



Active Living is a way of life doing physical activity in the daily routine.
Digest Volume 22 02.17.2009

In the News

[Oberstar Guides New Transportation Bill](#)

[Hennepin County adopts Minnesota's first Complete Streets Policy;](#)

[Rochester-Olmstead County not Far Behind](#)

[Human development needed switch to more nutritionally dense diet](#)

Today's Webinar

[MN Active Living Network Webinar on Complete Streets – Update \(see below\)](#)

Resources

[Complete the Streets News -- February 2009](#)

[MN Active Living Network Webinar on Complete Streets – Update \(see below\)](#)

[New Interactive Online Tool! Community Health Status Indicators Report](#)

[Risk factors for Premature Deaths in Ramsey County](#)

[State Health Improvement Plan Update](#)

[Smart Growth technical assistance grants](#)

[The Convergence Partnership Transportation and Health Toolkit.](#)

[The Safe Routes to School National \(SRTS\) Partnership - Resources for dealing with school transportation cutbacks](#)

Training and Conferences

[2009 Physical Activity and Public Health \(PAPH\) Courses](#)

[Exercise and Physical Activity – Your Everyday Guide from the National Institute on Aging](#)

[March 10-12, 2009 – National Bike Summit, Washington, DC](#)

[American College of Sports Medicine 13th Annual Health & Fitness Summit](#)

[International Conference on Diet and Activity Methods, Washington, DC,](#)

<http://www.icdam.org>

[July 27-29, 2009 – Weight of the Nation inaugural conference on obesity prevention and control](#)

[August 19-21, 2009 – Safe Routes to School National Conference, Portland, OR \](#)

[Research to Practice Symposium Promoting Environmental and Policy Change to Support Healthy Aging September 13-16, 2010 – Pro Walk/Pro Bike Conference, Chattanooga, TN](#)

[Hyperlink to view past digests.](#)

Dear Partners,

Ramsey County Commissioner Jan Parker spearheaded Active Living Ramsey County! in December of 2004. With the energy and support of community leaders, practitioners, and advocates, a highly collaborative Coalition began. Since its inception, coalition participants collaborate to bring about and sustain changes in design, transportation, and public/private policies that support Active Living as a way. Seeing the need to reverse the rising trend in obesity rates and end the epidemic of childhood obesity, Active Living Ramsey County's mission is to improve health by creating and promoting environments that make it safe and convenient for people to integrate physical activity into their daily routine. The Coalition's strategic goals fall into four themes: 1) improving health, 2) influencing policy; 3) enhancing built environments; and 4) engaging communities.

The Active Living Ramsey County! Digest captures current information to support these goals. Topics Include: Active Living, active transportation, physical activity, health issues related to physical inactivity, obesity, and nutrition, enhancing the built environment, influencing policies and engaging the community. We are exploring ways to allow you to select the type of information you want to receive. Stay tuned!

All the best!
Connie Bernardy
Active Living Ramsey County! Coalition Director

**Update on Feb. 17, 2009 Free Webinar
Provided by Catherine Bass, Blue Cross/Blue Shield
MN Active Living Network Webinar**

Additions to the roster of presenters...

Barb McCann, Executive Director of the National Complete Streets Coalition, will present the Complete Streets overview. Barb has worked with communities across the country that are adopting and implementing Complete Streets policies. Vayong Moua, Blue Cross, will facilitate and provide color commentary about his work with local communities.

Staff from Rochester and Hennepin County will be on hand to talk about their work advancing Complete Streets in their communities.

Date: Tuesday, February 17, 2009
Time: 1:00 - 2:30 p.m. CST
Topic: Introduction to Complete Streets Policies

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

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

If you still cannot enter the meeting, contact support:

<http://www.webconferencesupport.com>

	<p>Connie Bernardy Ramsey County Active Living I... (651) 748-2500 ext. 334 Work connie.bernardy@co.ramsey....</p> <p>Ramsey County Parks and Rec... 2015 N Van Dyke Street Maplewood, MN 55109-3796 www.activelivingramseycounty...</p>
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