



Active Living Ramsey County!  
Active Living is a way of life doing physical activity in the daily routine.  
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*To get active in our coalition please contact [Connie Bernardy](mailto:Connie.Bernardy@activelivingramseycounty.org).*  
Visit us at [www.activelivingramseycounty.org](http://www.activelivingramseycounty.org).

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

### **In the News**

Too many kids spend little time outdoors  
[http://health.yahoo.com/news/reuters/us\\_kids\\_outdoors.html](http://health.yahoo.com/news/reuters/us_kids_outdoors.html)

Students Give Up Wheels for Their Own Two Feet  
<http://www.nytimes.com/2009/03/27/world/europe/27bus.html>

## **Congratulations Coalition Partners! Active Living Ramsey County! is in the news!**

A case study of Active Living Ramsey County! is published in the [Taking Steps Toward Policy, Systems, and Environmental Change: Case Studies from Steps to a Healthier Minnesota Initiatives Handbook](#).

**Active Living Ramsey County!**  
*Promoting Active Living Principles*  
St. Paul, MN (Ramsey County)

**Formation**

Active Living refers to changing the built environment— the physical structures and infrastructure of communities— to create opportunities for physical activity that are practical and enjoyable.<sup>12</sup> The premise is that a built environment that encourages walking, bicycling, and using recreational facilities will help more people meet the recommendations for physical activity. Benefits of a successful Active Living initiative include: healthier people, safer communities, economic vitality and a more socially connected community.<sup>13</sup>

Active Living Ramsey County works to bring about and sustain changes in design, transportation, and public/private policies to cultivate and support a way of live that integrates physical activity into daily lives. Active Living Ramsey County is a collaborative effort that includes elected officials and representatives from the county and cities, schools, health plans and residents; these partners work together to find ways to make physical activity easier and safer.

## **Key Events**

Active Living Ramsey County (ALRC) was developed with the support of community and business leaders; health plans; city, county and school officials; and Ramsey County residents. In creating Active Living Ramsey County, a Ramsey County Commissioner sought the support of the County Board. After the county board decided to support the initiative, key county departments were asked to participate, including the health department (Steps to a Healthier St. Paul staff), parks and recreation, public works, and transportation. Similar departments from the City of Saint Paul were also asked to participate. In addition, local city managers, school district members, and other associated groups were asked to participate. This diverse group formed a coalition that was instrumental in connecting different governing bodies in the county and representing various perspectives and interests in promoting active living.

<sup>12</sup>Prevention Institute (2004). The built environment and health: 11 profiles of neighborhood transformations. [www.preventioninstitute.org/pdf/BE\\_full\\_document\\_110304.pdf](http://www.preventioninstitute.org/pdf/BE_full_document_110304.pdf)

<sup>13</sup>Active Living Ramsey County. [www.co.ramsey.mn.us/alrc/about\\_alrc.htm](http://www.co.ramsey.mn.us/alrc/about_alrc.htm)

## **Resources**

**Provided by MN Department of Health - Division of Community & Family Health**

**[New Handbook Available! "Taking Steps Toward Policy, Systems, and Environmental Change: Case Studies from Steps to a Healthier Minnesota Initiatives"](#)**

*Steps to a Healthier Minnesota* Initiatives handbook includes case studies, overarching themes and recommendations, implications in moving programs toward policy, systems, & environmental change, background information and additional resources.

## **Funding Opportunity**

**Provided by Chris Kimber – Minnesota Department of Health**

**Grants to pilot test pedestrian safety guidebook**

Funding is available to communities interested in making their environment more walkable for residents. The Highway Safety Research Center (HSRC) of the National Highway Traffic Safety Administration is seeking proposals from up to 10 communities

or neighborhoods to pilot test the use of a newly developed guidebook on how to improve pedestrian safety in neighborhoods. Each selected site will be provided \$2,000 as well as technical assistance from pedestrian safety experts. Only government agencies and other not-for-profit organizations and neighborhood groups (such as PTAs, homeowner's associations, advocacy groups, etc.) are eligible to apply. Proposals are due May 29, 2009. To download the RFP, click [http://www.walkinginfo.org/res\\_guide/index.cfm](http://www.walkinginfo.org/res_guide/index.cfm).

## **Policy Reports**

### **Provided by Chris Kimber – Minnesota Department of Health State Legislative Role encouraging biking and walking**

A new report published by the National Conference of State Legislators, in partnership with members of the League of American Bicyclists and Bikes Belong, shows how state legislatures have proactively supported bicycling and walking as transportation choices, and includes discussion of Complete Streets measures considered and adopted in state legislatures. The report is called Encouraging Bicycling and Walking: The State Legislative Role. The report also looks at related economic, public, and environmental health benefits of bicycling and walking. Discussions of funding stream mechanisms, planning, infrastructure design, and safety improvements are also included. To view the report, click <http://www.ncsl.org/programs/pubs/summaries/014234-sum.htm>

### **Provided by Chris Kimber – Minnesota Department of Health Safe Routes to School reports**

The Safe Routes to School National Partnership released two reports that were prepared for and sponsored by the Robert Wood Johnson Foundation (RWJF). One report is titled Safe Routes to School 2009 Policy Report – Moving to the Future: Building on Early Achievements and the other report is titled Safe Routes to School State Network Project – 2008 Annual Progress Report: Building Momentum and Policy Change. The reports provide background information on Safe Routes to School and details challenges and opportunities in program implementation. To view each report, click <http://www.saferoutespartnership.org/mediacenter/31472>

