

**Get Healthy Philly
Safe Routes Philly 2014-2015 Report**



saferoutesphilly.org

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1) Executive Summary

Since the late sixties, there has been a steady decline in walking and biking to school nationwide. This trend has prompted advocates to educate and encourage children and families on the importance of active transportation in developing a healthy and safe community. Walking or riding a bicycle to school can significantly increase a child's daily amount of physical activity.

Consistent with the Safe Routes to School National Program^{ix}, Safe Routes Philly (SRP) was designed to incorporate the following components to their education and encouragement program:

- Enabling and encouraging children to walk and bike to school
- Improving the safety of children walking and bicycling to school
- Facilitating projects and activities that will reduce traffic, fuel consumption and air pollution near schools

Safe Routes Philly's fifth year of Intervention focused on the following five core activities:

- School and District Outreach
- Walkability Audits
- Get Active Schools/ Encouragement Activities
- Teacher Training
- Middle School Engagement

The following report summarizes Safe Routes Philly intervention components, as well as impact, achievements and challenges during its fifth year of intervention (2014-2015). The purpose of this report is to highlight findings and share strategies and resources with other communities interested in adopting a similar model.

Summary Year Five Accomplishments:

Safe Routes Philly's fifth year of programming saw several accomplishments. The top six being:

- Assisting three schools with walkability audits.
- Supporting four Get Active Schools with ongoing encouragement activities.
- Supporting twenty-four Walk and Bike to School Day Events spread out over the month of October and May.
- Establishing Walking School Bus programs at John Barry and Richard Wright Schools, which are run completely by parents and/or teachers.
- Engaging 6-8 graders in crucial thinking about walking and biking safety

2) OVERVIEW

A) Introduction, Get Healthy Philly and National Highway Traffic Safety Association Overview

Get Healthy Philly (GHP) is an initiative of the Philadelphia Department of Public Health (PDPH) that aims to make it easier for Philadelphians to engage in healthy behaviors. Through partnerships with government agencies, community-based organizations, and academic institutions, *Get Healthy Philly* works to increase the availability and affordability of healthy foods, decrease consumption of unhealthy foods and beverages, and increase physical activity among Philadelphians. *Get Healthy Philly* intervenes in a variety of settings including schools, worksites and the retail environment.

National Highway Traffic Safety Administration (NHTSA) was established by the Highway Safety Act of 1970 and is devoted to achieving excellence in motor vehicle and highway safety. NHTSA is one of 11 agencies within the Department of Transportation and is responsible for reducing deaths, injuries and economic losses resulting from motor vehicle crashes. NHTSA provides grants to State governments allowing States to conduct effective highway safety programs.

Safe Routes Philly (SRP) is a partnership between the Philadelphia Department of Public Health (PDPH), the National Highway Traffic Safety Administration (NHTSA), the Bicycle Coalition of Greater Philadelphia (BCGP), and the School District of Philadelphia (SDP). Safe Routes Philly provides pedestrian and bicycle safety lessons and a supporting website to improve walking and biking conditions for students and teachers. In addition, SRP encourages kids to walk and bike safely on a regular basis with fun encouragement activities like walking school buses and bicycle rodeos.

B) Safe Routes Philly in the Context of the National Model

The Safe Routes to School National Program (SRTSNP) encourages elementary and middle school-aged children to walk and ride bicycles to school. This program was created in response to nationally rising obesity rates and the decline of children walking or biking to school. Walking and biking to school rates have been deteriorating since the late 1960's. From 1969 to 2001, the percentage of students walking and bicycling to school declined from 41% to 13%. At the same time, the percentage of children being driven or driving themselves to school nearly tripled, from 20% to 55%.ⁱ

Today, nearly one in three young people in the United States is either obese or overweight.ⁱⁱ Obesity in Philadelphia is particularly prevalent. In 2012, 65% of adults and 37.4 % of children in Philadelphia were overweight or obese.ⁱⁱⁱ Among counties containing one of the largest U.S. cities, Philadelphia County^{iv} has the highest prevalence of hypertension (37.2%),

diabetes (16.0%) and obesity (32.6%) and the third highest prevalence of heart disease (4.1%).^v Local data reveal that a staggering 47.1% of African-American adults in the city report a diagnosis of hypertension.^{vi} Since 2000, approximately 24,000 Philadelphians have died of diseases caused by poor diet and physical inactivity.^{vii, viii}

Consistent with the Safe Routes to School National Program^{ix}, SRP was designed to incorporate the following components to their education and encouragement program:

