

Thought Quiz: Youthful recollections

Recall one of your earliest fond recollections of being physically active as a young child (i.e. not HS sports).



When you were young, did you . . .



OR



- Play & explore outdoors without adult supervision?
- Walk or bike to school, a park, a friend's, downtown?
- Play games with no formal uniform, umpire, or referee?
- Spend time with kids of different ages, both boys and girls?
- Play in water: ocean, lake, river, pond, creek, pool, fire hydrant?
- Have some wheels: bike, scooter, big wheel, skateboard, skates?
- Do stuff you could not have gotten away with if adults *were* present?

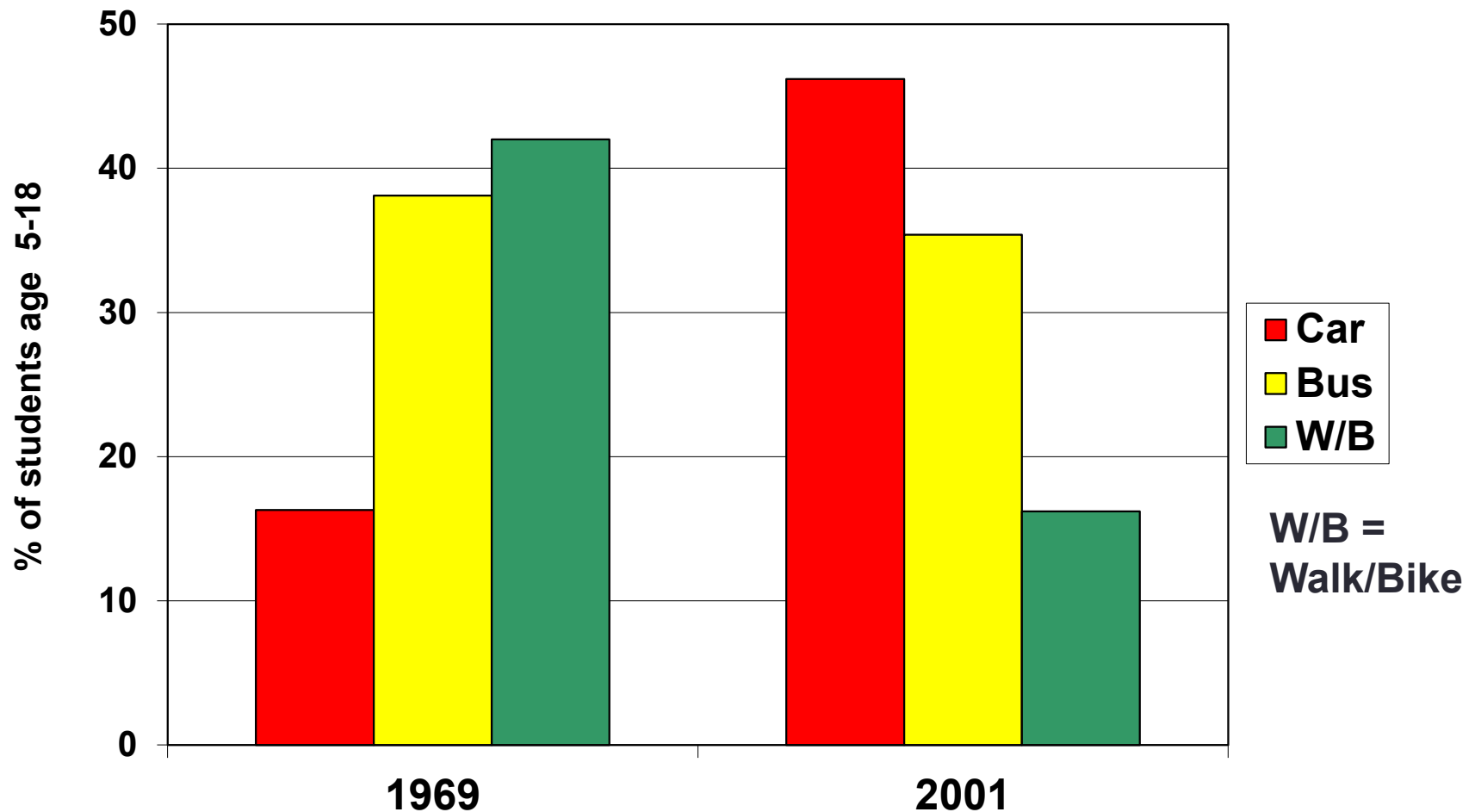


1. Were you a “free range kid?”
2. Do you think most children today are?
3. Do you think it’s good for them?

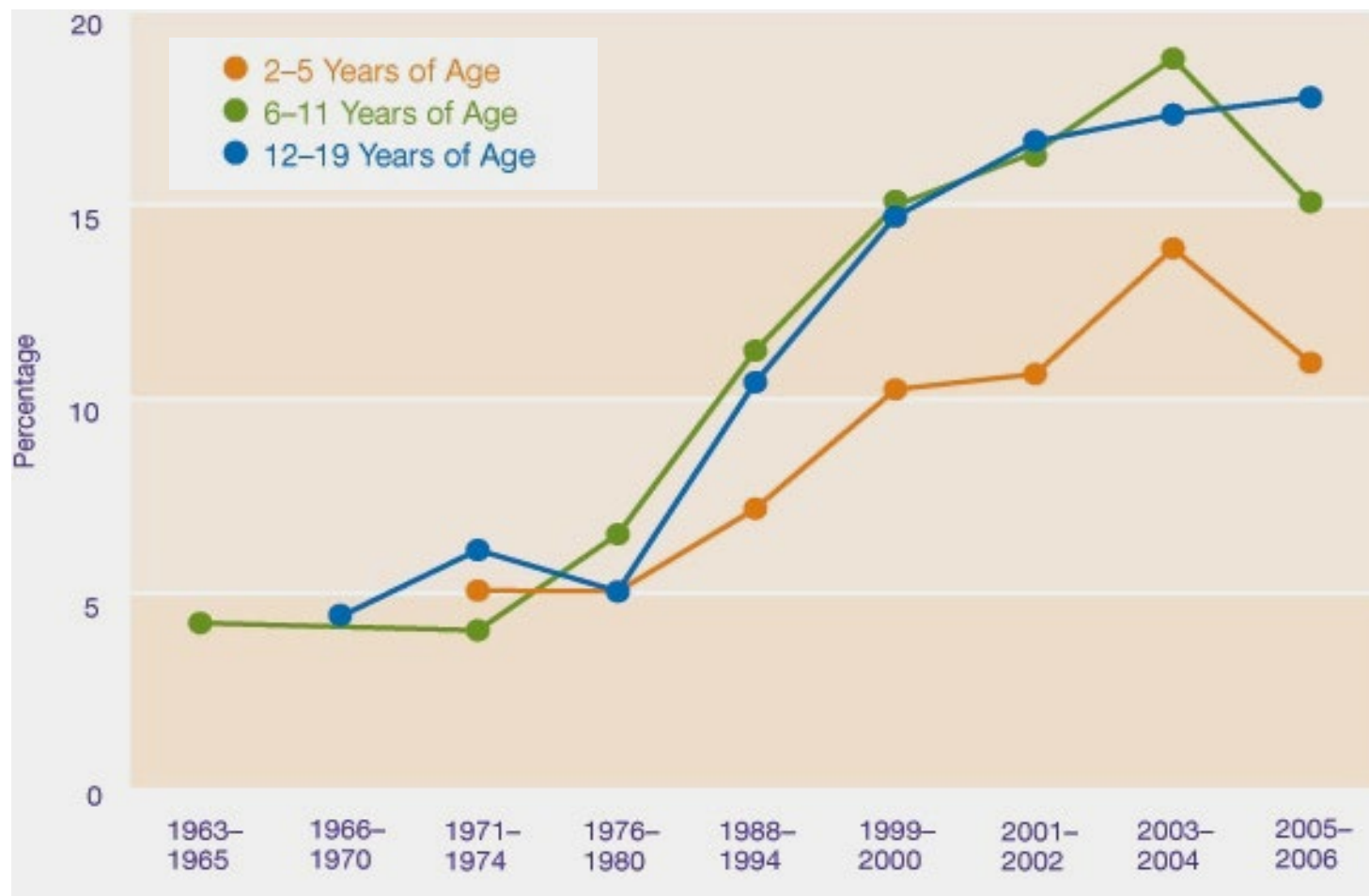
Scituate MA

Changes in Walking & Cycling to School, 1969 to 2001

Ham et.al., *Jour. of Physical Activity & Health*, 2008, 5, 205-215



Trends in Childhood Obesity & Overweight



CDC, National Center for Health Statistics. *National Health Examination Surveys (NHANES) 1963–2006.*

