

# Our Kids Want To Walk the Walk!

Let's help make sure Texas kids can walk and bike safely to school!

## PROBLEM

Parents are afraid to let their kids walk and bike to school.



1 Safe sidewalks to and from school

2 Enforce traffic speeds in areas around schools

3 Clean and crime free neighborhoods

4 Bike lanes for safer biking

5 Crosswalks and crossing guards near school

6 Other children/families to walk with to school

7 No stray animals

8 School policies to encourage walking and biking

## SOLUTION

Address safety concerns to improve the health of your community.



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Through the combined efforts of the Texas A&M Health Science Center School of Public Health and The University of Texas School of Public Health, a recent study - **Texas Childhood Obesity Prevention Policy Evaluation (T-COPPE)** - has been investigating the reasons students are not walking to school. Findings from this study and others show parents' perceptions of the transportation route between home and school are among the key factors determining whether children walk or bike to school.



Visit [tcoppe.org](http://tcoppe.org) for more information.

## THE SITUATION\*

- Parents want their children to be safe if they are walking or biking to school and right now they don't necessarily feel they are safe.
- Motor vehicle collisions are the leading cause of death among children ages 3 to 14; in 19% of these fatalities, the children involved were pedestrians.
- Every year, over 32,000 children under the age of 20 are hospitalized for non-fatal traffic-related injuries.
- These statistics show a key reason children are no longer walking or biking to school, giving kids fewer opportunities to be active.
- Only 13% of kids walk to school today, compared to nearly 50% in 1969.
- In a study of adolescents, 100% of kids who walked or biked to school met the daily recommended 60 minutes of moderate to vigorous physical activity (MVPA).
- Kids get 3x more MVPA during their commute to school than they do during recess.
- These studies do not begin to get into many other benefits of increased levels of walking and the creation of safe, walkable places—such as reducing traffic fatalities and serious injuries, increasing property values, decreasing school busing expenditures, improving academic performance, and managing traffic congestion.

\*References available at [tcoppe.org](http://tcoppe.org)

## RECOMMENDATIONS



**PUBLIC HEALTH**  
TEXAS A&M HEALTH SCIENCE CENTER



Texas Health Institute  
EDUCATION • AWARENESS • POLICY DEVELOPMENT • PREVENTION

**UTHealth**  
The University of Texas  
Health Science Center at Houston  
School of Public Health  
Austin Regional Campus



MICHAEL & SUSAN DELL  
CENTER for HEALTHY LIVING