

Active Living Ramsey County!

...creating physically active friendly communities

Digest Volume 49

10.12.2009

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.

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Active Living Ramsey County! Information and Invitations

Provided by Blue Cross & Blue Shield of MN & Mary Brauer, Ramsey County

Active Living Ramsey County receives Blue Cross & Blue Shield Award

[Minnesota Health Leaders Honored at "do.walk do.bike"](#)

According to a Sept. 2 Reuters article, "Children safely walking to school, seniors and people with disabilities being able to cross busy streets, employees leaving their car keys behind and biking to work — these are just some of the reasons why five Minnesota communities and organizations are being honored today with the first-ever 'do Active Community Awards.'"

Ramsey County received an award from Blue Cross Blue Shield for 3 bike-related initiatives. They had a statewide **do.walk do.bike** conference and gave one award in each of 5 categories; we were recognized in the "workplace" category for the following initiatives:

- Bikes Belong (the former RNC bikes which are now available to county employees to check out during the workday for errands or recreation); since this pilot project for the West Building began in mid-July, the bikes have been used over 50 times; if the pilot is successful, the program may be expanded to other locations.

the new indoor bike parking which HR, Property Management, and Active Living Ramsey County worked to develop in a number of our buildings (including East & West buildings, JFJC and Plato) in response to requests from Ramsey County bicycle commuters for indoor bike parking to make it possible for them to commute to work by bike and know their bikes were secure;

and also for the Ramsey County Bicycle Commuters Club. (Employees who bike to work or are interested in biking to work sign up to belong to an email distribution group to be used for sharing information about good bike routes, requests for assistance with bike maintenance, links to information of interest to bicycle commuters, and more. There are currently over 30 members of this group.)

Ramsey County Trail Map of the Week

[Ramsey County's Gateway Trail](#)

Visit from your computer. This map is created from a web application that automatically generates trail maps from pictures on a web album that have been geocoded.

Webinar Invitation for Active Living Ramsey County! Partners

Provided by Tony Hull, Transit for Livable Communities

MUTCD: Bicycle and Pedestrian Signs, Markings and Experiments

Bike Walk Twin Cities invites you to join us for the APBP Professional Development Webinar Series:
“**MUTCD: Bicycle and Pedestrian Signs, Markings and Experiments**”

Wednesday, October 21, 2009

2:00 to 3:00 PM

Transit for Livable Communities - Selby Community Room

626 Selby Ave

St Paul 55104

(corner of Selby/Dale above the Mississippi Market)

Please Try to Arrive 15 minutes early as webinar begins promptly at 2:00

This is a FREE webinar being hosted by Bike Walk Twin Cities, space is limited so please RSVP to Jamez Smith (jamezs@tlcminnesota.org or 651-221-9831 ext 112)

MUTCD: Bicycle and Pedestrian Signs, Markings and Experiments

This webinar will include a brief summary of the process by which new and modified signs, pavement markings, signals, and other traffic control devices are added to the MUTCD. This summary will focus primarily on the experimentation and research process for new devices.

People often see a new and innovative sign or pavement marking treatment in their travels to other countries, and then want to try the treatment in their community. This webinar will explain how new devices can be tested with the blessing of the Federal Highway Administration. While it is often tempting to try a new device, the experimentation process makes it much more likely that a new device or treatment will eventually be added to the MUTCD, which will allow the idea to be used more universally in the U.S.

The webinar will also include information about some of the traffic control devices that are currently being evaluated in various jurisdictions around the country using this experimentation process.

The presenter is Michael Moule, PE, PTOE, President and Principal Transportation Engineer, Livable Streets, Inc. Mr. Moule has 16 years of experience in traffic and transportation engineering and its relationship to communities, neighborhoods and bicycling and walking

Active Living Related Happenings in Ramsey County

Community Workshop Update

[Healthy Communities Count!](#)

Thank you to many of you who participated in the Community Workshop in August for the **Healthy Communities Count!** Central Corridor light rail transit project. Many great ideas for “community counts” were shared during our brainstorm session, and we are in the process of sorting through the information. We plan to put the ideas out on our website soon and will send another email update when they are

available. In addition, ideas for community counts can still be submitted on [our website at www.health.state.mn.us/cclrt](http://www.health.state.mn.us/cclrt) using the [Community Counts Form](#). We've also initiated connections with communities to begin the first steps of gathering community counts.

