



Active Living Ramsey County!  
Active Living is a way of life doing physical activity in the daily routine.  
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[w](#)

*To get active in our coalition please contact [Connie Bernardy](#).*

Visit us at [www.activelivingramseycounty.org](http://www.activelivingramseycounty.org).

## **Built Environment Infrastructure & Policy Creating Physically Active Friendly Communities**

### **In the News**

#### **[Saving Green Patches from Urban Sprawl](#)**

*from the News & Record*

Guilford County, N.C., is part of a growing statewide movement to preserve dwindling open space, but the local effort remains fairly modest compared with those of more aggressive urban counties.

Guilford's \$10 million program pales next to the \$138 million that Mecklen-burg County, N.C., has set aside for such land purchases and the \$91 million approved for open space by voters in Raleigh, N.C.

[More](#)

### **Provided by Joan Pasiuk, Transit for Livable Communities**

#### **State of the Art Bike Projects Coming to Minneapolis**

Minneapolis Mayor R.T. Rybak and University of Minnesota President Robert Bruniniks joined Transit for Livable Communities' executive director Lea Schuster at the University of Minnesota to announce two state of the art bike projects being funded by Bike Walk Twin Cities. One of the projects is called bike sharing, and the other is a bike center--similar to the Midtown Bike Center--on the University of Minnesota campus. [Click here read more.](#)

### **Webinar Opportunity**

#### **Provided by Joan Pasiuk, Transit for Livable Communities**

#### **Transit for Livable Communities Hosts Series of Webinars**

As part of the Bike Walk Twin Cities initiative, Transit for Livable Communities hosted the

webinar "PEDSAFE/BIKESAFE," which featured a presentation by Charley Zegeer and Libby Thomas from the University of North Carolina Highway Safety Research Center. They gave an overview of The [PEDSAFE](#) and [BIKESAFE](#) programs, which are safety resources that provide interactive pedestrian and bicycle crash analysis tools and information. This service helps practitioners identify effective bicycle and pedestrian safety strategies through measures such as engineering, education, and enforcement.

PEDSAFE/BIKESAFE was developed for the [U.S. Department of Transportation Federal Highway Administration](#). This system is hosted on the websites of the [Pedestrian and Bicycle Information Center](#). Materials from the presentation are available at the [APBP website](#). Check out the Bike Walk Twin Cities [calendar](#) for more webinars.

## **Volunteer Opportunity**

### **Provided by Joan Pasiuk, Transit for Livable Communities Monthly Bike and Pedestrian Counts Getting Under Way**

In addition to our annual fall [bicycle and pedestrian counts](#), Transit for Livable Communities has initiated monthly bike and pedestrian counts at six key locations. Like the annual fall counts, these monthly counts will be conducted on Tuesday, Wednesday or Thursday of the second week of each month from 4:00pm to 6:00pm. Conducting these counts monthly will help us better identify the seasonal impact on bicycling and walking in the Twin Cities. If you are interested in volunteering with the monthly counts, please contact [Tony Hull](#).  
In the News

## **Resources**

### **Provided by Tony Hull, Transit for Livable Communities Public Rights of Way Accessibility Guidelines**

Public Rights of Way Accessibility Guidelines, are suggested by Federal Highway Administration as appropriate standards and will eventually replace the American Disability Act Accessibility Guidelines. Also this guide provides great examples of how to accommodate all elements of an accessible environment in constrained locations.

<http://www.access-board.gov/prowac/alterations/guide.htm>

## **Information**

**Provided by Christine R. Goepfert, Transit for Livable Communities  
Transportation 4 America  
Livable Communities, Transit Oriented Development, and incorporating Green Building Practices into Federal Housing and Transportation Hearing  
U.S. House of Representatives Appropriations Subcommittee on Transportation and Housing - See report below**

## **Health Implications**

### **In the News**

Obesity trend is now an epidemic

<http://www.startribune.com/lifestyle/health/41407387.html>

Obesity by the numbers

<http://www.startribune.com/local/east/41407837.html>

Patterns: Big Waist Is an Extra Burden on Lungs  
<http://www.nytimes.com/2009/03/17/health/17patt.html>

HEALTHBEAT: Scientists try to unravel why diabetes increases risk of Alzheimer's disease  
<http://www.startribune.com/lifestyle/health/41325937.html>

Morbid obesity can take as many years off your life as lifelong smoking  
<http://www.startribune.com/lifestyle/health/41406467.html>

### **Low Vitamin D Linked to Teens Ailments**

Researchers have observed that teenagers with low Vitamin D levels are more likely than other teens to have high blood pressure and high blood sugar. Both conditions bode poorly: High blood pressure strains the cardiovascular system, and high blood sugar can presage diabetes. More study is needed to see if upping teens' Vitamin D consumption improves their health.

## **Physical Activity**

### **In the News**

Exercise: A Pace for Fitness: 100 Steps a Minute  
<http://www.nytimes.com/2009/03/17/health/17exer.html>

Sustained exercise seen best for kids' weight  
[http://health.yahoo.com/news/reuters/us\\_sustained\\_exercise.html](http://health.yahoo.com/news/reuters/us_sustained_exercise.html)

### **A Sniff. A Cough. And a Workout?**

The MisFits column is on vacation this week. In the meantime, Steve Levingston looks at whether workouts out can help you get over an illness or make it worse.

