Effective Active Living Strategies to Improve Community Health and Vitality

Panelists:
Kris Jenson, Dakota County Public Health
Adam Fulton, City of St. Louis Park
Tracy Bade, Carver County Public Health

Friday 24 September 2010
APA Upper Midwest Planning Conference
Our Objective for Today

- To discuss the connection between people’s health and their physical environment.
- To learn from others in how they have implemented successful projects that embrace active lifestyles.
A few trends to consider

• We are falling behind as a community and a nation in our infrastructure investments.
• We are driving more and spending more to do it.
• Our population is increasingly “older”
• Our health care costs are rising
• Our average life expectancy is dropping
• Our leisure time is declining
A few trends to consider

• We are becoming more aware of the implications of the choices we make.
• Communities recognize the need to consider active living and healthy living lifestyles.
Two-earner families, where both husband and wife were the family breadwinners, increased from 39% in 1980 to 60% in 1997.

- From Workforce 2020
61.5% of children do not participate in any organized physical activity during their non-school hours and 22.6% do not engage in any free-time physical activity.

Fewer children reported involvement in organized sports than in free-time physical activity.

- From the 2003 Youth Media Campaign Longitudinal Survey
The % of obese youth (ages 6-11) in the United States has **TRIPLED** in the past two decades
- Institute of Medicine

Our children are predicted to have a **shorter life expectancy** than that of their parents.
Health Conscious

Fact: In 1964, 50% of kids rode bike to school and the obesity rate was 12%. In 2004, 3% rode to school and the obesity rate was 45%.

- US Centers for Disease Control and Prevention
Health Conscious

we seek....

- Active Living
- Nutritional Value
Health Conscious

● Active Living

OUR Demands & Desires

✓ New fitness opportunities
✓ Integration of body & mind
✓ Part of lifestyle
✓ Fitness and facilities
✓ Walking, running, and biking trails
Fact:

The percentage of Minnesotan’s who...

- 14% hunt
- 36% fish (second only to Alaska)
- 30% visit a Minnesota state park
- 65% watch wildlife
- 74% boat

- Minnesota Department of Natural Resources

Environmentally Active
OUR Demands & Desires

- Outdoor recreation
- Recreation and interpretation
- Balance of environment & recreation
- Adventure sports
- Added value to scenic driving (restaurants, entertainment, etc.)

Environmentally Active
Fact:

The 65-and-older population is projected to grow by **147%** between 2000-2050, bringing this age group up to **21%** of the U.S. population.

- USDA Forest Service Recreation Survey
Teach Your Children
MASTERS ATHLETES WHO MENTOR

Road Work
HOW TO STAY FIT WHILE TRAVELING

The GeezerJock Invitational
A REPORT ON SOFTBALL, SOCCER AND PICKLEBALL AT OUR FIRST EVENT

Aging Population
Aging Population

DEMANDS OF Park + Rec

☑ More senior centers
☑ More mid-day recreational programs
☑ Less active outdoor recreation - more walking, gardening, culture, etc.
Aging Actively

Options for active/outdoor recreation
Mid-day recreational programs
Walking, gardening, culture, etc.
Opportunities for community involvement/leadership

OUR Demands & Desires
Craving Culture

Fact:

Cultural tourism is the fastest growing form of tourism with 81% of activity. Visitors tend to spend more and stay longer than other tourists.

- Downtown Economics Journal
  January 2008
Time Constricted

Average Daily Time Spent

101 Minutes

170 Minutes
Increasingly Diverse

DEMANDS OF Park + Rec

✔ More space for special events
✔ More unprogrammed areas
✔ Changing recreation demands
Increasingly Anxious-Safety

34% of city residents and 25% of suburbanites think it is unsafe for children to walk to school in their neighborhood.

