



**Active Living Ramsey County!**

**...creating physically active friendly communities**

**Digest Volume 47 08.18.09**

*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) where you can find all of our digests.

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2. Minnesota Recreation and Park Association Annual Conference,

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## **Active Living Ramsey County! Digest Volume 47 08.17.09**

### **Built Environment Infrastructure and Policy Initiatives**

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

### **Active Living Related Happenings in Ramsey County**

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

#### **[Ramsey County 100-mile Network Plan](#)**

The Ramsey County Board of Commissioners has proposed a 100-mile network of regional trails.

For more information about Ramsey County trails, visit the [Active Living Ramsey County! Website](#).

### **Save the Date - [Active Living Ramsey County! Coalition Meeting](#)**

**Active Living Ramsey County! Coalition Meeting**

**Monday, September 14, 2009**

2:30-4:30

## Public Works Facility

**[1425 Paul Kirkwold Drive, Arden Hills, MN 55112](#)** (Map it)

Please let [Connie Bernardy](#) know topics that you want to see on our agenda. Transportation For America and Complete Streets are on the list of suggestions, so far.

## Tonight - Road Improvement Information and Input Opportunity

Provided by Rich Straumann

### **[Ramsey County Project - Highway 96/US 10 Grade Separation](#)**

Active Living Ramsey County! partners are encouraged to attend the Tuesday, August 18, 2009, from 4:30 - 6:30 pm, Ramsey County will host an open house at Arden Hills City Hall. A draft layout that contains many of the details of the proposed grade separation of the Highway 10 and Highway 96 intersection will be available for viewing. For more information please visit: Ramsey County Public Works **[Ramsey County Public Works](#)** webpage, Road and Bridge Projects (**[http://www.co.ramsey.mn.us/pw/Road\\_Bridge\\_Projects.htm](http://www.co.ramsey.mn.us/pw/Road_Bridge_Projects.htm)**) and select "Highway 96/US 10 Grade Separation" **[Highway 96/US 10 Grade Separation](#)**. On the Ramsey County Public Works webpage, you can sign up for email updates about this project.

## In the news

### **[Ramsey County goals: Move it, eat veggies and don't smoke](#)**

Active Living Ramsey County! will receive funding to improve mapping of trails and parks.

### **[Bill Clinton To Honor St. Paul School For Health](#)**

### **[St. Paul Advocates Illustrate Power of Letters to the Editor](#)**

Organizing supporters to send letters to the editor can be an effective and powerful tool to bolster your active living work.

## Light Rail Information and Input Opportunity

### **[Healthy Communities Count!](#)**

## Healthy Communities and the Central Corridor Light Rail Transit Line

The Central Corridor Light-Rail Transit (CCLRT) line will serve as a vital artery between the downtowns of Minneapolis and St. Paul, Minnesota, through the historic heart of the Twin Cities. Most of us think of it as a way to improve transit... but, is it possible that the CCLRT and related changes along University Avenue could also impact the health of people who live and work there?

The Minnesota Department of Health (MDH) is collecting information on things that can impact community health and quality of life. These “counts” will be useful in tracking the impact of changes that result from the construction of the LRT and related changes on people’s health. Active Living Ramsey County! partners are encouraged to provide their ideas.

The “counts” include two groups: **Core “Counts”** (things MDH will count along the entire planned LRT route) and **Community “Counts”** (things individual communities would like to count in their specific neighborhood/area). Communities are encouraged to share their ideas for things to count at our upcoming **Community Workshop** or online using our **Community Counts Form**. Information on environmental contamination sites along the planned LRT route will also be evaluated.

The site information and “counts” will be gathered together in a report for use by communities, local planning agencies, businesses and other interested parties. It could be used to guide redevelopment, share resources to address specific issues, improve people’s health or build capacity for future work.

To give us ideas about things that can be counted in your community, please click here for our [\*\*Healthy Communities Count! Form\*\*](#)

Our **Core “Counts”** -- [click here for the list of things MDH is counting along the entire planned LRT route \(PDF: 30KB/1 page\)](#)

Our **Community “Counts”** -- click here for the list of things individual communities are interested in counting (*coming soon*)

**Timeline** of activities (*coming soon*)

Core “Counts” Project Area **Map** (*coming soon*)

[MDH Project Staff](#)

## Complete Streets

Provided by Have Fun Biking August Newsletter

## [Minnesota's "Complete Streets" Campaign Is Gaining Momentum!](#)

Over 40 people, concerned citizens and organization, attended the Minnesota Complete Streets Coalition introductory meeting on July 30, 2009, in North Minneapolis, Minn. Those who attended this introductory meeting, hosted by the Bicycle Alliance of Minnesota (BikeMN), Blue Cross Minnesota, Fresh Energy and Transit for Livable Communities (TLC), demonstrated that there is a lot of support for Complete Streets.

Mark your calendar for August 24, at 9 a.m. and [click here](#) for more details and the outcome of the first meeting.

