Communities as Teachers; Students and Faculty as Citizen Leaders

Lessons Learned from Academic Partnerships and SRTS Projects
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Objectives

After completing the sessions, participants will

1. Describe how service learning pedagogy enables public health nursing students, community members, and inter-sectoral partners collaborate to improve and support SRTS projects.

2. Articulate how the Academic Partners foster SRTS program development and sustainability.

3. Describe the strengths and limitations of academic partnerships related to community based projects.

4. Describe case studies using service learning applied to SRTS projects.
• Links student learning to community need
• Balances between learning objectives and service opportunities
• Selected projects are designed and evolve in partnership with community members and inter-sectoral partners
• Cycle of learning: Classroom work informs student responses; community responses inform classroom work
• Teaches civic responsibility and builds community capacity
Who is the Academic Partner?

• Faculty member (from any variety of disciplines)
• May also be a community member
• Employed by local college or university
• Requires clinical site/opportunity each semester
• Role: To find/develop meaningful learning opportunities for students nursing majors studying public health nursing
What are some roles of the Academic Partner?

- Collaborate with community
- Develop and engage partnerships
- Organize & manage service-learning activities
- Document & report progress
- Project Representative-consulting faculty
Why do we care?

Recommendation:
Students should do 60 minutes (1 hour) or more of physical activity daily.

Reality:
Many students are not getting opportunities to be active.

Over half of all schools have 10% or less of their students walking or biking to and from school.

Only 45% of all schools provide opportunities for students to participate in classroom physical activity breaks.

Less than 4% of schools require daily physical education.

Only 55% of all schools offer opportunities for students to participate in physical activity clubs or intramural sports programs.

Source: School Health Policies and Practices Study 2014
1 mile of walking each way = \( \frac{2}{3} \) of the daily recommended 60 minutes of physical activity
Everyone Benefits from SRTS
Strategies and Improvements

We all benefit by applying a health lens to decisions in our communities.

**SECTOR**
- **EDUCATION**
- **NEIGHBORHOOD PLANNING**
- **INCOME MOBILITY**
- **ENVIRONMENT**

**EXAMPLE ACTIONS**
- Change discipline policies to keep kids in school and on track to graduate.
- Expand mass transit, bike lanes, and safe sidewalks to increase active commuting.
- Support a living wage and expanded job training.
- Contact your member of congress – empower the EPA to regulate coal-fired power plants.

Together, we can create conditions where everyone has the opportunity to be healthy.
An Issue of Disparities

Communities with Sidewalks

high income: 90%
low income: 49%

Bridging the Gap, Income Disparities in Street Features that Encourage Walking, 2012

© 2015 Safe Routes to School National Partnership
SRTS Long Term Project Outcomes

• **Tri-School Area Project (2007-2016)**
  – Reconstructed roadways, sidewalks, walking paths
  – $18 Million City of Arlington bonds investment into community
  – 105 students trained and 7,875 clinical project hours contributed

• **C.C. Moss SRTS Project (2014-2019)**
  – Upgrade to sidewalks, walking paths
  – Repair and upgrades cross walks and signage
  – $310,000 SRTS federal funds awarded
  – $1.67 Million Fort Worth bond funds awarded
  – 132 students trained and 9,900 clinical project hours contributed

• **EMSISD Anderson Trail Project (2016-ongoing)**
  – Phase 1 of Anderson Trail development approved
  – $9.2 Million Fort Worth bond funds allocated May 2018
  – To date: 70 students trained and 5,750 clinical project hours contributed
The Tri-School Area Project
Key Partners

Sharon B. Canclini RN, MS, PHNA-BC, CNE, FCN
Texas Christian University

Bob Watson P.E., Civil Engineer
City of Arlington

Raul Gonzalez, School Board President
Mansfield Independent School District
• Outskirts of Arlington & Mansfield, TX
• Mansfield ISD schools (3) sited Arlington
• Rural, unimproved county roads, bar ditches, sharp turns with limited visibility
• Hazard busing required
• 5 feeder subdivisions
• 1 urban gas well sited next to new school
• Multiple auto-ped accidents
Service Learning Opportunities

