



**Active Living Ramsey County!**

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...creating physically active friendly communities

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*Active Living Ramsey County! is a community-based coalition, which engages the community to improve health by influencing policy and enhancing the built environment to make it safe and convenient for everyone to integrate physical activity into their daily routine.*

***To get active in our coalition please contact Connie Bernardy or sign up below.***

Visit us at [www.activelivingramseycounty.org](http://www.activelivingramseycounty.org).

## **Built Environment Infrastructure and Policy**

### **Active Living Ramsey County! Information**

#### **Quote of the Week**

*"I think a lot of us are looking for ways where we can use our bikes more frequently,"*

- Bicyclist and Cyclopath user Peter Breyfogle of Shoreview

Peter Breyfogle, from Shoreview who is working on our connectivity project, was in the news on July 28, 2009 . He said the growing popularity of the (Cyclopath) site makes sense, given the economic climate. Read about the expansion of Cyclopath into Cycloplan, a planning tool for local government. Two Active Living Ramsey County! Representatives and a larger number of partners serve on the Cycloplan Steering Committee. <http://minnesota.publicradio.org/display/web/2009/07/27/cyclopath/>

#### **Ramsey County Map of the Week**

## **Ramsey County Bicycle Trails**

**Bike Trails Map** (5 mb PDF file)

For more maps and information about Ramsey County biking and walking facilities, visit the [Active Living Ramsey County! Website](#)

## **Meeting Reminder**

### **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

## **Special Invitation**

### **Train the Trainer Workshop Invitation: Creating more walkable communities and safe routes to schools**

Blue Cross and Blue Shield of Minnesota (Blue Cross), the Minnesota Department of Health (MDH), and the National Center for Bicycling and Walking (NCBW) have collaborated to provide this FREE training opportunity.

Active Living Ramsey County! is working to put together a team to attend. If you are interested in being a part of the Ramsey County Team please contact [Connie Bernardy](#) or at 651-748-2500.

Registration is FREE and open to teams of people representing communities and/or schools. Each team must have at least one public health or tribal health professional and one planning professional. Additional team members could include an elected official, business leader, school administrator and/or a citizen advocate. We recommend each team have about five members.

September 2, 3:00 p.m. – 5:30 p.m. (optional group dinner - 6:00 p.m.) Radisson University Hotel, 615 Washington Avenue SE, Minneapolis  
September 3, 8:00 a.m. – 3:15 p.m. Dakota Lodge, 1200 Stassen Lane, West Saint Paul

## **Construction Projects in Ramsey County**

### **MNDOT Contact Person**

#### **MNDOT Resurfacing Project in White Bear Lake**

The Minnesota Department of Transportation is doing two resurfacing projects in White Bear Lake:

- Highway 96 between US61 and Stillwater
- Highway 61 from Hugo to County Road F

Resurfacing projects trigger Americans with Disability Act (ADA) Pedestrian Improvements including crossing and ramp improvements. Examples of these types of changes include wider shoulders, striped lanes, restriping, change in curb ramps, crossings changes on high-speed roads and geometric changes at intersections to meet ADA standards.

[Tim Mitchell](#), the State Bike and Pedestrian Coordinator is the contact person for community members to communicate their desire/need for bike and pedestrian improvements. (See article below)

## **Pedestrian Design and Planning Tools & Resources**

### [ADA Concerns/Comments](#)

Voice your concerns or comment about accessibility on a state road or highway or on pedestrian facilities that are adjacent to those state roads or highways, or about a Mn/DOT program or event.

### [State Aid](#)

Pedestrian facilities that use state-aid funding are required to follow Minnesota State Aid design standards.

### [ADA Tool Kit For State And Local Governments](#)

[The Access Board](#) Guidance on how to design and construct accessible pedestrian facilities.

### [Pedestrian Accessibility: The need for the transportation system to be accessible to all users](#)

*Guide for the Planning, Design, and Operation of Pedestrian Facilities*, American Association of State Highway and Transportation Officials (AASHTO) July 2004. These AASHTO guides can be ordered from the [AASHTO bookstore](#).

### [The Federal Highway Administration's Pedestrian Safety Information](#)

Resources to help pedestrian safety practitioners/advocates meet their planning, design, and operation needs for pedestrian facilities.

