



A North Carolina Safe Routes to School Project



## Active Routes to School Project

Active Routes to School is a North Carolina Safe Routes to School (SRTS) Project supported by a partnership between the N.C. Department of Transportation and the N.C. Division of Public Health. The Active Routes to School Project creates opportunities for youth to walk and bike to or at school. The goal of the project is to increase the number of elementary and middle school students who safely walk and bike to school.

Ten Active Routes to School Regional Project Coordinators are working across N.C. to implement this project. The Active Routes to School Project Manager is housed at the N.C. Division of Public Health to oversee the project and to assist the Project Coordinators. The Project Coordinators work with partners in their communities to 1) increase awareness about the importance of SRTS, for example National Bike to School Day; 2) increase the number of programs that encourage walking and biking to or at school, for example a monthly walking program; 3) increase the number of trainings on how to implement SRTS, for example Let's Go NC! A Pedestrian and Bicycle Safety Skills Program for Healthy, Active Children; 4) increase the number of policies that support walking and biking to and at school - such as early arrival and departure for walkers and bikers - and 5) identify safety features near schools (within two miles) such as sidewalks, cross walks, and bike lanes that need improvement. In addition to working directly with schools, Project Coordinators work within communities to identify opportunities for shared use of facilities and Complete Streets to improve access to physical activity.

There are 3 key phases to this project:

1. **Assessment** – Conduct an assessment focused on K-8 schools to learn more about walking and biking to school efforts in each region related to the activities outlined above: awareness raising, school-specific programming, trainings/workshops, policy and environmental changes. The assessment took place in 2014.
2. **Intervention activities** – Implement intervention activities in each region. These activities are focused on awareness raising, trainings/workshops around SRTS, school-specific programming and policy change efforts. In addition, Project Coordinators will work with partners to identify and address a safety feature near a school that needs improvement.
3. **Evaluation** – Assess the effectiveness of the project and ensure project goal and objectives are met.

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