You can update or cancel your subscription at any time by [editing your personal profile](#). All you will need are your e-mail address and your password (if you have selected one).

This service is provided free of charge by: [Minnesota Department of Health](#).

P.S. If you have any questions or problems please contact support@govdelivery.com for assistance.

In the News in Ramsey County

Provided by National Complete Streets Coalition

[Local Pedestrian Fatally Struck from behind](#)

New mom Stacey Jane Morgan was out running in her Oakdale, MN neighborhood last Thursday, along a busy residential road with no sidewalks. Morgan, pushing her 3-month-old daughter in a stroller, [was fatally struck from behind](#); her daughter was unharmed. Police said the teen driver was not speeding or drunk.

Provided by St. Paul Smart Trips

[St. Paul's Ayd Mill bike trail plan moves forward](#) - Star Tribune

[St. Paul will pay for light-rail station on University Ave.](#) - Star Tribune

Provided by Ramsey County Regional Rail Authority

[Union Depot Project Leaps Forward](#)

The Ramsey County Regional Rail Authority approved an RFP today for construction planning and management of the depot renovation, with a goal of finishing the project by 2012. Details on the Regional Rail Authority blog [here](#).

Provided by Transit for Livable Communities

[Transit for Livable Communities Funds Bike Library at Sibley Bike Depot](#)

Transit for Livable Communities, through Bike Walk Twin Cities, is excited to award \$193,200 for the Sibley Bike Depot's new Community Partners Bike Library. This program will enable patrons to check out a bicycle at no cost for an extended period of time from a fleet of 220 refurbished bikes. The program will launch in April 2010.

Bicycle Alliance of Minnesota (BikeMN)

Highlights of the 2009 Saint Paul Classic Bicycle Tour

Richard Fred Arey, Ride Director

Sunny skies, warm temperatures and calm winds set the stage for the Fifteenth Annual Saint Paul Classic Bike Tour. This was a good omen for the Bicycle Alliance of Minnesota's (BikeMN) first year producing the ride and bicycle enthusiasts who responded with the largest day-of-ride registration numbers (over 1,000) in Classic history. In total, over 6,000 cyclists took part in what continues to be Minnesota's biggest and best bike tour. Quality is the key to quantity and the extra expense for providing a bounty of organic fruit, delicious baked goods, terrific live music and traffic-free cycling is the key to the Classic's success. To find out more about the Classic's expansion plans for next year, [click here](#).

Meeting Invitation for Active Living Ramsey County! Partners

Provided by St. Paul-Ramsey County Public Health

[Exercise Your Right to Feel Better Minnesota Campaign Kick-Off Event](#)

Exercise Your Right to Feel Better Minnesota Campaign Kick-Off Event, Thursday, October 29, 2009, 10 am - 12 noon, at Paul & Sheila Wellstone Center for Community Building / Neighborhood House, 179 Robie Street East, St. Paul.

Provided by Steve Clark, Transit for Livable Communities, Bike Walk Twin Cities

[Joy Ride to a More Livable City: Bike Boulevards, Cycle Tracks and other fun solutions](#)

Author, lecturer and transportation reformer **Mia Birk** will speak to citizens, neighborhood groups and policymakers about improving conditions for bicycling and walking with a special focus on bike-walk streets (aka, bicycle boulevards). Ms. Birk was instrumental in developing Portland, Oregon's world famous bicycle-friendly infrastructure and presently owns a home on that City's first bike boulevard. Please come and hear her thoughts as a resident and planner, and lessons learned along the way.

There will be plenty of time for questions and answers and general discussion.

Snacks and Refreshments will be served.

Wednesday, October 14, 2009

7 PM- 9 PM

The Hotel Minneapolis

215 Fourth Street South

Minneapolis, MN 55401

Provided Fay Cleaveland, MN Department of Transportation Office of Transit

["Modeling Traffic on Multiuse Trails: Recent Findings and Research Needs"](#)

Researchers and practitioners are invited to a research presentation by Humphrey Institute Associate Dean Greg Lindsey.