- Enabling and encouraging children to walk and bike to school
- Improving the safety of children walking and bicycling to school
- Facilitating projects and activities that will reduce traffic, fuel consumption and air pollution near schools

3) Summary of Intervention and Evaluation

Safe Routes Philly: Program Objective

Safe Routes Philly aims to increase opportunities for children to walk and bike to school through the implementation of bicycle and pedestrian safety curriculum and walking and bicycle encouragement activities in Philadelphia elementary schools. In year five, Safe Routes Philly underwent some budget cuts from PDPH, ultimately resulting in a smaller scope of work for PDPH that focused primarily on Bicycle Safety, including teacher training and encouragement activities, as well as working with HYPE youth wellness councils. Our pedestrian safety work funded by National Highway Traffic Safety Administration (NHTSA) grant that the City of Philadelphia received to implement pedestrian safety focused on teacher training, encouragement activities, and walkability audits in designated high pedestrian crash zones and intersections. To meet these metrics SRP prioritized its efforts on schools near 3 high crash zones in Philadelphia: Zone 1: Market St. from 5th – 22nd; Zone 2: North Broad from Race – Lehigh; and Zone 3: Olney Ave from Broad – 5th. This year SRP worked with 22 schools within the catchment area of the designated high crash zones and intersections.

Schools in Zones

- Zone 2 (North Broad)
 - Meade (18th and Oxford)
 - Dunbar (12th and Cecil B Moore)
 - Spring Garden (11th and Melon)
 - Waring (18th and Green)
 - Duckrey (15th and Diamond)
- Zone 3 (Olney Ave)

- Howe (13th and Grange)

Schools in High Crash Intersections

- Highest (catchment include and cross high crash intersection)
 - Barry (59th and Race)
 - Elkin (D and Allegany)
 - Lowell (4th and Nedro)
 - John Marshall (45th and Griscom)
 - Mitchell (55th and Kingsessing)
 - Vare-Washington (5th and Federal)
- High (catchment borders high crash intersection, but does not cross)
 - Bregy (17th and Bigler)
 - John B Kelly (51st and Pulaski)
 - Mayfair (Princeton and Hawthorne)
 - Rhawnhurst (Castor and Hartel)
 - Solis Cohen (Tyson and Bustleton)
 - Stephen Girard (18th and Snyder)
 - Sullivan (53rd and Ditman)
- Medium (catchment near high crash intersection)
 - Fell (9th and Oregon)
- Middle/High School
 - Roberto Clemente (2nd and Erie)
 - Overbrook (58th and Lancaster)

A) School and District Outreach

Over the last five years, with the help GHP's school-based initiative, the *Campaign for Healthier Schools*, Safe Routes Philly has developed a strong relationship with the School District of Philadelphia. As a result of this relationship, SRP has been able to distribute important information to school principals, staff and parents through the District's many resources.

Safe Routes Philly met with Superintendent Hite in June 2014 to discuss district level policy changes to encourage walking and biking to school. As a result of that meeting and with the help of Bettyann Creighton, Director of Health, Safety, and PE, the School District's wellness policy will be updated to include a section on active transportation to school as well as teaching pedestrian and bicycle safety to students.

A new relationship was built this year with the PA Communities and Schools program. With the help of Matthew Weeden, the Director of Programs and Innovation at Communities in Schools PA, SRP worked was able to work with several AmeriCorps Site Coordinators on walking and biking safety encouragement programs at their schools such as Walking School Buses, walkability audits, and walk and bike to school days.

B) Walkability Audits

Safe Routes Philly helps coordinate walkability audits, which are assessments of routes noting concerns like traffic, infrastructure, and neighborhood safety. In the past Safe Routes Philly helped schools apply for free walkability audits through the Pennsylvania Safe Routes to School Resource Center on a first come first served basis. Eighteen Philadelphia schools received these free audits from 2012-2014.

During the 2014-2015 Academic Year, Safe Routes Philly helped three schools complete free Walkability audits. Building off of what we learned from assisting with the state walkability audits, SRP worked with Ema Yamamoto, an engineer from the Mayor's Office of Transportation and Utilities to conduct school walkability audits. Ema and Waffiyah visited schools once during arrival and dismissal time to observe traffic and neighborhood conditions, walk the routes with community members, and listen to community concerns.

For each school, Waffiyah helped complete the audit application by creating maps and collecting statements during community meetings on the biggest issues the school is facing when it comes to road and traffic safety. Waffiyah also invited elected officials and Police Officers in the schools' districts and created fliers for the schools to distribute to parents.

