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KEEPING KIDS MOVING: HOW EQUITABLE TRANSPORTATION POLICY CAN PREVENT CHILDHOOD OBESITY TOOLKIT

Resource List

The following list of resources offers promising strategies that communities and policymakers can use to make sustainable advances in achieving equitable transportation systems. Resources are organized into seven categories: transportation equity, Safe Routes to School, school siting, complete streets, non-motorized transportation, community design, and public transit.

Transportation Equity

- **The RWJF Center Transportation and Health Position Paper**
The Robert Wood Johnson Foundation Center to Prevent Childhood Obesity supports the vision of a transportation system that serves to foster healthy, opportunity-rich communities. To learn more about the center's specific policy recommendations please read our position paper, "[Position Statement on the Intersection of Transportation and Health.](#)"
- **[All Aboard! Making Equity and Inclusion Central to Federal Transportation Policy](#)**
This report by PolicyLink provides a framework of principles to promote equitable transportation policy. It describes the work and ideas of key players, and captures the important policy solutions that should be included in the upcoming federal authorization legislation.
- **[Building Sustainable Inclusive Communities: How America can pursue smart growth and reunite our metropolitan communities](#)**
This report published by the Poverty and Race Research Action Center and Building One America provides principles for developing sustainable, livable communities for all.
- **[Healthy, Equitable Transportation Policy: Recommendations and Research](#)**
This report by PolicyLink and Prevention Institute is for community leaders, policymakers, funders, practitioners and advocates who have the shared goal of promoting active living. It analyzes the intersection of transportation policy, equity and public health and provides strategies for creating transportation systems that promote health.
- **[Convergence Partnership Transportation and Health Toolkit](#)**
This toolkit provides an overview of transportation policy and planning, the connection between transportation, health and equity, and policy opportunities to create environments that promote active living. Also included are presentations and materials prepared for the Centers for Disease

Control and Prevention, *Linking Transportation Policy and Public Health*. It provides strategies to advance local and state efforts to promote active transportation systems.

- [**The Transportation Prescription: Bold New Ideas for Healthy, Equitable Transportation Reform**](#)
This policy guide by PolicyLink and Prevention Institute analyzes the intersection of transportation, health, and equity. It also provides key policy and program recommendations that can improve health outcomes in vulnerable communities, create economic opportunity, and enhance environmental quality.

Safe Routes To School

- [**Safe Routes to School at Maybury Elementary in Detroit \(Fall 2010\)**](#)
This case study examines the implementation process and outcomes of a Safe Routes to School program at Maybury Elementary, a public school serving a low-income, largely Latino community in Southwest Detroit.
- **Safe Routes to School National Partnership**
 - [Implementing Safe Routes to School in Low-Income Schools and Communities – A Resource Guide for Volunteers and Professionals](#)
 - [Getting Students Active through Safe Routes to School – Policies and Action Steps for Education Policymakers and Professionals](#)
 - [State Network Project](#)
This webpage provides background and links to for more information on specific states.
- [**National Center for Safe Routes to School**](#)
The National Center for Safe Routes to School Resource Center is a centralized location of resources developed by the Center and the U.S. Department of Transportation. This resource center a Safe Routes to School (SRTS) guide, SRTS toolkit, tip sheets, walkability and bikeability checklists, among other related resources.
- [**The Strategic Alliance**](#)
Institute a Safe Routes to School Program to Improve Safety and Promote Walking and Biking to School provides links to Safe Routes to School programs across the country and how these programs are implementing their work successfully in different communities. It also includes tools, for example “How to Start Your Own Walk-to-School-Bike-to-School-Traffic-Reduction-and-Safety Program,” “Starting a Walking School Bus,” among other related resources.

School Siting

- [**Putting Schools on the Map: Linking Transit-Oriented Development, Families, and Schools in the San Francisco Bay Area**](#)

This report by the Center for Cities and Schools—University of California, Berkeley examines the connections between Transit-Oriented Development (TOD), families, and schools, with a focus on expanding educational opportunities for all children. It also presents "Ten Core Connections" between TOD and public education, and highlights five case studies in the San Francisco Bay Area, which provide recommendations for enhancing city-school collaboration in TOD for improved transit use and high quality educational opportunities.

