

# Active Living Ramsey County!

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

Digest Volume 28 03.26.09

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

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

## Built Environment Infrastructure and Policy

## Creating Physically Active Friendly Communities

### Resources

Provided by John Moriarty, Ramsey County Parks

Twin Cities Greenways Initiative Website

<http://www.tcgreenways.org/>

The Twin Cities Greenways Initiative is a grassroots project promoting the construction of greenway-quality trails to better connect the Twin Cities area. Our model is based largely upon the tremendous success of the [Midtown Greenway](#) combined with a concept similar to [Milwaukee Avenue](#) to allow limited-stop greenways to reach areas never before considered possible.

Provided by Barb Grossman, Ramsey County Extension Services

[Gardening Matters](#)

**Gardening Matters** is a program supporting community gardeners across the Twin Cities Metro Area by connecting them to each other and to the communities in which they reside.

[www.gardeningmatters.org](http://www.gardeningmatters.org)

## Minnesota Food Association

Minnesota Food Association (registered 501C3 nonprofit organization) actively pursues the mission to build a more sustainable food system by growing and distributing food, bringing new farmers into farming through training immigrant farmers, and networking, partnering and sharing with many diverse community-based organizations, nonprofits, foundations, government, local businesses, and institutions. Now celebrating its 25th year, MFA operates with the goal of *ReLocalizing Food Systems*. [More](#)

## Training Opportunity

Provided by Barbara Grossman, Ramsey County Extension Services

### 2009 Community Garden Spring Resource Fair

Saturday, March 28th  
9:00-4:00pm

Unity Church-Unitarian  
732 Holly Avenue, St. Paul  
\$3 person at door, free parking  
Lunch available for purchase from Black Cat Cafe

We're excited to have this year's 'hoedown' at St. Paul's [Unity Church](#). The Fair will have workshops tailored for community gardening and ways to enhance our urban food system. [Learn more about it!](#)

## National Initiative for Children's Healthcare Quality

**Addressing Disparities in Childhood Obesity**, Q-Call is being held April 3, 2009, **2:00 p.m.-3:00 p.m. Central Time** To register for this event, please click [Yes](#).

Although social economic status (SES) gradients in obesity among adults are recognized, the relationship between SES and obesity in childhood and adolescence is not consistent. Why is this so, when childhood and adolescent obesity are such important predictors of adult obesity? This call will explore these relationships as well as possible reasons for these inconsistencies, including how disparities and SES is conceptualized and measured. This call will also explore within and across state patterns of disparities in obesity prevalence. Finally, a set of goals and recommendations are proposed for how to respond to these prevailing disparities. \$59. Fee. Click [here](#) for more information on this Q-Call.

## Forum

Provided by the MN Dept of Health Office of Minority and Multicultural Health

## **Health Disparities Forum: Health Care Reform and Health Equity**

April 17, 2009 8:45 a.m.-12 p.m.  
Coffman Memorial Union, University of Minnesota  
300 Washington Ave SE, Minneapolis, MN 55455

The University of Minnesota School of Public welcomes Senator Amy Klobuchar, Dr. Michael Trujillo, and Jeffrey Korsmo to discuss health care reform and what it means for health equity nation-wide and for all Minnesotans. The upcoming forum, *Health Care Reform and Health Equity*, will examine innovative strategies and models for reforming our health care system, discuss the implications of health care reform for reducing health disparities, and stimulate dialogue regarding the effects of health care reform for achieving health equity in Minnesota and elsewhere. Event audience: For professionals, students, and faculty in public health and other fields interested in reducing health disparities.

For more information: [U of M School of Public Health Roundtable Series](#)

## **Health Disparities**

### **Funding Opportunity**

#### **Planning Grants in Health Disparities Research**

March 31st is the deadline for community organizations to submit intent letters on health disparities research for the 2009 Planning Grants in Health Disparities Research from the University of Minnesota Medical School's Program in Health Disparities Research.

For more information: [Program in Health Disparities Research Web site](#)

Contact: Michael Golden 612-626-9192 [mgolden@umn.edu](mailto:mgolden@umn.edu)

## **Health Implications**

### **In the News**

Blacks Suffer More Early Heart Failure  
<http://www.washingtonpost.com/wp-dyn/content/article/2009/03/23/AR2009032301802.html>

Many Americans Fear Being Diagnosed With Diabetes  
<http://health.yahoo.com/news/healthday/manyamericansfearbeingdiagnosedwithdiabetes.html>

# Physical Activity

## In the News

Creating a Home Gym Under \$100

[http://www.myfoxtwincities.com/dpp/news/Creating\\_a\\_Home\\_Gym\\_Under\\_100\\_dollars\\_march\\_23\\_2009](http://www.myfoxtwincities.com/dpp/news/Creating_a_Home_Gym_Under_100_dollars_march_23_2009)

## Active Living Ramsey County! Partner Information

### Sibley Bike Depot

#### [Spring at the Sibley Bike Depot](#)

**Sibley Bike Depot expands to Spring Hours!!**In order to meet the needs of our community this Spring and Summer, Sibley will now offer new hours: **Wednesday 3-9pm, Saturday 10am-6pm, and Sunday 12-4pm.**

### Provided by the MN Dept of Health Office of Minority and Multicultural Health

#### **March 5: Elder aerobics**

10:30-11:30 a.m.