**Provided by the National Complete Streets Coalition**

## [National Complete Streets Coalition Newsletter](#)

*This monthly newsletter issued by the National Complete Streets Coalition provides a roundup of news related to complete streets policies -- policies to ensure that the entire right of way is routinely designed and operated to enable safe access for all users. Please pass it around! And visit [www.completestreets.org](http://www.completestreets.org) to stay informed.*

## [COMPLETE STREETS POLICY PROGRESS](#)

State & Local Policies: Closing in on 100

Update from Lansing, MI

Cincinnati City Council Member Motions for Complete Streets Policy

Federal Policy Update

## [COALITION NEWS](#)

CDC Recommends Complete Streets

Minnesota Complete Streets Coalition Launches

Upcoming Workshops

## [COMPLETE STREETS NEWS](#)

The Associated Press Covers Complete Streets

Codifying Vitality in Albert Lea, MN

Build Health Into Community Design

Charlotte Takes the Train

Quick Takes: Complete Streets Talk Around the Country

Incomplete Streets Death

## RESOURCES

Report: Growing Smarter, Living Healthier

Safe Streets and Emergency Response

Universal Design and Public Transportation

Report: Moving Cooler

Report: The Transportation Prescription

Street Design and Public Space

Guidebook: Fundamentals of Bicycle Boulevard Planning and Design

Get Your Bike Stats, Stat!

## QUOTES

### **Resources**

**Provided by Tom Kottke, Health Partners**

#### Europa Public Health

Information about Public Health Policies

<http://eurpub.oxfordjournals.org/cgi/content/abstract/ckp082v1>

[http://www.euro.who.int/observatory/Publications/20060915\\_2](http://www.euro.who.int/observatory/Publications/20060915_2)

**Provided by Vayong Moua, Blue Cross & Blue Shield of MN**

#### ***A Resident's Guide for Creating Safe and Walkable Communities.***

The guide is designed to be used by anyone who is looking for ways to improve the pedestrian safety and walkability of their neighborhood, whether they are just beginning to learn about walking safety or are already part of an established community safety

group. To order a free copy of the guide, go to:  
[safety.fhwa.dot.gov/ped\\_bike/ped\\_bike\\_order.cfm](http://safety.fhwa.dot.gov/ped_bike/ped_bike_order.cfm).

- **[Seward Redesign](#), Minneapolis, MN:** Planned activities include developing engineering solutions, conducting educational activities surrounding safe behaviors, and hosting "Walk-to-Shop" events.
- **City of Wabasha / Fit City Wabasha, Wabasha, MN:** Planned activities include identifying and assessing walking routes as well as reviewing crash data and identifying pedestrian safety improvements.

## Provided by Rails-to-Trails Conservancy

### [Trail Maps](#)

Then check out RTC's free trail-finder Web site, TrailLink.com. You'll be able to find detailed trail descriptions, trail maps, photos and reviews for more than 30,000 miles of trails in the United States! [Check out TrailLink.com today!](#)

**Show Us...** [Your best water shots from a rail-trail!](#) [Crossing a river, riding along a lake, at the beach—wherever the ripples beckon, share your pics with us by adding them to our group](#) and tagging each with **water-RTC09**.

**What's this?** Join the [Rails-to-Trails Conservancy Flickr group](#) and post your rail-trail photos! We have new themes every month. [Check it out!](#)

## Reports/Research

Provided by Chris Kimber, MN Department of Health

### [Transportation Prescription](#) – Bold New Ideas for Healthy, Equitable Transportation Reform in America:

This new report, commissioned by the Convergence Partnership, is a policy guide that analyzes the intersection of transportation, health and equity. This report provides key policy and program recommendations that can improve health outcomes in vulnerable communities, create economic opportunity, and enhance environmental quality.

Provided by Blue Cross & Blue Shield of MN and Chris Kimber, MN Department of Health

### [Public Health Community Lines Up Behind Complete Streets](#)

A new flurry of study results, meetings, and reports from the public health community are pointing the way toward Complete Streets policies as an important tool in the fight against the obesity crisis. This week the Centers for Disease Control and Prevention pushed beyond its traditional comfort zone to recommend broad policy strategies for obesity prevention. Six of the 24 recommendations relate directly to Complete Streets and Smart Growth

To assist local governments, states, and policy makers to implement the CDC recommended strategies and report on the associated measurements, a detailed Implementation and Measurement Guide was developed at [http://www.cdc.gov/obesity/downloads/community\\_strategies\\_guide.pdf](http://www.cdc.gov/obesity/downloads/community_strategies_guide.pdf)

## **Provided by the National Recreation and Parks Association**

### [When Did Summertime Play Go Indoors?](#)

*from the Chicago Tribune*

It's no secret that even in the warm, sunny days of summer, children don't play outside like they used to. U.S. children spend 50 percent less time outdoors than they did 20 years ago, according to the Institute for Social Research at the University of Michigan. The lack of running or biking or splashing around in the sprinkler is one likely factor in rising childhood obesity rates, said education professor Rhonda Clements, who conducted a 2004 study, "An Investigation on the Status of Outdoor Play," for Manhattanville College in Purchase, N.Y. In it, 85 percent of mothers reported their children spend less time playing outside than they did growing up. [More](#)

## **Events**

### **Provided by Chris Kimber, MN Department of Health**

#### [St Paul Bike Classic Tour is September 13:](#)

The 15<sup>th</sup> 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.