- Solis Cohen (October 7th, 14th-15th and November 18th)
 - Waffiyah attended both the community meeting and audit recommendation presentation and helped conduct the audit.
- Richard Wright (April 22nd, 28th and May 26th)
 - Waffiyah attended both the community meeting and audit recommendation presentation and helped conduct the audit.
- Roberto Clemente (May 27th and 28th)
 - Waffiyah attended the community meeting and helped conduct the audit. (note: due to complications with scheduling towards the end of the school year, a presentation of the audit recommendations had to be postponed until next school year).

After each walkability audit is conducted, the school receives a document detailing the assessed routes and offering suggestions for improvement in the short and long term. Safe Routes Philly uses these reports to advocate for infrastructure improvements around schools. The first step in this process is compiling a list of the most pressing problems that can easily be repaired and communicating them with the City's pedestrian and bicycle engineer and coordinator. This is where our relationship with NHTSA and Ema, our MOTU engineer, was really helpful because she has a direct line of communication to the appropriate city officials, allowing us to opportunity to receive feedback a lot quicker.

C) Get Active Schools / Encouragement Activities

Our stated goal for this past academic year, 2014-2015 was: to identify one new bicycle focused Get Active school at which we help identify primary deterrents to bicycling to school and develop solutions; and implement bicycle encouragement programs. For NHTSA

our goal was to assist three schools in planning and implementing on-going walking safety encouragement programs.

Returning Get Active Schools

- **Childs:** Child's launched their first bike club in May of 2015. Two teachers Jonathan Feinman and Emily Day along with the help of Child's PE teacher Pat Fuller met with 12 fifth grade students Monday's after school for 6 weeks to learn about bicycle safety and go on group rides. They also recruited 4 eighth grade students to assist with the bike club. SRP helped with route selection, and provided bike safety equipment and materials. Childs also held both Walk and Bike to School Days this year.
- **Meredith:** The Meredith Safe Routes Parent Committee is a group of parents who help plan bicycle safety and encouragement activities at the school. This year they have turned Meredith's monthly Bike to School Days into a weekly occurrence throughout the school year, weather permitting. They also planned another successful Bike to School Day in May. The group met at an Indego bike share station next to the Rizzo Rink so that parents and staff could use Indego as an option for the ride. In June Meredith hosted another successful Learn to Ride event teaching 20 students to ride and inspiring a group of older youth to offer guidance to the younger youth during the class. Meredith has formed a recycle bike program where students donate their old bike to students without bikes for Learn to Ride Classes, 13 bikes have already been donated.

New Get Active Schools

- **Richard Wright:** Richard Wright launched a Walking School Bus in February of 2015. Two parents held posts for four months. Richard Wright also held their first Bike to School Day on May 6th. 30 students rode their bikes to school, parked their bicycles in a spare room and received KIND Bars and helmets from SRP. Waffiyah worked Jeb Corner from Communities and Schools to submit an application for bike racks. Richard Wright also received a walkability audit this year.
- **John Barry:** Barry launched a Walking School Bus in November of 2014. Barry's Home and School President, and Communities and Schools outreach coordinator lead a route for two months. Barry also held their first Walk to School Day on October 8th and received KIND Bars and stickers from SRP.
- **Roberto Clemente:** Roberto Clemente Middle School participated in their first Walk and Bike to School day this May. The number of students biking to school doubled after Bike to School Day. While on their walk and bike to school day route, students stopped along the route to complete a walk and bike safety checklist noting concerns like traffic, infrastructure, and neighborhood safety. The student's results were then used the schools walkability audit of the school.

Attempted Get Active Schools

- **Lea:** This year with the help of Home and School Coordinator Maurice Jones, Lea held their most successful Bike and Walk to School day event this year. Over 50 students walked or biked along Lea parents, the school's principal, teachers, and staff, as well as representatives from Neighborhood Bike Works, Urban Nutrition Initiative (UNI) and University City District. After the ride students and parents met in the schoolyard where they received information on walking and biking safety and healthy snacks from KIND

bar and UNI. After such a successful Walk/Bike to School Day in May, Jones is working on planning monthly Walk and Bike to School Days. He was not able to plan an event in June because it's such a busy time of year, but he plans to host them next school year.

