Out of ‘Site,’ Out of Mind

Increasing Community Connectivity and Physical Activity through Healthy School Site Planning

CEFPI Great Lakes Conference, April 10, 2015
Usual mode of transportation to school among K-8 students, 1969 and 2009 (%)

1969
- Walk/Bike: 47.7%
- Personal Vehicle: 38.3%
- School Bus: 12.2%
- Other: 1.7%

2009
- Walk/Bike: 12.7%
- Personal Vehicle: 39.4%
- School Bus: 45.3%
- Other: 2.6%

Creating Healthy Communities

Making the Healthy Choice the Easy Choice

ACTIVE LIVING

Healthy Eating

Healthy Vending

Breastfeeding

Corner stores

Community Gardens

Parks and playgrounds

Farmer's markets

Bike friendly

Shared use

Multi-use trails

Tobacco free

Housing

Schools

Parks
Safe Routes to School
National Partnership

Creating safer streets, improving communities and promoting physical activity for children and their families.
Goals

• Introduce the role of school siting to community and student health, safety, physical activity, and academic performance

• How to plan a school for community use and active transportation

• Identify local community partners, stakeholders and agencies to involve

• Share resources!
What is (Smart) School Siting?
Why Build in the “Heart” of the Community?
What does it take?

I. Consider the Proximity of Your Student Population

II. Accommodate all Modes of Transportation

III. Consider Community Health

IV. Integrate School Planning into Community Planning

V. The Benefits of Shared Use
Columbus City Schools Parent Survey

- Distance
- Violence or Crime
- Weather or climate
- Speed of Traffic Along Route
- Safety of Intersections and Crossings
- Amount of Traffic Along Route
- Sidewalks or Pathways
- Time
- Adults to Bike/Walk With
- Crossing Guards
- Convenience of Driving
- Child's Participation in After School Programs

Percent of Responses
Consider the Proximity of the Student Population

- Enables students to walk/bike!
- Decreases traffic around schools
- Increases social cohesion
- Decreases cost!
Transportation Costs

<table>
<thead>
<tr>
<th>School year</th>
<th>Students transported at public expense (number)</th>
<th>Students transported at public expense (percent of total)</th>
<th>Expenditures for transportation (in thousands) [In unadjusted dollars]</th>
<th>Average expenditure per student transported [In unadjusted dollars]</th>
<th>Expenditures for transportation (in thousands) [In constant 2011–12 dollars]</th>
<th>Average expenditure per student transported [In constant 2011–12 dollars]</th>
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<td>1980–81</td>
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U.S. Department of Education
Institute of Education Sciences
National Center for Education Statistics
Accommodate All Modes of Transportation

- Pedestrians
- Bicyclists
- Student Bussing
- Public Transit
- Vehicles
  - Student drop off
  - Staff access
  - Deliveries
Accommodate All Modes of Transportation
An Ohio Case Study
Consider Community Health
“The most universal opportunity for incidental physical activity among children is in getting to and from school”

*American Academy of Pediatrics, Committee on Environmental Health, 2009*
## Physical Activity

### 2014 State Indicator Report on Physical Activity: Youth

<table>
<thead>
<tr>
<th>State</th>
<th>No physical activity</th>
<th>Met aerobic activity guideline</th>
<th>Daily physical education</th>
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<tr>
<td>New Jersey</td>
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<td>25.7</td>
<td>18.9</td>
</tr>
<tr>
<td>North Carolina</td>
<td>17.7</td>
<td>25.9</td>
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<tr>
<td>North Dakota</td>
<td>10.9</td>
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<tr>
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<td>N/A</td>
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<td>N/A</td>
<td>N/A</td>
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<td>23.2</td>
<td>25.7</td>
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<tr>
<td>South Carolina</td>
<td>19.6</td>
<td>23.8</td>
<td>N/A</td>
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<tr>
<td>South Dakota</td>
<td>15.0</td>
<td>27.7</td>
<td>18.5</td>
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</tbody>
</table>

