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**File #: 220870**

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RESOLUTION NO. 220870

Declaring Thursday, September 29, 2022, as National Walk to School Day and promoting the importance of walking, biking, or jogging to school for mental and physical well-being.

WHEREAS, in the United States, one in six children and adolescents suffer from obesity. Childhood obesity is a nationwide concern that puts our children at risk of reduced or impaired mental and physical health. It is our responsibility to help fight childhood obesity any way we can, focusing on healthy alternatives, such as walking rather than riding the bus or driving; and

WHEREAS, exercise is an important combatant to childhood obesity but can also have a positive impact on mental health in students. A simple 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, Walk to School Day provides an opportunity for students to understand the betterment of walking to school and the various benefits of it. Walk to School day advocates for good mental and physical health while also providing an alternative to an automobile; and

WHEREAS, National Walk to School Day highlights the need for everyone to have access to walk and bike safely to school, and provides a significantly safer community by creating a safe environment for children and their families to walk to school; 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 Thursday, September 29, 2022, 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.

220870



Authenticated as Passed

*Quinton Lucas*  
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Quinton Lucas, Mayor

*Marilyn Sanders*  
\_\_\_\_\_  
Marilyn Sanders, City Clerk

*SEP 29 2022*  
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Date Passed