www.rwjf.org/files/publications/annual/2008/year-in-review/

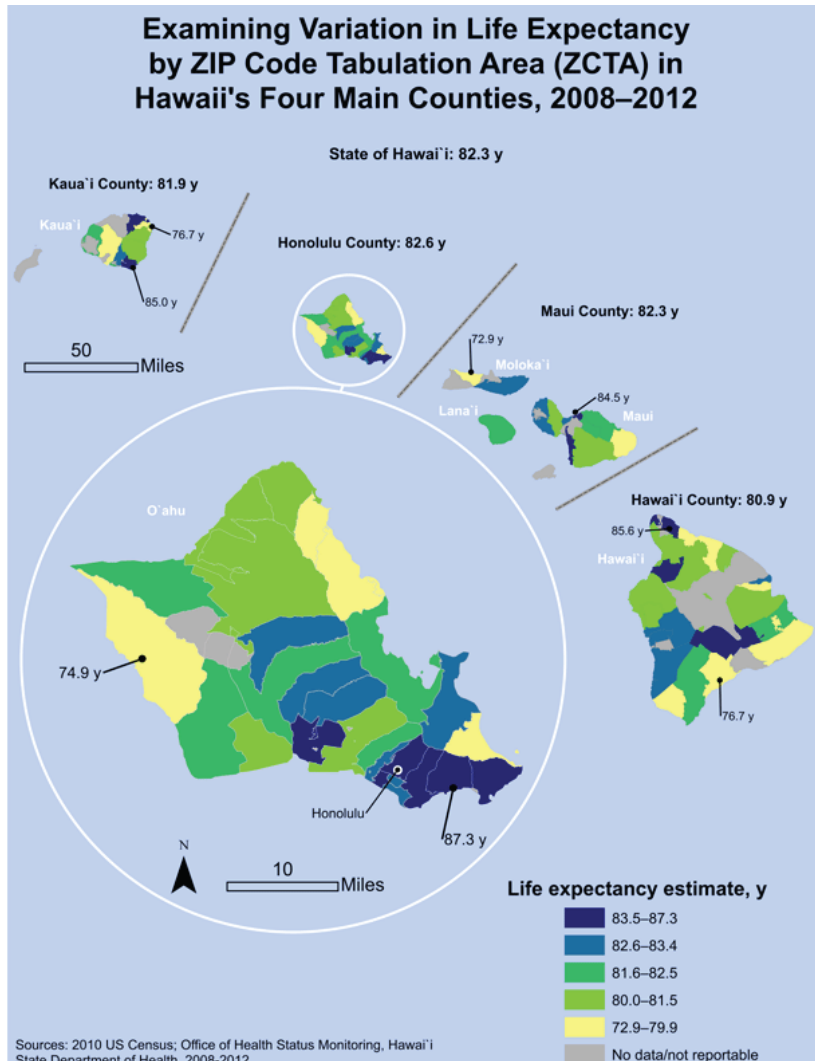


Lenore Skenazy
www.freerangekids.com

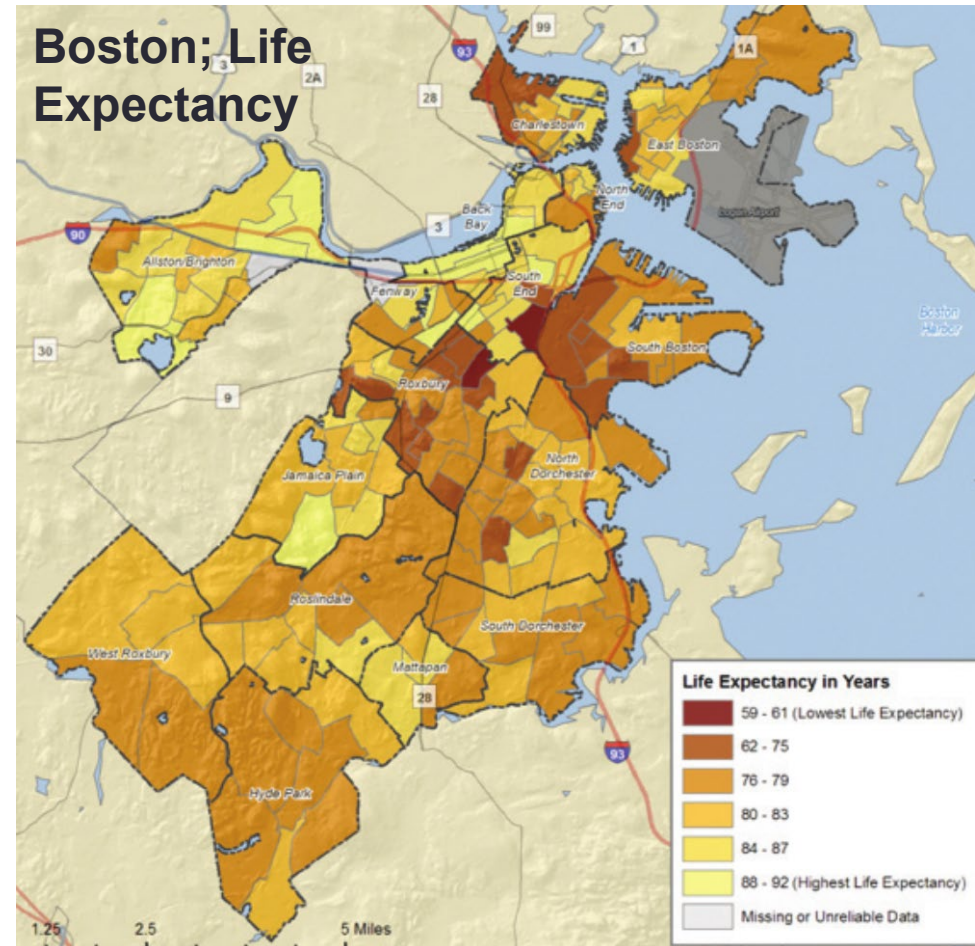
The greater risk . . .



