Safe Routes to School in Minnesota

Dave Cowan
Safe Routes to School Coordinator
MnDOT
SRTS Ten Years Later
Evidence of SRTS Effectiveness

- 25 percent increase walking and bicycling after education and encouragement
- 18 percent increase in walking and bicycling after infrastructure
- 31 percent increase walking and bicycling with combined infra/non-infra programs

Results based on study of 801 schools over 5 years - McDonald, et al, 2014; Journal of the American Planning Association
Minnesota is a state where all students can walk and bicycle on routes that are safe, comfortable and convenient.

Vision:
Elements of SRTS programs

- Equity
- Education
- Encouragement
- Enforcement
- Engineering
- Evaluation
Education

MINNESOTA

WALK! BIKE! FUN!
Encouragement

Minnesota Safe Routes to School

2017 Golden Snow Boot Award

PILOT KNOB STEM MAGNET SCHOOL

Recognizing statewide excellence for participation in Minnesota Safe Routes to School's 2017 Winter Walk to School Day.
Multi-Level Leadership

State Agencies & Non-Profits

Regional Development Organizations, Public Health, and Non-profits

Schools and Communities

J. Pelletier, 2016
Implementation Progress by Plan Year

- **None of it.**
- **Some of it.**
- **Most of it.**
- **All of it.**

Number of Plans

- 2009: 1 (None of it.)
- 2010: 3 (Some of it.)
- 2012: 1 (All of it.)
- 2013: 2 (None of it.)
- 2014: 2 (None of it.)
- 2015: 6 (Most of it.)
- 2016: 2 (None of it.)

Plan Scan results
Education

EDUCATION implementation progress (SHIP involvement)

Number of Plans

- Yes, not currently receiving funding but received funding in the past: 21
- Yes, currently receiving funding: 7
- No: 12

At least one strategy

No strategies
Barriers to Education

Barriers to implementing EDUCATION strategies

- Limited capacity among teachers for additional work or additional curricula: 33
- Lack of bicycles and equipment for students to use: 9
- Limited training of volunteers to assist teachers with student education: 17
- Limited capacity among parents/volunteers to facilitate educational efforts: 27
Supports to Education

What helped implement EDUCATION strategies

- Walk!Bike!Fun! (existing Minnesota SRTS curriculum) training for school staff on implementing walking and bicycling education: 22
- Ability to hire third party (such as non-profits, bicycle advocacy groups, or other departments) to provide equipment and education: 9
- Effective communication strategies for educating parents, students, and staff on arrival and dismissal procedures for walkers, bicyclists, bus riders, and those who travel in cars: 22
- Provision of bike fleets for bicycle training and class activities: 13
So What?
Encouragement
Results: Bike to School Day

Estimated Students Reached

- 2015: 18,880
- 2016: 47,200
- 2017: 90,624

Albany, Mn
MINNESOTA

WALK! BIKE! FUN!

EVALUATION SUMMARY FROM BIKEMN

Our goal is to prepare educators to teach children the skills needed for pedestrian and bicycle safety, as well as to build confidence and help them stay safe, active, and healthy.

ANNUAL REACH

53,253

Estimate based on precedent of 97 students per teacher per school year.

FROM WINTER '13 - SPRING '17

314 Teachers

Physical Ed., Health, DAPE,
Science, Classroom Teachers

235 Educators

Public Health, Law
Enforcement, Community
Education, Park and
Recreation Departments

549 Participants

Overall Rating

4.5 of 5

Participants rated the training a 4.5 on a scale of 1-5, “5” being excellent.

