Building Partnerships and Engaging Communities to Meet the Challenge of Promoting Healthy, Walkable Communities for All in Central Minnesota

*America Walks Summit, Sept. 14, 2017*
KEY POINTS FOR TODAY

- Introductions
- The roles of policy and programs
- Unpacking “policy”
- Working across sectors to support walkability and bikeability (and health)
- Connecting with communities
- Helpful resources
- Q & A
WHO’S IN THE ROOM?

- Planning staff/official
- Public health staff/official
- Government
- Health care
- Law
- Community-based organization
- Public health advocates
- Other?
ACTIVE LIVING/TRANSPORTATION WORK

- Comprehensive planning
- A pedestrian master plan
- Any other kind of plan relating to active transportation
- Building a bike or walking trail
- Land use or zoning policy relating to sidewalk
- Land use or zoning policy relating to bicycle lanes/routes
- Safe Routes to School project
- Complete Streets resolution/policy
- Obtaining funding to support walking efforts
WHO WE ARE, WHAT WE DO & WHY

• Public Health Law Center
• CentraCare Health
• City of St. Cloud, Community Development
THE PUBLIC HEALTH LAW CENTER
LEGAL TECHNICAL ASSISTANCE

- Legal Research
- Policy Development
- Publications
- Trainings
- Direct Representation
- Lobby
Advancing Health in Our Communities
A majority of our health is determined by community:

- Where we live
- Where we work
- What access we have to foods and exercise
- Improve health of community through Policies, Systems and Environment (PSE)

Health System: 20%
Community: 50%
Personal Choice: 30%


Health Priorities for Greatest Impact

Areas of Focus

**Encouraging Healthy Lifestyles**
through the development of sidewalks and bike lanes that make it safer and easier for people to be active.

**Improving Access to Healthy Foods**
by addressing food deserts, promoting healthy food options and championing the affordability of healthy foods.

**Reducing Tobacco Use**
by advocating for enhanced policies that prohibit smoking, tobacco and e-cigarette use.
2017 AmericaWalks Conference

Matt Glaesman, City of St. Cloud
Community Development Director
Community Backdrop
Quick Facts

Three settlements merged in 1856 to become St. Cloud

Today, Minnesota’s 9th largest City:
- Population of 67,109
- Largest population center in state’s central region

St. Cloud State University is third largest public university in MN

Fastest labor force growth in MN and U.S. since 2005
more diverse
resettlement destination
7% born outside U.S.
two-thirds in labor force
St. Cloud, Minnesota

Recognitions

- Top Winter City
- Tree City
- Best Old House Neighborhood
- Most Secure U.S. Places
- Best Tasting Water in MN
- River Friendly City
- Most Livable Winter U.S. City
- Best Small Place for Business
- Top 10 Exciting Place in MN
- Excellence in Community Engagement
- Best Performing Small City

- Best Place for Business and Careers
- Top Metro Area for Law Graduates
- Top Metro Area You Can Afford a Home
- Top Location for Development
- Best Place to Start a Business in MN
- Top 20 Vibrant Art Community in America
- Best City for Young Entrepreneurs
- Best Performing Small City
- 5th Best City for Singles
- Top 100 Smartest City
- Smartest City in MN to Live
- 8th Best Hockey Town in Country
EQUALITY DOES NOT MEAN EQUITY
Policy

Any **written** plan or course of action designed to **influence** and determine decisions.
POLICY CONSIDERATIONS

✓ Powerful—applies power of government

✓ Promotes consistency across community

✓ Reflects and impacts community norms

✓ Creates sustained change

✓ BUT, people may feel like it’s too much

PROGRAM

A set of services, activities, or opportunities, usually designed to meet a social need.

PROGRAM CONSIDERATIONS

✓ Participation is usually voluntary, and self-motivated

✓ Individual focus

✓ Impacts participants and staff

✓ Goal often is to create habits, but requires time and consistent delivery

✓ Leadership commitment (funding) is crucial
Both are needed

- Programs build foundation for effective policy change
- Programs can help implement policy (education campaigns, training)
- Policies can bring long-term sustainability to programmatic efforts
Understanding Levels of Regulation

- Tribes
- Federal
- State
- Local
RESPONSIBILITY FOR TRANSPORTATION INFRASTRUCTURE

- US Department of Transportation
- State Departments of Transportation
- County Transportation Office
- Metropolitan Planning Organization
- Municipal Government

Tribes
Types of Local Governments

- City
- County
- Towns/Townships
- School Districts
- Other Special Districts
- Educational Systems/Universities

http://www.house.leg.state.mn.us/hrd/pubs/ss/sslgterms.pdf
Know the Policy Environment
Local Government Policies and Laws Impacting Walkability