- From the Ramsey County Healthy Communities Study

** Parents driving their children to school are estimated to contribute 20% - 25% of morning rush hour traffic.

- From the Minnesota Sustainable Communities Network
Increasingly Anxious-Safety

DEMANDS OF Park + Rec

✓ Safer Trails and Parks
✓ Better Lighting
✓ Closer Facilities

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Active Living Dakota County

A collaboration between Dakota County and the 11 major cities.
Active Living Dakota County

Funding for this work is provided by:

- Blue Cross Blue Shield Center for Prevention – since 2007
- Statewide Health Improvement Program (SHIP) – since 2009
Active Living Dakota County

Active Living Dakota County includes planning and park department staff from the 11 major cities – Apple Valley, Burnsville, Eagan, Farmington, Hastings, Inver Grove Heights, Lakeville, Mendota Heights, Rosemount, South St. Paul, and West St. Paul.

County staff support for this group:
Dan Patterson, Office of Planning and Analysis
Kris Jenson, Public Health Department
Active Living Dakota County

Plan Development

- Active Living components in Comprehensive Plans

- Greenway Master Plans
  - Minnesota River Greenway
  - North Creek Greenway
Active Living Dakota County

Grants to cities have funded 22 projects in 8 cities. Projects include:

- Pedestrian and Bike Plans
- Bike racks
- Wayfinding signs
- Community Survey
Active Living Dakota County

Other activities:

- Walking/Biking Audits
- Funding for Community Biking Events
- Speakers/Workshop sessions with Mark Fenton and Dan Burden
- Funding for city staff to attend Pro Walk Pro Bike and the National Safe Routes to School conference
- Contract with a grant writer to seek funding and prepare applications on behalf of cities/county.
GOAL 3
Increase physical activity by 50%

Measure: Increase from 49% to 75% the proportion of adult Minnesotans who report that they meet or exceed 30 minutes of moderate physical activity five or more days per week.

Find out how →

Facts in Support of Active Living

- Development trends have led to increased traffic congestion and made public transit, walking, and biking less safe and practical. In fact, 75% of trips under one mile are made by car.
- In 2005, 37% of Minnesota adults reported being overweight, and 23% were obese.
- Only 38% of Hennepin County adults and 50% of sixth-graders get recommended levels of moderate physical activity each week.
Regional Context Map - Trails

Legend
- Existing Off-Road Bicycle Trail
- Potential Off-Road Bicycle Trail
- Existing On-Road Bicycle Trail
- Roadway
- Highway
- City Boundary
- Railroad
- County or City Park
- Lake/Stream

Scale: 0 1 2 MILES

North
Trail and Sidewalk Progress Since 1999 Plan
Vision
St. Louis Park

Environment
Transportation
Sidewalks & Trails
Gathering Places
Community Events
Housing
Arts & Culture
Diversity
Hennepin County
Active Living

Increasing Physical Activity Through Community Design

Vision:
Hennepin Active, Fit, and Healthy

Mission:
Plan, provide, and promote active living environments and opportunities for everyone

www.hennepin.us/activeliving
Analysis Diagrams

1/4 Mile Conceptual Sidewalk Grid (Goal grid system to link destinations)

1/2 Mile Conceptual Bicycle Grid (Goal grid system to link destinations)

Walking Distance to Schools

Walking Distance to Transit Stops

Walking Distance to Parks

Walking Distance to Community Gathering Centers

Active Living Sidewalks and Trails
A Bicycle and Pedestrian System Plan for the City of St. Louis Park
Excelsior Boulevard: 1990s
Excelsior Boulevard: 2009
V. Connecting Our Community

Goals and Strategies

The City of St. Louis Park is proactively making the community a better place to live. Designing and operating a transportation network that ensures safety and accessibility for all users, including pedestrians, bicyclists, and transit riders, is a key component of that effort. Improving the City's bicycle and pedestrian systems will provide transportation and recreation choices that are safe, healthy, economical, environmentally friendly, and available to all people.

Safety Goals

Improve the safety of the bicycle and pedestrian network.

Goal 1

Systematically assess and improve bicycle and pedestrian crossings at major road intersections, highways, and rail road tracks.

