



Active Living Ramsey County!

*...creating physically active friendly communities through policy, systems, and environmental change.
Digest Volume 31 04.14.09*

To get active in our coalition please contact [Connie Bernardy](mailto:Connie.Bernardy@activelivingramseycounty.org).

Visit us at www.activelivingramseycounty.org.

Built Environment Infrastructure and Policy Creating Physically Active Friendly Communities

"...short walks throughout our day are historically how we have gotten our activity. Unfortunately, we've engineered this activity out of our daily lives." Public Transportation Use Study Researcher Frank Lawrence of the University of British Columbia. (See following story.)

In the News

To Lose Weight, Use Public Transportation

http://www.upi.com/Health_News/2009/04/13/To-lose-weight-use-public-transportation/UPI-29651239602352/

Free Webinar

**Provided by Tony Hull, transit for Livable Communities
APBP Webinar**

"Shared Lane Markings/Sharrows"

Presenter: Mike Sallaberry, San Francisco Municipal Transportation Agency

Wednesday, April 15, 2009 at 2:00 to 3:00 PM

Selby Community Room
Transit for Livable Communities
626 Selby Ave
St Paul 55104
(corner of Selby/Dale above the Mississippi Market)

This is a FREE webinar being hosted by Bike Walk Twin Cities, space is limited so please RSVP to Jamez Smith (jamezs@tlcminnesota.org or 651-221-9831 ext112

Newsletters

Provided by John - Sigveland Metro Transit
[Bikes2Benefits Newsletter](#)

Provided by Complete Streets Coalition
[Complete Streets Newsletter](#)

Newsletter Topics

Complete Streets Progress

- First Policy in Arkansas
- Updates on State Bills
- Federal Policy News

Complete Streets News

- Virginia to Stop Supporting Cul-de-Sac Development
- New Haven Begins Complete Streets Work
- Town Hall Success in Prescott, AZ
- Quick Takes: Complete Streets Talk Around the Country

Complete Streets Resources

- Study: Pedestrian & Cycle Path Encourages Exercise
- AARP and Project for Public Spaces Publish Transportation Series
- Engine of Opportunity
- Presentations from New Partners for Smart Growth
- National Environmental Public Health Conference

Research

Provided by Katherine - Bass Blue Cross/Blue Shield of Minnesota
American Recovery and Reinvestment Act of 2009

Supporting Healthy Communities Through the American Recovery and Reinvestment Act of 2009

This policy brief outlines many of the specific ways that state and local policy-makers can use funding from the economic recovery act to create safe places for physical activity and improve access to healthy foods in communities.

www.rwjf.org/pr/product.jsp?id=41328

Overview of State and Local Funds to Support Healthy Communities in the American Recovery and Reinvestment Act of 2009

(from Supporting Healthy Communities Through the American Recovery and Reinvestment Act of 2009)

Overview of the specific ways state and local policy-makers can use the economic recovery act to create healthier environments for children and their families.

www.rwjf.org/pr/product.jsp?id=41329

Improving Access to Healthy Foods: A Guide for Policy-Makers

Improving Access to Healthy Foods: A Guide for Policy-Makers, produced by Leadership for Healthy Communities, an RWJF national program, explores how state and local officials can facilitate healthy eating by adopting policies that help communities...

www.rwjf.org/pr/product.jsp?id=23153

**Provided by Katherine Bass - Blue Cross/Blue Shield of Minnesota
Robert Wood Johnson Publications**

Increasing Active Living: A Guide for Policy-Makers

Active living is a way of life that integrates physical activity into daily routines. The distance from home to work, the safety of public spaces and roads for pedestrians and bicyclists, the availability of facilities for physical activity, and time spent commuting...

www.rwjf.org/pr/product.jsp?id=23152

Active Living Research

A special issue of *Planning* magazine (February 2007) presented a series of 11 case study policy briefs, prepared under the Foundation's *Active Living Research* program. The briefs—with an introduction by Robert Cervero, chair of *Active Living Research*'s National Advisory Committee—examine active living policy change and policy innovations in several communities throughout the United States.

Among other example, the briefs focus on approaches to building a countywide network of bikeways or multi-use trails, agreements between municipalities and school boards in the planning and siting of school facilities, as well as initiatives to transform greenfields into active living-oriented new towns.

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[Download Document](#)

Improving Access to Healthy Foods: A Guide for Policy-Makers

Improving Access to Healthy Foods: A Guide for Policy-Makers, produced by Leadership for Healthy Communities, an RWJF national program, explores how state and local officials can facilitate healthy eating by adopting policies that help communities...

www.rwjf.org/pr/product.jsp?id=23153

Advancing Policies to Support Healthy Eating and Active Living

Improving Access to Healthy Foods: A Guide for Policy-Makers

The places where we live, learn, work and play have a strong influence on our ability

to maintain a healthy diet and engage in regular physical activity, which are two of the most essential components of good health. Leadership for Healthy...

- [Learn more](#)

Upcoming Events

Provided by John Siqueland Metro Transit

[Join Up in Bike Walk Week! May 10-16 2009](#)

Register to participate in Bike Walk Week and to be eligible for: Bikes, Commuting Gear, Gift Certificates and more... [additional prizes](#).

Funding Opportunity

[Bike/Ped Infrastructure Dollars Available To States, Cities And Counties Through ARRA Energy Efficiency Grants](#)

This week, the U.S. Department of Energy released guidelines for the billions of stimulus dollars available through the Energy Efficiency and Conservation Block Grant Program (EECBG). Additional information is provided below on this funding source.