- Ordinances
- Land Use – Zoning/Subdivision Codes
- Capital Improvement Plan
- Local planning/small area plans
- Licensing, permitting, fees
- Procurement, contracting, bidding
- School District policies
- Design guidelines
- Internal organizational policies
- Taxes/Revenue Streams
- Resolutions
KNOW THE PHYSICAL ENVIRONMENT

- Streets, Shoulders
- Intersections/Crosswalks
- Benches, Shelters, Transit Stops
- Recreational Trails/Shared Paths
- Signs/Speed Limits, Traffic Calming Devices/Signals
- Sidewalks/Raised Medians/Curbs
- Lighting/Landscaping/Trees
Moving from Vision to Reality

Integrated Approach

Community Engagement/Relationships

Policy

Programs/Projects
Planning for Community Health

The Creation of an Inactive Culture

**Transportation** - Vehicles are a preferred mode over walking, due to time and environmental hazards

**Communication** - Television, computers, internet, etc. requires less face-to-face interaction

**Daily Tasks** - Products designed to make everyday tasks easier and quicker (cell phones, microwave oven, remote controls, etc.).

**Urban Design** - Large lot, single-family homes, located on a cul-de-sac, with no sidewalks do not encourage people to walk to nearby destinations

**Human Nature** - Choosing the most convenient method of transportation is expected, but not necessarily healthy
Planning for Community Health

Range of Solutions

LAND USE MIX

NETWORK CONNECTIVITY

SITE DESIGN

STREET DESIGN

DENSITY

BELIEFS (Crime & Safety)
Planning for Community Health

Walkability - The Reasons Why

Spark Economic Revitalization

Improve Mobility for Americans with Disabilities

Improve Safety for Everyone

Ease Congestion

Lower Transportation Costs

Fight Climate Change!

Promote Good Health!
Planning for Community Health

Walkability - The Opposition

- Pedestrian and Automobile Conflicts
- Increased Costs to Property Owners
- Loss of Green Space
- Privacy
- Loss of Parking
- Scarce Resources to Maintain Full Network
- Maintenance Responsibility
An engaged city brings people together for conversations to address issues of common importance, to solve shared problems, and to bring about positive social change. It involves people in the decision-making process such that it improves the resulting decision and, over time, builds the trust that is needed for fully empowered communities to actively create a common future.
## Planning for Community Health

### Importance of Good Communication

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<th>inform</th>
<th>consult</th>
<th>involve</th>
<th>collaborate</th>
<th>empower</th>
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<tr>
<td>provide balanced and objective information</td>
<td>obtain public feedback on analysis, alternatives and decision</td>
<td>understand issues and concerns</td>
<td>partner in each aspect of decision including development of alternatives</td>
<td>place final decision-making in the hands of the public</td>
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<th>promise</th>
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<td>keep you informed</td>
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Planning for Community Health

Engagement Strategies – Get Creative

- St. Cloud Neighborhood Coalition
- Neighborhood Associations
- Neighborhood Clean-Up’s
- Neighborhood Watch Program’s
- Barden Park Summer Concert Series
- Fine Arts & Historic Home Tours
- Neighbor Proud Awards

- Boards & Commissions
- Community Planning
- Government Television Programming
- Community Festivals
- City Listening Day
- Quarterly Newsletters Mailed
- On-line Mapping Tool
- New CRM System
- Williams Report

- Summertime by George! Concert Series
- St. Cloud Community Gardens
- Annual Conversation on Race
- Greater St. Cloud Community Pillars Forum
- Transportation Planning & Advisory Committee

- Mayor’s Town Hall Meetings
- Mayor’s State of the City
- Mayor’s Weekly Messages
- Mayor’s Weekly Radio Show
- Dinner with the Mayor
- City’s Webpage / Social Media
- City Mobile
- Recognitions/Awards – Neighbor of the Month, Rock- on, Sustainability, Heritage Preservation, many more!

- Door-to-Door Surveys
- Community Engagement Coordinator Position
- St. Cloud Youth Commission
- Realtor Educational Workshops
- SCYLA – PD Youth Leadership
Planning for Community Health

Relationship and Partnerships
Planning for Community Health
Walkability – Encouraging Use

LAND USE MIX

NETWORK CONNECTIVITY
SITE DESIGN
BELIEFS (Crime & Safety)
STREET DESIGN
DENSITY
Planning for Community Health

Comprehensive Plan

Opportunities for Health

Research demonstrates that the health of populations is most closely determined by the socioeconomic conditions in which people live; including the distribution of income, goods, services, and opportunities within communities. Health is not determined by behavior choices and access to health care alone. Determinants are created and enhanced by policies and systems that impact the physical and social environment.

