



Digest Volume 5

Active Living... A way of life – incorporating physical activity into our daily routine.

In the News:

MinnPost

[Latest Met Council transit plan offers major shift in state thinking](#)

By Steve Berg | Monday, Oct. 27, 2008

Here's the main headline: For the first time, the plan refutes Minnesota's 1950s-era position that adding freeway lanes can solve auto congestion. Other urbanizing states gave up that notion long ago, so this latest plan represents a major policy shift, and it places Minnesota closer to the mainstream of national transportation thinking.

PIONEER PRESS

Let's get physical (behind the wheel)

http://www.twincities.com/health/ci_10805146

NEW YORK TIMES

Workout Regimens You Can Live With

<http://www.nytimes.com/2008/10/23/health/nutrition/23fitness.html>

MSNBC

Mo. school district grapples with HIV scare

<http://www.msnbc.msn.com/id/27345906/>

YAHOO

Australian food companies agree not to push junk on kids

http://health.yahoo.com/news/afp/australiafoodobesityjunk_081024035848.html

Funding Opportunities:

Provided by Kris Kimber, MN Department of Health

Healthy Communities and Active Aging grants:

The U.S. Environmental Protection Agency plans to award two grants for \$100,000 each to train older adults to be environmental leaders and demonstrate how greenways and sustainable streets can improve the environment, human health and the quality of life for persons of all ages. Building Healthy Communities for Active Aging Training and Demonstration Projects must

include a strategy that either 1) trains older adults to be environmental leaders on local planning decisions that affect their community's built environment; or 2) demonstrates how greenways and sustainable streets can improve the quality of life for persons of all ages while improving environmental quality. Letters of intent are encouraged by October 24, 2008. Proposals must be submitted by November 21, 2008. For more information, visit

Resources:

Provided by the Minnesota Department of Human Services

[UPCOMING EVENT: Health Equality: Honoring Culture While Closing the Gap, Nov. 12-14, 2008](#)

Provided by Kris Kimber, MN Department of Health

Swift Worksite Assessment and Translation (SWAT):

The Swift Worksite Assessment and Translation (SWAT) evaluation method allows for rapid assessment of worksite health promotion programs that help employees to attain or maintain a healthy body weight. The method generates data sufficient to identify promising and innovative worksite health promotion strategies that may be useful to advance public health goals related to reducing adult obesity. For more information, visit http://www.cdc.gov/nccdphp/dnpa/hwi/program_design/swat/index.htm

Provided by Mark Plotz, National Center for Biking and Walking

[This is the link to the recent report by the National SRTS Task Force.](#) The purpose of the report was to review implementation of the Safe Routes program and to make recommendations for the reauthorization of the SRTS legislation. The report also contains interesting sidebars on actual programs. It is good background reading for anyone working on SRTS beyond the individual school level.

Additional resources

http://www.saferoutesinfo.org/guide/case_studies/case_studies_list.cfm?CHAPTER_ID=C386

This is off the National Center for SRTS website.

Best Practices & Research:

Provided by Mary Jackson, MNDOT

Milwaukee's bike parking ordinance

Zoning requirement for new constructed buildings over 2,000 square feet;

Section 295-403-2-c: For a newly-constructed building or building addition with over 2,000 square feet of floor area, one bicycle parking space shall be provided for each 2,000 square feet of floor area, up to a maximum of 10 spaces. c. Bicycle Parking Spaces. For each required bicycle parking

space, a stationary object shall be provided to which a user can secure the

frame and both wheels of a bicycle with a 6-foot cable and lock. The stationary object may be either a freestanding bicycle rack or a wall-mounted bracket, shall be located within 60 feet of the main entrance of the building it serves, and may be located between the street curb and the building, subject to the approval of the commissioner of public works. As an alternative, the following alternative bicycle parking facilities may be provided: c-1. Enclosed bicycle lockers; c-2. A 3-point bicycle rack which secures the frame and both wheels of each bike; C 3; A fenced, covered, locked or guarded bicycle storage area. Such area shall be large enough that each of the required bicycle parking spaces can accommodate a bicycle with a 3-foot handlebar width, a height of 3.5 feet from the bottom of the wheel to the top of the handlebar, and a length of 6 feet from the front of the from wheel to the back of the rear wheel.

