


-  Today, less than 15 percent of students walk or ride their bicycles to school, down from nearly half of all students in 1969. -National SR2S Task Force, '08
-  During the period between 1966 and 2001, the number of children who biked or walked to school fell 68%, while the percentage of obese children rose 367%.
-Bicycling and Walking in The United States, 2010
-  In states where bicycling and walking levels are higher, obesity, high blood pressure, and diabetes levels are lower. -Bicycling and Walking in The United States, 2010
-  Only 32% of California's 5th, 7th, and 9th graders met all the State's fitness standards in 2008. Marin County's students do better, with 45% of them meeting the standards. We have been improving since 2001 when the Safe Routes to School's started; at that time California's number was 23% and Marin's number was 35%.
<http://www.kidsdata.org:80/parentpoll>
-  Girls who walk or bike to school instead of getting a ride perform better in tests of verbal and math skills, according to a new study of teens living in Spanish cities.
-US Reuters Online Health News
-  Evidence of the impact of the environment on asthma incidence and morbidity - especially allergens and irritants such as outdoor pollutants - has been mounting. Childhood asthma prevalence more than doubled from 1980 to the mid-1990s and remains at historically high levels. (Center for Disease Control: The State of Childhood Asthma, United States, 1980-2005)
-  8.6% of Marin parents surveyed reported their child having an asthma attack or episode in 2006. That would be three students in an average classroom of twenty five students.
<http://www.kidsdata.org:80/parentpoll/>
-  Over the past three decades, childhood obesity rates in America have tripled - today, nearly one in three children in America are overweight or obese. One third of all children born in 2000 or later will suffer from diabetes at some point in their lives; many others will face chronic obesity-related health problems like heart disease, high blood pressure, cancer, and asthma.
-Michelle Obama: <http://www.letsmove.gov/learnthefacts.php>
-  The average American child spends more than 7.5 hours a day watching TV and movies, using cell phones and computers for entertainment, and playing video games, and only a third of high school students get the recommended levels of physical activity.
-Michelle Obama: <http://www.letsmove.gov/learnthefacts.php>

TIPS:

Most Marin County students live less than two miles to school. It takes just about 20 minutes to bike two miles, and about 45 minutes for teens to walk two miles. If you live too far from school to walk or bike the entire way, consider walking part way. If you plan to carpool with a friend, consider walking or biking to their house or to a convenient location for pick-up.

Too much to carry? Ask your teacher for an extra copy of the text book to keep at home. Have a large instrument to bring to school? Many people have invented creative solutions to strap their stuff to their bikes using bungee cords. Google images of cyclists carrying stuff, and see what unique ways others have solved this common issue.