The City should consider promoting a “Health in All Policies” framework with the goal of health equity. The City of St. Cloud should take a community-based approach and work with local public health and healthcare providers, educational institutes, and wellness-based initiatives to strengthen the community’s capacity to improve the quality of life for its residents. This includes promoting active living, access to healthy food, access to health care and social services, and access to other community health resources.

Providers

The St. Cloud healthcare sector is the largest employer in the City with more than 6,000 employees. The St. Cloud Veterans Administration Health Care System is the City’s third largest employer, sitting on a 218-acre campus in northern St. Cloud. The facility serves more than 30,000 veterans. CentraCare Health serves as the area’s largest healthcare provider, and owns and operates the St. Cloud Hospital in the Northside-Heister Park neighborhood as well as eight other facilities in St. Cloud. CentraCare Health and the VA handled a combined 900,000 outpatient admissions in 2014.

Health Campus Expansion

While the VA and CentraCare Health facilities and currently in good condition, all facilities are anticipated to experience issues with space as continued growth in the region adds to demand for additional services. While the VA and CentraCare Medical Plaza both have room for expansion on their respective campuses, the St. Cloud Hospital is in need of additional parking facilities and expansion. The St. Cloud Hospital site is adjacent to single family development on all sides and property acquisition and redevelopment will be required to expand the facility.

As discussed in the Land Use Plan, properties located adjacent to the hospital on the north side that also front 6th Avenue N have extensive lot depth. This makes them attractive targets for acquisition and assembly as they would allow for significant expansion in addition to accommodating necessary screening and buffering of the hospital from nearby residential properties. The City should work with CentraCare Health, adjacent property owners, and the Northside-Heister Park Coalition to ensure that any future expansions of the St. Cloud Hospital facility do not negatively impact neighborhood character of quality of life for local residents.

Healthcare Facility Access

The high volume of employees, patients, and visitors generated by the City’s medical districts requires multi-modal access and parking capacity. The City should work with Metro Bus to ensure its bus routes provide access to the City’s medical districts. In addition, all districts should include on-site pedestrian access from the right-of-way to building entrances as well as bicycle parking.

Access to Food

Access to safe, affordable, healthy food is a critical component of community well-being. The City should support local food production and the emerging local food economy, and consider local access options to food when determining new development. Doing so will recognize the impact that a healthy food system has in creating a vibrant community that attracts and maintains its residents.

Public Health

The community of St. Cloud is served by Stearns, Sherburne, and Benton county health and human services agencies. The City should take a cooperative approach to ensure services are available, coordinated, and accessible to the community. Data from CentraCare Health, local public health, Community Health Assessments and other sources should be communicated regularly with the City in an effort to implement a community-based approach to health and wellness.

Preventable factors that contribute to chronic disease, such as obesity, physical activity, access to food and tobacco use and smoke exposure should be top public health priorities. Low income and disadvantaged residents are more likely to be disproportionately impacted by adverse health issues. Diabetes, vascular disease, obesity rates and tobacco use and exposure vary by zip code. Communication and collaboration to address these factors should occur with the City (including the Environmental Health Department), health and human service departments, and other community partners.
Planning for Community Health

Complete Streets

Enable safe access for all users, including pedestrians, bicyclists, motorists and transit riders of all ages and abilities.
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Safe Routes to School

- Create **safe**, convenient, and fun opportunities for children to bicycle and walk to and from **schools**.
- Reverse the decline in children walking and bicycling to **schools**, increase kids' safety.
- Reverse the alarming nationwide trend toward childhood obesity and inactivity.
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Mixed-Use Land Use

Physical characteristics and layout of a community as it relates to proportion of development for:

- Residential
- Commercial
- Public Facilities
- Industrial

- Residents of mixed-use communities have more opportunities to walk and use transit

- For trips less than 1 mile, mixed-use communities generate up to 4-times as many walk trips
Planning for Community Health

**Street Design**

- Grid networks provide spatial coherence
-Disconnected networks provide physical barriers
- Poor network connectivity reduces pedestrian mobility and trips
- As the number of intersections and blocks increase and number of walk trips increase
- As the number of cul-de-sacs and loops increase the number of walk trips decrease
Planning for Community Health

Streetscape Character and Interest

- Refers to the architectural attributes of facilities along the street network
- Facilities may include buildings, bridges, monuments, light poles, art, and other prominent features

Design features that promote walk/bike trips

- Appropriate levels of residential density, land use mix, and street connectivity
- Region-specific architecture
- Short building setbacks
- Neighborhood parks and greenspace
• Density of development, concentration of jobs and people

• Compactness and appropriate density creates opportunities for walking and bicycling

• >7 units and 100 employees per acre) are associated with increased walk, bike and transit trips
Transit Oriented Development (TOD)

- People wanting to live or work near the commuter stop

- Provide services for these people such as coffee shops, restaurants, personal services, etc.

