

Can A School's Location Make A Kid Fat?



Arizona Safe Routes To School Program

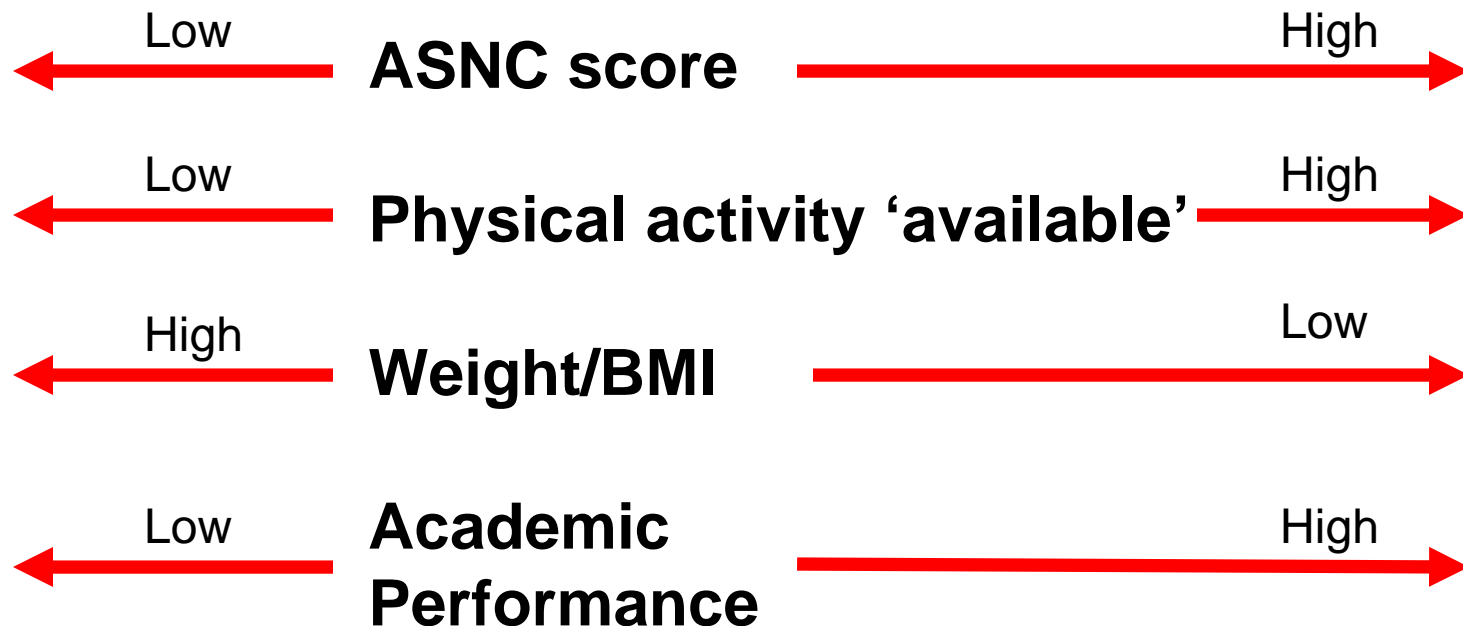
Active School Neighborhood Checklist

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

Our hypothetical scenarios:

Scenario A – Rural community

Scenario B – Suburban community

Scenario C – Urban, good built environment

Scenario D – Urban, poor built environment

ASNC Scenarios

Scenario B – Suburban community

- Small downtown
- No mixed use development
- 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

