

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

## Making Strides 2020: A Look at Our State Report Cards

July 9, 2020



#### ΜΙΣΣΙΟΝ

The mission of the Safe Routes Partnership is to advance safe walking and rolling to and from schools and in everyday life, improving the health and wellbeing of people of all races, income levels, and abilities, and building healthy, thriving communities for everyone.







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#### **QUESTIONS & COMMENTS**

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#### 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 PRESENTERS







MICHELLE

MARGO

MARISA

**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.







# **KEY CONTENTS**

### 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



# **CHANGES FROM 2018 REPORT CARDS**

- Reorganized core topic areas to separate active transportation funding from Safe Routes to School
- Integrated state physical activity indicators into the Active School and Neighborhoods core topic area
- Added indicators related to state active transportation funding and Safe Routes to School supportive practices
- Removed some indicators of diminished significance and made other minor adjustments

# MAKING STRIDES 2020 ON OUR WEBSITE



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 Image: State State

# SCORING FOR THE REPORT CARDS

- 28 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





<sup>44</sup> Safe Routes Partnership | Making Strides: 2020 State Report Cards

# Overall Grades Scoring Key:







Core Topic Area 1: Complete Streets and Active Transportation Policy and Planning



Florid	a 2020		M A K I N S T R I D E		
Scori	ng Key:lacing up	WARMING UP	MAKING STRIDES	BUILDING SPEED	
COMPLETE STREETS AND ACTIVE TRANSPORTATION POLICY AND PLANNING			ホー		
Complete Streets Policies	Adopted state Complete	e Streets policy(ies)		<b>5</b> / 5	
	Has strong state Compl	ete Streets policy		8 / 20	
Active Transportation Planning and Design	Adopted goals to increa	Adopted goals to increase walking and bicycling mode share			
	Adopted a state pedest	rian, bicycle, or active t	transportation plan	10/10	
	Adopted/endorsed NAC	TO guidelines		0/5	
				28 / 45	



#### 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.



**Active Transportation Planning and Design** 

Adopted goals to increase walking and bicycling mode share	<b>5</b> / 5
Adopted a state pedestrian, bicycle, or active transportation plan	10/10
Adopted/endorsed NACTO guidelines	0/5

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# **REFLECTIONS** Complete Streets Policies

- 36 states with Complete Streets policies
- Low average score for strength 11 out of 20 points



# REFLECTIONS

### Active Transportation Planning & Design

- Walking/Biking Goals
  - 15 states with goals for increasing both walking & biking
  - 3 states with goals for increasing one, but not the other
- Bicycle and Pedestrian Plans
  - 31 states have a bicycle or pedestrian plan, majority include both
- NACTO Guides
  - 7 states endorsed/adopted both
  - 5 states endorsed/adopted one
  - Remains unchanged since 2018



Core Topic Area 2: Federal and State Active Transportation Funding





Minnes	sota 2020		M A K I N G S T R I D E S	~
				141/200
Scori	ing Key:lacing up	WARMING UP	MAKING STRIDES	BUILDING SPEED
EDERAL AND STATE			ホー	
ansportation Alternatives Implementation	Retained TAP funding wi	thout transfers		<b>5</b> /10
	Awarded TAP projects			10 /10
	Obligated state-controlle	d TAP funds		10 /10
	ten Carlo de la composition		mmunities in TAP awards	
	ten Carlo de la composition	eration for high-need co		0 / 5
	Provides special consid	eration for high-need co s for high-need commur		0 / 5 5 / 5
ate Funding for Active Transportation	Provides special consid Provides matching fund	eration for high-need co s for high-need commur applicants	ities	0 / 5 5 / 5 0 / 5
tate Funding for Active Transportation	Provides special consid Provides matching fund: Provides support to TAF	eration for high-need co s for high-need commur applicants for active transportatio	n	0 / 5 5 / 5 0 / 5 10 /10
tate Funding for Active Transportation	Provides special consid Provides matching funds Provides support to TAF Dedicates state funding Amount of state funding	eration for high-need co s for high-need commun applicants for active transportation for active transportation	n	- / -

Minnes	ota 2020		M A K I N G S T R I D E S	Ř
Scoring	Key: Lacing up	WARMING UP	MAKING STRIDES	overall score <b>141</b> /200 building speed
FEDERAL AND STATE ACTIVE TRANSPORTATION FUNDING			「大」	
Transportation Alternatives Implementation	Retained TAP funding wit Awarded TAP projects Obligated state-controlle			5 /10 10 /10 10 /10
	Provides special conside Provides matching funds Provides support to TAP	for high-need commu	ommunities in TAP awards nities	0 / 5 5 / 5 0 / 5

