



# Appendix K

## Keeping Communities Active

Safe Routes to School programs are great ways to build community support for active living. Active living communities are places where it is easy for residents to integrate physical activity into their daily routines, such as walking to school, biking to work, or rollerblading to the store.

### Community Benefits of Active Living

Communities designed to support physically active lifestyles often achieve the following benefits:

- Stronger local economies
- Improved air and water quality
- Greater social equity
- Increased safety and security
- Enhanced community connections

### Active Living Principles

To optimize the benefits of active living, there are three main principles that are essential for a comprehensive approach to create and maintain an active community:

- *Current Environment:* the design and maintenance of the built environment and transportation networks.
- *Policies & Planning:* planning documents, municipal codes, and development review process.
- *Programs & Promotion:* education and outreach in schools, neighborhoods, and worksites.

### Promoting Active Communities (PAC) Program

The PAC Program is like no other in the country. This unique program consists of:

- A FREE online assessment tool that a team of community members use to evaluate their community's environments, policies, and programs related to promoting and supporting physical activity, and
- An award system to recognize innovative Michigan communities that are taking steps to make it easier for residents to lead a physically active lifestyle. There are five levels of recognition.

Each PAC assessment section is scored and a personalized community report is created that can be used for planning purposes.

### Program Benefits

There are many benefits communities receive from participating in the PAC Program:

- *Recognition:* The PAC award brings recognition to the community for achievements in removing barriers to make it easier for people to be active.
- *Planning:* Personalized community reports enhance the community planning process by describing strengths and potential for improvements.
- *Partnerships:* Local leaders develop new partnerships as a result of working together to complete the assessment.
- *Awareness:* Media announcements increase awareness among residents about the community's vision and assets related to active living.
- *Marketing:* Communities use their award as another mechanism for promoting their hometowns.
- *Funding:* Positions communities to be competitive for funding opportunities

### Get Involved

Every Michigan city, township, charter township, or village interested in creating an active living community is encouraged to complete the Promoting Active Communities online assessment. To get your community involved with the PAC Program, simply follow these steps:

- Talk with your local government leaders to discuss strategies to initiate participation in the PAC Program
- Form an appropriate team of community members (engage your local SR2S team to help)
- Visit the Promoting Active Communities website to preview the online assessment and register your community at [www.mihealthtools.org/communities](http://www.mihealthtools.org/communities).

For more information on the PAC program, contact the Michigan Fitness Foundation at (800) 434-8642, or visit the Michigan Fitness Foundation website at [www.michiganfitness.org](http://www.michiganfitness.org).

# Appendix L

## Legislation and Policy

This appendix provides the text of Michigan and Federal legislation that impact the safety of school children who walk and bike to school, specifically the Jasmine Miles School Children Safety Act (an amendment to the Michigan Vehicle Code) and the Federal Safe Routes to School program.

### MICHIGAN

#### Jasmine Miles School Children Safety Act

The Michigan Vehicle Code, written in 1949, is a set of laws that impact many SR2S issues, including school crossings, crossing guards, school zones, and school bus loading and unloading. Please consult Section 257 of the Code for complete information and related definitions.

In 2004, the Jasmine Miles School Children Safety Act, introduced after middle school student Jasmine Miles was struck and killed as she walked home from school, was signed into law. The Act amended the Michigan Vehicle Code as follows:

Section .613a. (1) Except as provided in subsections (2) and (3), the state transportation department, a county road commission, or a local authority shall establish school crossings considered necessary for the safety of schoolchildren on streets and highways under its jurisdiction. The establishment of a school crossing shall be based upon a traffic and engineering study conducted by the authority having jurisdiction, in consultation with the superintendent of the school district.

(2) If considered necessary under subsection (1) or pursuant to a traffic and engineering study conducted under subsection (4), a school crossing shall be established within a safe distance from a school located on a street or highway on which the speed limit is 25 miles or more per hour.

(3) Upon request of the superintendent of the school district, the following individuals shall meet at not less than 5-year intervals to consider whether a traffic and engineering study should be conducted to determine whether a school crossing is required under subsection (2):

(a) The superintendent of the school district in which the school is located or his or her designee.

(b) The head of the local authority having jurisdiction to maintain the road or his or her designee or, if there is no local authority, an individual designated by the director of the state transportation department.

(c) The chief of police of the local unit of government in which the road is located or his or her designee or, if the local unit of government does not have a police department, the county sheriff or his or her designee.

(4) If the individuals described in subsection (3) determine by unanimous vote that a traffic and engineering study should be conducted, the individuals shall notify the authority having jurisdiction to maintain the road in writing of that determination. If the authority is notified under this subsection that a traffic and engineering study should be conducted, the authority shall conduct the study.

