



Knox County Health Department

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KCHD's Service Spotlight: Safe Routes to School *This week's spotlight highlights KCHD's Healthy Living Program*

Knoxville, Tenn.— School is back in session and that means more traffic.

To help educate children on the topic of pedestrian safety, the Knox County Health Department has developed videos with the Knoxville Police Department, available [here](#). Topics include: Wearing reflective gear, walking on sidewalks and reducing distractions.

The department also is reminding folks to check out [Safe Routes to School](#).

In addition, KCHD assists schools interested in starting Walking School Bus programs, which involves group(s) of children walking to and/or from school with one or more adults.

More than 50 million children traveled to school in 2017, according to the most recent [National Household Travel Survey](#). Some 54 percent were in a private vehicle, 33 percent in a bus and 10.4 percent walked.

“Not only is Safe Routes to School in Knox County making a difference by helping to keep kids safe, but it also encourages physical activity,” said Amber Ford, Public Health Educator. “Walking half a mile to and from school provides more than one-third of the recommended 60 minutes of daily physical activity. In the classroom, students who are active are shown to perform better academically and to have an easier time focusing on instruction.”

To find out what we can do together in your neighborhood, contact Amber Ford at the Knox County Health Department at 865-215-5819 or amber.ford@knoxcounty.org. The Knox County Safe Routes to School Partnership can send a representative to a meeting at your school to talk about the program and answer questions.

About Knox County Health Department

The first health department in Tennessee to achieve national voluntary accreditation by the Public Health Accreditation Board, the Knox County Health Department (KCHD) is dedicated to ensuring the conditions in which every resident can be healthy. As a chief health strategist for the community and with more than 240 team members, KCHD's broad scope of work includes convening partners to improve community health, identifying community health threats, investigating disease outbreaks, conducting extensive outreach and education, preparing for public health emergencies, providing and connecting the public with medical care, enforcing food safety and air quality laws, and more. For more information, visit www.knoxcounty.org/health.

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