## **Conferences**

### **Provided by Chris Kimber, MN Department of Health**

[do Walk/do Bike Conference](#), Minneapolis, September 1-2, 2009

[Minnesota Recreation and Park Association Annual Conference](#), National Sports Center, Blaine, September 22-25, 2009

## **MN Active Living Initiatives**

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

### [Safety in Numbers for Bicyclists](#)

According to a July 23 Star Tribune article, bicycling in Minneapolis is growing but crashes and injuries are down. This pattern is familiar to those who watch such things. It's called "safety in numbers" and it was applied to bicycling in a 2004 Injury Prevention article by Peter Jacobsen.

### [Inver Grove Heights Eyes Historic Bridge for Pier](#)

The city of Inver Grove Heights has learned it could reuse two historic truss spans and four existing piers if it chooses to turn the old Rock Island Swing Bridge into a pedestrian-access pier on the Mississippi River.

### [Elk River Moves Ahead on Great Northern Trail Link](#)

According to a July 24 Star News article, at a July 20 meeting, the Elk River City Council voted to accept the low bid to pave the last 2.5 mile section of the city's portion of the Great Northern Trail.

### [Engineers Bust Roundabout Myths in Savage](#)

According to a July 18 Pacer article, "Pat McGraw and Tom Fidler of Bonestroo and Associates have been busting roundabout myths this week." "Safety issues were high on the agendas of residents and officials alike, to which McGraw pointed out, 'crashes are still fewer than a normal intersection and every one is a fender bender.'"

### [Stillwater Bridge Plan Includes Bike/Ped Options](#)

Part of the project involves renovating the existing lift bridge for pedestrians and bicyclists. There will also be a walking path on the new bridge.

### [HRDC Moving on Active Living](#)

According to a July 25 Bemidji Pioneer article, the Headwaters Regional Development Commission, based in Bemidji, has been involved in numerous important projects in the region, including several that deal directly with bicycling, walking, and active living. "The average kid doesn't walk to school who potentially could, most people drive to work and many of us don't get out and enjoy the natural environment through physical activity."

## **Grant Opportunities**

### [McNeely Foundation \(St Paul\)](#)

The McNeely Foundation makes grants in the areas of education, human services, the environment, the arts and community betterment, and has a special interest in funding projects that benefit the Saint Paul community, especially East Side neighborhoods. In doing its work, the McNeely Foundation prefers to act as a catalyst for creative approaches to individual and community issues, to leverage other resources through partnerships and the sharing of resources, and to evaluate the results of its grantmaking. The McNeely Foundation has three Strategic Initiatives that consume a large portion of the annual budget:

*Neighborhood Development* - programs that benefit populations in East Side St Paul neighborhoods

*Education* -programs for middle-school students in East Side St. Paul schools

*Environment* - education, preservation and conservation, advocacy and sustainable communities with focus on promoting access to open spaces for East Side St. Paul residents and workers

Program Area Focuses due in Sept 2009: Arts education and outreach; Individual and family support and sustainability programs. Deadline is September 1, 2009.

### **Youth Service Projects Supported in the U.S. and Canada**

#### **[Pay It Forward Foundation Mini-Grant Program](#)**

The Pay It Forward Foundation was established to inspire students to realize that they can change the world, and to provide them with opportunities to do so. Pay It Forward Mini-Grants are designed to fund one-time service-oriented projects that are identified by youth as activities they would like to perform to benefit their school, neighborhood, or greater community, and that include learning goals for the youth participants. Projects must contain a "pay it forward" focus – that is, they must be based on the concept of one person doing a favor for others, who in turn do favors for others, with the results growing exponentially. Schools, churches, and community youth groups (with an adult sponsor) in the U.S. and Canada may apply for funding. The application deadlines are September 15 and February 15 of each year; however, requests may be submitted at any time. Visit the Foundation's website to download the Mini-Grant guidelines.

## **Nutrition**

### **In the news**

[Produce Truck Encourages Healthy Eating In Detroit](#)

### **Grant Opportunity**

#### **Awards Connect Gardening and Hunger Issues**

##### **[National Gardening Association: Healthy Sprouts Awards](#)**

The mission of the National Gardening Association (NGA) is to promote home, school, and community gardening as a means to renew and sustain the essential connections between people, plants, and the environment. The NGA Healthy Sprouts Awards support school garden programs throughout the country that use the garden to teach youth about nutrition and the issue of hunger in the United States. Winning programs will receive \$200 or \$500 gift certificates from Gardener's Supply Company, seed packets, and literature from NGA. Applicants must plan to garden in 2010 with at least 15 children between the ages of 3 and 18 years. The application deadline is October 17,

2009. Application guidelines and forms are available on the NGA website.  
<http://www.kidsgardening.com/healthysprouts.asp>

## Health Implications

### In the news

Provided by Minnesota Department of Health

[Mediterranean Diet Plus Exercise Lowers Alzheimer's Risk](#)

[More Americans on the Road to Obesity](#)

### 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, practioners, 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.**