



Walk To School Program Fact Sheet

Eighty-five percent of children's trips to school are made by car or school bus. Only thirteen percent of all trips to school are made by walking or bicycling. Children's dependence on their parents and other adults to drive them to and from school represents a missed opportunity for physical activity. It also increases traffic congestion and threatens the safety and quality of our environment.

Is there a solution?

Yes! KidPower! Walk + Wheel Safely is a program that aims to get children to walk and bicycle to and from school in groups accompanied by adults. This gives kids a chance to be more physically active, to practice safe pedestrian skills, and to learn more about their environment. KidPower! Walk + Wheel Safely also encourages people to change their neighborhoods for the better and work to make physical activity a safe and enjoyable part of their lives and communities.

Who should use the KidPower! Program?

Schools and communities can benefit greatly from the KidPower! Walk + Wheel Safely program. Walking and bicycling to school should become a safe part of children's lives again. The program is great for neighborhoods that have an elementary school within walking distance- usually one mile. The program can be adapted for kids of all ages who live further from the school and those neighborhoods without safe routes.

Schools can adapt the program by offering walking programs before school or during lunch. There are many creative ways to implement the KidPower! Program.

Why should kids walk or wheel to school?

Kids today don't have as many opportunities to be physically active as they once did. Most schools do not have physical education classes every day, and many elementary schools are removing recess from the daily schedule. At home, today's children watch television and play video games. These realities are keeping kids from getting regular physical activity and may be contributing to the growing number of overweight children.

Physical activity during childhood

Helps build and maintain healthy bones, muscles, and joints.

Helps control weight, build lean muscle, and reduce fat.

Prevents or delays the development of high blood pressure.

Reduces feelings of depression and anxiety and is related to higher levels of self-esteem.

Current status of physical activity for U.S. youth

35% do not participate in regular vigorous physical activity.

As age increases levels of physical activity decline.

Young people aged 2-28 spend an average 4 hours a day watching television.

Since 1980, the prevalence of childhood overweight has tripled.

What can we do?

Encourage children to walk and bike to school in groups accompanied by adults.

Make activity part of daily family life with family walks, bike rides, and active hobbies.

Limit the amount of time family members spend on the computer and watching TV.

Be a good role model for your children. When parents model healthy habits they help their children to develop healthy habits.



For more information contact:

Regina Flynn
KidPower! Coordinator
New Hampshire Department of Health &
Human Services
Division of Public Health Services
Nutrition and Health Promotion Section
29 Hazen Drive
Concord, NH 03301-6504
Telephone Number: 603.271.4623
Toll Free: 800.852.3345, ext, 4623
Fax Number: 603.271-4160
Email: KidPower@dhhs.state.nh.us



KidPower! Proposal

While all KidPower! materials can be downloaded to help you start physical activity programs, participating KidPower! schools will be eligible for technical assistance to get your KidPower! program started, data collection, low-cost pedometers, written resources, and incentive items. To become a participating KidPower! school, a proposal must be submitted describing the activities that will be implemented to increase daily physical activity. Efforts can include encouraging students to either begin or maintain walking or bicycling to school, creating walking clubs, pedometer based programs, and others. Proposals that will sustain ongoing healthy behaviors are given priority.

School Name: _____

Contact Name and Telephone Number: _____

Grade Levels in School: _____ No. of Grades Participating: _____

No. of Students: _____ No. of Students Participating: _____

No. of Faculty: _____

Type of Staff Participating:

PE Teacher Classroom Teacher School RN
 Administrators Food Service Staff Other (Please specify) _____

1. We encourage participants to begin by holding a “kick-off” event to raise awareness regarding the importance of physical activity. This can include promoting a Kids Walk To School day, celebrating the start of a walking club, holding an event with games that promote physical activity, etc. Begin the proposal by describing your school’s “kick-off” event.
2. Describe in the proposal what data you plan to collect. There are several options available in the KidPower! Toolkit. Explain how the surveys or other data collection will be completed and who will be responsible for data collection.
3. Describe how you plan to educate students, parents and teachers about the importance of physical activity. Include messages about your program and how walking and bicycling can help students meet physical activity goals.

Please send finished proposal to: Regina Flynn, KidPower! Coordinator
Division of Public Health Services
Nutrition and Health Promotion Section
NH Department of Health and Human Services
29 Hazen Drive
Concord, NH 03301
Phone: (603) 271-4623 Fax (603) 271-4160



Walkable Routes to School Survey

Directions:

- Take a walk through your neighborhood's walking and bicycling routes (at least 4) regularly used by children to get to school
- Assess how safe and easy it is for them to be a pedestrian
- Place an "X" next to any items that you found to be a problem on the route to and from school
- Record the location of the problem after the item

Use this form to:

- Identify the safest route to and from school
- Identify and prioritize problems in your neighborhood that need improvement.

Please answer all questions!