## **Nutrition**

### **In the News**

Who's Cooking? (For Health, It Matters)  
<http://www.nytimes.com/2009/03/17/health/17well.html>

## **Built Infrastructure – continued from above**

**Provided by Christine R. Goepfert, Transit for Livable Communities  
Transportation for America  
Livable Communities, Transit Oriented Development, and incorporating Green  
Building Practices into Federal Housing and Transportation Hearing  
U.S. House of Representatives Appropriations Subcommittee on Transportation  
and Housing**

Wednesday, March 18, 2009

### **HUD and DOT Partnership: Sustainable Communities**

U.S. Department of Housing and Urban Development (HUD) Secretary Shaun Donovan and U.S. Department of Transportation (DOT) Secretary Ray LaHood today announced a new partnership to help American families gain

better access to affordable housing, more transportation options, and lower transportation costs. The average working American family spends nearly 60 percent of its budget on housing and transportation costs, making these two areas the largest expenses for American families. Donovan and LaHood want to seek ways to cut these costs by focusing their efforts on creating affordable, sustainable communities.

The Secretaries discussed their plans for sustainable communities today at a U.S. House of Representatives Appropriations Subcommittee on Transportation and Housing hearing titled, "Livable Communities, Transit Oriented Development, and incorporating Green Building Practices into Federal Housing and Transportation."

"One of my highest priorities is to help promote more livable communities through sustainable surface transportation programs," said Secretary LaHood.

"This partnership will help expand every American family's choices for affordable housing and transportation," said Secretary Donovan. "HUD's central mission – ensuring that every American has access to decent, affordable housing – can be achieved only in context of the housing, transportation, and energy costs and choices that American families experience each day."

DOT and HUD have created a high-level interagency task force to better coordinate federal transportation and housing investments and identify strategies to give American families:

- More choices for affordable housing near employment opportunities;
- More transportation options, to lower transportation costs, shorten travel times, and improve the environment;
- The ability to combine several errands into one trip through better coordination of transportation and land uses; and
- Safe, livable, healthy communities.

The HUD/DOT task force will:

- Enhance integrated regional housing, transportation, and land use planning and investment. The task force will set a goal to have every major metropolitan area in the country conduct integrated housing, transportation, and land use planning and investment in the next four years. To facilitate integrated planning, HUD and DOT propose, through HUD's proposed Sustainable Communities Initiative which it will administer in consultation with DOT, to make planning grants available to metropolitan areas, and create mechanisms to ensure those plans are carried through to localities. DOT will encourage MPOs to conduct this integrated planning as a part of their next long range transportation plan update and will provide technical assistance on scenario planning, a tool for assessing future growth alternatives that better coordinate land use and transportation planning.

- o This effort will help metropolitan areas set a vision for growth and apply federal transportation, housing and other investments in an integrated approach to support that vision. HUD currently requires states, cities, and counties to prepare a five-year Consolidated Plan estimating housing status and needs. Concurrently, DOT requires States and metropolitan areas to develop Long Range Transportation Plans and four-year Transportation Improvement Programs. Coordinating these federally mandated planning efforts, including planning cycles, processes and geographic coverage, will make more effective use of Federal housing and transportation dollars.

- Redefine affordability and make it transparent. The task force will develop Federal housing affordability measures that include housing, and transportation costs and other costs that affect location choices. Although transportation costs now approach or exceed housing costs for many working families, Federal definitions of housing affordability don't recognize the strain of soaring transportation costs on homeowners and renters who live in areas isolated from work opportunities and transportation choices.

- The task force will redefine affordability to reflect those interdependent costs. The task force will also continue to ensure that the costs of living in certain geographic areas are transparent– using an online tool that calculates the combined housing and transportation costs families face when choosing a new home.

- Develop livability measures. The task force will research, evaluate and recommend measures that indicate the livability of communities, neighborhoods and metropolitan areas. These measures could be adopted in subsequent integrated planning efforts to benchmark existing conditions and identify progress toward achieving community visions. The task force will develop incentives to encourage communities to implement, use and publicize the measures.

- Harmonize HUD and DOT programs. HUD and DOT will work together to identify opportunities to better coordinate their programs and encourage location efficiency in housing and transportation choices. HUD and DOT will also share information and review processes to facilitate better-informed decisions and coordinate investments.

- Undertake joint research, data collection and outreach. HUD and DOT will engage in joint research, data collection, and outreach efforts with stakeholders, to develop information platforms and analytic tools to track housing and transportation options and expenditures, establish standardized and efficient performance measures, and identify best practices. An interagency working group, led by DOT, is currently developing performance metrics, research and data needs to support an integrated regional planning framework. The working group was established in June 2008 to identify opportunities to better align federal programs and resources to reduce traffic congestion, increase transportation mobility, improve air quality and realize other related environmental benefits.

You are subscribed to DOT News for Department of Transportation. This information has recently been updated, and is [now available](#).

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