

SHIP

Bloomington · Edina · Richfield

Statewide Health Improvement Program



June 8, 2010
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Community Leadership Team Meeting

June 10, 2010
2:00-4:00 p.m.
Northwestern Health Sciences University
Steven L. Fetzer Board Room

All Cities

Subscription to the SHIP eNewsletter Now Available to All

Anyone wishing to receive the monthly SHIP e-Newsletter can now easily sign-up from the SHIP website.

Click [here](#) or visit the City of Bloomington website: www.ci.bloomington.mn.us
keyword: *SHIP enews*.

Pictured at right: Bike Rodeo participants. Story below.

Mini-Grant Awards Announced

Bloomington Public Health recently announced the recipients of 13 mini-grants totaling \$46,000 to Bloomington, Edina and Richfield organizations. The mini-grants were awarded by Bloomington Public Health with SHIP (Statewide Health Improvement Program) funds to engage a variety of community partners to make healthy living easier where we live, work, play and learn.

“We were delighted with the great response. We received 36 applications from community organizations, schools, worksites and healthcare providers,” said Ruth Tripp, SHIP coordinator for Bloomington, Edina and Richfield.

SHIP mini-grants were awarded to the following:

- Westwood Elementary School (Bloomington)
- Bloomington Richfield Family Center
- Indian Mounds Elementary School (Bloomington)
- Richfield Public Schools Food Nutrition Department - 2 grants
- Richfield Intermediate School
- City of Richfield and Richfield Public Schools
- South Education Center (Richfield)
- Poplar Bridge Elementary School (Bloomington)
- Highlands Elementary School (Edina)
- City of Richfield Transportation Department
- Oak Grove Elementary School (Bloomington)
- Hope Preschool (Richfield)



Ruth said proposals that most closely supported current SHIP interventions were selected for grant awards. Interventions include the following:

Increasing physical activity in schools by integrating it into after school programs and the classroom and by making recess more active including making new playground equipment available to the community

Improving nutrition in schools and preschools through quality improvement interventions in food service programs, creation of school gardens (which will also provide additional physical activity), and implementation of new nutrition policies in preschool settings

Increasing physical activity in worksites

Improving opportunities for physical activity in the community through a city master bike plan (Richfield)

[More information from the Sun Current.](#)

Bike Racks in More Places

With bike racks in more places, wouldn't it be easier to ride your bike to more places? Robyn Wiesman, SHIP staff, has been working with city and school representatives in Bloomington, Edina, and Richfield to determine bike rack needs. This month, Bloomington and Edina bike rack orders were finalized. In Richfield, the National Honor Society collected bike rack data from all school locations. This information will be combined with information from the newly formed Bicycle Master Plan Task Force to determine bike rack priority locations.

Active Living Workshop

Active living is a way of life that integrates physical activity into daily routines through activities such as biking, walking and/or transit. A group of representatives from Bloomington, Edina, and Richfield have met to begin planning a workshop so the public can learn more about this way of living. Representatives to this group are from parks and recreation, engineering, maintenance, planning, communications and public health.

An active living resolution was first approved by the Hennepin County Board of Commissioners in October 2007. SHIP in Bloomington, Edina and Richfield is collaborating with Hennepin County to spread the word about its guiding principles and actions so that residents can benefit from the opportunities to improve health and reduce chronic disease risks. More information about Active Living Hennepin Communities can be found [here](#).

More Worksites Get Energized

The *Energized at Work* initiative makes it easier for employees to stay fit by walking – increased energy is a bonus. Tailored walking routes created from a walkability assessment help employees fit walking into their daily schedules. Physical activity assessments lead to action plans for increasing physical activity opportunities at work.

The **Bloomington Public School District** has been added to the list of energized worksites. The District's Wellness Committee made a commitment to conduct Energized at Work walkability assessments of all 19 schools' facilities and neighborhoods by fall 2010. Walking maps created from the assessments will be posted on the District Wellness Website. They also committed to conduct the physical activity assessment after school is out.

