Can A School's Location Make A Kid Fat?

Arizona Safe Routes To School Program

Safe Routes To School

Approved by Congress in 2005

$612 million to States

Goal: make it safer and easier for K-8 students to walk and bike to school.

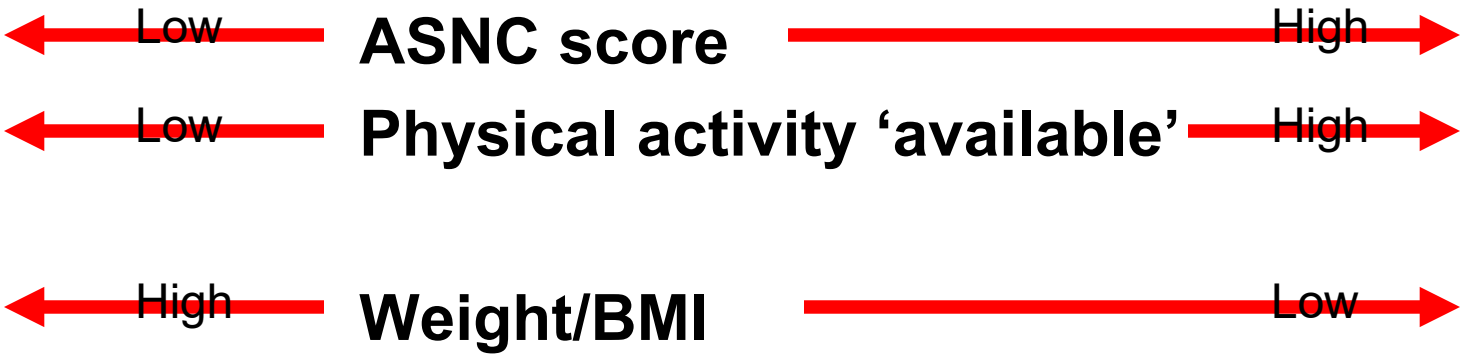
Safe Routes to School
ARIZONA DEPARTMENT OF TRANSPORTATION

Active School Neighborhood Checklist

An easy-to-use, robust checklist to gauge the physical activity POTENTIAL of existing and proposed school sites

Active School Neighborhood Checklist

The correlation between the built environment, physical activity, and health



Active School Neighborhood Checklist

<u>Our hypothetical scenarios</u>:

Scenario A – Rural community

Scenario B – Suburban community

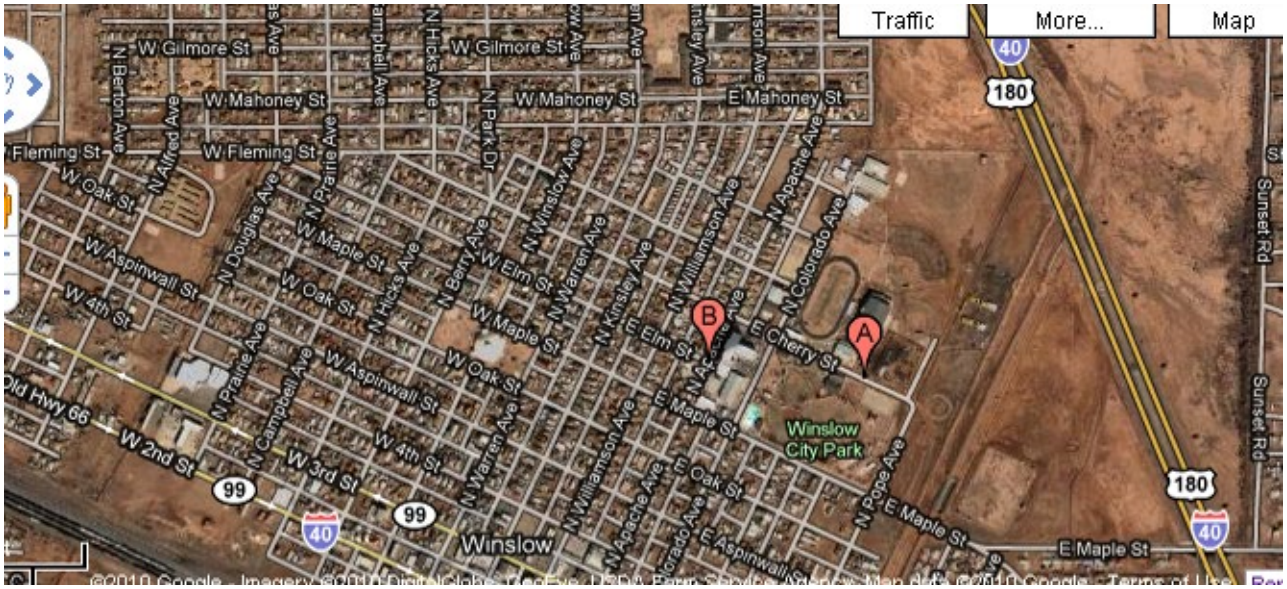
Scenario C – Urban, good built environment

