

**Active Living is a way of life doing physical activity in the daily routine.**

**Digest Volume 23 03.04.09**

## **Meetings Reminder**

**Active Living Ramsey County! Coalition Meeting**

**Monday, March 9, 2009**

**2:30-4:30**

**Public Works Facility**

**1425 Paul Kirkwold Drive, Arden Hills, MN 55112** (Map it)

Go north on Hamline at Highway 96 - take the first left which is Paul Kirkwold Drive

## **In the News**

Making veggies cool for kids

<http://www.msnbc.msn.com/id/29468137/>

[Transit: An economic recovery vehicle by Conrad deFiebre MNPost](#)

A recipe for recession savings? Eating at home

<http://www.startribune.com/lifestyle/health/39819127.html>

Great Workout, Forget the View

<http://www.nytimes.com/2009/02/19/health/nutrition/19fitness.html>

Cancer Death Rates Decline Among Blacks, But Disparities Linger

<http://health.yahoo.com/news/healthday/cancerdeathratesdeclineamongblacksbutdisparitieslinger.html>

Little ones learn to like eating healthy

<http://www.startribune.com/local/south/39586312.html>

Susan Flagg Godbey: Get a good gym workout results without leaving home

[http://www.twincities.com/health/ci\\_11721998](http://www.twincities.com/health/ci_11721998)

Work up a sweat, curb hot flashes? Work up a sweat  
<http://www.startribune.com/lifestyle/health/39568547.html>

A perfect fit  
<http://www.startribune.com/lifestyle/health/39568477.html>

What parents eat informs children's eating habits  
[http://www.twincities.com/health/ci\\_11721560](http://www.twincities.com/health/ci_11721560)

Salt Boosts Blood Pressure in High-Risk Patients  
<http://health.yahoo.com/news/healthday/saltboostsbloodpressureinhighriskpatients.html>

Sprints may be best for diabetes prevention  
[http://health.yahoo.com/news/reuters/us\\_diabetes.html](http://health.yahoo.com/news/reuters/us_diabetes.html)

Overweight Russia prescribed 'crisis diet'  
[http://health.yahoo.com/news/afp/lifestylerrussiafinanceeconomyhealthfood\\_20090227155245.html](http://health.yahoo.com/news/afp/lifestylerrussiafinanceeconomyhealthfood_20090227155245.html)

Low-fat? Low-carb? How about low-calorie?  
<http://www.startribune.com/lifestyle/health/40323212.html>

What's Eating Our Kids? Fears About 'Bad' Foods  
<http://www.nytimes.com/2009/02/26/health/nutrition/26food.html>

Another Blow Against Trans Fats in Foods <http://www.nytimes.com/2009/02/22/nyregion/long-island/22Rfats.html>

The Claim: Sugar in the Diet Can Lead to Acne <http://www.nytimes.com/2009/02/24/health/24real.html>

Clean living could cut third of many cancers <http://www.msnbc.msn.com/id/29407297/>

## **WALKING / CYCLING**

### **7 Blocks of Broadway to be Changed to Pedestrians-Only in New York City**

Link to story in the *Daily News*:

[http://www.nydailynews.com/ny\\_local/2009/02/25/2009-02-25\\_7\\_blocks\\_of\\_broadway\\_to\\_be\\_changed\\_to\\_pe.html](http://www.nydailynews.com/ny_local/2009/02/25/2009-02-25_7_blocks_of_broadway_to_be_changed_to_pe.html)

#### [Inspiring a Lifetime of Health](#)

*from Recreation Management*

A full third of American children are overweight or obese. Eighty percent of obese teens will become obese adults. To reduce that percentage, early intervention and education is vital. Parks and recreation departments and facilities are uniquely poised to address the childhood obesity epidemic because their programs are affordable and far-reaching, and providing opportunities for kids to be active is part of their mission. *[More](#)*

## Funding

”The American Recovery and Reinvestment Act, often referred to as the federal stimulus act, is providing \$500 million to Minnesota for "shovel-ready" transportation projects... MnDOT has designated that 3% of the funding may be used for bike and pedestrian projects...”

For more details and to check on Minnesota projects, please visit:

<http://www.dot.state.mn.us/federalrecovery>.