Strategy A

Install countdown timers at all signalized intersections as new signal or existing signals are routinely replaced or upgraded.

Strategy B

Consider improvements to lighting, striping or other measures at intersections having repeated crashes involving pedestrians or bicyclists.

Goal 2

Provide for the needs of pedestrians, bicyclists, and transit riders when designing roads and road improvements.

Strategy A

Prepare and consider a Complete Streets resolution and policies. (Complete Streets are designed and operated to enable safe access for all users: pedestrians, bicyclists, motorists and two-sided all ages and abilities are able to safely move along and across a complete streets.)

City-wide Sidewalk Network Goals

Goal 3

Work towards a citywide sidewalk system of sidewalks spaced approximately every 1/4 mile (see Pedestrian Plan).

Strategy A

Identify funding sources for capital and operational expenses to expand and improve the city-wide sidewalk network.

Strategy B

Build new sidewalks that are part of the city-wide network.

Strategy C

Focus on segments serving central key destinations or key corridors as prioritized in the Active Living, Sidewalks and Trails Plan.

Strategy D

Conduct the city’s annual condition analysis and maintenance activities

V-C13 Comprehensive Plan
Comp Plan: Bike Plan

Priority bikeways
Implementation:
Other associated plans
Implementation: Parks & Rec

Parks & Recreation
SEPTEMBER - NOVEMBER 2010
Experience SENIOR LIVING in the Park

The Senior Programs, housed at Lemay Community Center, is open to anyone 55 years or older. Many activities are offered. Services available include flu shots, foot care clinic, health insurance counseling and tax assistance. Call (952) 926-6444 for program or registration information. Register online at www.slp seniors.org.

GET OUT! GET ACTIVE

Horseback Riding
Horseback riding will be supervised by the city (single/ doubles depending on registration).

Wednesdays, Sept. 15 - Oct. 27
9 a.m. - 11 a.m. ........................................... Act. # 5205
Register by Sept. 8
Spring Park, 623-9700, 37th St
$12 per person (resident) / $17 (non-resident)

Golf League

Fridays, Sept. 17 - Oct. 15
10 a.m. .................................................. Act. # 5204
Register by Sept. 7
Brookview Park Golf Course, 200 Brookview Pkwy
Gleeden Valley
$85 per person (resident) / $95 (non-resident)

Outdoor Adventures

Come experience the great outdoors each week at the Whitemud Hills Nature Center. Participants will experience great outdoor activities such as nature walks, birding, and trail watching. Participants should wear comfortable and appropriate clothing for the activity each week. All equipment will be supplied.

Wednesdays, 9 a.m. - 11 a.m. each week

September 13 - Oct. 11
- Activity # 5205
- Whitemud Hills Nature Center, 5097 W. Franklin Ave.
- $17 per person (resident) / $20 (non-resident)

Simply Walking

Walking group meets twice a month at locations throughout the community and surrounding area. This is a wonderful opportunity to exercise, be social, and meet new folks. A schedule of meeting locations will be mailed the week of Sept. 8.
All Simply Walking participants will receive a SLP Get Out Get Active T-shirt.

Tuesday & Thursday, Sept. 14 - Oct. 28
9 a.m. - 9:30 a.m. ............................................. Act. # 5212
Register by Sept. 1
Locations vary
$12 per senior (resident) / $24 (non-resident - non-resident)

Gentle Yoga

This fun, 6-week yoga class is a wonderful way to stretch, increase flexibility, balance and strength, while relaxing your body and mind. Gentle exercises and positions are adapted for lying, sitting, or standing. Many movements are accompanied by deep, steady breathing that improves circulation, tones the nervous system and increases flexibility. Wear comfortable clothes and bring a mat. Ardenwood Friedlander teaches older adults throughout the metro area in a relaxing class.