Scenario D – Urban, poor built environment

ASNC Scenarios

Scenario A – Rural community

- Sparse population
- Very small downtown
- Large consolidated school 3 miles from town
- No nodal development
- Few sidewalks



ASNC Scenarios

Scenario B – Suburban community

- Moderate population
- Small downtown
- Some sidewalks, cul-de-sacs
- Several large schools, some in walking dist.
- Many arterial streets
- Highway bisecting town

ASNC Scenarios

Scenario C - Urban (good b.e.)

- Dense population
- Some arterial streets
- Neighborhood schools
- Sidewalks prevalent
- Mid-block crossings
- Large downtown, nodal development
- Small blocks, 'grid' street pattern

ASNC Scenarios
Scenario D - Urban (poor b.e.)

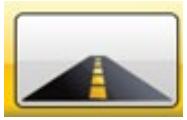
- Dense population
- Small downtown, sprawling 'outer ring' development
- Arterial streets
- Large schools and enrollment areas
- Gaps in sidewalk system
- No mid-block crossings

Active School Neighborhood Checklist

Supportive Programs and Policies

Walking/Bicycling Zone

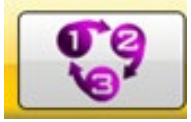
School and Property



Street Profile

Pedestrian and Bike Facilities and Safety

Remedial Pedestrian and Bike Facilities



Connectivity and Convenience

Active School Neighborhood Checklist

Supportive Programs and Policies

Safe Routes To School

School and Planning

Health and Wellness

Transportation and Safety

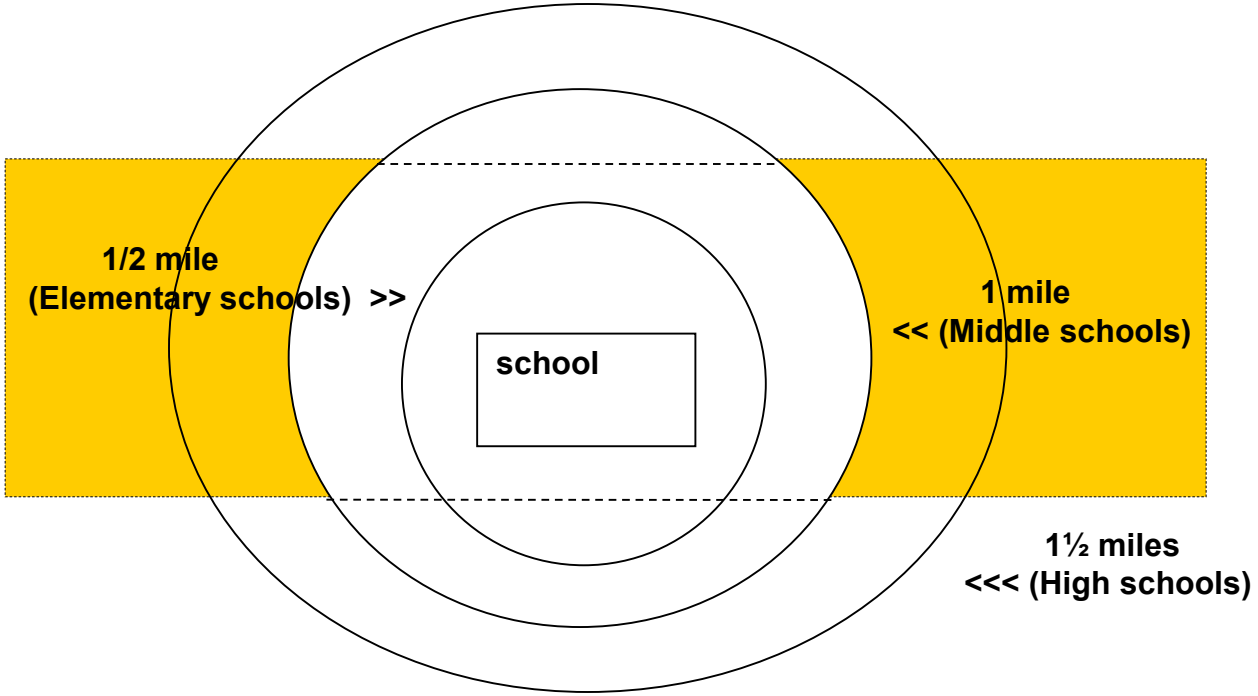
It's better to have them than to not have them.

