

# Health is a Calling Card: Tools to Build Health Into Safe Routes to School





# Safe Routes to School National Partnership

- ❶ Founded in 2005
- ❷ Over 600 organizations, agencies and schools
- ❸ Changes policies at national, state and local levels
- ❹ Provides best practices, technical assistance, and builds leadership

[www.saferoutespartnership.org](http://www.saferoutespartnership.org)



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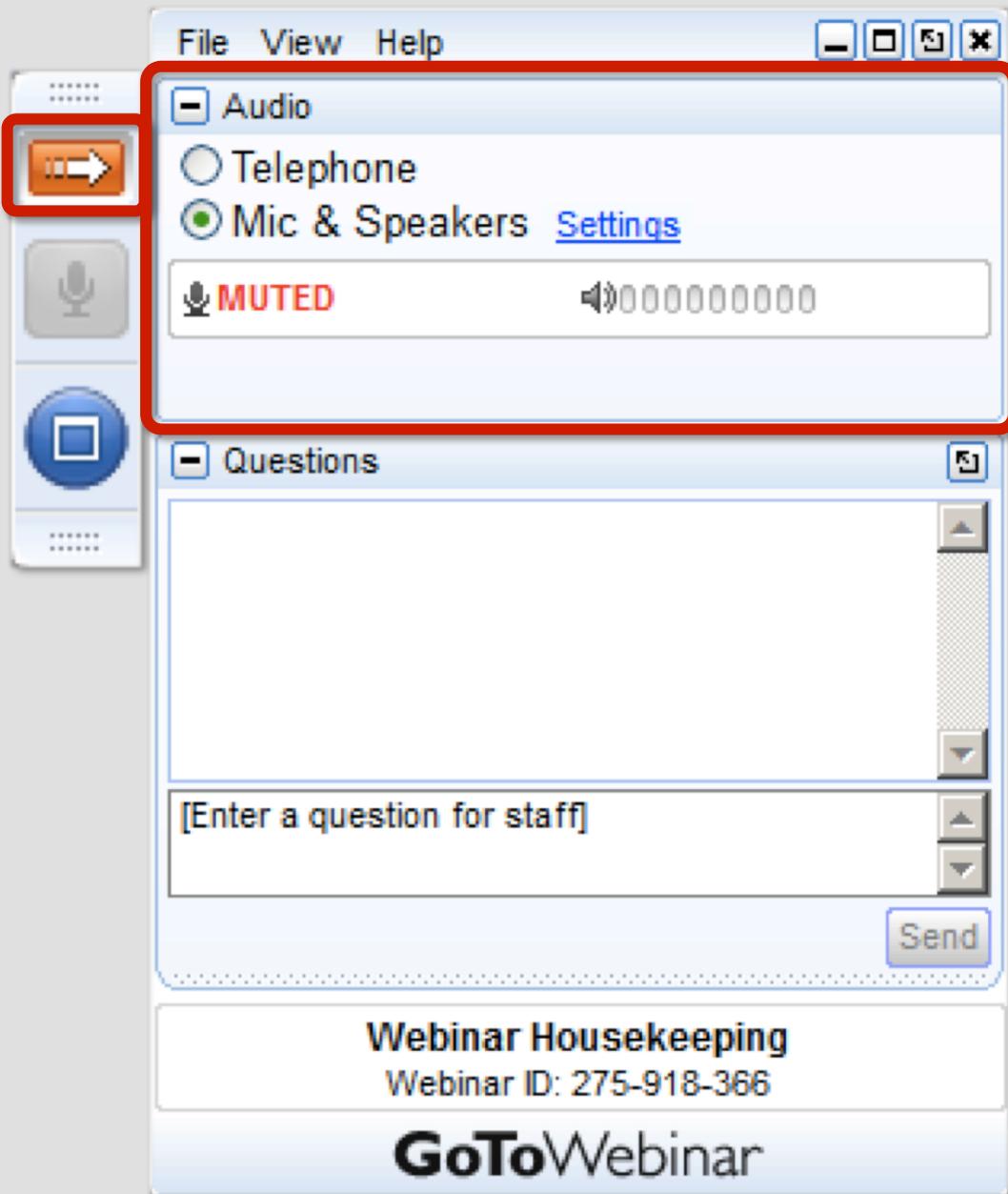
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## AUDIO

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## QUESTIONS & COMMENTS

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- 🕒 In 24 hours, check for a recording and slides:  
[saferoutespartnership.org/resourcecenter/National-Partnership-Webinars](https://saferoutespartnership.org/resourcecenter/National-Partnership-Webinars)
- 🕒 If you need technical help with this GoToWebinar Tool,  
please email [kathy@saferoutespartnership.org](mailto:kathy@saferoutespartnership.org)

A young boy in a red shirt is working on a bicycle in a workshop. The background shows other bicycles and workshop equipment. The image is overlaid with a blue semi-transparent rectangle containing text.

