



Active Living is a way of life doing physical activity in the daily routine.  
Digest Volume 21 02.10.09

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### In the News

NEW YORK TIMES

Behavior: TV Time Linked to Depression in Future

<http://www.nytimes.com/2009/02/10/health/research/10beha.html>

MSNBC

Is your diet making you fat?

<http://www.msnbc.msn.com/id/28619575/>

YAHOO

Aussies' sporting image hit by need to supersize toilets, coffins

[http://health.yahoo.com/news/afp/lifestylehealthobesityaustralia\\_20090209031209.html](http://health.yahoo.com/news/afp/lifestylehealthobesityaustralia_20090209031209.html)

Mood disorders common in polycystic ovary syndrome  
[http://health.yahoo.com/news/reuters/us\\_mood\\_disorders.html](http://health.yahoo.com/news/reuters/us_mood_disorders.html)

## **American Association of State Highway and Transportation Officials (AASHTO) Press Release**

As Congress and the Administration push for economic recovery, more than a thousand people have offered their ideas about ways to improve transportation in America. Their videos, emails, and hand-written comments express What the New President and Congress Need to Know About Transportation. See attached PDF file for complete details and go to <http://downloads.transportation.org/YouToldUs.pdf> for a summary of the comments.

### **Provided by John Siqveland, Metro Transit**

#### **Use of bike racks on Metro Transit trains, buses grows**

Use of bicycle racks on Metro Transit buses and trains has risen dramatically in just 18 months, a recent Metro Transit survey shows. [A recent survey](#) found that the use of racks is increasing dramatically, with hundreds of bicycles being loaded on Metro Transit buses and trains every day of the week. The increase in rack use is a sign that along with growing transit ridership, bicycling to work is on the rise in the Twin Cities.

## **Webinar - Free**

### **Provided by Catherine Bass, Blue Cross/Blue Shield MN Active Living Network Webinar**

Please feel free to share this invitation with your partners.

On the third Tuesday of every other month, 1:00 - 2:30 p.m., Blue Cross hosts Minnesota Active Living Network conference calls or webinars on various active living topics. Watch the digest for additional webinars.

Date: Tuesday, February 17, 2009

Time: 1:00 - 2:30 p.m. CST

Topic: Introduction to Complete Streets Policies

Complete Streets are designed and operated to enable safe access for all users. Pedestrians, bicyclists, motorists and bus riders of all ages and abilities are able to safely move along and across a complete street. To learn more about Complete Streets prior to the webinar, please visit the National Complete Streets Coalition website at [www.completestreets.org](http://www.completestreets.org).

Vayong Moua, project manager at Blue Cross, will present an introduction to Complete Streets policies and discuss work he has been doing to support passage of local policies in Minnesota.

Additional local presenters may be added. There will be time for questions and discussion.

Instructions for the webinar will follow at a later date. To help guide the presentation, please visit this link to share questions you'd like answered about Complete Streets policies or other active living issues:

[http://www.surveymonkey.com/s.aspx?sm=LSp\\_2byTjlg6IE3zhZL6T34g\\_3d\\_3d](http://www.surveymonkey.com/s.aspx?sm=LSp_2byTjlg6IE3zhZL6T34g_3d_3d)

Log-in via the link below (anytime after 12:30 p.m. that day) to participate in this online meeting using Microsoft Office Live Meeting.

<https://www.livemeeting.com/cc/intercall1/join?id=HMBD33&role=attend>

#### AUDIO INFORMATION

-Telephone conferencing

Use the information below to connect:

Toll-free: +1 (866) 635-8513

Toll: +1 (574) 941-6377

Participant code: 6516622844

#### FIRST-TIME USERS

To save time before the meeting, check your system to make sure it is ready to use Microsoft Office Live Meeting. <http://go.microsoft.com/fwlink/?LinkId=90703>

#### TROUBLESHOOTING

Unable to join the meeting? Follow these steps:

1. Copy this address and paste it into your web browser:

<https://www.livemeeting.com/cc/intercall1/join>

2. Copy and paste the required information:

Meeting ID: HMBD33

Location: <https://www.livemeeting.com/cc/intercall1>

If you still cannot enter the meeting, contact support:

<http://www.webconferencesupport.com>

## Free Program

### Provided by John Siqveland, Metro Transit

#### Metro Transit's Bike2Benefits

Metro Transit's Bike2Benefits, which launched in May 2008, asks participants to commit to bicycling once a week for any eight-week period. The program offers an online tool for tracking bicycle trips and mileage. By the end of 2008, more than 2,100 people had joined the program and logged more than 388,000 miles. Information about the free Bike2Benefits program, along with other bicycling resources, can be found at [metrotransit.org/bike](http://metrotransit.org/bike). Bike2Benefits is open to anyone 18 or older who lives or works in these counties: Anoka, Carver, Dakota, Hennepin, Ramsey, Scott or Washington. There is no fee to participate. A new how-to publication, *Bicycling as Transportation*, is available at area bike shops and online.

## Resource

### Provided by John Siqveland, Metro Transit

[Metro Transit](#), a service of the Metropolitan Council, is the transportation resource for the Twin Cities, offering an integrated network of buses and trains as well as resources for those who carpool, vanpool, walk or bike.

