

Safe Routes To School FACT SHEET

REFERENCES

1. Safe Routes Partnership. *What is Safe Routes to School?* Retrieved March 12, 2020 from <https://www.saferoutespartnership.org/safe-routes-school/101>.
2. Davison, K. K., Werder, J. L., & Lawson, C. T. (2008). Children's active commuting to school: Current knowledge and future directions. *Preventing Chronic Disease*, 5(3), 1-11. Retrieved December 26, 2019 from www.ncbi.nlm.nih.gov/pmc/articles/PMC2483568/pdf/PCD53A100.pdf.
3. McMillan, T. E. (2009). Walking and biking to school, physical activity and health outcomes. Active Living Research, Research Brief (May 2009). Retrieved December 26, 2019 from <https://www.rwjf.org/en/library/research/2009/05/walking-and-biking-to-school---physical-activity-and-health-outc.html>.
4. U. S. Department of Health and Human Services (2018). *Physical activity Guidelines for Americans (2nd edition)*. Retrieved December 26, 2019 from https://health.gov/paguidelines/second-edition/pdf/Physical_Activity_Guidelines_2nd_edition.pdf.
5. Stewart O., Moudon, A. V., & Claybrooke, C. (2014). Multistate evaluation of safe routes to school programs. *Am J Health Promotion*; 28 (Suppl 3), S89–96.
6. Larouche, R., Saunders, T. J., Faulkner, G. E., Colley, R., & Tremblay, M. (2014). Associations between active school transport and physical activity, body composition, and cardiovascular fitness: A systematic review of 68 studies. *Journal of Physical Activity and Health*, 11(1), 206-227.
7. Singh, A., Uijtdewilligen, L., Twisk, J. W. R., et al. (2012). Physical activity and performance at school: A systemic review of the literature including a methodological quality assessment. *Archives of Pediatric and Adolescent Medicine*, 166(1), 49-55.
8. Trost, s. G. (2009). *Active education: Physical education, physical activity and academic performance*. Active Living Research, Research Brief (Summer 2009). Retrieved December 26, 2019 from https://activelivingresearch.org/sites/activelivingresearch.org/files/ALR_Brief_ActiveEducation_Summer2009.pdf.
9. Dimaggio, C., & Li, G. (2013). Effectiveness of a safe routes to school program in preventing school-aged pedestrian injury. *Pediatrics*, 131(2), 290-296.

10. Muennig PA, Epstein M, Li G, DiMaggio C. 2014. The cost-effectiveness of New York City's Safe Routes to School program. *Am J Public Health*; 104(7), 1294–9. <https://ajph.aphapublications.org/doi/pdf/10.2105/AJPH.2014.301868>.
11. Ragland, D. R., Pande, S., Bigham, J., & Cooper, J. F. (2014). Ten years later: Examining the long-term impact of the California safe routes to school program. *UC Berkeley: Safe Transportation Research & Education Center*. Retrieved December 26, 2019 from <https://escholarship.org/uc/item/8m59g6vx>.
12. Mason, J., Fulton, L., & McDonald, Z. (2015). *A global high shift cycling scenario: The potential for dramatically increasing bicycle and e-bike use in cities around the world, with estimated energy, CO₂ and cost impacts*. Report by the Institute for Transportation & Development Policy. Retrieved December 26, 2019 from https://itdpdotorg.wpengine.com/wp-content/uploads/2015/11/A-Global-High-Shift-Cycling-Scenario_Nov-2015.pdf.
13. Johansson, C., Lovenheim, B., Schantz, P., et al. (2017). Impacts on air pollution and health by changing commuting from car to bicycle. *Science of the Total Environment*, 585-585, 55-63.
14. Williams, H., Lieberman, M., & Zimmerman, S. (2019). *Building blocks: A guide to starting and growing a strong Safe Routes to School Program*. Retrieved December 26, 2019 from https://www.saferoutespartnership.org/sites/default/files/resource_files/buildingblocks_final.pdf.
15. UCSF Champion Provider Fellowship (2018). *PSE Playbook: Implementing policy, system, and environmental change in our communities (Version 2)*. Retrieved December 26, 2019 from <https://championprovider.ucsf.edu/pse-playbook>.
16. ChangeLab Solutions (2013). *Safe routes to school: Approaches to support children walking and bicycling to school fact sheet*. Retrieved December 26, 2019 from <https://www.changelabsolutions.org/sites/default/files/SRTS-Brochure-FINAL-20130918.pdf>.
17. ChangeLab Solutions (2014). *Model general plan language supporting safe routes to schools: Support for proposing and adopting strong policies*. Retrieved December 26, 2019 from <https://www.changelabsolutions.org/product/model-general-plan-language-supporting-safe-routes-schools>.

The Champion Provider Fellowship empowers, trains and supports doctors and dentists to use their expertise and respected voices to improve the health of communities through local policy, systems and environmental changes.

Learn more at championprovider.ucsf.edu

Funded, in part, by USDA SNAP-Ed, an equal opportunity provider and employer.

