



Active Living Ramsey County!

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Active Living is a way of life doing physical activity in the daily routine.
Digest Volume 39 06.15.09

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

Visit us at www.activelivingramseycounty.org.

Creating Physically Active Friendly Communities Built Environment Infrastructure and Policy

Active Living Ramsey County! Information

Special Events

National Center for Biking and Walking Connectivity Event

... Come celebrate the collaborative efforts developing a county-wide Biking and Walking Systems Plan. All of the biking and walking facilities in Ramsey County are documented. Now, it is time to identify the **gaps and priority areas** to ensure a comprehensive, complete, and connected bikeway and walking system throughout Ramsey County municipalities.

Special Guest: Bob Chauncey, National Center for Biking and Walking

When: Thursday, June 18, 2009

Time: 1:00 – 4:30 p.m.

Where: Roseville City Hall Council Chambers

2660 Civic Center Drive, Roseville, MN 55113 | 651-792-7000

RSVP to [Connie Bernardy](mailto:Connie.Bernardy@activelivingramseycounty.org) or 651-748-2500. Include name, e-mail, number, organization, & position (If applicable).

Intended audience:

- City and County Elected Officials and Administrative Leaders
- City and County Professional Staff
- Ramsey County GIS User Group
- Active Living Ramsey County! Coalition and Biking and Walking Trend Bender Team
- City, County, and Community Groups involved with Biking and Walking Efforts
- Biking and Walking Advocates and others who are interested
- Local, State and National Experts

Special Thanks to Blue Cross/Blue Shield of Minnesota for sponsoring this event with Active Living Ramsey County! and the City of White Bear Lake.

Meeting Goals

Shared understanding of:

- A Biking and Walking System Plan
- Where we've been and where we are going
- The current Biking and Walking Facilities & Infrastructure in throughout Ramsey County
- Gaps and connectivity priority areas in Ramey County
- Next Steps

For more information please contact [Connie Bernardy](#) 651-748-2500

Special Manitou Days Event for Biking and Walking Enthusiasts – White Bear Lake and Neighboring Communities**Biking & Walking Presentation****Thursday, June 18th****Downtown Armory****6:30 & 7:30 PM*****Interested in helping promote Biking & Walking?******Find out how you can get involved.***

Come listen to a brief presentation by Bob Chauncey from the National Institute of Biking and Walking on Thursday, June 18 at the Armory.

Two presentations: 6:30 & 7:30 PM - ARMORY

1. Introduction: Connie Bernardy, Director of Active Living Ramsey County!

- What is happening on a regional level?

2. Presentation: Bob Chauncey, National Institute of Biking & Walking.

- Innovative ideas from communities across the country

3. Closing: Helen Duritsa, White Bear Lake Representative on Active Living Ramsey County!

- How to get involved locally.

Hosts: City of White Bear Lake, Active Living Ramsey County, Blue Cross/Blue Shield of MN.

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

Cable Access Show

"Perils for Pedestrians"

Active Living Ramsey County is the local sponsor for "[Perils for Pedestrians](#)". It is a monthly television series promoting awareness of issues affecting the safety of people who walk and bicycle. It airs Saturday at 4:30 pm, with repeats at 12:30 am and 9:30 am Sunday on the [North Suburban Access Corporation \(NSAC\)](#), [CTV, Channel 21](#). [Online schedule](#).

Episode 152 of "Perils For Pedestrians" is now ready to download from www.PEGMedia.org

Contents of Episode 152:

- We learn about The Redwood Community Action Agency in Eureka, California.
- We talk with the bicycle coordinator for CalTrans District 1.
- We look at a well-trimmed hedge in Eureka.
- We meet the Sidewalk Bushwackers.
- We visit Scenic Drive in Trinidad, CA, a rural road that is scary for pedestrians.

You can preview Episode 152 at:
<<http://blip.tv/file/2180384>><http://blip.tv/file/2180384>

In the News

[Board OKs purchase of Union Depot](#)

The \$8.1 million plan is part of Ramsey County's quest to turn the building in St. Paul into a regional transit hub.

[Ramsey County approves final land purchase for St. Paul's Union Depot transit hub](#)

06/02/2009 - **Ramsey County** commissioners Tuesday approved the \$8.2 million purchase of the front of the Union Depot along Fourth Street in Lowertown.

Pedestrian bridge to be constructed at busy intersection

By Linda Baumeister/Review

Traffic congestion and a heavily used Gateway Trail are cause for crossing safety concerns at the intersection of Highway 120 and 36 on the border of North St. Paul and Oakdale.


[Nature Nurturing](#)

from the Suburban Journals

Educators and conservationists across the nation have become aware of most children's lack of exposure to nature. They call it Nature Deficit Disorder. The term was coined by Richard Louv in his book "Last Child in the Woods." Many have noticed children becoming more tentative about nature for the last several years. Experts have also witnessed the documented increase in childhood obesity, attention deficit disorders and hyperactivity. [More](#)

[Children Going Outside to Meet up with Nature](#)

from the Philadelphia Inquirer

 Researchers continue to find correlations between exposure to nature and academic achievement, increased creativity, cooperation, social skills, problem-solving and self-esteem. To that end, New Jersey's new "Celebrating Afterschool: Outdoors in the Garden State" program is part of a national "No Child Left Inside" movement that is sweeping schools and nature centers, including some in suburban Philadelphia. Research on children interacting with nature dates back decades, but interest in the potential benefits has soared since publication of the book *Last Child in the Woods*, by Richard Louv, in 2005. [More](#)

[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](#)

Free Webinar – Time Sensitive

MN Active Living Network Webinar

Provided by: Katherine bass, Blue Cross/Blue Shield of MN

Arrangements have been made with Blue Cross/Blue Shield for Active Living Ramsey County Coalition partners to participate in their MN Active Living Network webinars. Please join us for tomorrow's MN Active Living Network webinar No RSVP is necessary. [Login Instructions](#).

