

Active Living Ramsey County!
Active Living is a way of life doing physical activity in the daily routine.
Digest Volume 34 04.30.09

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*

Active Living Ramsey County! Information

Provided by Grit Youngquist, Friends of Lilydale Park

Active Living Ramsey County's "Pathways to Health" 1,000 Bench Program

Friends of Lilydale Park worked with City Council Member Dave Thune to get a Saint Paul STAR Grant to place 10 benches (made of recycled materials) on the Brickyard Trail (spaced nicely along the bluff top, the trail, and down along Little Pickerel on the lake's bluff side). This is part of their long-term trail enhancement plan and has been a work-in-progress over the past year+. The STAR Grant provides a match that allows them to get an Active Living Ramsey County pathway/benches grant. It all adds up to about \$10,000. To learn more about Active Living Ramsey County:

<http://www.co.ramsey.mn.us/alrc/index.htm> Friends of Lilydale Park raised over \$500 for their bench match.

Ramsey County Information

Provided by Ramsey County Regional Rail

Central Corridor Artists to Present Plans

Five artist teams will present their early design concepts in May for the 15 Central Corridor LRT stations. The public is invited to provide feedback on the design concepts at these meetings or by contacting the Central Corridor LRT Project office by [email](#) or by calling 651-602-1645. Artists Nancy Blum, Roberto Delgado, Seitu Jones, Janet Lofquist and the team of Andrea Myklebust and Stanton Sears will present their final designs over the summer to the Metropolitan Council, which will have the final say. Click [here](#) for more information about the May meetings.

In the News

Oberstar Keeping Transport Bill on Fast Track

Link to story in *The Journal of Commerce*:

<http://www.joc.com/node/410996>

Provided by the National Recreation and Parks Association

Massachusetts Town Serves as National Model to Fight Childhood Obesity

from USA Today

Kelle Shugrue's 7-year-old son eats fresh fruit and vegetables at his public school, rides his bike along neighborhood paths and walked to school last week as part of a community effort to get kids moving. The Shugrue family lives in Somerville, Mass., a Boston suburb hailed by health advocates for its seven-year investment in programs fighting childhood obesity and encouraging healthful living. [More](#)

Provided by the National Recreation and Parks Association

Fit for Kids Program Launches Attack on Childhood Obesity in Illinois County

from the Daily Herald

Both children and adults are getting heavier and unhealthier in Kane County, Ill., but health department officials are now pumping some money in the community in hopes of creating a lifestyle sentiment similar to the move away from smoking. [More](#)

Provided by the National Complete Streets Coalition

Secretary LaHood Talks Complete Streets

In his official Earth Day blog post, U.S. Secretary of Transportation Ray LaHood focuses on bicycling and talks about the opportunity to use 'highway' funds for creating complete streets! He continues, "the upcoming reauthorization of DOT's surface transportation programs provides an opportunity for us to feature bicycling as part of a new American mobility within livable communities." Be sure to [read the rest of his post!](#) Four members of the House have signed on to H.R. 1443, the Complete Streets Act of 2009 this week. They are Rep. Braley [IA-1], Rep. Cohen [TN-9], Rep. Grijalva [AZ-7], and Rep. Welch [VT].

Provided by the National Complete Streets Coalition

Complete Streets in Delaware

At the first Delaware Bike Summit last Friday, March 24, Governor Jack Markell signed a Complete Streets Executive Order. The Delaware DOT now will be required, whenever possible, to incorporate all transportation modes into road design and environmentally friendly, but there's also no escaping the reality that the vast majority of our transportation infrastructure is designed for cars and trucks," said Markell. The 275 attendees also heard from Complete Streets advocate and friend Michael Ronkin, whose keynote speech emphasized the need road diets to slow traffic and make room for bicyclists and pedestrians. "We need to make changes because roads are extremely inefficient when used only by one mode of transportation," Ronkin said. "We can significantly raise the capacity of our roads by including other forms of transportation." Read more about the successful Summit on [Delaware Online](#).

