



Active Living Ramsey County!

Active Living is a way of life doing physical activity in the daily routine.
Digest Volume 37 05.20.09

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

Provided by Matt Kane, MN2020

[Minnesota's Future: Maintain Our Roads While Expanding Transit](#)

By Conrad deFiebre

[As money flows from Legacy Amendment, Minnesotans will see new jobs](#) By Casey Selix |
Monday, May 18, 2009

The Clean Water, Land and Legacy Amendment never was envisioned as a jobs engine, but pumping \$481 million into those areas in the next two years could bring some welcome ripple effects across Minnesota's economy. Here are some of the new jobs MinnPost found.

[Median aims to beautify and pacify Snelling | Twin Cities Daily Planet ...](#)

As far as state highways go, **Snelling Avenue** stirs up a ... Why won't Chief Dolan talk to the **Pioneer Press**? ... Your guide to the **2009 Minneapolis-St. Paul International Film ...**

www.tcdailyplanet.net/article/2009/03/17/median-aims-beautify-and-pacify-snelling.html?min...

[Use of Michigan Trails by Cyclists, Joggers and Walkers Grows](#)

from the Jackson Citizen Patriot

Before 1999, the woods at Ella Sharp Park in Jackson, Mich., were mostly for deer and other woodland creatures and the occasional mountain biker and jogger. But not anymore. Now among the trees and portions of the Grand River are about 11 miles of trails maintained by volunteers who use the trail and members of the Cascades Cycling Club.

Local Event

The Mississippi River Trail is a world-class bicycling route that travels from the headwaters of the Mississippi River at Lake Itasca to the Delta in the Gulf of Mexico. It is a 3000 mile system of bicycle-friendly roads and multi-use pathways. The MRT is a "string of pearls" that connects 10 states, the cities of Saint Paul, Minneapolis, St. Louis, Memphis and New Orleans, and hundreds of smaller towns along the way. The MRT is a unique way to experience the Mississippi River's natural wonders, transportation system, recreational amenities and cultural heritage.

On June 6, 2009, the City of Saint Paul, Mississippi River Trail, Inc. and the National Park Service have the distinct honor of holding the Mississippi River Trail Grand Opening. To add to the distinction of this event, a Ribbon Cutting Ceremony for the City House will be jointly held. Two celebrations - the signing of the Mississippi River Trail through Saint Paul and Minneapolis and the opening of City House! Following the ceremonies, hop on your bike and Bike to a Ranger.

Visit www.nps.gov/miss/mrt.htm or contact the undersigned for more information.

Presentations

**Provided by Mary Elizabeth Jackson, MNDOT
Pedestrian Injuries in Minnesota 2000-2008
20th Annual Transportation Research Conference**

PowerPoint attached

INTRODUCTION TO BICYCLE PARKING GUIDELINES

Download the [Bicycle Parking Guidelines](#)

The lack of a secure parking space keeps many people from using their bikes for basic transportation. Leaving a bicycle unattended, even for short periods, can easily result in damage or theft. Finding a bike rack that doesn't work or isn't conveniently located makes for a frustrating experience. The purpose of this document is to assist with the selection and placement of appropriate bicycle racks for shortterm parking.

Contest

Win \$20,000 to Put Your Green Idea Into Action: SunChips and National Geographic have joined forces to create the Green Effect, an initiative to inspire individuals to spark a green movement in their communities. YOU could be the one to make a difference in your community—for the planet! Submit a description of your Green Effect idea by June 8, 2009. Ten finalists will be announced July 7, 2009. Online viewers and a distinguished panel of judges will review these inspiring ideas.

<http://greeneffect.nationalgeographic.com/>

Nutrition

In the news

Menu Labeling Move Goes National

Two lawmakers have introduced legislation that would require fast-food and other chain restaurants nationwide to add nutrition data to their menu boards, a move that advocates say would help consumers make better food choices.

Massachusetts set to unveil fast-food menu rules

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

MSNBC

Blow your diet? Blame your brain

<http://www.msnbc.msn.com/id/30702871/>

Physical Activity

In the news

Woof-Woof: The Perfect Workout Partner

Take your dog for a jog. Or pick somebody else's pooch. Unlike First Kids Malia and Sasha, Vicky never could persuade her parents to buy her a pet. But in today's column she'll show how you can take a shelter pet for a spin.

Power lunch? Squeeze in a speedy workout

<http://www.msnbc.msn.com/id/30688003/>

Health Implications/Research

In the news

Body of Evidence

Every year, volunteers in a 50-year-long study come to Baltimore to provide invaluable data on the aging process. Their sacrifice is a gold mine of clues for how the rest of us might live better, longer, healthier lives.

[10 Health Habits To Help You Live to 100](#)

High Blood Fats Tied to Diabetic Nerve Loss

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

Survey Finds Link Between Obesity and Flu Severity

<http://www.washingtonpost.com/wp-dyn/content/article/2009/05/19/AR2009051902609.html>

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

Active Living Ramsey County! Background, 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.

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

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