- SRTS data collection & dissemination
  - Traffic observations
  - Basic field mapping
- Advocating for SRTS at public meetings
  - Bike & pedestrian safety training
- International Walk to School Day event
- Secured placement of Tri School Area onto bond proposal
  - Campaigned for Proposition 2 City of Arlington bond
- Retained & shared history of project
Field Observations: Morning Traffic
Hazards
Rural Living with Urban Gas Well Activity
Gas Well Drill Site and School Share Roadway & Entrance
Challenging Intersection
Unsafe Walkways

[Images of unsuitable walkways]

1. Uneven surfaces with cracks and holes.
2. Narrow pathways with limited visibility.
3. Puddles forming during wet weather conditions.
4. Overgrowth of vegetation encroaching on the walkways.

Recommendations for improvement:
- Regular maintenance and repair of walkways.
- Widening walkways to ensure safety.
- Installing barriers to prevent water accumulation.
- Clearing vegetation to enhance visibility and safety.
Collecting Measurements for SRTS Engineer
Engaging with Community
Advocating for Upcoming Bond
“Propositions for city improvements pass overwhelmingly in Tuesday’s Bond elections.”
Tri School Area Project Timeline

2007
- TCU PHN Assessments
  - Carol Holt E.S. C.H.E.S.
  - SRTS
  - CDC School Health Index
  - 1st Annual SRTS Conference Dearborn, Michigan

2008
- FALL 2007
  - TCU PHN Assessments
  - Carol Holt E.S. C.H.E.S.
  - SRTS
  - CDC School Health Index
- SPRING 2008
  - Stakeholder Meeting
- FALL 2008
  - SafeCycle Program C.H.E.S. Community
  - Cross Timbers I.S. Assessment Mapping for Engineer Report
  - International Walk to School Day C.H.E.S.

2009
- SPRING 2009
  - Bikes Rodeo C.H.E.S.
- FALL 2009
  - Proposition 2 Passes 9.8 million for tri-school area

2011
- SPRING 2011
  - Sun Safety Program C.H.E.S.
- JULY 2011
  - MISD Leadership Changes City Employees Changes

Faculty Working with Community Partners
2013

FALL 2013
Midpoint CDC Funded Program Assessment
Student Group A Focus Groups & Parent Survey C.H.E.S.

SPRING 2014
Midpoint CDC Funded Program Response
Student Group B Control Group Imogene Gideon E.S. I.G.E.S.

Report sent to CDC, AACN

2015

C.H.E.S.
Parent Program About Roadway Improvements
I.G.E.S.
Bike Rodeo

2016

APRIL 2016
Ribbon Cutting Ceremony Tri School Area Roadway Project Complete $18.8 Million

105 STUDENTS / 12 CLINICAL GROUPS
7,875 CLINICAL HOURS
Wheels of Progress are Slow

Student teams reengage with the community to meet associated needs

- Bicycle training for community leaders
- Training for new Roundabouts
- Encouragement for SRTS Champions
- Mid-point evaluation conducted (CDC & AACN)
Bicycle Safety Training
Project Passes to New Partner
Major Infrastructure Rebuild

Who
• City of Arlington
• Rob Watson, CE

What
• Street
• Sidewalk
• Drainage
• Water and sanitary sewer improvements

Where
• Calendar Road
• Ledbetter Road
• Russell Road
Improved Visibility
Removed Stop Controlled Intersection
Replaced Signal with Roundabout
Improved Walkability
Bicycle Facilities Added
Increased Turning Movements
Construction detour ending in March 2016

- Roads open to two way traffic
- Minor lane closures through April
- Roundabout Guidelines:
  - Slow down, generally 15-25 MPH
  - Yield to pedestrians and bicyclists
  - Vehicles entering the roundabout yield to traffic already circulating
  - Use your right turn signal to indicate your intention to exit
  - Clear the roundabout to allow emergency vehicles to pass

Construction web page: [www.arlingtontx.gov/trischools](http://www.arlingtontx.gov/trischools)
Tri-School Area Project
$18.8 Million for Infrastructure
Lessons Learned
Strengths of Academic Partnerships