It's not just about physical activity...



Holmes JR, et.al., *Preventing Chronic Disease*, Vol 15; Sep. 2018.

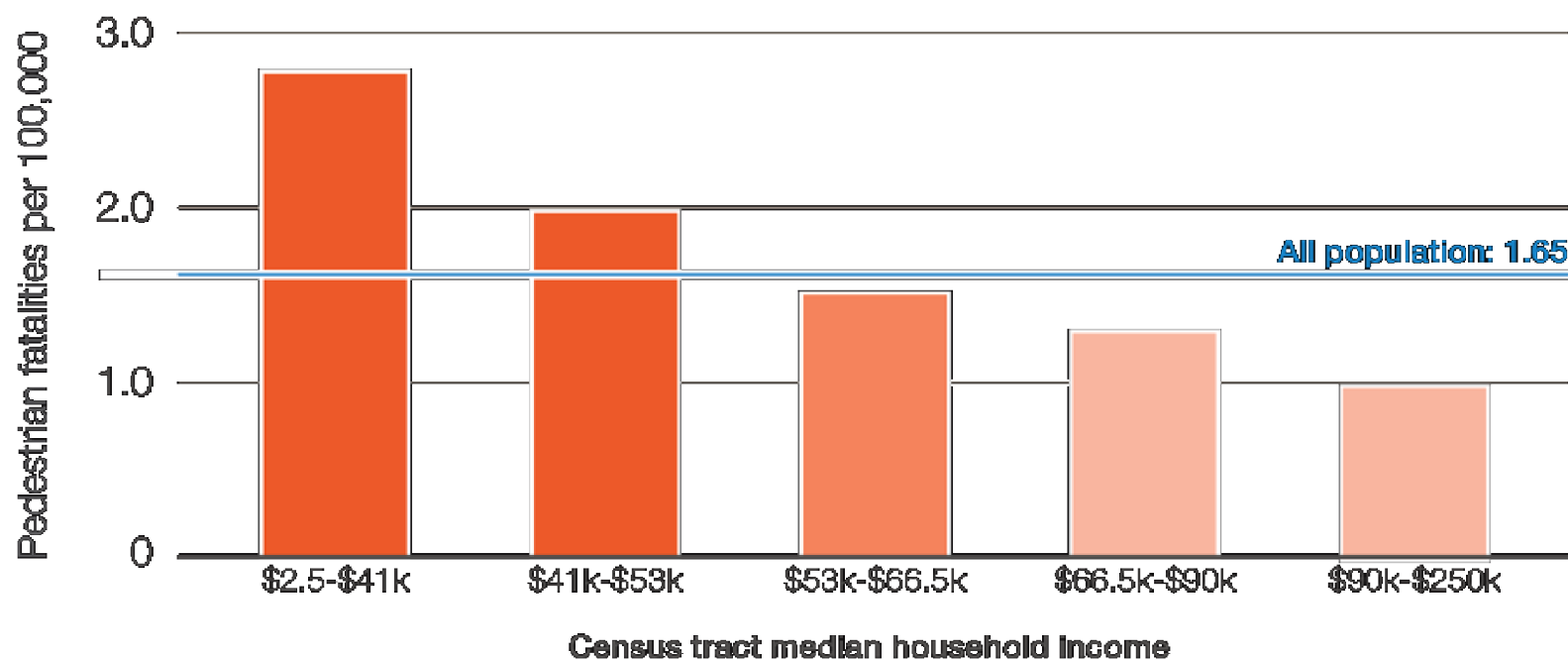


Zimmerman E, et.al., *Social Capital & Health Outcomes in Boston*, VCU Center on Human Needs, 2012.

... it's about social justice.

People in lower-income neighborhoods are more likely to be killed as pedestrians.