What: "Modeling Traffic on Multiuse Trails: Recent Findings and Research Needs" presentation by Greg Lindsey, Associate Dean of the Humphrey Institute

Followed by Non-Motorized Transportation Research Committee kick-off meeting

When: Monday, November 9, 10am-12pm

Where: Mn/DOT Training and Conference Center, 1900 West County Road I, Shoreview, MN, 55126

RSVP: fay.cleveland@state.mn.us by Monday, November 2

This is a kick off event for a new group hosted by Mn/DOT focused on non-motorized transportation research. All are welcome- no commitment is asked at this time.

Provided by Victoria Gaynor, City of Maplewood

HIKE FISH CREEK

Saturday, October 17

Time: 1:15-3 PM

- Discover the beauty of Maplewood's southern-most

greenway.

- Fish Creek has been in the news lately. Local

citizens want to preserve additional lands along

the creek and in the greenway.

- Hike along the creek to experience the natural

environment and learn about its history and

ecology.

- Come enjoy the fall colors. Be prepared for

primitive trails and uneven terrain.

Free program.

To register, please call 651-249-2170 by October 15.

Meet at Oakwood Church, 1388 South Point Douglas Road, St.

Paul, and we will hike from there.

Go to the church's website for directions:

<http://www.oakwoodministries.org/visit/>

You can also call the Maplewood Nature Center, 651-249-2170, for directions to the church.

In the news

Provided by the MN Department of Health

[Klobuchar wants congressional action on childhood obesity and safety](#)
<http://www.minnpost.com/stories/2009/09/29/12005/>

Provided by Mary Elizabeth Jackson, MNDOT

[Pedestrian deaths up in 2009](#) - Star Tribune

Minnesota had more pedestrian deaths in the first nine months of 2009 than it did in all of 2008, state officials said Thursday.

Provided by St. Paul Smart Trips

[Why Can't She Walk to School?](#) - New York Times
[Mn/DOT Releases Complete Streets Study Draft](#) - Blue Cross Blue Shield of MN
[Twin Cities bike loan program to begin next April](#) - Minnesota Public Radio
[How to Get More Bicyclists on the Road \(figure out what women want\)](#) - Scientific American

Provided by Blue Cross & Blue Shield of Minnesota

[St. Paul Smart Trips Delivers Union Park Options](#)

According to an article in the September St. Paul Smart Trips newsletter, "In July we began an innovative transportation options program in the Union Park district of St. Paul. The program, called Smart Trips Union Park, aids individuals and families in making fewer trips by car and more by bike, foot and bus (smart trips!)."

Provided by Transit for Livable Communities

[How the Minneapolis bike-share program will benefit the city and the environment](#) (LiveGreen Twin Cities. Mentions NiceRide, to which Bike Walk Twin Cities contributed funding)

[Driving downtown Minneapolis will soon be 2-way street](#) (Star Tribune)

[Minnesota Bike Trails](#) (MNSpeak)

Provided by Blue Cross & Blue Shield of Minnesota

[MN Dept. of Health Awards \\$47 Million in SHIP Grants](#)

According to an Aug. 26 news release, "In a nation-leading effort to reduce chronic disease, the Minnesota Department of Health (MDH) has awarded 39 grants to Minnesota communities to help lower the number of Minnesotans who use tobacco or who are obese or overweight. The \$47 million appropriation for the Statewide Health Improvement Program, also known as SHIP, will cover 86 counties and eight tribal governments over the next two years through grants and technical assistance."

Complete Streets

In the news

Provided by Blue Cross & Blue Shield of Minnesota

[Mn/DOT Releases Complete Streets Study Draft](#)

According to the Minnesota Complete Streets Coalition, the Minnesota Department of Transportation has released the first draft of their Complete Streets feasibility report. "The first draft does a good job of covering some of the background questions around Complete Streets, but can be improved with more analysis, better organization of information, and an explicit recommendation that a Complete Streets policy would be valuable for Minnesota."