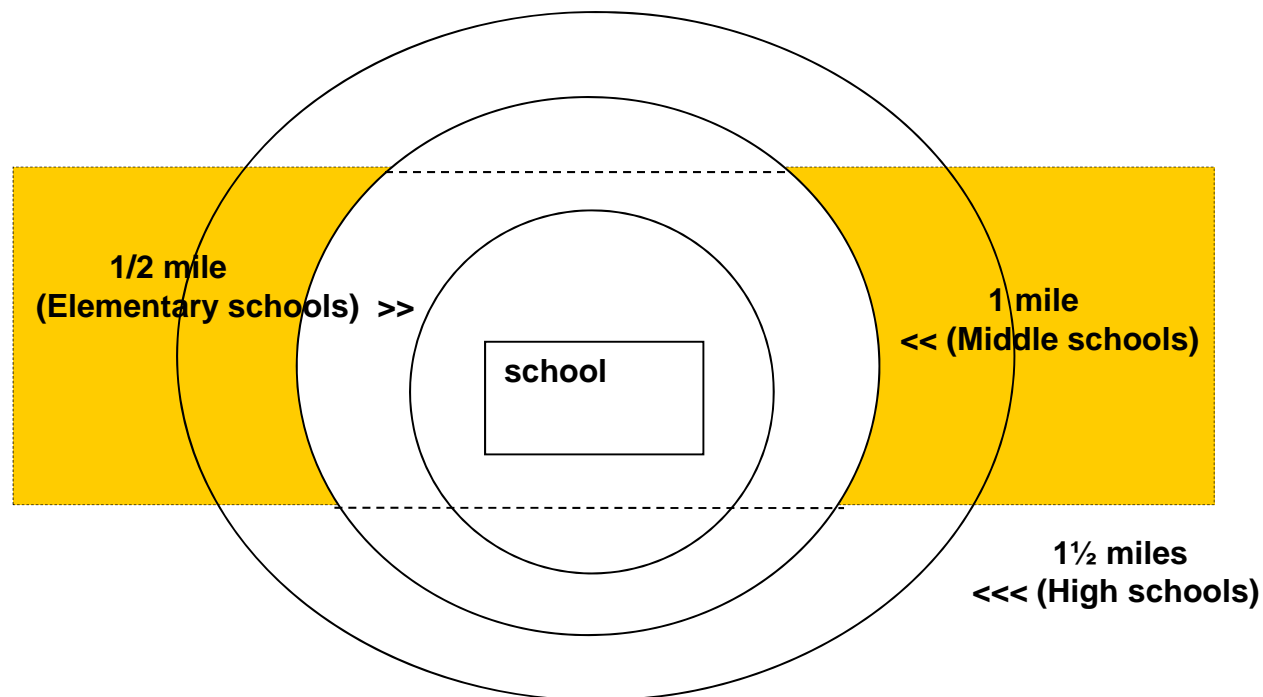
Active School Neighborhood Checklist



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



Type 1

Type 2

Type 3

How does the school interface with the public streets?

Active School Neighborhood Checklist



Street Profile

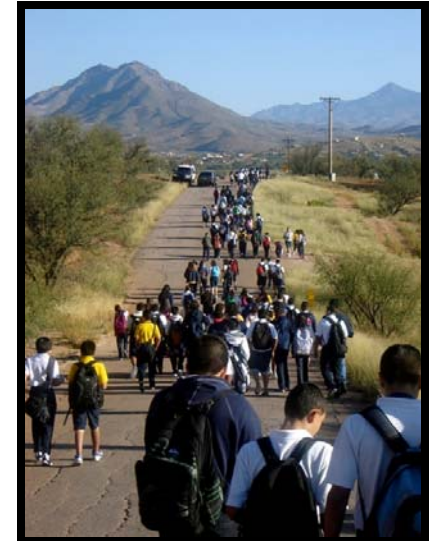


What do streets and traffic look like around the school site?

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



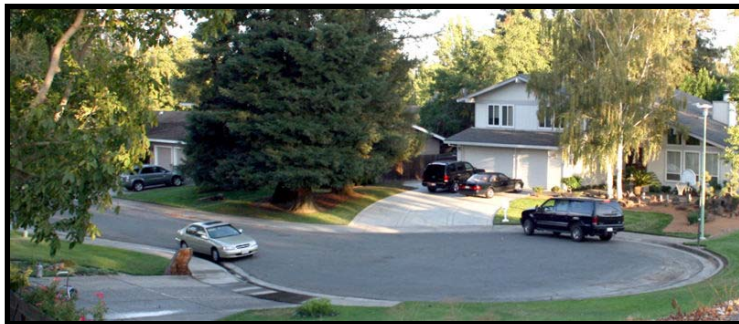
Connectivity and Convenience



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

- 8/113

Rural

Scenario B

36/113

Suburban

Scenario C

86.5/113

Urban (good b.e.)