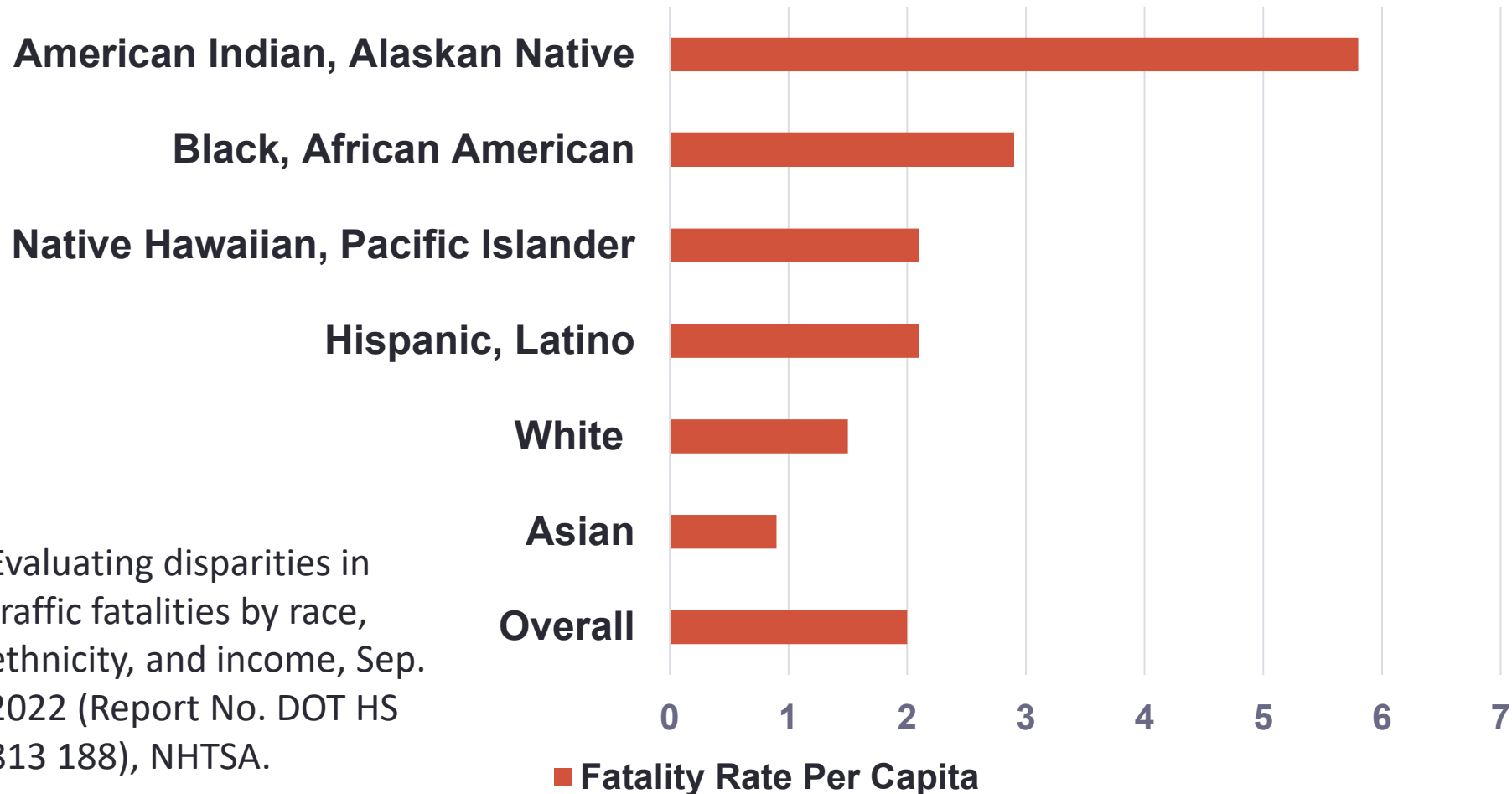
Pedestrian fatalities per 100,000 people by census tract MHI (2010-2019)



From: *Dangerous by Design*, Smart Growth America, 2021.

