

Chronic Disease Prevention & Health Promotion Webinar Series

www.hss.state.ak.us/dph/chronic

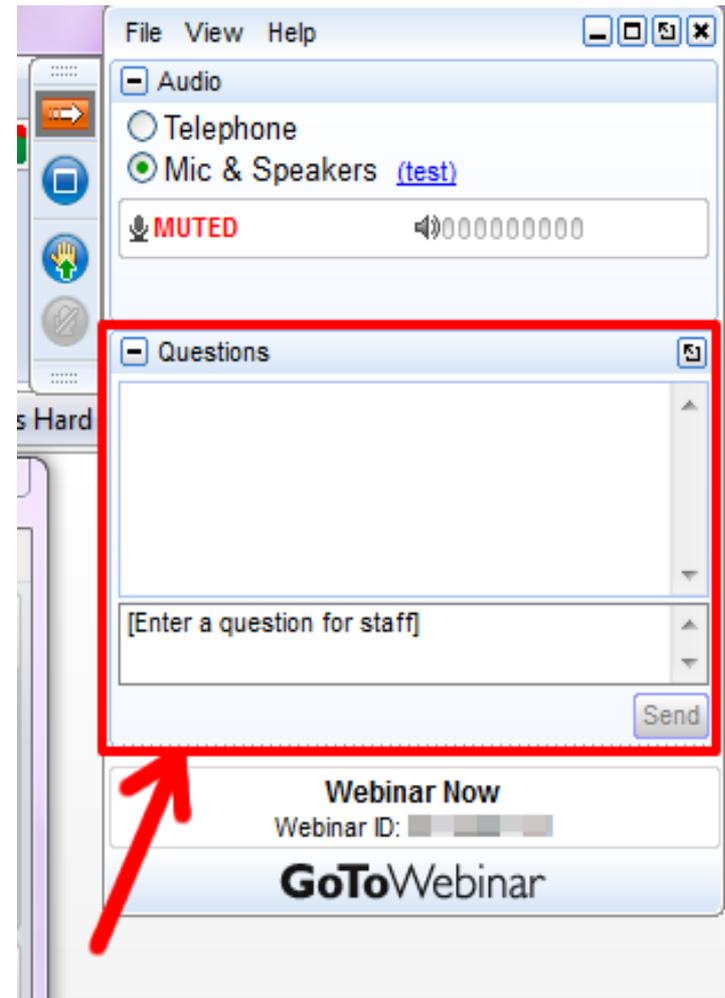
CDPHP

Health Promotion Chronic Disease Prevention Data/Surveillance



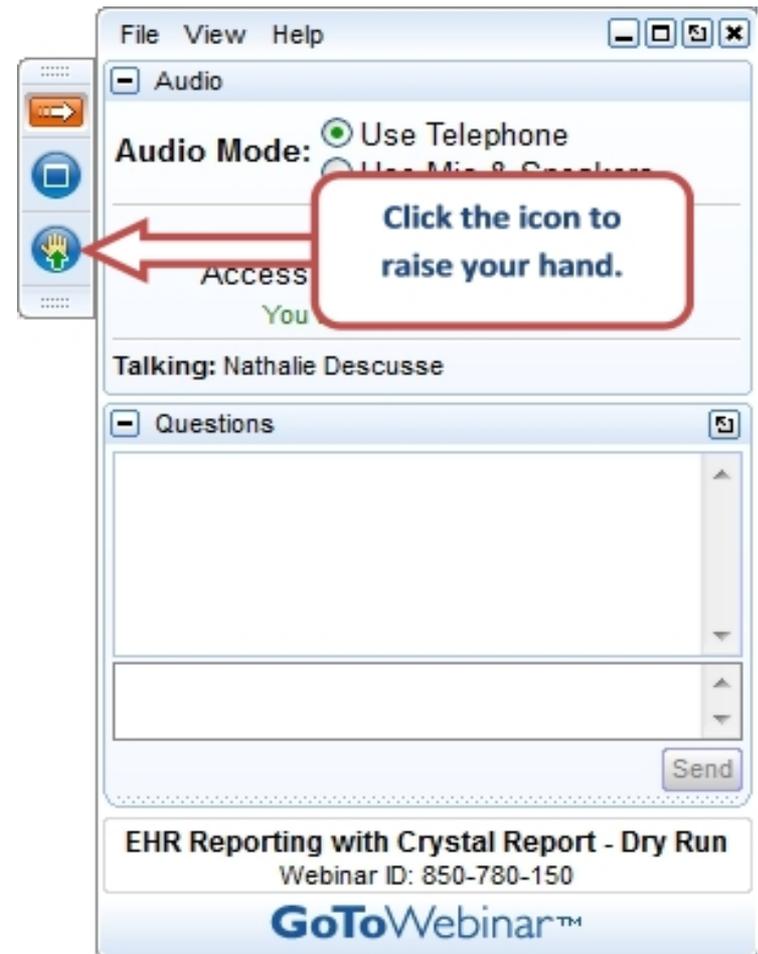
About this Webinar

- Audio for this webinar will come through your computer. Another option is to call this number: (562) 247-8321.
- If you have technical difficulties, please let us know by using the Question function on the GoToWebinar control panel.



About this Webinar

- ❑ You will need a microphone on your computer or you will need to call into the number provided to ask a question out loud.
- ❑ Please hold questions until the end of the presentation.
- ❑ To ask a question, please “raise” your hand by clicking on the **Hand** button in the GoToWebinar control panel.



Bike-n-Walk Safely Alaska!

Health and Social Services
Public Health
Chronic Disease Prevention and Health Promotion
Injury Prevention
Renee' Rudd Bike-n-Walk Safely Alaska! Coordinator



What services are provided?

