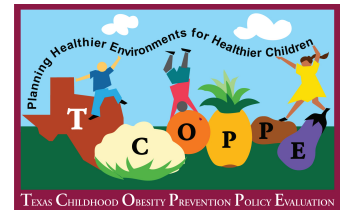


Through the combined efforts of the Texas A&M Health Science Center School of Public Health and The University of Texas School of Public Health, a recent study - **Texas Childhood Obesity Prevention Policy Evaluation (T-COPPE)** - has been investigating the reasons students are not walking to school. 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.



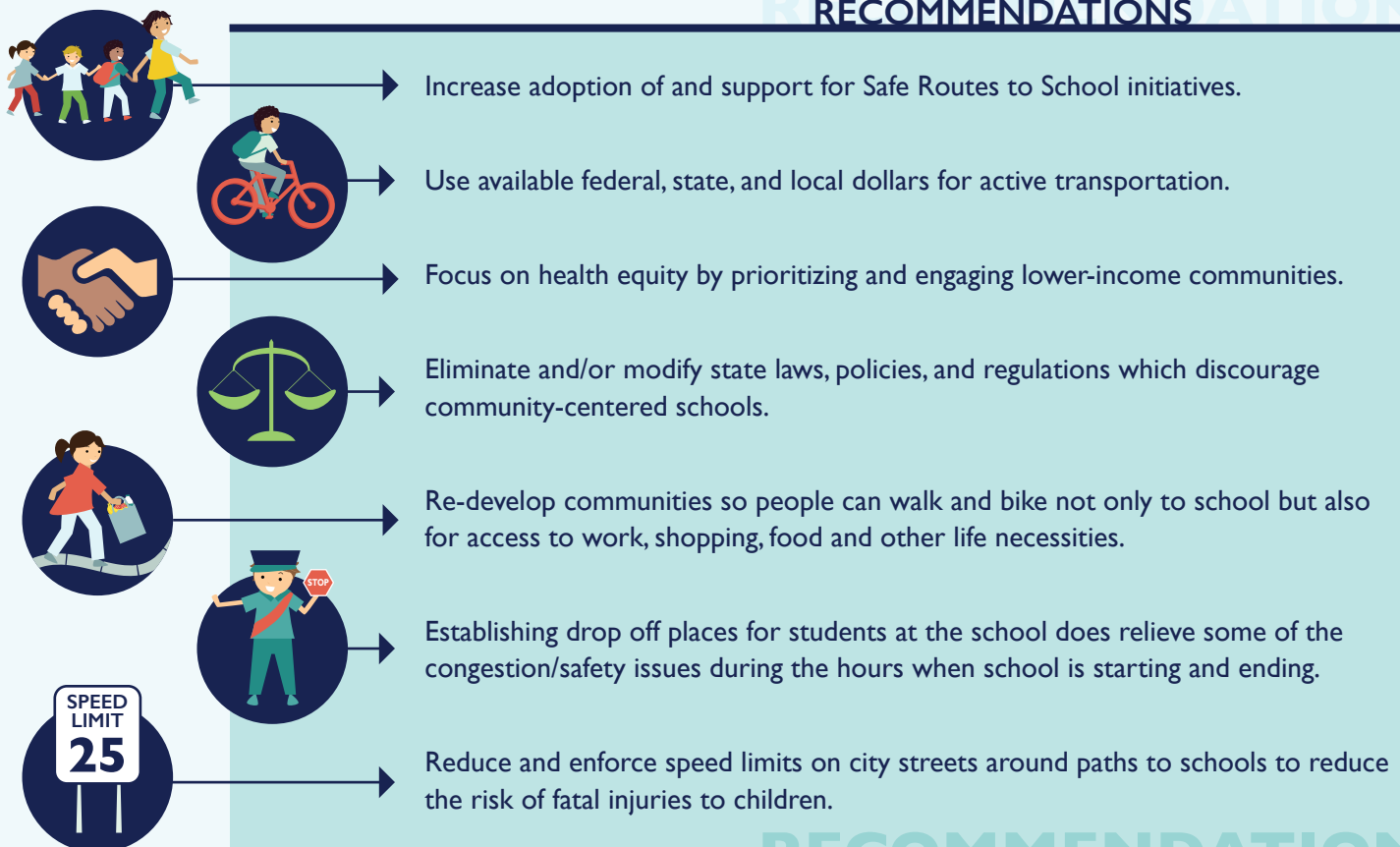
Visit tcoppe.org for more information.

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

RECOMMENDATIONS



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