## **Trainings**

### **Provided by Transit for Livable Communities**

#### **[Association of Pedestrian and Bicycle Professionals Webinar: Shared Lane Marking](#)**

[Tell My Friends](#)  


Wednesday, April 15, 2009 2 – 3 PM

Get professional development in one hour at your desk. Professional Development Webinars will help you move up to the next level of expertise and knowledge by providing concise, thorough grounding on state-of-the-art topics. Most presentations offer one Certification Maintenance credit to AICPs or one professional development hour to engineers. Invite your colleagues or clients to attend a webinar for one very reasonable price at your host site or theirs. Cost is \$50/site

for APBP members, \$60/site for non-members. Visit <http://apbp.yourmembership.com/?page=Webinars> for more information.

## Research

### Provided by Chris Kimber – Minnesota Department of Health 2007 Minnesota Student Survey Update

"A set of "association briefs" based on the 2007 Minnesota Student Survey Statewide data is now available on the web. These two-page brief reports show how selected behaviors or experiences are associated with other risk and protective factors. The full set of 24 association briefs can be found at <http://www.health.state.mn.us/divs/chs/mss>, click on the special reports button. Contact Pete Rode at 651-201-5942 or [peter.rode@state.mn.us](mailto:peter.rode@state.mn.us) if you have any questions."

## Examples

### Provided by Transit for Livable Communities - Newsletter Excerpt State of the Art Bike Projects Coming to Minneapolis

Minneapolis Mayor R.T. Rybak and University of Minnesota President Robert Bruininks joined Lea Schuster, Transit for Livable Communities' executive director, to announce two state of the art bike projects funded through Bike Walk Twin Cities. Bike sharing will bring 1,000 bikes to Minneapolis, while a bike center (similar to the Midtown Bike Center) will come to the University of Minnesota. [Click here read more.](#)

## Information & Updates

### Provided by Transit for Livable Communities - Newsletter Excerpt Federal Stimulus - Transportation

### Repair Our Roads Before Expanding Metro Highways

How should Minnesota spend nearly \$250 million in federal stimulus dollars for our metro area? A proposal to fund two proposed highway expansion projects—an \$84 million expansion of Highway 610 and an expansion of the I-169/I-494 interchange that could cost \$170 million—could eat up the metro area stimulus money and even some future federal funding, while compromising our ability to repair our existing roads and bridges. [Click here to read more.](#)

### Provided by Transit for Livable Communities - Newsletter Excerpt Met Council's 2010-2011 Transit Budget

### Short Term Fix for a Long Term Transit Funding Problem

Transit cuts and fare increases may have been avoided – at least until 2010. Met Council Chair Peter Bell recently presented the Met Council's 2010-2011 transit budget to the

Senate Transportation Committee. The budget avoids any service cuts or fare increases in 2009, but it includes a second fare increase in 2010 and potential service cuts. [Click here to read about a short term fix to a long term problem.](#)

## **Public Comment Requested**

**Provided by Transit for Livable Communities - Newsletter Excerpt  
Minnesota Statewide Transportation Plan**

### **Help Set the Direction for Minnesota's Transportation Investments!**

Next week, the Minnesota Department of Transportation will take comments on the Draft Minnesota Statewide Transportation Plan: 2009-2028. This document lays the foundation for Mn/DOT's decisions, and can ask them to provide more support for a balanced transportation system. [Click here for what you can do to help!](#)

## **Health Disparities In the News**

Lifelong poverty increases heart disease risks  
[http://health.yahoo.com/news/reuters/us\\_lifelong\\_poverty.html](http://health.yahoo.com/news/reuters/us_lifelong_poverty.html)

## **Health Implications Research**

**Provided by Chris Kimber – Minnesota Department of Health  
Policy and Action for Cancer Prevention Report**

The World Cancer Research Fund (WCRF) and the American Institute for Cancer Research (AICR) released a new report on cancer prevention and the findings of the report were presented at a Congressional briefing on Capitol Hill in February 2009. The title of the report is Policy and Action for Cancer Prevention – Food, Nutrition, Physical Activity and the Prevention of Cancer: a Global Perspective. The report summarizes 12 types of cancers that could be partially prevented by making changes in physical activity, diet and weight control. The report states that overall, a third of the most common cancers can be prevented. Details of 48 specific policy recommendations that would significantly reduce the burden of cancer now affecting more than 1.4 million Americans every year are included in the report. To view the report, click [http://www.aicr.org/site/R?i=3D9oZn\\_5sIMaAJejNM--xeTQ](http://www.aicr.org/site/R?i=3D9oZn_5sIMaAJejNM--xeTQ)

## **Nutrition In the News**

Families That Eat Together Serve Up Good Dietary Habits  
<http://health.yahoo.com/news/healthday/familiesthateattogetherserveupgooddietaryhabits.html>

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

Active Living Ramsey County! Digest captures current information to support Active Living as a way of life and physically active friendly communities. Topics Include: Active Living, physical activity, nutrition, active transportation, enhancing the built environment, Active Living policies, and health implications and disparities related to policies, the built environment, and physical inactivity.

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