Date: _____ **Surveyors:** _____

Town: _____ **Route Taken:** _____
(please use separate form for each route surveyed)

Route to Bus Stop **Route to School** (please check one)

Length of Route: _____ (# of blocks) **or Distance:** _____

1. Sidewalks/shoulders

Location

___ There are no sidewalks/shoulders
(skip to section 2 "Street Crossings")

___ There are sidewalks/shoulders but
they are not continuous.

___ Sidewalks/shoulders are broken and
cracked, making them unsafe
or difficult to walk on.

___ Sidewalks/shoulders are blocked by

poles, signs, shrubbery,
dumpsters, etc.

___ Sidewalks/shoulders are too close to
fast moving traffic.

___ There is not enough room for
two people to walk side by side.

___ Sidewalks/shoulders do not have ramps
(curb cuts) for wheelchairs,
strollers, and wagons.

___ Cars or trucks are blocking
the sidewalk/shoulder.

___ Sidewalks/shoulders are not plowed.

___ Other (please specify)

Overall rating of sidewalks/shoulders ___Excellent ___Good ___Fair ___Poor

2. Street Crossings Location

___ Road is too wide to cross
safely.

___ Need marked pedestrian cross-
walks.

___ Need traffic signals.

___ Traffic signals make
pedestrians wait too long
before crossing.

___ Need visual pedestrian crossing
signals.

___ Need crossing guard

___ Need audible pedestrian crossing
signals.

___ Pedestrian crossing signals are
not long enough for the
pedestrian to reach the other
side of the street.

___ Parked cars on the street or
utility poles are blocking the
view of traffic.

___ Trees or plants are blocking

the view of traffic. _____

___ Other (please specify) _____

Overall rating of street crossings: ___ Excellent ___ Good ___ Fair ___ Poor

3. Traffic and Driver Behavior

Location

___ Driver do not stop at stop signs. _____

___ Drivers do not obey traffic lights. _____

___ Drivers are going too fast. _____

___ Drivers do not yield to pedestrians. _____

___ Other (please specify) _____

Overall rating of traffic & driver behavior: ___ Excellent ___ Good ___ Fair ___ Poor

4. Safety

Location

___ Do not feel safe because of the traffic. _____

___ Streets do not have enough lighting. _____

___ People are loitering along the route. _____

___ Unleashed dogs are along the route. _____

___ Vacant buildings and run-down properties are along the route. _____

___ Other (please specify) _____

Overall rating of safety: ___ Excellent ___ Good ___ Fair ___ Poor

5. Appeal

Location

___ Route is not attractive. _____

___ There is trash along the route. _____

___ Other (please specify) _____

Overall rating of appeal: ___Excellent ___Good ___Fair ___Poor

6. Overall Rating of School Route Walkability

___Excellent: Walking to school is easy, pleasant, and safe.

___Good: There are a few problems with walking to school, but children can do it safely.

___Fair: Walking is difficult; safety is a concern on this route to school.

___Poor: This route to school is unsafe for children to walk.

7. What ONE thing would you most like to change about this walk to school

Return surveys to:

Regina Flynn
NH Department of Health and Human Services
Bureau of Prevention Services
Nutrition and Health Promotion Section
29 Hazen Drive Concord, NH 03301-6504
Tel. 603.271.4623
Fax: 603.271.4160

School Zone Speed Survey

To Be Completed by Police Officers



- | |
|--|
| <ul style="list-style-type: none">◆ Please fill in this form completely.◆ For maximum accuracy, please print legibly. |
|--|

Name of person completing form:

Phone number:

Name of school:

Street address of survey location:

City:

Zip Code: _____

Posted speed limit
during school hours:

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MPH

Sample Traffic Volume: please indicate the total number of cars observed in a 5-minute period during drop-off and pick up at the school.

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Safety measures present
(Indicate all that apply)

- Traffic light
- Flashing light
- Crossing Guard
- Crosswalk

Speed Survey

Method of car selection

- Every car
- Every other car
- Every third car

Start time

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AM
PM

End time

		:		
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AM
PM

Car 1:

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Car 15:

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Car 29:

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Car 43:

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Car 2:

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Car 16:

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Car 30:

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Car 44:

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Car 3:

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Car 17:

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Car 31:

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Car 45:

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Car 4:

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Car 18:

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Car 32:

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Car 46:

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Car 5:

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Car 19:

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Car 33:

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Car 47:

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Car 6:

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Car 20:

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Car 34:

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Car 48:

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Car 275

Car 292

Car 276

Car 293

Follow-Up Ideas For Schools To Maintain Physical Activity



Design and develop walking trails around schools

Have students report at town meetings on safety issues regarding walking to school

Have students keep physical activity logs

Pick a virtual destination that students will walk to, by keeping track of the distance walked, the students will reach their destination, consider a historic destination (Washington DC, Gettysburg, PA) that is already a part of school curriculum.

Hold a contest to determine which class walked the furthest distance, greatest number of steps, or spent the most time being active.

Go on a nature walk and observe leaves, trees, and signs of wildlife

Geography classes can design walking maps

Math classes can average speeds and distances of kid's walking time or graph the number of steps walked

English classes can compose stories after completing a walk

Write feelings and experiences about physical activity in a journal

Involve other community members to walk with students during recess

Teachers and staff can participate in a 10,000 steps challenge cooperatively with students