

WALKABLE SCHOOLS FOR SUSTAINABLE COMMUNITIES

Dalewood ARC

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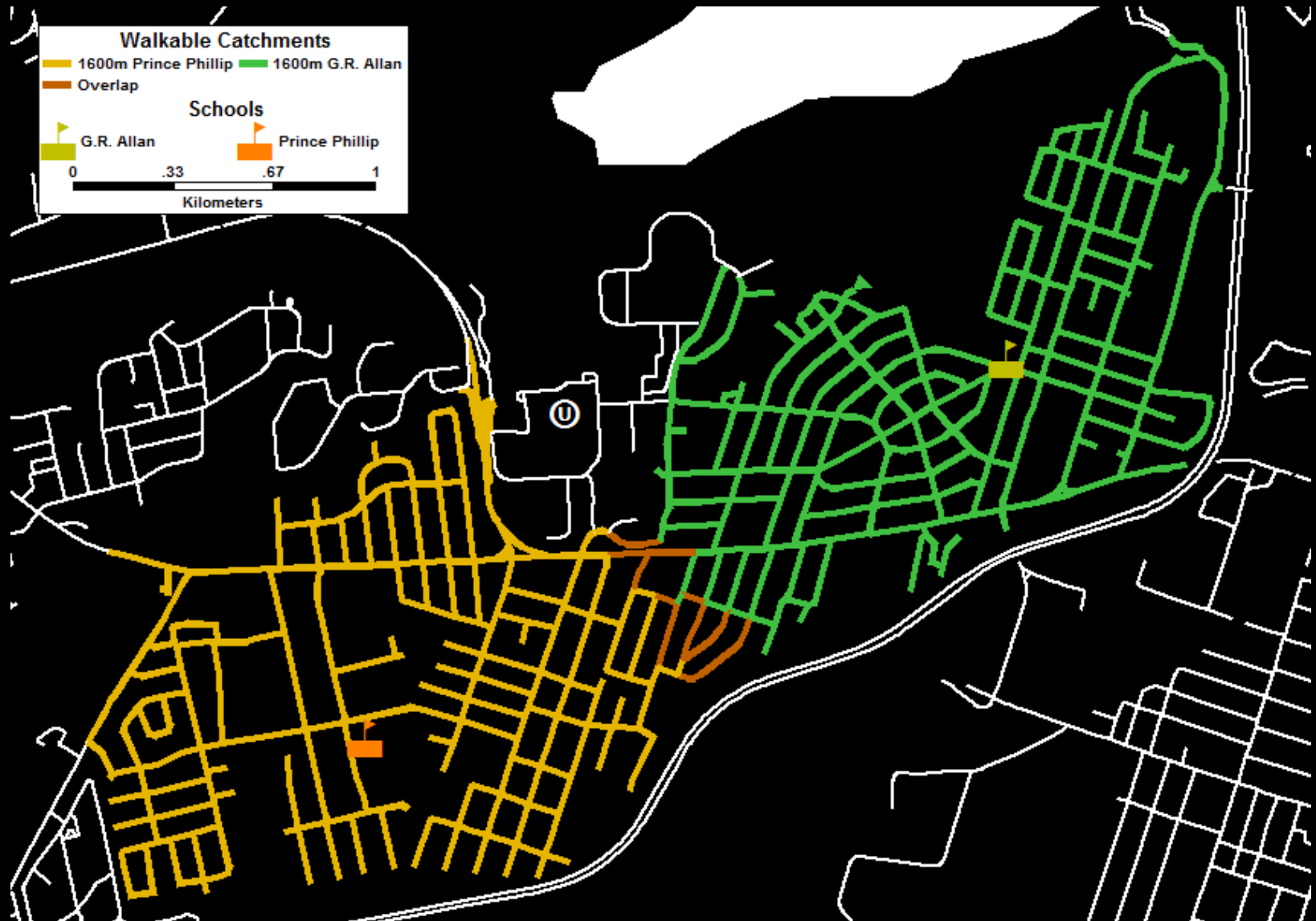
Dalewood ARC

- The importance of walkability
 - Physical activity
 - Healthy kids, better academic performance
 - Walkable schools are community generators
 - Fiscal sustainability