## Robert Wood Johnson Foundation Call for Proposal

The Robert Wood Johnson Foundation (RWJF) has posted a call for proposals (CFP) in the Childhood Obesity program area. Active Living Research and Healthy Eating Research are national programs of RWJF that support research to identify promising policy and environmental strategies for increasing physical activity, promoting healthy eating and preventing obesity. The overall aim of both of these programs is to provide key decision- and policy-makers with evidence to guide effective action to reverse the childhood obesity epidemic. Up to \$1.675 million total will be awarded for rapid-response research grants, with the majority of funds in this CFP focused on physical activity studies. The maximum amount for a single grant is \$150,000, with a maximum funding period of 12 months. Visit the Active Living Research or Healthy Eating Research Web sites for more details about this CFP and information on how to apply, at [www.activelivingresearch.org](http://www.activelivingresearch.org) or [www.healthyeatingresearch.org](http://www.healthyeatingresearch.org)

## Video Conference

### [Video conference: TV Viewing and Childhood Obesity](#)

## Feedback Requested

### [Bike Walk Central Corridor Action Plan Feedback Requested](#)

### [SEND US YOUR COMMENTS!](#)

February 19, 2009 by [bikewalkcentralcorridoractionplan](#)

Here it is, what you've been waiting for, the Draft Bike Walk Central Corridor Action Plan! We're looking for you thoughts and comments, so please take a look, and write a comment to this post. If you're feeling ambitious, you can read the [entire document](#), or just the [summary and key maps](#). It's up to you! The important thing is you tell us what you think, and do it by **February 27th**. Bear in mind that it's very drafty at this point. We're mostly looking for comments on the routes and general policies, as opposed to grammar and such.

Posted in [Action](#) | [7 Comments »](#)

## MNDOT Complete Streets Study

**MNDOT is doing a Complete Streets study for the legislature. They are also doing outreach with citizens about Complete Streets. Please visit this link to show your interest and offer your input about the benefits, cost and feasibility of a Complete Streets policy.**  
<http://www.dot.state.mn.us/planning/completestreets/outreach.html>

## **Central Corridor Public Art Sessions Scheduled**

Visioning sessions will be held between March 11 and 26 for the public to advise the artists who will design the public art installations to be incorporated into the 15 Central Corridor LRT stations (click [here](#) for a complete schedule of sessions by station area). The community is invited to share ideas on local history and culture around each station with the assigned artist. Separate station art committees, which were created in January, also will advise the artists, in addition to helping publicize the visioning sessions in March and public feedback meetings on the designs later in the spring. The Metropolitan Council will have the final say over the designs.

If the public has any questions or comments about the visioning sessions, please contact the Met Council's Central Corridor LRT community outreach staff by [email](#) or call (651) 602-1645.

To read more about the Central Corridor project, click [here](#) to download the latest project newsletter. More information about the project is also available at [www.centralcorridor.org](http://www.centralcorridor.org) and on Regional Rail's [Central Corridor page](#).

## **Resources**

### **[Bike Walk Central Corridor Action Plan Blog](#)**

### **TSteps to a HealthierMN Newsletter**

The January/February issue of *MAKE STRIDES!*- the Steps to a HealthierMN Newsletter is now available. A PDF document is attached to this email for your convenience or you can visit [www.stepstohealthiermn.org](http://www.stepstohealthiermn.org) to view or download the newsletter.

### **US Department of Transportation Federal Highway Administration**

#### **Central Federal Lands Highway Division**

#### **Guide to Promoting Bicycling on Federal Lands - 2008**

[http://www.cflhd.gov/techDevelopment/completed\\_projects/bikes/index.cfm](http://www.cflhd.gov/techDevelopment/completed_projects/bikes/index.cfm)

## **Awards**

### **Youth gardens grants**

The National Gardening Association encourages the growth of health-focused youth garden programs through the Healthy Sprouts Awards sponsored by Gardener's Supply Company. The awards support school and youth garden programs that teach about nutrition and the issue of hunger in the United States. To be eligible for the 2009 Healthy Sprouts Awards, a school or organization must plan to garden in 2010 with at least fifteen children between the ages of 3 and 18. The selection of winners is based on the demonstrated relationship between the garden program and nutrition and hunger issues in the United States. In 2009, the program will present awards to twenty schools or organizations. Each recipient program will receive gardening supplies and resources, including gift certificates toward the purchase of gardening materials from Gardener's Supply. The top five programs will each receive a certificate valued at \$500; fifteen more programs will each receive a \$200 gift certificate. Deadline for applications is October 17, 2009. For more information, click <http://www.kidsgardening.com>