Yoga on the 2nd
Tuesday, Oct. 8 - Nov. 13 (schedules: Nov. 2)
9 a.m. - 10 a.m. ............................................. Act. # 5223
Register by Oct. 1
Lemay Community Center, 6735 Minnesota Blvd
$11 per person (resident) / $13 (non-resident)

HEALTH AND FITNESS

Cardio Core Fusion with Katherine McGraw

Fridays, every other Monday, 9 a.m. - 10:30 a.m.
$12 at the door (members)

Senior Aquarize

Tuesday & Thursday, 1 p.m. - 2 p.m.
Central Pool, 6306 Walter Street
$3 per person (members) / $5 (non-members)

Forever FUN-ctional with Cathy O'Donnell

Wednesdays, 9 a.m. - 10:30 a.m.
$2 at the door (members)

www.slp seniors.org • (952) 926-6444
Implementation:
Parks & Rec

St. Louis Park
MINNESOTA
Spring, 2010

Your Trail Guide to Experience the Park!

Active Living • Sidewalks and Trails
A Bicycle and Pedestrian System Plan for the City of St. Louis Park
Implementation:
Parks & Rec
RESOLUTION NO. 10-027
RESOLUTION EXPRESSING SUPPORT OF A STATEWIDE COMPLETE STREETS POLICY

WHEREAS, the “Complete Streets” concept promotes streets that are safe and convenient for all users, including pedestrians, bicyclists, transit riders, and motor vehicle drivers of all ages and abilities; and

WHEREAS, the October 2009 public draft of the Minnesota Department of Transportation Complete Streets Report includes the recommendation: “Mn/DOT should build on existing Context Sensitive Solution practices and develop and implement a statewide Complete Streets policy...”; and

WHEREAS, the St. Louis Park City Council recognizes the importance of complete streets, as shown in its 2009 Comprehensive Plan update;

NOW, THEREFORE BE IT RESOLVED, that the City Council of the City of St. Louis Park encourages the Minnesota legislature, with input and guidance from the Minnesota Department of Transportation, to authorize the development of a statewide Complete Streets program, which would provide for the development of a balanced transportation system, through appropriate planning, that integrates multiple transportation modes, where appropriate, for
Goals and Strategies

The City has established the following goals, policies and implementation strategies to guide the community’s land use and development.

Livable Communities Goals

Goal 1
Provide attractive public streets and spaces that contribute to creating connections and a sense of community.

Strategy A
Establish unique and cohesive street character for major community streets, such as Cedar Lake Road, Minnetonka Boulevard, Excelsior Boulevard, and Louisiana Avenue, emphasizing pedestrian connections and safety, landscaping, decorative lighting, and street furniture for the use and enjoyment of the public.

Strategy B
Create well-defined community gateways at appropriate points where major streets cross the City’s municipal boundary, using location appropriate signage, public art, public plazas, and architecturally significant buildings.

Strategy C
Incorporate “complete streets” design principles into future improvements of the community’s streets to accommodate all transportation modes where feasible.
Implementation: Citywide programs

Minnesota GreenStep Cities

What is GreenStep Cities?

Minnesota GreenStep Cities is a challenge, assistance and recognition program to help cities achieve their sustainability goals through implementation of 26 best practices. Each best practice can be implemented by completing one or more specific actions from a list of four to eight actions. These actions are tailored to all Minnesota cities, focus on cost savings and energy use reduction, and encourage innovation.

Be a GreenStep City

Learn about the benefits and what’s required, and then...

1. Build some interest (anyone can do this), have someone visit your city.
2. Have your city council approve a resolution to work toward GreenStep recognition (use a sample resolution).
3. Post some info about your city and what you’ve already done (easy).
4. Work on GreenStep best practices (the hard and rewarding part).
5. Get recognized for your work each year and share knowledge on this website with other cities (easy).