(5) Having established a school crossing, the state transportation department, county road commission, or local authority shall erect school crossing signs, in conformance with the manual of uniform traffic control devices provided for in section 608, on streets or highways under its jurisdiction.

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# Appendix L

## Legislation and Policy, cont.

### FEDERAL LEGISLATION

On July 6, 2012, President Barack Obama signed into law the federal transportation bill known as the *Moving Ahead for Progress in the 21st Century Act* (MAP-21). This legislation authorized federal transportation programs and funding levels for fiscal years 2013 through 2014. MAP-21 differs from the previous Act (SAFETEA-LU) in that SR2S and a few other programs are combined under what's known as the Transportation Alternatives Program (TAP).

As a result of this legislation, states can now choose whether to fund the SR2S program to help with infrastructure improvements (e.g. new sidewalks and traffic calming projects) and noninfrastructure activities to encourage and enable students to walk and bicycle to school. Michigan has made the clear choice to continue to support the SR2S program proportional to the other programs within TAP. Visit [www.saferoutesmichigan.org](http://www.saferoutesmichigan.org) for regular policy updates.

TAP is a set-aside from each state's NHPP, STP, HSIP, CMAQ, and Metropolitan Planning apportionments amounting to roughly 2% of total highway funding. The amount available to each state is equal to the amount the state was required to set aside for Transportation Enhancements in FY2009. MAP-21 reduced the total amount set aside for these programs, from \$1.2 billion in FY2011 to \$809 million in FY2013 and \$820 million in FY2014.

Rather than re-write the SRTS enabling legislation, the text of MAP-21 references Section 1404 of the 2005 Federal Transportation Act entitled "Safe, Accountable, Flexible, Efficient Transportation Equity Act: A Legacy for Users" or SAFETEA-LU.



# Appendix M

## Michigan Fitness Foundation

**The Governor's Council on Physical Fitness, Health and Sports** was established in 1992 to improve the health of, and increase physical activity among, Michigan residents. **The Michigan Fitness Foundation** was created in 1994 as a 501(c)(3) nonprofit public charity foundation to carry out Governor's Council policies and programs and provide a broader funding base to pursue its mission of Getting Michigan Moving.



### MISSION

The Michigan Fitness Foundation/Governor's Council on Physical Fitness, Health and Sports are working to improve the health of Michigan citizens by promoting the health benefits of physical activity and creating behavior-changing programs that equip Michigan citizens to lead healthy lifestyles. The Council and Foundation are focused on preventing chronic disease and reversing the trend toward sedentary living.

The Foundation focuses on active communities, health programs, educational programs, and marketing and outreach. Programs are designed to foster and facilitate healthy choices.

Safe Routes to School, Promoting Active Communities, and the Michigan Trails and Greenways Alliance work to create and support environments where it is easy to be physically active.

The Michigan Nutrition Network helps partners provide nutrition education to SNAP-eligible families.

The Exemplary Physical Education Curriculum (EPEC) is a standards-based, nationally recognized physical education curriculum already used in approximately 70 percent of Michigan schools. EPEC equips students with the knowledge, skills, competence, and confidence to be active for life.

In addition, events such as Walk to School Day, ACES (All Children Exercise Simultaneously) and the Governor's Fitness Awards are also carried out by the Michigan Fitness Foundation.

### SAFE ROUTES TO SCHOOL

Safe Routes to School became a project of the Michigan Fitness Foundation in 2003 as a result of a Transportation Enhancement grant awarded by the Michigan Department of Transportation to the Council and funding support provided by Michigan State University Extension, Michigan Nutrition Network and the Michigan Department of Community Health. The 2-year pilot project had as its objectives 1) the creation of a state SR2S coalition; 2) recruitment and technical support of 11 pilot schools, including development of materials, procedures and a website; 3) development and implementation of a social marketing campaign, 4) collection of pre- and post-intervention attitude, belief and behavior data at pilot schools, and 5) production of a Michigan Safe Routes to School Handbook.

The Safe Routes to School state coalition has been the cornerstone of SR2S success in Michigan. The coalition, which has remained active, meets quarterly with 25 organizations in regular attendance. A core team of coalition members provided the guidance, wisdom and resources that have culminated in the SR2S Handbook.

When the Safe Routes to School program was expanded statewide in 2005, the Michigan Fitness Foundation continued in its role of providing training, outreach and technical support for schools registered for the program.