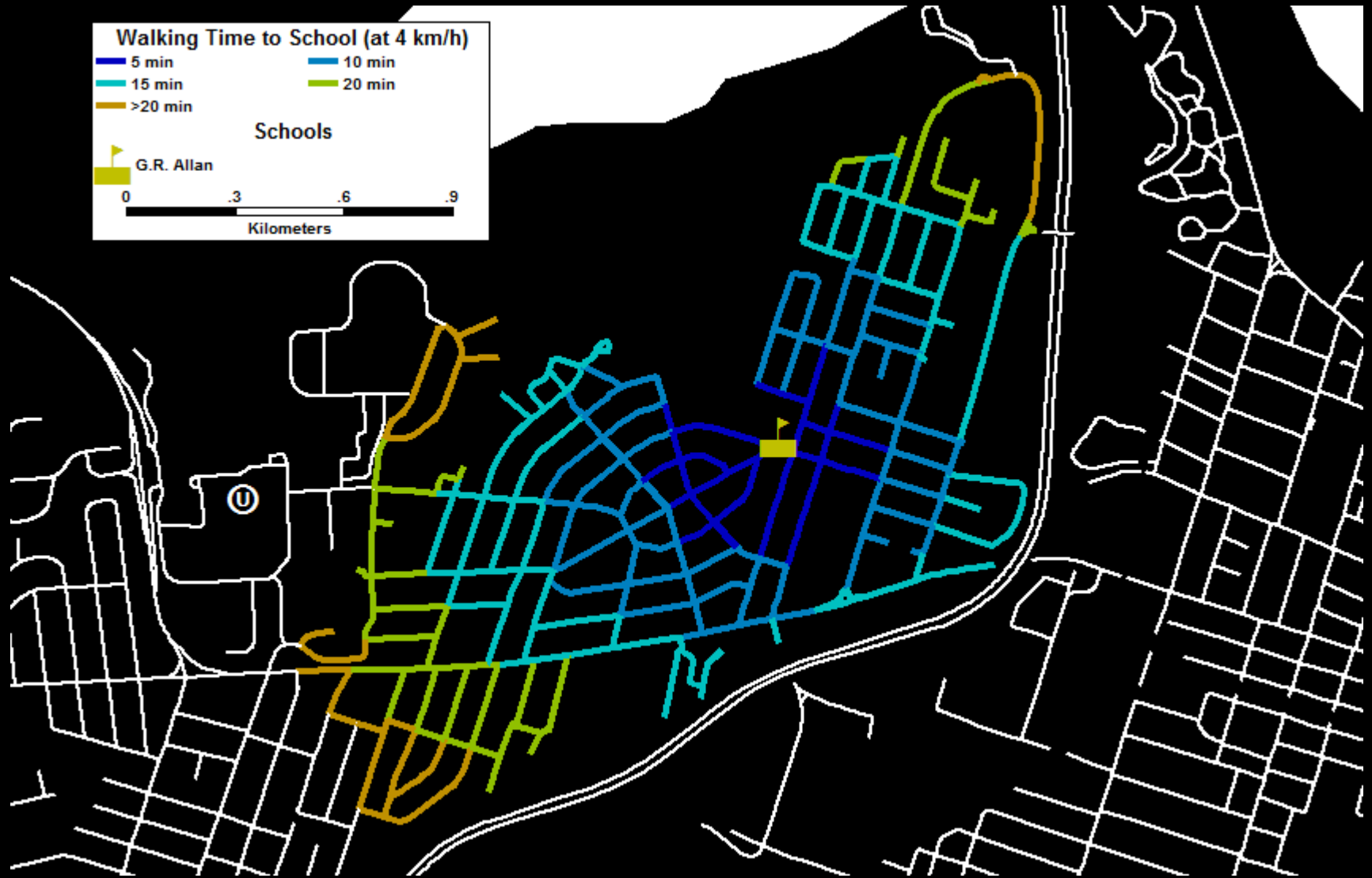
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- George R. Allan, Prince Philip, Dalewood

