



Safe Routes to School Update

Increasing the number of schools that have increased physical activity opportunities by developing Safe Routes to School Travel Plans is one of the objectives in our **PICH Grant**. Read below to learn about what is happening locally in partnership with schools!

Three Safe Routes to School Plans Coming in 2017

As of April 1, 2017, over 12,000 students and community residents in the Davenport, North Scott, Rock Island-Milan, and Moline-Coal Valley school districts have been reached by the **Safe Routes to School** program. Over the past two years, the SRTS project was made possible with funding from the Centers for Disease Control and Prevention. Bi-State Regional Commission is currently developing Safe Routes plans for Wilson Middle School (Moline), Longfellow Liberal Arts School (Rock Island), and Edward White Elementary School (Eldridge). The goal of the initiative is to encourage students to become more physically active by biking and walking to school and to raise the awareness among students and parents about the long term benefits of staying active. Written in the plans are possible suggestions for walking and biking infrastructure improvements along with proposed safe routes for students and parents. Variables such as sidewalk conditions, traffic volume near schools, and distance are all analyzed to ensure the proposed safe routes are practical, and above all, safe.



Scout's ready to walk to school!



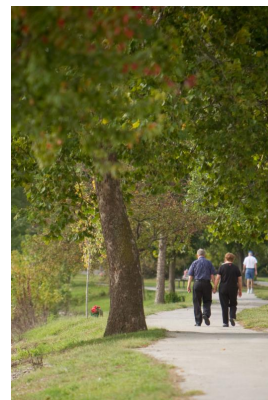
QC Trail of the Month

Each month, we highlight a different trail from the Quad Cities area.

Sunset Park Walking Path - Rock Island, Illinois

Shake off your cabin fever and enjoy a leisurely stroll on the Sunset Park Walking Path, a 1.9 mile paved trail along Rock Island's Lake Potter. Stop off for some family fun at one of the park's many designated picnic areas, or admire scenic views of the Mississippi River. Sunset Park is a great option for staying active at any age or ability.

Visit QCTrails.org to learn more about this and other walking trails in your own neighborhood.




Perfect scenery for an after dinner family walk!

Is employee health important to your organization or business?
Join over 25 other local businesses and get recognized as a Be Healthy QC Worksite!

If your business would like to be recognized for your progress in creating a healthy workplace, please download and complete our Be Healthy QC Worksite Wellness Healthy Workplace Assessment then return it to: quadcityhealthinitiative@gmail.com. Businesses that meet at least 10 of the 20 items on the assessment will receive a letter and certificate of recognition for their worksite wellness efforts, as well as a window cling to display at the entrance of their business.

[Take Our Assessment Here](#)

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