



**SAFE ROUTES  
to School**  
NATIONAL PARTNERSHIP  
**Ohio Network**

*The Ohio Safe Routes Network is a diverse coalition of Ohioans working to increase physical activity and better health across the state through leadership, policy change, funding and program support.*

*It is part of the Safe Routes to School National Partnership, with funding from the Robert Wood Johnson Foundation.*

# Safe Routes to Student Achievement:

*Evidence that physical activity assists positive academic outcomes*

## Walking to school can help students succeed.

Only 13 percent of students walked or biked to school in 2009, down from almost 50 percent in 1969. At the same time, obesity rates in children climbed from 4 to 35 percent. Student health affects their ability to learn; Safe Routes to School programs can assist improving student achievement by providing opportunity for physical activity in a safe environment.



### Physical activity before school helps concentration.

A Danish study of 20,000 students showed that children who actively commute to school perform measurably better on tasks demanding concentration at school than do children who do not actively commute to school. ([Mass Experiment 2012, Denmark](#))



### Physical activity can improve student health.

There is overwhelming evidence of the health benefits of physical activity, and the [Centers for Disease Control and Prevention \(CDC\)](#) recommend 60 minutes or more of physical activity a day for children. Walking one mile to and from school can fulfill two-thirds of this recommendation every day!



### Safety lessens stress, increases confidence.

If walking and biking routes to and from school are perceived as safe, parents and students will feel positive about using them, and students can gain confidence in themselves. Safe Routes to School programs identify, evaluate and recommend improvements around schools to allow families the ability to walk safely. A [New York City study](#) revealed a 44 percent drop in injury to school age children before and after school, after Safe Routes to School programs were established.

## The Ohio Safe Routes Network

The Ohio Safe Routes Network is part of the Safe Routes to School National Partnership, whose goal is to advocate for safe walking and bicycling to and from schools and in daily life, to improve the health and well-being of America's children and to foster the creation of livable, sustainable communities.



#### Ohio network policy priorities include:

- Leverage bicycle/pedestrian project funding
- Facilitating "complete streets" policy
- Advancing shared use agreements
- Focus support underserved communities

## Join Us to Create a Safer and Healthier Ohio!

**To be a part of the Ohio Safe Routes Network, or to learn more, contact:**

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