

# Active Living Ramsey County!

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

Digest Volume 30 04.03.09

*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

### In the News

#### CYCLING AND WALKING

#### Promoting the Use of Bicycles on Federal Lands

Link to report from the Western Transportation Institute:

[http://www.wti.montana.edu/documents/reports/pdf/4W1303\\_Final\\_Report.pdf](http://www.wti.montana.edu/documents/reports/pdf/4W1303_Final_Report.pdf)

### Town Hall Meeting

**Monday, April 6<sup>th</sup>**

1:30 PM - 3:30 PM

**Host Location: 444 Lafayette Rd, Room 5137**

**St. Paul, MN 55115**

**10 locations throughout the state available**

"What kind of disability-related projects will the Federal Stimulus support in Minnesota? Wondering how Minnesota's Budget Deficit will affect people with disabilities?"

Sponsored by the Minnesota State Council on Disability. Representatives from US Congressman Keith Ellison's Office and Congresswoman Betty McCollum's Office, the Department of Transportation and the Consortium for Citizens with Disabilities (MnCCD) will be on hand to answer questions about the Federal Stimulus.

Please see this link for further information:

<http://www.state.mn.us/portal/mn/jsp/content.do?contentid=536917704&contenttype=EDITORIAL&hpage=true&agency=MSCOD>

## **Funding Training Opportunity**

### **April 28: Before the Proposal - Grant Writing Workshop**

9 a.m.-4 p.m.

Community United Methodist Church  
950 Gould Ave NE  
Columbia Heights, MN 55421

Audience: Those who write grant proposals and organization staff who are affected by the grant writing process

Cost: \$20

Registration deadline: 4/21/09. The economy has changed the process in which foundations will fund grant proposals. This workshop will teach you how to increase your chances of getting funded by addressing organizational issues before you submit the proposal. Topics covered include financial statements vs audited financial statements, filing your 990's, risk management, funder's language and how it fits with your organization, and more. You will also meet a panel of funders to hear what's changed for them. Fee is nonrefundable and includes lunch. It must be received no later than April 21. Contact:

Becky Cole

612-781-3630

[OutreachNE@yahoo.com](mailto:OutreachNE@yahoo.com)

For more information: [Connecting Resources Together](#)

## **Trainings**

**Provided by Transit for Livable Communities**

[Tell My Friends](#)

**Project for PublicSpaces Spring 2009 training course: How to Turn a Place Around**

How to Turn a Place Around is a two-day placemaking training course on April 16th & 17th, 2009. We will spend two days exploring the principles of making places through presentations, case studies, and a Place Game. Registration covers two days of tuition, in-depth presentations and discussions, on-site evaluation, case studies, a copy of How to Turn a Place Around, and training support materials.

**When** Thursday, April 16 - Friday, April 17, 2009

**Provided by Transit for Livable Communities**

[Tell My Friends](#)

**Association of Pedestrian and Bicycle Professionals Webinar:  
Sunday Parkways**

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 [www.apbp.org](#) for more information.

**When** Wednesday, May 20, 2009  
2 PM - 3 PM

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

**Green by Design Conference**

The 2009 Green by Design conference is being held on June 10-11, 2009 at The Depot in Minneapolis. In addition to an internationally recognized leader in sustainable practices as the keynote speaker (L. Hunter Lovins), multiple sessions and tracks will be offered by local and national experts that focus on various elements of the Green Communities criteria. Examples of successful green building projects, including both multifamily and single-family developments, new construction and rehabilitation, will be highlighted throughout the two days. The training is aimed to provide housing developers, builders, contractors, architects, city planners, environmentalists, funders, and other professionals with the necessary tools to build energy efficient, healthy and sustainable housing. For more information and to register, click [www.mngreencommunities.org/gbd](http://www.mngreencommunities.org/gbd)

**International Conference on Diet and Activity Methods**

Washington, DC. June 5-7, 2009 – <http://www.icdam.org>

**Weight of the Nation inaugural conference on obesity prevention and control**

Washington, DC. July 27-29, 2009 – <http://www.weightofthenation.org>

## **Safe Routes to School National Conference**

Portland, OR. August 19-21, 2009 – [www.saferoutesconference.org](http://www.saferoutesconference.org)

## **Research to Practice Symposium Promoting Environmental and Policy Change to Support Healthy Aging**

Chapel Hill, NC. September 15-16, 2009 – <http://www.prc-han.org>

## **Pro Walk/Pro Bike Conference**

Chattanooga, TN. September 13-16, 2010 – [www.bikewalk.org](http://www.bikewalk.org)

## **Research**

### **Bicycle and Pedestrian Detection Final Report**

Prepared for FHWA and Minnesota Department of Transportation by SRF Consulting Group, Feb. 2003. Available on the web at <http://ntl.bts.gov/lib/23000/23300/23330/BikePedDetFinalReport.pdf> This document's goal was to identify applications and evaluate accuracy of non-intrusive technologies for detecting non-motorized traffic (bikes and pedestrians). This study tested six sensors including ferrous and non ferrous (aluminum) bicycles and contains a useful literature review. This study was carried out on pathways that are separate from road. It does not present information.

