



Comprehensive Plans & Active Living

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Fewer than 15% of children K-8 walk or bike to school and nearly 50% of school aged children are regularly driven to school by their parents.

Almost 75% of Ramsey County residents regard obstacles to being physically active as key health issues in Ramsey County.

Active Living Ramsey County

www.activelivingramseycounty.org

Creating environments that build physical activity into daily life.

GETTING STARTED

Active Living Ramsey County supports and encourages policies that integrate active living principles into comprehensive planning, ordinances, and zoning codes. Encouraging these principles can facilitate changes to physical infrastructure and policies that support an environment, which make regular physical activity more realistic and feasible. Increasing the proportion of adults who engage in physical activity can lead to improving the health, fitness, and quality of life of Ramsey County residents.

The Comprehensive Planning and Active Living toolkit provides outreach hand-outs, and examples of model comprehensive plan language that will help others understand more about the connection between community design and health. It also suggests methods to plan for a healthier community. Examples of comprehensive language are excerpted from a variety of sources and are intended to initiate further discussion about the connection between community design and active living and how they may best fit in your community.

The goals of the Comprehensive Planning and Active Living toolkit are to:

- Increase awareness about the connection between community design and active living
- Provide information and examples of comprehensive plan language incorporating active living principles
- Start conversations about how municipalities can plan for healthier communities that promote active living



Community design can impact the health of residents
(Image courtesy of the Metropolitan Design Center)



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GETTING STARTED

Active Living Ramsey County Mission:
To create and promote environments that make it safe and convenient for people to integrate physical activity into their daily routines.

Active Living Ramsey County hopes to realize its mission through the following goals:

1. Improve Health
 - ⇒ Increase the proportion of adults who engage in leisure time physical activity
 - ⇒ Increase the proportion of trips made by walking.
 - ⇒ Increase the proportion of trips made by bicycling.
 - ⇒ Increase the number of education for leisure programs.
2. Influence Policy
 - ⇒ Support and encourage policies that integrate active living principles into comprehensive planning ordinances, and zoning codes.
 - ⇒ Identify and reduce barriers to active living through policy influence.
 - ⇒ Identify and reduce health disparities in physical activity target populations.
3. Enhance Built Environment
 - ⇒ Promote the Pedestrian/Bicycle System (PBS) in new construction and reconstruction projects to increase connectivity, accessibility, and safety.
 - ⇒ Encourage a comprehensive multi-modal transportation system in Ramsey County.
 - ⇒ Identify and reduce barriers to active living through physical projects.
3. Engage Communities
 - ⇒ Increase and maintain engagement in partnership internal operations.
 - ⇒ Increase and maintain resident engagement in ALRC activities and projects.



(Image courtesy of the Metropolitan Design Center)



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GETTING STARTED



Active Living by Design (ALbD) has developed Active Living Principles. These are based on active living as a way of life that integrates physical activity into daily routines. The goal is to accumu-

late 30 minutes of activity each day. Individuals may achieve this by walking or bicycling for transportation, exercise or pleasure, playing in the park, working in the yard, taking the stairs, and using recreation facilities. The ALbD principles will guide future interdisciplinary collaboration in the active living movement and include:

1. Physical activity is a behavior that can favorably improve health and quality of life.
2. Everyone, regardless of age, gender, language, ethnicity, economic status or ability, should have safe, convenient and affordable choices for physical activity.
3. Places should be designed to provide a variety of opportunities for physical activity and should accommodate a wide range of individual preferences and abilities.
4. Development patterns should encourage mixed uses, compact design, and a variety of transportation choices.
5. Buildings should be designed and oriented to promote opportunities for active living, especially active transportation.
6. Transportation systems, including transit, should provide safe, convenient and affordable access to housing, worksites, schools, and community services.
7. Parks and green space, including trails, should be safe, accessible and part of a transportation network that connects destinations of interest, such as housing, worksites, schools, community services and other places with high population density.
8. Municipalities and other governing bodies should plan for ongoing interdisciplinary collaboration, promotion of facilities, behavioral supports, policies that institutionalize the vision of active living, and routine maintenance that ensures continued safety, quality and attractiveness of the physical infrastructure.
9. Community governing and planning processes should address the multiple impacts the built environment and transportation choices on residents' ability to be physically active.

—For more information on the Active Living Principles please visit: www.activelivingbydesign.org

American Planning Association PAS Report Number 539/540. (2006) Integrating Planning and Health

Active Living by Design. www.activelivingbydesign.org

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Blue Cross Blue Shield of Minnesota. www.preventionminnesota.com

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Land Use and Health in California. www.healthyplanning.org

Metropolitan Center for Design. www.designcenter.umn.edu/

Minnesota Department of Transportation. www.dot.state.mn.us

NACCHO Land Use Planning site. www.naccho.org

Ramsey County Healthy Communities Study. (2005) Residential Survey Overview. Decisions Resources, Ltd. www.co.ramsey.mn.us/alrc/projects.htm

Transit for Livable Communities. www.tlcminnesota.org

USDOT's Safe Routes to School Program. safety.fhwa.dot.gov

World Health Organization. www.who.int



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