



How Active Living Ramsey County can assist with Comprehensive Planning

One link in a multi-disciplinary collaboration

**GOAL: Good community design will positively
impact the health of residents.**

Why Public Health and Planning?

Many planning factors may influence individual health and the public health of communities, including:

- ◆ Building and Site Design
- ◆ Street and Sidewalk Design
- ◆ Air and Water Quality
- ◆ Land Use Mix
- ◆ Connectivity
- ◆ Access to Parks and Trails
- ◆ Density of Development
- ◆ Perceptions (crime, safety, & convenience)

What Outcomes are Expected?

INCREASE

- ◆ Physical Activity
- ◆ Healthy, Affordable Housing
- ◆ Perceived & Actual Safety
- ◆ Social Connectedness
- ◆ Improve Air & Water Quality

DECREASE

- ◆ Overweight & Obesity Rates
- ◆ Injury Rates
- ◆ Crime Rates / Victimization
- ◆ Mental Distress & Stress



Community design can impact the health of residents

What Can Active Living Ramsey County Do?



ALRC can support and endorse collaborative efforts

- ◆ Provide examples and information on ways health can be incorporated into the planning process
- ◆ Review and make recommendations on plans
- ◆ Serve as a technical expert and advisor
- ◆ Develop criteria and methods for evaluating health intervention strategies focusing on environmental, policy, or direct behavior change
- ◆ Coordinate the efforts of local and community organizations (e.g. worksites, schools, coalitions, etc.) to change the local environment to create opportunities for health, including access to healthy foods and physical activity
- ◆ Be a partner at the planning table to infuse health strategies and objectives into plans and implementation methods
- ◆ Educate key stakeholders (participants, partners, implementers, and decision-makers) to influence and affect policy and environmental change
- ◆ Work with organizations to leverage, combine, and capitalize on complementary strengths and resources that promote health
- ◆ Engage non-traditional partners in the planning process to comprehensively promote health at multiple levels and settings, and in a variety of populations
- ◆ Provide support and endorsement in collaborative efforts
- ◆ Use public health data as a tool to develop and prioritize community-based interventions or policies to promote health
- ◆ Use data to highlight ethical, political, social, and economic issues surrounding potential health issues around planning
- ◆ Assist with evaluation using analysis of quantitative and qualitative data
- ◆ Recommend and translate effective intervention strategies to partners and other constituents



Amber Dallman, Project Coordinator

Phone: 651-266-1179

Email: amber.dallman@co.ramsey.mn.us

www.activelivingramseycounty.org

Creating environments that build physical activity into daily life