# **Today's Agenda:**

## ***Promoting Active Transportation: An Opportunity for Public Health***

*Robert Ping*

*Safe Routes to School National Partnership*

## ***Health Impact Assessments***

*Dr. Candace Rutt, PhD*

*Centers for Disease Control and Prevention*

## ***Can a School's Location Make a Kid Fat?***

*Brian Fellows*

*Arizona SRTS Coordinator*

## ***Decatur's Community Transportation Plan***

*Fred Boykin*

*Georgia Municipal Association Board of Directors*

If we don't reverse the childhood obesity epidemic, the current generation of young people could be the first in U.S. history to live sicker and die younger than their parents' generation.

ISSUE REPORT

# F as in Fat:

## HOW OBESITY THREATENS AMERICA'S FUTURE

# 2012

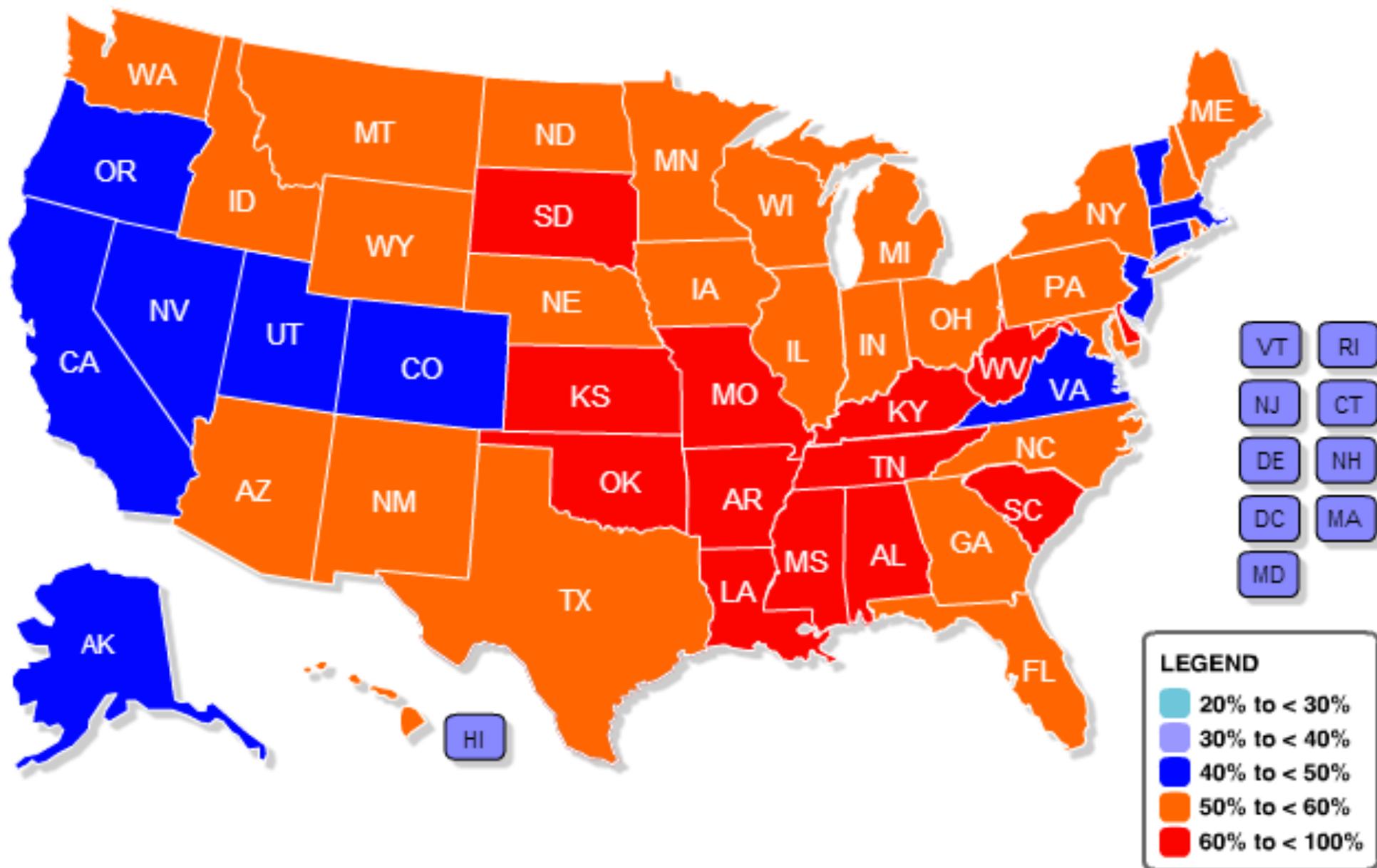


# Current and Future Obesity Rates

OBSESITY RATES IN 2030

OBSESITY RATES IN 2030 IF BMI REDUCED 5%

ADULT OBESITY RATES IN 2011





# Transportation Is a Health and Economic Issue!

- Obesity is the Fastest Rising Health Problem in US
- Medical cost of adult obesity in the United States is \$147 billion to nearly \$210 billion per year.
- Loss in economic productivity could be between \$390 billion and \$580 billion annually by 2030.
- MAP-21 = \$118B for two years
- Street Design, Mode and Mobility Affect Ability to Be Active, Air Quality, and Risk of Injury and Death



