



College Town. Lake Town. *Your Town.*

**RESOLUTION 2015-27**  
**SUPPORT OF SAFE ROUTES TO SCHOOLS PROGRAMMING**

**WHEREAS**, the health and safety of children is of highest concern to both the citizens and Board of Commissioners of the Town of Davidson; and

**WHEREAS**, childhood obesity rates have more than tripled in the last 30 years, and North Carolina ranks 5<sup>th</sup> in the nation in the number of students who are overweight or obese; and

**WHEREAS**, overweight children and adults are at greater risk for numerous adverse health consequences including: Type 2 diabetes, heart disease, stroke, high blood pressure, high cholesterol, certain cancers, asthma, low self-esteem, depression, and other debilitating diseases; and

**WHEREAS**, participating in daily physical activity has declined over the past two decades, and most American youth do not meet the U.S Centers for Disease Control and Prevention's recommendation of at least 60 minutes of moderate to vigorous physical activity every day; and

**WHEREAS**, driving students to school in private vehicles contributes to undue traffic congestion, safety concerns, and air pollution throughout Davidson—particularly in neighborhoods and along thoroughfares where schools are located; and

**WHEREAS**, the Town of Davidson is known as a pedestrian and bicycle friendly community, and has identified the use of Safe Routes to School strategies as one of the most important recommendations in its *Davidson Walks & Rolls: Active Transportation Master Plan*, adopted in 2013; and within it a goal to expand Safe Routes to School programming within the town; and

**WHEREAS**, studies show that students who walk, ride and roll to school get most of the recommended daily physical activity during the trip to and from school, are more likely to be a healthy body weight, arrive at school ready to learn, demonstrate improved test scores and better school performance, and are less likely to suffer from depression and anxiety; and

**WHEREAS**, having safer routes to and from schools and Town-supported SRTS programming and infrastructure provision coordinated with the schools throughout Davidson can increase physical activity and decrease pedestrian and bicycling-related injuries, not just for students, but for the entire community; and

**WHEREAS**, comprehensive Safe Routes to School programs have proven successful at getting more kids to bike and walk to school, are a cost-effective way to improve childrens' health, make neighborhood streets safer for everyone, engage community members in promoting healthy and safe choices, and reduce school-related congestion; and

**WHEREAS**, the Town Board recognizes the value of Safe Routes to School as an important element in realizing its vision of being a pedestrian and bicycle friendly community,

**NOW, THEREFORE, BE IT RESOLVED**, the Town of Davidson Board of Commissioners adopts this resolution of support for continuing and expanding the Safe Routes to School efforts throughout the Town, to continue to work in collaboration with the various schools and citizens throughout the Town in order to gain the benefits mentioned above and strengthen the quality of life for Davidson students, families, and neighborhoods.

ATTEST:

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John M. Woods, Mayor

Heather B. James