- **Journal of the American Planning Association**
[*School Siting: Contested Visions of the Community School*](#)

This article explores the evolution of school siting standards and their connections to comprehensive planning. It also explains how land use regulations affect school facility planning. The article also explores how state policy can provide local jurisdictions more flexibility in their school siting decisions.

- [**National Institute of Building Sciences**](#)

This listing is an extensive resources list for promoting active transportation options in communities, with many resources regarding school siting and Safe Routes to School. Examples of studies and reports include "The Active School Neighborhood Checklist," "Safe School Siting Toolkit," "Integrating Schools into Healthy Community Design," "Children's Active Community to School: Current Knowledge and Future Directions," among many other related resources.

Complete Streets

- [**American Planning Association**](#)

The American Planning Association has collected a list of resources on complete streets, from aging citizens to children, health and transit.

- [**Complete Streets: We Can Get There from Here**](#)

This article describes the complete streets movement and provides strategies for making urban communities more pedestrian and bicycle friendly, while not affecting automobile travel. Also described are techniques for designing streets that promote safe pedestrian and bicycle access.

- [**National Complete Streets Coalition**](#)

This list of resources to help communities advocate for and create complete streets policies. It include frequently asked questions about complete streets, describes the benefits of complete streets, provides reports, articles and best practices, as well as fact sheets, presentations and design guides.

- [Introduction to Complete Streets PowerPoint](#)
- [Complete Streets Brochure: Common Features and Benefits](#)
- [Complete Streets Brochure: Policy and Implementation](#)
- [Complete Streets Atlas](#)
- [Complete Streets Policy Elements](#)
- [Complete Streets FAQ](#)
- [Costs of Complete Streets Fact Sheet](#)
- [Sustainable, Complete Streets Fact Sheet](#)
- [Planning Complete Streets for an Aging America](#)
- [Complete Streets: Best Policy and Implementation Best Practices](#)
- [Public Roads: Street Design Part 1 - Complete Streets](#)
- [Complete Streets Blog](#)

Non-Motorized Transportation

● Active Living Research

- [Active Travel: The Role of Self-Selection in Explaining the Effect of Built Environment on Active Travel](#)
This research brief compiles evidence that shows the role of the built environment on active travel.
- [Active Transportation: Making the Link from Transportation to Physical Activity and Obesity](#)
This research brief presents an overview of findings demonstrating the potential impact of infrastructure investments and other transportation programs on walking and bicycling for transportation, and on related health outcomes. It focuses on public transit, greenways and trails, school-related infrastructure and programs, pedestrian and bicycle facilities, and efforts to manage car traffic.
- [Walking and Biking to School, Physical Activity and Health Outcomes](#)
This research brief summarizes research on active transport to school, physical activity levels and health outcomes. It also explores the factors that influence walking and biking to school, including the impact of Safe Routes to School programs.