Have Fun Biking E Magazine, May 1, 2009

Minnesota Developing Complete Streets Initiatives

Sarah Sevcik, TLC intern

A movement for "Complete Streets" is building across the country. In Minnesota, Hennepin County, Ramsey County, the City of Rochester have adopted plans and the City of St. Paul is developing Complete Streets resolutions. At the direction of the Minnesota legislature, the Minnesota Department of Transportation (Mn/DOT) has undertaken a one year study of complete streets which must be completed by December of 2009. Communities are embracing Complete Streets to ensure that their street network is "designed and operated so it works for all users - pedestrians, bicyclists, motorists, and transit riders of all ages and abilities."

(www.completethestreets.org) Areas that have fully embraced the concept have changed policies, design guidelines/manuals, training, and funding. Those communities often adopt a transportation plan that identifies a primary network for pedestrian, bicycle, transit, motor vehicle and freight access. [Click here](#) for information and facts about the above Minnesota communities.

Report

Provided by Transportation for America

Reinventing Transit: American communities finding smarter, cleaner, faster transportation solutions

The [Environmental Defense Fund](#), in partnership with Transportation for America, released Reinventing Transit: American communities finding smarter, cleaner, faster transportation solutions. The [report](#) highlights transit innovations operating in 45 metropolitan, suburban and rural communities in 30 states across the country that are creating jobs, cutting congestion and reducing pollution. Case studies range from a rural transit network in San Joaquin, CA, bike transit centers in Chicago, IL and Washington, D.C., bus rapid transit in Orlando and many others.

Provided by Transportation for America

Urban Land Institute

The [Urban Land Institute](#) released Infrastructure 2009: A Pivot Point highlighting the need to create a long term strategy for infrastructure in America in order to ensure future economic prosperity. To read the report, please click [here](#).

Quote

Provided by Transportation for America

Congressman James Oberstar

"Reinventing Transit makes the case that reinventing the transportation bill to fund transit innovations in Minnesota and nationwide will deliver new jobs, new connections to jobs and economic development for communities of all sizes," said [Congressman Jim Oberstar](#), chairman of the House Transportation and Infrastructure Committee, who ironically [missed the news conference because he was stuck in Washington, DC's notorious gridlock](#). "Given our economic and environmental challenges, 'business as usual' transportation investments are not good enough. Reinventing Transit sets the standard for transit investments in the upcoming transportation bill to fuel America's economic recovery."

Best Practices & Initiatives

Provided by Transportation for America New Haven, CT

John DeStefano was elected [Mayor of New Haven, Connecticut](#) in 1993 and under his leadership the city has received national recognition for its progress on environmental issues —improving air quality and reducing childhood asthma rates, creating bike paths and using alternative energy sources. Under Mayor DeStefano’s leadership, New Haven was named the #19 U.S. Walking City in 2008 by Prevention Magazine and the American Podiatric Association.

In recent days, Mayor DeStefano has made pedestrian safety a centerpiece of his plan to revamp city streets, recognizing a growing need for planners to be "attentive and respectful to everyone using the roadway."

Free Expo

[Living Green Expo: May 2-3, 2009](#)

Minnesota State Fair Grounds (Saint Paul) Free admission. The annual Living Green Expo is a free, family-friendly event that inspires people to lead healthier and more sustainable lives.

Training Opportunity

Provided by the National Recreation and Parks Association

[NRPA and the American Camp Association Address "Nature-Deficit Disorder" in New Online Course](#)

from NRPA

Earn continuing education credits while helping children go outside to play. “Connecting Children with Nature,” the latest offering in NRPA's Pyxis Learning Center, was developed by NRPA in partnership with the American Camp Association for professionals working with youth in educational or recreation setting. This three-hour course addresses the root causes of “nature-deficit disorder,” identifies the potential health and social risks to children who do not experience nature, and covers best practices in the field for helping children enjoy unstructured outdoor play. Price: \$45 | CEUs: 0.3 [More](#)

