

Active Living is a way of life; doing physical activity in the daily routine.

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

Built Environment Infrastructure and Policy

Quote of the Day

*...research has found that the countries with the highest levels of walking and biking also have the lowest levels of obesity. **

Built infrastructure in Ramsey County Community Visioning Opportunities & Requests

Active Living Ramsey County! Coalition Partners on the following two committees would be assets to these visioning efforts. Are you interested? Let me know, [Connie Bernardy](mailto:Connie.Bernardy@alrc.org) and I contact Smart Trips to get you on their contact list.

Midtown Greenway - St. Paul extension (pdf) Smart Trips contact: laura@smart-trips.org (see article below)

Help envision future crossings: Smart trips contact: brady@smart-trips.org (see article below)

Provided by Smart Trips

What should a St. Paul Greenway look like?



Detail of a map by [Roberta Avidor](#) created in 2005, depicting a St. Paul Greenway

St. Paul Smart Trips has established a committee to develop a vision for a St. Paul Greenway. This Greenway is a proposed extension of Minneapolis' Midtown Greenway across the Mississippi River east to Pascal Avenue and then south along the Ayd Mill corridor eventually connecting to the Sam Morgan Trail (see map link below).

The committee will meet over the next several months to draft a vision for how this Greenway should look and function. The draft will be brought to the adjacent district councils for their input and the process will culminate in an inter-neighborhood Greenway summit to ratify and build support for the vision. We're looking for community members from across St. Paul to join this committee- consider joining us!

Get on the committee: e-mail laura@smart-trips.org

View the 2005 map: [Midtown Greenway - St. Paul extension](#) (pdf)

Provided by Smart Trips

Griggs bicycle and pedestrian bridge to reopen



Photo by St. Paul Smart Trips (taken June 23, 2009)

The Griggs bicycle/pedestrian bridge crossing Interstate 94 between Lexington and Hamline in St. Paul is anticipated to reopen in September.

The bridge is a vital north/south connection for bicyclists and pedestrians to safely cross the interstate and will play a major role in providing access to the Central Corridor light rail line when it opens in 2014.

The decision to rebuild the bridge was made last November due to the loss of concrete from the bottom of the bridge beams.

Help envision future crossings: Learn more about this opportunity by sending an e-

mail to brady@smart-trips.org.

In the News in Ramsey County

Provided by Smart Trips
Snelling Pedestrian Safety Campaign a hit!



Pictured left to right: Samantha Henningson (Councilmember Stark's office), Ramsey County Commissioners Toni Carter and Janice Rettman, and Saint Paul Fire Chief Tim Butler. Photo by [Chas Jensen](#).

St. Paul Smart Trips, in conjunction with the Union Park District Council and Ward 4 Councilmember Russ Stark's office, hosted a Pedestrian Safety Campaign Kickoff on June 22 to raise awareness of Minnesota's crosswalk law and pedestrian safety issues on Snelling Ave between Summit and Selby.

Over 30 people attended the event, including St. Paul Council members Melvin Carter and Pat Harris and St. Paul Fire Chief Tim Butler. Ramsey County Commissioners Toni Carter and Janice Rettman were there to lead a group of walkers through the crosswalk at Snelling and Ashland to see if cars would stop. Residents and volunteers held signs demonstrating their support for the crosswalk law and kids participated in a pedestrian safety game led by the Fire Department.

In the days leading up to the kickoff, flyers were distributed to announce the upcoming week-long campaign and raise awareness of the crosswalk law. Throughout the week of June 22, police issued tickets to drivers and pedestrians who violated the crosswalk law. Failure to observe the law is a misdemeanor, punishable by up to 90 days in jail, a \$700 fine, or both.

Video: View [KSTP coverage](#) of the event

Photos: Check out our [photos from the event!](#)

Know the law: Text of the [MN crosswalk law](#)

In the News

Walk or bike to work? Study suggests that keeps us fit, but few people do it

<http://www.startribune.com/lifestyle/health/50656127.html>

Stimulus Funds and a New Tax Benefit Help Smooth the Bike Ride to Work
[Click to view story in The Washington Post](#)

Resources

[Public Health Video Clip from APHA](#)

"Healthiest Nation in One Generation" -- a 3-minute video clip on the role of public health, produced by the American Public Health Association for national public health week in 2009. Please visit the website below. ...

