

## Prevention First: School Health

# Walk & Bike to School

**Challenge:** In 2009, only 13% of children walked and biked to school, compared to 48% thirty years ago<sup>1</sup> and the California childhood obesity rate is at 38%.<sup>2</sup> Walk to School and Bike to School programs aim to increase the number of children safely walking and biking to school. Additional benefits include:

- A reduction in traffic congestion.
- Increased opportunities for schools and parents to address concerns about personal and traffic safety.
- An increase in students learning walking and biking skills.
- More opportunities for children and families to enjoy walking in their community.

**Objective:** Increase physical activity for students through Walk and Bike to School efforts.

**Our Commitment to School Health:** Our Prevention First<sup>3</sup> School Health's Safe Routes to School staff can provide professional development, training, and technical assistance to assist school districts and schools in the following areas:

- Collaborate with school and district staff, parents, local health departments and organizations, and Safe Routes to School advocates to support and coordinate efforts in elementary schools.
- Work with local school wellness policy committees in the adoption of Safe Routes to School language in order to increase and sustain efforts.
- Promote International Walk to School Day participation and provide resources through California's Walk to School Headquarters: [www.CAactivecommunities.org/w2s](http://www.CAactivecommunities.org/w2s).

### Contact Information and Emphasis:

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<sup>1</sup>"How Children Get to School: School Travel Patterns from 1969 to 2009." *National Center for Safe Routes to School*. November 2011. Web. December 2014.

<sup>2</sup>Babey, Susan H., et al. "A Patchwork of Progress: Changes in Overweight and Obesity Among California 5th, 7th, and 9th Graders, 2005-2010." *UCLA Center for Health Policy Research and California Center for Public Health Advocacy*. November 2011. Web. December 2014.



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