



NEWS RELEASE

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KidsWalk-to-School

To support the national goal of better health through physical activity, CDC's Nutrition and Physical Activity Program has developed KidsWalk-to-School. This is a community-based program that aims to increase opportunities for daily physical activity by encouraging children to walk to and from school in groups accompanied by adults.

At the same time, the program advocates for communities to build partnerships with the school, PTA, local police department, department of public works, civic associations, local politicians, and businesses to create an environment that is supportive of walking and bicycling to school safely. By creating active and safe routes to school, walking to school can once again be a safe, fun, and pleasant part of children's daily routine.

The goals of KidsWalk-to-School are to

- Encourage children to walk and bicycle to and from school.
- Increase awareness of the importance of regular physical activity for children, improved pedestrian safety, and healthy and walkable community environments.
- Mobilize communities to work together to create safe routes to school.

Anticipated benefits of the KidsWalk-to-School program include

- Increased levels of daily physical activity for children.
- Increased likelihood that children and adults will choose to walk and bike for other short distance trips.
- Improved neighborhood safety.
- Fewer cars traveling through the neighborhood.
- Fewer cars congesting the pick-up and drop-off points at the school.
- Friendlier neighborhoods as people get out and about interacting with one another.

Source: <http://www.cdc.gov/nccdphp/dnpa/kidswalk/index.htm>