

# Hamtramck's First Walk to School Day

## Public Health Challenges

- Nationally, children and youth do NOT meet the minimum requirement for physical activity
- MI ranks 5 out of 51 in childhood obesity
  - Asians have a lower obesity rate; however, they are at high risk of developing high blood pressure and diabetes at lower body mass index (BMI)
  - Increasing evidence suggests Asians have higher percent body fat despite lower BMI
- Physical inactivity among South Asian children is HIGH
  - The 2020 Report Card on Support for Walking, Bicycling, and Active Kids and Communities showed that MI is Making Strides (overall score of 120/200)
  - A survey of parents in Hamtramck showed that 45-48% of parents walked or biked to and from school with their children



Downtown Hamtramck

## Parental Concerns About Walking to School in Hamtramck\*



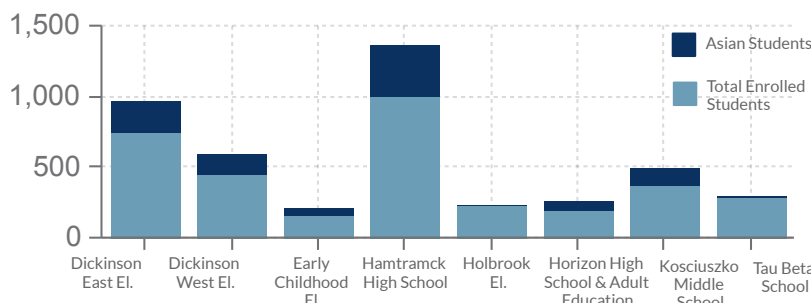
\*Based on CHDIS Survey Data

## At a Glance

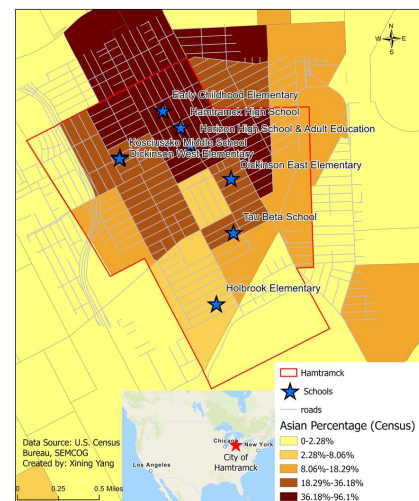
- Eastern Michigan University (EMU) Racial and Ethnic Approaches to Community Health (REACH) team launched Safe Routes to School (SRTS) to increase walking and bicycling to and from school
- Local partners include the City of Hamtramck, Hamtramck Public School District, and Parent support groups
- Dickinson West (D-West) Elementary was the first school to do a Walk to School Day (W2SD) on March 4, 2020

## Setting

- Hamtramck is called Banglatown because of its high concentration of Bangladeshi residents
- The City of Hamtramck has 8 public schools
- 6 out of the 8 public schools in Hamtramck had a student population that was 30-40% Asian



## Schools in Hamtramck and Asian Population



# Approaches

# Results

11/04/19

EMU REACH team met with Hamtramck Public Schools to present SRTS programs

01/09/20

Three schools agreed to host W2SD in Hamtramck (Administration Meeting)

02/19/20

Planned walking routes with parents and discussed walking safety issues (Parent Volunteer Meeting)

- Partnered with Hamtramck Public Schools and MI Fitness Foundation to Launch First W2SD on March 4, 2020 at D-West
- 62 students, teachers, staff, firefighters, and police officers walked on two routes to D-West.



## Next Steps:

- Host W2SD with two additional elementary schools
- Create parent coalitions to assist in completing walking audits of common routes, serve as crossing guards and walking chaperones
- Support sustainable schools-wide walking programs

## Testimonial

"As a teacher, I was able to see the paths my students take to school, and understand better where they are physically coming from."

"Participating in the Walking to School Day provided me the opportunity to see students in their neighborhoods which I don't have the chance to do."

Tiffany Stano, D-West teacher

Jill Baker, D-West librarian

### FOR MORE INFO ABOUT:

EMU CDC REACH PHYSICAL ACTIVITY AND W2SD, contact, Jessica Donnelly at: [Jmoon@emich.edu](mailto:Jmoon@emich.edu) or (951)-743-2622



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