- ❖ Technical assistance to schools, communities and groups on bike and walk safety issues for organized events
- ❖ Conspicuity and educational materials for organized events
- ❖ Bike helmets for organized events
- ❖ Facilitate an annual Bike Safety Summit

- ❖ Organized events: Bike rodeo, Safe Routes to School events and health and community safety fairs
- ❖ Technical assistance: Assisting event organizers with planning ideas, logistics, resources and, upon request, assistance at the event

What is a Bike Rodeo?

- ❖ A bike rodeo is a skills event which provides bicyclists the opportunity to practice and develop skills in a fun, noncompetitive atmosphere

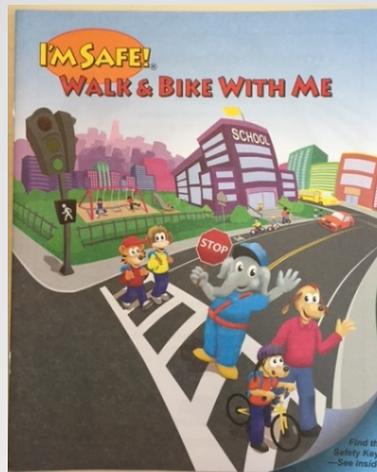


- ❖ Event organizers can request materials for safety events, such as Zipper Pulls, Activity Books, Leader Day Packs and Safety Vests

- ❖ Conspicuity Materials:

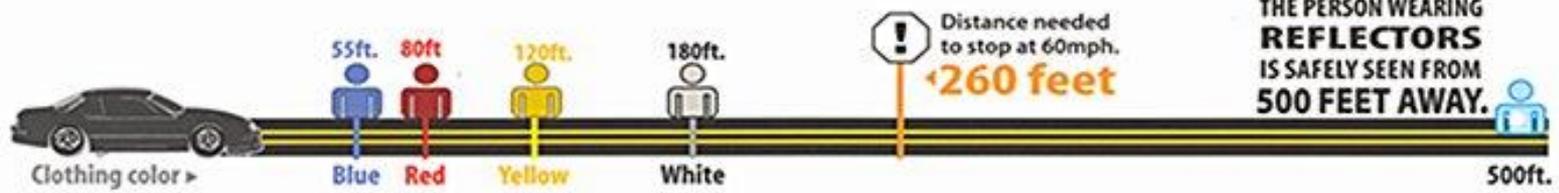
 - Fluorescent, best for daytime visibility

 - Retro-reflective, reflective in low light situations



Bike-n-Walk Safely Alaska

Why wearing white is not enough...



