

HEALTHY CHILDREN

Walking + Biking =

Healthy, Alert Children

Moderate to vigorous physical activity - such as walking and biking- positively affect academic performance and skill development. It stimulates and maintains muscular strength and good joint function. Children are better able to tackle the academic day- they have improved concentration, enhanced memory and learning, enhanced creativity and better problem solving ability. Studies have shown that their mood is improved for up to two hours following exercise.



Less than 40 years ago, walking or biking to school was part of everyday life. In 1969 about half of all students walked or biked to school. Today, less than 15 percent of children walk or bicycle to school. This sharp decline in walking and bicycling has had a negative impact on traffic congestion, air quality and student safety around schools. Coinciding with the declining number of students walking and biking to school, children are leading more sedentary lifestyles and are at risk for a variety of health problems such as obesity, diabetes, and cardiovascular disease.

INFORMATION

Information for South Dakota SRTS is available at:

<http://www.sddot.com/srts/>

This site includes the application for funding, Getting Started Tool Kit, free materials for teachers, parents and children along with a variety of resources covering all aspects of the program

This program is administered by the South Dakota Department of Transportation

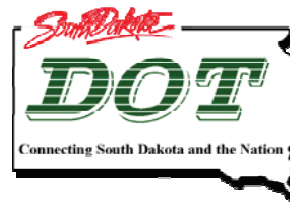
For more information contact:

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The National Safe Routes to School website is found at www.saferoutesinfo.org



Safe Routes to School (SRTS)

is a nationwide program that provides funding for a wide variety of programs and projects that encourage children and their families to walk and bicycle safely to and from school.

Where it's safe, get kids walking and biking
Where it's not safe, make it safe

PROGRAM CRITERIA

The SRTS program is about using the funds available to develop a broad, sustained campaign to make communities safer, healthier places for children. Based on a review of successful programs, it takes more than encouraging kids to walk or bike more often; it takes a comprehensive approach involving the "5 Es".

Education

Teaches children the importance of establishing physical activity as part of their daily lives to improve health and wellbeing.

Focuses on creating bicycling and walking safety skills.

Educates drivers on their responsibility to drive safely near schools and within neighborhoods

Encouragement

Promotes activities such as:

Walking School Busses

National & local organized "Walk to School" days

Bicycle Trains

Contests

Engineering

Creates safer conditions for walking & bicycling

Enforcement

Increases awareness of pedestrians and bicyclists

Improves driver behavior

Helps children follow traffic rules

Evaluation

Monitoring and documenting outcomes and trends by collecting data before and after

FUNDING

Eligible Projects

Limited funds are available to schools interested in participating in the SRTS program. Funding approval will take place through an application process. Applications will be available on the South Dakota SRTS website during the application cycle.

Examples of non-infrastructure activities:

encouraging walking and bicycling to school through public awareness campaigns and outreach to press and community leaders

traffic education and enforcement in the vicinity of schools

student sessions on bicycle and pedestrian safety, health and the environment

training volunteers and managers of local safe routes programs

conducting surveys of travel patterns and parent/student attitudes about bicycling and walking to school

walk/roll to school day activities

contest or other encouragement activities

Examples of infrastructure activities:

Traffic calming and speed reduction solutions

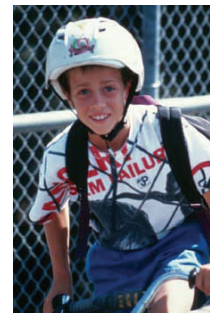
pedestrian and bicycle crossing improvements

shared use paths

secure bicycle parking

helmet cubbies

signage



COMMUNITY

Building Grassroots Support

A key element of a successful local SRTS program is the formation of a Safe Routes to School Team. The Team should include school officials such as a school nurse, PE teachers and principals, municipal officials such as commissioners and local police, parents, safety advocates, health advocates, students and other interested parties



GOALS

Safe Routes to School Goals

-To enable and encourage children, including those with disabilities, to walk and bicycle to school.

-To make bicycling and walking to school a safer and more appealing transportation alternative, thereby encouraging a healthy and active lifestyle from an early age; and

-To facilitate the planning, development, and implementation of projects and activities that will improve safety and reduce traffic, fuel consumption, and air pollution in the vicinity (approximately 2 miles) of primary and middle schools (Grades K-8)