



SAFE ROUTES TO SCHOOL

A Smart Investment in Minnesota's Future.

Safe Routes to School (SRTS) helps improve child safety by providing safer crosswalks and routes to walk and bicycle to school. It also benefits kids' health and academic performance. Towns and schools throughout Minnesota recognize this, and demand for SRTS infrastructure funding is growing. In FY2018-2019, 122 SRTS grant applications were received, but only 66 could be funded, **with requests exceeding available dollars by more than two to one.** [1]

SAFETY

- Children and adolescents have the highest rates of nonfatal bicycle-related injuries, accounting for more than one-third of all bicycle-related injuries seen in U.S. emergency departments. [2]



SRTS can reduce the risk of pedestrian injury by 44% [3]

HEALTH

- In 1969, 48% of students walked or bicycled to school; as of 2014, only 17% of students are walking and bicycling. [5]
- While rates of walking and biking to school have declined, rates of overweight and obesity increased. SRTS can help reduce this trend. [6]



Walking one mile to and from school each day can help kids meet the recommended level of physical activity per day and improve cardiovascular fitness. [4]

IMPACT OF A SAFE ROUTES TO SCHOOL INVESTMENT OF AT LEAST \$6 MILLION

A new investment in SRTS infrastructure grants is needed to support the highest demand projects across the state and reach more schools and students. For example, researchers estimate that a one-time, \$6 million investment in SRTS infrastructure grants could:

- Support SRTS implementation in 96 schools, reaching more than 24,000 students in grades K-8 throughout Minnesota; [9]
- Leverage an additional \$2.6 million in federal funds; [9]

SCHOOL ACHIEVEMENT

- School-based physical activity can help improve academic performance, including academic achievement and behavior. [7]



When kids get physical activity before class, they are more focused and ready to learn. [8]

96 Minnesota schools



24,000 students, grades K-8





[1] MN Department of Transportation, "FY2018-2019 Report on Safe Routes to School in Minnesota," November 2019, <http://www.dot.state.mn.us/govrel/reports/2019/2019-srts-final.pdf>.

[2] Centers for Disease Control and Prevention, "Bicycle Safety: Risk Factors," <https://www.cdc.gov/motorvehiclesafety/bicycle/index.html>. Accessed 12/2/2019.

[3] DiMaggio, C., & Li, G. (2013). Effectiveness of a safe routes to school program in preventing school-aged pedestrian injury. *Pediatrics*, 131(2): 290-296. See also, MDH, "Safe Routes to School," <https://www.health.state.mn.us/saferoutestoschool>.

[4] Safe Routes to School National Partnership, "Helpful Statistics on Safe Routes to School: Health and Obesity," <https://www.saferoutespartnership.org/safe-routes-school/101/benefits>.

[5] MN Department of Transportation, "FY2018-2019 Report on Safe Routes to School in Minnesota," November 2019, <http://www.dot.state.mn.us/govrel/reports/2019/2019-srts-final.pdf>.

[6] Anderson, PM, Butcher, KF, & Schanzenback, DW. "Understanding recent trends in childhood obesity in the United States," *Econ Hum Biol*, August 2019 (34:16-25), <https://www.ncbi.nlm.nih.gov/pubmed/30910341>. See also, CDC, "Childhood Obesity Facts," <https://www.cdc.gov/obesity/data/childhood.html>.

[7] CDC, "The Association Between School-Based Physical Activity, Including Physical Education, and Academic Performance," July 2010.

[8] Safe Routes to School Partnership, "Celebrating 10 Years," https://www.saferoutespartnership.org/sites/default/files/pdf/031116_srs10thanniv_infographic_final.pdf. Accessed 12/2/2019.

[9] MN Department of Health, "Safe Routes to School: A Smart Investment for Our Kids and Communities," <https://www.health.state.mn.us/saferoutestoschool>. Accessed 12/2/19. See also, Pelletier J, Reiner J, Barrett J, Craddock A, Giles C. "Minnesota: Safe Routes to School (SRTS) Issue Brief," MN Department of Health and the CHOICES Learning Collaborative Partnership at the Harvard T.H. Chan School of Public Health; March 2019; <https://choicesproject.org/publications/brief-safe-routes-to-school-minnesota/>.

