



Active Living Ramsey County!

Active Living Ramsey County!

...creating physically active friendly communities
Digest Volume 44

*Active Living Ramsey County! is a community-based coalition,
which engages the community to improve health by influencing policy and enhancing the built
environment.*

*The Coalition's mission is to create and promote environments that make it
safe and convenient for people to integrate physical activity into their daily routine.*

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

Visit us at www.activelivingramseycounty.org.

Built Environment Infrastructure and Policy

Active Living Ramsey County! Information

Biking and Walking Trend Bender Team Connectivity Meeting

Wednesday, August 12, 2009

6:00 – 9:00 pm

Roseville City Hall

Willow Room

2660 Civic Center Drive, Roseville, MN 55113

Connectivity Project Purpose

Improve health by creating physically active friendly communities that are walkable, bikeable, and accessible for everyone by creating a countywide comprehensive, complete, and connected regional bicycle and pedestrian transportation and recreation system.

Desired Outcomes of Meeting

Team Prioritization/Ranking Process

Shared understanding of:

- Connectivity Project
- Connectivity Priority List/Locations
- Connectivity Prioritization Weighting and Ranking Criteria
- Individual Process for Ranking (i.e. Survey Monkey)
- Project Timeline
- Next Steps

For more information please contact [Connie Bernardy](#).

Please join us for this exciting project. Everyone is welcome to join our Biking and Walking Team.

Three Ramsey County Buildings Offer Indoor Bike Parking

Convenient, secure, indoor bike parking just became at several Ramsey County locations for their employees. Bike racks are in designated areas inside Ramsey County's Government Center West, Juvenile & Family Justice Center, and Plato buildings. Ramsey County's Property Management and Human Resources collaborated to make these indoor biking opportunities possible.

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](#).

Episodes 157 and 158 of "Perils For Pedestrians" are now ready to download from www.PEGMedia.org. The Promos for Episodes 157 and 158 are also ready to download <http://www.pegmedia.org/index.php?q=msvr/showall/13/detail>

Contents of Episode 157:

--We travel to Paris to talk with Jean Paul Lechevalier about The Rights Of Pedestrians (Les Droits du Piéton); --We look at the Velib public bicycle system in Paris with Eric Britton of New Mobility Partnerships. (Note: July 15 was the second anniversary of Velib.) You can preview Episode 157 in lower resolution on blip.tv:

<http://blip.tv/file/2359879>

Contents of Episode 158:

--We talk with two cyclists about bicycling in Paris; --We visit MDB ("Mieux se Déplacer à Bicyclette"

-- "Better to Move By Bicycle").

You can preview Episode 158 in lower resolution on blip.tv: <http://blip.tv/file/2361252/>

Bike Event in Ramsey County

Provided by Kris Kimber, MN Department of Public Health

St Paul Bike Classic Tour

St Paul Bike Classic Tour is September 13 with training classes and rides in August: The 15th Annual St. Paul Bike Classic Tour is September 13, 2009. The tour is partnering with the Bicycle Alliance of Minnesota, a new non-profit organization with a mission to make Minnesota communities more bicycle friendly. For more information, click <http://www.bikeclassic.org> The Saint Paul Classic Bike Tour, in conjunction with the Bicycle Alliance of Minnesota, is offering two pre-Classic bicycle training classes and progressive rides. The progressive series of rides and short class will help prepare riders to be safe and ride the 15-, 30-, and 45-mile scenic routes on the Saint Paul Classic Bike Tour on September 13. The classes are \$5/person. For the class schedule and registration, click <http://www.BikeMN.org/classschedule.cfm>

Media Advocacy

Provided by Greg Mack, Ramsey County Parks and Recreation

Peddlers for Progress

Four student Augsburg Team bikes 2,200 to Portland to highlight the need for improvements in bike facilities

<http://www.startribune.com/local/51145742.html>

Ped4progress Website: www.ped4progress.wordpress.com or ped4progress

In the news

[As Three Rivers parks usage changes, so will its management](#)

Empty-nesters who once went to parks with kids in tow are now heading for the trails, Three Rivers Park District figures show, and that will change how the park is managed.

