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**Title:** Declaring Wednesday, October 6, 2021, as National Walk to School Day and promoting the importance of walking, biking, or jogging to school for mental and physical wellbeing.

**Sponsors:** Heather Hall, Kevin McManus, Lee Barnes Jr., Teresa Loar, Dan Fowler, Ryana Parks-Shaw, Quinton Lucas, Kevin O'Neill, Eric Bunch, Katheryn Shields, Andrea Bough

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RESOLUTION NO. 210869

Declaring Wednesday, October 6, 2021, as National Walk to School Day and promoting the importance of walking, biking, or jogging to school for mental and physical wellbeing.

WHEREAS, over 14 million school age children and adolescents are affected by childhood obesity. Childhood obesity is a national issue that leaves youth at risk for poor health and potentially serious health conditions to develop. It is our responsibility to help fight childhood obesity any way we can, focusing on healthy alternatives to cars and busses like walking to school; and

WHEREAS, exercise is an important combatant to childhood obesity but also can have a positive impact on mental health in students. A brisk 10-minute walk to school can increase mental alertness, energy, positive moods, reduce anxiety and depression, and can even alleviate symptoms such as low self-esteem and social withdrawal; and

WHEREAS, driving to school creates a strain on the environment and increases, nitrogen oxides and particulate matter that can cause potential health risks. Walk to School Day provides an opportunity of relief and illustrates the access to alternative means of getting to and from school; and

WHEREAS, National Walk to School Day highlights the need for everyone to have access to walk and bike safely to school, especially in neighborhoods and school zones. Communities with higher rates of walking and bicycling tend to have lower crash rates for all travel modes; and

WHEREAS, Kansas City is dedicated to making our streets safer, inclusion for all, safer routes to school for children, healthier communities, and our environment cleaner through our observance of National Walk to School Day; NOW, THEREFORE,

BE IT RESOLVED BY THE COUNCIL OF KANSAS CITY:

That the Mayor and Council hereby declare Wednesday, October 6, 2021, as National Walk to School Day; and

BE IT FURTHER RESOLVED that this Resolution be spread upon the Minutes of the Council in testimony thereof and that a copy hereof be presented to Uday Manepalli of the Kansas City Public Works Department, and Jason Withington, Ravenwood Neighborhood, for their commitment to safer sidewalks, healthier kids, and a cleaner environment.

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