



Transportation

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Transportation. Traffic. Travel. All unavoidable in any young person's life as they go to and from school. Options on how to travel vary according to where we live and where we need to go.

While there are noisy, polluting, uncomfortable, expensive and slow ways to move, there are also fast, clean, comfortable, cheap, and healthy routes from point A to B. All modes have an impact on an individual's health, on a community and on the environment. The goal is to make those impacts positive or, at the very least, less negative.

According to [Safe Routes to School](#), half of students attending school in the U.S. are dropped off in the family car, while 25 million students ride a bus to school. Approximately 9.9 million students (25 percent) live within one mile of school, and only half of these students walk or bike to school. Another 6.3 million children (16 percent) live between one and two miles from school, and just 12 percent of those students walk or bike to school.

Schools can do a lot to improve the way their staff and students travel. There may be new modes of transportation to test and promote or new routes to explore that take children through greener places. There may be big questions to pose about why we travel and whether it is better to go by train, car, bike, plane, bus or on our own two feet.

Driving Questions

- ✓ How can we, as urban/city planners, work with the school community to develop land use plans and programs that will promote safer routes for students to walk and bike to school?
- ✓ How can we, as members of the community, design a tool for the school and community to safely bike or walk to school?
- ✓ How can we, as civil engineers, provide growing cities or aging cities with designs that create safe routes for students and community members to access local schools?
- ✓ How can we, as health professionals (i.e, doctors, technicians, nurses, etc.), increase knowledge about the importance of heart health through activities such as walking and biking?



TOOLS AND RESOURCES

[Top 10 Tips](#) | [Fast Facts](#) | [Standards Alignment](#) | [Sample Action Plan](#) | [Transportation Audit](#) | [Resources](#)