

Active Living Ramsey County!

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

Digest Volume 32 04.15.09

Time sensitive: please note hearing this afternoon, free webinar tomorrow, and Special Ramsey County National Center for Bicycling and Walking Event next Monday!

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

Visit us at www.activelivingramseycounty.org.

Creating Physically Active Friendly Communities

Built Environment Infrastructure and Policy

In the News

Editorial: Just out of diapers and overweight
<http://www.startribune.com/opinion/42704652.html>

Minnesota Governor Signs Bills Distributing Stimulus Money
[Click to view story in the Star Tribune](#)

Saint Paul's STAR Board voted on our benches application (for the Brickyard Trail) & approved it! The Friends of Lilydale Park made the application. The full proposal will be made to Ramsey County's "Pathways to Health" 1,000 Benches Program.

Hearing Today!

Provided by Michelle, Transit for Livable Communities

Transportation Advisory Board Hearing

Join us for a very important meeting on Wednesday afternoon as the Transportation Advisory Board (TAB) hears public testimony on how the region should spend \$230 million in federal stimulus dollars. The federal stimulus dollars are for any transportation mode – roads, transit, sidewalks, and bike routes.

TLC's [statement to the Met Council](#) or the [Spending the Stimulus](#) report, both on our website.

Hearing Date and Location

Wednesday, April 15, 1:30 pm

Metropolitan Council Chambers (390 Robert St. North in downtown St. Paul)

The meeting begins at 1:30 and public comment will likely begin around 2:00 pm

Email your opinions to the Transportation Advisory Board.

Send your comments by 10 am on Wednesday to Bill Hargis, the interim chair of the TAB at bill@billhargis.com.

Disability community

Transportation stimulus money can be spent to upgrade sidewalks, curb cuts, accessible pedestrian signals, and other infrastructure for the mobility impaired. Minnesota is 10 years behind in work to repair and upgrade our infrastructure to become compliant with the Americans with Disabilities Act (ADA). Ken Rogers is looking for volunteers to help give rides to people who are mobility impaired who could not otherwise attend the hearing on Wednesday. If you can help, email [Michelle at TLC](#) and we'll pass your name on.

Summary of the metro area stimulus transportation money:

Here is a quick summary of the \$317 million in metro area stimulus transportation funding:

- MnDOT selected projects, any mode, must be approved by TAB (\$9 million already allocated) \$168 million
- TAB selected project any mode \$73 million
- TAB selected Enhancement (bike/walk) projects \$7.5 million
- Metropolitan Council selected transit projects \$69 million

Free Webinar Tomorrow!

Provided by Christine Goepfert, Transportation for America

Transportation, Housing, and Development Webinar

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 4 PM EST / [REGISTER NOW](#)**

Special Ramsey County Event Next Monday!

National Center for Bicycling and Walking Event hosted by City of White Bear Lake and Active Living Ramsey County!

Special Event for Bike and Walk Enthusiasts,

Elected Officials, Community Members

- White Bear Lake and Neighboring East Metro Communities –

What: Advancing Biking and Walking in the East Metro area:

A conversation with Bob Chauncey from the National Center for Bicycling and Walking. What are people in this area most interested in or concerned about regarding walking and biking? What are the opportunities and barriers?

When: Monday, April 20, 2009

Where: White Bear Lake City Hall - Council Chambers

Time: 7:00 – 9:00 p.m.

Hosts: City of White Bear Lake and Active Living Ramsey County!

For more information contact Ellen Richter at the City of White Bear Lake

651-429-8505 or erichter@whitebearlake.org

Built Environment Infrastructure and Policy Initiatives

[Increasing the peace: Bicycling and pedestrian safety education is making a difference on Portland's streets](#)

The Portland Bureau of Transportation recently released new numbers that show a decrease in traffic-related fatalities in Portland. There were zero...

[Read more »](#)

Understanding Barriers to Bicycling

Since it was founded in 1994, the Portland-based nonprofit [Community Cycling Center](#) has helped make bicycles accessible to thousands of people through Earn-a-Bike programs, volunteer projects, and a neighborhood bike shop. Still many people do not choose bicycles as a transportation option, particularly among low-income and minority communities. Alta Planning + Design, a longtime supporter of the CCC, is teaming up to research and understand the cultural and economic barriers to bicycling encountered by minority and low-income community members.

The results from the Understanding Barriers project will inform program design that better addresses the health, safety, and transportation needs across cultural and economic strata. To receive the publication, send an email to Alison Graves, Director of Community & Programs, at Alison@CommunityCyclingCenter.org.

