

**Active Living Ramsey Communities!**  
**...creating physically active friendly communities**  
**Digest Volume 57 01.06.2010**

*Active Living Ramsey Communities! is a broad-based community coalition, which engages the community to improve health by creating and promoting environments and policies that make it safe and convenient for everyone to integrate physical activity into their daily routines.*

**To get active in our coalition please contact Connie Bernardy or sign up below.**  
**Visit us at www.activelivingramseycounty.org.**

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Active Living Ramsey County! name is changing to Active Living Ramsey Communities!

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Prescribing Nature: Connecting Children with Nature for Better Health

Minnesota Department of Transportation Final Complete Streets Report

Dangerous by Design- Solving the Epidemic of Preventable Pedestrian Deaths

Journal of Physical Activity and Health (JPAH) National Physical Activity Plan Special Supplement

2009 Manual Uniform Traffic Control Devices Update

New Bike Guide

Annual New Partners for Smart Growth: Building Safe, Healthy and Livable Communities

Active Living Research Annual Conference

**Physical Activity**

For Kids, All Activity May Not Be Equal

Exercise makes your brain brighter at any age

National Center on Physical Activity and Disability Winter Resources

Grants for Middle Schools to Improve Physical Education

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

### **Active Living Ramsey County! name is changing to Active Living Ramsey Communities!**

Commissioner Jan Parker suggested the name change to the Coalition. The Coalition approved the change. The use of communities is inclusive and engaging. Using communities helps communicate the Initiative is broader than the governmental entity of Ramsey County. Leaders, practitioners, and advocates throughout the cities of Ramsey County work together to advance the Coalition's mission to create and promote environments that make it safe and convenient for everyone to integrate physical activity into their daily routines

### **White Bear Lake Highway 61 & 96 Safe Biking & Walking Facility Initiative Meeting**

When: Monday, January 10, 2010  
Where: White Bear Lake City Hall  
When: 7:00 pm  
Who: Everyone is welcomed to join the Coalition's efforts

#### **Background**

Established by the Mayor, the White Bear Lake Bike/Walk Taskforce promotes biking and walking, evaluates the community's trails and pathways, and promotes biking and walking safety. Currently the task force is joining efforts with Active Living Ramsey Communities!, Sierra Club, and numerous other groups and residents to create the White Bear Lake Highway 61 & 96 Safe Biking & Walking Facility Initiative. Together, they are advocating to the MN Department of Transportation (Mn/DOT) for safe biking and walking facilities on Hwy 61 and 96. Mn/DOT has been meeting with the coalition and is evaluating and incorporating the Coalition's suggestions into their design. The Monday, January 10 meeting with Mn/DOT is the last scheduled meeting before the Highway 96 plans are completed and ready for bid. If you want to become a part of this Initiative, please [click here](#) or contact [Connie Bernardy](#) to be added to the distribution list.

#### **In the news**

##### **Access issues trip up stairs project in St. Paul**

Feds say an elevator must be part of restored steps, but city officials see the requirement as a safety risk."

<http://www.startribune.com/local/stpaul/80034907.html?elr=KArksUUUoDEy3LGDio7aiU>

#### **Cable Access Show**

## **Perils For Pedestrians**

Episode 160 of "Perils For Pedestrians" is now ready to download from [www.PEGMedia.org](http://www.PEGMedia.org). The Promo for Episode 160 is also ready to download.

<http://www.pegmedia.org/index.php?q=msvr/showall/13/detail>

Contents of Episode 160:

We visit the Memphis, Tennessee, Center for Independent Living

We meet the chair of the Kentucky Bicycle and Bikeway Commission in Florence, KY

We look at the Purple People Bridge in Cincinnati, Ohio

We learn about pedestrian issues in Cincinnati

You can preview Episode 160 in lower resolution on blip.tv:

<http://www.blip.tv/file/3018036>

Active Living Ramsey Communities! 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.

## **Workshop - Free**

**Provided by *Michelle Dibblee, Transit for Livable Communities***

**Complete Streets legislative workshop**

Saturday, January 9

10:15am - 12:30pm

State Capitol, Room 107

75 Dr. Martin Luther King Jr. Blvd

Here's the link for signups.