- [The Regional Response to Federal Funding for Bicycle and Pedestrian Projects](#)
This report by the Institute of Transportation Studies at UC Davis provides an analysis of spending patterns of federal funds across metropolitan regions, in-depth case studies of policies and projects in two metropolitan areas (Sacramento, California and Baltimore, Maryland), and an analysis of the impact of these investments on bicycling and walking.
- [Active Living by Design](#)
This listing provides resources to help communities, advocates and policy makers provide options for active transportation. It includes strategies for integrating public health objectives in transportation decision-making, a resource guide on laws related to pedestrian and bicycle safety among other resources related to transportation and health.
- [Active Living Resource Center](#)
This listing provides a list of resources to increase physical activity through community design. The list includes case studies, resources in Spanish, a city's guide for bicycle commuters with ideas for other communities to implement, and strategies for making streets meet the needs of all transportation users, among other related resources.
- [American Trails – National Trails Training Partnership](#)
This listing provides resources on community trail systems, urban trails, tips for successful advocacy, examples of communities that implemented projects to promote active living, and studies on promoting physical activity in rural communities, among other related resources.
- [America Walks](#)
This listing provides statistics on walking and health, injuries, and guides on what communities can do to promote walkability. It also provides studies on the benefits of walkable communities on economic development and health and position statements on walkability.
- [Pedestrian and Bicycle Information Center](#)
This case study compendium provides a collection of original case studies developed by the Pedestrian and Bicycle Information Center and the Association of Pedestrian and Bicycle Professionals. The case studies present bicycle and pedestrian projects and programs from across the U.S. and abroad, and include engineering, education, enforcement, planning, health promotion, and comprehensive safety initiatives. These can serve as a guide for communities working to provide active, efficient transportation systems that promote walking and bicycling. Also included are the successes and lessons learned from the projects.
 - [WalkingInfo.org](#)
This site provides examples and case studies for promoting walking and health.
 - [WalkingInfo.org Resources](#)
This page provides research and resources for providing active transportation in communities. It includes strategies for designing streets for pedestrians, examples of

projects that have made walking and bicycling safer, and guidance for enhancing environments that include transportation options that reduce vehicular travel.

- [The National Bicycling and Walking Study: 15–Year Status Report](#)
This report presents extensive information regarding complete streets, Safe Routes to School and active transportation in general. It describes the costs and benefits of promoting bicycling and walking in urban and suburban areas. Programs promoting bicycle and pedestrian planning in urban and rural communities are also included as well as links to additional related resources.
- [The PedNet Coalition](#)
PedNet is a coalition of community members and organizations in Columbia, MO dedicated to creating and promoting the use of a pedestrian and pedaling network. PedNet advocates for better facilities for walking, biking, and wheeling, and offers encouragement and education programs to help people shift to non-motorized transportation. This link provides resources to help communities integrate active living into daily routines.
- [Walkable Communities, Inc.](#)
The following Healthy Development Checklist provides an example of transportation options to assess in one's community in order to determine which resources are priorities for residents.
- [*From Partnership to Policy: The Evolution of Active Living by Design in Portland, Oregon*](#)
This article focuses on two interventions in Portland, Oregon: one in a metropolitan, low-income community with poor bicycle/pedestrian and park infrastructure, and the other in a semirural community expected to have urban growth in the next 30 years. These interventions sought to affect urban planning and policy decisions by creating a collaboration among public health, planning, community and policy making partners. The article provides the lessons learned from these interventions to create healthy communities through policy, environmental and social change, which have been mostly successful and can serve as a model for other communities.
- [Non-Motorized Transportation](#)
This issue brief provides information related to expanding bicycle and pedestrian facilities through the Metropolitan Transportation Plan. It includes information regarding how non-motorized transportation modes complement other transportation options, and the economic and social effects of non-motorized transportation.
- [Rails to Trails](#)
The following link provides information regarding non-motorized transportation programs in different areas across the country including Marin County, California; Minneapolis, Minnesota; Columbia, Missouri; and Sheboygan County, Wisconsin. Each report provides an overview of each program, and the efforts community organizations to address walkability in these communities.

- [Transportation for America](#)

This study, *Dangerous by Design: Solving the Epidemic of Preventable Pedestrian Deaths (and Making Great Neighborhoods)*, provides statistics on pedestrian states in different regions across the U.S.; information on how walking improves health; dangers to pedestrians by race and ethnicity, elder citizens and young children; information related to creating walkable communities, adopting complete streets policies, expanding Safe Routes to School Programs, among other related resources.

- [The National Center for Bicycling and Walking](#)

This listing presents studies, guides and strategies for increasing access to active transportation options in communities. Examples include, "Increasing Physical Activity through Community Design - A Guide for Public Health Practitioners," "Creating a Road Map for Producing & Implementing a Bicycle Master Plan," "10 Strategies for Effective Bicycle and Pedestrian Advisory Committees," and "Creating Walkable Communities - A guide for local governments," among other related resources.