- Focus is on state implementation of the Transportation Alternatives Program (~\$2-78M/state/year)
- TAP is the major federal source of transportation funding for biking, walking, Safe Routes to School
- Three key phases track how they get the funding out the door: transfers, awards, and obligation

Minn	esota	2020		M A K I N G S T R I D E S	~
	Scoring Key:	LACING UP	WARMING UP	MAKING STRIDES	overall score <b>141</b> /200 BUILDING SPEED
FEDERAL AND STATE ACTIVE TRANSPORTATION FUNDING				ホー	
Transportation Alternatives Implementation	Retai	ned TAP funding with	nout transfers		<b>5</b> /10
	Awar	Awarded TAP projects			10 /10
	Oblig	ated state-controllec	TAP funds		<b>10</b> /10
	Provi	des special consider	ation for high-need co	mmunities in TAP awards	0 / 5
				itiao	5/5
	Provi	des matching funds	for high-need commur	ILLIES	J / J

- Ensuring funding gets in the hands of those who need it most requires:
  - Prioritizing funding
  - Providing matching funds
  - Supporting TAP applicants

Minn	iesot	a 2020		M A K I N G S T R I D E S	Ř
	Scoring Key:	LACING UP	WARMING UP	MAKING STRIDES	overall score 141/200
FEDERAL AND STATE ACTIVE TRANSPORTATION FUNDING	Sconing Ney.			<b>.</b>	10
State Funding for Active Transportation	F	Dedicates state funding Amount of state funding Provides special conside	for active transportatic		10 /10 3 /10 5 / 5 48 /70

- Focus is on state, not federal, money
- This section asks: Is state funding available? What is the source of funding? How much is there (per capita), and does the state consider high-need communities when spending its money?

# REFLECTIONS

### Federal funding:

- Award and obligation scores
- Scores for equity consideration and matching funds
- Number of states with high levels of transfers

## State funding:

- 28 states have state funding for walking and biking
- State funding equals 56% of TAP funding apportioned to states
- Over 20% of states prioritize high-need communities



Core Topic Area 3: Safe Routes to School Funding and Supportive Practices



New Jers	ey 2020 Making Strides				
SAFE ROUTES TO SCHOOL FUNDING	overall 13				
AND SUPPORTIVE PRACTICES					
Safe Routes to School Funding	Provides special consideration for Safe Routes to School projects using TAP funds	5/5			
	Dedicates state or other funding for Safe Routes to School Funds SRTS non-infrastructure projects	0 / 5 0 / 5			
	Provides Safe Routes to School planning grants or minigrants	2/3			
Safe Routes to School Supportive Practices	Staffs state Safe Routes to School program with state employees or consultants	5/5			
	Provides a resource center or technical assistance to Safe Routes to School initiatives	5/5			
	Supports equitable access to Safe Routes to School programming				
	Facilitates Safe Routes to School education				
	Facilitates Safe Routes to School education	2 / 2			

ر New Je	rsey	2020		M A K I N G S T R I D E S	Ř
- contraction of the second	Scoring Key:	LACING UP	WARMING UP	MAKING STRIDES	DVERALL SCORE 131/200 BUILDING SPEED
SAFE ROUTES TO SCHOOL FUNDING AND SUPPORTIVE PRACTICES				×	
Safe Routes to School Funding			leration for Safe Routes er funding for Safe Route	to School projects using TAF s to School	° funds 5 / 5 0 / 5
	Fu	inds SRTS non-infrast			0 / 5 2 / 3

 This subtopic is focused on getting funding into the hands of local schools / school districts so they can run effective Safe Routes to School programs

New Jer	sey	2020		M A K I N G S T R I D E S	1	
S	Scoring Key:	LACING UP	WARMING UP	MAKING STRIDES	o verall 13	1/200
SAFE ROUTES TO SCHOOL FUNDING AND SUPPORTIVE PRACTICES				ß		
Safe Routes to School Supportive Practices		Provides a resource ce	nter or technical assista ess to Safe Routes to S	th state employees or cons ince to Safe Routes to Scho ichool programming		5 / 5 5 / 5 5 / 5 2 / 2

 Here we look at what types of support and technical assistance a state provides to help Safe Routes to School programs operate in accordance with best practices