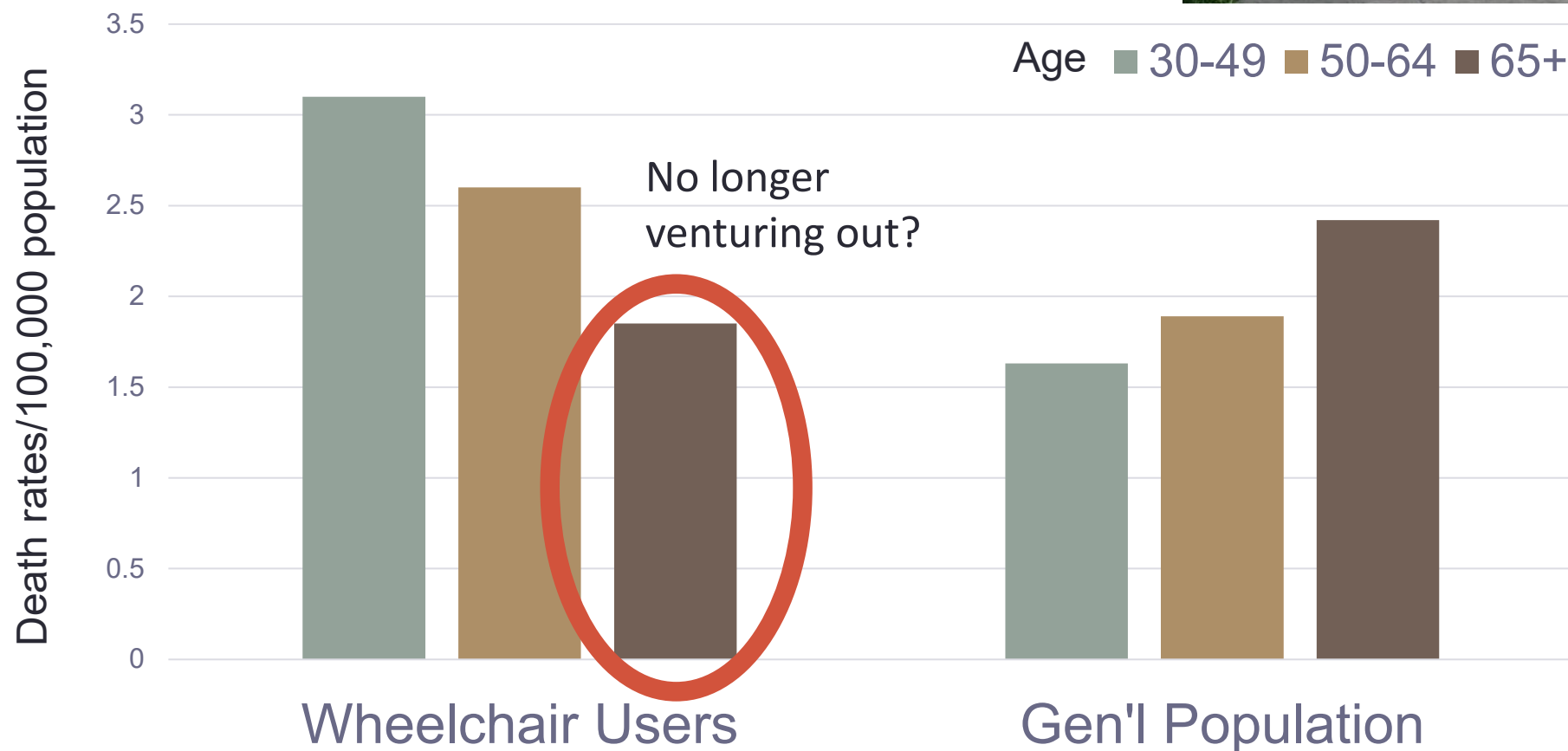
Non-white people are disproportionately injured & killed as pedestrians. (NHTSA 2022)

Pedestrian Fatality Rates/100,000 Population



Evaluating disparities in traffic fatalities by race, ethnicity, and income, Sep. 2022 (Report No. DOT HS 813 188), NHTSA.

People with disabilities are at disproportionate risk as pedestrians.



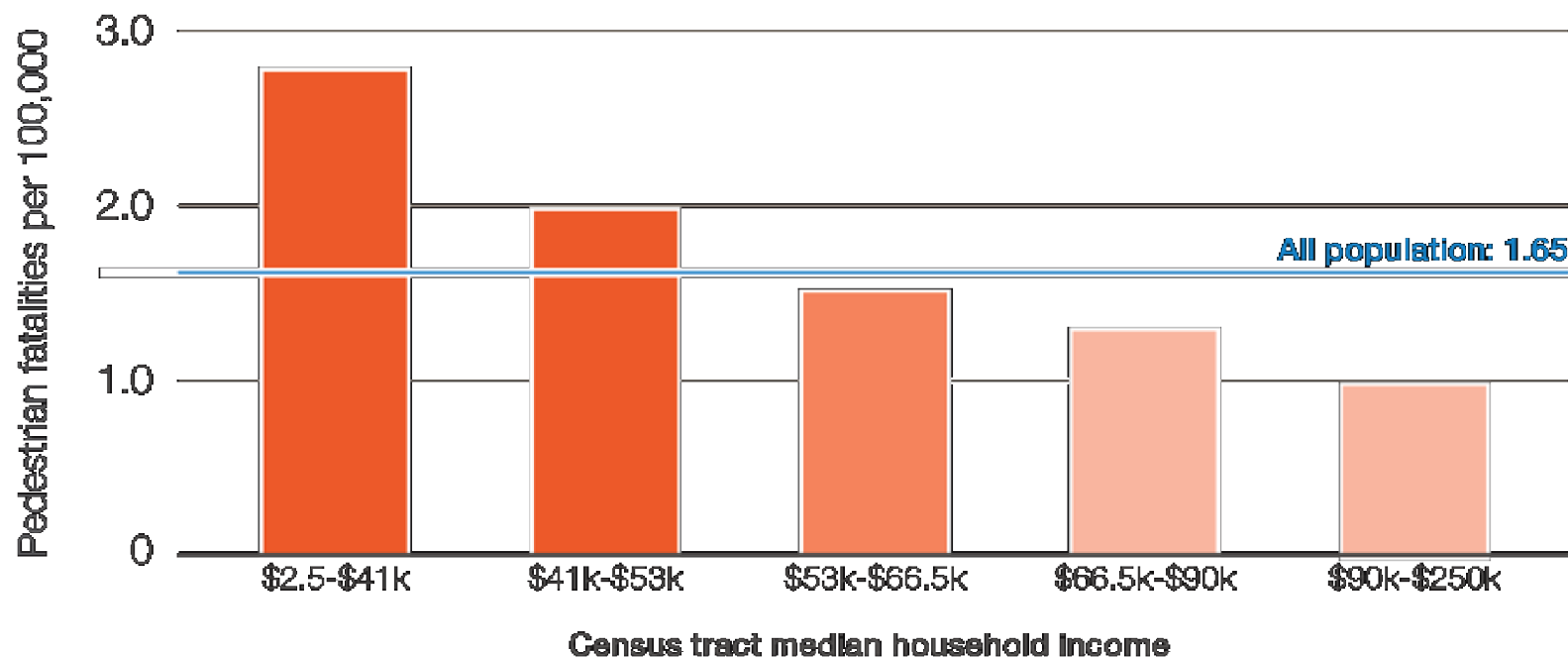
Disparities in road crash mortality among pedestrians using wheelchairs in the USA, *BMJ Open* 2015;5: e008396. doi:10.1136/ bmjopen-2015-008396