Active School Neighborhood Checklist

Walking/Bicycling Zone

Example:

This middle school enrollment area exceeds 1.0 mile in radius and creates a prohibitively long walking/bicycling trip for students who live in the shaded areas.



If homes/residents are dispersed, the enrollment area necessarily must be larger.

Active School Neighborhood Checklist

School and Property

Sprawling campus

Neighborhood school

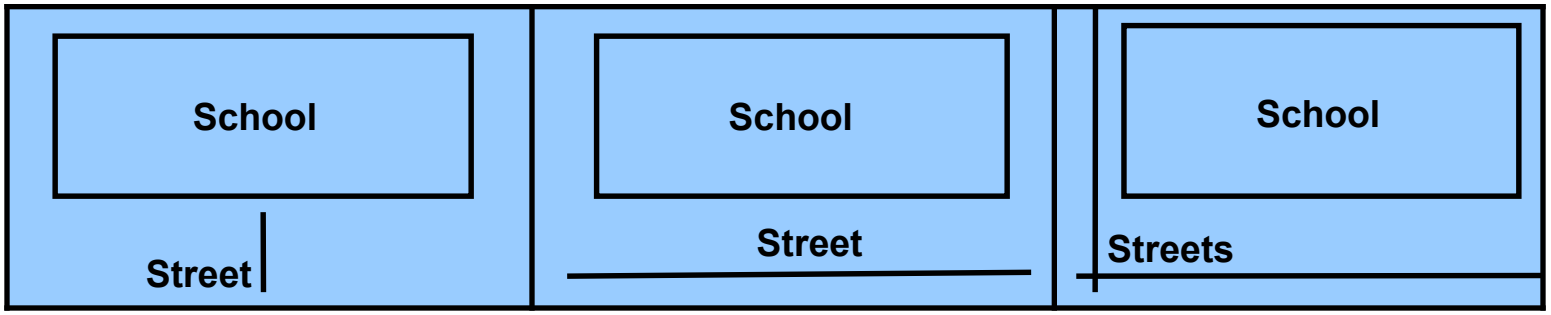
What does the physical campus look like?

What is the enrollment and campus size?

Large and/or closed campuses are barriers.

Active School Neighborhood Checklist

School and Property



How does the school interface with the public streets?

Active School Neighborhood Checklist

Street Profile

What do streets and traffic look like around the school site?

Active School Neighborhood Checklist

Pedestrian & Bicycle Facilities and Safety

Are pedestrians and bicyclists accommodated?

Are they welcomed?

Active School Neighborhood Checklist

Remedial Pedestrian and Bike Facilities

What are the school, district, and/or town doing to remediate poor existing conditions?

