



MAKING STRIDES 2018



STATE REPORT CARDS
on Support for Walking, Bicycling, and
Active Kids and Communities



Making Strides 2018: A Look at Our State Report Cards

June 27, 2018



ABOUT US

We are a nonprofit organization that works to advance safe walking and bicycling to and from schools, to improve the health and wellbeing of kids of all races, income levels and abilities and to foster the creation of healthy communities for everyone.



WHAT WE DO

- Improve quality of life for **kids, families, and communities**
- Advance **policy change** at the federal, state, regional, and local levels
- Catalyze support for **safe, healthy, active communities**
- Share our **deep expertise**



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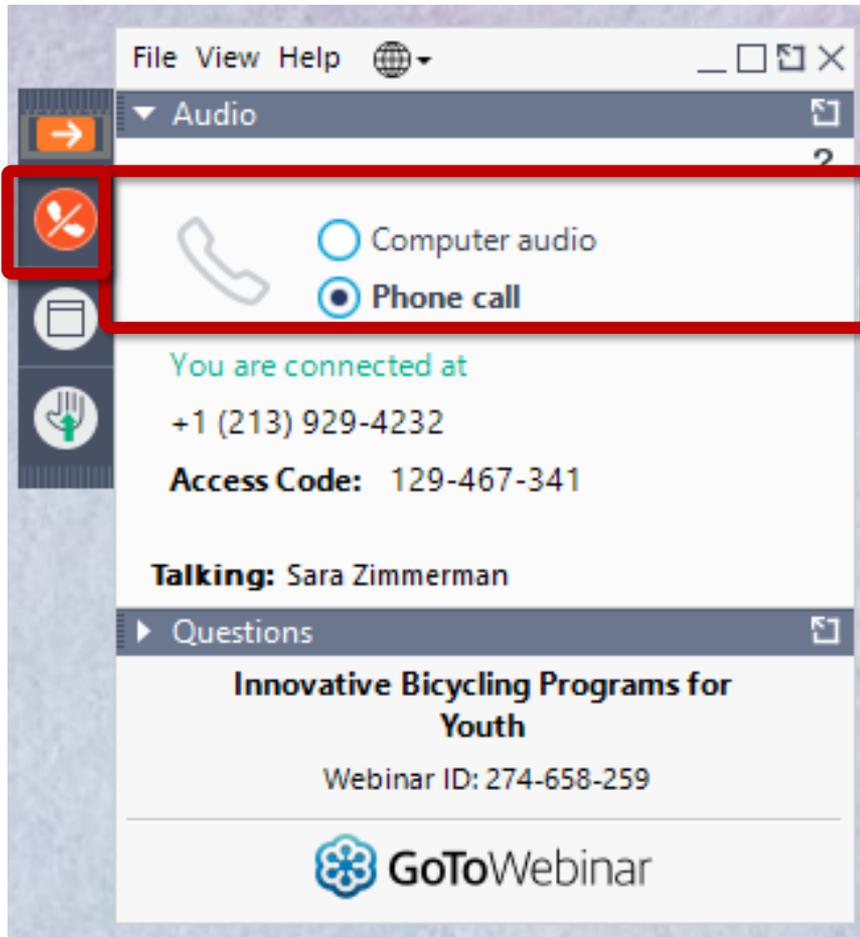
Questions

Innovative Cycling Programs for Youth

Webinar ID: 274-658-259

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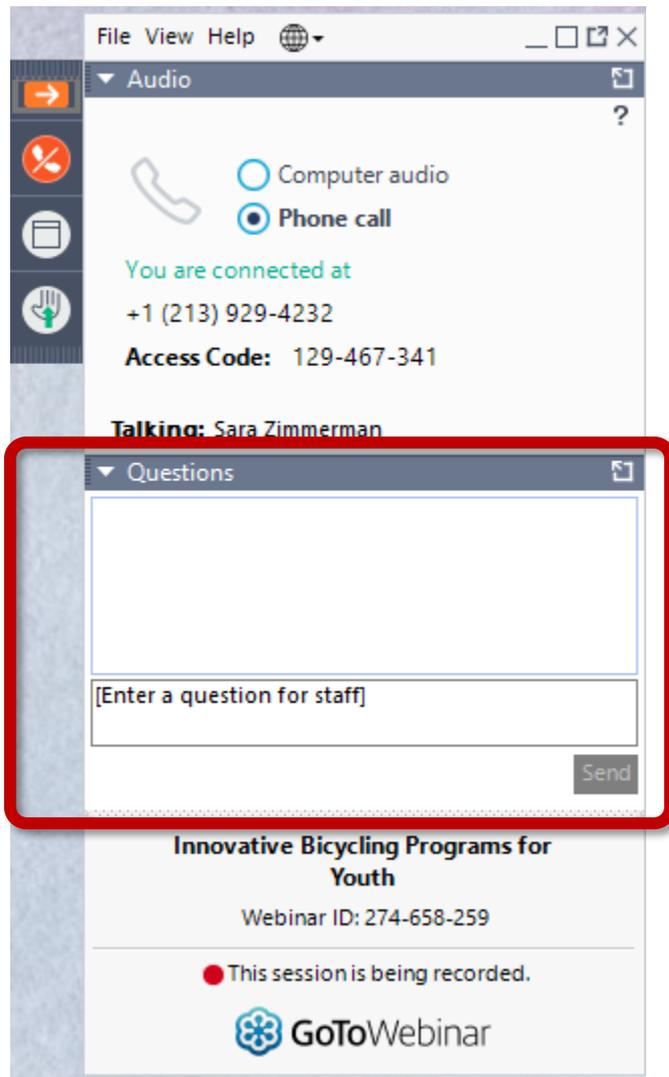
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HAVE A QUESTION?