Free range for all!



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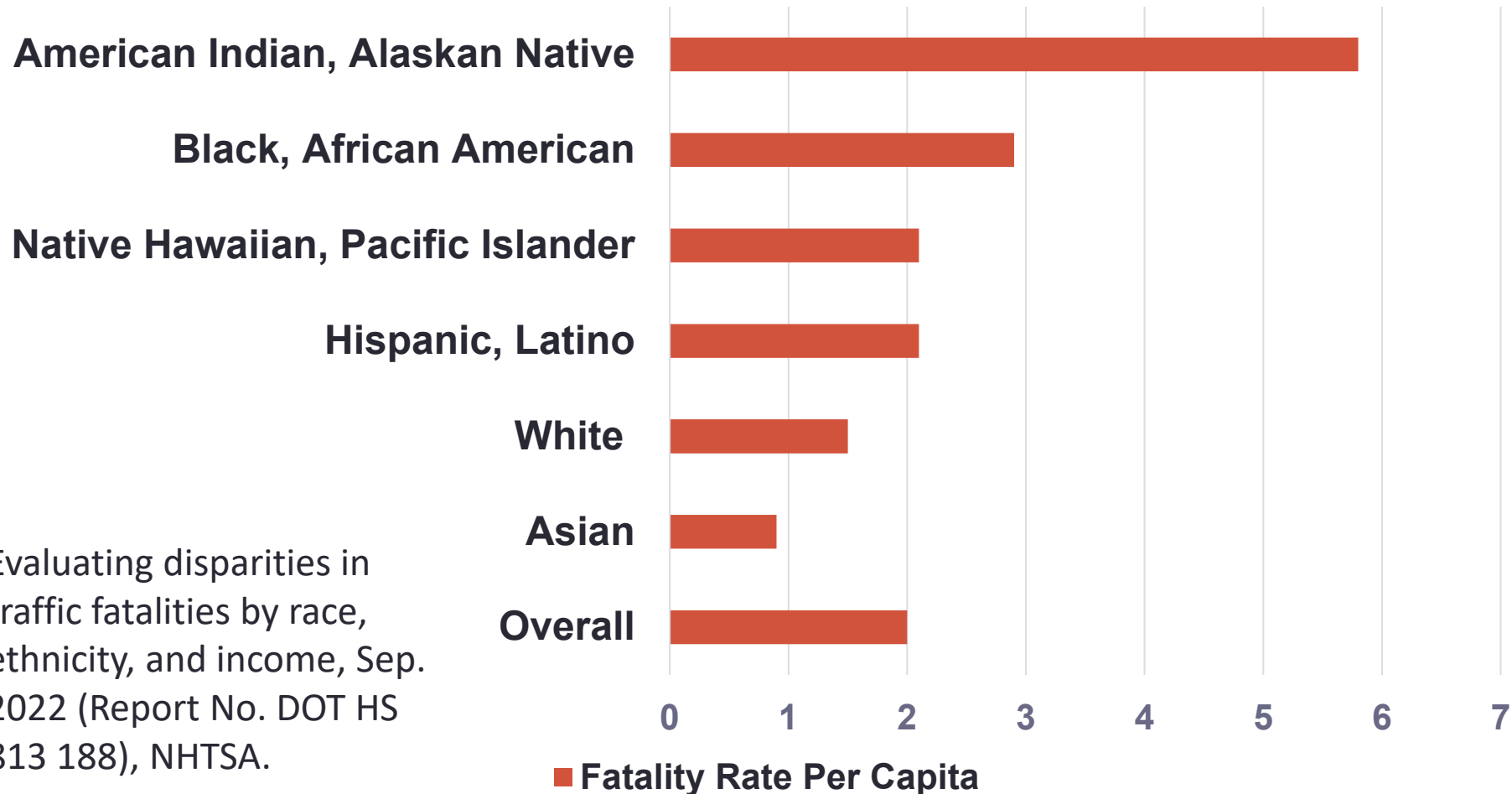
