

UTC Project Information	
Project Title	Economic and Health Metrics of Active School Travel: A Practical Tool for Transportation Planners and Educators
University	University of Washington
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Funding Source(s) and Amounts Provided (by each agency or organization)	University of Washington PacTrans \$40,000 Washington State Department of Transportation \$10,000 University of Washington \$30,000
Total Project Cost	\$ 80,000
Agency ID or Contract Number	69A3551747110
Start and End Dates	September 16, 2020-September 15, 2022
Brief Description of Research Project	<p>The project seeks to develop metrics to evaluate the economic and health impacts of Active School Travel (AST). We will create a <u>practical Excel-based tool</u> that calculates the long-term, tangible monetary and well-being aspects of AST. Because the metrics provide quantitative evidence of the benefits of AST, the tool produced in this project will empower SRTS and school administrators with information necessary for them to successfully compete for funding their programs. Specific goals are:</p> <ol style="list-style-type: none"> 1. To establish metrics that measure associations between AST and children physical activity and (1) longevity/mortality/morbidities expectations; (2) health care cost savings 2. To develop an interactive Excel-based tool that operationalizes the metrics and links school-level rates of AST to physical activity, longevity/mortality, health care costs. 3. To test the usability and functionality of the tool in evaluating the costs and benefits of changes in rates of AST based on different policy scenarios. Scenarios will range from changes in the built environment around schools to changing school attendance or governance policies. 4. To package the tool complete with a user guide for posting on the web. We tentatively call the tool <u>Children Walking To Health Tool (CW2H)</u>

<p>Describe Implementation of Research Outcomes (or why not implemented)</p> <p>Place Any Photos Here</p>	<p>We carried out a meta-analysis of 11 studies measuring moderate to vigorous physical activity (MVPA) related to school travel. We found that daily AST could contribute between 3 and 9 minutes of MVPA per child per day or 5 to 16 percent of a child’s daily MVPA as recommended by the Centers for Disease Control and Prevention.</p> <p>This work covered only the first part of the proposed study because the meta-analysis took more time than anticipated. However, the results were positive (that AST yields health benefits) and robust (they were documented and validated based on rigorous research), suggesting that the proposed tool could be developed to link the walkability score of individual schools to health benefits for the children.</p>
<p>Impacts/Benefits of Implementation (actual, or anticipated)</p>	<p>The health outcome metric derived from the meta-analysis can be added to the Washington School Walk Score (WS*2), the individual school-level walk score that has been validated with data from the state’s Youth Travel Surveys.</p> <p>This will produce a tool that treats the predictors of walking contained in the current WS*2 as inputs and health outcomes as outputs. A “Children Walking to Health Tool” will provide policy makers with evidence of the health outcomes of transportation investments. By also including an interactive function, the tool will allow policy makers and stakeholders to assess the health effects of such interventions as exposure to highly trafficked streets in the school neighborhood or the size of school enrollment by simply changing the values of predictors of AST,</p>
<p>Web Links</p> <ul style="list-style-type: none"> • Reports • Project Website 	