The screenshot shows a webinar interface with a top menu bar containing 'File View Help' and a globe icon. Below the menu is a toolbar with icons for navigation and audio. The main content area is divided into two panels: 'Audio' and 'Questions'. The 'Audio' panel shows options for 'Computer audio' and 'Phone call', with 'Phone call' selected. It also displays connection information: 'You are connected at +1 (213) 929-4232' and 'Access Code: 129-467-341'. The 'Questions' panel is highlighted with a red border and contains a text input field with the placeholder text '[Enter a question for staff]' and a 'Send' button. At the bottom of the interface, the webinar title 'Innovative Cycling Programs for Youth' is displayed, along with the 'Webinar ID: 274-658-259' and a recording status indicator: 'This session is being recorded.' The GoToWebinar logo is at the bottom.

QUESTIONS & COMMENTS

Submit your text questions and comments using the Questions Panel

Who We Are

Healthy Communities



Expert Help

Resources

Resources

- ▶ BROWSE
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- ▶ RECURSOS EN ESPAÑOL
- ▶ SUBMIT A SUCCESS STORY

Webinars

One of the great ways that we love to share resources and expertise is through our regular webinars. Our webinars feature our staff and incredible advocates, Safe Routes to School program staff, government officials, elected leaders, and others from around the country sharing their knowledge and learning on a diverse range of topics.

UPCOMING WEBINARS



June 27, 2018

Making Strides 2018: A Look at Our State Report Cards

Join this webinar to learn about the Safe Routes to School National Partnership's updated state report cards and report, Making Strides: 2018 State Report Cards on Support for Walking, Bicycling, and Active Kids and Communities.

Today's Speakers



Michelle Lieberman

Senior Technical Assistance Manager
Safe Routes to School National Partnership



Andrew Pasillas

Field Services Manager
Safe Routes to School National Partnership



Margo Pedroso

Deputy Director
Safe Routes to School National Partnership



Sara Zimmerman

Program and Policy Director
Safe Routes to School National Partnership



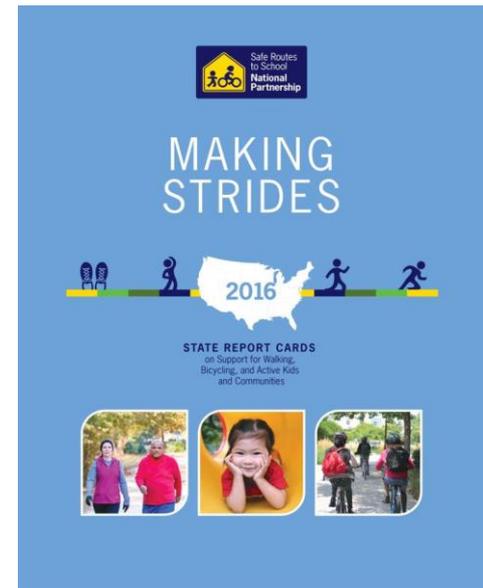
Report Overview



WHY STATE REPORT CARDS?

Overall goal: Provide a snapshot of how supportive each state is of walking, bicycling, and physical activity for children and adults.

- First state report cards prepared in 2016
- 2018 report cards continue assessment in key areas and expanded topics

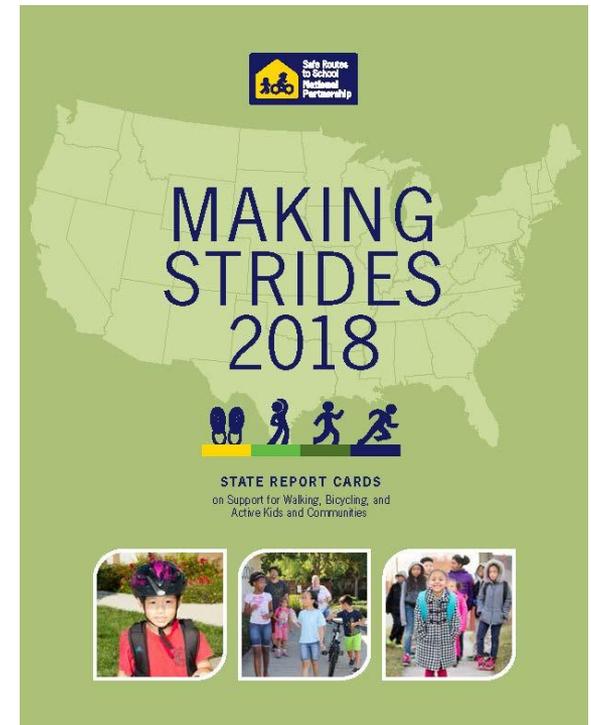




KEY CONTENTS OF *MAKING STRIDES 2018*

Report includes:

- Research on why physical activity, walking and bicycling matter
- Rationale for state report cards
- Detailed explanation of the scoring, indicators and core topic areas
- The report cards themselves



MAPS AND ADDITIONAL DATA

- Reflections and comparisons to 2016
- Maps illustrating key findings
- Appendices with scoring and grading by state, additional scoring breakdowns

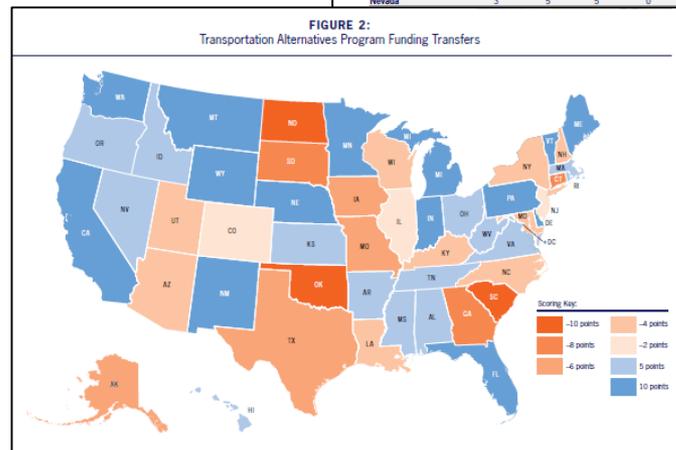
Appendices

A Complete Streets and Active Transportation Scores by State

The tables in Appendices A through D summarize scoring for each indicator in each of the core topic areas by state. Appendix A summarizes scoring by state for the indicators in the Complete Streets and Active Transportation core topic area. Refer to Section IV Overview of the Report Cards: Key Topics & Grading for information about the indicators.

STATE	Complete Streets Legislation DOT policy	Complete Streets Commitment	Complete Streets Jurisdiction	Complete Streets Implementation	NACTO Guidelines	State Plan/Policy/Program Plan	Favorites Goal	Mode Share Goal	CS & AT Total	CS & AT Topic Grade
Alabama	0	0	0	0	0	10	10	0	20	WARNING UP
Alaska	0	0	0	0	0	10	10	10	30	WARNING UP
Arizona	0	0	0	0	0	10	10	10	30	WARNING UP
Arkansas	0	0	0	0	0	10	10	10	30	WARNING UP
California	5	5	5	10	10	10	10	10	65	BUILDING SPEED
Colorado	5	5	5	10	10	10	10	10	65	BUILDING SPEED
Connecticut	5	5	5	10	0	10	10	10	55	BUILDING SPEED
Delaware	3	3	0	6	10	10	6	10	48	MAKING STRIDES
District of Columbia	3	5	0	0	10	10	10	10	48	MAKING STRIDES
Florida	5	5	5	6	0	10	10	10	51	BUILDING SPEED
Georgia	3	5	5	10	6	10	10	10	59	BUILDING SPEED
Hawaii	4	3	5	6	0	10	10	10	48	MAKING STRIDES
Idaho	0	0	0	0	0	10	10	10	30	WARNING UP
Illinois	4	5	0	6	0	5	10	10	40	MAKING STRIDES
Indiana	3	3	5	10	0	5	10	10	46	MAKING STRIDES
Iowa	0	0	0	0	0	0	10	10	20	WARNING UP
Kansas	0	0	0	0	0	10	0	0	10	LACING UP
Kentucky	0	0	0	0	0	0	10	10	20	WARNING UP
Louisiana	3	5	5	6	0	10	10	10	39	MAKING STRIDES
Maine	3	3	5	6	0	0	10	10	37	MAKING STRIDES
Maryland	5	3	0	6	0	10	10	10	44	MAKING STRIDES
Massachusetts	5	5	5	6	10	10	10	10	61	BUILDING SPEED
Michigan	5	3	5	10	0	0	10	10	43	MAKING STRIDES
Minnesota	5	5	5	10	6	10	10	10	61	BUILDING SPEED
Mississippi	3	3	0	0	0	0	0	6	12	LACING UP
Missouri	4	3	5	0	0	0	10	0	22	WARNING UP
Montana	0	0	0	0	0	0	10	0	10	LACING UP
Nebraska	0	0	0	0	0	0	0	10	10	LACING UP
Nevada	3	5	5	0	0	5	10	6	34	MAKING STRIDES
New Hampshire	0	0	0	0	0	10	10	0	20	WARNING UP
New Jersey	0	10	10	10	0	10	10	24	WARNING UP	
New Mexico	10	10	10	10	0	10	10	50	BUILDING SPEED	
New York	10	10	10	10	47	10	10	47	MAKING STRIDES	
North Carolina	5	0	0	0	5	0	0	5	10	LACING UP
North Dakota	10	10	0	0	0	10	10	0	20	WARNING UP
Ohio	0	0	0	0	0	0	0	0	0	LACING UP
Oklahoma	10	10	10	10	52	10	10	38	BUILDING SPEED	
Oregon	10	10	10	38	10	10	10	38	MAKING STRIDES	
Pennsylvania	0	10	10	39	10	10	10	39	MAKING STRIDES	
Rhode Island	0	10	10	31	10	10	10	31	WARNING UP	
South Carolina	0	10	10	20	10	10	10	20	WARNING UP	
South Dakota	10	10	10	55	10	10	10	55	BUILDING SPEED	
Tennessee	0	10	10	23	10	10	10	23	WARNING UP	
Texas	10	10	10	54	10	10	10	54	BUILDING SPEED	
Utah	10	10	10	50	10	10	10	50	BUILDING SPEED	
Vermont	10	10	10	58	10	10	10	58	BUILDING SPEED	
Virginia	10	10	10	38	10	10	10	38	BUILDING SPEED	
Washington	0	10	10	35	10	10	10	35	MAKING STRIDES	
West Virginia	10	10	10	30	10	10	10	30	WARNING UP	
Wisconsin	10	10	0	20	10	10	10	20	WARNING UP	
Wyoming	10	10	0	0	0	0	0	0	0	LACING UP