### CONTACT INFORMATION

Mailing Address:  
Michigan Fitness Foundation  
P.O. Box 27187  
Lansing, Michigan 48909

Phone: (517) 347-7891  
Toll-Free: 1-800-434-8642  
Fax: (517) 347-8145  
Website: [www.michiganfitness.org](http://www.michiganfitness.org)

# Appendix N

## Nutrition for Good Health and SR2S

### INTRODUCTION

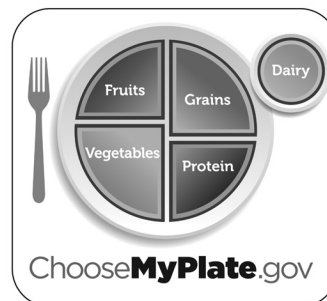
Safe Routes to School and the opportunity to walk and bike to and from school is a great way for kids to be physically active outside of school time. It's easy to add a nutrition component to your SR2S initiative.

Obesity and overweight in children is at epidemic levels in the United States. The increased rates of obesity have alarming implications, including increased frequency of serious health conditions such as high blood pressure, high cholesterol and Type 2 diabetes. To help improve the health of kids, it is essential that healthy food choices as well as opportunities for physical activity be available to all children at home and school every day.

The following resources provide additional ideas and information to help kids and families improve their overall health through nutrition and physical activity.

### RESOURCES

MyPlate, a food icon to remind Americans to eat healthy, was created by the United States Department of Agriculture. MyPlate was developed by using the science-based nutrition guidelines by the Dietary Guidelines for Americans, 2010. The information from the Dietary Guidelines for Americans can be used for all people over the age of two years old to help reduce risk of chronic diseases such as diabetes, heart disease, some cancers, and obesity.



Visit [www.choosemyplate.gov](http://www.choosemyplate.gov) to find printable materials as well as interactive games and tools for your students and families. Check out the 10 Tips Nutrition Education Series to promote healthy lifestyle choices like “Add More Vegetables to your Day”, “Kid Friendly Veggies and Fruits” or “Being a Healthy Role Model for your Children”. The Food Tracker tool can be used to track a person’s daily intake. This personalized tool will help families determine where they can make good changes to include more nutritious foods into their day.

The MyPlate symbol, url and slogan are property of the U.S. Department of Agriculture. The USDA does not endorse any products, services, or organizations.

Encourage kids and families to build a healthy plate by:

- **Filling Half their Plate with Fruits and Vegetables** – MyPlate shows families how to include additional fruits and vegetables in their meals and snacks by filling up half of their plate with fruits and vegetables. Add colorful fruits and vegetables to get a variety of foods and nutrients every day.
- **Make at Least Half your Grains Whole** – Including whole grains like oatmeal, whole-wheat flour, and brown rice will add more fiber to a person’s diet. Foods high in fiber are beneficial to reduce the risk of heart disease, obesity and Type 2 Diabetes. Foods high in fiber can help keep you feeling full longer as well to avoid being hungry so soon after eating. Look on the package ingredient list to read, “whole-grain” or “whole-wheat”.
- **Switch to Skim or 1% Milk** – Low-fat and fat-free milk have the same nutrients such as calcium as higher fat milks do but with less fat and calories. Using low-fat or fat-free milks in soups, sauces and other recipes is a great way to make the meal lower in calories as well.
- **Vary your Protein Choices** – Alternating protein choices to include beans and fish is good for providing important nutrients like healthy fats, fiber and less total fat. Preparing meals using lean cuts of meat like chicken breasts, ground meats like turkey, ground round or ground sirloin to keep fat calories lower.

For recipe ideas, visit: <http://www.choosemyplate.gov/downloads/MyPlate/Recipes.pdf>

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# Appendix N

## Nutrition for Good Health and SR2S, cont.

### NUTRITION TIPS

#### Breakfast

Breakfast is the most important meal of the day! But, you don't have to eat immediately after waking. Adults and kids can Grab-n-Go with a healthy breakfast when walking or biking to school, in the car, on the bus, in the hallway at school, at a desk, or at the School Breakfast Program. Here are some tasty ways to have your morning meal on the run and get the nutritional benefits that will keep you going until your next meal:

- A bagel with a slice of low-fat cheese, and 100% juice
- A banana, a mini-muffin, and chocolate milk
- A tortilla wrap with slices of low-fat ham and cheese
- An English muffin with peanut butter, and milk
- A portable tube of yogurt, a low-fat granola bar, and 100% juice
- An apple, and a whole-wheat roll with hard-boiled egg slices
- A peanut butter and jelly sandwich, and milk
- A yogurt smoothie made with fresh or frozen fruit and milk
- A piece of leftover pizza, and orange juice
- A bag of trail mix, and milk