## **Expo**

**Provided by the Bicycle Alliance of Minnesota**

**Active Living Bike Expo Set for Minnesota**

WHAT: Active Living Bike Expo

WHEN: April 23 & 24, 2010

WHERE: MN State fairgrounds - Education Building

For questions on participating in the Expo, please contact Russ Lowthian at 612-723-4511 or [MnTrip25@aol.com](mailto:MnTrip25@aol.com)

## **Policy and the Built Environment**

### **In the news**

**Provided by American Association of State Highway and Transportation Officials**

**California Agrees to Spend \$1.1 Billion to Improve Sidewalks**

### **Webinar - Free**

**Provided by the US Department of Health and Human Services**

**Evidence-Based Strategies for Promoting Physical Activity Webinar**

Date: Thursday, Jan. 14, 2010

Time: 2:00 – 3:00 pm

You are invited to participate in the upcoming Webinar offered to *Physical Activity Guidelines Supporters*.

Speakers

- Wendy Braund, HHS, Office of Disease Prevention and Health Promotion, will introduce the topic and address the evidence base for the 2008 Physical Activity Guidelines for Americans;
- Jacqueline Epping, HHS, Centers for Disease Control and Prevention, will describe the CDC *Guide to Community Preventive Services* and how it can be used by communities;
- Chris Kimber, Minnesota Department of Health, will present the Statewide Health Improvement Program Guide to Implementing and Evaluation Interventions in Minnesota; and
- Tracy Bade, Carver County Public Health Department, in Minnesota will discuss local county and city level work in the area of environmental and policy change for increasing physical activity.

Please reserve your Webinar seat now at:

<https://www2.gotomeeting.com/register/507908610>

Sponsors: The Office of Disease Prevention and Health Promotion in collaboration with the President's Council on Physical Fitness and Sports sponsor quarterly Physical Activity Guidelines Supporter Network events. The Supporter Network is designed to provide a forum for Supporters to share ideas and best practices for encouraging Americans be physically active based on the *2008 Physical Activity Guidelines for Americans*.

**Provided by Amber Dallman, Minnesota Department of Health  
Pedestrian and Bicycle Information Center – Livable Communities Webinar Series**

– FREE | Selection of Pedestrian Treatments at Unsignalized Crossings, January 21, 2010 | 1:00 – 3:00 PM

**Forum**

**Provided by Jody Yungers, Ramsey County Parks and Recreation**

**National Forum on Children and Nature**

**Prescribing Nature: Connecting Children with Nature for Better Health**

Today's kids may be the first generation to have a shorter lifespan than their parents. At younger ages and higher rates than ever before, children are grappling with conditions like childhood obesity, asthma, hypertension and type-2 diabetes. This health crisis is partly explained by kids' inactivity. Now, the National Environmental Education Foundation has a new fix: the outdoors.

At the National Environmental Education Foundation, environmental educators, scientists and health care professionals are teaming up to reconnect children with nature. NEEF has launched the initiative "Prescribing Nature: Connecting Children with Nature for Better Health " to educate pediatric health care providers about the health benefits of nature and is partnering with the National Audubon Society and the U.S. Fish & Wildlife Service to provide accessible nature programs for children across the country. This program calls on pediatric health care providers to prescribe outdoor time to kids ages 7-12.

Already, the foundation has laid the groundwork for this project, with its existing program to train thousands of doctors and nurses to diagnose, treat and prevent conditions caused by environmental threats. The American Academy of Pediatrics, National Association of School Nurses, Children's Environmental Health Network and the American Public Health Association are all long-time supporters of the foundation's work.

## **Reports**

**Provided by Amber Dallman, Minnesota Department of Health**

### **Minnesota Department of Transportation Final Complete Streets Report**

The Complete Streets Report was a report commissioned by the Minnesota Legislature and became final in December of 2009. One benefit of Complete Streets is "health – increased physical activity, potentially reduced pollution and reduction in healthcare costs."|[Mn/DOT](#)

### **Safe Routes to School: Putting Traffic Safety First**

How Safe Routes to School Initiatives Protect Children Walking and Biking The Safe Routes to School (SRTS) National Partnership released a December 2009 national report, which explores the approaches five different communities used through SRTS to create safer environments for children walking and biking.

### **Dangerous by Design- Solving the Epidemic of Preventable Pedestrian Deaths**

This report is a joint effort of the Surface Transportation Policy Partnership and Transportation for America. It builds on the research and analysis of a number of national organizations and policy experts who are working at the intersection of transportation, public health and safety, social equity, and the environment. This report also analyzes state and regional spending of federal transportation dollars on pedestrian safety.

### **Journal of Physical Activity and Health (JPAH) National Physical Activity Plan Special Supplement**

The Journal of Physical Activity and Health has issued a special supplement specific to the U.S. National Physical Activity Plan. The supplement contains white papers from each of the eight societal sectors addressed by the plan as well as a review of national physical activity plans from around the world. Access to the full articles is limited to subscribers however there is an abstract of each one available to the public.