Making Strides: 2018 State Report Cards





MAKING STRIDES ON OUR WEBSITE

<https://bit.ly/2yjXGOE>

saferoutespartnership.org

..... FEATURED

NEW:
2018
Report
Cards



Featured Report

MAKING STRIDES:

2018 State Report Cards on Support for Walking, Bicycling, and Active Kids and Communities

[click to learn more](#)

Who We Are
Healthy Communities

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Resources

Resources

- ▶ BROWSE
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- ▶ OUR PUBLICATIONS
 - 2018 State Report Cards
 - 2016 State Report Cards
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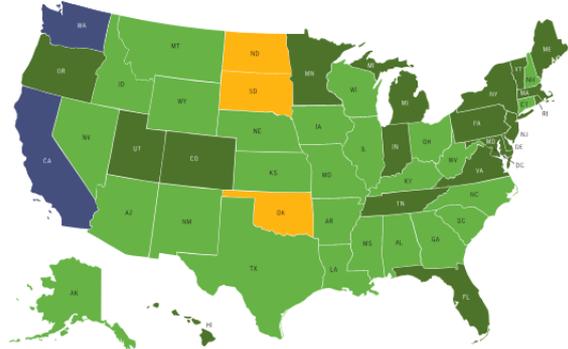
2018 - Report

2018 State Report Cards

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

We've developed state report cards which provide a snapshot of how supportive each state is of walking, bicycling, and physical activity for children and adults as of 2018.

The report cards primarily look at state policy, focusing on four key areas: Complete Streets and Active Transportation, Safe Routes to School and Active Transportation Funding, Active Neighborhoods and Schools, and State Physical Activity Planning and Support.



	LACING UP	0 - 50 POINTS
	WARMING UP	51 - 100 POINTS
	MAKING STRIDES	101 - 150 POINTS
	BUILDING SPEED	151 - 200 POINTS

The [full report](#) includes a detailed explanation of how the states were graded. Download a quick guide to [understanding the report card scores](#) and grading and a fact sheet on [how to use your state report card](#).



SCORING FOR THE REPORT CARDS

- 27 indicators across 4 core topic areas; each individually scored
- 200 points possible
- Numerical score and “grade” in each topic area + overall score and grade
- 4 grading categories that recognize state’s accomplishments as well as room for improvement





Washington 2018

BUILDING SPEED



OVERALL SCORE

155 / 200

Scoring Key: LACING UP WARMING UP MAKING STRIDES BUILDING SPEED 100%

Core Topic Area



COMPLETE STREETS AND ACTIVE TRANSPORTATION



Complete Streets Policies

Adopted state Complete Streets policy(ies)	4 / 5
Adopted strong core state Complete Streets commitment	3 / 5
Addresses additional jurisdictions in state Complete Streets policy	5 / 5
Addresses implementation in state Complete Streets policy	6 / 10

Design for Active Transportation

Adopted/endorsed NACTO guidelines	10 / 10
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Active Transportation Planning

Adopted a state pedestrian, bicycle, or active transportation plan	10 / 10
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Active Transportation Goals

Adopted goals to lower walking and bicycling fatalities	10 / 10
Adopted goals to increase walking and bicycling mode share	10 / 10
Total	58 / 65

SAFE ROUTES TO SCHOOL AND ACTIVE TRANSPORTATION FUNDING



Active Transportation Funding

Retained Transportation Alternatives Program (TAP) funding without transfers	10 / 10
Awarded TAP projects	10 / 10
Obligated state-controlled TAP funds	8 / 10
Provides special consideration for high-need communities	5 / 5
Provides matching funds for high-need communities	0 / 5

Safe Routes to School Funding

Provides special consideration for Safe Routes to School projects using TAP funds	5 / 5
Funds Safe Routes to School non-infrastructure projects	5 / 5
Dedicates state funding for Safe Routes to School	5 / 5

Safe Routes to School Supportive Practices

Has state Safe Routes to School coordinator	4 / 5
Provides technical or application assistance to Safe Routes to School initiatives	5 / 5
Total	57 / 65

ACTIVE NEIGHBORHOODS AND SCHOOLS



Shared Use of School Facilities

Adopted state policy supporting shared use of school facilities	6 / 10
Provides funding/incentives in support of shared use of school facilities	5 / 5

School Siting and Design

Requires large school sites (minimum acreage guideline)	0 / 0
Supports walking, bicycling & physical activity in school design guidelines	0 / 15

Physical Education

Adopted PE minutes & graduation requirements	8 / 15
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Supportive Neighborhoods for Physical Activity

