

# ACTIVE & SAFE ROUTES TO SCHOOL

*St. Thomas • Elgin • London • Middlesex • Oxford*

Presented by

Emily Van Kesteren

Co-chair of ASRTS

Public Health Nurse

Middlesex London Health Unit



## ASRTS Goals

### Physical Activity

Only 7% of children and youth are meeting the Canadian Physical Activity Guidelines

### Safety

Increased active travel leads to less traffic congestion and improved air quality



## ASRTS Improves...

- Physical health
- Mental health
- Traffic
- Safety
- Air quality
- Learning
- Community connections



## Collaboration



## School Travel Planning (STP)

Encourages active transportation to and from school by developing an action plan to build upon strengths and remove concerns around each school.

1. Set Up
2. Collect Baseline Data
3. Develop Action Plan
4. Carry Out Action Plan
5. Evaluation



## STP Schools

### London

University Heights PS  
 St. Sebastian PS  
 Stoneybrook PS  
 Clara Brenton PS  
 Wilfrid Jury PS  
 Tecumseh PS

### Middlesex

JS Buchanan PS  
 St. Vincent de Paul CS  
 Mary Wright PS

### Oxford

Southside PS

### Elgin

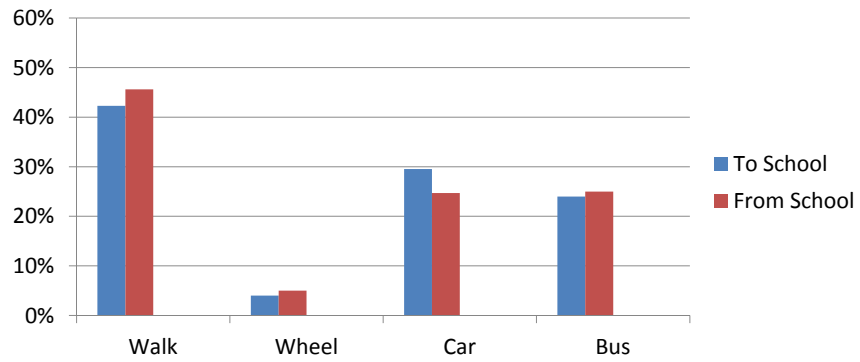
McGregor PS  
 Davenport PS

### St. Thomas

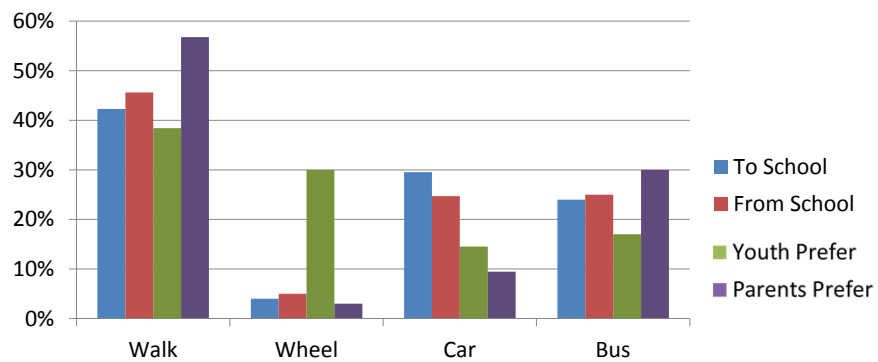
June Rose Callwood PS



### Travel Mode Use vs. Preference



### Travel Mode Use vs. Preference



## Barriers to Walking & Biking to School

### Parents

1. It feels unsafe due to traffic on the route
2. They are too young to walk/bike to school
3. There are not enough pike paths/lanes
4. My child does not have the skills to ride a bike safely
5. There are too many busy streets to cross

### Youth

1. Most drivers go too fast
2. It is easier to be driven



## Barriers Identified Through Traffic Counts & Walkabouts

1. Traffic
2. Infrastructure
3. Weather



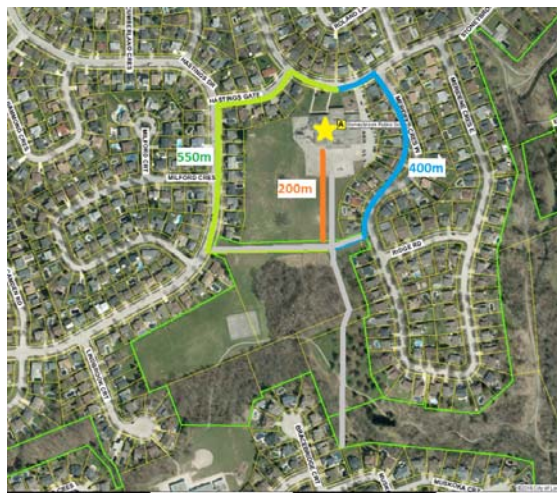
## Barriers Identified Through Traffic Counts & Walkabouts

1. Traffic
2. Infrastructure
3. Weather



## Barriers Identified Through Traffic Counts & Walkabouts

1. Traffic
2. Infrastructure
3. Weather



## Moving Forward ...

- STP Evaluations
- Committee involvement
- Meetings with key decision makers
- Policy recommendations



## Questions?

### Contact

Emily Van Kesteren, RN, BScN, MA  
ASRTS Co-Chair  
Public Health Nurse  
Middlesex-London Health Unit

