

Creating Walk to School Maps

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Healthy Places

The places we go and how we get there matter to our health.

Healthy places are walkable and bikeable our communities.

Health Awareness: Physical activity

1969: 42% of kids walked to school
2001: 16% of kids walked to school

One-fourth of all trips people make are one mile or less, yet three-fourths of these trips are by car

More than 60% of all trips are 5 miles or less-biking distance-but fewer than 1% are by bicycle

Source:

Center for Disease Control and Prevention http://www.cdc.gov/nccdphp/dnpa/kidswalk/then_and_now.htm

Active Living by Design Transportation Fact Sheet and U.S. Census American Community Survey 2003

Health Impact

	Franklin County*	Ohio*	United States**
Adult Overweight	59.41%	62.4%	66.3%
Children Overweight (3 rd graders)	37.6%	37.6%	n/a
Adult Physical activity	49.3%	n/a	n/a

*2005 Columbus Public Health Key Community Indicators

** CDC National Center for Health Statistics for 2003-2005

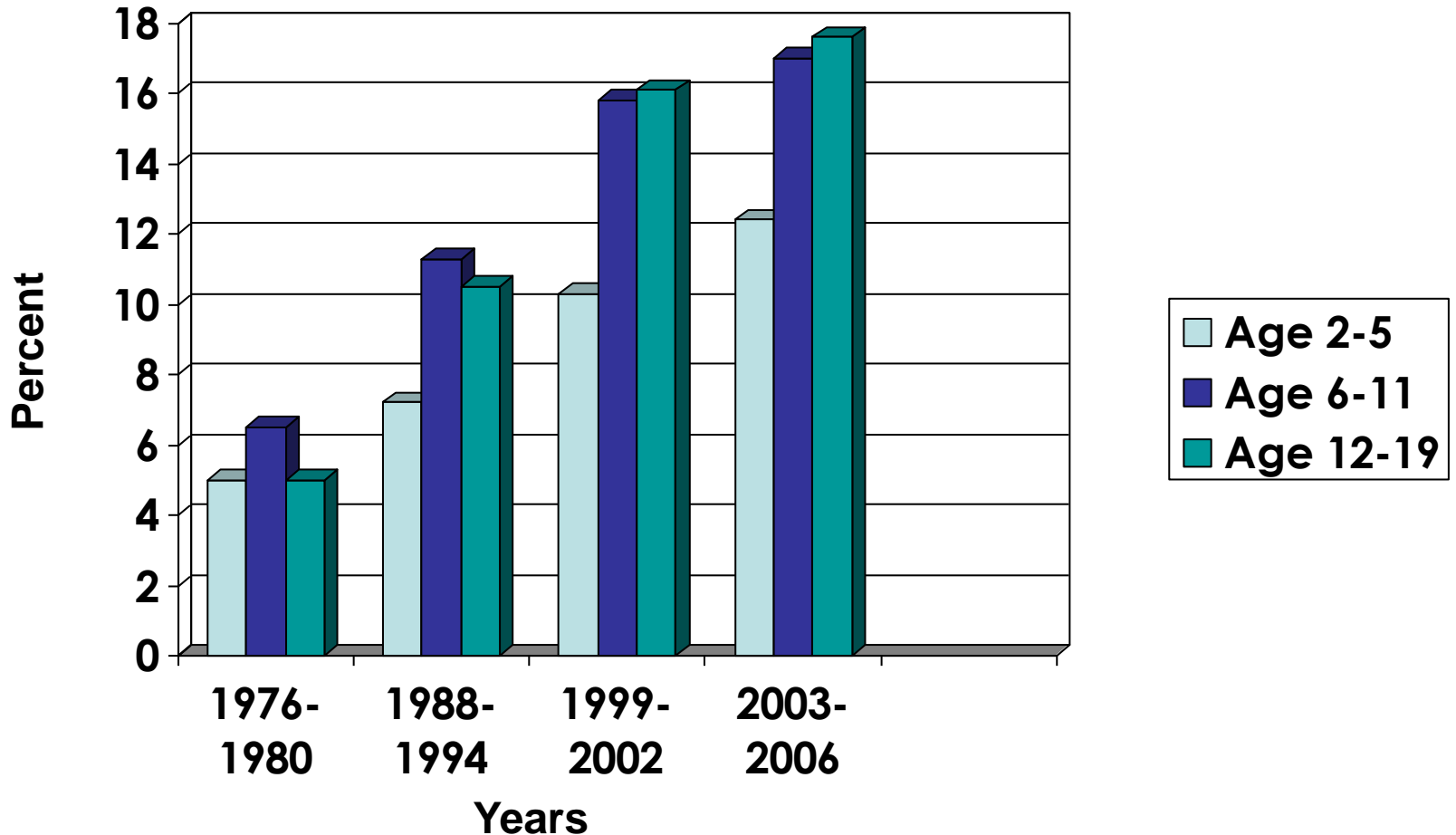
Terminology



- BMI
 - Body Mass Index: height to weight ratio
- Overweight
 - BMI at or above the 85th percentile and lower than the 95th percentile for children of same age and sex.
- Obesity
 - BMI at or above the 95th percentile for children of the same age and sex.