Level of access to recreation & community centers for youth	3 / 5
Level of access to parks	3 / 5
Total	25 / 55

STATE PHYSICAL ACTIVITY PLANNING



Adopted a state plan with commitments to physical activity	5 / 5
Dedicates state staff to physical activity	10 / 10
Total	15 / 15

Overall grade

Overall points (out of total)

Topic grade

Points earned (out of # points)

Subtotal

Subtopic



Indicator





Core Topic Area 1: Complete Streets and Active Transportation



Hawaii 2018

MAKING STRIDES



OVERALL SCORE
125 / 200



COMPLETE STREETS AND ACTIVE TRANSPORTATION



Complete Streets Policies	Adopted state Complete Streets policy(ies)	4 / 5
	Adopted strong core state Complete Streets commitment	3 / 5
	Addresses additional jurisdictions in state Complete Streets policy	5 / 5
	Addresses implementation in state Complete Streets policy	6 / 10
Design for Active Transportation	Adopted/endorsed NACTO guidelines	0 / 10
Active Transportation Planning	Adopted a state pedestrian, bicycle, or active transportation plan	10 / 10
Active Transportation Goals	Adopted goals to lower walking and bicycling fatalities	10 / 10
	Adopted goals to increase walking and bicycling mode share	10 / 10
		<u>48 / 65</u>



Hawaii 2018

MAKING STRIDES



OVERALL SCORE

125 / 200



COMPLETE STREETS AND ACTIVE TRANSPORTATION



Complete Streets Policies

Adopted state Complete Streets policy(ies)	4 / 5
Adopted strong core state Complete Streets commitment	3 / 5
Addresses additional jurisdictions in state Complete Streets policy	5 / 5
Addresses implementation in state Complete Streets policy	6 / 10

What's a complete streets policy?

A policy that ensures that all new construction and renovation of streets creates streets that are safe, comfortable, and convenient for everyone using them

Who? People walking and biking, cars, public transportation riders, people with disabilities, and people of all ages.



Hawaii 2018

MAKING
STRIDES



OVERALL SCORE
125 / 200

Scoring Key: LACING UP WARMING UP MAKING STRIDES BUILDING SPEED 100%

COMPLETE STREETS AND ACTIVE TRANSPORTATION



Design for Active Transportation

Adopted/endorsed NACTO guidelines

0 / 10

Adopted or endorsed NACTO
guidelines:

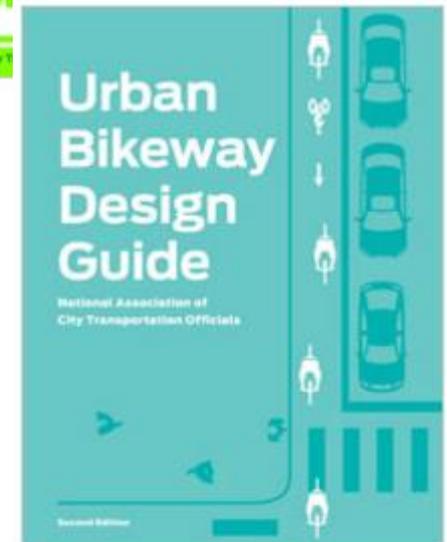
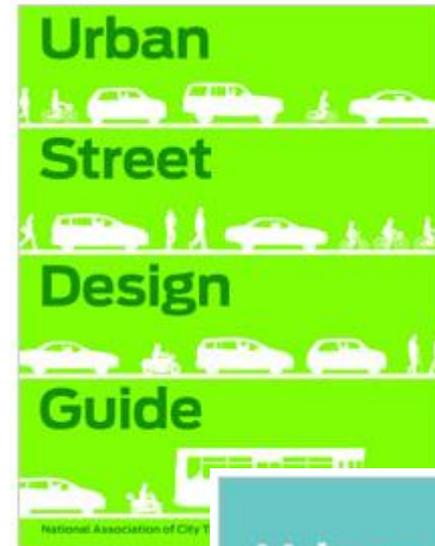
States can endorse/adopt the Urban
Bikeway Design Guide and/or the
Urban Street Design Guide.

*National Association of City
Transportation Officials (NACTO) is a
non-profit association that represents
large cities on transportation issues of
local, regional and national
significance.*

nacto.org

The NACTO Guides

- Outline recommendations for building bicycle- and pedestrian-friendly facilities such as bicycle lanes, signage, and park elements
- The *Urban Street Design Guide* “emphasizes the core principles for making urban streets great public places with an instrumental role in building communities”
- The *Urban Bikeway Design Guide* “incorporates time-tested principles of bicycle facility design, offering a model for safe and comfortable bicycling that is not described in existing national guides.”