- **Girard:** In November of 2014, PE teacher Jed Bordner led Walking Wednesday's at Stephen Girard. Students met Wednesday mornings and walked around the school. SRP created punch cards so that students could track their miles. Due to cold weather and traffic issues, Bordner was not able to continue leading Walking Wednesday's. He hopes to start it back up again next school year.
- **Meade:** Meade's bike club was on hiatus in the beginning of the school year due to staff changes. Waffiyah met with Chris Williams a teacher at Meade to re-launch the bike club in May of 2015. Due to maintenance issues with several of the bikes, they were not able to start programming this year. However the bikes are up and running now and they are prepared to re-launch programming next year.

Encouragement Activities

Walk to School Day: 15 schools participated in Walk to School Day in October 2014, the most ever for Philadelphia. SRP helped promote Walk to School Day in Walk N Wheel, which goes out to over 700 School District teachers and staff and featured the Walk and Bike to School Day registration link, as well as tips for planning Walk and Bike to School Day events. SRP offered free stickers and Clif Bars to the first 10 schools to register. This year Councilman Bill Greenlee walked with students at Bach Martin, and Councilwomen Jannie Blackwell came out to show her support for Lea's Walk & Bike to School Day.

Walk to School Day Participants

- Andrew Jackson
- Bache Martin
- William Cramp
- D. Newlin Fell
- Frances Willard
- G.W. Childs
- Avery D. Harrington
- Henry C. Lea
- J.H. Taggart
- John Barry
- John Marshall
- William H. Loesche
- Samuel Powel
- Spring Garden
- Universal Creighton Charter School

Bike to School Day: Over 500 students at 9 schools participated in Bike To School Day events in May of 2015, the most ever for Philadelphia. SRP assisted schools with Bike to School day promotion, route selection, and bike safety information and equipment. This year SRP partnered with KIND Bar who donated snacks for Bike to School Day participants and joined two schools Childs and Lea on their rides. For the first time we had participation from a middle and high school: Roberto Clemente

Middle School and Mariana Bracetti Academy High School participated in Bike to School Day

Bike to School Day Participants

- Childs Elementary
- Fell Elementary
- Lea Elementary
- Loesche Elementary
- Meredith Elementary*
- Mariana Bracetti Academy Charter School*
- Richard Wright Elementary*
- Roberto Clemente Middle School*
- Willard Elementary

D) Teacher Training

Since 2010, over 150 School District of Philadelphia Health and Physical Education Teachers have been trained to deliver Safe Routes Philly pedestrian and bicycle safety lessons. As the new Safe Routes Philly coordinator, Waffiyah spent much of year five focusing on strengthen established relationships and building new ones with schools and organizations through one-on-one and staff trainings on SRP programs and curriculum. 20 one-on-one trainings were conducted this year with new PE teacher, and those needing a refresher course. As well as teachers and other school champions interested in implementing the lessons.

Since 2012, SRP has participated in the Office of Health, Safety and Physical Education professional development (PD) days for PE teachers, providing SRP workshops on pedestrian and bike safety encouragement programs. Because most PE teachers have already received SRP training, our workshop attendance has lowered over the years. This year we hosted three workshops. Over 35 PE teachers attended two workshops conducted at the November 3rd Professional Development day to learn how to conduct a Neighborhood Walkability Audit and Bike Rodeo at their schools. Eight PE teachers attended the May 19th workshop on how to engage students in walking and biking encouragement activities.

This year SRP branched out from it's tradition of training just PE teachers and held workshops on our pedestrian and bicycle safety curriculum to entire school staff. Three staff trainings on SRP pedestrian and bicycle safety lessons were conducted this year during teacher Professional Development sessions at Elkin, Potter Thomas, and Sullivan Elementary schools. School staff trainings were very useful this year because they allowed SRP to connect with classroom teachers and other school champions to implement SRP lessons. This also gives PE Teachers the opportunity to collaborate with classroom teachers on SRP safety lessons.

At the end of this funding cycle (July 2014 – June 2015), Safe Routes Philly received 28 Teacher Completion Forms (TCF) stating that 22 teachers taught bike safety lessons and 26 teachers taught pedestrian safety (most teachers deliver both pedestrian and bicycle safety

lessons to students within a year). The chart below shows the number of students receiving each lesson.

Pedestrian Classroom Lessons	Pedestrian PE Lessons	Bike Classroom Lessons	Bike PE Lessons
4095	4017	3377	3414

Additionally, 38 schools received activity books because they communicated their intention to teach for this Academic Year, however some did not submit their TCF. It is the very difficult collecting TCF's from teachers. Often times teachers implement lesson but do not submit their TCF because they forgot or for some reason could not find the time. Though not reported, we believe that most teachers still implement the lessons.

