



Active Living Ramsey County!  
Active Living is a way of life doing physical activity in the daily routine.  
Digest Volume 35 05.07.09  
\*Time Sensitive\*

**Time sensitive: please note Open House and Public Hearing Tonight**

*To get active in our coalition please contact [Connie Bernardy](mailto:Connie.Bernardy@activelivingramseycounty.org).  
Visit us at [www.activelivingramseycounty.org](http://www.activelivingramseycounty.org).*

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

### **Open House and Public Hearing Tonight**

The Minnesota Department of Transportation invites you to attend an open house and public hearing for the proposed replacement of Hwy 52 Lafayette bridge in St. Paul – on Thursday May 7, 2009 from 5:30 p.m. to 7:30 p.m. in the Great Hall of the New Main Building on the Metropolitan State University campus, 700 East 7th Street, St. Paul, Minnesota 55106. The open house will provide an opportunity for the public to learn about the proposed replacement of the Hwy 52/Lafayette bridge and adjoining roadways and to make comments and ask questions. The work is currently funded and planned to begin in 2011.

The proposed project includes construction of a two new bridges (one bridge for northbound traffic and one bridge for southbound traffic), reconstruction of bridge approaches, redecking of the Hwy 52 bridge over Plato Blvd. Additional work includes roadway improvements at the north end of the bridge to improve connections to I-94 and local roadways, including signals at the new access from northbound Hwy 52 to East 7th Street. **A new pedestrian/bicycle trail over the Mississippi River will be located on the east side of the northbound bridge.**

## In the News

### Provided by National Recreation and Parks Association [New York's Cars Take a Back Seat to Cyclists and Walkers](#)

*from the Washington Post*

In New York City -- the city that never stops driving -- cars and pedestrians have always tussled over the island's finite turf. To the casual eye, it's always seemed that automobiles had the advantage, but now pedestrians are gaining ground

## Best Practices/Examples

### Car Ban in New York Take Back: The Streets

Starting Memorial Day weekend, the city institutes a pilot plan banning cars from Broadway around Times Square and Herald Square, thus creating three acres of open space for pedestrians, bikers and skaters: [www.nyc.gov/html/dot/html/about/broadway.shtml](http://www.nyc.gov/html/dot/html/about/broadway.shtml).

## Ramsey County Events

### Provided by Bicycle Alliance of MN 2009 Saint Paul Classic Bike Tour Benefits Bike Education in Minnesota

Always a fun time! Join the Bicycle Alliance of Minnesota (BikeMN) as we help kick-off the 15th Annual Saint Paul Classic Bike Tour, on September 13, 2009 to support their bicycle educational initiatives. A family friendly event the Saint Paul Classic starts and ends on the beautiful St. Thomas Campus in St. Paul. Ride with old and new friends while enjoying the music and tasty treats along the 15, 30, or 45-mile combined routes. Take pleasure in miles of traffic-free cycling as you tour the Capital City and its celebrated historic neighborhoods. With great food, cold drinks, live music and much more bicyclists young and old will find fully-equipped rest stops, bike maintenance and support along the way! [Click here](#) for more details



### Provided by Sibley Bike Depot Youth Bike Maintenance Classes

Sibley is in the middle of two concurrent sessions of a Bike Maintenance class through St. Paul Connections, a program for High School youth in St. Paul. Youth learn bike maintenance skills over five weeks, and get to fix up a bike for themselves to take home at the end of the session! Several youth have already shown their commitment to becoming more involved in helping run our shop by volunteering during Open Shop hours.

### Provided by Sibley Bike Depot Women's and Transgender Shop Night

April saw the successful kick-off of Sibley's Women's and Transgender Shop Night. We offer safe and welcoming open shop hours for women and trans people who are traditionally marginalized in the bike world. No matter what your level of experience, we welcome you to come work on your own bike, help others, or volunteer time for Sibley. Experienced female mechanics will be here to help you with everything from fixing a flat to overhauling your whole bike! 6:30-9pm every Tuesday evening (women and self-identified trans folks only, please)

**Provided by Sibley Bike Depot  
Adult Bike Maintenance Classes**

Sibley offers multiple opportunities for adults to learn bike maintenance skills. May classes include a 4-week session of "Basic Bike Maintenance" as well as a "Complete Overhaul" class where participants will completely take apart and rebuild bikes, then choose an organization to donate them to. May classes are currently filled - but JUNE will repeat both classes. Register soon to ensure a spot! Register through the Twin Cities Experimental College - [www.excotc.org](http://www.excotc.org) <http://www.excotc.org>.

## **Conference**

**Provided by Prevention Minnesota  
do.walk do.bike Build momentum in Minnesota**

**Register now at the early-bird rate.** Space is limited and will be on a first-come, first-serve basis. Early-bird registration is available at a rate of \$45 until July 10. The rate for registrations received July 11– August 21 is \$60. Register today at the early-bird rate!  
<http://www.regonline.com/bluecrossmn>

## **Events**

**Provided by Metro Transit  
Get ready to ride during Bike Walk Week**

Mark your calendar now for Bike Walk to Work Day on Thursday, May 14. It's one of the special events planned across the metro area during Twin Cities Bike Walk Week from May 10-16.