Active School Neighborhood Checklist

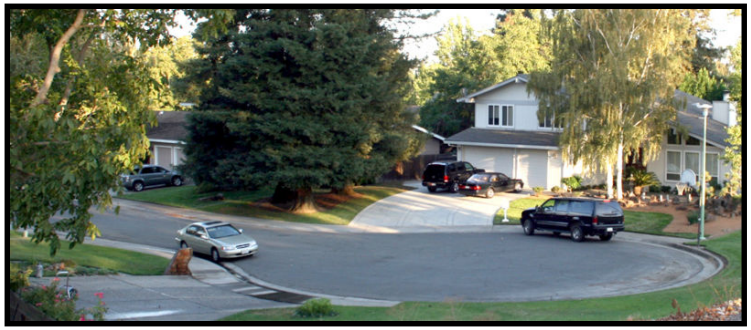
Connectivity and Convenience

This is about proximity, ‘connectedness,’ and destinations

Cul-de-sacs, dead-end streets, and gated communities can be barriers to pedestrian and bicycle travel

Active School Neighborhood Checklist

Connectivity and Convenience



Conventional cul-de-sac

Cul-de-sac with walkway

This is about proximity, 'connectedness,' and destinations

Cul-de-sacs, dead-end streets, and gated communities can be barriers to pedestrian and bicycle travel

How Scenarios A,B,C&D scored on the complete ASNC

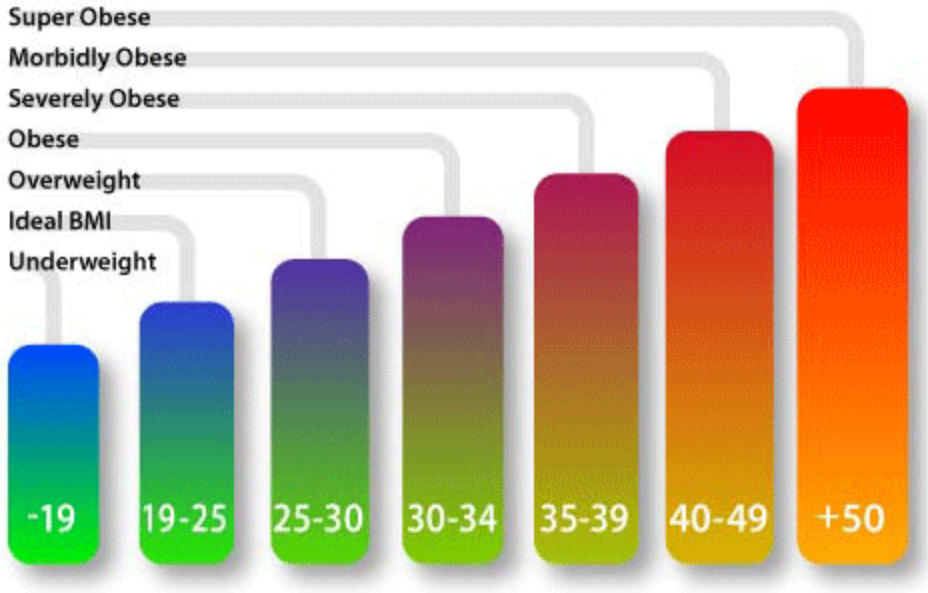
	ASNC	
Scenario A Rural	- 8/113	Coolidge, Winslow, St. David
Scenario B Suburban	36/113	Scottsdale, Glendale, Queen Creek
Scenario C Urban (good)	86.5/113	Cen. Phoenix, W. Phoenix. S. Phoenix
Scenario D Urban (poor)	15/113	Cen. Phoenix (2), N. Phoenix

ASNC and Body Mass Index

	ASNC	BMI	
Scenario A Rural	- 8/113	28.7	Coolidge, Winslow, St. David
Scenario B Suburban	36/113	24.2	Scottsdale, Glendale, Queen Creek
Scenario C Urban (good b.e.)	86.5/113	20.8	Cen. Phoenix, W. Phoenix. S. Phoenix
Scenario D Urban (poor b.e.)	15/113	28.1	Cen. Phoenix (2), N. Phoenix

