



Active Living Ramsey County!
Active Living is a way of life doing physical activity in the daily routine.
Digest Volume 33 04.23.09

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

Visit us at www.activelivingramseycounty.org.
Active Living Ramsey County! [Sign-up](#) Opportunities*

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

In the News

Provided by ASSHTO

**Bethlehem, Pennsylvania Bicycle Commuter Facility, One of Few in Nation,
Closing Down After More than a Decade**

(They lost their lease. Another facility likely to open.)

<http://www.lehighvalleylive.com/bethlehem/index.ssf?/base/news-1/1240286750138290.xml&coll=3>

Provided by the National Parks and Recreation Association

[Parks Keep Kids Active](#)

from KDLT-TV

Usually we think of parks as a great place for children to come and play and meet up with their friends. But now we're learning parks can play an even bigger role in helping our children live longer and healthier lives. In a recent study the American Heart Association found children living near green spaces are more active. [More](#)

Lawmakers Reintroduce Bill to Encourage Employee Wellness Programs

Sens. Tom Harkin (D-Iowa) and John Cornyn (R-Texas) and Reps. Earl Blumenauer (D-Ore.) and Mary Bono Mack (R-Calif.) are sponsoring the reintroduction of the Healthy Workforce Act, which encourages businesses to provide healthier work environments

for employees.

[Read More...](#)

National Trails Day is Saturday, June 6th

The first Saturday every June is designated National Trails Day (NTD) in the United States.

[Read More...](#)

Webinar - Free

Transportation for America Webinar Series: *Health, Safety, and Active Living*

[REGISTER NOW](#)

Our transportation system puts our health and safety in jeopardy by contributing to sedentary behaviors, hazardous pollution levels, health care access challenges, and preventable injuries and deaths. Now more than ever, we need federal leadership to help make the critical link between health, safety, and transportation policies and create communities that promote active living, reduce pollution levels, increase accessibility, and ensure safety for all transportation users.

To explore these connections and discuss national efforts to create healthier and safer communities, Transportation for America will present an interactive webinar on **April 30 at 2 p.m. EDT. [Register now!](#)**

A companion policy brief on health and transportation will also be released on this date, available online following the webinar with our other policy briefs.

Funding Opportunities

Bicycle Advocacy and Facility Groups Funded Provided by Dan Donkers, Ramsey County Public Health [Bikes Belong Coalition](#)

The goal of the Bikes Belong Coalition, sponsored by the American bicycle industry, is putting more people on bicycles more often. The Bikes Belong Grants Program provides support for projects that leverage federal funding and build momentum for bicycling in communities across the U.S. These projects include bike paths, lanes, and routes, as well as bike parks, mountain bike trails, BMX facilities, and large-scale bicycle advocacy initiatives. The focus of the facility grant category is to connect existing facilities or create new biking opportunities. The advocacy grant category seeks to build the strength of bicycle advocacy organizations that have the potential to increase bicycle ridership and form coalitions with the bicycle industry. Applications are reviewed

quarterly; the remaining 2009 deadlines are May 26, August 24, and November 23. Visit the Coalition's website to submit an online application.

Support for Community Pedestrian Safety Groups

[University of North Carolina Highway Safety Research Center Project](#)

The University of North Carolina Highway Safety Research Center has been awarded a Cooperative Agreement from the National Highway Traffic Safety Administration (HSRC) to pilot test a new guidebook entitled, "A Resident's Guide for Creating Safe and Walkable Communities." HSRC is seeking up to ten communities or neighborhoods interested in making their environment safe for pedestrians and walkable to pilot test the Resident's Guide. Each selected site will receive \$2,000 for its participation, as well as technical assistance from pedestrian safety experts. Community make-up and size may vary, but the project and Resident's Guide are expected to be of most benefit to small neighborhood groups with limited geographical coverage. Requests are due by May 29, 2009. Visit the website listed above to submit an online proposal.