# Promoting Active Transportation: An Opportunity for Public Health



<http://saferoutespartnership.org/blog/everyone-travels>

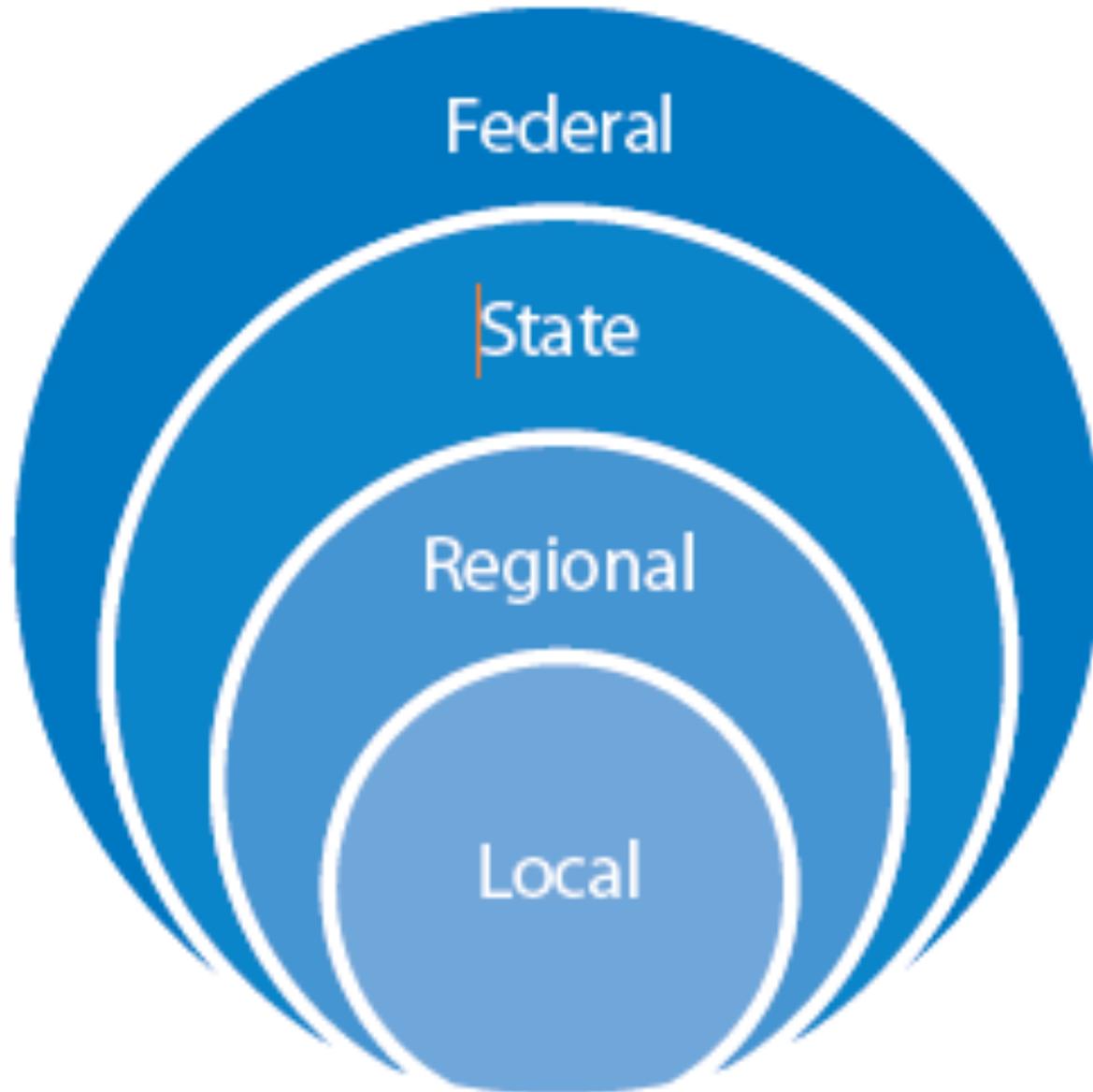


## Walk and Bike for Health

- In a time of tight budgets, limited resources, declining workforce numbers and growing health problems, creating opportunities for safe bicycling and walking can literally provide public health practitioners with **one of the biggest bangs for their already-stretched buck.**
- Active transportation is an incredible opportunity for public health practitioners to **leverage limited resources to produce multiple health benefits**, direct progress toward long-held public health goals and curb health care spending.



# The Transportation Planning Process





## Case Study Success Stories

The Role of Public Health in Informing Long-Range Transportation Planning  
- **Southern California Region**

The Role of Public Health in Encouragement and Policy Support for Active Transportation  
- **Columbus, Ohio**

How the Safe Routes to School Program Engaged Public Health in Active Transportation  
- **Houghton, Michigan**





# Q & A





# Housekeeping

- 👤 Please Participate in our Webinar Survey!!!
- 👤 December 6 Webinar is on Regional Government
- 👤 Recording and slides available online in 24 hours at:  
[www.saferoutespartnership.org/resourcecenter/National-Partnership-Webinars](http://www.saferoutespartnership.org/resourcecenter/National-Partnership-Webinars)



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# HEALTH BENEFITS of WALKING

