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

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

REDUCES TRAFFIC CONGESTION AND POLLUTION 7
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

IMPROVES STUDENTS’ SELF-CONFIDENCE AND INDEPENDENCE 6
Physical activity including active transportation can:
• Improve academic performance, concentration, and behavior
• Benefit students regardless of age, socioeconomic status, ethnicity and prior achievement scores