



Betty Jo Mahan <bettyjo.mahan@knoxmpc.org>

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## [MPC Comment] Sidewalks in Knox county

1 message

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**Thomas Worley** <thomas.worley@me.com>

Wed, Mar 7, 2018 at 3:35 PM

Reply-To: thomas.worley@me.com

To: commission@knoxmpc.org

Commissioners,

Sidewalks have lasting effects on a community! As a resident of Forest Heights neighborhood for the past 15 years I have enjoyed riding my bicycle almost every day to work at Fort Sanders Hospital where I practice as a Hospitalist physician. I have seen more and more people utilize the green belt network and sidewalks over this time. I am one of many who gains much benefit from having a walking/biking network so close at hand. I wish all of Knox County had a safe place to walk and bike right outside their front door... I certainly feel that if you "build it, they will come" with respect to utilization of sidewalks. The Sutherland Avenue green belt expansion resulted in a dramatic increase in usage in our neighborhood. Individuals and families could feel safe walking to the grocery store or local restaurants!

Why is this important? There are countless benefits! However, as a physician, I am most concerned about the ongoing obesity epidemic in East Tennessee. Unfortunately, I treat the consequences of obesity related disease every day in the hospital. Often I feel that I could have more of an impact on our community's health by focusing my efforts on helping design a society that promotes daily exercise from children to the elderly. Sidewalks in every new neighborhood are a great way to start that journey. An integrated green belt to connect neighborhoods and existing green belts would be even better! I realize this is expensive and won't happen overnight, however we must endeavor to make a change. Our community's health is in peril.

Please feel free to contact me if you have questions. Thank you.

Sincerely,  
Thomas Worley, MD  
Statcare Hospitalist Group.

Sent from my mobile. Thomas Worley.

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This message was directed to [commission@knoxmpc.org](mailto:commission@knoxmpc.org)