In addition to the EECBG funding, advocates should continue to focus on the Transportation Enhancements (TE) funding within their states. States have access to approximately \$800 million in stimulus funds for the TE program, and many states are making decisions now about how to program this funding. This is a primary source of funding for bicycle, pedestrian, and Safe Routes to School projects.

The Energy Efficiency and Conservation Block Grant (EECBG) program is a new program created in late 2007 and funded for the first time through the American Recovery and Reinvestment Act (ARRA). The program provides funding for local governments, states, territories and Indian tribes, to support projects that reduce energy use, decrease fossil fuel emissions, and improve energy efficiency in all sectors, including transportation. Because the funding comes through ARRA, additional goals have been added focused on job creation and economic stimulus.

Two of the goals of EECBG funding are right in line with bicycle, pedestrian, and Safe Routes to school programs projects and could be beneficial to communities who want to develop bicycling and pedestrian networks and improve access to work, school, and retail:

- Prioritize energy efficiency and conservation first as the cheapest, cleanest, and fastest ways to meet energy demand.
- To maximize benefits over the longest possible terms, entities should look for ways to link their energy efficiency efforts to long-term priorities (especially community economic development, community stabilization and poverty reduction efforts).

ARRA included \$3.2 Billion for EECBG, of which \$2.7 Billion will be distributed by the US Department of Energy (DOE) via formula grants to all States and at least the ten largest cities and counties within each state. A list of eligible localities and estimated allocations are available at <http://www.eecbg.energy.gov/grantaloc.html>. Click on a state to see the breakdown for counties and cities within the state.

- States, cities and counties that are listed on the EECBG website must apply to DOE directly to receive their allocation. Applications are due June 26th.

- Cities and counties that are not listed on the website are only eligible to receive funding from their state's Department of Energy. States must sub-grant 60 percent of their EECBG funding to jurisdictions that are not eligible to apply directly to DOE. States must apply for their funding by May 25th, and will be developing application procedures and deadlines in the coming months for the sub-grants.

In addition, at a later date the Department of Energy will be releasing a separate Funding Announcement for \$455 million in competitive grants.

There are 13 eligible activities for EECBG funding, including the "*Development and Implementation of Transportation Programs to conserve energy.*" Within this activity, constructing bicycle and pedestrian infrastructure improvements is specifically mentioned. The U.S. Department of Energy is looking for sustainable projects that create and protect jobs as well reduce greenhouse gas emissions. DOE will prioritize projects that:

- Leverage other public and private resources;
- Enhance workforce development;
- Persist beyond the funding period; and
- Promote energy market transformation such as revolving loans, low-cost loans, energy savings performance contracting, advanced building codes, building and home retrofit incentives and policies, and transportation programs and policies.

Grantees will be required to report regularly to the DOE on five metrics:

- Jobs created and/or retained;
- Energy savings on a per dollar invested basis;
- Renewable energy capacity installed;
- Greenhouse gas emissions reduced; and
- Funds leveraged.

Health Disparities

In the News

Research links poor kids' stress, brain impairment
http://www.twincities.com/health/ci_12082072

Research

[The Availability and Cost of Healthier Food Alternatives](#)

American Journal of Preventive Medicine, Volume 30, Issue 1, January 2006, Pages 38-44,

Karen M. Jetter, Diana L. Cassady

 [PDF \(85 K\)](#)

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Physical Activity

In the News

For Some Patients With Heart Failure, Light Exercise May Improve Quality of Life

<http://www.nytimes.com/2009/04/08/health/08heart.html>

Upcoming Event

Cycling Education Day

REI Cycling Education Day will teach you all the basics about cycling to get you outside safely cruising on two wheels.

WHAT: Get ready to start riding! Saturday, April 25th REI experts and many local cycling organizations will provide free resources and activities related to cycling. Resource learning stations include: bike safety, commuting, finding the right bike for you, test riding bikes, fixing a flat, mountain biking basics, cycling destination information, local cycling clubs, and more. There will be something for everyone from beginners to experienced cyclists. Light refreshments will be available and you can enter a sweepstakes to win all kinds of great prizes! Bring an old bike to donate for Full Cycle, a non-profit that helps homeless youth by giving them free bikes to fix up and ride, and you'll receive a coupon for REI.

WHO: Everyone!

WHERE: REI Bloomington
750 West American Blvd.
Bloomington, MN 55420

WHEN: Saturday, April 25th, 2009
1PM – 4PM

HOW: Enter REI from American Blvd. and use the Nicollet Ave. exit off I-494 as the Lyndale exit is currently closed. Event will be held in the Community Room and outdoor test track area.

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

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Background about Active Living Ramsey County! and Digest

Active Living Ramsey County! Digest captures current news, funding, research, training, webinars, conferences, newsletters, events, and best practices to support Active Living initiatives and create physically active friendly communities.

Topics Include: Active Living, physical activity, nutrition, active transportation, the built environment, policies, health disparities, information, and implications related to policies, the built environment, genetics, 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.¹² 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.¹³

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.

¹²Prevention Institute (2004). The built environment and health: 11 profiles of neighborhood transformations. www.preventioninstitute.org/pdf/BE_full_document_110304.pdf

¹³Active Living Ramsey County. www.co.ramsey.mn.us/alrc/about_alrc.htm

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