

## HEALTH FACTS

### The Bad News

- Walking-to-school rates have dropped in this country:
  - 1969: 48% of children walked to school
  - 2009: only 13% of children walk to school
- Children aren't exercising enough. 78% of children aren't getting the 60 minutes a day of regular exercise that doctors recommend.
- Children are increasingly overweight. One quarter of San Francisco children are overweight, more than a 10% increase between 2001 and 2004.
- This is the 1<sup>st</sup> generation in history who may not live as long as their parents.

### The Good News

- San Francisco has been ranked one of the most walkable cities in the U.S., with transit-rich neighborhoods and homes, schools, shops, and parks all in close proximity to each other.
- Walking is a good way to help prevent obesity, heart disease, and some forms of cancer.
- Many parents already know the value of walking to school. If they must drive their children to school, many park a few blocks from school and walk, contributing to fewer cars around the school and gaining quality/walk time with their children.