[Where can U-lock up? As old-style meters expire, cyclists seek new places to park in cities](#)

startribune 07/17/2009 PATRICK WALTERS

[Cyclist killed in crash](#)

startribune 07/21/2009 BOB VON STERNBERG

[Sharp drop in '08 traffic deaths in Minnesota](#)

startribune 07/17/2009 ABBY SIMONS and PAUL WALSH

There were 455 traffic deaths in Minnesota in 2008, down 11 percent from 2007, but fatalities on motorcycles rose significantly. 13 deaths of bicyclists, the highest number since 2000.

[Trail was in the plan, but safety, privacy might trump it](#)

startribune 07/17/2009 JOY POWELL

Inver Grove Heights' winding and hilly Barnes Avenue is a pretty drive. But if you ask people around here, it can also be dangerous for pedestrians and bicyclists -- especially because so many driveways open up onto it, amid bushes and a steep slope.

[Where can U-lock up? As old-style meters expire, cyclists seek new places to park in cities](#)

startribune 07/16/2009 PATRICK WALTERS

Transforming Transportation – An Interview with James Oberstar

Link to interview transcript and audio on *Living on Earth*:

<http://www.loe.org/shows/segments.htm?programID=09-P13-00029&segmentID=4>

Provided by Christine Goepfert, Transportation for America

Wrapping up the Minnesota release of the Blueprint

<http://t4america.org/blog/2009/07/22/wrapping-up-the-minnesota-release-of-the-blueprint/>

Provided by the National Recreation and Parks Association

[Group Seeks Private Funds for Minnesota Parks](#)

from the Star Tribune

The goal is ambitious: Add 17,000 acres of parkland and 700 miles of trails to the seven-county metro area in the next 20 years. The cost? About \$200 million. That's a lot of money for governments to come up with in these economic times, so the Metropolitan Council has formed a private, nonprofit fundraising group to help pad the bank account. The Regional Parks Foundation of the Twin Cities will focus on raising private money to acquire land and raise awareness about the regional parks system.

Funding Opportunity

Provided by Kris Kimber, MN Department of Public Health

Head Start Body Start Special Projects Grants

The Head Start Body Start National Center for Physical Development and Outdoor Play (HSBS) is offering funding opportunities of up to \$30,000 to promote wellness and physical activity in early childhood. Requests for proposals are available for four special projects: 1) Literature Review of the cultural characteristics and determinants of physical activity and indoor/outdoor play for children ages 0 to 5; 2) Literature Review of the physiological, social, cognitive, and behavioral benefits of physical activity and indoor/outdoor play for children ages 0 to 5; 3) Online Resource Guide related to early childhood movement and nutrition; and 4) Policy Guide related to early childhood movement and nutrition. The deadline for applications is July 24, 2009. For more information, click <http://www.aahperd.org/HeadStartBodyStart>

Conferences

Provided by Kris Kimber, MN Department of Public Health & Sandy Martin, Shoreview Mayor and Active Living Ramsey County! Co-Chair
do.walk do.bike conference is September 1-2

Blue Cross and Blue Shield of Minnesota is hosting the do.walk do.bike Building momentum in Minnesota conference to feature what communities are doing to create environments that promote walking and bicycling. The conference will be held on September 1-2, 2009 at the Radisson University Hotel in Minneapolis. Conference co-sponsors include the MN Department of Health, MN Department of Transportation, Bike Walk Twin Cities, and the University of MN's Center for Transportation Studies. The conference will feature presentations on working to increase physical activity across the state through policy, planning, projects, programs and partnerships. Keynote speakers will be Gil Penalosa, Executive Director, Walk & Bike for Life; Andy Clarke, President, League of American Bicyclists; and Chris Balish, author of "How to Live Well without Owning a Car." In addition, 14 breakout sessions focusing on Minnesota-based initiatives will be featured. **This conference is especially well geared for Statewide Health Improvement Program (SHIP) grantees that will be working in the area of active living to create more active communities, active schools, active workplaces and active child care.** For more details and agenda, click http://www.preventionminnesota.com/active_living_topic.cfm?oid=6431. Registration fee is \$60 and registration deadline is August 21. To register, click www.regonline.com/bluecrossmn