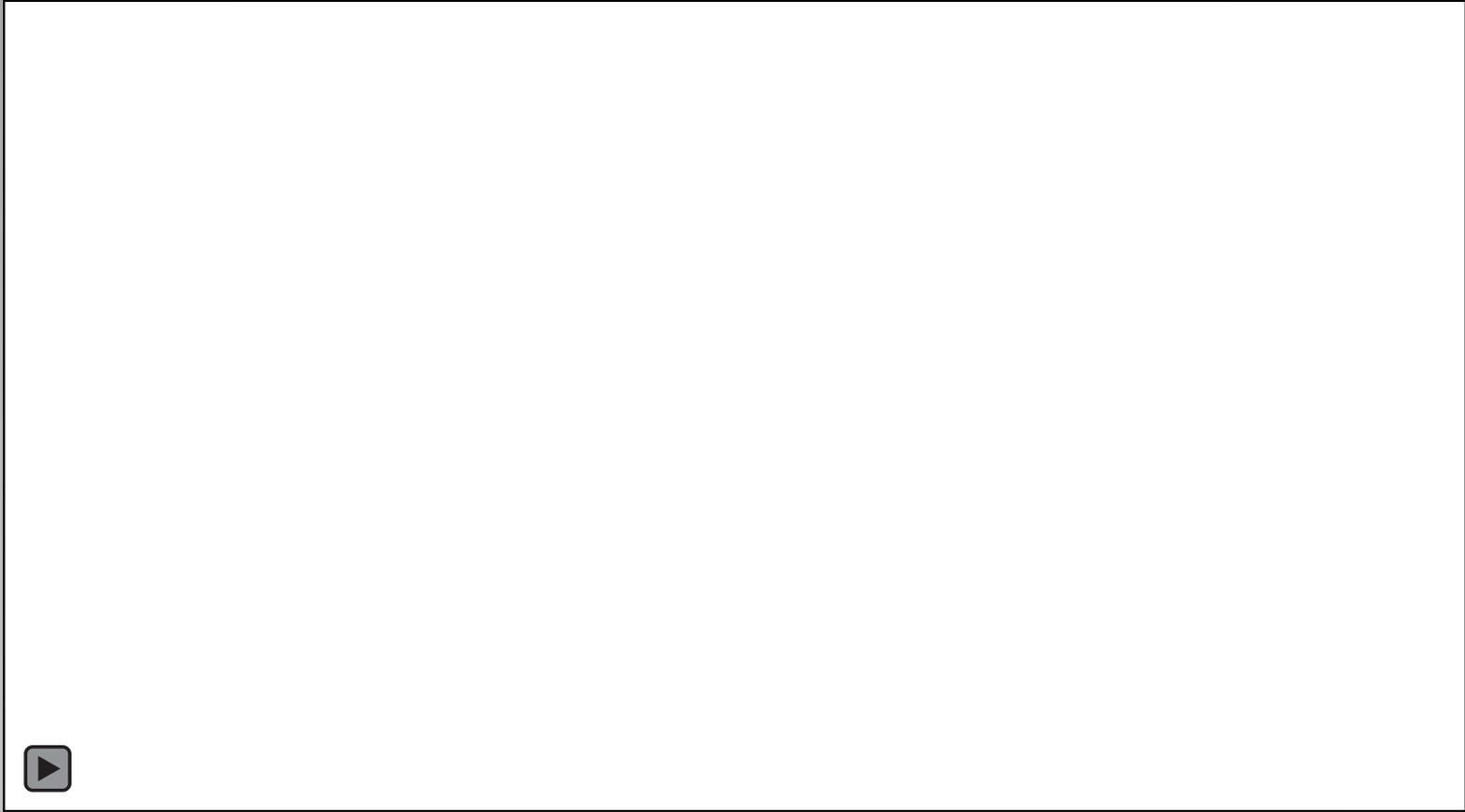
- ❖ Event organizers can request helmets for participants who do not own one



- ❖ On average 350 helmets are provided each year to organizers of bicycle events

Facilitate annual Bike Summit

- ❖ August 2015 1st Bike Summit in Anchorage
- ❖ Participants came from Barrow, Fairbanks, Kotzebue, Sitka, Juneau, St. George Island and Anchorage
- ❖ Training on rider safety and visibility, bike handling techniques for rural and urban roads, bicycle mechanics and how to properly fit a bike helmet



Bike-n-Walk Safely Alaska

- ❖ Bike Summits incorporate classroom training, bike handling skills and drills, and a group ride
- ❖ The next summit is scheduled summer 2016 in Fairbanks