Scenario D

15/113

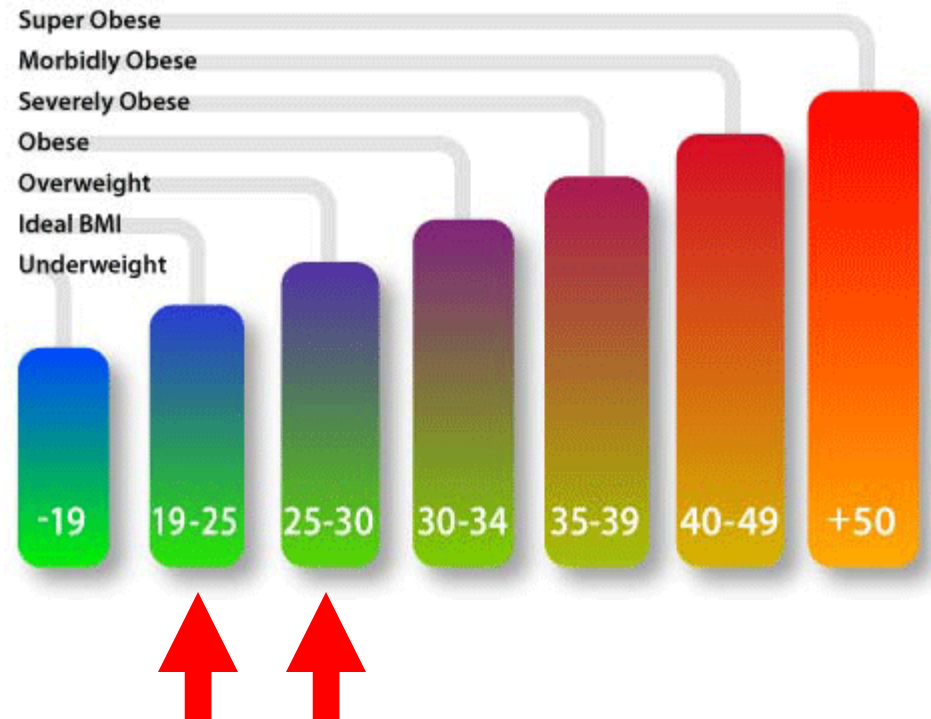
Urban (poor b.e.)

ASNC and Body Mass Index

	<u>ASNC</u>	<u>BMI</u>	
Scenario A Rural	- 8/113	28.7	Coolidge, Winslow, St. David
Scenario D Urban (poor b.e.)	15/113	28.1	Cen. Phoenix (2), N. Phoenix
Scenario B Suburban	36/113	25.6	Phoenix, Glendale (2)
Scenario C Urban (good b.e.)	86.5/113	20.8	Cen. Phoenix, W. Phoenix. S. Phoenix

