

**Active Living 101 Workshop
November 9, 2006**

Hopkins Firehouse

Meeting Summary



Planning Group Meeting

Gail Dorfman, Hennepin County Board of Commissioners welcomed members of the Planning Group. Helen Mahan introduced the ALbD team - Lisa Perlick, Mark Dessauer and Mark Fenton. Each member of the planning group introduced themselves by name and organization.

Groups and Committee Roles

Helen reviewed the project timeline and proposed planning group structure handouts. Planning group members asked for further clarification of the vision planning process. Helen explained the purpose of the project and engaged the group in a discussion about the geographic scope for the work. Ideas include:

- Focus on Planners, Update & Communicate
- Build Political Support – mayor’s regional meetings
- Resource kit to cities
- Start with pilot sites (by interest and type of community)
- Influence lifestyle using 3 models in 3 communities
- Urban, 1st ring, developing

Stakeholder Roles

Mark Fenton directed participants’ attention to the Stakeholder Inventory Charts in their packets and reviewed the work that has already been completed on the inventory. He asked the group to review the stakeholder chart handouts and answer the question “Which individuals or organizations listed on this chart may feel threatened by a county active living vision? Who might be allies? He explained that the answers to the questions will help the group to decide who may need to be consulted and interviewed as part of the community assessment activities.

CHALLENGERS

- Traffic Engineers
- Bureaucracy e.g. Transportation Engineers/planners
- Roads – focused
- Public Works – financial/culture
- Retailers or customers
- Cost to businesses/Operations cost finance
- Big Box Style Retail
- Developers/ordinance political
- Developers
- Property Owners – private homeowners and unenlightened developers
- Organized taxpayers groups
- Citizen Attitude resistance to change – they love their cars and they love their roads

- State/local political will
- Local control – elected's focusing on single issue
- Schools (Parents and admin)

ALLIES

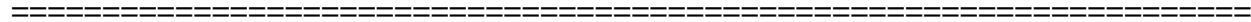
- Parks Depts/districts
- Youth Athletics Associations
- Public Safety
- Transit focused groups
- Immigrant groups
- Senior citizen groups and NORC – Natural Occurring Retirement Communities
- Bike Advisory/Advocacy Groups
- School/Corp Wellness Committees
- Health fitness wellness experts
- Health Care Community
- Parents “caregivers” role educators
- Professional sports “athletes”
- City Planners
- Universities
- Small Businesses (foot traffic)
- Safe Routes to School – federal \$ through MNDOT

Active Living Assessment

Planning Group members received copies of the Active Living Assessment. The purpose of the assessment is to identify existing community data and potential gaps centered on the 5Ps. This information will be used as a starting point in the community assessment process. Dakota County Planning Department agreed to provide further instructions and an electronic copy for easy completion.

December Workshop Overview

Helen reminded group members that the next meeting will be held in Plymouth at French Regional Park on Thursday, December 14 with a focus on determining goals, outcomes and actions for the community assessment work.



Active Living 101 Workshop

National walking expert, Mark Fenton, kicked off the afternoon workshop with a discussion of participants’ 10 year vision for an active community. Participants’ responses include:

- Walking is the norm
- Safe walking
- Easy access – lots of trails, parks to get to many places
- Accessible

- Streets are planned/built that include pedestrian access and safety
- Able to walk for daily needs – grocery, post office, etc.
- People live actively each and every day and don't have to plan for it
- Pedestrian accessibility to shops, restaurants, parks, trails, schools, transit – no need for a car
- From home to shop...to kids school on foot
- That my neighbors and colleagues can safely walk or bike to work or school and even want to do so
- Livable community
- You can get from there to here
- Opportunity
- Wider sidewalks
- One master bike trail map for all Hennepin county cities
- Lots of trails
- Trails
- A fully connected bikeway system
- Lightrail to connect Minneapolis to St. Paul
- Connected – jobs, housing, schools
- 10% of population are obese
- Life time living
- People on the street
- Main street community
- Social capital
- Closer to nature
- A place to belong

Active Living Presentation

Following the vision discussion, Mark presented extensive information about active living, the impacts of physical inactivity and an overview of the 5P model – preparation, promotion, programs, policy and physical projects. Examples from the 25 Active Living by Design projects were also mentioned.