[Albert Lea Adopts Complete Streets Amendment](#)

At their September 14 meeting, the Albert Lea City Council adopted a Complete Streets amendment to the subdivision regulations on its second reading. The ordinance requires streets in new subdivisions to serve all travel modes -- cars, trucks, pedestrians, bicycles, scooters, wheelchairs and "other transportation devices."

[Duluth Moving Forward on Complete Streets Policies](#)

Recently, the Duluth News Tribune featured several discussions on bicycle safety, traffic law, complete streets, and other related topics. What started it off was an incident involving three bicyclists pulling a trailer of food. Motorists were having difficulty passing the bicyclists, which resulted in citations for "impeding traffic." Vayong Moua of Blue Cross offers his personal observations on the progress made in Duluth. [Read More...](#)

Provided by the National Complete Streets Coalition

[Complete Streets Moves Forward in Minnesota](#)

The Minnesota DOT (Mn/DOT) released a draft of their Complete Streets feasibility report this month. Commissioned by the Minnesota Legislature, the report studies the costs, benefits, and feasibility of instituting a complete streets policy in the state. The draft includes an explicit recommendation that "a Complete Streets policy would complement Mn/DOT's existing Context Sensitive Design policy and would further reinforce its principles." Advocates are working with the DOT to improve on the draft. Links to the document and analysis are available through [the Minnesota Complete Streets Coalition](#). There's more complete streets inspiration coming out of Minnesota. Check out [the presentations from the successful do.Walk do.Bike conference](#), including one about Rochester MN - the first city to adopt a complete streets

policy in the state. Also read the excellent blog post on [complete streets and the environment](#), penned by Ethan Fawley of Fresh Energy, a leading advocacy group for a statewide policy.

Safe Routes to Schools

Provided by Blue Cross & Blue Shield of Minnesota

[Stay Safe Around School Buses](#)

According to a Sept. 2 Fox9-TV story, "School bus crashes in Minnesota are declining, and the Minnesota Department of Public Safety wants to continue that trend, urging drivers to be aware of pedestrians, school buses and the rules of the road."

Best Practice Ideas

Provided by Dan Donkers, St. Pau-Ramsey County Public Health

[Tech Talk Using GIS to Support Active Living](#)

by Scott Oatley, Dakota County Office of Planning and Analysis

Dakota County is taking part in an Active Living initiative to encourage people to incorporate exercise into their daily lives. To assist in this effort, the Office of Planning and Analysis is using GIS to help analyze the existing pedestrian network in order to determine where improvements can be made.

Provided by the National Recreation and Parks Association

Ohio education efforts combat Nature Deficit - Toledo Blade

With its focus on getting children outside as often as possible to see, smell, and touch their world, the Preschool at the Toledo Zoo's theme easily could be "no child left inside," tying in neatly with the zoo's goal to reconnect children with nature. Go-outside-and-play initiatives are being cultivated across the country as teachers, community leaders, parents, park directors, and others coax kids off couches and away from computer screens to help address what author Richard Louv in Last Child in the Woods identified as nature-deficit disorder.

Provided by Blue Cross & Blue Shield of Minnesota

[Freikers Invade S. Minneapolis School](#)

According to a Sept. 16 WCCO-TV story, parents of Seward Montessori School students in South Minneapolis have enlisted a local business, the Dero Bike Rack Company, to help turn their kids into "Freikers." What are "freikers"? FREquent bIKERS and walkERS! [Read more...](#)

Provided by Sara Merz

[Amazing Bike Dispensing Machine Aids Commuter Travel](#)

<http://www.citytv.com/toronto/citynews/news/local/article/17993--amazing-bike-dispensing-machine-aids-commuter-travel>

Provided by Transit for Livable Communities

[We Count: Bike Walk Twin Cities Conducts Yearly Bicycle and Pedestrian Counts](#)

As part of the Non-Motorized Pilot Program, Bike Walk Twin Cities is measuring the amount of bicycling and walking within our [program area](#) to evaluate if increased investments in planning, education, and infrastructure result in more people walking and bicycling for transportation. Volunteers were out counting pedestrians and bicycles at 42 locations in and around Minneapolis.

