



Active Living is a way of life that makes physical activity a part of the daily routine.

### **Action Alerts!**

#### **Webcast Today featuring Barbara McCann and Margo Pedroso (Safe Routes to School National Partnership)**

I just got this notice about a webcast today at 2:00 p.m. Sorry if you didn't get it in time but just in case it works out and you are interested I wanted you to have the information.

Connie

Hi everyone,

I wanted to spread the word about this Wednesday's webcast featuring Barbara McCann and Margo Pedroso (Safe Routes to School National Partnership). It is part of a series on state policies and sustainable, vibrant communities being hosted by LISC and is open to all. It is an interactive session, and there will be plenty of time for Q&A. If you'd like to get a taste of what to expect next month, feel free to join in. Additionally, if there's anyone who is unable to attend the introductory sessions of your workshops, you may offer this as a way to learn more about complete streets.

**When: Wednesday, November 19 from 2:00 to 3:30 EST**

Link: <https://www.livemeeting.com/cc/lisc/join?id=P6TBQP&role=attend&pw=attend>  
Meeting ID: QH5BZP  
Attendee Entry Code: attend

Dial-in: 1-877-213-1782  
Access code: 564811

Stefanie Seskin  
State & Local Fellow

National Complete Streets Coalition  
[www.completestreets.org](http://www.completestreets.org)

Smart Growth America  
1707 L St NW, Suite 1050, Washington, DC 20036  
p: 202-207-3355 x15 | f: 202-207-3349 | [sseskin@completestreets.org](mailto:sseskin@completestreets.org)

### **National Center for Bicycling & Walking Opportunity**

Bob Chauncey, Ph D, Director for Policy Analysis for the National Center for Bicycling & Walking is visiting Minnesota. He has availability 12/9.

Thanks to Blue Cross Blue Shield of Minnesota, the National Center for Bicycling and Walking (NCBW) is helping communities in Minnesota become more encouraging of and accommodating to bicycling and walking. On December 9, they are available to provide workshops, facilitate meetings, offer presentations, and consult with community leaders. For additional information about who NCWB and what they do, visit <http://www.activelivingresources.org/index.php> -- the website they created and maintain for the Robert Wood Johnson Foundation, as well as their own website <http://www.bikewalk.org/>

They are available to support us throughout 2009,

### **FREE Workshop: Active Living Ramsey County! Complete Streets Workshop Invitation**



We are pleased to invite you to our Active Living Ramsey County's Complete Streets Workshop sponsored by Blue Cross/Blue Shield and Active Living Ramsey County!

When: Monday, December 1, 2008

Where: The Highway Federal Credit Union  
Community Conference Room  
840 Westminster Street  
St. Paul, MN 55130

What: Complete Streets Overview Session - 8:00 - 10:30 a.m.

(Open to Ramsey County local government staff, elected officials, Active Living Ramsey County! Partners and other interested people.)  
and

What: Complete Streets Policy Development Workshop - 8:00 a.m. – 4:30 p.m.  
(Designed for county and municipal staff representative in Ramsey County specializing in planning, policy, and/or transportation and Ramsey County staff. If others are interested in helping develop elements of a Complete Street Policy for Ramsey County, please contact Connie Bernardy)

The workshop is free to Ramsey county municipalities, Ramsey County Staff and Active Living Ramsey County! Partners as well as other interested parties. Others who are interested in attending are welcome. We secured a larger conference facility so we can accommodate as many people as possible who are interested in the morning Complete Streets Overview session. We will provide a continental breakfast as well as a lunch to those who contact us about their participation.

RSVPs for each of the workshops are encouraged on or before November 25 so we can provide comfortable accommodations and enough refreshments for participants. Please RSVP and direct any questions about these workshops to Connie Bernardy at Active Living Ramsey County! - 651-748-2500 or [connie.bernardy@co.ramsey.mn.us](mailto:connie.bernardy@co.ramsey.mn.us). Please let us know your e-mail and phone number, if you are coming on behalf of a group, as well as the session you will be attending. The morning session is open to everyone. The full day policy development workshop is designed for County and municipal staff. If others are interested, please call Connie.

We hope to see you on December 1.

Sincerely,  
Connie Bernardy  
[connie.bernardy@co.ramsey.mn.us](mailto:connie.bernardy@co.ramsey.mn.us)  
651-748-2500

### **In the News:**

STAR TRIBUNE Study puts first total on diabetes cost: \$218 billion, including medical and indirect costs  
<http://www.startribune.com/lifestyle/health/34666394.html>

YAHOO  
Diet, Exercise May Modify Breast Cancer Risks  
<http://health.yahoo.com/news/healthday/dietexercisemaymodifybreastcancerrisks.html>

Provided by Jody Yungers, Roseville Parks and Recreation  
BBC

Green spaces 'reduce health gap'

<http://news.bbc.co.uk/go/pr/fr/-/2/hi/health/7714950.stm>

### **Resources:**

Provided by Vayong Moua Blue Cross & Blue Shield of MN

Below is an excellent educational/advocacy tool from the CDC. I recommend this video for its visual impact and high credentials.

Walkable communities are the no-brainer, urban design solution of the decade. But couching things in lofty design terms can make a simple idea -- like a pleasant stroll past your favorite coffee shop on the way to work -- sound like a New Age-y cause of the week. [This video](#) from the U.S. Center for Disease Control (CDC) makes a clear, succinct case that's easy to understand. Planning communities that are dense and walkable, like the one shown in the video, allows residents to live within walking distance of grocery stores, office spaces, libraries and schools, helping them decrease their carbon emissions, build close-knit communities and improve their physical and mental health. <http://www.worldchanging.com/archives/009047.html>

Provided by Jody Yungers, Ramsey County Parks and Recreation

National Recreation and Parks Association has some good "why policy" resources:

<http://www.nrpa.org/content/default.aspx?documentId=5501>

The Prevention Institute has some good resources too:

<http://www.preventioninstitute.org/tools.html>

The Washington Department of Health:

[http://www.doh.wa.gov/CFH/steps/policy\\_focus.htm](http://www.doh.wa.gov/CFH/steps/policy_focus.htm)

The CDC has put together a good list of other policy resources:

<http://www.cdc.gov/nccdphp/dnpa/policy/other.htm>