

# The Walking School Bus

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# Overview

## Problem

- **The majority of youth do not meet the recommendation for 60 minutes of daily physical activity.**

## Solution

- **Provide opportunities for daily physical activity by establishing neighborhood Walking School Buses.**

# Background

- Proven success
- Multiple benefits:
  - Health and safety
  - Nature exploration
  - Economic benefits
  - Environmental benefits
  - Traffic reduction around schools
  - Social benefits including neighborhood enrichment
  - Academic success



# Strategies

- Development of a Resource Manual
- Provision of Walking School Bus Kit
- Create partnerships for volunteer support
- Design a plan unique to each school



# Challenges/Barriers

- **Liability**
- **Critical mass**
- **Availability of volunteers**
- **Minnesota weather**



# Action Items

Resources to begin a Walking School Bus Program can be found at:

- [www.stepstohealthiermn.org/rochester.cfm](http://www.stepstohealthiermn.org/rochester.cfm)  
click on Schools
- [www.saferoutesinfo.org](http://www.saferoutesinfo.org)
- [www.walkingschoolbus.org](http://www.walkingschoolbus.org)