Public Participation in Public Transportation Planning

The Federal Transit Administration requests proposals for Participation Related to Public Transportation Planning. This initiative seeks to support the R&D of innovative approaches to enhance the quality and level of public participation in public transportation planning. Areas of interest include, but are not limited to: Contracting with stakeholders to focus on the delivery of transportation plans and programs; measuring and reporting on the annual performance of the transportation systems; and improving data collection analysis. \$750K expected to be available, up to 10 awards anticipated. Responses due 5/15/09. For more info, go to:

<http://www.grants.gov/search/search.do?mode=VIEW&flag2006=false&oppld=46140>.

Refer to Sol# FTA-09006-PTPP-TPE.

Legislative-Citizen Commission on Minnesota Resources Grants - proposals are due May 1, 2009 for this annual program, offering \$25.6 million in grants to be awarded spring 2010. Proposals are sought in 7 areas:

1. Water Resources
2. Renewable Energy Related to Climate Change
3. Habitat Restoration, Enhancement, and Acquisition
4. Invasive Species
5. Natural Resource Conservation Planning and Implementation
6. Environmental Education
7. Creative Ideas

For applications and information go to: <http://www.lccmr.leg.mn>

The Kodak American Greenways Awards Program

The Conservation Fund, in partnership with Eastman Kodak and the National Geographic Society, provides small grants to stimulate the planning and design of greenways in communities across the United States. The annual grants program is designed to help establish a national network of greenways. Grants may be used for activities such as mapping, ecological assessments, surveying, conferences, design

activities, developing brochures and interpretative displays, public opinion surveys, hiring consultants, incorporating land trusts, building foot bridges, planning bike paths, or other creative projects. In general, grants can be used for all appropriate expenses needed to complete, expand, or improve a greenway project, including planning, technical assistance, legal, and other costs. Applications may be submitted from March 31 through June 30 of each calendar year.

http://www.conservationfund.org/kodak_awards

Policy Examples

NICHQ to Co-Sponsor Altarum Institute Policy Roundtable on Childhood Obesity

May 13, '09-Noon-2:00p.m., Rm 340, Cannon House Office Building, Washington, DC
The State of Michigan and the County of San Diego have recently made the policy decision to use their existing immunization registries as a means of tracking the Body Mass Index (BMI) of children. Using these robust systems to collect data on the prevalence of childhood obesity within their jurisdictions, Michigan and San Diego aim to efficiently design, deploy, and evaluate intervention strategies that are carefully targeted to communities at risk. To RSVP, please contact [Marijka Lischak](#), 703.575.1684 by May 1, 2009.

Resources

Provided by Rails-to-Trails Conservancy

TrailLink.com: Fresh Look, New Features

Ever since Rails-to-Trails Conservancy first launched TrailLink.com . A FREE trail-finder Web site for our members and trail enthusiasts. That's why [we're proud to unveil the newest version of TrailLink.com](#) to you, today.

With details on more than 1,500 trails around the country and interactive Google-based maps for 12,000 miles of trail, our newest updates include:

1. easier-to-navigate national map
2. capacity to load geocoded photos
3. fresh look and feel including a photo slideshow of your most recently updated trail pictures
4. activity pages for bicycling, running and geocaching

Reports & Studies

RWJF Commission Makes Recommendations to Improve Nation's Health

The Robert Wood Johnson Foundation's (RWJF) Commission to Build a Healthier America has released 10 recommendations for improving the nation's health, Reuters reports. [Read More...](#) Full Report <http://www.rwjf.org/newsroom/product.jsp?id=41068>

Portland Safe Routes to School 1 Year Report (8/06) (pdf) 1mb

Bicycle Industry Growth in Portland (6/06) (pdf) 1.3mb

Integration of Bicycles and Transit (11/05) (pdf) 2.5mb

Trails and Golf Courses: Best Practices on Design and Management (7/05) (pdf)

Trails in Limited Access Highway Corridors

This study documented existing conditions and developed methodologies and best practices for the design, implementation and management of Shared Use Paths in Limited Access Highway Corridors. **Download Final Report** (pdf)

Health Disparities

In the News

Where you live may affect cancer survival

http://health.yahoo.com/news/reuters/us_where_you_live_cancer_survival.html

Is BMI Scale Weighted Against African Americans?