JUNE

When: Tuesday, Jun 16, 2009

Time: 1:00 - 2:30 p.m. (CDT)

Topic: MN Safe Communities program

The presenter at this webinar will be Amy Roggenbuck, Minnesota Department of Public Safety, coordinator of the Safe Communities program. She'll share information about MN Safe Communities and discuss how safety advocates and active living advocates can work together to achieve mutually beneficial goals.

After her presentation, we welcome questions and invite you to share your experiences collaborating with safety advocates.

Free Training

Mn/DOT Bicycle and Pedestrian Toolbox

Provided by Mary Elizabeth Jackson

Registration for the Mn/DOT Bicycle and Pedestrian Toolbox is now open. To register, see website below. This is training on bicycle and pedestrian facility design, planning and ADA requirements. Please note there are three locations to choose from, St. Cloud on Monday, June 22, Duluth on Wednesday, June 24, and Albert Lea on Friday, June

26. There is no charge for this training and lunch will be provided. Please feel free to share this invitation with others ... We hope to see you there!

<http://www.dot.state.mn.us/bike/toolbox.html>

Best Practices

City of Baltimore Bicycle Master plan

Provided by Curt Peterson, Ramsey County Public Works

Comprehensive Master Plan for the City of Baltimore.

http://www.ci.baltimore.md.us/government/planning/compplan/downloads/current_version/appendicies/Baltimore%20City%20Bicycle%20Master%20Plan.pdf

Livable Communities: Just What the Doctor Ordered

Provided by Christine R. Goepfert, Transportation for America

Earlier this week, the American Academy of Pediatrics released an unted prescription for children's health that calls on government to stop building places where children spend more time sitting in cars than using their arms and legs. Among other action points, "[The Built Environment: Designing Communities to Promote Physical Activity in Children](#)," urges greater investment in active transportation systems that support healthier, safer options like walking and bicycling.

Looking ahead, the Obama Administration, Congress, and state and local leaders need to consider children's health as they make transportation decisions. By spending transportation portions of the economic stimulus and [shaping upcoming transportation legislation in ways](#) that prioritize healthier, better living, we can build 21st century infrastructure that is safer, cleaner, smarter and healthier for the next generation.

Kick-off Event

Transportation for America Campaign Launch

Provided by Christine Goepfert, Transit for Livable Communities/Transportation for America

Monday, June 29th, 4:00p.m.-6:00p.m.

Hosted by: The McKnight Foundation

710 South Second Street, Suite 400

Minneapolis, MN 55401

Reception will follow formal presentation and Q & A
Please [R.S.V.P christine.goepfert@t4america.org](mailto:christine.goepfert@t4america.org)!

Job Opportunity

Transit for Livable Communities Organizer

Provided by Michelle Dibblee, Transit for Livable Communities

Transit for Livable Communities is expanding our organizing program and [hiring a new organizer](#)! Check out the job description and application process [on our website](#). Contact

Michelle Dibblee, Senior Organizer, with questions or for more information (651-767-0298 or michelled@tlcminnesota.org).

Funding Opportunities

CDC National Environmental Public Health Tracking Program

CDC's Procurement and Grants Office has published a program announcement entitled, "National Environmental Public Health Tracking Program." Approximately \$4,115,000 will be available to fund five awards. The purpose of the program is to establish and maintain a nationwide tracking network to obtain integrated health and environmental data and use it to provide information in support of actions that improve the health of communities. The program also aims to build state and local public health capacity in the area of environmental health surveillance. For complete program details, please see the full announcement on the CDC website at www.grants.gov. Due July 29, 2009.

<http://www.grants.gov/search/search.do?mode=VIEW&flag2006=false&oppld=47617>

National Education Initiative on Human Health and the Environment

CDC's Procurement and Grants Office has published a funding opportunity announcement entitled, "National Education Initiative on Human Health and the Environment (NEIHHE)." Approximately \$150,000 will be available in fiscal year 2009 to fund one award. The purpose of this announcement is to provide a national source of public health professionals in the health communication, health education, and health promotion disciplines to provide environmental health education to lay community and health professional audiences through their member and partner networks. For complete program details, please see the full announcement on the CDC website at <http://www.cdc.gov/od/pgo/funding/FOAs.htm>. Due July 16, 2009.

<http://www.grants.gov/search/search.do?mode=VIEW&flag2006=false&oppld=47741>

Publications

Health Economics Program Provided by the MN Dept. of Health

The Health Economics Program has published a new issue brief with projections of health care spending in Minnesota through 2018. These baseline projections, which will be updated periodically, do not include the impact of the health care reforms enacted in 2008. Beginning in June 2010, the Minnesota Department of Health will publish an annual report comparing actual spending to these baseline projections. Differences between actual spending and the baseline projections will be used to estimate savings attributable to the reforms. The June 2009 issue brief on Baseline Health Care Spending Projections to 2018 is available on the MDH Web site at [Health Care Costs Publications](#).

E-newsletters

Provided by Bicycle Alliance of Minnesota

Bicycle Crashes Increase - More Bicycle Safety Funds Needed

Rita Ann Youngs

In light of the tragic death of a bicyclist in Minneapolis on May 20th, the Bicycle Alliance of Minnesota (BikeMN) is calling for more money to be spent on bicycle and pedestrian education, awareness and safety programs. "We are thankful for Mn/DOT's Share the Road Campaign and the education and awareness work done by the Twin Cities Bike Walk 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. [Click here](#) for the full story

Health Implication/Research

In the News

Fewer Americans following a healthy lifestyle
http://health.yahoo.com/news/reuters/us_fewer_lifestyle.html

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