Participant feedback....
The Power of PARTNERSHIPS

Michelle Kiefer
Safe Routes to School Program Manager
michelle@bikemn.org
THE POWER OF COLLABORATION
SPREADING THE WORD

- **MEA = 7,000 – 8,000 ATTENDEES**

- **MNSHAPE = 300 - 400 ATTENDEES**

- **MESPA CONFERENCE = 400 - 500 ATTENDEES**

www.bikemn.org • info@bikemn.org • t / f / bikemn
9. Explain any experience your community and schools have with Safe Routes to School planning, Complete Streets policy adoption and active living initiatives. (5 points)

10. Tell us about your diverse youth organizations and educators/schools you expect to attend the workshop. Potential candidates include law enforcement, YMCA/YWCA program coordinators, physical education and health teachers, after-school program coordinators, community education directors, 4-H and Girl Scout/Boy Scout youth leaders. (Include names, titles or grades taught, and school/organization of those confirmed and willing to attend.) Please include their email address. (10 points)

11. Describe the school’s administration and staff’s buy-in and support. (For example, Walk and Bike to School days, School Wellness Council meets regularly) (5 points)
WALK! BIKE! FUN! CURRICULUM TRAINING GOALS:

• Be able to explain how Safe Routes to School can be a part of all K-12 schools in Minnesota.
• Be able to use the Walk! Bike! Fun! Curriculum in area of expertise.
• Have increased confidence and knowledge of safe walking and biking principles.
• Be able to evaluate students’ knowledge of safe walking and biking.
HOW WE TEACH WALKING SAFELY
WHAT DO WE TEACH?
HOW DO WE TEACH PEDESTRIAN CROSSING
WHAT ABOUT THAT TRASH CAN OR SNOW BANK?
MINNESOTA
WALK! BIKE! FUN!

EVALUATION SUMMARY FROM BIKE.MN
Our goal is to prepare educators to teach children the skills needed for pedestrian and bicycle safety, as well as to build confidence and help them stay safe, active, and healthy.

ANNUAL REACH
43,456
Estimate based on average of 90 students per teacher per school year.

255 Teachers
+ 193 Educators
Public Health, Law, Enforcement, Community, Education, Park and Recreation Officers

448 Participants

WBF School Districts Represented
WBF Training Location
MDOT Awarded Bike Fleet

49 Trainings have been requested.
33 Trainings have been held.

Overall Rating
4.5 of 5
Participants rated the training a 4.5 on a scale of 1-5, "5" being excellent.

Participant feedback:
85% Strongly agreed or agreed that trainers were helpful and presented well.
83% Strongly agreed or agreed that the resources provided were useful.

"Most helpful features of the training:
Going through the lesson plans and physically doing it outside. The biking through town was amazing. Great learning opportunity.
It was helpful to have both the classroom training before, and then the hands-on experience afterwards.

Curriculum Placement
82% Of participants plan to place Walk Fun! in 1st and 2nd grade.
80% Of participants plan to place Bike Fun! in 4th and 5th grade.

Confidence to teach the Walk! Bike! Fun! curriculum
Before Training
After Training

Knowledge of biking and walking safety skills
Before Training
After Training

www.bikemn.org • info@bikemn.org • tikibikemn
IF YOU WANT TO GO FAST, GO ALONE.
IF YOU WANT TO GO FAR, GO TOGETHER.

*OLD AFRICAN PROVERB
Safe Routes to School (SRTS) and Community Partnerships in Blue Earth County, Minnesota

National Walking Summit
St Paul, Minnesota
September 15, 2017
Blue Earth County

Population 66,441
2016 American Community Survey
SRTS Planning in Blue Earth Co

2013
Mankato
six elementary schools

2014
Lake Crystal
elementary school

2015
North Mankato & Eagle Lake
five elementary schools

2017
Lake Crystal
secondary school
SRTS Implementation in Blue Earth Co
SRTS Implementation in Blue Earth Co
Minnesota State University, Mankato
SRTS Implementation in Blue Earth Co
Minnesota State University, Mankato
SRTS Implementation in Blue Earth Co
Kristen Friedrichs, MA
507.304.4411
Kristen.Friedrichs@BlueEarthCountyMN.gov

Blue Earth County Public Health: BE WELL
Statewide Health Improvement Partnership (SHIP)
www.BlueEarthCountyMN.gov/bewell