• SRTS projects offer many service-learning opportunities
• Service learning is an effective strategy for teaching skills to students and empowering communities
• Academic Partnerships rely on evidence based practices and community stakeholder input
• Academic Partnerships remain the constant while communities and partners are always evolving
• Academic Partnerships anchor projects and keep collective memory
• Academic Partnerships offers projects a secondary gain simply by being associated with a well respected college or university. Think “Super Frog”!
Challenges to the Academic Partnership

• Requires a strong AP willing to work on long term projects

• AP must rely on the expertise of community and inter-sectoral partnerships to move some aspects of the project forward.

• AP is dependent on the Academic Calendar.

• Flexibility is required by all partners.

• AP must end projects when no longer meeting learning objectives.
By linking communities, Academic Partners, and Safe Routes to School projects, meaningful, sustainable solutions to some of our most complex problems can become realities!
Strong Partnerships Build Strong Solutions
Appendix A

Case Study: C.C. Moss Elementary School
**C.C. Moss Elementary School Project Key Partners**

- Sharon B. Canclini RN, MS, PHNA-BC, CNE, FCN
  Texas Christian University

- Yvette Wingate, PhD, Tarrant County Public Health Department, Fort Worth TX

- Fort Worth Independent School District

- Charla Staten, M Ed
  Assistant Principal, CC Moss Elementary School

- Blue Zones Initiative

- City of Fort Worth, TX

- City of Fort Worth, Traffic & Safety Division
• Identified as an “at-risk” neighborhood school (pre-k-5th grade) by local health department
• School embedded in a community housing 19 known sexual predators and three active drug houses
• School attendance zone divided by a major thoroughfare
• Parents report unsafe walking, drop off and pick up experiences
• School zone directional signs ineffective
• School lacking organized drop-off/pick-up plan
Service-Learning Opportunities

- SRTS data collection
- Traffic observations
- Advocate at City Hall and at community meetings
  - Pedestrian safety training
- Develop and deploy drop-off plan with Honor Patrol
  - International Walk to School Day
- Develop and deploy Walking Wednesday program
- Campaign for TXDOT federal funding and Fort Worth city bond funding
Maintaining Shared Memory of Project History

1. Initiated relationship with C.C. Moss community & conducted community mapping
2. Partnered with Tarrant County Health Department and begin Safe Routes to School initiative
3. Educated and promoted C.C. Moss students, parents, and staff about pedestrian safety
4. Educated family members on background of Walking Wednesdays and benefits of their children participating in the program
5. Surveyed drop off & pick up process & presented engineering recommendations to community stakeholders
International Walk to School Day at C.C. Moss Elementary School
Super Frog Walks with Team
C.C. Moss
Advocating

Student explains the role of the public health nurse in caring for the health and safety of the children in the C.C. Moss community at Fort Worth Blue Zones meeting.
Appendix B

Case Study: Eagle Mountain Saginaw Independent School District
EMSISD fasting growing area in the DFW Metroplex
Anticipate 20,000 new homes in next 10 years
1-2 new schools open each year to accommodate growing student population
Community has outgrown roadway & limited sidewalk infrastructure
Community depends on two lane county roads with exposed bar ditches & unprotected rail crossings
Hazard busing required for most EMSISD schools
10 year old boy hit and killed on roadway while walking home from school event
Several auto-ped accidents happen each school year
Parents will not allow children to walk or bike to school
Service Learning Opportunities

• SRTS data collection
  • Traffic observations
  • Envisioning novel solutions
  • Partnering with drone pilot
  • Floating novel idea to key stakeholders
  • Garnering stakeholder support
  • Developing social marketing campaign
• Advocating for the trail at all city hall and community meetings to ensure placement on bond proposal
  • Trail use and safety training
  • Organizing and attending community educational events
  • Seek out and apply for smaller grants “WalkAmerica”
• Campaigning for TX DOT federal funding and Fort Worth bond funding
Eagle Mountain Saginaw ISD
Anderson Trail Project

