

**Jane Byrnes, Consultant Dietitian
9500 Delano, Wichita KS 67212**

Dear Senators:

This will urge your vote for Senate Resolution No. 1805 to promote Livable Streets.

Eight of the ten current leading causes of death and illness in the U.S. are due to individuals' choices of physical activity and food. Illness is very expensive to Kansans. As a health professional, I encourage my clients to prioritize wellness, both for ameliorating their illnesses and for maximizing their wellness; and as a citizen, I advocate for healthy self-care such as walking and bicycling.

However, safety is a significant disincentive to easy self-care: walking should be an easy activity to fit into most days just by opening the front door and tottering or striding out. However, because my neighborhood (like many neighborhoods) has few sidewalks, the seniors and children I see must compete with cars to walk in the streets. When physical activity is scary, folks can't do it. Streets that include safe spaces for seniors, children and other humans *will* lower the cost of Kansans' health care.

To improve health—and also air quality and dependence on oil-- Kansas will benefit massively from Livable Streets policies that redirect some tax money from cars to walkers.

Thank you for promoting health to all citizens of Kansas with #1805!

Jane Byrnes, MS RD LD