



Active Living Ramsey County!

Active Living is a way of life doing physical activity in the daily routine.
Digest Volume 38 05.28.09

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

Visit us at www.activelivingramseycounty.org.

Creating Physically Active Friendly Communities Built Environment Infrastructure and Policy

Active Living Ramsey County! Information

Active Living Ramsey County! Coalition Meeting

Monday, June 8, 2009

2:30-4:30

Public Works Facility

1425 Paul Kirkwold Drive, Arden Hills, MN 55112 (Map it)

Everyone is welcome

Save the Date

National Center for Biking and Walking Kick-off Event

...an event to celebrate our collaborative efforts and begin identifying the **biking and walking system gaps and priority areas** throughout Ramsey County and its municipalities.

Thursday, June 18, 2009

Tentative Time 1:00 – 4:30 p.m.

Location (TBD)

Active Living Ramsey County! is collaborating with municipalities and Ramsey County Departments to support and encourage a countywide Biking and Walking Systems Plan. An Active Living Ramsey County! Biking and Walking Systems Plan will help assess current bicycling and walking infrastructure, identify gaps and priority areas to ensure a comprehensive, complete, and connected bikeway and walking system throughout Ramsey County and its municipalities. To date, the Active Living Ramsey County! Biking and Walking Trend Bender Team and Ramsey County GIS User Group have worked together with the municipalities to assess the current bicycling and walking infrastructure in Ramsey County. This work is complete and we now need to collaborate with each city to identify gaps and priority areas in our biking and walking system.

By continuing our work together, we have the opportunity to develop a comprehensive, complete, and connected bikeway and walking system throughout Ramsey County and its municipalities. We are pleased to announce that with the support of Blue Cross/Blue Shield, the National Center for Biking and Walking will kick-off this important effort. Please join us for this special event.

Intended audience:

City and County elected officials and administrative leaders

City and County Professional Staff

Biking and Walking Advocates and others who are interested

City, County, and Community Groups involved with Biking and Walking Efforts

(Please send me the names of groups that should be included so we can communicate with them)

Local, State and National Experts

Save the Date



Special Manitou Days Event for Biking and Walking Enthusiasts



- White Bear Lake and Neighboring Communities -

What: National Center for Biking and Walking Kick-off Event

...an event to celebrate biking and walking opportunities in our community.

Come and learn about our current biking and walking facilities, innovative ideas from other communities across the country, and how to get involved developing a comprehensive, complete, and connected bikeway and walking system throughout White Bear Lake and Ramsey County by identify biking and walking system gaps and priority areas.

When: Thursday, June 18, 2009

Where: White Bear Lake Armory

Time: 6:00 – 8:30 p.m.

The National Center for Biking and Walking will be presenting at 6:30 and 7:30 p.m.

Hosts: City of White Bear Lake, Active Living Ramsey County!, Blue Cross/Blue Shield of MN and Erik's Bike Shop.

For more information, contact Ellen Richter at the City of White Bear Lake 651-429-8505 or erichter@whitebearlake.org

In the News

Will Stimulus Funds Put Transit-Oriented Development Back on the Fast Track?

[Click to view story story from CoStar Group](#)

Twin Cities Bus Rapid Transit: Coming 'Soon,' Confusing Now

Link to story in the *Star Tribune*:

<http://www.startribune.com/local/45922842.html> **Public Comment Request**

LaHood Touts Bicycle Safety Month - ASSHTO Journal

U.S. Transportation Secretary Ray LaHood this week urged drivers and cyclists to help reduce the number of fatal collisions between automobiles and bicycles as the nation marks Bicycle Safety Month. There were 698 cyclists killed in 2007 on U.S. roads, according to the U.S. Department of Transportation. LaHood notes more and more Americans are taking up bicycling for fun, exercise, and to save on gasoline. Older Americans are increasingly taking to two wheels, and the average age of people killed in bicycles has increased from 31 in 1997 to 40 in 2007. "Our roads and communities must be built to allow people to get around safely outside of their cars, on bike, or on foot," LaHood said in a press release issued Tuesday. "These statistics show that our transportation program needs to have a much greater focus on making our roadways safe for bicyclists." In a blog posting Wednesday, LaHood notes that "as this administration works to develop environmentally-sound transportation options, making our streets more bike-friendly is high on the list."

Public Comment

Provided by Ramsey County Region Rail

Central Corridor Station Art Concepts

The Metropolitan Council is collecting public comments and feedback on the Central Corridor LRT station art concepts as they continue to work on the designs. Summary descriptions and sketches of the May 2009 concepts are posted online [here](#). Use the Comment Card links to submit comments by June 2 to the outreach coordinator listed at the bottom of each card. If you have questions or comments, please contact the outreach coordinator for your area of concern listed at the bottom of each description. Or you can [email comments](#). More information about the LRT project is available online [here](#) and [here](#).

