



Making Strides: State Report Cards on Walking, Bicycling, and Active Kids and Communities

The new 2020 full report, [Making Strides: State Report Cards on Walking, Bicycling, and Active Kids and Communities](#), provides a detailed explanation of how the states were graded; an overview of the research that supports walking, bicycling, and physical activity as ways to improve health; a discussion of the rationale for state-level report cards; and reflections on support for physical activity in different regions and our country as a whole.

The 2020 Making Strides state report cards evaluate each state on 28 indicators spanning four core topic areas that focus on key areas for state action to promote and support physical activity.

This sheet provides a quick summary of the report cards' scoring structure, including the indicators and possible points in each of the core topic areas and an example report card showing the different components.

Core Topic Areas

The report cards focused on four core topic areas:

- Complete Streets and Active Transportation Policy and Planning – state policies that support safe streets for walking and biking
- Federal and State Active Transportation Funding – state policies and practices related to funding for walking and bicycling
- Safe Routes to School Funding and Supportive Practices – state policies and funding decisions related to Safe Routes to School as well as state staffing, practices, and resources that support Safe Routes to School
- Active Neighborhoods and Schools – state policies supporting physical education, school siting and design that encourages walking and bicycling, use of school grounds for physical activity, and dedicated staff resources to support physical activity

In the next section, we explain the significance of these topic areas, describe the specific indicators we used under each topic area, and set out our scoring criteria.

1 Complete Streets and Active Transportation Policy and Planning (45 points)

The Complete Streets and Active Transportation core topic area explores state policies, goals, and guidance that promote walking, bicycling, and building streets that are safe for everyone, which play a crucial role in encouraging and enabling safe walking and bicycling.

Complete Streets Policies: Policies that commit government to providing for walking and bicycling along with driving in every road project.

Indicators:

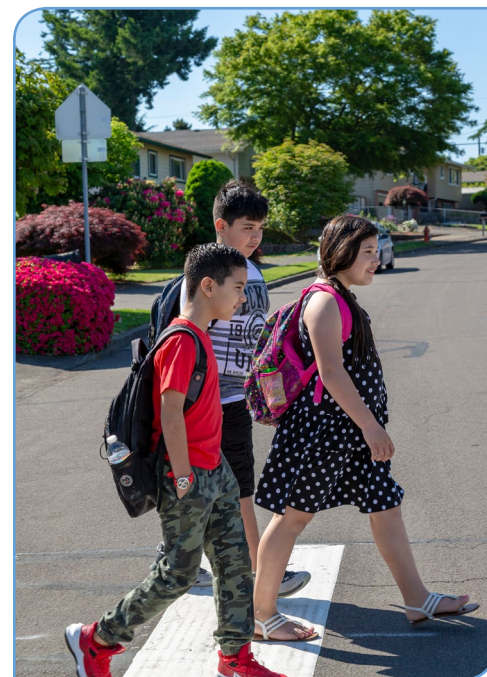
- Adopted a Complete Streets policy(ies) (0 to 5 points)
- Has strong state Complete Streets policy (0 to 20 points)

Active Transportation Planning and Design:

State planning and practices that support and prioritize walking and bicycling

Indicators:

- Adopted goals to increase walking and bicycling mode share (0 to 5 points)
- Adopted a state bicycle, pedestrian, or active transportation plan (0 to 10 points)
- Adopted/endorsed NACTO guidelines (0 to 5 points)



2 Federal and State Active Transportation Funding (70 points)

This core topic area looks at practices related to federal and state funding for walking and bicycling. Because federal dollars available for bicycling and walking improvements are limited and the need is great, it is crucial that they be used effectively. Choices that state departments of transportation make – how to staff and implement the federal programs for active transportation, which projects they fund, and how quickly they get the funding out the door – are all essential parts of enabling communities to have more opportunities for physical activity through transportation.



Transportation Alternatives Program: State use of the Transportation Alternatives Program (TAP) funds – the primary federal funding that supports walking and bicycling.

