WALKING SCHOOL BUS
Putting Physical Activity Back into Daily Life

A Collaboration of

West Kendall Baptist Hospital
BAPTIST HEALTH SOUTH FLORIDA
An academic affiliate of the PIH Herbert Wertheim College of Medicine

Healthy West Kendall
Powered by West Kendall Baptist Hospital
WHAT YOU MIGHT THINK OF...
OR PERHAPS THIS...
OUR COMMUNITY
OUR COMMUNITY

- 7 ZIP codes at the western edge of Miami-Dade County
- 60 square miles
- 388,000 residents, 80% Hispanic
- A car-lover’s dream…
  - West Kendall Walk Score is 26 with a transit score of 29 compared to Minneapolis walk score of 69, transit score of 58 and bike score of 81.

Source: Shimberg Center for Housing Studies; Walking School Bus report, Johanne Petit-Jeune
BIRDS’ EYE VIEW: A WALKING CHALLENGE

The Long and Winding Road....
BIRDS’ EYE VIEW: A WALKING CHALLENGE

I Can’t Drive…55!
BIRDS’ EYE VIEW: A WALKING CHALLENGE

Can’t Get There From Here… with apologies to The Beatles, Sammy Hagar and R.E.M.
ACTUAL AND PERCEIVED SAFETY

• Between 2012-2017, 462 bicycle- or pedestrian-involved crashes in our 7 ZIP codes
• 395 injuries and 17 fatalities
• School zone enforcement lacking
• School crossing guards stationed near at least two crossing directions
WHY IT MATTERS

- 26.9% of Florida residents report no leisure time physical activity
- 18.7% of youth report no physical activity
- Less than one-quarter of Florida youth have daily physical education (24.2%)

Source: CDC, 2014 State Indicator Report on Physical Activity
WHY IT MATTERS

• Just 36 percent of Floridians are at a healthy weight.

• By 2030, almost 60 percent will be obese.

• Six out of ten children born today will be obese by the time they graduate high school.

Source: Florida Department of Health
WALKING FOR THE HEALTH OF IT

• Launched Walking School Bus to encourage more physical activity and start a community conversation about walkability
WALKING FOR THE HEALTH OF IT

• Engaged 4 schools in year 1; 7 schools in year 2
• More than 500 students in grades 4-8, faculty, staff and adult chaperones
• Walked more than 250 miles
• Encouraged walking as part of daily life – and not special exercise
WHAT’S NEXT

• 9-12 schools in 2017-18 school year
• Launch on Oct. 4 – International Walk to School Day
• Engage students and parents in pledge campaigns
• Engage residents in improving walkability
WALKABILITY ASSESSMENTS

• Conducted by FIU Public Health Masters Student Johanne Petit-Jeune

• 15 schools, including all 7 current WSB schools, with combined enrollment of 21,028 children

• Assessed programs, policies and infrastructure
WALKABILITY ASSESSMENTS

Programs

• 1 out of 15 schools surveyed has an active walking club

• 8 out of 15 schools teach pedestrian safety.

• 8 out of 15 schools teach bike safety.

• 8 out of 15 schools educate teachers/staff on why walkability is important.
WALKABILITY ASSESSMENTS

Policy

• 6 out of 15 schools had no nearby bicycle infrastructure (sharrow, bicycle lane, multi-use trail).

• 5 out of 15 of the schools monitor helmet use.

• 6 out of 15 schools have more than one walking provision for children with special needs (wheelchair ramps, textured sidewalks for the visually impaired and flashing lights for hearing impaired).
WALKABILITY ASSESSMENTS

Infrastructure

- 3 out of 15 schools have speed bumps/roundabouts on the street to reduce speed.
- 3 out of 15 of schools have a designated Entrance/Exit for walkers.
- 5 out of 15 of schools have a designated Entrance/Exit for bikers.
- 9 out of 15 schools have public transportation stops.
- 9 out of 15 schools have sidewalks around entire perimeter of school.
STARTING THE CONVERSATION

- Continue WSB Expansion – More Schools, More Days
- Jane’s Walk
- School Walking Clubs
- Neighborhood Walking Clubs
- Addressing Safety and Aesthetics, i.e., Flashing Beacons at all Schools Zones, More School Zone Enforcement, Tree Canopy and Other Vegetation, Public Art/Murals
QUESTIONS?

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