Provided by National Recreation and Parks Association

Fertile ground: Our gardens feed a growing sense of community

Sacramento Bee

Following a trend seen around the country, hundreds of Sacramentans planted a vegetable garden this summer for the first time. Community gardens sprang up like weeds from Yolo County to the foothills. What did our backyard farmers learn from the crop of 2009? Gardens grow more than vegetables. They also grow friendships. [MORE](#)

GPS to help track use of outdoor spaces

The Buffalo News

It's not 11 p.m., but a group of University at Buffalo researchers knows exactly where your children are. Four professors are leading a scientific study to determine the connection between physical activity of teenagers and preteens and living near parks and neighborhood green space. [MORE](#)

Funding

Provided by Mark Fiers, Minnesota Department of Transportation

[National Center for Safe Routes to School \(NCSRTS\)](#)

The National Center for Safe Routes to School (NCSRTS) is now accepting applications for Safe Routes to Schools mini-grants. The aim of the mini-grants is to use student creativity and leadership skills to increase safe walking and bicycling to school. Successful applications will include one or a combination of the following: student-led activities, concern for the environment, and/or promotion of physical activity.

For an application or more information please visit the NCSRTS website at...
www.saferoutesinfo.org/news_room/minigrants/index.cfm

Applications are due October 30, 2009. Mini-grant recipients will be announced by December 1, 2009. Activities must be completed by the end of the Spring 2010 semester or by June 15, 2010, whichever date is first.

Note: This is a separate national mini-grant program. This mini-grant program is not offered as part of the regular Safe Routes to School project solicitation in Minnesota.

Please e-mail any questions to info@saferoutesinfo.org.

Provided by Blue Cross & Blue Shield of Minnesota

[MN Dept. of Health Awards \\$47 Million in SHIP Grants](#)

According to an Aug. 26 news release, "In a nation-leading effort to reduce chronic disease, the Minnesota Department of Health (MDH) has awarded 39 grants to Minnesota communities to help lower the number of Minnesotans who use tobacco or who are obese or overweight. The \$47 million appropriation for the Statewide Health Improvement Program, also known as SHIP, will cover 86 counties and eight tribal governments over the next two years through grants and technical assistance."

Provided by the National Complete Streets Coalition

[Grant Opportunity: Communities Putting Prevention to Work](#)

The US Department of Health and Human Services and the Centers for Disease Control and Prevention have announced a [new funding opportunity](#) for communities and tribes to promote system and environmental changes that increase physical activity and improve access to healthy food. This is a great opportunity to develop a local complete streets approach, and could fund a complete streets workshop!

Provided by Dan Donkers, St. Paul-Ramsey County Public Health

[MN Solar Energy Legacy Grants --solar legacy in parks/trails](#)

The Minnesota Department of Natural Resources announced a Request for Proposals for solar projects in parks and on trails of regional or statewide significance.

See http://www.dnr.state.mn.us/grants/recreation/se_legacy.html for information about this competitive grant opportunity. Proposals due December 18, 2009.

Grants cover up to 75 percent of the total eligible project costs, and recipients must provide a non-state cash match of at least 25 percent. The minimum grant request is \$10,000 and the maximum grant award is \$150,000. Energy efficiency improvements may be used toward the match of solar energy projects.

Total funding available:

- In FY 2010 (current fiscal year), approximately \$487,500 for solar energy projects
- In FY 2011, approximately \$585,000 for solar energy projects

(Please note: For those of you interested in pursuing a Solar Legacy Grant, tenKsolar, a new MN company, would be interested in partnering with any Minnesota park or trail on developing a proposal for the Solar Energy Legacy Grant. tenKsolar is a new photovoltaic (PV) manufacturer located in Bloomington, MN and the only PV manufacturer in the state. The tenKsolar panel offers onboard shade tolerant technology to give the highest system output possible. A tenKsolar system puts out a safe, low voltage that does not reach dangerous levels and each panel comes with built-in ground fault detection interrupt. To learn more about tenKsolar panels visit www.tenKsolar.com and for partnership opportunities, contact Erica Robinson at erobinson@tenksolar.com .)