Walkable catchments



Potential contribution to PA



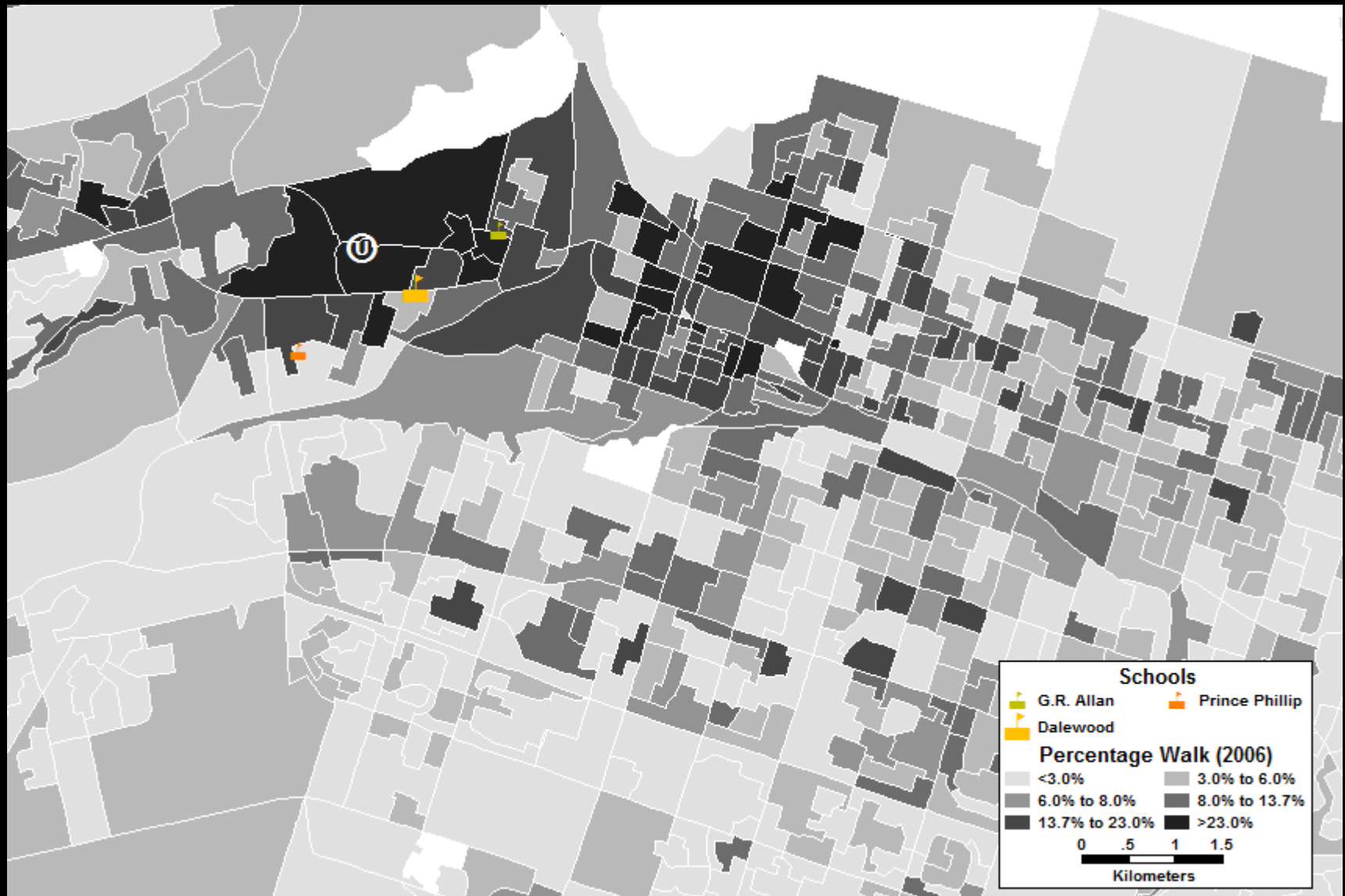
Potential contribution to PA

- Canadian Physical Activity Guidelines (5-11 years) : At least 60 min of moderate-to vigorous-intensity PA per day
- Between 10-40 min daily PA just walking to school (PA by stealth)

Potential contribution to PA

- Westdale and Ainsle Woods are already walking communities

Potential contribution to PA



Potential contribution to PA



Potential contribution to PA

- Busing rates in these schools are relatively low, and cater mainly special programming students

PA and academic performance

- Healthy kids, better scholars
 - “Be smart, exercise your heart”: positive effects of exercise on brain and cognition (Hillman et al., 2009)
 - Exercise and academic achievement: “a simple, yet important, method of enhancing [...] children’s mental functioning (Tomporowski et al., 2008)

PA and academic performance

- Promoting fitness in and out of school
 - Physical fitness and academic achievement: “promoting fitness by increasing opportunities for physical activity during PE, recess, and out of school time may support academic achievement” (Chomitz et al., 2008)

Long term effects

- Normalization of PA and walking as a behavior
 - “[m]aintaining physical fitness and physical activity through puberty will have favorable health benefits in later years” (Janz et al., 2000)
 - Mode choices during childhood influence choices in adulthood: “future escalation of the negative consequences of car usage” (Johanson, 2005)

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Community building

- A point of confluence, contact, exchange
 - "She expressed feelings of sadness when she explained that she used to look forward to seeing the crossing-guard each day, as it was just yet another friendly face in the daily atmosphere of the community " Tyler et al. (2010), in reference to a member of the Sanford Elementary School (currently a Holding School)