- [The Strategic Alliance](#)

This site provides resources related to active transportation options. It provides comprehensive information regarding traffic calming techniques, success stories from state and local leaders on healthy community design, elements of complete streets policies, studies on related issues and links to additional related resources.

- [WalkSanDiego](#)

This report, *Improving Walkability in San Ysidro*, summarizes a study of pedestrian collision data and the results of workshops and walkability audits, which included the highest priority of participants. It also includes recommendations for pedestrian improvements and suggestions for how these recommendations can be implemented.

- [Making Strides toward a More Walkable North Park](#)

This report that summarizes the results of community outreach conducted by WalkSanDiego in the community of North Park in San Diego, California. It includes information regarding pedestrian improvements in this neighborhood, which can serve as a guide for advocates and organizations working to promote walkable communities.

- [Enhancing Walkability in National City's Old Town Neighborhood](#)

This report that documents the results of a walkability audit and workshop conducted by WalkSanDiego in partnership with community residents and community-based organizations in order to promote walkable streets. It includes the successes that resulted from this partnership, recommendations for future work, and a description of community involvement.

Community Design

- **The Strategic Alliance**

- [Enact Strategy: Transit Oriented Development](#)

This document presents information related to active transportation systems. It includes characteristics of communities revitalized by Transit Oriented Development, tools for smart growth, strategies for enhancing the physical environment of communities to support healthy eating and active living, among other related resources.

- [Promote Overall Community Aesthetic and Atmosphere of Safety to Encourage Outdoor Physical Activity and Recreation](#)

This guide provides tips for policymakers and community members on land use planning for safe, crime free neighborhoods, a description of the Crime Prevention thorough Environmental Design model and how it can reduce crime and vandalism in communities, success stories of interventions that have addressed safety in neighborhoods, tools for promoting safety in communities, studies related to community safety, among other related resources.

- [Enhancing America's Communities: A Guide to Transportation Enhancements](#)

This report showcases 15 projects which illustrate how Transportation Enhancements (TE) promote community revitalization and enhance transportation options for communities. It also includes background on the TE program, and a description of the TE application process. The projects highlighted range from interventions that created changes in transportation facilities to improve the environment to creating bicycle and pedestrian paths to promote efficient transportation systems that provide active living.

- [Increasing Physical Activity through Community Design: A Guide for Public Health Practitioners and Livable Community Advocates](#)

This guide provides resources to help restore neighborhoods so these promote walking and bicycling and other safe transportation options. For underserved communities where efficient and active transportation systems are not available, this guide provides a framework for constructing more walkable, and bicycle-friendly environments.

Public Transit

- [Opportunity Link \(RWJF Center, Fall 2010\)](#)

This case study examines the process of establishing North Central Montana Transit, a successful regional bus transit system in the rural Great Plains. The system has improved residents' access to basic services as well as economic, educational, and social opportunities, with strong implications for children's health.

- [**Tribal Transportation Programs**](#)

This study by the Transportation Research Board's National Cooperative Highway Research Program (NCHRP) presents innovations and practices among tribal transportation programs. The study also analyzes the history, legal and administrative progress of tribal transportation programs within the context of issues related to tribal sovereignty and relationships with local, state and federal governments including local and regional planning agencies.

- [**Community Transportation Association of America**](#)

Urban Transit Resource Toolkit provides numerous studies and strategies for increasing access to public transportation for communities of all socioeconomic levels. Examples include, "Proactive Strategies for Mixed-Income Housing near Transit," "Tackling Social Exclusion: The Role of Public Transport," among other related resources.

- [**Urban Habitat**](#)

This listing provides resources related to race, poverty and the physical environment; information for community leaders and activists, community organizations and government officials regarding city planning, environmental justice, public transportation and civic participation. It also includes publications by Urban Habitat addressing issues of public transportation, race and equity.