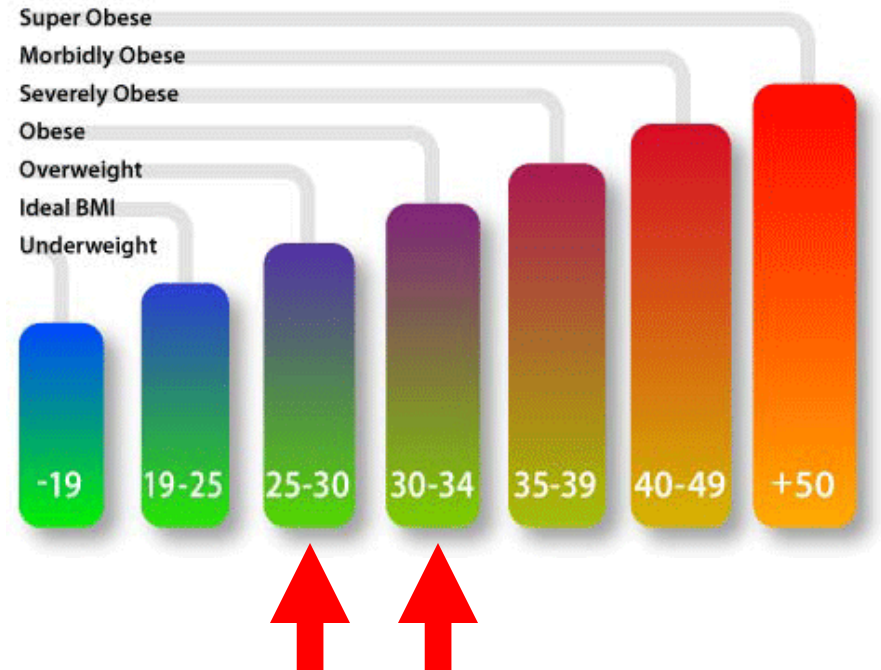
Interpreting BMI

	<u>ASNC</u>	<u>BMI</u>
Scenario A Rural	-8	28.7
Scenario D Urban (poor b.e.)	15	28.1
Scenario B Suburban	36	25.6
Scenario C Urban (good b.e.)	86.5	20.8



Arizona schools

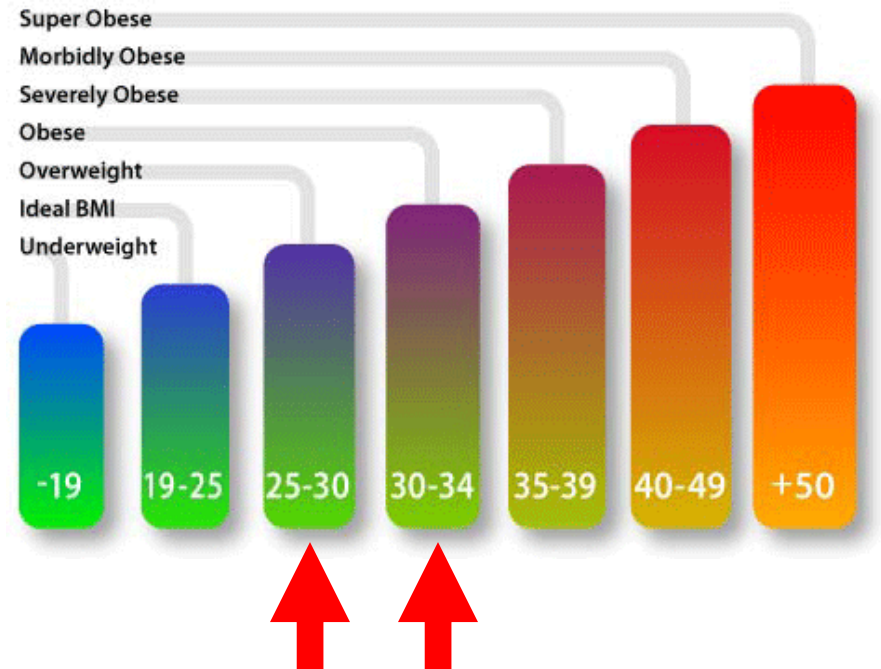
18 of the 22 fattest schools in Arizona are high schools (BMIs 30.4 – 35.1)



This is consistent with built environment logic – but why?

Arizona schools

18 of the 22 fattest schools in Arizona are high schools (BMIs 30.4 – 35.1)