## Newsletters

### Central Corridor Newsletter Available

The latest edition of the [Met Council](#)'s Making Tracks newsletter for the Central Corridor Light Rail Transit project includes a sketch of what the streetscape might look like along University Avenue in St. Paul. Baseline elements at non-signalized pedestrian crossings will include tactile warning edges, lighting at intersection and along median walkway, bike racks and striped crosswalks. Betterment elements, which would cost \$12 million between Emerald and Rice streets in St. Paul, include:

- Installing twin lantern streetlights (\$2.5 million above baseline)
- Adding boulevard pavers, structural soil and trees (\$8.5 million above baseline)
- Upgrading wide flange poles for the overhead catenary system to painted tapered tubular poles (\$1 million above baseline)

The Central Corridor Project Office is finalizing costs for betterment elements for University Avenue and working with project stakeholders to define betterment elements for the West Bank, the state Capitol area and downtown St. Paul. Project stakeholders must secure funding for betterment elements to be added during construction.

To read more, click [here](#) to download the latest newsletter. More information about the project is also available at [www.centralcorridor.org](http://www.centralcorridor.org) and on Regional Rail's [Central Corridor page](#).

### Transit for Livable Communities Newsletter



The links below will bring you to Transit for Livable Communities' website where you can find more information about our work.

## Public hearings on transit, March 4 and 5

Can't make a hearing? You can [share your story](#) through TLC's website and we will share it with legislators.

## Minnesota Will Get \$600 Million in Stimulus Funding for Transportation; Decisions on Spending Now Rest With State Leaders

President Obama signed the American Recovery and Reinvestment Act last week, providing a total of \$48 billion for transportation projects. Nearly 40 percent of the Act's transportation funding goes toward transit, high speed rail, and bicycle and pedestrian projects. The remaining 60 percent is flexible, with governors, state departments of transportation, regional councils, and local governments making the spending decisions. Minnesota's guaranteed share of this money is pegged at nearly \$600 million, which our state and local officials are now responsible for allocating. [Click here to see how you can influence the process.](#)

## Bike Counts Will Help Bike Walk Twin Cities Shape the Future of Biking and Walking in Minneapolis

In September 2008, volunteer counters took to the streets with tally sheets, clipboards, and sharpened pencils to better understand how many people are walking and bicycling in Minneapolis and its neighboring communities. [Click here to see what the counters found and what it means.](#)

## At the Legislature: Building Sensible Communities

In partnership with 1000 Friends of Minnesota, Transit for Livable Communities and allies have developed a new initiative, aimed not at simply reshaping our transportation system, but at reshaping how we think about all the land we use—and all the ways we use it. The initiative, called Building Sensible Communities, will result in, among many other benefits, a greater number of real transportation choices for everyone. [Click here to read more.](#)

## A Familiar Transit Catch 22: As Ridership Increases, Funding Lags

Metro Transit and regional transit providers face one of the largest deficits in state history--\$45-61 million over the next two years. Why the budget hole? Approximately one-third of the funding for the metro bus system comes from the Motor Vehicle Sales Tax (MVST). With fewer people buying cars, the funding available for transit is shrinking rapidly. [Click here to read more.](#)

## New and Noteworthy on Our Blog

Did you know Transit for Livable Communities has a blog? It's true! You can find all sorts of interesting and fun to read items on there. Here are a couple great examples:

[Who Will Be Impacted By Potential Fare Increases?](#) from Michelle Dibblee, Senior Organizer for TLC. Ever wonder why transit is an issue that cuts across so many

Transit for Livable Communities is administering **Bike Walk Twin Cities**, a \$21.5 million federal pilot program designed to increase walking and bicycling in the Minneapolis area. Check out the website at [www.bikewalktwincities.org](http://www.bikewalktwincities.org)

**We Can't Succeed  
Without You !**

Transit for Livable Communities relies on you to help us reform Minnesota's transportation system.

[Contribute Today](#)

Every contribution, no matter how big or small, brings us closer to our shared vision: a balanced transportation system that encourages transit, walking, bicycling, and thoughtful development.

