

Safe Routes to School NC is Getting Kids Moving

Safe Routes to School North Carolina encourages and enables walking and biking to and from school, providing the benefits of physical activity from these activities to children throughout NC.

By walking or biking to school, children can **meet 25% of their recommended daily physical activity.** Students who get more physical activity perform better in school.



25%

6-8x

Students at NC schools that take part in Walk to School Day are **six to eight times** more likely to walk to school.

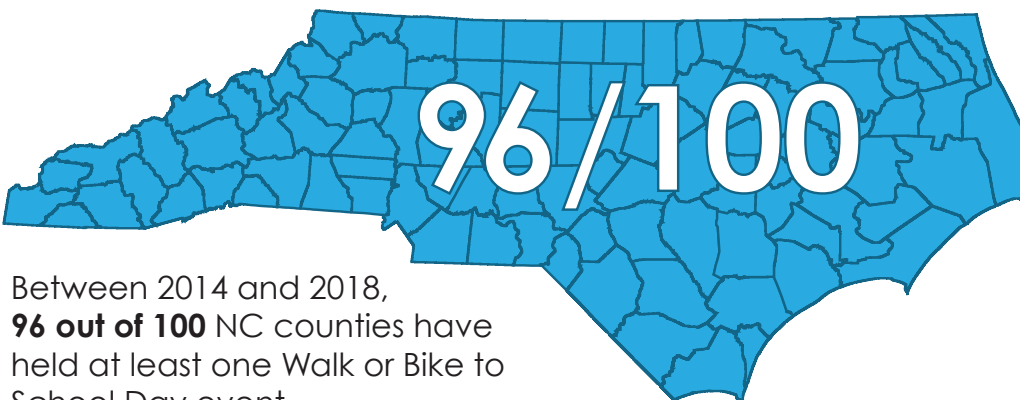


Students at NC schools with **pedestrian and bicycle safety training** are four times more likely to walk to school.



Students at NC schools that participate in Walk to School Day and have an **in-school champion** are nine times more likely to walk to school.

9x



Between 2014 and 2018, **96 out of 100** NC counties have held at least one Walk or Bike to School Day event.



safe routes to school
north carolina