## **Update**

**Provided by the MN Complete Streets Coalition**

### **2009 Manual Uniform Traffic Control Devices Update**

On December 16, 2009, the Federal Highway Administration issued its 2009 update of its Manual on Uniform Traffic Control Devices. The press release refers expressly to complete Streets: " By requiring better pavement markings which can increase bike lane safety, and extending walk times for pedestrians at crosswalks, the updated MUTCD furthers the "complete streets" concept - an effort long championed by the FHWA to

ensure roads accommodate all types of travel, not just automobiles." <http://www.fhwa.dot.gov/pressroom/fhwa0937.htm>

### **Resource**

**Provided by the Bicycle Alliance of Minnesota**

#### **New Bike Guide**

Presented by the Bicycle Alliance of Minnesota, the "Bike Expo" and "Bike Atlas, the Resource & Events Guide is being produced by [HaveFunBiking.com](http://HaveFunBiking.com).

For questions on participating in the Guide, please contact Russ Lowthian at 612-723-4511 or [MnTrip25@aol.com](mailto:MnTrip25@aol.com)

### **Conferences**

**Provided by Amber Dallman, Minnesota Department of Health**

#### **Annual New Partners for Smart Growth: Building Safe, Healthy and Livable Communities**

Seattle, WA, February 4-6, 2010

#### **Active Living Research Annual Conference**

San Diego, California, February 9-11, 2010

### **Physical Activity**

#### **In the news**

**Provided by Minnesota Department of Health**

#### **For Kids, All Activity May Not Be Equal**

**Exercise makes your brain brighter at any age**

### **Resource**

**Provided by Amber Dallman, Minnesota Department of Health**

#### **National Center on Physical Activity and Disability Winter Resources**

NCPAD has resources encouraging physical activity for persons with disabilities during the winter months – ranging from strength training to yoga. [PA Guidelines for Persons with Disabilities](#)

### **Grant Opportunity**

**Provided by Linda Limback, MN Office of Energy Security**

#### **Grants for Middle Schools to Improve Physical Education**

To improve physical education programs and to raise awareness for the important role that PE plays in the lives of our nation's children, NFL Network is providing ten \$1,000 grants to middle schools across the country. Creating and improving fitness programs, purchasing equipment, funding salaries and helping with needed facility improvements.

### **Active Living Ramsey County! Opportunities and Sign Up Links**

**Active Living Ramsey Communities! 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:

- March 1, 2009 – 2:30 – 4:30 p.m. at Ramsey County Parks and Recreation 2015 N Van Dyke Street, Maplewood, MN 55109
- June 14, 2010 – 2:30 – 4:30 p.m. at Ramsey County Public Works

### **Active Living Ramsey Communities! 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 Communities! Digest** captures current information to support community leaders, practitioners, and advocates in their work to create physically active friendly communities that are bikeable and walkable for everyone. Current news, funding, webinars, research, best practices, conferences, and events are included on Active Living, physical activity, active transportation, environmental changes, Active Living policies, health implications and disparities. The coalition sends out the digest about once a week based on the time sensitivity of the information.

**Active Living Ramsey Communities! Complete Streets Initiative** Updates supports the Active Living Ramsey Communities! Coalition's work in incorporating Complete Streets concepts into transportation policies and practices. 50 civic leaders, representing public health, elected officials, parks and recreation, planning, public works, businesses, advocates, and members of the Active Living Ramsey Communities! Biking and Walking Trend Bender Team attended a full day Complete Streets Policy Development Workshop led by national experts. Participants began developing a Complete Streets Policy recommendation for Ramsey County. The coalition sends periodic updates and information to people who want to be a part of this initiative.

**Active Living Ramsey Communities! Biking and Walking Connectivity Team** is a collaborative effort with local governments in Ramsey County to move forward the team's vision of a connected and safe transportation and recreational bicycle network in Ramsey County and the region.

### **White Bear Lake Highway 61 and 96 Safe Biking and Walking Facility Initiative**

Established by the Mayor, the White Bear Lake Bike/Walk Taskforce promotes biking and walking, evaluates the community's trails and pathways, and promotes biking and walking safety. Currently the task force is joining efforts with multiple community groups including Active Living Ramsey Communities! Together, they are advocating and working with the MN Department of Transportation to create safe biking and walking

facilities on Hwy 61 and 96. Sign up to receive information and become involved in this important initiative.

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

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