Fiscal sustainability

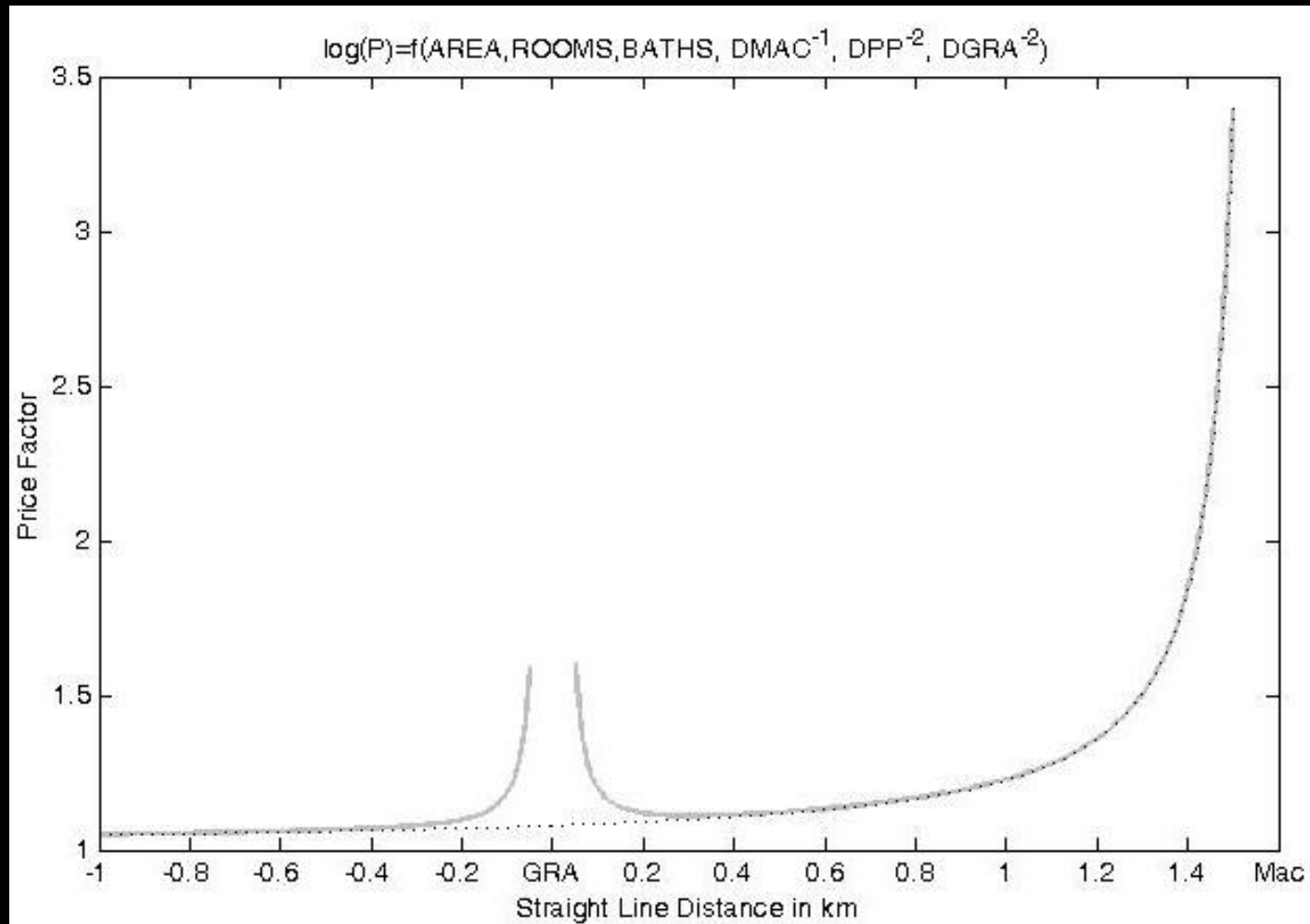
- 13.9 million: HWSBD transportation spending in the 2008/2009 school year

Fiscal sustainability



Fiscal sustainability

- Schools and property values



Concluding remarks

- Walkable schools hold great potential for creating socially, environmentally, fiscally sustainable communities
- In the case of Dalewood ARC, this potential is best held by:
 - Three schools in their current locations (fiscally realistic?)
 - Two schools: G.R.A. & P.P.
- The least sustainable alternative:
 - Closure of G.R.A. or close P.P.