## Research

### **Provided by Julianne Seiber, St. Paul-Ramsey County Public Health Polycystic Ovarian Syndrome: What It Is and Why Registered Dietitians Need to Know**

Journal of the American Dietetic Association

Polycystic Ovarian Syndrome (PCOS) is a hormonal imbalance that affects approximately 10% of the female population. Some experts believe as many as 6 million US women and girls are afflicted and that the syndrome may be present at birth. PCOS is the most common endocrine disorder among women of reproductive age. The cause of PCOS is unknown, though nearly 70 years have passed since it was first identified. A cluster pattern of PCOS among women in the same family has been seen. The Rotterdam criteria for a definitive PCOS diagnosis include elevated androgens (male sex hormones), ultrasound findings of cysts on the ovaries, and irregular menses. Additional clinical signs typically associated with PCOS include abnormal facial and body hair growth, acne, and weight gain. High blood pressure, high cholesterol, and upper body obesity. In addition, there is greater incidence of prediabetes, type 2 diabetes, hypertension, and dyslipidemia. A PDF of this article can be found on the following page <http://www.co.ramsey.mn.us/alrc/resources.htm>. Infertility is also a problem women with PCOS can experience.

## Grant Opportunities

### **Announcement of 2009 University of Minnesota U-SEEE Pilot Research Program**

University of Minnesota: Simulations and Exercises for Educational Effectiveness (U-SEEE) announces grants available through its U-SEEE Pilot Research Program, which provides funding of up to \$15,000 for public health systems research related to enhancing the usefulness of education and training that build the capacity of the public health preparedness system. The announcement will be posted February 6, with applications due March 9. Applicants may be affiliated with academia, government agencies, or private non-profit or for-profit organizations. Preference will be given to new investigators. This opportunity is supported in part through a grant from the Centers for Disease Control and Prevention (CDC)/COTPER (Grant Number 1P01TP000301-01), and a total of \$30,000 is available for distribution.

#### **For More Information:**

Contact: Andrea Hickle

Phone: 612-626-4515

Fax: 612-626-4525

Email: [cpheo@umn.edu](mailto:cpheo@umn.edu)

Website: <http://cpheo.sph.umn.edu/cpheo/u-seee/home.html>

## Free or Low Cost Conference & Follow up Meetings

**Provided by Mary Elizabeth Berglund, St. Paul-Ramsey County Public Health  
Twin Cities Sustainable Communities Conference**

*A workshop for local government staff, elected officials and citizen leaders*

Thursday, March 19, 2009 Noon to 9:30 pm

Paul & Sheila Wellstone Center for Community, 179 Robie St E, St. Paul, MN 55107

Noon to 6pm **Local Government Sustainability Workshop – Registration \$25**

4:45 to 9:30pm **Neighborhood Sustainability Conference - Registration - FREE**

Contact: Sean Gosiewski, Program Director, Alliance for Sustainability 612-331-1099 x 1,

[sean@afors.org](mailto:sean@afors.org) or [www.afors.org](http://www.afors.org)

**Active Living Related Conference Highlights (Connie Bernardy Summarized)**

<b>2nd Annual Local Government Sustainability Workshop, Noon to 6:00pm</b> (Registration - \$25 –Register on line at <a href="http://www.afors.org">www.afors.org</a> or call 612-331-1099 x 1 )	
<b>Audience</b>	400 local government staff and elected officials, citizen and business leaders will learn about model policies and ordinances they can adopt for expand energy efficiency, renewable energy, <b>active living, walking, biking, transit use</b> , zero waste, sustainable tree care and on-site storm water management.
<b>Workshops</b>	<b>Cycloplan - a new bike route planning tool.</b> A new on-line tool for metro city and county planning staff to update and coordinate their current and proposed bike trails and bike lanes and gather public input. James Andrew, Metropolitan Council John Siqveland Metro Transit
<b>2 to 3:15</b>	

<b>4<sup>th</sup> Annual Neighborhood Sustainability Conference, March 19, 2009 4:45 - 9:15pm</b> (Free Registration! –Register on line at <a href="http://www.afors.org">www.afors.org</a> or call 612-331-1099 x 1 )	
<b>Workshops</b> 7 to 9:15pm	<b>Land Use Transportation Walking/ Biking - Topics: Grassroots Projects &amp; Citizen Advocacy</b>

**Geographic Follow-Up Sessions- March/April/May 2009**

**4 weekday evenings 6:30 to 9pm**

- Each session will be hosted by the Citizen Environmental Commission of a convening city.
- Citizen leaders, elected officials and city staff from adjacent cities will meet together to coordinate their sustainability activities and dialogue with state legislators.
- Each session will also feature small group conversations to brainstorm collaborative next steps on transit corridors, smart growth, bike ways, open space preservation, storm water management, tree care, energy efficiency, waste reduction, sustainability ordinances and community outreach.

<b>West Metro Workshop</b> Edina, St. Louis Park, Minneapolis, Hopkins, Eden Prairie, Minnetonka, Richfield, Bloomington	<b>East Metro Workshop</b> Woodbury, Mahtomedi, White Bear, St. Paul Roseville, Maplewood, Oakdale, Stillwater	<b>South Metro Workshop</b> Burnsville, Apple Valley, Inver Grove, Lakeville, Savage, South St. Paul,	<b>North Metro-Workshop</b> Fridley, Northern Anoka, Hennepin and Washington Counties
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**Funding Update**

**Statewide Health Improvement Program (SHIP)**

Statewide Health Improvement Program (SHIP) Request for Proposals was just released. The Minnesota Department of Health (MDH) is soliciting applications from Community Health Boards and Tribal Governments for grant funding to reduce tobacco use and exposure and prevent obesity in Minnesota, through implementation of specific policy, systems and environmental interventions in four settings: schools, community, worksites and health care.

Please see [Statewide Health Improvement Program \(SHIP\) Request for Proposals](#) for more information.