Reports/Research

Provided by Jody Yungers, Ramsey County Parks & Recreation

[Study Suggests Easy Access to Fast-Food Restaurants, Coupled with No Access to a Car, Prompts Weight Gain](#)

A study published in the *Journal of Urban Health* suggests that individuals who live close to a fast-food restaurant and do not have access to a car are more likely to have excess weight than car owners residing in the same neighborhood.

Provided by Chris Kimber, MN Department of Health

[School Bicycling and Walking Policies tip sheet:](#)

A new tip sheet, titled *School Bicycling and Walking Policies – Addressing Policies That Hinder and Implementing Policies That Help*, is available from the National Center for Safe Routes to School. For more information, click

Provided by Chris Kimber, MN Department of Health

[Physical Activity Best Practices for Older Adults](#)

This California-based Health Trust report outlines best practices and guidelines for older adult physical activity and lists a number of best practice programs. Approximately one-third of older adults fall each year, and 30 percent of falls result in injuries that require medical treatment. Falls are the leading cause of injuries among older adults, and regular physical activity incorporating balance and strength building can significantly reduce falls among older adults.

Provided by the National Complete Streets Coalition

[Institutes of Medicine Recommend Complete Streets](#)

Following on the Centers for Disease Control call for Complete Streets in its "[Recommended Strategies and Measurements to Fight Obesity](#)," the Institutes of Medicine has published a guide, [Local Government Actions to Prevent Childhood Obesity](#), which addresses the need to change the street infrastructure. A more specific recommendation for Complete Streets policies can be found in the [Leadership for Healthy Communities Action Strategies Toolkit](#).

Provided by the National Complete Streets Coalition

[Study Finds Walkable, Mixed-Use Neighborhood Residents Friendlier, More Likely to Walk](#)

A team of researchers from Lewis and Clark College studied four neighborhoods in and around Portland, OR: one conventional suburb, two distinct neighborhoods in Portland, and Orenco Station, a "new urban" development" with a pedestrian-friendly street network and many small public parks and spaces. Among other sure-to-be influential findings, the study discovered that sixty-seven percent of Orenco Station residents report using mass transit at least once a week, compared to 42 percent in the Beaverton suburb. Both communities are located within a quarter-mile of a light rail station. Orenco Station has pedestrian-friendly infrastructure, while the Beaverton suburb has few sidewalks. The study will be published in an upcoming research journal and is previewed in [September's New Urban News](#).

Provided by the National Complete Streets Coalition

["Walking the Walk: How Walkability Raises Housing Values in U.S. Cities"](#)

A new analysis out by CEOs for Cities quantifies the value of walkability in real estate transactions, using the popular Walk Score measure. The report, "[Walking the Walk: How Walkability Raises Housing Values in U.S. Cities](#)", examined 94,000 real estate transactions in 15 metro areas, and found that homes with above-average Walk Scores sell for more, ã between \$4,000 and \$34,000 more, depending on the metro area.

Provided by the National Complete Streets Coalition

[Visualize Roadway Safety](#)

[Safe Road Maps](#), a project of the University of Minnesota's Center for Excellence in Rural Safety (CERS), instantly makes available crash statistics in communities nationwide. The visually arresting maps can be an important tool in educating elected officials and the public about road fatalities.

Provided by the National Complete Streets Coalition

[Economics of Bicycling](#)

The League of American Bicyclists has released its first research report on bicycling issues: [The Economic Benefits of Bicycle Infrastructure Investments](#). The report highlights the many ways bicycling is linked to state and local economies, ã including the impacts of tourism and industry, the benefits of bike lanes to local businesses, and cost savings in switching from auto-dependency to multimodalism.

Resources

Provided by the National Complete Streets Coalition

[Including People with Disabilities in Coordinated Plans](#)

A [new document from Easter Seals Project ACTION](#) discusses the locally developed, coordinated public transit-human services transportation plan required by SAFETEA-LU, the current federal transportation legislation. It provides ideas and suggestions for increased involvement by people with disabilities, who have a perspective essential to the success of coordinated planning.

Provided by Chris Kimber, MN Department of Health

[School Bicycling and Walking Policies tip sheet:](#)

A new tip sheet, titled School Bicycling and Walking Policies – Addressing Policies That Hinder and Implementing Policies That Help, is available from the National Center for Safe Routes to School.