Indicators:

- Retained Transportation Alternatives Program (TAP) funding without transfers (-10 to 10 points)
- Awarded TAP projects (0 to 10 points)
- Obligated state-controlled TAP funds (0 to 10 points)
- Provides special consideration for high-need communities in TAP awards (0 to 5 points)
- Provides matching funds for high-need communities (0 to 5 points)
- Provides support to TAP applicants (0 to 5 points)

State Funding for Active Transportation

State dedication or allocation of its own funds to support walking and bicycling projects.

Indicators:

- Dedicates state funding for active transportation (0 to 10 points)
- Amount of state funding for active transportation (0 to 10 points)
- Provides special consideration for high-need communities in state awards (0 to 5 points)



3 Safe Routes to School Funding and Supportive Practices (35 points)

This core topic area looks at Safe Routes to School, exploring how states can advance Safe Routes to School through funding allocations and awards, the types of framework that states can put in place to support local Safe Routes to School programming and infrastructure improvements, and how states can ensure equitable practices and programs.

Safe Routes to School Funding: Availability of funding specifically for Safe Routes to School efforts.

Indicators:

- Provides special consideration for Safe Routes to School projects using TAP funds (0 to 5 points)
- Dedicates state or other funding for Safe Routes to School (0 to 5 points)
- Funds Safe Routes to School non-infrastructure projects (0 to 5 points)
- Provides Safe Routes to School planning grants or mini grants (0 to 3 points)

Safe Routes to School Supportive Practices: Non-financial support for Safe Routes to School.

Indicators:

- Staffs state Safe Routes to School program with state employees or consultants (0 to 5 points)
- Provides a resource center or technical assistance to Safe Routes to School initiatives (0 to 5 points)
- Supports equitable access to Safe Routes to School programming (0 to 5 points)
- Facilitates Safe Routes to School education (0 to 2 points)



Photo: Ty Schmidt

4 Active Schools and Neighborhoods (50 points)

The fourth core topic area assesses how supportive a state is of creating neighborhoods and schools that encourage physical activity. Living in a neighborhood that has safe places to be physically active and attending a school that provides regular opportunities for physical activity supports youth and adults in meeting daily physical activity guidelines.

Shared Use of School Facilities: Opening up school playgrounds, fields, and facilities for recreational use by community members outside of school hours.

Indicators:

- Adopted state policy supporting shared use of school facilities (0 to 10 points)
- Provides funding/incentives in support of shared use of school facilities (0 to 5 points)

School Siting and Design: State requirements and recommendations for school locations and design.

Indicators:

- Requires large school sites (minimum acreage guidelines) (-10 to 0 points)
- Supports walking, bicycling & physical activity in school siting & design guidelines (0 to 15 points)

Physical Education: State adopted standards for physical education.

Indicator:

- Adopted PE minutes and graduation requirements (0 to 15 points)

State Physical Activity Staff: Dedicating state resources to have staff focused on physical activity.

Indicator:

- Dedicates state staff to physical activity (0 to 5 points)



How Does the Grading Work?

The report cards show the number of points earned for each indicator, and then the numerical sum and the grading category for each of the four core topic areas. The report cards also reflect an overall grade for each state, derived from the cumulative score based on the total number of points earned. The total possible number of points that could be obtained is 200. There are four grading categories.

Grading Categories

- Lacing Up:** The state may be taking some initial steps to supporting walking, bicycling, and physical activity, but the efforts are still getting off the ground. (0-50 points)
- Warming Up:** The state has established some policies or initiatives, and may have taken some strong steps that support walking, bicycling and physical activity, but the state has not used many of the tools and techniques available. (51-100 points)
- Making Strides:** The state has established multiple policies and initiatives that are moving the state in the right direction, but may still be missing some key strategies. (101-150 points)
- Building Speed:** The state has made a significant commitment to support walking, bicycling, and physical activity and is providing support in multiple ways. (151-200 points)