Health Disparities

Community Dialogue Series

**Provided by Vayong Moua, Blue Cross & Blue Shield of MN
Health Disparities Research Community Dialogue Series**

The Program in Health Disparities Research being done by the Center for Clinical Research at the University of Minnesota' Medical Schools is conducting a Health Disparities Research *Community Dialogue Series*. It continues May 13, 2009. The topic of discussion chosen by community members for this event is "Acculturation and Obesity in Immigrant and Refugee Populations". Please join the conversation on:

Wednesday May 13th, 2009

11:30 am – 1:00 pm

Skyline Tower

Community Room (2nd floor)

1247 St. Anthony Ave.

Saint Paul , MN 55104 This event is free and light snacks will be provided, but space is limited so please RSVP to: phdr@umn.edu. To have your questions or comments answered and discussed at this event, please send them to: phdr@umn.edu. In the Community Dialogue Series, University of Minnesota and local experts are invited to the community to engage in discussion and share information on health topics chosen by community members.

Research

**Provided by Vayong Moua, Blue Cross & Blue Shield of MN
University of Minnesota Medical School**

The University of Minnesota Medical School's Center for Clinical Research Program is doing Health Disparities Research. They are dedicated to eliminating health disparities among minority and other underserved populations through interdisciplinary research, education, and community partnership. Learn more about the Program in Health Disparities Research at: www.healthdisparities.umn.edu

Physical Activity

Having Fun Biking Newsletter

[The Benefits of Bicycle Transportation](#)

Date Published: 04-23-2009

8th Annual Bike Expo for the Physically Disabled

Sponsored by Courage Center and Gillette Children's Hospital, on May 2, 2009, from 10 a.m. until 2 p.m., see or take a test ride on the latest equipment – handcycles, bicycles and trikes – as well as other adapted sports equipment. Children and adults with disabilities - and their families, physical education teachers, therapeutic recreation specialists and other interested professionals - are welcome to attend this event located at: Courage Center, 3915 Golden Valley Road, in Minneapolis.

.For more information contact: Cindy McGuire at the Courage Center. She can be reached at: cindy.mcguire@couragecenter.org or (763) 520-0594

Nutrition

A Pre-Workout Meal to Help You Burn Fat

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

Newsletter

The Bike Walk Twin Cities eNewsletter

An electronic publication from the Bike Walk Twin Cities initiative

Volume 1, Issue 3
April, 2009

If there is something you would like to see in this space or if you have any other comments or questions, please email our Communications Assistant, Art Allen, at [arta\[at\]tcmnnesota.org](mailto:arta[at]tcmnnesota.org).

If you would like to read stories from previous issues, you can do so [here](#).

Bike Walk Twin Cities Workshop and Site Visits Spur Creative Solutions to Tough Road Design Problems

Last month, local planners, engineers, consultants, policy makers, and community advocates assembled to roll up their sleeves on complete streets for the "Designing Streets from the Outside In: Complete Streets and Beyond" workshop. The workshop is part of an ongoing effort, spearheaded by the Bike Walk Twin Cities initiative, to promote cross-disciplinary and cross-jurisdictional approaches that will ensure that streets are safe and healthy for all users. National design experts, who specialize in creating more walkable, bikeable, and livable communities, joined forces with local engineers and planners to collaboratively address some of the more challenging road design issues facing Twin Cities communities. [Click here to read more.](#)

Bike Walk Ambassadors and Safe Routes to School: Partner Bike/Walk Education Event at Seward Montessori

A recent Ambassador event was held at the Seward Montessori School in South Minneapolis. Two Seward parents applied for a City of Minneapolis Safe Routes to School mini grant and identified the partners to pull off a fantastic week-long event in the students' gym classes. Over 450 first through fifth grade students participated in helmet fittings, a brain injury simulation, safety talks with the Minneapolis Police Department, ABC quick checks, and a short bike rodeo. [Click here to read more.](#)

Bike Walk Week is May 10-16 - Make Sure Your Community Is Involved

Last year over 2,000 people participated in Bike Walk Week, many of them walking or biking to work or school for the first time. The week is aimed at shifting short driving trips to bicycling or walking, which helps people improve health, reduce pollution, save money, and have fun! Some events are planned already, but it's not too late to set up a promotion or activity in your

community, form a commuting team, or sponsor a breakfast stop for the throngs of people walking and bicycling. Contact the event planners through the [Bike Walk Week](#) website for more details.