Your tax-deductible gift will be put to work right away through programs to fully fund a regional transportation system, promote walking and bicycling, and strengthen community participation in transportation decisions.

Please visit [our website](#) to make a secure online credit card donation, or send a check to:

Transit for Livable  
Communities  
626 Selby Avenue

St. Paul, MN 55104

**THANK YOU!**

socioeconomic boundaries? Check out these videos by St. Stephen's Human Rights Program of the people living on the margins who will be significantly affected by another fare increase.

[TLC Staff Poetry: A Rare Morning \(Ode to Walking\)](#) from Jaméz Smith, Administrative Assistant for TLC's Bike Walk Twin Cities initiative.

## A Note from Transit for Livable Communities

We want to thank all our members who responded to our end of year appeal for contributions with great generosity. Transit for Livable Communities relies on people like you to help us reform Minnesota's transportation system. We have already put your gifts to work through our programs to fully fund a regional transit system, promoting walking and bicycling, and strengthening community participation in transportation decisions.

[Click here](#) if you want to feel even better by contributing again (or for the first time if you have been procrastinating...)

Thank you again!

## Events

### Senate Transit Subcommittee meeting on transit shortfall

Tell your story! The Senate Transit Subcommittee will hold community meetings to take testimony on the importance of transit and the transit budget shortfall. Senator Dibble, chair of the senate transit subcommittee, and guests from the House of Representatives, will be present. Contact Michael Shmagin in Sen. Dibble's office (651-296-4191) or Michelle Dibblee with TLC (651-767-0298) if you have questions. No registration is required, but please take a moment to sign up below to let TLC know if you are coming.

There are two dates and locations for this event:

#### [Minneapolis: March 4, 2009. 5:00 PM - 7:00 PM](#)

Hennepin County Government Center  
300 S Sixth Street  
A-level auditorium (ENTER ON THE SIDE OF THE LRT STATION)  
Minneapolis, MN 554887

#### [Maplewood: 6:30 PM - 8:30 PM](#)

Maplewood City Hall  
1830 County Rd B East  
City Council Chambers  
Maplewood, MN 5510

For more cool events, check out Transit for Livable Communities' [calendar](#).

## The Details

If you would like to subscribe or unsubscribe to this newsletter, please contact Katie Eukel at 651-767-0298 x115 or [KatieE@tlcminnesota.org](mailto:KatieE@tlcminnesota.org). Also, if you have questions, comments, or story ideas, please let Katie know.

You are receiving this e-mail because you are a member of Transit for Livable Communities'

### [Action Network](#),

a group of supporters willing to do more to promote transit, walking, biking, and transit-oriented development.

Visit our website for more information on our efforts, or e-mail

[tlc@tlcminnesota.org](mailto:tlc@tlcminnesota.org).

Thank you!

### Volume III, Issue 2

February 2009

*On the Way* is an electronic publication of Transit for Livable Communities.

<hr/> <div style="border: 2px solid green; height: 40px; width: 500px; margin: 10px 0;"></div> <p><b>Transit for Livable Communities</b> is a non-profit organization advocating for a transportation system that gives every person affordable and convenient transportation choices. We work to improve the quality of life in Minnesota communities through a balanced transportation system that increases the availability of transit, walking, biking, and transit-oriented development .</p>	
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## Active Living Ramsey County! Background

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

[Hyperlink to view past digests.](#)

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Dear Coalition Members,

For now, we will be using Ramsey County's Gov Delivery system to send out correspondences. We were having problems with Outlook's distribution list features so I imported it to this delivery system. I have some technical things to work out like formatting and the like. Please bear with me as I learn this system. You can update your subscriptions, modify your password or e-mail address, or stop subscriptions at any time on your [Subscriber Preferences Page](#). You will need to use your e-mail address to log in. If you have questions or problems with the subscription service, please contact [support@govdelivery.com](mailto:support@govdelivery.com). All other inquiries can be directed to [techwebmaster@co.ramsey.mn.us](mailto:techwebmaster@co.ramsey.mn.us). You are always welcome to contact me at [connie.bernardy@co.ramsey.mn.us](mailto:connie.bernardy@co.ramsey.mn.us).

All the best!

Connie

PS Hope to see you Monday at our quarterly meeting.

Active Living Ramsey County! Co-Chairs: Commissioner Jan Parker - Ramsey County and Mayor Sandy Martin – City of Shoreview

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