Federal Highways Administration - ADA Transition Plan

The ADA transition plan is required by federal law for all public entities of 50 or more employees and includes a schedule for pedestrian facility (curb cuts, sidewalks, etc) improvements. Here is a PowerPoint created by the Federal Highways Administration (FHWA) that explains what the ADA transition plan is, why it is required, its importance, how it fits in with bicycle and pedestrian planning, and that it can be integrated into public entity's bike/ped plan. I found it to be very useful and informative. Here is also a memo by the FHWA that explains other aspects of ADA obligations with pedestrian facilities in the public right-of-way. See: http://www.fhwa.dot.gov/civilrights/ada_memo_clarificationa.htm

Requests:

Provided by the Minnesota Department of Human Services

The Minnesota Department of Health is Currently Seeking Local Public Health Representatives for State health Improvement Plan (SHIP) Work Groups

Training, Seminars and Conferences:

Provided by Kris Kimber, MN Department of Health

Social Marketing for Nutrition and Physical Activity:

The Centers for Disease Control and Prevention (CDC) announced the release of a new online training course titled Social Marketing for Nutrition and Physical Activity. This course provides training for public health professionals about how to use social marketing to plan nutrition, physical activity, and obesity prevention programs. The course is free of charge. Continuing education credits (CHES and CEU's) are available for those

who register, complete the course, and fill out an evaluation through the CDC Training and Continuing Education Online system (<http://www2a.cdc.gov/tceonline>). To access the course and other social marketing resources, visit www.cdc.gov/dnps/socialmarketing

***November 3, 2008 – Midwest Worksite Health Promotion Conference, Rivercentre, St. Paul, <http://www.parknicollet.com/healthsource/midwestconference>

***November 15-18, 2008 – National Trails Symposium, Little Rock, AR, <http://www.americantrails.org/2008>

***December 3-6, 2008 – Medical Fitness Association's annual conference "Medical Fitness and Healthcare: The Game Plan," San Antonio, TX, www.medicalfitness.org

***January 22-24, 2009 – 8th Annual New Partners for Smart Growth Conference, Albuquerque, NM, www.newpartners.org

***June 5-7, 2009 – International Conference on Diet and Activity Methods, Washington, DC, <http://www.icdam.org>

***September 13-16, 2010 – Pro Walk/Pro Bike Conference, Chattanooga, TN, www.bikewalk.org

Provided by Jessica Treat, Smart Trips

How Cities and Regions Can Plan & Map Together: A Geowiki Solution for Instantly Sharing Planning Information

Please join Bike Walk Twin Cities and U of M Department of Computer Science researchers Reid Priedhorsky and Loren Terveen for a demonstration of the first Twin Cities geowiki. An open discussion will follow on how this new innovative technology may be developed as planning tool for the region and beyond.

Come see and discuss how:

- This geowiki-based tool can greatly reduce the time and improve the quality of collaboration on Metro area bike/ped projects.
- This up-to-date map resource can provide the base data needed for accurate and timely maps for: print, online, and planning purposes.
- This can help planners, engineers, and others to coordinate efforts, improve communication with citizens, as well as within and between government agencies.

Important News

Bike/Walk Twin Cities (BWTC) Update!

The BWTC staff will announce plans for the next funding process. Please plan to participate in this important discussion among communities in the Non-motorized Transportation Pilot program grant area.

Who: Transportation Planners, Engineers, PolicyMakers, and Public Officials.

Where: Humphrey Institute, U of M, Room 215

When: Friday, November 14, 2008.

Demonstration and discussion 9a-10:30a

NTP and BWTC update 10:30a-11:00a

RSVP: Please RSVP by 11/7/2008 to David at david.peterson2@ci.minneapolis.mn.us

Map and Directions:

<http://www.hhh.umn.edu/about/contact/parking.html>

Hubert Humphrey Institute of Public Affairs,
Friday November 14, 2008, 9am-11:00am
Light breakfast and coffee at 8:30am

Cyclopath is an online map of the Twin Cities and an advanced information-sharing system tool for cyclists. Running in standard web browsers, Cyclopath has been live since May 2008 and publicly available since September.

We are exploring how the utility of Cyclopath for cyclists can be further enhanced, and extended to support the infrastructure planning needs of municipalities throughout the Metro area.

Cyclopath for planners and cities would enable local planners to combine the collective knowledge of cyclists with that of their peers.

Municipalities could share information with each other in real-time in a controlled setting and selectively communicate with the public on crucial issues like: safe routes to school, commuting or recreational routes, closures, detours, obstructions and new infrastructure.

View Cyclopath at www.cyclopath.org

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