- Reinforce the transit function rather than automobiles.

- Rule of thumb is that pedestrians will readily make a 1/4-mile walk (5 minutes) to the transit site and may make a 1/2-mile walk (10 minutes) from the surrounding area.
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Value of Shared Vision
Planning for Community Health

Connecting Community Assets
Planning for Community Health

Reclaiming Automobile Spaces
Planning for Community Health

Open Space Amenities

[Diagram showing various open space amenities and their potential applications.]
Planning for Community Health
Creating Active Spaces

- **Locally Sourced Granite** emphasizes the St. Cloud identity while reinforcing the natural setting.
- **Multiple Access Points** allows users to access the island along the main trail and from Cathedral High School, creating photo and selfie opportunities.
- **Shallow Depth River Channel** allows families to safely interact with the water.
- **Pebble Beaches** high traffic areas to allow for easy transition to the water's edge.
- **Native Buffer** filters and collects water before it flows into the river.
Planning for Community Health

Connecting Open Space Amenities
Conclusions
Planning for Community Health

Conclusions

- Community planning is important for healthy and sustainable communities.

- Collaborations between various organizations and governmental agencies help identify community needs and potential resources for community improvements that improve community health.

- Genuine community engagement is necessary to gain support of constituents and elected officials.

- Land use, transportation, parks, and recreation policies and practices can help provide opportunities for improved healthy lifestyles and better natural environments.
For more information:

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www.ci.stcloud.mn.us
COMING SOON!

http://feelinggoodmn.org/
Pedestrian and Bicyclist Rights and Responsibilities

Minnesota law specifies how different types of traffic should behave when traveling throughout the state. The ability of pedestrians and bicyclists to safely and effectively travel is dependent on all forms of traffic understanding and following these laws.

How does Minnesota law impact bicyclists and pedestrians?

Minnesota law creates specific rights and responsibilities of different transportation users.

Pedestrian law defines “traffic” to include not only motor vehicles but also pedestrians, bicyclists, horseback riders, and others using the road for transportation.

Bicycling and Walking

Studies have shown that the prevalence of obesity in America and other affluent countries is directly related to lifestyle patterns. To promote physical activity, public health professionals and policymakers are exploring ways in which our traditional transportation and pedestrian infrastructure can be reformed so people can maintain recommended levels of physical activity.

Historically, local planners and engineers have created roads with one-use in mind: driving a car. “Auto-centric” road design can discourage active living, such as walking to the grocery store or biking to the park. A growing number of communities are asking their local planners and engineers to “complete their streets” by planning, designing, upgrading, and building road networks that are safe and accessible for drivers, pedestrians, public transit riders and bicyclists, regardless of age or ability.

Public health lawyers, working with other public health professionals, city planners, and local stakeholders, can help craft Complete Streets policies and related initiatives that meet a community’s transportation, safety, economic and public health needs. They can work within the community to ensure that policy directives are clear, unambiguous, broad, and flexible. The directives should also contain specific implementation steps, deadlines, and accountability measures such as reporting requirements.

Featured resources are below. Other relevant resources in right sidebar (desktop/tablet) or end of page (mobile).

SAFE ROUTES TO SCHOOL • 50 STATE REVIEW

Safe Routes to School initiatives help communities and schools build safer sidewalks and crosswalks to increase walking and bicycling. The Public Health Law Center completed a 50-state review of Safe Routes to School state government initiatives, highlighting the laws in each state for easy review by advocates and policymakers.

Pedestrian and Bicyclist Rights (2013)

The ability of pedestrians and bicyclists to safely and effectively travel depends on all forms of traffic understanding and following these laws. This fact sheet identifies essential rights and responsibilities of different types of traffic that support safe pedestrian and bicycle travel.

Using Kansas Roads & Sidewalks for Active Transportation

Kansas roads and sidewalks are transportation facilities designed to support many types of traffic. Understanding the laws governing how bicyclists and pedestrians fit into the Kansas transportation system is important to support the safety of all users. The Kansas transportation system includes roads, sidewalks, and other facilities, such as railroad crossings.

Pedestrian and Bicycle Use of Kansas Roads and Sidewalks

Pedestrians and bicyclists are supported within the Kansas transportation system.
WORKING WITH RAILROADS


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