<http://www.washingtonpost.com/wp-dyn/content/article/2009/04/13/AR2009041301823.html>

Physical Activity

In the News

Risk: Astronauts' Muscles Age Quickly in Space

<http://www.nytimes.com/2009/04/14/health/14risk.html>

The Claim: Weight Training Is Bad for Blood Pressure

<http://www.nytimes.com/2009/04/21/health/21real.html>

Provided by the National Parks and Recreation Association

[Sports May Ease Activity Decline during Teen Years](#)

from Reuters



Enrolling young teens in organized sports does not prevent a decline in physical activity during later teenage years, but it does seem to help them maintain some level of physical activity over time, study findings suggest.

Initially, 87 percent of the students were involved in any organized physical activity.

Their level of physical activity was 42 percent higher than those who did not participate in organized activities. [More](#) [E-MAIL THIS STORY](#)

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Balanced exercise

<http://www.startribune.com/lifestyle/health/43192172.html>

Nutrition

In the News

Study confirms short list of heart-healthy foods

<http://www.msnbc.msn.com/id/30193766/>

HEALTHBEAT: Eat all the cookies? Former FDA chief says bad foods may hijack overeaters' brains

<http://www.startribune.com/lifestyle/health/43297907.html>

U.S. nutritionists urge new, not-as-sweet drinks

http://health.yahoo.com/news/reuters/us_drinks_guidelines.html

Health Implications/Research

In the News

Many Dodge Diabetes - But for Keeps?

Some people seem to overcome Type 2 diabetes by eating more healthfully, losing weight and exercising. But the medical community's not sure whether beating diabetes through such lifestyle changes really amounts to curing the disease.

Some diabetics beat their disease through diet, exercise; doctors debate whether they're cured

<http://www.startribune.com/lifestyle/health/43249157.html>

Risks: Waist Size Strongly Tied to Heart Disease

<http://www.nytimes.com/2009/04/21/health/research/21risk.html>

**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](mailto:Connie.Bernardy@activelivingramseycounty.org).

Visit us at www.activelivingramseycounty.org.

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 life 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

***Active Living Ramsey County! Opportunities and Sign-Up Links**

[Active Living Ramsey County! Coalition](#) is working to bring about and sustain changes in design, transportation, & public/private policies. Its mission is to create and promote environments that make it accessible, safe, and convenient for people to integrate physical activity into their daily lives. The coalition focuses on policy, systems, and environmental changes. Coalition partners meet quarterly on a Monday from 2:30-4:30 pm

[Active Living Ramsey County! Biking and Walking Trend Bender Team](#) works to create a transportation system that accommodates pedestrians, bicyclists, and transit users in all transportation and development projects and is safe and convenient for all users. Community leaders, practitioners, and advocates also identify needs and work to increase connectivity of pedestrian and bicycle systems. They meet bi-monthly on a Thursday from 6-8 pm

[Active Living Ramsey County! Digest](#) captures current information to support community leaders, practitioners, and advocates in their work to create physically active friendly communities. Current news, funding, webinars, research, best practices, conferences, and events are included on Active Living, physical activity, nutrition, active transportation, enhancing the built environment, Active Living policies, health implications and disparities related to policies, the built environment, and physical inactivity. The coalition sends out the digest once or twice a week based on the time sensitivity of the information.

[Complete Streets Initiative/Updates](#) supports the Active Living Ramsey County! Coalition's work in incorporating Complete Streets concepts into transportation policies and practices. 50 civic leaders, representing public health, elected officials, parks and

recreation, planning, public works, businesses, advocates, and members of the Active Living Ramsey County! Biking and Walking Trend Bender Team attended a full day Complete Streets Policy Development Workshop led by national experts. Participants began developing a Complete Streets Policy recommendation for Ramsey County. The coalition sends periodic updates and information to people who want to be a part of this initiative.

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