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N.C. Division of Public Health

**Eat Smart, Move More NC  
Leadership Team Meeting**  
Friday, June 13, 2014



A PARTNERSHIP BETWEEN NC DEPARTMENT OF TRANSPORTATION AND NC DIVISION OF PUBLIC HEALTH

# What is Active Routes to School?

## Partnership

- NC Department of Transportation and NC Division of Public Health
- Administered through local NC health departments in 10 regions

## Alignment

- NC Safe Routes to School initiatives
- Local, regional and state community safety and health initiatives

## Timing

- Three year project



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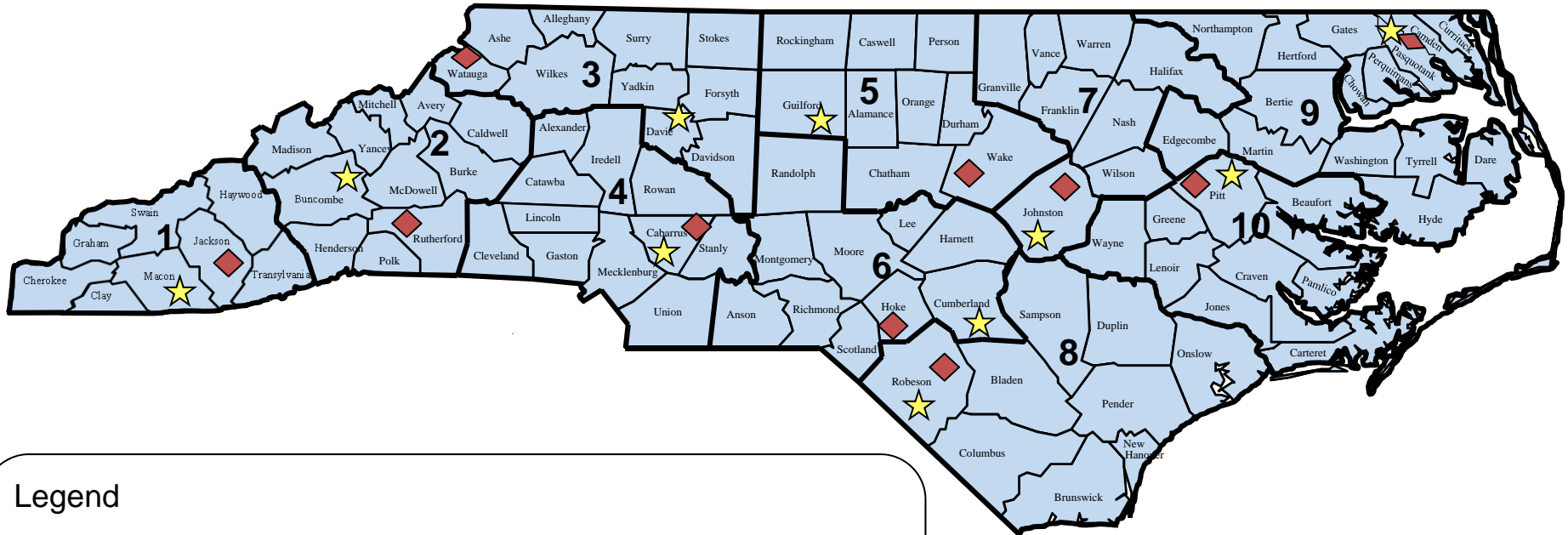
# Active Routes to School Goal

Increase the number of elementary and middle school students who safely walk and bike to school.



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# Active Routes to School Regions



**Legend**

- ◆ Active Routes To School Lead Health Departments
- ★ Community Transformation Grant Project Lead Health Departments
- Counties
- Regions

Last updated: 04/21/14



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# Project Timeline

Year 1

Current

- Hired and trained staff
- Complete regional assessments
- Begin establishing partnerships

Year 2

- Begin execution of work plan and intervention activities
- Identify and engage schools
- Start evaluation

Year 3

2016

- Continue execution of work plan and intervention activities
- Plan for sustainability
- Complete evaluation and report results

Program End

- *Demonstrate growth* that exceeds the baseline
- Create momentum to *achieve future sustainability*