Christ Lutheran Church on Capitol Hill  
105 West University Avenue  
St. Paul, MN 55103

Low impact exercise for older adults. Free lunch.

Event audience: adults and older adults, Cambodians

Registration deadline: March 4, 2009

Contact:

Southeast Asian Ministry  
651-293-1261

[seam-stpaul@hotmail.com](mailto:seam-stpaul@hotmail.com)

For more information: [www.seam-stpaul.org](http://www.seam-stpaul.org)

#### **March 12, 19, 26: Cambodian Elder Program**

10 a.m.-12 p.m.

Christ Lutheran Church on Capitol Hill  
105 West University Ave  
St. Paul, MN 55103

Social activities, games, fellowship, health education, blood pressure screening, lunch, and lots of FUN!

Event Audience: Cambodian Elders

Contact:

Jennifer Krueger

651-293-1261

[seam-stpaul@hotmail.com](mailto:seam-stpaul@hotmail.com)

For more information: [www.seam-stpaul.org](http://www.seam-stpaul.org)

### **April 2, 9, 23, 30: Cambodian Elder Program**

10 a.m.-12 p.m.

Christ Lutheran Church on Capitol Hill

105 West University Ave

St. Paul, MN 55103

Social activities, games, fellowship, health education, blood pressure screening, lunch, and lots of FUN!

Event Audience: Cambodian Elders

Contact:

Jennifer Krueger

651-293-1261

[seam-stpaul@hotmail.com](mailto:seam-stpaul@hotmail.com)

For more information: [www.seam-stpaul.org](http://www.seam-stpaul.org)

### **April 16: Elder aerobics**

10:30-11:30 a.m.

Christ Lutheran Church on Capitol Hill

105 West University Avenue

St. Paul, MN 55103

Low impact exercise for older adults. Free lunch.

Event audience: adults and older adults, Cambodians

Registration deadline: March 4, 2009

Contact:

Southeast Asian Ministry

651-293-1261

[seam-stpaul@hotmail.com](mailto:seam-stpaul@hotmail.com)

For more information: [www.seam-stpaul.org](http://www.seam-stpaul.org)

### **May 1-2: District Del Sol's 27th Annual Cinco De Mayo Fiesta**

4-9 p.m. (May 1)  
9 a.m.-6 p.m. (May 2)  
Cesar Chavez Street  
St. Paul, MN

Minnesota's Spiciest Celebration! The Cinco de Mayo Fiesta is one of the 10 largest festivals of its kind nationwide, attracting more than 100,000 visitors to District del Sol on the West Side, one of St. Paul's most diverse neighborhoods. Embracing the colorful history and rich traditions of Hispanic/Latino culture, this award-winning, family-friendly experience features over six blocks of food, five stages of live music, dancing, children's activities, lowrider car show, colorful parade, "People's Choice" salsa tasting contest and more.

Contact: Riverview Economic Development Association  
651-222-6347  
[cincoconcerns@districtdelsol.com](mailto:cincoconcerns@districtdelsol.com)

For more information: [www.districtdelsol.com/cinco.html](http://www.districtdelsol.com/cinco.html)

### **May 7: Elder aerobics**

10:30-11:30 a.m.  
Christ Lutheran Church on Capitol Hill  
105 West University Avenue  
St. Paul, MN 55103

Low impact exercise for older adults. Free lunch.

Event audience: adults and older adults, Cambodians

Registration deadline: March 4, 2009

Contact:  
Southeast Asian Ministry  
651-293-1261  
[seam-stpaul@hotmail.com](mailto:seam-stpaul@hotmail.com)  
For more information: [www.seam-stpaul.org](http://www.seam-stpaul.org)

### **May 14, 21: Cambodian Elder Program**

10 a.m.-12 p.m.  
Christ Lutheran Church on Capitol Hill  
105 West University Ave  
St. Paul, MN 55103

Social activities, games, fellowship, health education, blood pressure screening, lunch, and lots of FUN!

Event Audience: Cambodian Elders

Contact:  
Jennifer Krueger  
651-293-1261  
[seam-stpaul@hotmail.com](mailto:seam-stpaul@hotmail.com)

For more information: [www.seam-stpaul.org](http://www.seam-stpaul.org)

**Active Living Ramsey County! Co-Chairs:**

**Commissioner Jan Parker - Ramsey County**

**Mayor Sandy Martin – City of Shoreview**