



Empowering Communities for Healthy Eating & Active Living

October 10, 2019

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

Dear Mayor Stielow and Members of the City Council:

The KC Healthy Kids policy team is writing in support of the Armour Road improvements in North Kansas City. **We support these investments because they help to ensure positive health outcomes for kids by providing a safe route to daycare, school, and community centers.** There are several reasons we believe the improvements should stay in place.

- **The changes to Armour Road encourage kids to walk and bike.** A report by the National Conference of State Legislators found that the most effective policy avenue for encouraging biking and walking is incorporating sidewalks and bike lanes into community design. Creating a safe space for kids to be active, like on Armour Road, is a step towards encouraging them to engage in such activity.
- **Kids gain a greater sense of independence when they can walk and bike safely.** A study in the Journal of the Transportation Research Board found, in part, that more children are likely to walk or bike to school when sidewalks are present, along with safe street crossings. Decorative crosswalks do more than add style to the streetscape; they give children the confidence to explore on their own.
- **Walking and biking leads to consistent health outcomes that decrease the chance for preventable disease.** The rate of overweight or obese children tripled between 1980 and 2004. A major part of that is a lack of physical activity. Sidewalks and bike lanes are one way we can reverse this alarming trend.

On a personal note, my friend lives in a loft off of Armour Road with her son and their dog. For the past two years, they have regularly walked to daycare, the community center and the coffeeshop. The improvements along Armour Road make North Kansas City safe, walkable and livable for my friend, her family and others like her.

Sincerely,

Andrea Clark
Policy & Planning Associate