

Active Living Ramsey County!

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

Digest Volume 27 03.24.09

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

Visit us at www.activelivingramseycounty.org.

Webinar Today!

Transportation and Social Equity Webinar

Social equity activists, labor groups, and community development professionals will examine how transportation access and mobility affects basic needs such as healthcare, education, and economic opportunity for millions of Americans. March 24th at 3 PM Central / [REGISTER NOW](#) Provided by Christine Goepfert, Transit for Livable Communities/Transit for America – see more information in webinar section below.

Built Environment Infrastructure & Policy

Creating Physically Active Friendly Communities

In the News

An Organic Garden at the White House

Last week, [Michelle Obama](#) began digging up a patch of the South Lawn of the White House to plant an organic vegetable garden to provide food for the first family and, more important, to educate children about healthy, locally grown fruits and vegetables at a time when [obesity](#) and [diabetes](#) have become national concerns. The First Family will have an organic garden on the White House lawn, just as healthful-eating advocates had hoped. Michelle Obama and a group of area schoolchildren broke ground last week on the 1,100-square-foot organic garden, which will nurture berries and such vegetables as squash, fennel, cucumbers and sweet and hot peppers. [Alas, it will bear no beets.](#)

Lifestyle Habits in Blue Zones Taken to Albert Lea

http://www.myfoxtwincities.com/dpp/news/Blue_Zones_Dan_Buettner_Albert_Lea_Mar_20_2009

Provided by Christine Goepfert, Transit for Livable Communities/Transit for America

Livable Communities Move Up on Agenda

March 19, 2009, HUD Secretary Shaun Donovan and Transportation Secretary Ray LaHood announced a [new partnership](#) to help American families gain better access to affordable housing, more transportation options, and lower transportation costs.

March 19, 2009, Secretary LaHood and Secretary Donovan have created a high-level task force, the [Sustainable Communities Partnership](#), 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; and
- Safe, livable, healthy communities.

Webinar Opportunities

Provided by Katherine Bass, Blue Cross/Blue Shield of MN

Media advocacy -- telling the story of incomplete streets

Please save the date for the next Minnesota Active Living Network call: 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. No RSVP is necessary.

Date: Tuesday, April 21, 2009

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

Tentative topic: Media advocacy -- telling the story of incomplete streets

Help shape the conversation by posting questions at this link:

http://www.surveymonkey.com/s.aspx?sm=W_2bUTXXPBaHr35KzgDwtm_2bw_3d_3d

*Active Living Ramsey County! will send out details about how to connect to the webinar when details come available.

Provided by Christine Goepfert, Transit for Livable Communities/Transit for America

Transportation for America Webinar Series

Transportation is the second biggest federal discretionary spending category — second only to defense spending. Where and how we choose to invest in transportation will have deep impacts on our housing and job markets, public health, energy needs, climate, economic competitiveness, and nearly every other pressing issue facing our country today. Though these connections run

deep, many Americans see transportation as a separate program existing on its own because the connections haven't always been well understood or explained.

To better understand and examine these connections we will be holding a series of online discussions throughout March, April and May with several of our key partners. Hear from experts about how reforming federal transportation spending is connected to reducing America's oil dependency, helping the nation compete and thrive in the 21st century, and bringing opportunity to all Americans.

Contact webinars@t4america.org for more information. **Four** are open now, but check back or stay tuned on the [campaign blog](#) where we'll announce others as they open up. We'll open up registration to the others when we finalize dates, so check back soon.

Transportation and Social Equity

Social equity activists, labor groups, and community development professionals will examine how transportation access and mobility affects basic needs such as healthcare, education, and economic opportunity for millions of Americans. **March 24th at 3 PM Central** / [REGISTER NOW](#)

Transportation and Economic Opportunity

Speakers will explore how the transportation sector drives the economy and creates opportunities for American workers. Topics will include the transportation sector's ability to create jobs and sustain global growth, and the use of transportation as a driver of neighborhood revitalization. **Date TBA.** *A speaker canceled and we are delaying this session. If you've already registered, you'll get a notification in your email from us.* / [REGISTER NOW](#)

Transportation, Climate Change, and Energy Security

Within the United States, transportation is one of the largest sources of greenhouse gas (GHG) emissions. Webinar attendees can learn how various modes of transportation impact the environment and energy security, and how our land-use patterns affect vehicle miles traveled (VMT) and air quality. **April 2 at 1 PM Central** / [REGISTER NOW](#)

Transportation, Housing, and Development

Real estate development professionals and affordable housing advocates will explore the linkages between transportation and housing development, the shift in housing and real estate preferences and value, and the creation of affordable mixed-use development near jobs and transit. **April 16 at 3PM Central** / [REGISTER NOW](#)

Transportation and Public Health and Safety

Transportation influences the health and safety of communities by affecting physical activity levels, traffic speeds, and air pollution. This session will investigate the needs of paratransit and

transit-dependent populations, the success of Complete Streets and non-motorized transportation programs, and the connections between transportation and active living. **Date TBA /**
Registration opening when date is confirmed.

Transportation in Rural Areas and Small Towns

Non-metropolitan areas have unique needs and challenges that require specific transportation solutions. As such, the speakers in this session will look at Main Street economic development and anti-sprawl efforts, access to job centers, and the aging and paratransit. **Date TBA /**
Registration opening when date is confirmed.

Health Implications

In the News

Many Americans Too Overweight For Army

http://www.myfoxtwincities.com/dpp/news/dpgo_Americans_Overweight_Army_fc_200903232298144

Genetics/Heredit

In the News

Fat-producing gene found. Help for obesity?

<http://www.msnbc.msn.com/id/29790543/>

Type 2 diabetes risk differs by ethnic group

http://health.yahoo.com/news/reuters/us_type2_diabetes_risk_differs_ethnic_group.html

Researchers find gene that turns carbs into fat

http://health.yahoo.com/news/reuters/us_obesity_gene.html

Physical Activity

In the News

Weight watching on the Web

<http://www.startribune.com/lifestyle/health/41594397.html>

Healthy diet, exercise ward off deep belly fat

http://health.yahoo.com/news/reuters/us_healthy_diet_exercise_ward_off_deep_belly.html

Nutrition

In the News

Eating Food That's Better for You, Organic or Not

<http://www.nytimes.com/2009/03/22/weekinreview/22bittman.html>

Fast-food location can weigh on kids

http://www.twincities.com/health/ci_11977442

Duplicate - Weight watching on the Web

<http://www.startribune.com/lifestyle/health/41594397.html>

Duplicate - Healthy diet, exercise ward off deep belly fat

http://health.yahoo.com/news/reuters/us_healthy_diet_exercise_ward_off_deep_belly.html

Active Living Ramsey County! Co-Chairs:

Commissioner Jan Parker - Ramsey County

Mayor Sandy Martin – City of Shoreview