Contact: Not available

Web site: <http://www.generationpublichealth.org>

Provided by the National Initiative for Children's Healthcare Quality NICHQ Receives \$3.25 Million Grant from Robert Wood Johnson Foundation to Fight Childhood Obesity

Efforts to Focus on Identifying, Training, and Supporting Clinicians to Become Effective Advocates for Community Change. Early in NICHQ's history, its founder, Dr. Charles Homer, recognized the urgency of childhood obesity issues in the U.S. and was an early leader in mobilizing a healthcare response to this epidemic spreading among our children. NICHQ established The Childhood Obesity Action Network (COAN), a web-based national network of healthcare professionals in all 50 states and 5 countries working on childhood obesity for sharing information about practice and policy and mobilizing clinical change. To extend our obesity work, NICHQ has been awarded a two-year grant from the Robert Wood Johnson Foundation to support health care professionals as leaders in promoting community change in the fight against childhood obesity. [Read more here.](#)

Provided by Alta Planning + Design

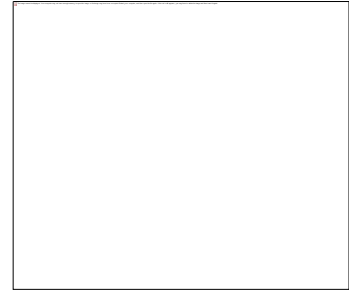
Learn to Conduct Bicycle and Pedestrian Counts and Surveys

As part of the [National Bicycle and Pedestrian Project](#), communities can now learn how to conduct bicycle and pedestrian counts and surveys. The National Bicycle and Pedestrian effort provides a consistent model of data collection and ongoing data for use by planners, governments, and bicycle and pedestrian professionals. The first course will be held in early August in Kansas City, Missouri. Attendees will be eligible for AICP Certification Maintenance credits. The course is being sponsored by the Mid-America Regional Council, Lawrence-Douglas County Metropolitan Planning Organization, and St. Joseph Area Transportation Study Organization. Course materials will be available on <http://bikepeddocumentation.org> in late August 2009. For more information, or to schedule a training course in your community, contact [Lauren Ledbetter](#). *For a full list of available documents check out the [Presentations & Studies section of our website.](#)*

Complete Streets

Provided by Ethan Fawley, Have Fun Biking Hennepin County Passes Complete Streets Policy

This week the Hennepin County board unanimously passed a complete Streets policy that "will enhance safety, mobility, accessibility and convenience for all corridor users including pedestrians, bicyclists, transit riders, motorists, commercial and emergency vehicles and for people of all ages and abilities by planning, designing, operating and maintaining a network of "Complete Streets." Hennepin County joins the City of Rochester as the first two jurisdictions in Minnesota to pass explicit Complete Streets policies. St. Paul has also passed a Complete Streets resolution and will have a full policy in place by the end of the year. [Click here](#) to find out who else has passed a Complete Streets policy!



Provided by The National Complete Streets Coalition National Complete Streets Coalition June 2009 Newsletter

[COMPLETE STREETS POLICY PROGRESS](#)

- City of Brotherly Love Embraces Complete Streets
- Connecticut General Assembly Passes Complete Streets Bill
- First Policy in Idaho!
- Resolution Adopted in Anderson, SC
- New York Legislature Introduces Complete Streets Bills
- Successful Briefing on Capitol Hill
- Federal Policy Update
- Quick Takes: Policy Progress

[COALITION NEWS](#)

- Show Your Support for Safe Routes to School
- A Brand-New CompleteStreets.org

[COMPLETE STREETS NEWS](#)

- Los Angeles Prepares to Complete the Streets
- Complete Streets Workshops: Indiana & Kansas
- NYC Debuts Street Design Manual
- Chicagoland Looks to Complete Streets Principles to Help Residents with Disabilities
- Seattle's Innovative New Bus Stops
- EPA Joins DOT, HUD in Partnership for Sustainable Communities
- American Academy of Pediatrics Links Built Environment with Health
- Quick Takes: Complete Streets Talk Around the Country
- Dear Editor
- Two Older Adults Die on Incomplete Streets

[RESOURCES](#)

- Emergency Response and Street Design
- Accessible Pedestrian Signals: A Guide to Best Practices
- Action Strategies for Healthy Communities
- PBIC Launches Updated Image Library
- Upcoming Conferences: Safe Routes to School, National Environmental Public Health

Conferences

Provided by Alta Planning + Design

Safe Routes to School National Conference "Two Steps Ahead," August 19-21

Safe Routes to School programs across the country are changing the habits of an entire generation of children, creating healthier kids, healthier communities, and a healthier planet. Attend this year's Safe Routes to School National Conference August 19-21 in Portland, Oregon, and learn how you can start a Safe Routes program in your neighborhood, or improve the one you've already started. With dozens of presentations, hands-on seminars, tours, and events, it will be a conference that will be both educational and fun. Visit www.SafeRoutesConference.org to learn more and register.

Nutrition

In the news

Getting the best nutrition for your buck

http://www.msnbc.msn.com/id/31895512/ns/health-diet_and_nutrition/

Signs point the way to healthful eating

<http://www.startribune.com/business/50682482.html>

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 **include** community leaders, practioners, and advocates who meet quarterly the second Monday of the month, from 2:30-4:30 pm. Partners receive the Active Living Ramsey County! Digest! **the next meetings are:**

- Sept. 14, 2008 – 2:30 – 4:30 p.m. at Ramsey County Public Works
- Dec. 14, 2009 – 2:30 – 4:30 p.m. at Ramsey County Public Works

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.

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

* Walk or bike to work? Study suggests that keeps us fit, but few people do it <http://www.startribune.com/lifestyle/health/50656127.html>. Section about James Sallis of San Diego State University, who studies environmental factors and policies that influence physical activity.