Provided by Chris Kimber, MN Department of Health

[Calculate cost savings of biking to work:](#)

The financial website, Kiplinger.com, has developed an online tool to calculate how much of a user's personal finances can be saved by choosing to ride a bicycle to work.

Provided by Chris Kimber, MN Department of Health

[Employer tax reimbursement for bike commuters](#)

The League of American Bicyclists (LAB) makes it simple for employees to take advantage of the employer tax reimbursement available through the 2009 Bicycle Commuter Act. On January 1, 2009, the bicycle commuting reimbursement was added to the list of qualified transportation fringe benefits covered in the Internal Revenue Service Code. Any employer may choose to provide a reimbursement of up to \$20 per month for reasonable expenses incurred by the employee in conjunction with their commute to work by bike. For an FAQ about the Act and reimbursement cards, click http://www.bikeleague.org/resources/commuters/reimbursement_cards.php

Provided by Chris Kimber, MN Department of Health

[Child Care & Obesity Prevention issue briefs](#)

Three issue briefs published by the University of Washington Center for Public Health Nutrition highlight the importance of child care in obesity prevention efforts. In addition to summarizing current data, the briefs offer practical strategies and policy recommendations developed with input from child care professionals, child care health consultants, national experts, and others. Behaviors that lead to obesity often begin in the preschool years and many children reach an unhealthy weight even before they begin kindergarten. Nutrition, physical activity, and screen media policies and practices in the child care environment greatly influence what children eat and do, and can play a key role in preventing childhood obesity.

- Issue Brief 1: Why Child Care Matters for Obesity Prevention
- Issue Brief 2: Best Practices for Nutrition, Physical Activity & Screen Media Time in Child Care Settings
- Issue Brief 3: Child Care and Obesity Prevention: What Policymakers Can Do

The three briefs are available at <http://www.cphn.org/work/child/childcare.html>.

Provided by Chris Kimber, MN Department of Health

[Physical education resources for early childhood](#)

Two new books released from the National Association for Sport and Physical Education help early childhood programs establish and maintain movement as an integral part of the overall learning process. One is titled *Appropriate Practices in Movement Programs for Children Ages 3-5*. The other is titled *Active Start: A Statement of Physical Activity Guidelines from Birth to Age 5*. Both resources offer guidance on creating and maintaining an appropriate physical education learning environment, instructional strategies, curriculum, assessment, and professionalism.

Provided by Chris Kimber, MN Department of Health

[Physical activity Age Pages from the National Institute on Aging:](#)

The National Institute on Aging has published the following two Age Pages on physical activity:

Exercise and Physical Activity: Getting Fit For Life

<http://www.nia.nih.gov/HealthInformation/Publications/exercise.htm>

Exercise & Physical Activity: Your Everyday Guide

<http://www.nia.nih.gov/HealthInformation/Publications/ExerciseGuide>

Training Opportunities/Reports

Provided by Chris Kimber, MN Department of Health

"Introduction to Transit for Livable Communities;"

A one-hour introduction to the organization and its work; at the Transit for Livable Communities offices, **October 19, 2009, 7-8pm**, 626 Selby Ave, St. Paul. For more info, contact Michelle at 651-767-0298 or michelled@tlcminnesota.org.

Provided by Mayor Sandy Martin, City of Shoreview and Curt Peterson, Ramsey County Public Works

Walking the walk: how walkability influences home values

Urban land Institute Presents...

Tuesday, October 20

3:45 pm Registration -- 4:00 pm Program

Our featured speaker, Joe Cortright, is president and principal economist with Impresa, a Portland consulting firm specializing in regional economic analysis, innovation and industry clusters. Joe is also a non-resident Senior Fellow at the Brookings Institution, and is the chief economic analyst for the Oregon Business Plan, a multi-year, private sector-led effort to develop the state economy. He is also senior policy advisor for CEOs for Cities, a national organization of urban leaders.

The unprecedented declines in house prices nationwide over the past three years are prompting buyers, developers and investors to question the underlying sources of value in residential real estate.