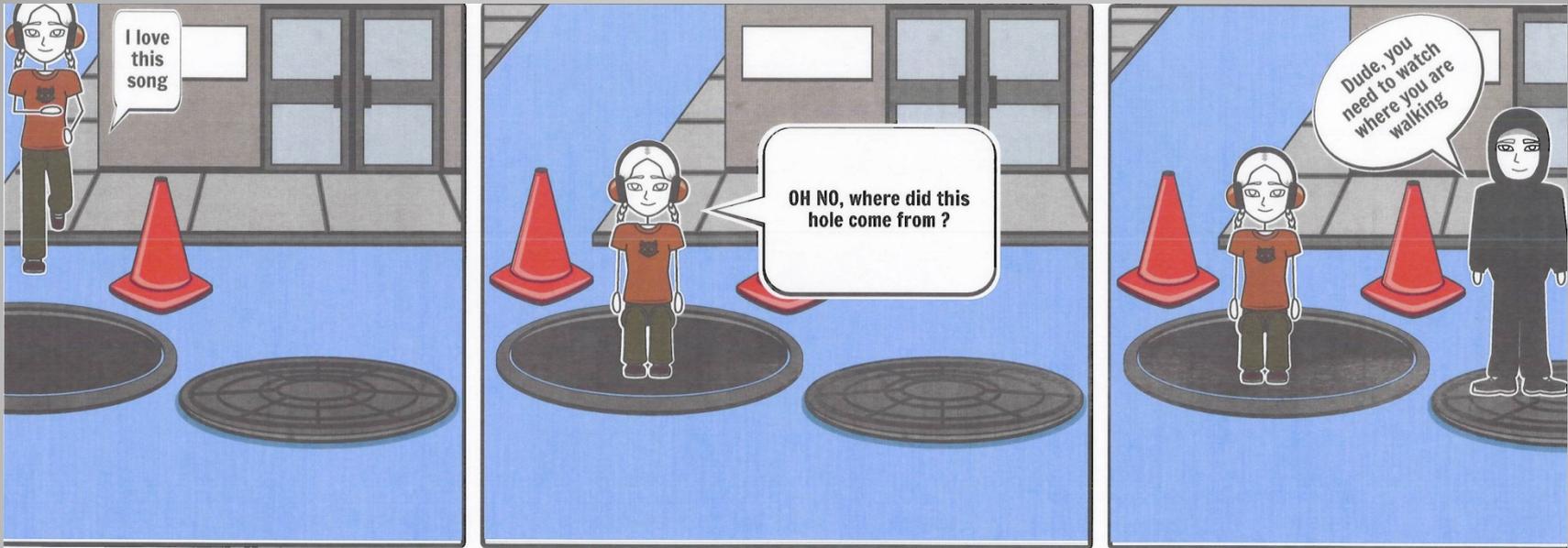


- ❖ Bike Summit attendees are expected to host one event in their community



Bike-n-Walk Safely Alaska

Distracted Walking



What is distracted walking?

- ❖ Anyone who may not be “in the moment” – texting, reading, web browsing, listening to loud music or talking while walking



Safe Walking Tips

- Keep volume low so you can still hear traffic and your surroundings
- If on the phone, move out of the flow of pedestrian traffic until call is terminated
- Focus on people, objects and obstacles around you while walking
- Do NOT jaywalk

- Look up, not down, especially when crossing roads
- Stay alert in parking lots
- Wear bright clothing and reflective material, especially in darkness



www.InjuryPrevention.alaska.gov

State of Alaska myAlaska My Government Resident Business in Alaska Visiting Alaska State Employees

Alaska Department of Health and Social Services
Division of Public Health

Home Divisions and Agencies Services News Contact Us

Health and Social Services > Public Health > Chronic Disease Prevention and Health Promotion > Bike-n-Walk Safely Alaska!

Bike-n-Walk Safely Alaska!

This program works to increase the safety of children by using reflective, high-visibility products.

Each year, vehicles kill an estimated 5,700 pedestrians; one out of seven of those are children. In Alaska, darkness descends early in fall and winter months. A child walking during darkness or in low light conditions wearing dark colors is first seen approximately 55 ft. away. This gives a driver less than one-second of reaction time.

About the Program

In 2002, the section adopted the original reflector activity from the Alaska Native Tribal Health Consortium - Injury Prevention Program. The Bike-n-Walk Safely Alaska program still disseminates retro-reflective materials, but has grown to include safety training in many other situations that require a safe balance between pedestrians, bicyclists and drivers. School demonstrations on safety are provided, as well as technical assistance to communities that want to improve safe conditions for their residents who walk and ride bicycles.

Why wearing white is not enough...

Distance needed to stop at 60mph. **+260 feet**

THE PERSON WEARING REFLECTORS IS SAFELY SEEN FROM 500 FEET AWAY.

500ft.

55ft. 80ft. 120ft. 180ft.

Blue Red Yellow White

500ft.