Prevalence of Obesity Among U.S. Children and Adolescents



Health Consequences

- Obese children and adolescents are more likely to have health problems
 - Cardiovascular disease
 - Type 2 Diabetes
- Study: 5-17 year olds
 - 70% of obese children had at least one CVD risk factor
 - 39% had two or more CVD risk factors

Source: CDC Website Overweight and Obesity, Childhood Overweight and Obesity
<http://www.cdc.gov/nccdphp/dnpa/obesity/childhood/index.htm> (accessed 5/19/09)

Physical Activity

- Physical activity has been shown to prevent or reduce obesity, heart disease, diabetes, cancer, and premature mortality.
- The CDC recommends 60 minutes of physical activity per day for children

Source: Robert Wood Johnson Synthesis Project Policy Brief No. 11 April 2007 “The Built Environment and Physical Activity: What is the relationship?” By Sarah Goodell and Claudia H. Williams and CDC Physical Activity is for Everyone webpage <http://www.cdc.gov/physicalactivity/everyone/guidelines/children.html> (accessed 5/19/09)

Physical Activity

- Studies show that specific built environment features are associated with increased physical activity.
 - Close proximity of destinations
 - Open space and parks
 - Sidewalks
 - Aesthetics
 - Social and community support

Source: Robert Wood Johnson Synthesis Project Policy Brief No. 11 April 2007 "The Built Environment and Physical Activity: What is the relationship?" By Sarah Goodell and Claudia H. Williams

Creating Walk to School Maps

- Goal
 - Identify safe places, streets and intersections within 2 miles of the school.
 - Provide easy information for each family to choose the best route.

Creating Walk to School Maps

- Obtain a map of a 2 mile radius of the school
 - School transportation office
 - <http://www.freemaptools.com/radius-around-point.htm>
- Walk the streets
 - Before and after school
- Trust your instincts



Creating Walk to School Maps During the Walk

- Places
 - Buildings, parks, stand alone locations
- Streets
 - Sidewalks, traffic
- Intersections
 - Crosswalks, traffic lights, pedestrian signals



Creating Walk to School Maps Place

- ★ Star the good places
 - Grocery store
 - Park
 - Community/Recreation Center
 - Restaurant
 - Library
 - Other school
 - Nice homes



Creating Walk to School Maps Place

- “X” the bad places
 - Feel unsafe
 - Mean dogs
 - Vacant and abandoned buildings or houses
 - Overgrown lawns



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Creating Walk to School Maps Streets

Green Streets

- Sidewalks are there and in good condition.
- Sidewalks have room for two.
- Drivers respect walkers.
- Dogs are chained.
- Street lights are bright.
- People are outside.

Yellow Streets

- Sidewalks present but not wide.
- Sidewalks may stop in some places.
- Some drivers drive fast.
- Dogs may be chained.
- Street lights are not bright.
- Fewer people out.

Creating Walk to School Maps Streets

Red Streets

- Sidewalks are not there.
- Sidewalks are mostly cracked, uneven or broken.
- Drivers drive fast.
- Dogs are unchained and mean.
- No street lights.
- No people.



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Creating Walk to School Maps

Intersections

Green Intersections

- Marked crosswalk
- Traffic light
- Pedestrian signal
- Street is narrow
- Cars are slow

Yellow Intersections

- Unmarked or faded crosswalk but still feels safe
- No traffic light
- No pedestrian signal

Creating Walk to School Maps Intersections

Red intersections

- Cars drive fast
- Lots of cars
- Street is wide
- Lack of pedestrian crossing signals or crosswalks



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Creating Walk to School Maps

- Show a map with:
 - Green, yellow and red streets and intersections
 - Good places and bad places
- Gives parents information to choose own route

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Creating Walk to School Maps

- Walk the green streets that go past the “good places”
- Use yellow streets next
- Never use red streets and avoid the “X” places

Other Uses



- Parks and Recreation Centers
- Path from school to after-school programs



Resources



- Calculate Distance
 - www.mapmyrun.com
- Map options
 - www.maps.google.com



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Walk your kids to school!

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