#### Snacks

Having a healthy snack while walking home from school is a great idea! These energy boosters will prevent between meal hunger and add extra nutrients that kids need. Remember, snacks are not meals. They are simple and small and intended to hold you over until the next main meal. Here are some great Grab-n-Go snacks that don't need refrigeration:

- Applesauce in a single-serve container
- Animal crackers or graham crackers
- Whole or dried fruit
- Trail mix
- Pretzels or rice cakes
- Whole grain crackers
- Fig bars

#### Hydration

Staying hydrated is important especially when becoming more physically active like by adding a Safe Routes to School program. Each of us needs about eight cups of water (1 cup = 8 ounces) each day to keep our bodies functioning properly. Create fun flavored water by adding lemon, lime or watermelon to encourage kids and adults to drink low-calorie drinks. Other healthy beverage choices include skim or 1% milk, 100% juice or vegetable juice. Most sweetened drinks like soda pop, fruit punches, sport drinks, sweet tea, and flavored fruit drinks or juice drinks have no nutritional value and lots of added sugars and calories. Make water a choice more often to help balance calories and activity and keep hydrated recover after being physically active.





# Appendix N

## Nutrition for Good Health and SR2S, cont.

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### HEALTHY WEB SITES

For more ideas and information to help kids and families in your school improve their overall health through nutrition and physical activity, visit:

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|---|--|
| MyPlate                                 | <a href="http://www.choosemyplate.gov">www.choosemyplate.gov</a>   |
| Dietary Guidelines for Americans, 2010  | <a href="http://www.health.gov/dietaryguidelines/">www.health.gov/dietaryguidelines/</a>                                     |
| Eating Healthy on a Budget              | <a href="http://www.choosemyplate.gov/healthy-eating-on-budget.html">www.choosemyplate.gov/healthy-eating-on-budget.html</a> |
| Let's Move                              | <a href="http://www.letsmove.gov">www.letsmove.gov</a>   |
| Michigan Action for Healthy Kids        | <a href="http://www.actionforhealthykids.org">www.actionforhealthykids.org</a>   |
| Michigan Department of Community Health | <a href="http://www.mihealthtools.org">www.mihealthtools.org</a>   |
| Michigan Team Nutrition                 | <a href="http://www.michigan.gov/schoolnutrition">www.michigan.gov/schoolnutrition</a>                                       |
| Fruits and Veggies More Matters         | <a href="http://www.fruitsandveggiesmorematters.org">www.fruitsandveggiesmorematters.org</a>                                 |
| American School Nutrition Association   | <a href="http://www.schoolnutrition.org">www.schoolnutrition.org</a>   |

# Appendix O

## Other Resources

The National Center for Safe Routes to School and the Safe Routes to School National Partnership offer local SR2S teams an abundance of online resources, tips, ideas and strategies. For links to these websites and to additional SR2S-related resources available online, please visit Michigan's Safe Routes to School website at [www.saferoutesmichigan.org](http://www.saferoutesmichigan.org).

### National Center for Safe Routes to School

Established in May 2006, the National Center for Safe Routes to School assists communities in enabling and encouraging children to safely walk and bike to school. The Center strives to equip Safe Routes to School programs with the knowledge and technical information to implement safe and successful strategies.

The National Center for Safe Routes to School maintains a comprehensive website at [www.saferoutesinfo.org](http://www.saferoutesinfo.org). Among the online resources available to SR2S teams are:

- PEDSAFE—The Pedestrian Safety Guide and Countermeasure Selection System (PEDSAFE) provides a list of possible engineering, education, or enforcement treatments to improve pedestrian safety and/or mobility based on user input about a specific location. BIKESAFE—The Bicycle Countermeasure Selection System—is also available.
- Guides for engineering, encouragement, education, and enforcement
- An online library of Safe Routes to School-related materials and documents from across the United States
- A searchable list of answers to Safe Routes to School questions submitted by website visitors

# SafeRoutes

National Center for Safe Routes to School



### Safe Routes to School National Partnership

The Safe Routes to School National Partnership is a network of hundreds of organizations, government agencies, businesses and professional groups working to set goals, share best practices, secure funding, and advance the Safe Routes to School movement in the United States.

The Partnership publishes the Safe Routes to School E-News, a monthly e-mail newsletter that includes state and national Safe Routes to School news, events, and Partnership information. In addition, the Partnership hosts a Safe Routes to School listserve where members can share information.

Organizations can join the Safe Routes to School National Partnership for free. Individuals can also sign up to receive the free E-News and/or join the listserve. More information can be found on the National Partnership's website at [www.saferoutespartnership.org](http://www.saferoutespartnership.org).