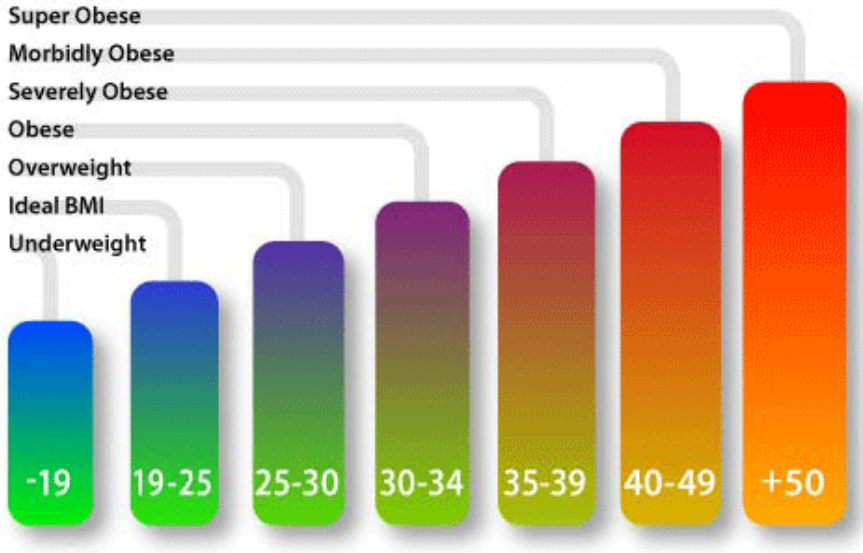
Interpreting BMI

	ASNC	BMI
Scenario A Rural	-8	28.7
Scenario B Suburban	36	24.2
Scenario C Urban (good b.e.)	86.5	20.8
Scenario D Urban (poor b.e.)	15	28.1



Arizona schools

13 of the 17 fattest schools in Arizona are high schools (BMIs 30.4 – 35.1)



This is consistent with siting/built environment logic – but why?

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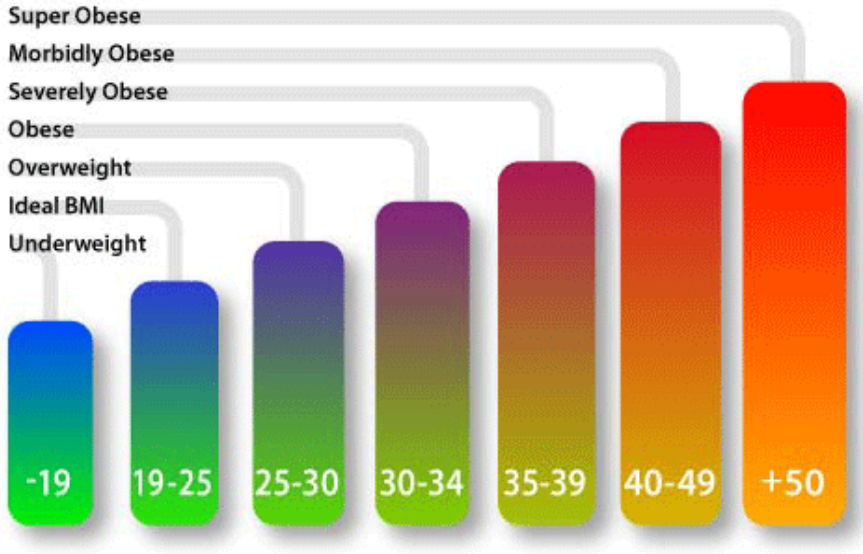

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- Huge enrollment boundaries

