

News Release – For immediate release 05/06/2024 Contact: Shannon Fox TCHD Public Health Educator <u>sfox@tchdnow.org</u> 330-343-5555 x1970

## Strasburg Elementary School Students Take to the Sidewalks

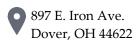
STRASBURG – The Tuscarawas County Health Department (TCHD) is partnering with Strasburg Elementary School to host a Walk or Bike to School Day on Monday, May 13. The event will promote pedestrian safety by teaching students how to safely walk or bike to school. TCHD and Strasburg Elementary School staff will be joined by parent volunteers and law enforcement to ensure that safe travel is possible for all students.

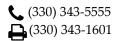
In February 2019, Strasburg-Franklin Local School District created a Safe Routes to School Plan, which included survey responses from parents and guardians about their views on students walking and biking to school. Survey data showed that of the 243 students enrolled at the time, only about 25% walked to school in the morning, 44% walked home in the afternoon, and 0% biked to or from school. If more students choose to walk, bike, or otherwise roll to school, they will increase their physical activity and help form healthy habits. Shannon Fox, TCHD public health educator explained, "By actively traveling to school, students can decrease their risk of chronic disease and obesity. Additional physical activity every day can increase play, decrease screentime, and improve sleep. Beyond the physical health impacts, spending regular time outdoors may also lead to positive emotions and improved mental health."

In the same survey, families mentioned that the amount of traffic along routes, speed of vehicles, and distracted driving were among their top reasons for not allowing their students to walk or bike to school. One of the main goals of Walk or Bike to School Day is to involve the community in students' safety. TCHD and Strasburg Elementary encourage the community to be safe when driving every day, and hope that commuters will slow down, look twice, and put away their phones on May 13.

Detailed event and school route information was provided to parents of Strasburg Elementary School students in early May. For more information about how you can help keep students safe, contact Shannon Fox at 330-343-5555, x1970 or <u>sfox@tchdnow.org</u>. This work is funded either in whole or in part by a grant awarded by the Ohio Department of Health as a sub-award of a grant issued by the Preventive Health and Health Services Block Grant under the Injury Prevention Program by the Centers for Disease Control and Prevention, grant award number 1 NB01TO000057-01-00.

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