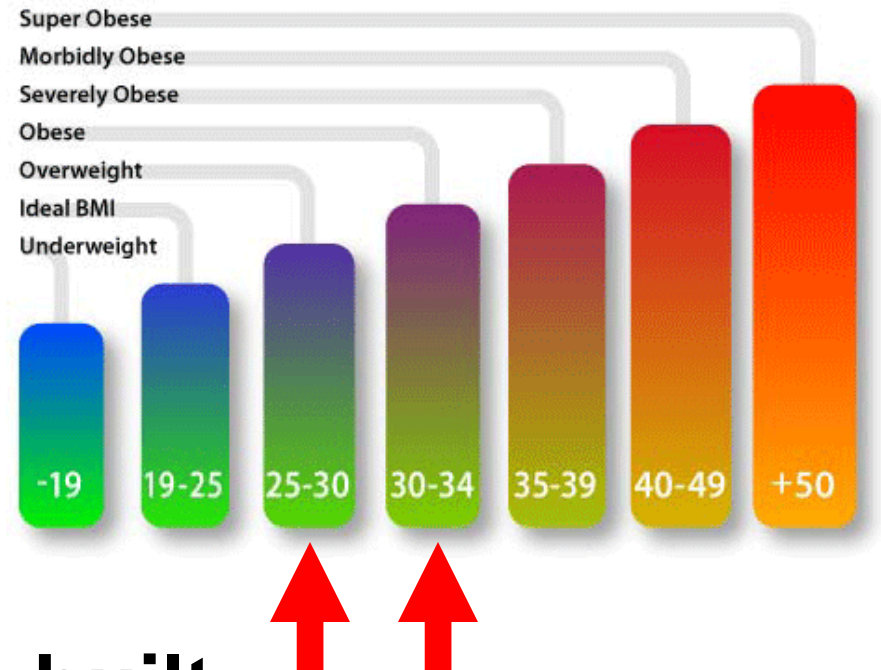


This is consistent with built environment logic – but why?

- Huge enrollment boundaries

Arizona schools

18 of the 22 fattest schools in Arizona are high schools (BMIs 30.4 – 35.1)

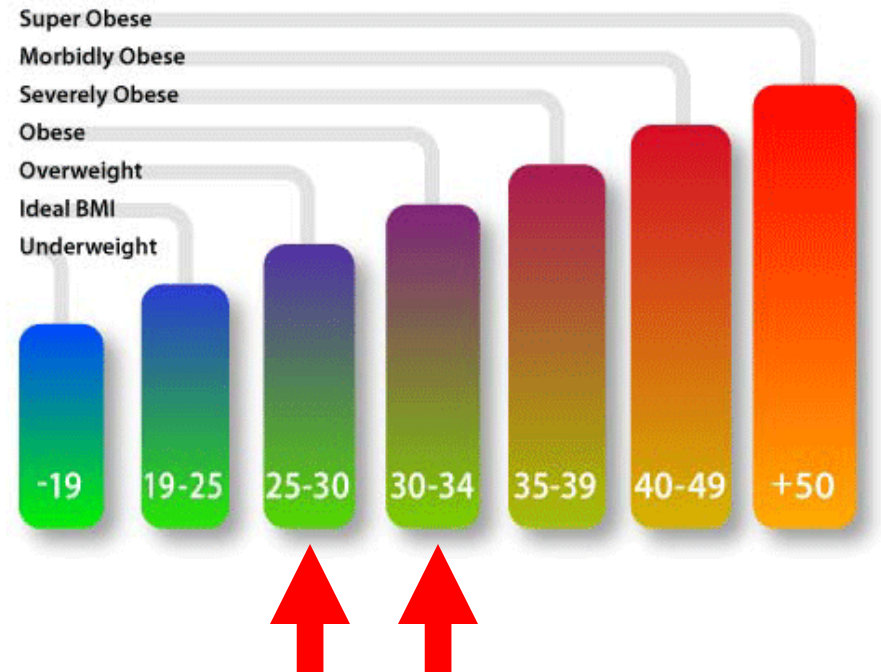


This is consistent with built environment logic – but why?

- Huge enrollment boundaries
- Located on busy arterial streets

Arizona schools

18 of the 22 fattest schools in Arizona are high schools (BMIs 30.4 – 35.1)



This is consistent with built environment logic – but why?

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



www.activeschoolchecklist.com



Brian Fellows
Arizona Dept. of Transportation
Local Public Agency Section
Safe Routes To School Program
bfellows@azdot.gov
(602) 712-8010