

Safe Routes To School:

The Intersection of Transportation, Education and Health



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Safe Routes to School

- Why active transportation for health?
- Barriers
- Walk to School Day as a catalyst



SRTS: A Healthier Trip for Students



Students who walk to school:

- Positively associated with moderate-to-vigorous physical activity and inversely associated with BMI z-score and skinfold thicknesses
- Are more physically active throughout the day
- Have better academic achievement, enhanced concentration, and better classroom behavior

Safe Routes to School Partners





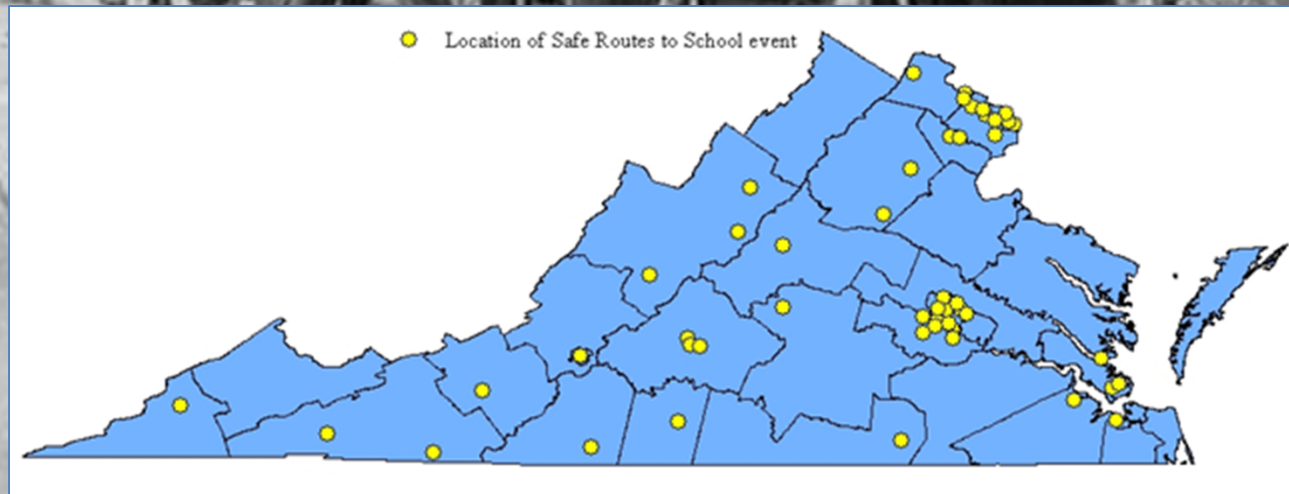
Mini-Grant Program Goals

- Increase awareness of the benefits of safe walking/biking to school
- Increase number of youth engaging in physical activity through walking/biking to school
- Provide schools with resources on SRTS best practices and additional funding opportunities



Outcomes of the Mini-Grant Program

- 75 awards of \$2,000
 - 76.1% were Title I schools
- 250% increase in the total number of students reported as walking to school (7,830 to 28,094)
- Over 1000% increase in total number of students reported as biking to school (602 to 7,218)



Big Picture

- 64 of the 71 schools (90.1%) met their goals for the funding
- 60 (84.5%) increased awareness and knowledge of VDOT funding availability
- 36 schools (50.7% of schools) applied for additional VDOT SRTS funding
- Use of active transportation increased physical activity by integrating activity into daily routines.



Results and Outcomes

- VDOT selected 28 schools in 18 communities to receive SRTS funding
- Of the 28 schools:
 - 7 (25%) had received the mini-grant funding
- Of those 7 schools:
 - 6 applied for VDOT funding as a direct result from mini-grant funding







Questions?

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