BUILD THE TRAIL

CURRENT:
- TCU PHN Students
- Service learning pedagogy
- Grants from TCU Students
- Student-generated mini-grants
- Tarrant Regional Water District
- Eagle Mountain Saginaw ISD
- Dr. Chadwell

FUTURE:
- TxDOT (SRTS) Grant

VISION OF ANDERSON TRAIL EXTENSION
- Stakeholder interviews
- Community outreach
  - HOA
  - PTA
  - Kroger
  - Social Media
    - Facebook
    - Instagram
- Bond meetings
- Grant writing
- Trail Improvement Assessment

STAKEHOLDER SUPPORT
- Community insight and support
- Relationship with the City of Fort Worth
- Bond passed
- Grant not funded
- Leadership is continuing to work with the City of Fort Worth
- Developed and distributed infographics

SHORT-TERM:
- Teach trail etiquette/safety and health benefits of walking.
- Implement road signs and crossing guards.
- SRTS Initiatives.
- Plan/execute Evening on the Trail event.

INTERMEDIATE:
- Build sidewalks (prioritize high-risk areas).
- Complete North-South trail from Boswell HS to Tarrant County College.
- SRTS Initiatives.

LONG-TERM:
- Build planned infrastructure that catches up with and supports future growth.
- SRTS Initiatives.

OUTCOMES

IMPACT

ASSUMPTIONS:
TCU PHN students have a relationship with Eagle Mountain Saginaw Independent School District and Tarrant Regional Water District. The community of EMS ISD knows about and supports our project.

EXTERNAL FACTORS:
Overall: scope of City of Fort Worth, lack of funding, lack of infrastructure policies, current roadway conditions, governmental policies/regulations, continued uncontrolled community growth, TCU academic schedule, public perception of safety, trail access/use, climate
Talking to Mayor Price about Anderson Trail
Increasing Safe Routes to School and the Overall Health of the Eagle Mountain-Saginaw Community

Brooks, K., Church, S., Duval, C., Frenkel K., Hirtz, M., Kuchenbecker, K., Lawrence, C., Mooney, E., Powell, K., Sweeney, M. S. Canclini, RN, MS, PHNA-BC, Spring 2018

**Purpose**
To gain voter support for the City of Fort Worth Bond Package through engaging and empowering citizens in the Eagle Mountain-Saginaw community

**Objectives**
- Create and distribute data results and useful information for parents, community members and city leaders
- Connect with 500 people related to the project: Kroger, PTA, Parent/Teacher Survey, Social Media
- Continue with previous clinical groups Social Media-Unified look
- Continue to gain support for Anderson Trail Extension
- Encourage community members to vote for 2018 City of Fort Worth Bond Package

**Methods**
- Toured EMS-ISD with Superintendent to assess the community
- Met key stakeholders to guide project
- Administered Safe Routes to School survey at local middle school
- Conducted student and car count at local middle school
- Conducted community event at Kroger to assess community member knowledge about upcoming bond package
- Provided information to community about bond package
- Met with Councilman Flores, District 2
- Developed presentation for public meetings (HOA, PTA & City of Fort Worth)
- Attended and presented at public meetings

**Outcomes**
- Interacted with 83 community members at Kroger
- 247 Facebook likes/followers
- Attended all public Fort Worth city meetings & PTA, HOA & EMS-ISD Leadership Board meeting
- Vote for bond package pending May 5th

**Evaluation**

**Recommendations**
- Continue to grow relationship with builders and developers to establish support in completing the Anderson Trail Extension Project and developing sidewalks
- Maintain relationship with EMS-ISD leadership, and Fort Worth Parks and Recreation
- Reestablish connection with Tarrant Regional Water District
- Teach pedestrian and bicycle safety to EMS-ISD students and teachers

**References**
- See handout
Build the Trail - Phase 5: Building, Educating, and Advocating

S. Canclini, RN, MS, PHNA-BC
Harris College of Nursing & Health Sciences, Public Health Nursing, Spring 2019

Methods
- Toured EMS-ISD with Superintendent to assess the community
- Met key stakeholders to guide the project
- Conducted student and car counts at two local elementary schools to collect Safe Routes to School data
- Walked the Marine Creek Trail to identify location for Evening on the Trail event
- Met with community members and relevant stakeholders to plan Evening on the Trail event
- Distributed infographics to educate local children about trail safety and etiquette in preparation for the event

Purpose
To maintain the momentum for the Anderson Trail Extension by providing education about the trail to community members, planning the Evening on the Trail event, and collecting SRTS data to demonstrate the need for trails and infrastructure improvement.