[Safety Effects of Marked Vs. Unmarked Crosswalks at Uncontrolled Locations](#): Final Report and Recommended Guidelines (114 page PDF), September 2005, FHWA HRT-04-100

[Tim Mitchell](#)

Bicycle and Pedestrian Coordinator  
651-366-4162

**Provided by Blue Cross/Blue Shield of MN**

**Tim Mitchell, MnDOT's Bike/Ped Coordinator**

The June issue of the Bike Walk Twin Cities eNewsletter carries a fascinating interview with Tim Mitchell, the Minnesota Department of Transportation's Bicycle and Pedestrian Section Director. In it, Tim shares thoughts and information on a broad range of issues affecting pedestrians and bicyclists. [Read More...](#)

## Updates

**Provided by Ramsey County Public Works**

**Century Avenue Project Update - July 23**

Progress continues to be made on Century Avenue. With the opening of the road to traffic on the west side of Century south of Upper Afton, focus now changes to the west side of Century Avenue north of Upper Afton Road. The project update includes more information on work north of Upper Afton Road to north of Ridge Drive. Information about a road closure between Ridge Drive and Brookview Drive/Woodbine Avenue is also included.

**Provided by Blue Cross/Blue Shield of MN**

**St. Paul's Griggs Bike/Ped Bridge to Reopen**

According to the July edition of St. Paul Smart Trips, "The Griggs bicycle/pedestrian bridge crossing Interstate 94 between Lexington and Hamline in St. Paul is anticipated to reopen in September." [Read More...](#)

## Ramsey County News

**Provided by Blue Cross/Blue Shield of MN**

**St. Paul PD Targets Drivers Ignoring Pedestrians**

According to a June 30th Minnesota Daily article, "Confusion on who has the right of way caused St. Paul police to focus some of its attention last week on drivers who do not yield to pedestrians. Nearly 400 pedestrians and bicyclists were hit by a vehicle from 2007 to 2008 in St. Paul alone, according to the St. Paul Police Department. [Read More...](#)

**Ever Heard of "Paint the Pavement"?**

According to their website, Paint the Pavement (PtP) "is a volunteer-led program that promotes 'placemaking' through neighborhood art." "Our primary focus is in St. Paul, Minnesota, where we help groups of neighbors organize to design and create their own public square or public street art on their low-traffic residential streets." [Read More...](#)

## Bicycle Advisory Member Appreciation Invitation

**Provide by David Gepner, Hennepin Co. Bike Advisory Community  
Quality Bicycle Parts Bicycle Advisory Appreciation Gathering**

Active Living Ramsey County! Biking and Walking Trend Bender Team and Our Municipal Bicycle and Trail Advisory Group Members in Ramsey County are invited to:

A Bicycle Advisory Appreciation Gathering

Hosted by Quality Bicycle Parts in Bloomington

Tuesday, August 11, 2009

3:00 – 5:00 pm gathering and meeting with food and refreshments.

Optional Bike ride following meeting

For more information contact David Gepner, Hennepin Co. Bike Advisory Community @ 612-861-1703 or [WentBiking@comcast.net](mailto:WentBiking@comcast.net).

## **In the news**

### **Oberstar Maps a Course for Full Highway Bill**

Link to story in *Roll Call*:

[http://www.rollcall.com/issues/55\\_13/news/37201-1.html](http://www.rollcall.com/issues/55_13/news/37201-1.html)

### **Rep. Oberstar on the Transportation Bill and Reform**

[Click to view interview on PBS's Blueprint America](#)

### **Provided by Sara Bluhm, Ramsey County Public Health**

#### **There's safety in numbers for those on bikes**

Renee Jones Schneider, Star Tribune Although recent fatalities highlight the risks of sharing the road, statistics show there have actually been fewer bicycle crashes and injuries in Minnesota -- at a time when more people are riding bikes.

<http://www.startribune.com/local/51532117.html?elr=KArksUUUoDEy3LGDio7aiU>

### **Edina backs study of routes for regional trail**

Three Rivers Park District, with Edina's blessing, is poised to spend \$65,000 to find the best route through the city.

<http://www.startribune.com/local/west/51359702.html?elr=KArksUUUoDEy3LGDio7aiU>

### **Provided by Blue Cross/Blue Shield of MN**

#### **Minneapolis Cited as Top Biking City**

According to an article in the July issue of *Travel & Leisure*, Minneapolis is one of the ten top bicycling cities in the world. The City of Lakes shares the honor with Copenhagen, Portland (OR), Munich, Montreal, Perth, Amsterdam, Seattle, Paris, and Bogota. [Read More...](#)

### **Duluth Planners Find Support for Walkable Business Districts**

According to several recent News Tribune articles, Duluth planners have been gathering comments on what people like and don't like in business districts. What they've been finding is strong support for traditional design -- walkability, mixed uses, store fronts with

windows that look out on wide sidewalks with places to sit and trees for shade. [Read More...](#)

## Resources

Provided by Thomas E. Kottke, MD, MSPH, HealthPartners  
Center for Disease Control and Prevention Website  
[Division of Nutrition, Physical Activity and Obesity](#)  
Online source for credible health information.