Provided by Kris Kimber, MN Department of Public Health
Walkable communities and safe routes to school workshop

The Minnesota Department of Health, Blue Cross and Blue Shield of Minnesota and the National Center for Bicycling and Walking are hosting the Train the Trainer Workshop: Creating more walkable communities and safe routes to schools. The first part of the workshop will be held in the afternoon of September 2 following the do.walk do.bike conference (see notice above) at the Radisson University Hotel in Minneapolis. The second part of the workshop will be held on September 3 at the Dakota Lodge building within Thompson Park in West St. Paul. The workshop will train participants to 1) create and sustain partnerships among local planners and public health or tribal health professionals to develop and implement community active living programs; 2) create and sustain broader partnerships among community leaders toward effecting specific improvements in local accommodations for walking and biking; 3) conduct community audits to assess barriers to physical activity; and 4) develop and implement specific measurable action plans to transform their findings into effective, prioritized recommendations for improvements. **This conference is especially well geared for Statewide Health Improvement Program (SHIP) grantees that will be working in the area of active living to create more active communities, active schools, active workplaces and active child care.** There is no registration fee. Space is limited. The deadline for applications is July 31, 2009. To register, go to www.health.state.mn.us/physicalactivity and click on the workshop registration link.

Resources

Provided by Alta Planning + Design Bicycle Boulevard Planning & Design Guidebook

Working in tandem with the Initiative for Bicycle and Pedestrian Innovation (IBPI) at Portland State University and a number of other collaborators, Alta is proud to celebrate the release of the "Fundamentals of Bicycle Boulevard Planning & Design Guidebook". Bicycle boulevards take the shared roadway bike facility to a new level, creating an attractive, convenient, and comfortable cycling environment that is welcoming to cyclists of all ages and skill levels. They are low-volume and low-speed streets that have been optimized for bicycle travel through treatments such as signage and pavement markings, traffic calming, and intersection crossing treatments. This new guidebook was designed to serve as a planning and conceptual design guide for planners, engineers, citizens, advocates and decision makers who are considering bicycle boulevards in their community. [Visit the IPBI website](http://www.ibpi.usp.pdx.edu/guidebook.php) for more information on its release and to download! <http://www.ibpi.usp.pdx.edu/guidebook.php>. For a full list of available documents check out the [Presentations & Studies section of our website](#).

Complete Streets

In the news

Don't Be So Square

Why American drivers should learn to love the roundabout.

Link to article in *Slate*: <http://www.slate.com/id/2223035>

National Complete Streets Coalition Newsletter

<http://www.completestreets.org/news-blog/newsletter/>

COMPLETE STREETS POLICY PROGRESS

- Connecticut Becomes Tenth State with Complete Streets Law
- And Wisconsin Makes Eleven
- North Carolina Beefs Up Policy
- Michigan Include Complete Streets in Funding Bills
- Louisiana to Develop Guidelines
- Federal Policy Update
- Quick Takes: Policy Progress
-

COALITION NEWS

- Annual Meeting Celebrates and Sets Course
- Trust for America's Health Releases 'F is for Fat' for 2009
- APBP Professional Development Seminar, Walk21 Conference
- Complete Streets: A Hit in Topeka
- Indiana Begins Push for Complete Streets
- Symposium in Sacramento

COMPLETE STREETS NEWS

- News from Michigan
- Complete Streets Changing Minds in Hawaii
- Safe Routes to Transit in New Jersey
- Pedestrian Danger in Fayetteville, NC Emphasizes Need for Complete Streets
- Quick Takes: Complete Streets Talk Around the Country
- Incomplete Street Death

RESOURCES

- Complete Streets Presentations
- Access Board APS Guidance
- Report: The Urgency of a New Federal Urban Policy
- Study: Smart Growth and Improved Transportation Choices Reduce Greenhouse Gas Emissions
- Report: Spending the Stimulus at 120 Days
- Call for Best Practices in Context Sensitive Solutions

Nutrition

Minnesota among nation's farmers market hot spots
<http://www.startribune.com/lifestyle/taste/51064172.html?page=3&c=y>

Health Disparities

High Obesity Rate for Black Americans

Thirty-six percent of black Americans are obese, the U.S. Centers for Disease Control and Prevention reports. That figure is higher than for any other ethnic group in the U.S.
YOU ASKED...