Objectives
- To educate the community on trail safety by distributing infographics about the health benefits of being active outdoors and how to use the trail
- To advocate for the importance of extending the trail by attending the SRTS grant application workshop and attending PTA, HOA, and city council meetings
- To collect data points about transportation methods used to drop-off and pickup children at two key local elementary schools to submit to SRTS
- To build connections with community members and key stakeholders by partnering with National Night Out and EMS-ISD school district

Evaluation

Outcome
- Collected data from two schools on two days each about the transportation methods children use to get to and from school using the Safe Routes to School assessment tool
- Developed relationships with key community stakeholders, including the Marine Creek HOA, local school principals, and the PTA
- Organized a partnership with Marine Creek HOA’s National Night Out next fall to help host the Evening on the Trail event
- Distributed infographics via EMS-ISD’s electronic distribution system

Recommendations
- Continue to build relationships and partnership with key stakeholders and EMS-ISD community members
- Continue to teach children and families at target elementary schools about trail safety and etiquette in preparation for the event
- Complete planning and execution of the Evening on the Trail event successfully
- While initial SRTS data collection took place, data gaps were identified and need to be addressed
- Develop relationship with potential new community partner, the City of Fort Worth – Traffic Management Division
- Complete planning and execute Evening on the Trail
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Safe Routes To School
Sustainability
Powered by Engaged Scholarship, Partnership, Reciprocity and Mutual Learning

Helen Brown & Grace Goc Karp
Movement Sciences
Traditional University Functions

- Research
- Teaching
- Service
The engaged university is one that co-produces research [knowledge] of significance that benefits the society and educates students for productive roles in a modern and diverse world.

ENGAGEMENT SCHOLARSHIP

Research

Teaching

Service
Engaged Scholarship Benefits

• Students
  • Enriches learning
  • Engaged leaders & citizens

• Faculty
  • Interdisciplinary research, teaching and service
  • Test & translate ideas in real world settings

• Institution
  • Demonstrates accountably & impact
  • Improves community & university relationships

• Community
  • Produces impactful, relevant and creative research

KNOWLEDGE DISCOVERY, APPLICATION, DISSEMINATION

• **Partners**- City, schools, hospitals, public health, law enforcement, county

• **UI** – Engineering, Movement Sciences, Physical Education, Environmental Sciences, Art, Psychology, student groups

• **Impacts**
  • Greenway Assessment,
  • Multimodal Plan,
  • Active Travel Task Force
Reciprocity- exchange for mutual benefit

- Grant writing & city collaborators
- Bike education
- Interactive route maps
- Safe Routes to Food
- Pre-service PE teacher practicum
- City Commissions
- Publications
- Kids Safety Fair
- City infrastructure support
Mutual Learning

- Scholarship & research
- Student practicum, internship
- Curriculum development
- Engineering design
- Graphic design
- Public Health
- 1st Gen Students
ENGAGED STUDENT INTERNSHIPS
Engineering and Environmental Design

Sidewalk Features

Site Assessment
Art Education & Graphic Design

Upcycled Art
TIPS FOR UNIVERSITY ENGAGEMENTMENT

- Engagement + Scholarship
- Embed in curriculum & standards
- Human Subjects Review
- Risk Management
- Contractual requirements
- Personnel Processes
- Align with strategic plan & objectives
- Connect to community
OTHER BENEFITS TO UNIVERSITY PROGRAMS

- Statewide impact
- Technology
- Alumni base
- Foundations/Grants
- Space/facilities
- Financial management
- Multidisciplinary partners
LAST THOUGHTS...

Most societal issues are complex and inherently multi-disciplinary. Universities must engage as collaborative partners, co-learners and co-creators of knowledge to address today’s complex societal problems.
Questions?

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