

How Safe Routes to School Programs Benefit Our Communities



IMPROVES STUDENTS' HEALTH AND WELL-BEING^{1,2}

Students who walk or bicycle to school:

- Get more daily physical activity
- Have lower rates of obesity
- Watch less television as teenagers
- Are less likely to smoke as teenagers

INCREASES PHYSICAL ACTIVITY FOR THE WHOLE COMMUNITY^{3,4,5}

Safe Routes to School Programs can:

- Increase physical activity for people of all ages and abilities
- Benefit residents of urban, suburban, and rural areas by improving the built environment
- Result in population-level health improvements by providing opportunities for active transportation



IMPROVES STUDENTS' SELF-CONFIDENCE AND INDEPENDENCE⁶

Physical activity including active transportation can:

- Improve academic performance, concentration, and behavior
- Benefit students regardless of age, socioeconomic status, ethnicity and prior achievement scores

REDUCES TRAFFIC CONGESTION AND POLLUTION⁷

Nationally, if 20 percent of children living within two miles of school were to walk or bicycle to school instead of being driven:

- Up to 4.3 million miles of driving per day would be avoided
- As much as 356,000 tons of carbon dioxide would not be emitted over a year
- As much as 21,500 tons of other pollutants would not be emitted over a year

REDUCES COLLISIONS AND INJURIES^{8,9}

Effective Safe Routes to School pedestrian and bicycle interventions have been found to:

- Reduce traffic dangers that prevent children from walking to school
- Cut rates of pedestrian and bicycle collisions by as much as 50 percent



Safe Routes to School
 Technical Assistance Resource Center
www.casaferoutetoschool.org

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7) Pedroso, Margo, et al. "Safe Routes to School: Steps to a Greener Future." *Safe Routes to School National Partnership* (2008).

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