 **20** WALKING 20 MINUTES/DAY WILL BURN 7 POUNDS OF BODY FAT/ YEAR

 **45** WALKING 45 MINUTES/ DAY HALVES ODDS OF CATCHING A COLD

 **1** WALKING 1 MINUTE CAN EXTEND LIFE BY 1.5-2 MINUTES

 **20** WALKING 20-25 MINUTES/WEEK CAN EXTEND LIFE BY SEVERAL YEARS



## DEMENTIA

Seniors who walk 6-9 miles/week are less likely to suffer from mental decline as they age, including dementia.



## DIABETES

Walking 30 minutes/day, 5 days/week, along with moderate diet changes, can halve risk of Type 2 Diabetes.



## HEART DISEASE

Walking 30 minutes/day, 5 days/week can halve the risk of heart disease and reduce stress, cholesterol, and blood pressure.



## ARTHRITIS

Walking can reduce pain and improve function, mobility, mood, and quality of life, without worsening symptoms.



## DEPRESSION

Walking triggers endorphins, promotes relaxation, and prevents anxiety and depression.

WALKING 6 MILES/ WEEK CAN HALVE RISK OF ALZHEIMER'S DISEASE OVER 5 YEARS



WOMEN WHO WALK FOR 1 HOUR/ DAY, 5 DAYS/WEEK AND CONSUME 1,500 CALORIES/ DAY CAN LOSE AND KEEP OFF 25 LBS



WALKING 30 MIN/ DAY, 4 DAYS/WEEK CAN REDUCE THE RISK OF DIABETES BY NEARLY 60%



PROSTATE CANCER PATIENTS WHO WALK 90 MIN/WEEK HAVE NEARLY 50% LOWER MORTALITY RISK



WOMEN WHO WALK REGULARLY ARE 31% LESS LIKELY TO DEVELOP COLON CANCER THAN THOSE WHO EXERCISE LESS THAN ONE HOUR/ WEEK





# Everyone Travels

This common trait provides an ideal intervention point for public health practitioners.

In fact, it may be one of the few intervention points with the potential to **transform individual health, community health and environmental conditions all at the same time.**