Activities during the week will include free neighborhood and downtown celebrations, Bike Walk team competitions and more! Once registered, participants will be eligible to win great prizes, including new bicycles.

Click [here](#) to register or get more information on Twin Cities Bike Walk Week. Registering for Bike Walk Week means that you are committing to biking or walking for all or part of a trip May 10-16.

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## Opportunity

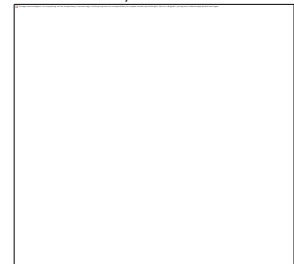
### Provided by Metro Transit

#### **Pledge to travel greener – take the Commuter Challenge!**

Take the Commuter Challenge – a simple pledge to not drive alone is the only requirement. Once you've pledged at [dontlosethechallenge.com](http://dontlosethechallenge.com), create a challenge to out-green a coworker, friend or family member. You also can create a team and challenge another group.

You can count your Bike2Benefits trips as your pledge or try another way of getting to work, such as riding the bus or light rail, car- or vanpooling, walking or telecommuting.

Between now and June 30, register at [dontlosethechallenge.com](http://dontlosethechallenge.com) and get ideas for friendly competition, challenge friends and keep an eye on your opponent. When you take the Commuter Challenge, you are automatically entered in a prize drawing.



## Resource

### Provided by Metro Transit

#### **Bicycling as Transportation - Getting Started**

Sample of information included at link. For a new bicycle commuter, joining the [Bike2Benefits](http://Bike2Benefits) program is a good way to get started. Learn more about this free program and sign up at [bike2benefits.org](http://bike2benefits.org). Other resources for navigation include [Cyclopath](http://Cyclopath), an online route finder, and [free bicycle maps](http://free bicycle maps) for some metro-area counties, cities and even neighborhoods.

[http://www.metrotransit.org/bike/transportation\\_start.asp](http://www.metrotransit.org/bike/transportation_start.asp)

## Training

**Provided by Jody Yungers, Ramsey County Parks and Recreation  
2009 University of Minnesota Summer Public Health Institute**

**PubH 7200-126 (SS09): Reintegrating Physical Activity and Healthy Eating into Organizational Routine: Opportunities for Intervening**  
06/04/2009 - 06/05/2009

[Handout 1 model](#) Very interesting micro/macro physical activity behavior model.

Much more observational research has been conducted in investigating obesity and physical activity disparities in children and adults than intervention research. Yet increased understanding of the determinants of these disparities does not readily translate into effective policy, practice and programmatic solutions, particularly in low-resource communities. Re-integrating physical activity and healthy food choices into organizational routine, especially the workday and school day, represents a major opportunity to address the epidemics of obesity and sedentariness. "Push" approaches that make the healthy choice easy (the "path of least resistance") and the unhealthy choice more difficult may deliver the greatest return on investment in this early phase of public health efforts to prevent and control obesity and chronic disease.

Evidence for the feasibility and efficacy of several of these approaches will be presented:

(1) brief bouts of physical activity incorporated into work and school routine, as well as that of other settings in which people regularly spend time (e.g., churches, spectator sports venues, civic groups, professional association), as a part of the regular "conduct of business";

(2) activity-focused physical education (PE) and recess; and

(3) active commuting to and from school and work.

Examples will be provided of current efforts in each of these areas. Implications for future research that may advance these approaches to increase physical activity and healthy eating will be discussed, along with leverage points for driving change at the local level.

*Outcomes include: Cultural Competency & Community Dimensions of Practice Skills*

[Show Competencies](#)

[Register for this course online](#)

## Health Disparities

### Training - See above Health Disparities Training

*Cultural Competency Skills gain includes:*

- Utilizes appropriate methods for interacting sensitively, effectively, and professionally with persons from diverse cultural, socioeconomic, educational, racial, ethnic and professional backgrounds, and persons of all ages and lifestyle preferences.
- Identifies the role of cultural, social, and behavioral factors in determining the delivery of public health services.
- Develops and adapts approaches to problems that take into account cultural differences.

- Understands the dynamic forces contributing to cultural diversity.

## Physical Activity

### In the News

Provided by National Recreation and Parks Association

[Mom was Right; Need to go Outside and Play](#)

*from the Colorado Statesman*

In a world of 24/7 scheduling and schools that scrimp on recess in favor of study time, children are spending less and less time jumping rope and riding tricycles up and down the sidewalks in front of their houses. And Colorado Lt. Gov. Barbara O'Brien has her work cut out for her. As part of a national movement for a Children's Outdoor Bill of Rights, she's asking the public to suggest new ways to encourage children to go outside and play.

### 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).*

To be added on the Active Living Ramsey County! Digest distribution list e-mail

[Connie Bernardy](#).

### 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](#) 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.<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 or click on links below to sign up.***

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[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.