E) Middle School Engagement

This year Safe Routes Philly decided to expand our work to engage 6-8 grade students in critical thinking about traffic safety and behavior. Because the SRP curriculum focuses on grades K-5, we chose to engage middle school students by offering training and support for them to implement walking and biking encouragement activities in their schools. The goal is to creative positive role models who can demonstrate safe behaviors to their peers. We originally intended to work with existing HYPE Youth Wellness Councils. However due to staff changed and miscommunication with HYPE we were unable to do that. Instead we worked with middle school students at Huey and Roberto Clemente.

- Huey's Student Council is a group of 6-8 grades students dedicated to implementing positive change at Huey. During the month of May, HSC focused on school safety. Waffiyah met wit HSC to discuss ideas on how to improve the safety of students walking and biking to and from school. HSC decided to organize a neighborhood walk assessment of Huey to identify safety concerns and work with the school to address them.
- Waffiyah worked closely with Katherine Gehris, an AmeriCorps Vista at Roberto Clemente Middle School on engaging her students in critical thinking around walking and biking safety at their school. During Walk and Bike to School Day in May, Gehris' students conducted a walkability and bikeability assessment along their route. During the assessment students completed a checklist noting positive and negative safety concerns around the school and begin discussing ways to improve them.

4) Year 5 Impact and Achievements

A) General Metrics/Cumulative Milestones

GHP Bicycle Safety Education

MILESTONES	TOTAL 2013-2014 MILESTONES (CUMMULATIVE)
<p>Support Bicycle Safety curriculum in at least 10 Philadelphia schools. Provide in-person, online, and telephone support to teachers implementing bicycle safety lessons.</p>	<p>42 teachers have responded stating their intent to teach bicycle safety lessons this academic year.</p> <p>38 schools have received student’s activity books in preparation for teaching the bicycle safety lessons.</p> <p>22 Teacher Completion Form submitted</p>
<p>Conduct at least 1 Safe Routes Philly teacher workshop. Provide one-on-one assistance, trainings as needed, especially for new teachers or those who we want to reengage</p>	<p>3 full staff trainings at Elkin, Potter Thomas, and Sullivan</p> <p>15 one-on-one trainings have been conducted at Alain Locke, Barry, Bredgy, Bryant, Creighton Universal, Ethel Allen, Howe, Lowell, John Marshall, Meade, Potter Thomas, Richard Wright, Solis Cohen, St. Christ and Taggart</p> <p>3 PD workshops conducted at School District PE teacher in service day.</p>
<p>Identify 1 new Bicycle-focused Get Active School:</p> <ul style="list-style-type: none"> ✓ Identify primary deterrents to bicycling to school and develop solutions ✓ Conduct survey work <p>Implement bicycle encouragement programs</p>	<p>3 schools Childs, Lea, and Meade are planning bicycle encouragement programs</p> <p>Childs holds a weekly bike club</p> <p>Meredith holds weekly bicycle trains</p>
<p>Recruit and promote district-wide participation in bike to school days.</p>	<p>9 schools Childs, Fell, Lea, Loesche, Mariana Bracetti, Meredith, Richard Wright, Roberto Clemente, and Willard participated in Bike to School Day in May</p> <p>Fells, Lea, Powell and Willard participated</p>

	in Bike to School Day in October
Work with school administration, especially at Get Active Schools, to develop mechanism for encouraging students to bike to school and making that an easier choice for families.	This topic has been covered in meetings with 20 schools this year
Create walking and biking program toolkits geared toward youth wellness councils.	We created a SRP walking and biking toolkit to be included in the HYPE Leadership Guide and distributed to school wellness councils
Work with 1 HYPE Youth Wellness Council to implement walking or biking initiatives	We submitted Safe Routes Philly materials to be included in the HYPE Leadership Guide Attended HYPE High School Summit and distributed biking encouragement materials
12 e-newsletters sent during contract period to citywide database of teachers and admin	12 Walk N' Wheel newsletters have been published
Write 4 blog posts for Philly Pedals as a means of sharing SRP successes, tips, and information.	4 blog post on Bicycle Coalition website
Recruit SRP Intern - 15 + hours a week	A graduate student at Penn's Public Health School intern was secured and will continue to work with SRP in fall 2015

NHTSA Pedestrian Safety Education

MILESTONES	TOTAL 2013-2014 MILESTONES (CUMMULATIVE)
25 Schools Teach Safe Routes Philly Pedestrian Safety Curriculum to students in any grade K – 3.	43 teachers have responded stating their intent to teach pedestrian safety lessons this academic year. 38 schools have received student activity