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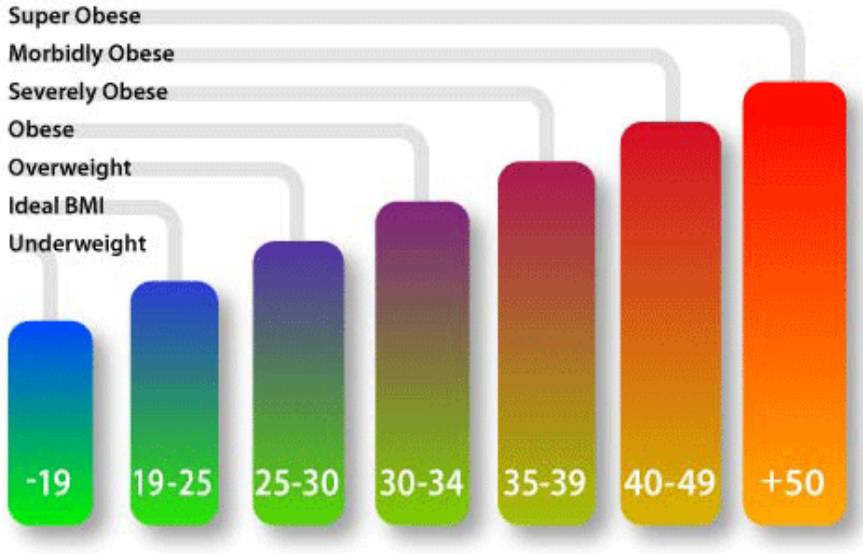

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- Huge enrollment boundaries
- **Located on busy arterial streets**

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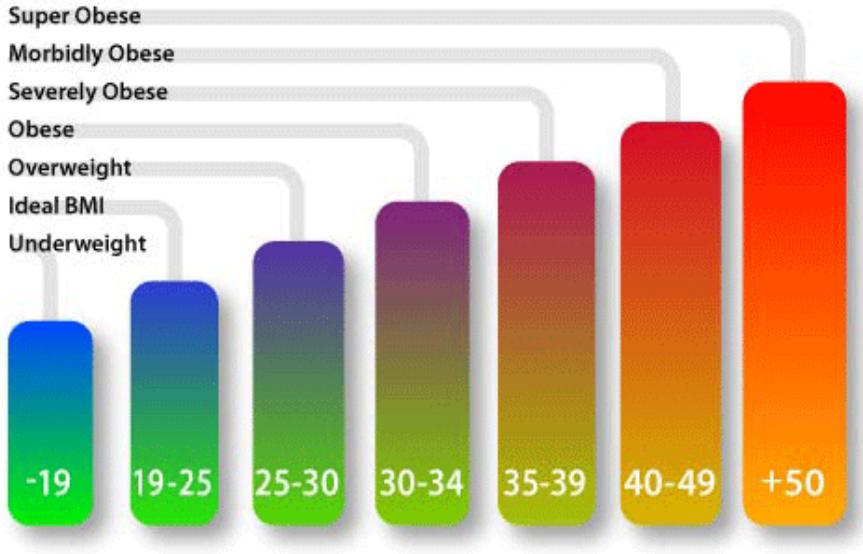


This is consistent with siting/built environment logic – but why?

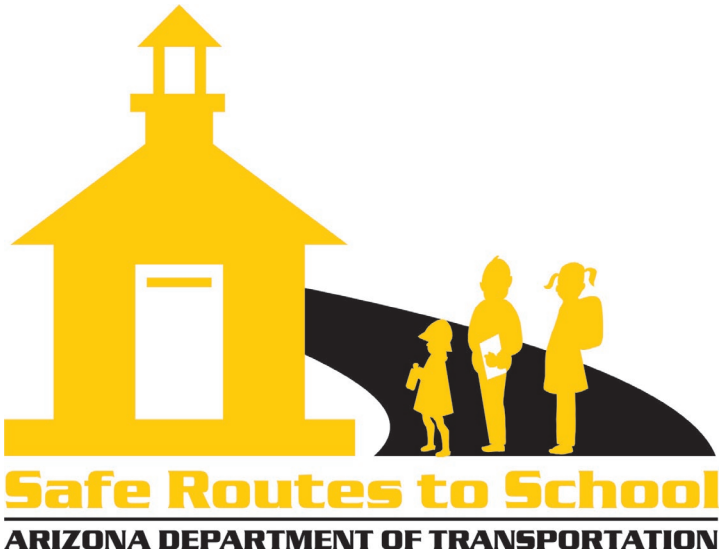
- Huge enrollment boundaries
- Located on busy arterial streets
- **High schools don't require P.E.**

So,

Can A School's Location Make A Kid Fat?

ACTIVE SCHOOL NEIGHBORHOOD CHECKLIST

www.activeschoolchecklist.com



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