Webinar

Provided by Transportation for America

Transportation for America Webinar Series: *Transportation and the Economy*

Join us as we discuss the connections between transportation and economic opportunity. Speakers will explore how the transportation sector drives the economy and creates employment opportunities for American workers. Topics will include the transportation sector's ability to create good jobs and sustain global growth, and the use of transportation as a driver of neighborhood revitalization.

To explore these connections and discuss national efforts to create vibrant communities with access to jobs, Transportation for America will present an interactive webinar on Friday, **May 29 at 1 p.m. EDT**. [Register now!](#) A panel of experts on economic opportunity will lead our discussion, including **Carmen Rhodes**, Executive Director of [FRESC](#), **Mac Lynch**, Program Associate at [Apollo Alliance](#), **Peter Skinner**, Director of Transportation & Land Use at [Silicon Valley Leadership Group](#). The session will be moderated by **Dena Belzer**, President of [Strategic Economics](#). **Registration is free and open to the public** - visit www.t4america.org/webinars to register today.

Report

Provided by Transportation for America

Complete Streets in Demand

T4 America partner AARP released an alarming report last week revealing that nearly half of Americans age 50+ said they could not cross main roads close to their home safely. Worse, most transportation planners and engineers rate themselves and their communities as unprepared for the onslaught of older drivers and pedestrians. By 2025, 64 million people will be over age 65 according to census projections and by 2030 a quarter of all U.S. drivers will be 65+, yet two-thirds of planners say they're doing nothing different. The report shows that safer, more accessible streets won't happen until federal, state and local authorities and planners wake up to the need for complete streets that address the challenges of the coming age wave. The report makes a compelling case for updated design guidelines and streets that safely accommodate everyone. You can read the report [here](#).

Best Practice Examples

Provided by Transportation for America

Complete Streets in Demand

May 6, 2009 Hawaii 92nd jurisdiction adopted a comprehensive complete streets policies, when Governor Linda Lingle signed SB. (For more background on Complete Streets, visit T4 America partner the [National Complete Streets Coalition](#).)

The [One Voice for Livable Islands Coalition](#) brought together biking, walking, health and other advocates to help raise awareness about the dangerous situation on Hawaii's roads - and how a complete streets bill could help make the streets safer and more accessible for everyone. In the last three years, there were a total of 54 pedestrian fatalities in Hawaii - making it the most dangerous state for pedestrians over 65 (per

capita).

Hawaii's policy comes on the heels of an [executive order from Delaware Governor Markell](#), directing the Delaware state transportation department to create a policy to "promote safe access for all users, including pedestrians, bicyclists, motorists and bus riders of all ages to be able to safely move along and across the streets of Delaware."

Policy Issue

Bicycle Alliance Calls for More Safety Funds

In light of the tragic death of a bicyclist in Minneapolis this last week the Bicycle Alliance of Minnesota (BikeMN) is calling for more money to be spent on bicycle and pedestrian safety programs. "We are thankful for Mn/DOT's Share the Road Campaign and the education and awareness work done by the Minneapolis Bike Ambassadors, but it is simply not enough," said Dorian Grilley, BikeMN executive director. "Bicyclists, pedestrians and motor vehicle drivers would all benefit from increased education and awareness campaigns and we need to reach more of them," said Grilley.

To see more on what BikeMN is proposing [click here](#).

PowerPoint Presentations

Provided by Alta Planning

Pro Walk/Pro Bike 2008 Presentations

Below are the links to PowerPoint presentations developed by Alta staff for the 2008 Pro Walk Pro Bike conference in Seattle, WA.

Where the Girls Are: Bicycle Boulevards and You

Bikes and Transit: Why and How

Improving Advocacy Capacity Through Available Demand Modeling

StreetPlan LA: Prioritizing Corridors for Field Survey

Nutrition

In the News

More Thoughts on a Soda Tax

Should soda be taxed as a way to reduce consumption - and hence make a dent in the nation's obesity problem? An economist weighs in, noting that such a measure could help fund programs to encourage healthful eating.

Best Practices Example

Provided by the National Parks and Recreation Association

Massachusetts Approves Nation's Toughest Menu Labeling Rules

The Massachusetts Public Health Council has approved a measure requiring restaurant chains to display the calorie counts of all items on menus, including drive-through menu boards, effectively creating the

nation's strictest statewide menu labeling rules.
[Read More...](#)

Health Implication/Research

In the News

Why Are We Fat? We Eat Too Much!

Australian researchers have determined that most of the excess weight Americans have started carrying over the past 30 years can be attributed more to overeating than to lack of physical activity. The findings could help shape public-health anti-obesity efforts.

Research

Provided by the National Parks and Recreation Association Possible Link Between Childhood Obesity and Allergies

A new study indicates there may be yet another reason to reduce childhood obesity -- it may help prevent allergies. [Read More...](#)

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).
Visit us at www.activelivingramseycounty.org.

