

Meeting Summary
Tuesday, July 22nd 2025, 2-3pm
Wichita Transit Field Trip



Our mission: Promote physical activity and good nutrition for every generation living in the greater Wichita area through people, programs, and policies.

1. **Education: Raven Alexander**, Mobility Relations and Grants Manager - travel training
 - a. Thank you, Wichita Transit, for the generous donation of day passes
 - b. Health related points:
 - i. Bike racks on the front of the bus
 - ii. Riding the bus is good for the environmental health of the city. Tips to help ozone = carpool, bike walk, ride the bus!!! Tie to April Coalition meeting!
 - iii. 1st mile/last mile with scooters (and Bike Share?)
 - iv. Tobacco Free Transit - TFW
 - v. Healthy vending - HWC
 - c. Transit ride discussion:
 - i. We traveled outbound route 16 and inbound route 26
 - ii. You are encouraged to follow Wichita Transit on [Facebook](#).
 - iii. Links to My Stop and Ride Wichita apps <https://www.wichita.gov/1621/Mobile-Apps>
 - iv. Fares and passes - including ½ price fares: <https://www.wichita.gov/1504/Fares-Passes>
2. **Networking/Good News/Upcoming Activities/Events**
 - a. Filling the Gap
 - b. Unity Yoga Studio
 - c. Walk with a Doc
3. **Why We Do What We Do**
 - a. [World Food Policy Center](#) at Duke University's Sanford School of Public Policy.
 - i. **Too Much Time on Screens?** "Children are checking their electronic devices as often as 300 times per day. And we know that when you're using time to be on screens, you are not doing something else. And we know that childhood is full of challenges and skill building and mastery that requires repetition and tenacity and grit and effort. And the more children are on their screens, whether it's social media or other entertainment, they're not doing one of these other critical child development tasks." - Kris Perry, [Children and Screens Listen to podcast/read transcript](#)
 - ii. **Digital Food and Beverage Marketing** "I think if I have one message to share with your listeners and viewers is that if we don't act soon, we're going to make an already vulnerable group even more exposed to this kind of direct targeted and personalized marketing. Because what artificial intelligence allows the food and beverage companies and their advertising agencies and platform partners to do is to really understand who we are, what we do, where we are, how we react, behave, think, and then target us accordingly using all those elements in a system that can create this kind of advertising and marketing in minutes, if not eventually milliseconds." - Jeff Chester, Center for Digital Democracy [Listen to podcast](#)
 - iii. **Media Affects Kids' Diet and Physical Activity** "We found a really great review that summarized over 130 studies and found that kids are spending about three and a half or four hours a day using screens. Yet some of these studies are showing as high as seven or eight hours. I think it's probably under-reported because parents have a hard time really grasping how much time kids spend on screens." - Amanda Staiano, Pennington Research Center [Listen to podcast](#)
 - b. **Call to Action:**
 - i. Share what you learned!
 - ii. Challenge coalition members to take their family/friends on an outing on the bus.
 - iii. Advocate for more funding for Wichita Transit.

Next meeting: Tuesday, August 26th 2pm,
The Center, 1914 E 11th St N