### **Provided by the MN Department of Health**

### **Important 2007 Minnesota Student Survey Updates - Contact Information Has Been Added**

**(1) 2007 MSS Association Briefs** "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."

**(2) Important Issue in Using the 2007 MSS BMI Data** A change has occurred in **how data on overweight and obesity among children and adolescents are labeled**. Until recently, at or above the 85<sup>th</sup> percentile but below the 95<sup>th</sup> percentile on the CDC growth charts was labeled **“at risk for overweight,”** and at or above the 95<sup>th</sup> percentile was labeled **“overweight.”** However, in 2007, the Expert Committee on the Assessment, Prevention and Treatment of Childhood and Adolescent Overweight and Obesity recommended changing the **labels** for these standards to the following: at or above the 85<sup>th</sup> percentile but below the 95<sup>th</sup> percentile is to be labeled

“**overweight**” and at or above the 95<sup>th</sup> percentile is to be labeled “**obese.**” So the *standards* (the percentile cut-offs) remain the same, but the *labels* have changed.

**What Does this Mean for Us?** Our **state, county and school district tables of 2007 MSS results** use the **old labels** because these tables were produced before we became aware of the Expert Committee’s recommendation. We recommend that you start using the **new labels** when reporting MSS results on weight status among adolescents. This is particularly important if you are making comparisons to national data, so that you have an “apples to apples” comparison. Contact Ann Kinney at 651-201-5946 or [ann.kinney@state.mn.us](mailto:ann.kinney@state.mn.us) for more information or if you have any questions

## Resources

### Pedestrian and Bicycle Information Center

A guide to promoting Bicycling on Federal Lands is available from the Pedestrian and Bicycle Information Center [www.bicyclinginfo.org](http://www.bicyclinginfo.org). It contains an extensive list of valuable resources for Federal land managers, including:

Case Studies and Model Programs;

Links to Online Bicycling Resources;

Federal Funding Resources; and

Annotated Bibliography of Bicycling Resources.

Bicycling continues to grow in popularity across the country for transportation and recreation. Bicycles are an underused tool that can help land managers protect public lands and create a sustainable way for visitors to experience these lands. This guide is intended to encourage Federal land managers to serve as a positive national role model by further advancing bicycle use on Federal lands.

### State Bike and Pedestrian Contacts

Link to get involved in the state, regional, and local transportation planning process. Contact state bicycle and pedestrian coordinators at <http://www.fhwa.dot.gov/environment/bikeped/>.

### League of American Bicyclist

Learn from other bicycling programs. The League of American Bicyclist's Bicycle Friendly Community Program (<http://www.bikeleague.org/>); and IMBA's Trail Care Crew and National Mountain Bike Patrol programs (<http://www.imba.com/tcc/>, and <http://www.imba.com/nmbp/>).

# Health Disparities

## Free Forum

Provided by the Minnesota Department of Health

### April 17: Health Disparities Forum: Health Care Reform and Health Equity featuring Senator Amy Klobuchar

9:30 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](#)

## Wellness Fair

### April 29: American Indian Wellness Fair

11 a.m.-3 p.m.

Midtown YWCA/Minneapolis Sports Center  
2121 East Lake Street  
Minneapolis, MN 55108

In an effort to reverse the alarming health disparities faced by American Indians, we seek to increase disease prevention practices among Indian people.

Event audience:

American Indians living in the Twin Cities

Contact: Bill Carter  
612-673-3028  
[bill.carter@ci.minneapolis.mn.us](mailto:bill.carter@ci.minneapolis.mn.us)

## **Health Implications**

### **Resource**

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

#### **Fall prevention DVD**

The Minnesota Falls Prevention Initiative partnered with Twin Cities Public Television and ECHO TV to produce a falls prevention program titled “Anyone Can Fall.” The program provides simple tips to stay independent and prevent a fall. It was broadcast in English, Spanish, Hmong, Somali, Vietnamese, Lao, and Khmer. To order a free copy of the DVD, click [www.mnfallsprevention.org](http://www.mnfallsprevention.org)

## **Physical Activity**

### **Resource**

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

#### **Fit-For-Fun Youth Running and Fitness Development Program**

The Fit-For-Fun Youth Running and Fitness Development Program is being marketed to the Twin Cities greater metro area schools and communities. The Fit-For-Fun Program has an accompanying coach’s curriculum, as well as a parent handbook. The goal of each is to provide coaches and parents with the knowledge and tools necessary to guide children toward the healthy and well lifestyle so absent today. For more information, contact Paul Vogel, Fit-For-Fun program founder, at [pvogel@isd622.org](mailto:pvogel@isd622.org).

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

**Commissioner Jan Parker - Ramsey County**

**Mayor Sandy Martin – City of Shoreview**

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

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

## **Background about Active Living Ramsey County! and Digest**

**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.

**Active Living Ramsey County! Case Study 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)

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

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