Blacks Have Highest Obesity Rates in U.S.

THURSDAY, July 16 (HealthDay News) -- The obesity epidemic in the United States is hitting minorities the hardest, U.S. health officials report.

Young Black, Hispanic Women Tend to Develop 'Love Handles'

http://news.yahoo.com/s/hsn/20090722/hl_hsn/youngblackhispanicwomentendtodeveloplovehandles

Data Show Manhattan Is Svelte and Bronx Is Chubby, Chubby

<http://www.nytimes.com/2009/07/22/nyregion/22fat.html>

Take Away – “Dr. Rundle, who has written several papers on neighborhood environments and obesity, has found that even when adjusting for poverty and race, at least three factors are associated with lowering obesity: proximity to supermarkets and groceries where fresh produce is sold; proximity to parks; and access to public transportation, which reduces reliance on cars.”

Physical Activity

In the news

6 Behaviors Can Control High Blood Pressure

<http://wcco.com/health/blood.pressure.behavior.2.1097296.html>

Take Away – “Exercising three days a week drops blood pressure by about 5 points. “

An Offbeat Way to Shed Some Extra Weight

"What is that?" "How does it go?" Those are the two questions that everyone wants to know about the new, hot 3-wheel human powered scooter called a Trikke.

Being active may help lift sense of hopelessness

Finnish study finds benefit in moderate to vigorous physical activity

<http://www.msnbc.msn.com/id/31853954/ns/health-fitness/?ns=health-fitness>

Resource

Provided by the U.S. Department of Health and Human Services

Be Active Your Way Physical Activity Widget

Looking for another way to encourage Americans to get the physical activity they need based on the Physical Activity Guidelines for Americans? Physical Activity Guidelines for Americans announces the *Be Active Your Way* Physical Activity Widget

What is A Widget?

A widget is an online tool that can be easily added to any web site or blog. The *Be Active Your Way* widget is a quick quiz that instantly provides physical activity tips and recommendations tailored to user goals.

How Do I Use the Widget?

1. The new ***Be Active Your Way*** widget is available at:
<http://www.healthfinder.gov/widgets/Pafinder.aspx>. Just add the widget to your site, and we'll update the content automatically. It's easy, fun, and can be used over and over again.
2. If the widget is too large for your site, you can place the code below on your site as a linking icon to the ***Be Active Your Way*** quiz at healthfinder.gov.

```
<a href="http://www.healthfinder.gov/widgets"></a>
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Questions? Send an email to: PhysicalActivityGuidelines@hhs.gov.

Research

Provided by the National Recreation and Parks Association

[Kids of Parents Who Value Exercise Are More Active](#)

from Health Day

Children are more likely to join a sports team or be active if their parents like team sports, U.S. researchers report. The researchers studied 681 parents and 433 fourth- and fifth-grade students at 12 schools in Houston to reach that conclusion. The children -- both boys and girls -- of parents who valued high-intensity team sports watched less TV, spent less time on their computers, and were more active than other children. [More](#)

Nutrition

In the news

[Minnesota among nation's farmers market hot spots](#)

The popularity of buying locally has led to a statewide explosion of farmers markets. In five years the number has tripled to about 130.

Health Implications

In the news

[SECOND OPINION](#)

[BMI weight guide: misused, outdated -- but not out of use](#)

By Susan Perry | Thursday, July 23, 2009

Do you know your body weight measurement? Turns out the BMI formula was never intended to be used as an individual guide — and waist circumference is considered a better gauge.

Take away – ‘It turns out that the circumference around a person's waist provides a much more accurate reading of his or her abdominal fat and risk for disease than BMI...Abdominal obesity is [currently defined](#) in men as having a waist circumference greater than 40 inches and in women as having a waist circumference greater than 35 inches.’

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, practitioners, 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**

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

If you are an Active Living Ramsey County! E-subscriber and want to receive the Digest on a regular basis in its entirety please sign up on the [Active Living Ramsey County! Digest](#) link.