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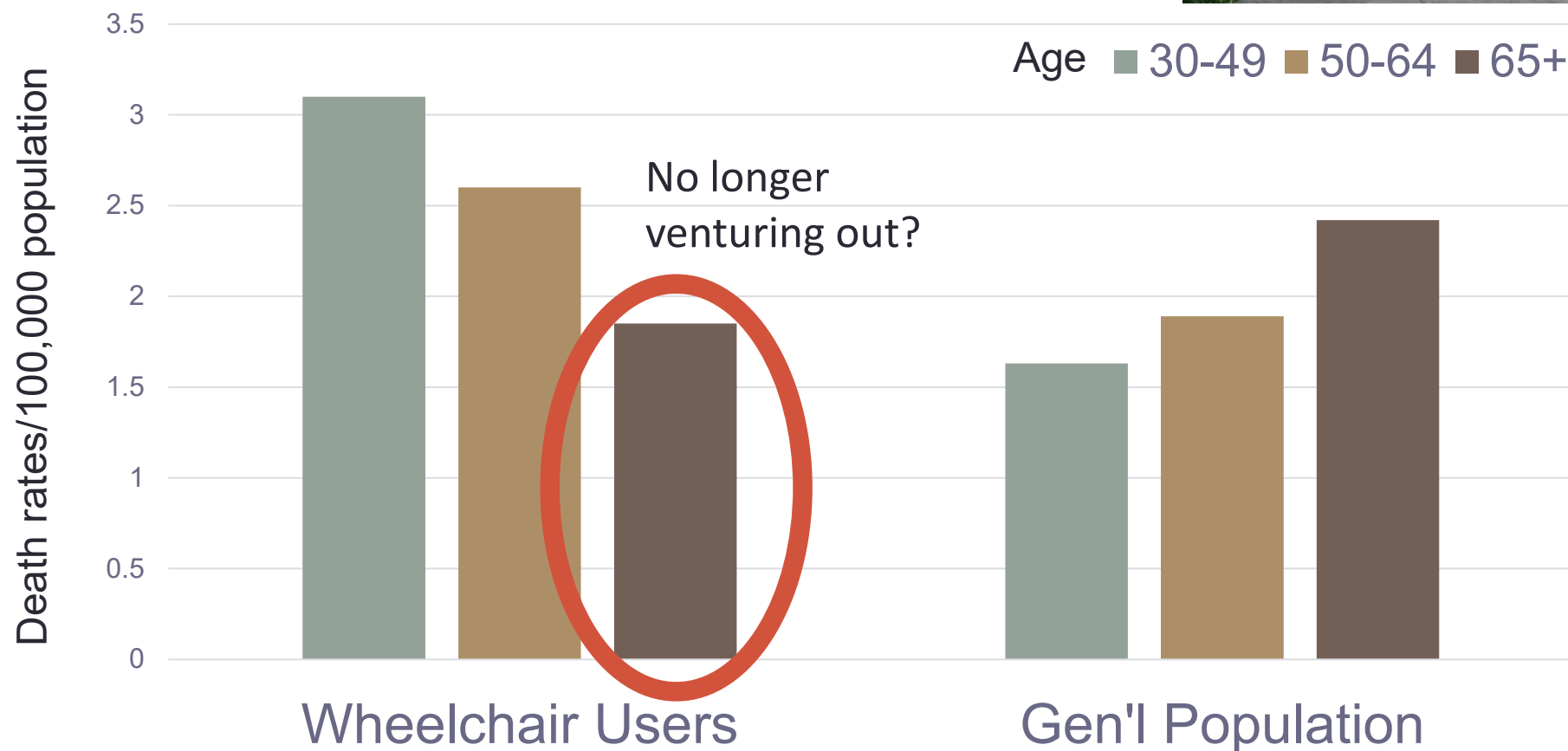
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2. Place matters!