National Avg.: 15.2, 27.1, 29.4
Physical Activity

2014 United States Report Card for Physical Activity in Children and Youth

Summary of Report Card Indicators & Grades

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<tr>
<th>GRADE</th>
<th>INDICATOR</th>
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<td>D-</td>
<td>OVERALL PHYSICAL ACTIVITY</td>
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<td>SEDENTARY BEHAVIORS</td>
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<tr>
<td>F</td>
<td>ACTIVE TRANSPORTATION</td>
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<tr>
<td>C-</td>
<td>ORGANIZED SPORT PARTICIPATION</td>
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<tr>
<td>INC</td>
<td>ACTIVE PLAY</td>
</tr>
<tr>
<td>INC</td>
<td>HEALTH-RELATED FITNESS</td>
</tr>
<tr>
<td>INC</td>
<td>FAMILY &amp; PEERS</td>
</tr>
<tr>
<td>C-</td>
<td>SCHOOL</td>
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<tr>
<td>B-</td>
<td>COMMUNITY &amp; THE BUILT ENVIRONMENT</td>
</tr>
<tr>
<td>INC</td>
<td>GOVERNMENT STRATEGIES &amp; INVESTMENTS</td>
</tr>
</tbody>
</table>
Brain Power!

BRAIN AFTER SITTING QUIETLY

BRAIN AFTER 20 MINUTE WALK

Research/scan compliments of Dr. Chuck Hillaire, University of Illinois
Asthma
“Asthma is a leading chronic illness among children and adolescents in the United States. It is also one of the leading causes of school absenteeism.”

_CDC Adolescent and School Health_
For people ages 1 to 33, traffic crashes are the single greatest cause of fatalities and disabilities.

America Walks
Bicycle and Pedestrian Crashes
5-14 Year Olds

- 28.53%
Health Impact Assessment

A process that determines the potential health impacts of a proposed policy, plan, or project on the health of a population.

Concludes with a set of recommendations.
Integrate School Planning into Community Planning

School Travel Plan Guidelines
A Reference for Communities

ACCESS OHIO 2040
Ohio Department of Transportation

WELCOME to Ohio
So much to Discover!

JOHN KASICH | GOVERNOR
JERRY NORTON | DIRECTOR

CITY OF GAHANNA
DEPARTMENT OF PARKS & RECREATION

Gahanna Bikeway Master Plan
2010 Update

Presented to Gahanna City Council
Monday, May 10, 2010

BOARD OF EDUCATION
COLUMBUS CITY SCHOOLS

WELLNESS

As required by law, the Board of Education establishes the following wellness policy for the Columbus City Schools School District as a part of a comprehensive wellness initiative.

The Board recognizes that good nutrition and regular physical activity affect the health and well-being of the District's students. Furthermore, research suggests there is a positive correlation between a student's health and well-being and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish

Ohio’s Plan to Prevent and Reduce Chronic Disease
2014 - 2018
Ohio Case Study
Benefits of Shared Use

http://www.dps.k12.oh.us/school-kiser/for-families/neighborhood-school-centers.html
Opportunity

• Student enrollment is increasing
• Demand for new and renovated facilities
• Opportunity to approach decisions holistically
• Demand for walkable communities!
We want to hear from you!
1. Who are you?
2. One word or phrase that is most important to facility design/ school siting?
3. What are the top 3 influences on school siting?
4. Name a barrier to supporting active transportation in the school siting process
5. Who are your major collaborators in the school siting process?
6. What is one thing you need in order to utilize ‘Smart School Siting’
Resources

Smart School Siting

EDUCATION IN THE HEART OF A COMMUNITY

A school’s first community function is to provide students a quality education, but schools are also part of the community fabric, and are most highly valued when they are located and perform as the “heart” of a community. The lifespan of a school and its role in the community should be considered in the school site selection process.

In order to best serve a community, school site selection should align with community plans for greater connectivity, health, and social cohesion. Smart school siting provides a community-centered facility for education, safe access to physical activity, and overall accessibility that improves quality of life for students and communities.

