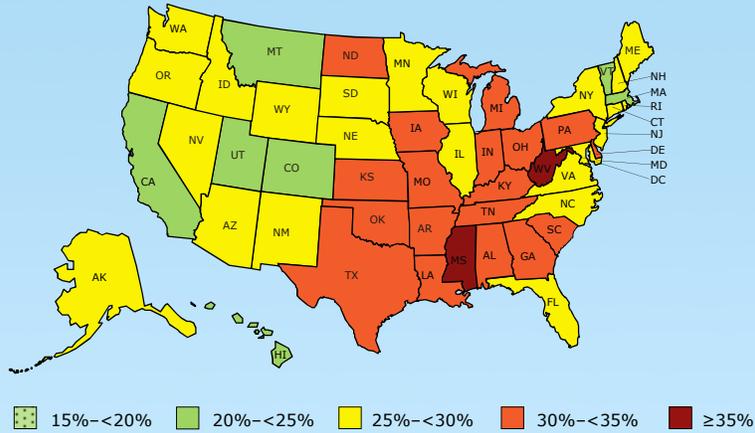
(Obesity defined as BMI ≥ 30)



Legend:
No Data <10% 10%-14%
(Behavioral Risk Factor Surveillance System, CDC, 2012)

Obesity trends among U.S. adults: 2013*

(Obesity defined as BMI ≥ 30)



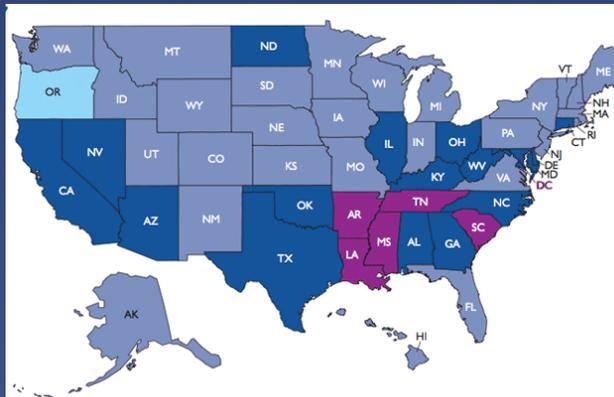
(Behavioral Risk Factor Surveillance System, CDC, 2013)

*Prevalence reflects BRFSS methodological changes in 2011; these estimates should not be compared to those before 2011.

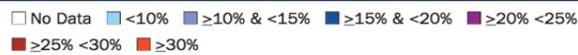
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U.S. youth obesity rates



PROPORTION OF CHILDREN AGES 10-17 CLASSIFIED AS OBESE BY STATE, 2011 NATIONAL SURVEY OF CHILDREN'S HEALTH



(Trust for America's Health and Robert Wood Johnson Foundation, 2013)

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Obese children have an increased risk of....

- Heart disease and stroke
- Type 2 Diabetes
- Low self esteem
- Sleep apnea
- Several types of cancer
- Osteoarthritis

(CDC, 2014)

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Physical activity recommendation for children and adolescents:

At least 60 minutes of physical activity daily.

(US Depts. of Health and Human Services, 2008)



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Safe Routes
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training

Safe Routes to School programs are part of the solution...

... to increase physical activity

... to improve unsafe walking and biking conditions

... to improve poor air quality by reducing vehicle emissions



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Safe Routes to School programs

- Make walking and bicycling safe ways to get to school
- Encourage more children to walk and bike to school



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Safe Routes
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training

Elements of Safe Routes to School programs

- Education
- Encouragement
- Enforcement
- Engineering
- Evaluation



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Safe Routes to School **training**

Education

- Teaches safety skills
- Creates safety awareness
- Fosters life-long safety habits
- Includes parents, neighbors and other drivers



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Safe Routes to School **training**

Encouragement

- Increases popularity of walking and biking
- Is an easy way to start SRTS programs
- Emphasizes fun of walking and biking



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Enforcement

- Increases awareness of pedestrians and bicyclists
- Improves driver behavior
- Helps children follow traffic rules
- Decreases parent perceptions of danger



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Safe Routes
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Engineering

- Creates safer, more accessible settings for walking and biking
- Can influence the way people behave



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Evaluation

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 you kindly consider only one survey per child per children's school. If more than one child from a school brings a survey home, please fill out the survey for the child with the most birthday from today's date.

