

<b>Title of Intervention</b>	<b>US Walk to School</b>	
<b>Website</b>	<a href="http://www.walktoschool.org/">http://www.walktoschool.org/</a>	
<b>Intervention Strategies</b>	Campaigns and Promotions; Environmental and Policies	
<b>Purpose</b>	To promote walking and bicycling to school: increasing children's physical activity. To create communities as safe places to walk.	
<b>Populations</b>	Schools in the United States - School age children	
<b>Settings</b>	School-based, community	
<b>Partners</b>	National Center for Safe Routes to School, U.S. Department of Transportation, and Centers for Disease Control and Prevention (CDC)	
<b>Intervention Description</b>	An international/national walking program centered on International Walk to School day in October. Encourages walking/bicycling programs and environmental/policy development to support safe environments and promote walking/bicycling to school.	
<b>Theory</b>	Socialecologic model	
<b>Resources required</b>	<b>Staff/Volunteers:</b>	Walk-to-School Coordinator. Total staff/volunteers varies depending on project size.
	<b>Training:</b>	None
	<b>Technology:</b>	None
	<b>Space:</b>	None to varies.
	<b>Budget:</b>	\$0-\$500
	<b>Intervention</b>	Varies, usually some promotional materials.
	<b>Evaluation</b>	Mailed surveys
<b>Evaluation</b>	<b>Design:</b>	Cross-Sectional
	<b>Methods and Measures:</b>	Cross-sectional study of school participating in the 2002 Walk to School Day. A survey was conducted measuring level of involvement, demographics, community support, funding, environmental/policy changes.
<b>Outcomes</b>	<b>Short term impact:</b>	The higher number of community groups involved in Walk to School events/campaign the higher the level of implementation in the school/community.
	<b>Long term impact:</b>	The longer a school was involved in the Walk to School events the greater likelihood that they implemented environmental/policy changes to support safe walking to school and perceived increase in children walking to school.
<b>Maintenance</b>	A minimum of participation in the annual Walk to school day in October.	
<b>Lessons Learned</b>	"Community involvement is an important factor associated with making environmental or policy related changes to support" walking/bicycling to school.	
<b>Citation(s)</b>	Ward, Dianne S., Linnan, Laura, Vaughn, Amber, Neelon, Brian, Martin, Sarah L., and Fulton, Janet E. (2007) Characteristics associated with US Walk to School programs. International Journal of Behavioral Nutrition and Physical Activity. 4: 67	

**Current Program  
Status**

This program can be implemented at various levels with a varying of levels of community support. It can be a kick-off campaign for larger projects or a program in it-self. It is also closely associated with the Safe Routes to School program. The Walk to School program materials can be found at <http://www.walktoschool.org> or CDC's Kids Walk to School page at: <http://www.cdc.gov/nccdphp/dnpa/kidswalk/>