	<p>books in preparation for teaching the pedestrian safety lessons.</p> <p>26 Teacher Completion Form submitted</p>
<p>Work with 3 schools to conduct walkability audits and community mapping. Assist in creating Safe Routes maps for the school community and collaborate with the Principal to generate a travel plan using the safe routes.</p>	<p>3 walkability audits at Solis Cohen, Richard Wright, and Roberto Clemente complete</p>
<p>Promote Walk to School Days and make resources available to all schools in the crash zones. Assist with planning and promotion for 5 Walk to School Days.</p>	<p>15 Schools signed up for Walk to School Day in October.</p> <p>4 schools Willard, Lea, Richard Wright, and Robert Clemente will host Walk to School Day in May</p> <p>Walk to School Day sign up and planning guides were spread widely through the Walk N' Wheel and personal emails to schools.</p>
<p>Assist 3 schools with planning and implementation of on-going walking safety and encouragement</p>	<p>3 Walking School Bus programs at Barry, Childs, and Richard Wright</p> <p>Walking Wednesday at Stephen Girard</p>
<p>Work with 2 middle and/or high schools to engage students in critical thinking about traffic safety and behavior.</p>	<p>Middle school students at Huey and Roberto Clemente engaged in critical thinking around walking and biking</p>

B) Lessons Learned

- A major deterrent of students biking to and from school is bike parking. Several schools reach out to SRP requesting assistance with bike rack installation. SRP worked with three schools this year; AMY James Martin, Richard Wright, and Roberto Clemente on bike rack siting. Bike specs were submitted to the school district however none of the schools have received racks yet. A suitable process needs to be established for school bike rack installation and follow up.
- Walking School Buses (WSB) are amazing but difficult to sustain. WSB programs require dedicated parents and staff to be committed and available in order to be successful. An issue we faced this year with WSB was inclement weather. Volunteers were dedicated in the beginning but fell off understandably during the rough weather season, and had difficulty picking back up afterwards. I think finding other

- ways to engage parents in SRP initiatives during those rough weather months to keep them involved would help make the transition back into WSB routes easier.
- Connecting with charter schools has always been a challenge for SRP. Unlike with district schools where we have formed a relationship with district representatives who help connect us with school champions, it has been difficult building connections with charter school representatives. This made our work with schools in high crash zones difficult because most schools within the zones are charter.

5) Conclusions

Safe Routes Philly will continue working closely with the School District and other affiliated partners like Communities In Schools (CIS) to provide Safe Routes Philly programming in schools. The success of these relationships have been demonstrated by new Get Active schools Richard Wright, and Roberto Clemente lead by (CIS) school champions. As well as updates made to the School District's Wellness Policy including encouragement of active transportation.

For the 2015-2016 school year Safe Routes Philly hopes to continue its collaboration with Get Healthy Philly and the National Highway Traffic Safety Administration to provide biking and pedestrian safety education and encouragement programming in schools through teacher training, encouragement activities, and walkability audits. Our overall goal is to significantly increase the number of people walking and biking while increasing safety through infrastructure improvements and education.

ⁱ Ham, S. M. (2008). Changes in percentages of students who walk or bike to school - United States, 1969-2001. *Journal of Physical Activity and Health*, 5 (2) , 205-215.

ⁱⁱ Safe Routes to School National Partnership. (December, 2009). Putting Traffic Safety First: How Safe Routes to School Initiatives Protect Children Walking and Bicycling. 3-5.

ⁱⁱⁱ 2012 PHMC Household Health Survey

^{iv} The City of Philadelphia and County of Philadelphia are coterminous, and are one and the same.

^v See Nat'l Ctr. for Chronic Disease Prevention and Health Promotion, U.S. Dep't of Health and Human Services., *Behavioral Risk Factor Surveillance System* (2009); Nat'l Ctr. for Chronic Disease Prevention and Health Promotion, U.S. Dep't of Health and Human Services., *Behavioral Risk Factor Surveillance System* (2008).

^{vi} Public Health Management Household Health Survey (2010).

^{vii} Philadelphia Department of Public Health Annual Vital Statistics Reports.

^{viii} Mokdad A et al. "Actual Causes of Death in the U.S. 2000." *Jama*, 2004. (291)10:1238-1245.

^{ix} Safe Routes to School National Program website:

http://guide.saferoutesinfo.org/evaluation/step1_plan_program_collect_information.cfm

Appendices

- A) Teacher Completion Form
- B) Student Travel Tally