If you have completed this survey, would it help to know what your child or grandchild's 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, L, 1 None Second

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

3. How many children do you have in Kindergarten through 4th grade?

4. What is the closest intersection nearest your home? (Provide the name of the intersection) _____ and _____

5. How far does your child live from school? less than 1/4 mile 1/4 mile to 1/2 mile more than 1/2 mile more than 1/2 mile more than 1/2 mile more than 1/2 mile

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"/> Family vehicle (other children)	<input type="checkbox"/> Family vehicle (other children)
<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 (Subsidized, scooter, wheelchair, etc.)	<input type="checkbox"/> Other (Subsidized, scooter, wheelchair, etc.)

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

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 Level: _____ Number of Students Enrolled in Class: _____

These conduct these counts on two of the following three days: Tuesday, Wednesday, or Thursday. (These 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.

Do your students answer the question "How did you arrive at school today?"

Yes, read each answer choice and record the number of students that raised their hands for each. Place just one character or 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 days all students join 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: "How did you arrive at school today?" Record the number of hands for each answer. Fill in the weather conditions and number of students in each case.

Step 2: "How do you plan to leave for home after school?" Record the number of hands for each answer.

Key	No survey or survey (no response)	Number of children (count hands)	Weather	Student Tally	Walk	Bike	School Bus	Family Vehicle	Other
Sample AM	X	2	☀	☐	☐	☐	☐	☐	☐
Sample PM	X	1	☁	☐	☐	☐	☐	☐	☐
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.

Is the program making a difference?

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Steps in creating a SRTS program

- Bring together the right people
- Gather information and identify issues
- Find solutions
- Make a plan
- Get the plan funded
- Act on the plan
- Evaluate and make changes if needed



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Connecting the trip to school with...



Safety



Health



Community



Choice



CELEBRATE
INTERNATIONAL
WALK TO SCHOOL
DAY ON OCTOBER 8

Learn More



SAFE ROUTES TOOLBOX

Interactive Map

Resources

Webinars

National Center for Safe Routes to School
8/27/14 [Don't let your guard down: Strategies to keep your school crossing guard program healthy and strong](#)

Pedestrian and Bicycle Information Center
9/4/14 [Pedestrian Safety Enforcement Operations](#)

America Walks
8/28/14 [Discussion Forum: Follow-Up to](#)

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Photo courtesy of PATH – Peoples Advocacy for Trails Hawaii



Photo courtesy of County of Maui, Department of Public Works

**STATE OF HAWAII
DEPARTMENT OF TRANSPORTATION
HIGHWAYS DIVISION
Safe Routes to School Program Overview**

Updated: February 2016



Sources of Safe Routes to School (SRTS) Funds Managed by DOT

- Federal funds obtained under SAFETEA-LU – Approximately \$8 million in SRTS funding received from 2005 to September 30, 2012.
- State SRTS Program Special Fund – Consists of SRTS program surcharges on violations. Effective September 1, 2012.



Essence of SRTS SAFETEA-LU Funds



- SRTS shall fund qualified projects identified by schools and communities to encourage biking and walking to school.
- DOT solicits applications through a Call for Applications process.
- 100% federally funded
- **Reimbursable grant** program
Awardees must pay for expenses when they are incurred, and then submit for reimbursement.
- DOT role is as an oversight capacity and pass-through of federal funds only. Awardees are responsible for project implementation.

Who Can Receive SRTS SAFETEA-LU Funds?

- State, local or regional agencies
- Non-profit organizations
DOT will require non-profit organizations to partner with a government agency for infrastructure projects.
- **Awardees must have experience managing similar projects, the ability to fulfill State and Federal requirements for the proposed project, and have funds readily available to front.**

Project Requirements

- DOT is required to award 10 to 30 percent of SRTS funding to non-infrastructure activities.
- Projects must target students in grades K-8.
- Reimbursable expenses must be reasonable and necessary for the project.
- Non-infrastructure projects must be completed within two years from the effective date of a reimbursement agreement.
- Infrastructure projects must be within 2 miles of a primary school (grades K-8) and accessible to the public.

Project Requirements (continued)

- For infrastructure projects, a cost estimate should be prepared by an engineer, licensed in the State of Hawaii with experience managing similar projects.
- Consultant firms that assist in preparing an application shall not be considered during the qualifications-based selection process to procure a professional services contract.

Essence of the State SRTS Program Special Fund



- Consists of SRTS program surcharges on violations. Effective September 1, 2012.
- Adopted Chapter 19-109, Hawaii Administrative Rules (HAR), "Safe Routes to School Program Special Fund".
- DOT shall distribute funds from the SRTS Program Special Fund to counties.
- Each county shall designate a SRTS program coordinator.
- Each county shall develop a county-level SRTS program that includes a process to identify and implement SRTS projects.

For More Information

- Hawaii DOT Safe Routes to School Website
<http://hidot.hawaii.gov/highways/srts/>
- Contact Information:
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