<b><a href="#">NEW! Healthy Weight</a></b>
Achieving and maintaining a healthy weight isn't just about a "diet" or "program". It is part of an ongoing lifestyle that you can adopt now and stay with for years to come. <a href="#">▶ more on healthy weight</a>
<b><a href="#">Nutrition</a></b>
Proper nutrition is critical to good health. But identifying which foods you need for a healthy diet can be challenging. These resources can help you get started. <a href="#">▶ more on nutrition</a>
<b><a href="#">Physical Activity</a></b>
Regular physical activity reduces the risk for many diseases, helps control weight, and strengthens muscles, bones, and joints. <a href="#">▶ more on physical activity</a>
<b><a href="#">Overweight and Obesity</a></b>
Increases in obesity — among both adults and children — have prompted concern about the implications for Americans' health. <a href="#">▶ more on overweight and obesity</a>

## Best Practices

Provided by Don Gault, Public Health and Deborah Carter McCoy  
City of Minneapolis Pedestrian Master Plan

"Far from a throwback to the 1800s, pedestrian infrastructure plays an important and growing role in 21st century economics and lifestyles. This is pointed out in fascinating detail in a draft of the City of Minneapolis Pedestrian Master Plan <http://www.ci.minneapolis.mn.us/pedestrian/pedestrian-masterplan.asp> now undergoing public review.

Bet you didn't know that ...

- The most successful commercial and tourism districts rely on high levels of foot traffic.
- Streets and neighborhoods are safer when folks are out walking, partly because people who walk get to know their neighbors.
- Walkable communities promote personal and environmental health by reducing obesity, heart disease and greenhouse gas emissions.

- In Minneapolis alone, more than 6 percent of workers commute primarily by walking, and some downtown and University of Minnesota corridors log five-figure daily pedestrian traffic counts that far exceed vehicle use of most streets."

## **Funding Opportunities**

### **Provided by Blue Cross/Blue Shield of MN A New Funding Source for Trails and More**

In case you didn't notice, Minnesota's general sales tax rose by 0.375% on July 1. According to the Austin Daily Herald, "A majority of the extra revenue is slated to go toward preserving and restoring various natural habitats, water sources, and parks and trails. [Read More...](#)

## **Conferences/Training Opportunities**

### **Provided by Blue Cross/Blue Shield of MN**

**September 1-2:** do.walk do.bike: Build momentum in Minnesota in Minneapolis. For more information, [click here](#). To register, [click here](#).

**September 2-3:** "Train the Trainer Workshop", immediately following "do.walk do.bike", Radisson University Hotel – Minneapolis, presented by Blue Cross Blue Shield of Minnesota, Minnesota Department of Health, and National Center for Bicycling and Walking. For more info, [click here](#).

## **Physical Activity**

### **In the news**

#### **Too Busy to Squeeze In a Workout?**

Brigette Polmar and Jenny Hein have are making exercise a part of life's daily chores.

## **Health Disparities**

## **Job Opportunity**

### **Provided by the MN Department of Health**

#### **[Minority & Multicultural Health Director for Minnesota Department of Health](#)**

The mission of the Department of Health is to protect, maintain and improve the health of all Minnesotans. The position of the Director of the Office of Minority and Multicultural Health is a mission-critical position for the department as it addresses achieving improved health outcomes in populations of color and American Indians....

**Contact:** Pat Adams | [patricia.adams@state.mn.us](mailto:patricia.adams@state.mn.us)

**Web site:** <http://www.careers.state.mn.us/>

## Health Implications

### In the news

#### **Study: Obesity consumes health dollars**

Obesity accounts for 9 percent of all medical spending for treating diabetes, heart disease and other ailments far more common for the overweight, says a study released today. Plus: [More about the study.](#)

#### **Provided by Blue Cross/Blue Shield of MN**

#### **Mankato Clinic Fighting Obesity at Local Level**

Mankato Clinic is developing a health improvement program. [Read More...](#) (For more information about HIPs, [click here.](#))

#### **Childhood Obesity Levels Off**

The CDC reports that the childhood obesity epidemic appears to be leveling off. But it's still no time for complacency.

## 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, practioners, 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.**