School Sites Should Consider Your Community

Schools are public facilities that are most valued when they succeed in developing community support and connection. A school located near its community, and available for recreation, entertainment, congregation and needed services, become a valued resource in the community.

Smart school site selection considers the best location for community usage throughout its lifespan. The facility should maximize connectivity with the community, support community growth and consider public health impacts of the surrounding area.

Smart school sites are:

- Located fully or partially based on proximity to student population
- Sited to accommodate all modes of transportation
- Consist of maintaining community and school health
- Determined through a process integrated with greater community planning
- Located near other community amenities for shared use opportunities

This resource guide is referenced as “Smart School Siting: A Resource Guide” in the Ohio Facilities Construction Commission 2013 Ohio School Design Manual (OSDM).

The information and resources will be valuable before and during the site selection process since a school site should not be determined solely by:

- Site size
- Deserved land
- Distance from other areas that do not include costs over the lifetimes of other public buildings, such as transportation and maintenance
- The prioritization of building new

Introductory Resources:
- The Oregon School Siting Handbook (pp. 23)
- Georgia Technical School Siting
- Helping Children Walk to School
- Transportation Guide: Livable Schools

Consider the Proximity of Your Student Population

The biggest barrier to walking and biking to school is distance. Maintaining schools closer to students or building new schools within communities has the ability to:

- Increase walking and biking to school
- Increase community cohesion and transportation safety
- Decrease the burden of school transportation costs by reducing busing

The Ohio Department of Transportation can provide proximity maps to school districts that will map the location of the current student population in proximity to the school site. For more info visit www.ohsunc.gov and go to Safe Routes To School/Develop your RISs Program.

Accommodate All Modes of Transportation

When student populations are close by, students may walk or bike to school, making safe routes to school for pedestrians and bicyclists:

- Increase the opportunity for student physical activity and better health
- Increases student academic achievement (studies show healthy students learn better)
- Reduce vehicle traffic and air pollution around schools

Consider pedestrians and bicyclists in traffic patterns, volume, and access and physical activity opportunities of school by:

- Creating safe zones
- Creating separate entrances for motorized and non-motorized transportation
- Ensuring easy access from the street to the front door
- Using wayfinding and signage to make safe routes clear
- Providing safe, protected bicycle parking
- Considering remote student accommodations
- Locating parking lots further from school
EPA Voluntary School Siting Guidelines
Helping Johnny Walk to School

Policy Recommendations for Removing Barriers to Community-Centered Schools

BY RENEE RULHAN
Smart School Siting
How School Locations Can Make Students Healthier and Communities Stronger

Fifty years ago, nearly half of all students walked or biked to school. Now, only 13 percent do. Why this change? The biggest reason is because today’s schools are located too far from children’s homes for walking or biking to be practical. In recent decades, due to a variety of pressures, schools have increasingly been built on the outskirts of communities. As a result, two-thirds of schools are now located far from where children live. Meanwhile, obesity rates for children and adolescents have more than tripled, and nearly a third of children are overweight or obese.

But locating schools within communities can mean healthier students by making it easier for students to walk and bike to school, and to use school playgrounds and facilities outside of school hours. Districts can promote healthy school siting by locating schools near where students live, whether by retaining centrally located schools or by building new schools within communities instead of on their outskirts.
State Resources

Oregon

Montana

Planning for Schools & Livable Communities
The Oregon School Siting Handbook

School Siting, Money, Education, Health and Equity

City of Billings, MT
Median Household Income (2010) and Schools

Map showing median household income in Billings, MT, with school locations.
Extra Resources

• The Townmakers Guide: Livable Schools
• Shared Use National Clearing House
• Safe Routes to School National Partnership
Contact Us:

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Safe Routes to School National Partnership  
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www.saferoutesoh.wordpress.com

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Creating Healthy Communities Program  
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Caitlin.Harley@odh.ohio.gov  
Healthy.ohio.gov/chc