The Bloomington Public School District is joined on the energized worksite list by **City of Edina**, **City of Richfield**, **Richfield Public Schools**, and **Normandale Community College**. These worksites are all in various stages of providing walking maps and of assessing and developing action plans to increase physical activity opportunities at work.

Bloomington

Students Gear Up for Biking at the Bike Rodeo

About thirty-five students brought their bicycles to the Bike Rodeo at **Oak Grove Elementary School** to learn biking skills and safety. The Bike Rodeo was an activity to encourage Safe Routes to School participation. The idea is that if children regularly walk or ride their bikes to school they will be able to increase the amount of physical activity they have each day. With increased activity, children will do better in school and have better health. The students who participated were from **Oak Grove, Westwood, and Indian Mounds** elementary schools.

Alan Downs, from the Bicycle Alliance of Minnesota, assisted by developing the safety course and setting it up at the event. Several City departments contributed materials, resources and volunteers for the event including Public Works, Police Department, Parks and Recreation, and Public Health. Erik's Bike Shop had a mechanic present to check bikes and North Memorial offered helmets for purchase.

Schools Become Better for Health

All four SHIP pilot schools (**Oak Grove Elementary, Oak Grove Middle, Westwood Elementary, and Ridgeview Elementary**) have had their first Wellness Council meetings. They completed the Alliance for Healthier Generation Healthy School Assessment tool and put together action plans for 2010- 2011. The action plans will provide students more opportunities to be physically active at school.

Foods in schools are also becoming better for health. Kennedy High School students are working on formulating a "better for you" cookie. The food service department will test the recipe in quantity and possibly offer the cookie on the a la carte line.

86th Street Multi-Modal Corridor Traffic Study Recommendations

Recommendations for changes to the 86th Street Corridor were made by the Stakeholders Group and City staff members. Recommendations were made after completing a health impact assessment of the central and east segments of the 86th Street Corridor.

City Engineering Staff presented the recommendations to City Council members during a study session on May 17. The proposed recommendations were presented to and approved by the Bloomington City Council on Monday, June 7, 2010.

These are the recommendations:

Interim Recommendations

- Converting the striping on the corridor from the existing 4-lane configuration (2-lanes in each direction) to a 3-lane configuration (1-lane in each direction, a continuous center left-turn lane)
- Creating a bike lane on each side

With this change, the bike lane cannot be continued through the Lyndale Avenue intersection. Bicyclists will have to "share the road" as they approach this intersection from both sides. Signal modifications will be needed at the Nicollet, Portland, 12th Avenue and Cedar intersections.

Long-term Recommendations

- Striping changes and signal modifications as described above
- Intersection improvements at Lyndale Avenue to continue the bike lane through this intersection
- Intersection improvements at Nicollet Avenue and Portland Avenue

Edina

Schools Develop a Wellness Plan

Normandale Elementary School completed their first step toward developing an action plan for making the school environment more supportive of health. The Normandale Elementary School Wellness Council conducted the Alliance for a Healthier Generation Healthy School Inventory. This comprehensive assessment identified strengths of their school environment to support health and the areas where improvement can occur. They will meet again in June to continue working on their action plan.

The Alliance for a Healthier Generation works to positively affect the places that can make a difference to a child's health. Click [here](#) for more information about the Alliance and what can be done in schools.

Richfield

A Fresher Future – Chapter 2

The Tobacco Free Parks Ordinance continues to make progress. In April, discussions with the Community Services Commission resulted in revisions to the Tobacco Free Parks and Recreation Ordinance. On May 25, **Jim Topitzhofer**, Director Richfield Parks and Recreation Services presented the revised Ordinance to the City Council during a study session. City Council members discussed enforcement and options for violation of the ordinance. Sueling Schardin, SHIP Staff, and Derek Larsen from Tobacco Free Youth Recreation were present to respond to questions. Next, the ordinance will be presented to the City Council through public hearings this summer.

The Tobacco Free Parks Ordinance will prohibit tobacco use in all City park and recreation facilities. These tobacco-free environments promote and model tobacco-free lifestyles – something that could result in fewer children ever starting to smoke.