Downtown Bikeway Moves toward Final Design

In February, The City of San Rafael, CA City Council approved concepts for Alta's design for a downtown bikeway. The Puerto Suello and Mahon Creek Projects were funded by the Federal Non-motorized Transportation Pilot Project, and consisted of connecting two multi-use pathways through a dense downtown area including a busy transit center and a future commuter rail station. The project was physically complex, requiring trade-offs between differing routes and bikeway types. An active and sophisticated advisory committee assisted in evaluating options. The two main alternatives, using a quiet side street (Tamalpais Avenue) with three unprotected crossings or modifying a busier street (Hetherton St.), had most if not all of the issues facing professionals in our field today. The key to resolving the trade-offs was the use of clear project goals and evaluation criteria. In this case, the Hetherton Street alignment was selected (see photo rendering.) The recommendation also included developing a bicycle boulevard treatment, and new right turn signal controls.

The National Bicycle and Pedestrian Documentation Project

The Alta/ITE National Bicycle & Pedestrian Documentation Project (NBPD) is being used in all four Non-motorized Transportation Pilot Projects (Marin, Minneapolis, Columbia, Sheboygan), under the approval/review of the FHWA/Volpe National Transportation Systems Center. It is also being used as part of the 2.5 year Caltrans research project in San Diego (Seamless Travel), and by agencies nationwide.

Dubai Pedestrian Safety and Mobility Plan

The Dubai Roads & Transport Authority (RTA) is developing a Pedestrian Safety and Mobility Action Plan. Dubai's rapid growth in recent years has resulted in significant traffic increases and rising pedestrian road deaths. In 2007, pedestrian fatalities accounted for over 40% of the municipality's traffic fatalities. While those numbers have decreased over the past year due to ongoing RTA safety efforts, the 3-year goal of the

Action Plan is to reduce the pedestrian accident rate an additional 30% while increasing walking trips by 20%.

As part of the project's first phase outreach, a series of multi-lingual pedestrian intercept surveys at 25 sites across Dubai. Over 1,000 surveys were gathered, providing information on origins/destinations, trip purposes, perceived barriers and challenges to walking, and preferences for facility improvements.

Using information gathered from the outreach efforts, along with pedestrian collision and land use data, Alta is developing a GIS-based pedestrian demand model that will assist the team in identifying priorities for infrastructure improvements. The completed Action Plan will include a series of concept design plans for new footbridges and pedestrian crossings, modified intersection designs and streetscape improvements, as well as legislative and policy directives to ensure that the roadway network is safe and accessible for all pedestrians. The plan will be completed in late Summer 2009.

Reports

Active Transportation Builds Momentum

Imagine what your community would be like with decreased congestion, a stronger local economy, cleaner air, reduced greenhouse gases, and healthier more active residents. This is the vision of the 2010 Campaign for Active Transportation.

Half of the trips in America can be completed within a 20-minute bike ride, and a quarter of trips within a 20-minute walk. Yet the vast majority of these trips are taken by automobile. And the advantages of bicycling and walking reach far beyond transportation, translating into significant fuel savings, a smaller carbon footprint, and a practical way to achieve recommended levels of physical activity. These benefits have been quantified for the first time in a national study by RTC, "Active Transportation for America."

Active Transportation really is the missing piece in our transportation system, and offers us cleaner, healthier choices to get to the places where we live, work, shop, learn and play.

Click on the hyperlink for a copy of the "[Active Transportation for America](#)" report.

Health Disparities

In the News

Research links poor kids' stress, brain impairment
http://www.twincities.com/health/cj_12082072

Race May Not Be Key in Cancer Disparities
<http://health.yahoo.com/news/healthday/racemaynotbekeyincancerdisparities.html>

Community Examples

Alta teams up with the Community Cycling Center to Understand Barriers to Bicycling (See above)

Physical Activity

In the News

A Winning Strategy to Beat Spring Sporting Injuries

<http://health.yahoo.com/news/healthday/awinningstrategytobeatspringsportinginjuries.html>

Nutrition

In the News

New York Health Official Calls for Tax on Drinks With Sugar

<http://www.nytimes.com/2009/04/09/health/09soda.html>

Health Implications/Research

In the News

Fat burns calories? Yep, if it's cold enough

<http://www.startribune.com/lifestyle/health/42712082.html>

Active Living Ramsey County! Co-Chairs

Commissioner Jan Parker - Ramsey County

Mayor Sandy Martin – City of Shoreview

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Visit us at www.activelivingramseycounty.org.

To be added on the Active Living Ramsey County! Digest distribution list e-mail [Connie Bernardy](mailto:Connie.Bernardy@ramseycountymn.gov).

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. To be added to the digest distribution list e-mail [Connie Bernardy](mailto:Connie.Bernardy@ramseycountymn.gov) with your request.

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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