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# Project Activities

## Awareness-Raising Events

- Increase awareness about the importance of Safe Routes to School

## Ongoing Programs

- Increase the number of programs that encourage walking and biking to school

## Trainings/Workshops

- Increase the number of trainings on how to implement Safe Routes to School

## Policy Changes

- Increase the number of policies that support walking and biking to school

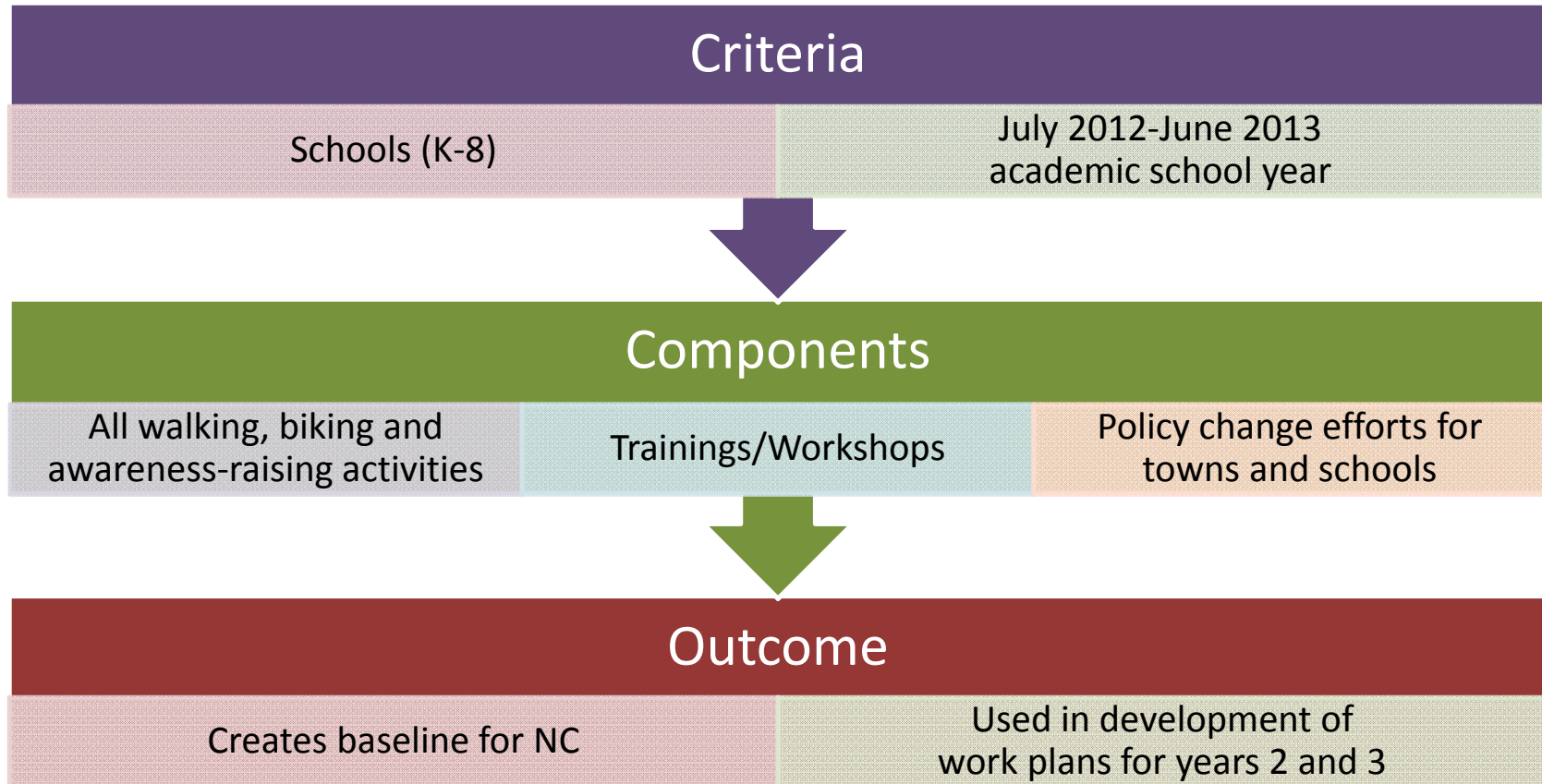
## Built Environment Changes

- Develop a plan for an infrastructure issue statement to identify a physical improvement to local infrastructure for future exploration



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# Assessment



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# National Bike to School Day



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# What can you do?

- Contact the Active Routes to School Coordinator in your region
  - Walk to School Day October 8, 2014
  - Bike to School Day May 6, 2015
  - Policy and Environmental Change
    - School Wellness Policies; Arrival and Departure Policies
    - Cross walks, signs
  - Student Travel Talleys and Parent Perception Surveys
  - Newsletters, blogs, press releases



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# Thank you

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For more information about Active Routes to School:  
[www.communityclinicalconnections.com](http://www.communityclinicalconnections.com)



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