The NACTO Guides

- Federal Highway Administration announced support for the use of the NACTO guides in 2013
- *Urban Street Design Guide* is officially recognized as design guidance for federally-funded projects as part of the Fixing America's Surface Transportation Act (FAST Act)





Hawaii 2018

MAKING STRIDES



OVERALL SCORE
125 / 200

Scoring Key: LACING UP WARMING UP MAKING STRIDES BUILDING SPEED 100%

COMPLETE STREETS AND ACTIVE TRANSPORTATION



Active Transportation Planning

Adopted a state pedestrian, bicycle, or active transportation plan

10 / 10





Hawaii 2018

MAKING STRIDES



OVERALL SCORE
125 / 200

Scoring Key: LACING UP WARMING UP MAKING STRIDES BUILDING SPEED 100%

COMPLETE STREETS AND ACTIVE TRANSPORTATION



Active Transportation Goals

Adopted goals to lower walking and bicycling fatalities	10 / 10
Adopted goals to increase walking and bicycling mode share	10 / 10

- Published goals to increase bicycling and walking and to decrease fatalities are public commitments to progress
- Provide accountability
- Can found within a highway safety plan, bicycle/pedestrian plan, sustainability plan, or other statewide plans

- Encourage counties to develop land use plans and establish zoning and subdivision regulations and site plan review procedures that promote bicycling through compact settlement patterns and require new developments to accommodate bicycles.
- Continue to integrate bicycle facilities with other modes of transportation; for example, by providing protected parking at major transit hubs and park-and-ride lots.
- Coordinate the planning, design, and construction of bicycle facilities with other implementing agencies.
- Given the similarity of needs shared by bicyclists and pedestrians, and the interconnections between bicycle and pedestrian facilities, future updates of Bike Plan Hawaii should be expanded to include pedestrian issues and facilities.



When motorists wait in a traffic queue on Hahaione Avenue, Kapohulu, Oahu, pedestrians and bicyclists on the adjacent path are able to travel unimpeded.



4.3.2 EDUCATION OBJECTIVE

Objective: EXPAND THE RANGE OF EDUCATION ACTIVITIES TO REDUCE BICYCLE CRASHES AND INCREASE RIDERSHIP.

Comprehensive public information and education programs are often used to raise community awareness and improve bicyclists' riding and traffic skills, as well as motorists' attitudes toward bicyclists. Ensuring that both bicyclists and motorists understand and practice the fundamental "rules of the road" is one way of accomplishing this goal. For a safer bicycling experience, public education programs should address effective riding principles and the use of safety equipment. Children who are offered bicycling education through the school system benefit by learning a life skill—not only in terms of bicycling as a specific activity, but also better awareness of road dynamics in general.



REFLECTIONS

Complete Streets Policies

- 34 states with Complete Streets policies

- Legislation & DOT – 9 states
- Legislation only – 9 states
- DOT only – 16 states

- 30 states include mandatory requirements
- 26 states include language regarding jurisdictions other than state DOT
- 25 states address implementation

Active Transportation Planning

- 36 states with bicycle and/or pedestrian plans



Core Topic Area 2: Safe Routes to School and Active Transportation Funding

Kansas 2018

WARMING
UP



OVERALL SCORE

76 / 200

Scoring Key: LACING UP WARMING UP MAKING STRIDES BUILDING SPEED 100%

SAFE ROUTES TO SCHOOL AND ACTIVE TRANSPORTATION FUNDING



Active Transportation Funding

Retained Transportation Alternatives Program (TAP) funding without transfers	5 / 10
Awarded TAP projects	10 / 10
Obligated state-controlled TAP funds	8 / 10
Provides special consideration for high-need communities	0 / 5
Provides matching funds for high-need communities	0 / 5

Safe Routes to School Funding

Provides special consideration for Safe Routes to School projects using TAP funds	3 / 5
Funds Safe Routes to School non-infrastructure projects	5 / 5
Dedicates state funding for Safe Routes to School	5 / 5

Safe Routes to School Supportive Practices

Has state Safe Routes to School coordinator	4 / 5
Provides technical or application assistance to Safe Routes to School initiatives	2 / 5

42 / 65

Kansas 2018

WARMING
UP



OVERALL SCORE

76 / 200

Scoring Key: LACING UP WARMING UP MAKING STRIDES BUILDING SPEED 100%

SAFE ROUTES TO SCHOOL AND ACTIVE TRANSPORTATION FUNDING



Active Transportation Funding

Retained Transportation Alternatives Program (TAP) funding without transfers	5 / 10
Awarded TAP projects	10 / 10
Obligated state-controlled TAP funds	8 / 10
Provides special consideration for high-need communities	0 / 5
Provides matching funds for high-need communities	0 / 5

- Focus is on state implementation of the Transportation Alternatives Program (~\$2-80M/state/year)
- TAP is the major federal source of transportation funding for biking, walking, Safe Routes to School

Kansas 2018

WARMING
UP



OVERALL SCORE

76 / 200

Scoring Key: LACING UP WARMING UP MAKING STRIDES BUILDING SPEED 100%

SAFE ROUTES TO SCHOOL AND ACTIVE TRANSPORTATION FUNDING



Safe Routes to School Funding

Provides special consideration for Safe Routes to School projects using TAP funds	3 / 5
Funds Safe Routes to School non-infrastructure projects	5 / 5
Dedicates state funding for Safe Routes to School	5 / 5

- Focus is on the availability of funding specifically for Safe Routes to School efforts through either TAP or state funds
- Also examines whether a state supports both Safe Routes to School infrastructure and programming projects ***NEW***

Kansas 2018

WARMING
UP



OVERALL SCORE

76 / 200

Scoring Key: LACING UP WARMING UP MAKING STRIDES BUILDING SPEED 100%

SAFE ROUTES TO SCHOOL AND ACTIVE TRANSPORTATION FUNDING



Safe Routes to School Supportive Practices

Has state Safe Routes to School coordinator	4 / 5
Provides technical or application assistance to Safe Routes to School initiatives	2 / 5

