



Safe Routes to School

Integration of Community and the Parent Walking Club

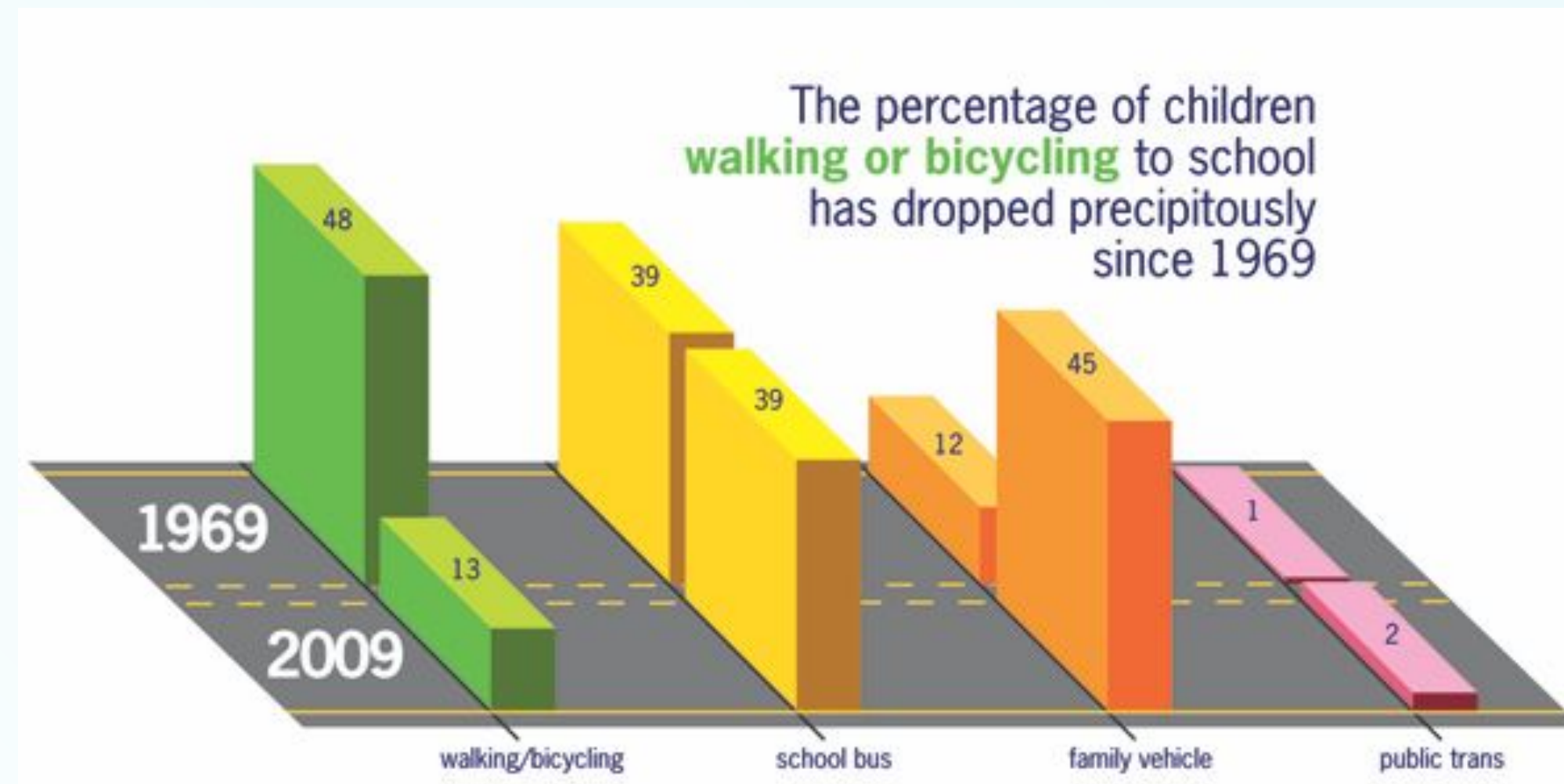


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Background

- Parental Perception of unsafe routes to school leads to excess use of vehicle transportation, which is damaging the environment, and contributing to physically unfit parents and children.
- Pedestrian injuries among school age children are a rising public health issue.



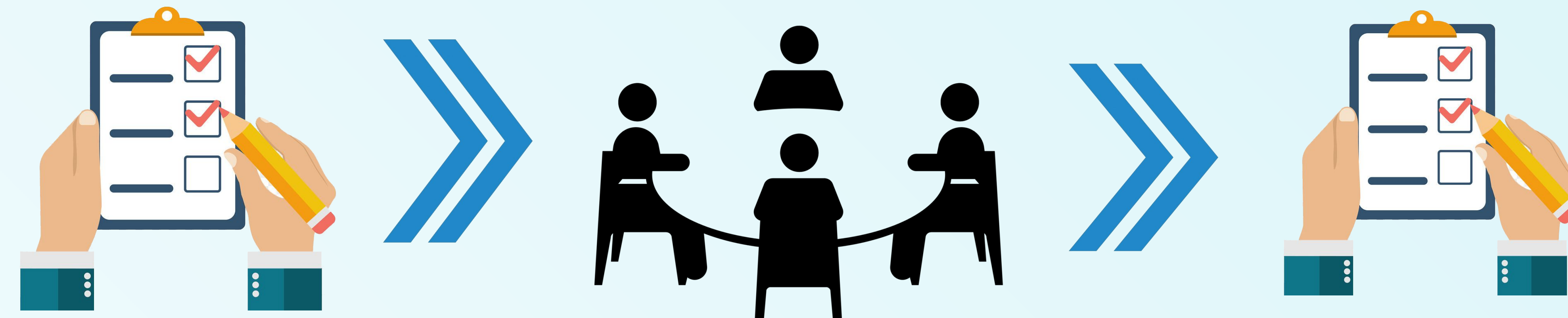
via Safe Routes Partnership

- Safe Kids San Diego, is part of Rady's Children's Hospital, that implements initiatives in communities to increase Safe Routes to School.