# REFLECTIONS

### <u>Good News:</u>

- More states prioritizing \$ for Safe Routes to School
- Nearly half of states have developed curricula or lesson plans on Safe Routes to School

### <u>Needs Improvement:</u>

- Half of states have at least 1 full-time SRTS coordinator
- No progress on # of states allowing funding of Safe Routes to School programming from TAP
- Only 13 states provide resources to reach underserved demographic groups



Core Topic Area 4: Active Schools and Neighborhoods


	Arizona	2020		L A C I N G U P	N000
	Scoring Ke	ey:LACING UP	WARMING UP	MAKING STRIDES	overall score <b>39</b> / 200
ACTIVE NEIGHBORHOOD	S AND SCHOOLS		\$		1.9
Shared Use of School Facilities		Adopted state policy supporting shared use of school facilities			6 /10
			7900 000	ed use of school facilities	0/5
School Siting and Design		Requires large school sites (minimum acreage guideline)			0 / 0
		Supports walking, bicy	cling and physical activi	ty in school design guidelines	<b>15</b> /15
Physical Education		Adopted PE minutes and graduation requirements			0 /15
State Physical Activity Staff		Dedicates state staff to physical activity			3 / 5
					24 /50

	Arizona 2020			L A C I N G U P	Name Name Name Name Name Name Name Name
			WARMING UP		overall score 39 / 200
ACTIVE NEIGHBORHOOD	Scoring Key	r, LACING UP		MAKING STRIDES	BUILDING SPEED 100%
Shared Use of School Facilities		Adopted state policy su	6 /10		
		Provides funding/incem	tives in support of share	d use of school facilities	0 / 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

	Arizona 2020			LACIN U	
	Scoring Ke	√* LACING UP	WARMING UP	MAKING STRIDES	overall score 39 / 200
ACTIVE NEIGHBORHOOD		-	ŝ,		100
School Siting and Design		Requires large school s Supports walking, bicy	0 / 0 nes 15 /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.



- 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





- Staff focused exclusively on physical activity at the state level
- Dedicated staff means there is more staff time spent on physical activity and that the staff has expertise in the area



## REFLECTIONS

### Shared use

- The number of states with shared use policies hasn't changed since 2018
- Number of states with incentives consistent

### School siting

- 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

## REFLECTIONS School Siting





yes (has no pattern)

no

## REFLECTIONS

- Physical Education requirements

   No change since 2018
- State physical activity staff increased





# **Overall Reflections & Actions**

# **OVERALL REFLECTIONS**

- Most states still in the middle categories
- Slight downward shift in overall scores with 13 states falling into the lowest category and only two states in the highest category
- In every region of the country, there was at least one state with a fairly high score
- Every state has at least one area where it has taken considerable steps, but every state has the opportunity to do more

# HOW TO USE YOUR REPORT CARD

- 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!



Making Strides: 2020 State Report Cards How to Use Your State's Report Card on Walking, Biking, and Physical Activity



Making Strides: State Report

Cards on Walking, Bicycling,

The new 2020 full report, Making

Walking, Bicycling, and Active Kids

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 car

country as a whole.

reflections on the state of physical

activity in different regions and our

and Communities, provides a detailed explanation of how the states were

Strides: State Report Cards on

and Active Kids and

Communities

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. 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

- Studies have shown that physical activity is important for everyone.<sup>3</sup> Physical activity has a variety of benefits, including reducing risk of stroke, high blood pressure, diabetes, some cancers, premature death, and depression.<sup>2</sup>
- More walking, bicycling, and physical activity can also provide an increased sense of community and less social isolation, higher cognitive functioning, less air pollution and fewer climate changing emissions.<sup>3</sup>
- Physical inactivity and obesity do not affect all communities equally. These conditions, which can affect quality of life and lead to premature mortality, are disproportionately prevalent in low-income communities and communities of colors.<sup>4</sup> Black and Latinx youth have higher rates of obesity than white and Asian American youth.<sup>5</sup>

#### Americans Aren't Getting Enough Physical Activity

- Only 54 percent of American adults are meeting the aerobic component of the physical activity guidelines and a scant 24 percent are meeting the recommended levels of overall physical activity<sup>6</sup>
- Less than one-quarter (24 percent) of children 6 to 17 years of age participate in 60
  minutes of physical activity every day.<sup>7</sup> Physical activity rates were higher for boys than
  girls, and higher for white students than for African American students.<sup>8</sup>

# Q & A







MICHELLE

MARGO

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### **Webinars**

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### 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!

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