- Looks at any additional support the state provides to schools and local governments to advance Safe Routes to School
- Can help stretch limited federal dollars and improve effectiveness of programs



REFLECTIONS

- Improved scores=more \$\$ for communities
 - 2 states went down a category
 - 12 states improved by 1 category
 - 4 states improved by 2 categories
- Specific to Safe Routes to School:
 - 11 states now have state funding
 - Only half fund non-infrastructure
 - Only one-third set aside/give extra points
- Specific to low-income communities and equity:
 - Only one-third give extra points/setaside
 - Only one-quarter help with matching



Core Topic Area 3: Active Neighborhoods and Schools

New Jersey 2018

MAKING STRIDES



OVERALL SCORE

140 / 200



ACTIVE NEIGHBORHOODS AND SCHOOLS



Shared Use of School Facilities	Adopted state policy supporting shared use of school facilities	6 / 10
	Provides funding/incentives in support of shared use of school facilities	5 / 5
School Siting and Design	Requires large school sites (minimum acreage guideline)	0 / 0
	Supports walking, bicycling & physical activity in school design guidelines	3 / 15
Physical Education	Adopted PE minutes & graduation requirements	13 / 15
Supportive Neighborhoods for Physical Activity	Level of access to recreation & community centers for youth	5 / 5
	Level of access to parks	3 / 5
		35 / 55

New Jersey 2018

MAKING
STRIDES



OVERALL SCORE

140 / 200

Scoring Key: LACING UP WARMING UP MAKING STRIDES BUILDING SPEED 100%

ACTIVE NEIGHBORHOODS AND SCHOOLS

Shared Use of School Facilities

Adopted state policy supporting shared use of school facilities

6 / 10

Provides funding/incentives in support of shared use of school facilities

5 / 5

- School shared-use agreements open up school playgrounds, fields, and facilities for recreational use by community members outside of school hours
- Supportive state policies & funding are two of the key ways to overcome fears and challenges with shared use



New Jersey 2018

MAKING
STRIDES



OVERALL SCORE

140 / 200

New indicators

Scoring Key: LACING UP WARMING UP MAKING STRIDES BUILDING SPEED 100%

ACTIVE NEIGHBORHOODS AND SCHOOLS



School Siting and Design

Requires large school sites (minimum acreage guideline)

0 / 0

Supports walking, bicycling & physical activity in school design guidelines

3 / 15

- School siting & design involves state policies that affect school siting decisions by local school districts.
- Indicators look at whether states require large school sites for new schools (which gets them negative points) & whether state siting guidelines encourage walking, biking or physical activity in other ways.

New Jersey 2018

MAKING
STRIDES



OVERALL SCORE

140 / 200

Changed indicator

Scoring Key: LACING UP WARMING UP MAKING STRIDES BUILDING SPEED 100%

ACTIVE NEIGHBORHOODS AND SCHOOLS



Physical Education

Adopted PE minutes & graduation requirements

13 / 15

- Strong PE provides a unique opportunity for PA for children & youth
- Old PE indicator had been adopted by almost all states & did not reflect strength of program
- New indicator looks at how many minutes of PE are required for each grade range & whether PE credits required for high school graduation



New Jersey 2018

MAKING STRIDES



OVERALL SCORE

140 / 200

First indicator was changed

Scoring Key: LACING UP WARMING UP MAKING STRIDES BUILDING SPEED 100%

ACTIVE NEIGHBORHOODS AND SCHOOLS



Supportive Neighborhoods for Physical Activity

Level of access to recreation & community centers for youth	5 / 5
Level of access to parks	3 / 5

- Measures assess conditions on the ground
- Data from the National Survey of Children's Health and the CDC's National Environmental Public Health Tracking Network



REFLECTIONS

- Shared use:
 - the number of states providing funding or incentives for shared use went from 2 to 13
- School siting assessment-first overview in over a decade of how states are doing:
 - 13 states still have detrimental large minimum acreages requirements
 - Half of the states encourage consideration of positive factors in school siting, such as walkability or colocation with parks



Core Topic Area 4: Physical Activity Planning and Support

Tennessee 2018

MAKING
STRIDES



OVERALL SCORE

111/200

Scoring Key: LACING UP WARMING UP MAKING STRIDES BUILDING SPEED 100%

STATE PHYSICAL ACTIVITY PLANNING



Adopted a state plan with commitments to physical activity

5 / 5

Dedicates state staff to physical activity

10 / 10

15 / 15

While many states may have obesity prevention or health councils and plans, physical activity is often underrepresented. These indicators focus on specific physical activity plans, councils or staff.





