



**American  
Heart  
Association.**

Mayor Don Stielow and North Kansas City Council  
City Hall  
2010 Howell Street  
North Kansas City, MO 64116

Dear Mayor Stielow and Members of the City Council:

The American Heart Association supports the new configurations that have been made to Armour Road. We are happy to pen this letter of support and to briefly outline the reasons why we believe these changes should stay:

- **North Kansas City is making a safer street as well as a *healthier* street.** The traffic calming elements lower both the risk and potential severity of a crash involving a car and a cyclist or pedestrian. People see this, and as a result, will be more encouraged to engage in walking and biking along this stretch.
- **By supporting healthier activities, we are lowering the risk of preventable disease.** Physical activity has a direct impact on lowering the likelihood of developing conditions like cancer, diabetes, or heart disease. One study of walkability from 2009 found that “people in walkable neighborhoods did about 35-45 more minutes of moderate intensity physical activity per week and were substantially less likely to be overweight or obese than similar people living in low-walkable neighborhoods.”
- **This configuration feeds directly into the vision for the future of North Kansas City.** In supporting these changes, we are saying that we want a streetscape that aids in our efforts to preserve a high quality of life and positive health outcomes for residents and visitors alike. The new Armour Road ensures that the City continues to move in a direction that makes that a reality.

It is for these reasons that the American Heart Association urges the City of North Kansas City to keep the changes on Armour Road intact. **These changes will encourage the sort of active transportation we need to support to keep people engaged and healthier for longer.** We should support this project and the opportunity it brings for efforts like it.

Sincerely,

A handwritten signature in black ink, appearing to read 'Laura Lopez', written over a white background.

Laura Lopez  
Metro Executive Director  
American Heart Association