A new study from CEOs for Cities shows that there is a strong and consistent connection between neighborhood walkability and home values. Reflecting the growing importance that many buyers are placing on convenience, energy saving, and lowering their carbon footprints, walkable houses command a significant price premium over otherwise similar houses with lower levels of walkability.

Economist Joe Cortright will describe the results of this study and explore its implications for the future of residential real estate markets in the years ahead.

Don't miss this important program. Be part of the change!

Date: Tuesday, October 20, 2009

Time: 3:45 pm Registration

4:00-5:30 pm Program

5:30-6:30 pm Reception

Location:

Dorsey & Whitney

50 S Sixth Street

#1500

Minneapolis, MN 55402

(MapQuest Directions)

<http://e2ma.net/go/2471482298/2231138/84446389/14639/goto:http://www.mapquest.com/>

Price: Registration: \$50

ULI Member discount: \$35

Student: \$20

additional \$10 if not

preregistered

Registration deadline is 4:00 pm October 15.

[Click here for a registration form](#) or call 1.800.321.5011.

Event code: 8117-1029

Provided by Blue Cross & Blue Shield of Minnesota

["2009 Toward Zero Deaths Conference," Duluth.](#)

October 28-29

Provided by Chris Kimber, MN Department of Health

[International Congress on Physical Activity and Public Health](#)

Toronto, Canada, May 5-8, 2010

Provided by Chris Kimber, MN Department of Health

Pro Walk/Pro Bike Conference

Chattanooga, TN, September 13-16, 2010

Provided by the National Complete Streets Coalition

Safe Routes to School National Conference Presentations

Two recent conferences have posted presentations related to complete streets efforts. Over [20 presentations from the Safe Routes to School National Conference](#) held late last month, and [audio and visual presentations](#) from early summer's Transit Initiatives and Communities Conference are now available.

Provided by Blue Cross & Blue Shield of Minnesota

do.walk do.bike Conference a Smashing Success

Katherine Bass writes: "The energy was palpable at the *do walk do bike* Build Momentum in Minnesota conference (Sept 1-2). As a member of the conference planning team, I can attest that we were nearly giddy as the registration number kept climbing in the weeks leading up to the conference. "

Physical Activity

In the news

Exercise is Harder if Your Brain Expends Energy Elsewhere

New research shows that expending your mental energies on other tasks may hinder your ability to work out effectively.

Nutrition

In the news

Provided by the MN Department of Health

[WIC nutrition program expands to cover fruits, vegetables](#)

http://www.twincities.com/health/ci_13461182

[9 in 10 teens short on fruits and veggies](#)

http://www.msnbc.msn.com/id/33071814/ns/health-diet_and_nutrition

Health Implications

In the news

Provided by the MN Department of Health

[U.S. Losing Ground on Preventable Deaths](http://www.washingtonpost.com/wp-dyn/content/article/2009/10/05/AR2009100503798.html)

<http://www.washingtonpost.com/wp-dyn/content/article/2009/10/05/AR2009100503798.html>

[Obese Middle-Aged Women Face Unhealthy Future](http://news.yahoo.com/s/hsn/20090930/hl_hsn/obesemiddleagedwomenfaceunhealthyfuture)

http://news.yahoo.com/s/hsn/20090930/hl_hsn/obesemiddleagedwomenfaceunhealthyfuture

Obesity May Become Main Cause of Women's Cancers

Obesity is fast catching up to other leading causes of women's cancer such as smoking and hormone replacement therapy. Researchers think it may soon overtake them to become the major risk factor.

Health Disparities

In the news

Obesity a Major Issue For Many Minorities

By any measure that matters, blacks and Hispanics are in worse shape than whites -- who, of course, are firmly in the grip of the obesity epidemic themselves.

Provided by Jody Yungers, Ramsey County Parks & Recreation

[Report: Tips on Creating Fat-fighting Communities](#)

from The Associated Press

Where you live matters when it comes to children's waistlines, says a report that finds lots of options localities could and should use to fight child obesity -- from easy bike paths, to luring healthier stores, to taxes on junk food. The report by the Institute of Medicine says local environments hugely influence those choices -- and it calls on city and county governments to make it easier for families to make healthier decisions. [More](#)

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