[Read more: Steps]

News

[Image]

Active Living Sidewalks and Trails
A Bicycle and Pedestrian System Plan for the City of St. Louis Park
**Implementation: Funding sources**

**Funding Options:**
- Capital Improvement Plan
- Direct bonding
- Grant funds

**Capital Improvement Plan**
- Community Development proposal for 2011 CIP
  - $250,000 a year over 10 years
  - Implemented by Public Works Department
- Likely in 2012

**Maintenance Issue**
- 109 miles of sidewalks (35 miles plowed by city)
- 35 miles of trails
- 5 miles of bike lanes
- Who maintains newly constructed infrastructure?
Effective Active Living Strategies - Tools to Improve Community Health & Vitality

Carver County Active Living
September 24th, 10am

Tracy Bade,
Public Health Planner, Carver County
Active Living Initiative

Our vision is that all residents, no matter age or ability, will have access to opportunities to engage in daily physical activity and healthy lifestyles.
Active Living Initiative Partners

**County Divisions** Public Health; Land & Water Services; Community Development Agency (CDA); Parks & Trails; Geographic Information Systems (GIS); Public Works; Public Safety

**11 cities** (suburban to rural)

**Community Partners** Carver County Health Partnership (non-profit); Ridgeview Medical Center (local hospital and clinic system); Senior Commissions (6 cities); Schools
## What we’ve done

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<thead>
<tr>
<th>Efforts</th>
<th>Description</th>
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<tr>
<td>County &amp; City Comp Planning</td>
<td>Planning meetings (City &amp; County; County Divisions); Training and tools from Design for Health; Complete Streets Policy; Incorporate active living principles into Land Use, Transportation and Economic Development elements; encourage every day planning decisions and building and site design projects; Park &amp; Trail planning to cities</td>
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<tr>
<td>Active Living Workshops</td>
<td>Stakeholders work to discover ways to enhance or increase use of existing facilities and programs in county including trails, facilities and access issues.</td>
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<tr>
<td>Walkability Workshops/Audits</td>
<td>Tools for assessing communities and identifying solutions for barriers to physical activity, resulted in additions to comp plans, parks and trail plans, physical projects (trail connections, signage, etc.), public awareness, grant applications, recognition</td>
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<tr>
<td>Health Impact Assessment (HIA)</td>
<td>Identifies and evaluates the effects of policies, plans, programs, and designs on health.</td>
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<td>GoCarverGo.org</td>
<td>Portal for all AL initiatives; involve citizens in planning; policy resources; and increase awareness and use of trails, facilities, opportunities and events.</td>
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• Serves as a portal for all active living activities, opportunities and facilities within the County
  - Resources
  - Calendar of events
  - Directory of businesses
  - Downloadable logos, icons, web banners and brochure

• Web map application (TRIP)
  - Photo links
  - Measure Tool
  - Walk score
  - Search features for trails, parks, and lakes
## What we’re doing

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<tr>
<th>Efforts</th>
<th>Description</th>
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<tr>
<td>Assessments</td>
<td>Walking audits, biking audits, environmental assessments, facility inventories, HIAs</td>
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<tr>
<td>More partnerships</td>
<td>Safer routes to school initiatives; Identify facilities to implement policies and practices such as: bike racks, extended hours, open access (free) hours, or transportation to facilities; Trail planning project; Other county partners for active living website development</td>
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<tr>
<td>Policy development</td>
<td>County level policies for safer routes to school and complete streets; city level assistance</td>
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<tr>
<td>Planning</td>
<td>Improve park and trail maintenance plans; update ordinances</td>
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<td>Promotion</td>
<td>Websites, print, radio; signage and kiosks; or public event highlighting a feature or facility; Enhancing GoCarverGo with city-specific pages, ways to update data easier, amenity finder and more</td>
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Overall Challenges

- Initial language barriers with a variety of disciplines
- Ongoing communication with all partners
- Planning barriers around jurisdiction of parks, trails, roads
- Cities with varying level of involvement and resources
- Varying timelines for city plans and projects
- Tailoring workshop and audits to rural/suburban environment
- GIS data gaps and inconsistencies
- Competing priorities
Key Assets

- Partnerships, partnerships, partnerships (multidisciplinary, cities, communities)
- Grants & Other Opportunities (projects)
- Local Champions
- Assessments
- Planning & Promotion