REFLECTIONS

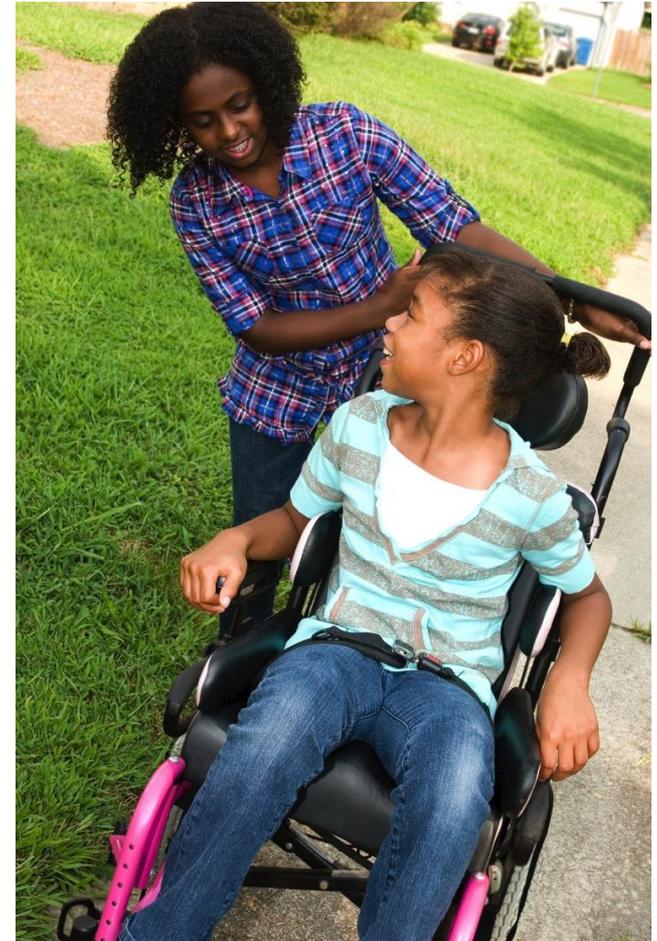
- Many states have physical activity plans and staff supports in place
 - 39 states have some sort of plan that addresses physical activity in a meaningful way
 - 45 states have staff dedicated only to physical activity or as a portion of their job
- States that had lower overall scores and lower scores in the other topic areas are doing well in this topic area



Reflections & Actions

OVERALL REFLECTIONS

- Most states still in the middle categories
- Regional scores shifted a bit
- Considerable improvement on specific indicators
- Big picture: All states have taken some good steps, but the report cards show many specific opportunities for advocacy for every state



HOW TO USE

- Factsheets: help you understand scores in a glance & how to use report cards
- Choose one or two areas where your state could improve
- Connect with partners
- Help your state improve its score for 2020!



Making Strides: 2018 State Report Cards
How to Use Your State's Report Card on Walking, Biking, and Physical Activity

The 2018 Making Strides state report cards evaluate each state on 27 indicators spanning four core topic areas that focus on key areas for state action to promote and support physical activity. The state report cards help us understand at a glance how each state is doing in supporting healthy and active kids and adults, and where there is room for improvement, making it easier to take action in support of healthier communities.

This fact sheet provides tips on how to use your state's report card. It sets out key points you can use in communicating the importance of state support for walking, biking, and physical activity, provides steps to consider in using the report card, and highlights ideas to inspire change in your state.

Why State Support for Walking, Bicycling, and Physical Activity Matters

Physical Activity Matters

- Leaders have shown that physical activity is important for everyone. "Physical activity has a variety of benefits, including reducing risk of stroke, high blood pressure, diabetes, some cancers, premature death, and depression."
- More walking, bicycling, and physical activity can also provide an increased sense of community and low social isolation, higher cognitive functioning, low air pollution and lower climate-changing emissions."
- Physical activity and obesity do not affect all communities equally. These conditions are disproportionately prevalent in low-income communities and communities of color." With more than 14 percent of Latino youth and almost 16 percent of African American youth obese or overweight, chronic disease is more than twice as high and equitable outcomes."

Americans Aren't Getting Enough Physical Activity

- Only 12 percent of American adults are meeting the weekly component of the physical activity guidelines and a vast 22 percent are meeting the recommended levels of overall physical activity."
- Only 27 percent of high school students meet the physical activity guidelines' requirement of an hour of physical activity every day." Physical activity rates were higher for boys than girls, and higher for white students than for African American or Latino students."

2018 www.stridesreportcards.org | feedback@stridesreportcards.org | [twitter @stridesreport](https://twitter.com/stridesreport)

Q & A



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Who We Are

Healthy Communities



Expert Help

Resources

Resources

- ▶ BROWSE
- ▶ ADVANCED SEARCH TOOL
- ▶ BLOG
- ▶ OUR PUBLICATIONS
- ▶ **WEBINARS**
- ▶ E-NEWS
- ▶ RESEARCH
- ▶ RECURSOS EN ESPAÑOL
- ▶ SUBMIT A SUCCESS STORY

Webinars

One of the great ways that we love to share resources and expertise is through our regular webinars. Our webinars feature our staff and incredible advocates, Safe Routes to School program staff, government officials, elected leaders, and others from around the country sharing their knowledge and learning on a diverse range of topics.

UPCOMING WEBINARS



June 27, 2018

Making Strides 2018: A Look at Our State Report Cards

Join this webinar to learn about the Safe Routes to School National Partnership's updated state report cards and report, Making Strides: 2018 State Report Cards on Support for Walking, Bicycling, and Active Kids and Communities.



Please take our survey!



Register for our next webinar

It's Parks and Recreation Month! What does that mean for Safe Routes to School practitioners and active transportation advocates?

July 24 at 11am PT/2pm ET

Thank you!