Monthly Bike and Pedestrian Counts Continue

In addition to our annual fall [bicycle and pedestrian counts](#), Transit for Livable Communities has initiated monthly bike and pedestrian counts at six key locations. Like the annual fall counts, these monthly counts will be conducted on Tuesday, Wednesday or Thursday of the second week of each month from 4:00pm to 6:00pm. Conducting these monthly counts monthly helps to identify how different seasons impact on bicycling and walking in the Twin Cities. If you have questions about ongoing counts or if you are interested in volunteering, contact [Tony Hull](#).

Biking and Walking Entries From the Transit for Livable Communities Blog

Joan Pasiuk: If You Were on the City Council... Joan poses the question: Have you ever considered what Bike Walk Twin Cities projects you would approve if you could? [Click here to learn everything that goes into funding a project.](#)

Jaméz Smith: The Many Uses of Headlamps. Jaméz shares a helpful tip for night riding (and walking): get a head lamp. They're available at many stores, and they don't cost much money. That, and they help you see better at night...and help motorists see you too. [Click here to see how Jaméz uses his headlamp!](#)

Also from Joan: What Happened at the Bike Summit in D.C.? A few weeks ago, Joan attended the National Bike Summit in Washington, D.C. Her goal was to connect with Minnesota's Congressional delegation. The result? She met with aides or Congress members from six of Minnesota's eight Congressional Minnesota's districts, and also connected with Senator Klobuchar's office! [Click here to read about her impression of how things went.](#)

Events

April, 2009

Saturday, April 25, 2009. Minnesota Bicycle Summit. The fourth annual Minnesota Bicycle Summit will be held this weekend at Quality Bicycle Products. It promises to be a day filled with opportunities to meet people who care deeply about bicycling from all over the state. You'll learn how bicycle facilities and policies are decided (and funded!), and also learn how citizen groups and industry can work to promote bicycling. The program this year features:

- Skip Humphrey (board member of AARP) will speak about why AARP support of Complete Streets and Active Living programs
- Tim Mitchell (MnDOT) will discuss how bicycling and walking fit into the state transportation plan
- Steve Clark (Transit for Livable Communities) will speak about 12 Strategies to Improve Conditions for Cycling

After the summit and the Bicycle Alliance of Minnesota's annual meeting (open to members and the public), there will be a pizza lunch, tours of Quality Bicycle Products and a bike ride hosted by the Twin Cities Bicycling Club and the Hiawatha Bicycle Club.

There is no charge for the summit but donations to cover the cost of the lunch will be accepted at the door. Seating is limited. Please RSVP to info@bikemn.org

For more information and events, check out Bike Walk Twin Cities' [calendar](#).

The Details

Bike Walk Twin Cities is an initiative designed to make it easier for you to get where you want to go without using your car. Armed with a \$21.5 million federal grant, we are building new bike lanes, safer crosswalks, and other improvements to make it easier to walk and bike in Minneapolis and its neighboring communities. We're even making it easy once you get to your destination: Bike Walk Twin Cities invests in accessible, abundant, and smartly located bike parking, better lighting along biking and walking routes, and more pleasant streetscapes (with things like public art, greenery, and benches).

If you have any questions or comments, please contact Art Allen at [arta\[at\]tlcminnesota.org](mailto:arta[at]tlcminnesota.org) or call our office at 651-767-0298.

www.bikewalktwincities.org

[Unsubscribe](#) | [Privacy Policy](#)

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.

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

*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, practioners, 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, practioners, 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.

***To get active in our coalition please contact [Connie Bernardy](#).
Visit us at www.activelivingramseycounty.org.***