The Walk

Following the presentation, Mark Fenton led participants on a walk around the residential and commercial areas adjacent to the Hopkins Firehouse, observing both barriers and opportunities for physical activity.

Bringing it Back Home

After the walk, participants reflected on their “Ah ha” moments from the walk – a surprising or enlightening observation that suggests thinking differently about opportunities for or barriers to physical activity in the community. These observations included:

- | | |
|-----------------------|------------------------|
| • Sprinkler Hazard | Mid block crossing |
| • Wheelchair barriers | Rollerblading barriers |

- Poles in sidewalk
 - Walking to groceries
 - Curb cuts
 - Paint is cheap
 - Students going downtown
 - Crossing of trail over street
 - Bikes downtown needed
 - Flags T.C.
 - When you walk – you see!
 - Obstructions – bus stop
 - New bus shelter on 8th, 7th and Main
 - Great on paper – on ground...?
 - Details matter (bus stop vs. great downtown)
 - Trade offs – pavers vs. run off and accessible for all
 - Residential next to downtown - easy to get to
 - Great amenities here – hopeful for more
- Width matters
 - Noise/wind screen
 - Obstructions
 - Wayfinding needed
 - Grass space positive feeling
 - Lack of bike racks – library/stores
 - Overhead lighting
 - Accessibility (pavers)
 - 11th intersection crossing
 - Using town center to spread out
 - Property values
 - Semi truck – noise, smell, safety

Next, participants answered the question “What information, data, or assessment would you like to help guide planning to increase physical activity in the community?”

- How full parking lots are at peak times
 - Map out transit use
 - Local business needs
 - Population census data – demographics
 - Right away widths/easements/ordinances
 - Residents/businesses survey to stay
 - Downtown jobs – live where?
 - What business are needed by residents
 - Can people work/live here (costs)
 - How expensive to bring utilities – best practices
 - Private sector plans for Hopkins
 - Why do some businesses fail downtown
 - Patron survey – how far did you come
 - Other resources to do this \$
 - Cost alternatives
 - Bike riders travel data on LRT – get them downtown
- Hopkins health data
 - Pedestrian counts/flow/routes
 - What land use attracts pedestrians
 - 20 year plan for Hopkins
 - What is coming down the pike
 - Pedestrian/bike crash data
 - School policies/transport
 - How is trail promoted
 - Barriers to walking out of cone
 - Access map
 - Resident survey to be active
 - Trip data
 - Bike rack survey
 - Signage survey

Finally, Mark asked participants to brainstorm ideas among the four P’s (promotion, programs, physical projects, and policies) that would begin to create a more physically active community. Participants’ ideas included:

- Program - Walk dog to shop
- Promotion - Hopkins quality of life
- Project – Signage/ program – raspberry walk
- Policy – LTR coming/station design/transit oriented development
- Project – kids making flag crossing
- Promote business walk/bike to shop
- Promotion - signage

- Policy – Parking request for new businesses link to bike trails
- Promotion – fit city award
- Program – walk to shop
- Policy - Private finance streetscape
- Promote – Hopkins art/antique
- Partnership/preparation – multidiscipline
- Promote – boring – so beautify walks and historical markers
- Policy – active living resolution
- Promotion – raspberry brand
- Program – public art project
- Policy – sign codes/clutter
- Program – block captain's – sidewalk walkers assess sidewalks
- Project – trail – connect to town
- Promotion – bike to work employer/health cost
- Preparation – bike summit here
- Promote – balloons on bike racks
- Policy – east of 169 changes
- Policy – 365 days a year sidewalk cleaning
- Project – community gardens
- Policy – ped/bus zone
- Program – farmer's market
- Program – transit discount
- Program – walking school bus