Resource Downloads

Elementary School

- > **Poster** (11" x 17")
- > **Flyer** (8.5" x 11")

Teen & Parent

- > **Poster** (11" x 17")
- > **Flyer** (8.5" x 11")

Chronic Disease Prevention and Health Promotion

All Programs
Contacts
Home
Informed Alaskans - Health
Maps
News
Publications
Safe and Healthy Me
Webinar Series

Programs

- Behavioral Risk Factor Surveillance System (BRFSS)
- Cancer Prevention and Control
- Diabetes Prevention and Control
- Family Violence Prevention
- Heart Disease and Stroke Prevention
- Injury Prevention
 - Child Passenger Safety
 - Driver Safety
 - Fall Prevention - Workout To Go! Alaska
 - Fire-Related Injury Prevention
 - Helmet Safety
 - Poison Prevention
 - Bike-n-Walk Safely Alaska
 - Water Safety - Kids Don't Float
 - Obesity Prevention and Control
- School Health
- Tobacco Prevention and Control
- Youth Risk Behavior Survey

Bike-n-Walk Safely Alaska

Bike-n-Walk SAFELY ALASKA



Have fun with reflectors in your classroom!

To find out more, contact us at: 907-754-3421



Always wear reflectors when outside during Alaska's long nights!

Go to injuryprevention.alaska.gov for more safety tips.



Bike-n-Walk SAFELY ALASKA



0-7
...the number of winter daylight hours across Alaska

17-24
...the hours of darkness in Alaska during the winter

Why wearing white is not enough...



Always wear reflectors when outside during Alaska's long nights!

Go to injuryprevention.alaska.gov for more safety tips.



- ❖ Aligned with Alaska's Strategic Highway Safety Plan (SHSP), Special Users
- ❖ Aligned with Healthy Alaskans 2020, Reducing deaths from unintentional injury

The screenshot shows the website for the Alaska Department of Transportation & Public Facilities Strategic Highway Safety Plan. The header includes the State of Alaska logo and navigation links for myAlaska, My Government, Resident, Business in Alaska, Visiting Alaska, and State Employees. The main title is "Strategic Highway Safety Plan" with a search bar and radio buttons for DOT&PF and State of Alaska. A breadcrumb trail reads: DOT&PF > Program Development > Transportation Information Group > SHSP > SHSP Plan. A yellow navigation bar contains links for Home, SHSP, Emphasis Areas, How Are We Doing?, Our Partners, Calendar, and Contact Us.

Strategic Highway Safety Plan (SHSP)

Introduction

The Strategic Highway Safety Plan (SHSP) is a statewide, comprehensive safety plan that provides a coordinated framework for reducing fatalities and serious injuries on all public roads. Consultation with Federal, state, local, and private sector safety stakeholders identified three emphasis areas for that plan.

- **Driver Behavior** – Impaired Driving, Young Drivers, Older Drivers, Occupant Protection
- **Roadways** – Lane Departures, Intersections, Animal-Vehicle Collisions
- **Special Users** - Crashes involving pedestrians, motorcyclists, bicyclists and off-highway vehicles

Associated with each emphasis area is a list of strategies and action steps which are a series of recommended activities and programs that can help achieve the zero fatality goal subject to funding constraints. For more information on emphasis areas you can download the document (below) or go to [Emphasis Areas](#).

Full Document

- 2013 Strategic Highway Safety Plan Revision 0.1 MB

2013 SHSP Revision Sections

- Introduction and MAP-21 Overview 1.5 MB
- Progress to Date 1.5 MB
- Organization of Emphasis Areas 1.7 MB
- Emphasis Area: Driver Behavior 2.1 MB
- Emphasis Area: Roadways 1.7 MB
- Emphasis Area: Special Users 2.8 MB
- Task Forces 1.4MB

FHWA Strategic Highway Safety Plan

- <http://safety.fhwa.dot.gov/hsp/shsp/>

Resources:

- ❖ <http://www.safekids.org/take-action-prevent-distracted-walking>
- ❖ http://www.bike.cornell.edu/pdfs/Bike_Rodeo_404.2.pdf
- ❖ <http://www.saferoutesinfo.org/>
- ❖ <http://dot.alaska.gov/stwdplng/bikeped/index.shtml>
- ❖ <http://www.nhtsa.gov/Driving+Safety/Bicycles/Be+a+Roll+Model>
- ❖ http://dot.alaska.gov/stwdplng/shsp/shsp_plan.shtml

Questions?

Renee' Rudd

Program Coordinator

SOA Bike-n-Walk Safely Alaska!

Renee.Rudd@alaska.gov

907.754.3421



Discussion

- ❑ You will need a microphone on your computer or you will need to call (562) 247-8321 to join our discussion.
- ❑ To make a comment or ask a question, please “raise” your hand by clicking on the **Hand** button in the GoToWebinar control panel.