Purpose

- The Lexington programs aim is to implement a walking club in order to create an environment of safety and communication amongst the parents and school, while simultaneously promoting physical activity.
- We evaluated the program to determine if parents developed behavioral change with their perception of safe routes to school and increased physical activity.

Research Design



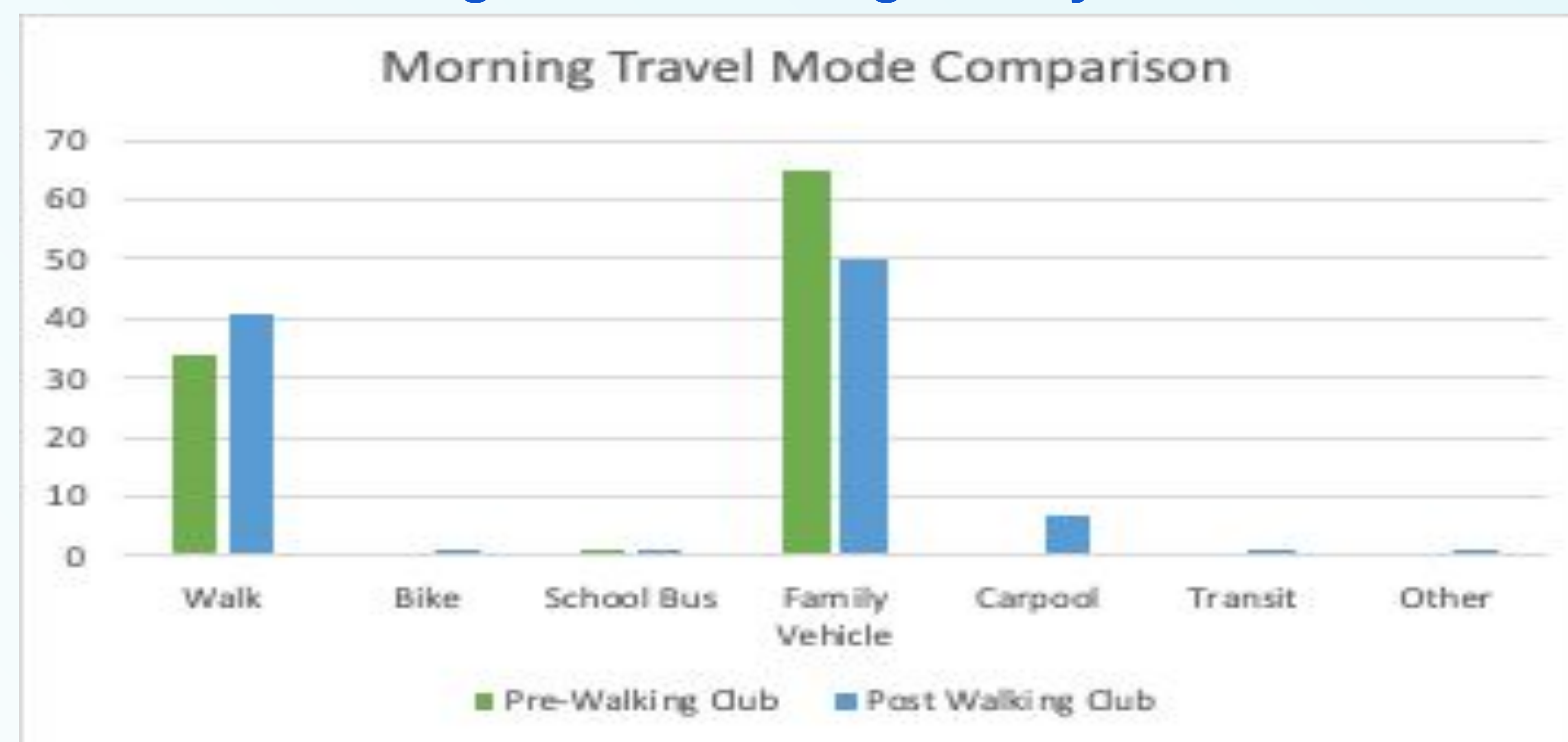
A pre-survey was given to parents prior to the initiation of the walking club to look at perceived parental barriers to walking to school

A one hour session that provides parents with health education and effective ways to contribute positive relations within their environment

The same survey was given to parents post-walking club sessions to look at is parental answers changed in any way

Results

Pre-Walking & Post-Walking Survey Result



Conclusion

- The rate of families walking to school in the mornings increased with implementation of the walking club.
- Many factors determine whether parents are able to walk their children to school: work schedules, perception of safe environments and time of day.
- Schedule alignment between parents and children is recommended to allow parents the ability to walk their children to school.

Q1. Do you walk to school with your child?			
Responses	Pre	Post	*Percent Differences
Once a week	23%	26%	13.04%
Three times a week	15%	5%	-66.66%
Everyday	39%	58%	48.71%
Never	23%	11%	-52.17%
Total Responses	13	19	

Q2. Do you walk from school with your child?			
Responses	Pre	Post	Percent Differences
Once a week	15%	39%	160%
Three times a week	8%	17%	112.5%
Everyday	46%	39%	-15.21%
Never	31%	5%	-83.87%
Total Responses	13	18	

Acknowledgements

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