

**California Center for Physical Activity
California Department of Public Health
Request for Application (RFA)
Walk to School Day Pedometer Pilot Project
May 1, 2008**

Grant Purpose

Current estimates show that 33% of children and adolescents are overweight or obese. Obese children are at a higher lifetime risk for heart disease, stroke, asthma, and some types of cancer. Obesity among Californians continues to increase and inactivity is a major factor contributing to this problem.

Sedentary behaviors begin early, with the majority of California youth failing to participate in recommended amounts of physical activity. Elementary school-aged children should accumulate at least 60 minutes of age-appropriate and developmentally appropriate physical activity daily from a variety of activities on all days of the week. According to 2006 estimates, nearly two-thirds of adolescents do not meet these recommendations.

International Walk to School Month promotes walking or biking to school as the first step communities can take to raise awareness regarding the many benefits of engaging in daily physical activity. The program serves as a conduit to teach children the importance of being good stewards of both their health and their environment.

Leveraging the power of Walk to School (W2S) Month with additional educational, encouragement, and empowerment tools will serve to extend the impact of the program, generate momentum for creating additional physical activity opportunities for students, and build support for long-term policy and environmental improvements.

Project Description

The California Center for Physical Activity (Center) will award approximately 4,000 pedometers to schools statewide. By providing pedometers and a supporting text "Pedometer Power: Using Pedometers in School and Community" to schools, this project will encourage participation in International Walk to School Month by 4th – 8th graders; encourage sustained school support for walking to and from school and other walkable destinations; increase student knowledge of the benefits of walking towards living a healthier life and protecting the environment; and encourage increased walking over a defined period of time.

Applicant Eligibility

To be eligible, California schools K - 8 must have participated in Walk to School activities at least once in the last three years and participate in Walk to School 2008. Schools that have participated in the "Steps to Healthy Living" program are not eligible for this pilot project. Priority will be given to schools with 50% of students eligible for free lunch/breakfast programs.

Schools are encouraged to initiate a challenge between their classes or neighboring schools to increase participation and interest in the pedometer project. Awarding prizes for the winner of the pedometer walking challenge will be at the discretion and expense of the participating school(s). Secondary priority will be given to schools incorporating some level of competition, whether between schools or between classes within one school.

The Center reserves the right to partially fund a school request to enable widespread geographical participation in the project.

Length of Project

Project time period will be Monday-Friday for eight weeks beginning the first week of October and ending last week of November. Students will wear pedometers for the entire day Monday - Friday. No weekend step counts will be gathered or recorded for this project.

Required Components - Participating Schools' Responsibilities

Each school will submit a complete application. Information will include the number of pedometers requested, number of classes participating, Pedometer Project Coordinator name and contact information, and the signature of school principal.

The Center will be informing school district officials of its schools participation and the progress of participating schools. Applications must include the name and contact information of the district official for whom this information will be most valuable.

Required Components - Participating schools agree to:

1. Use pedometers to conduct baseline survey of walking habits of participating students consisting of two school days
2. Provide one educational session to participating classes on the correct usage of pedometers and the importance of walking as a form of physical activity prior to the onset of the project period (template lesson plan available at <http://www.saferoutestoschools.org/lessonplans.html>)
3. Participate in Walk to School 2008 and register on the International Walk to School website <http://www.walktoschool.org/register/index.cfm>
4. Send out press release and/or media advisory describing W2S and Kids' Plate funded pedometer project. (template will be provided)
5. Engage in one additional pedometer focused activity as described in provided text "Pedometer Power: Using Pedometers in School and Community".
6. Continue using and recording pedometer data on a weekly basis for eight weeks
7. Complete and submit spreadsheet tracking student walking activity over an eight week period (excel spreadsheet will be provided).
8. Complete an on-line survey evaluation of the pilot project. 30 days after project completion

Application Deadline and Award Dates:

Walk to School Day Pedometer Pilot Project applications are due no later than September 1, 2008. Please email complete applications with electronic signature to CAcenterforPA@cdph.ca.gov or fax to (916) 552-9912. Awards will be made in two rounds; July 31, 2008 and September 5, 2008. Applications not successful in the first round will be considered again in the second round. Pedometers will be shipped the week following the award announcement.

Please direct all questions via phone or email to:

Ces Murphy, Project Coordinator; (916) 552-9895, Cecile.Murphy@cdph.ca.gov or
Lea Mescher, Project Assistant; (916) 552-9874, Lea.Mescher@cdph.ca.gov

This project is made possible by special funding from California Kids' Plates Program Center for Injury Prevention Policy and Practice, San Diego State University