

# Hennepin County Board Action Request

## 09-0244



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### Item Description:

Hennepin County Active Living Policy

### Resolution:

WHEREAS, Hennepin County is one of eight Minnesota communities contracted by Blue Cross and Blue Shield of Minnesota to create Active Living initiatives; and

WHEREAS, physical inactivity and poor nutrition are leading causes of obesity and other chronic diseases, and affect Hennepin County through reduced quality of life and higher medical costs - over \$1 billion in Hennepin County per year; and

WHEREAS, Active Living is a way of life that integrates physical activity into daily routines through activities such as biking, walking and/or taking transit, and has great potential to improve the health of county residents and decrease the costs of health care; and

WHEREAS, Resolution 07-10-489 approved by the County Board on October 23, 2007 adopted an Active Living Mission, Vision and Guiding Principles and established an interdepartmental Active Living workgroup to incorporate Active Living policies into Hennepin County's physical infrastructure and service programs, and

WHEREAS, the Active Living Workgroup has developed and is recommending adoption of an Active Living Policy designed to improve the health of county employees and residents, and demonstrate leadership in the area of Active Living; therefore,

BE IT RESOLVED, that the Hennepin County Board of Commissioners accepts the Hennepin County Active Living Policy, May 2009; and

BE IT FURTHER RESOLVED, that the Active Living Workgroup, under the direction of the County Administrator, shall lead the implementation and evaluation of the Active Living Policy into county operations; and

BE IT FURTHER RESOLVED, that the County Administrator shall report annually to the Board on progress toward the implementation and evaluation of this policy into county operations; and

BE IT FURTHER RESOLVED, that the Hennepin County Board encourages cities, counties and the State of Minnesota to help make Active Living a reality throughout the state.

**Hennepin County Board Action Request (continued)**



Requesting Department	County Administration
Recommendation from County Administrator	Recommend Approval
Committee Assignment	Health & Human Services Committee

**Background**

Blue Cross and Blue Shield of Minnesota provided a \$70,000 grant to Hennepin County to initiate a process to assess the strengths and barriers to Active Living in the county and engage the community to develop an Active Living vision, mission and guiding principles for the county. Several cities, corporations and other public entities participated in the initial planning.

On October 23, 2007, the Hennepin County Board adopted Resolution 07-489 in support of the county's Active Living vision, mission and guiding principles and established an Active Living workgroup to incorporate Active Living policies into planning and developing physical infrastructure and programs in Hennepin County and to develop, implement and evaluate related strategies.

In November 2007, the County Administrator appointed the Active Living Interdepartmental Workgroup made up of representatives from the Department of Community Corrections and Rehabilitation, Hennepin County Libraries, Human Resources HealthWorks, Human Services and Public Health Department, Property Services, and Public Works.

The Workgroup met monthly for a year reviewing departmental practices and processes. These discussions were facilitated by the University of Minnesota Extension Office and the Office of Planning and Development, assisted with the development of the policy.

On April 23, 2009 the Board was briefed on Active Living progress and the policy was presented. The policy and associated procedures will be incorporated into the Hennepin County Administrative Manual.

Outcomes of this effort will include:

- Integration of Active Living into county projects, training, contracts, agreements, programs and services and transportation system,
- Development and implementation of an Active Living awareness and education initiative,
- Integration of Active Living elements into the design of building infrastructure and interior spaces,
- Location of county facilities in areas easily accessible by all modes of transportation,
- Hennepin County employee's have opportunities for Active Living during the workday,

**Approvals**

Department Head  
Deputy/Assistant Administrator  
County Administrator

Date  
Date  
Date

# Hennepin County Active Living Policy

May 2009

***Active Living is a way of life that integrates physical activity into daily routines through activities such as biking, walking and/or taking transit.***

## ***Active Living Guiding Principles***

- a. Physical activity improves health and quality of life in our communities
- b. Places should be designed to provide everyone – regardless of age, gender, language, ethnicity, economic status or ability – with a variety of opportunities for safe, convenient; and affordable physical activity
- c. Development patterns should encourage mixed uses, compact designs, and a variety of transportation choices that link roads, transit, bicycling and walking
- d. Buildings and their landscapes should be designed with features that promote opportunities for active living and active transportation, including highly visible stairs, orientation to streets and sidewalks, bicycle facilities, and transit stops at main building entries
- e. Transportation systems, including transit and trails, should provide safe, convenient, and affordable access to destinations such as housing, employment, schools, and community services

## ***Active Living Policies***

### **1. Administration and Integration Policy**

Hennepin County is committed to being a leader in providing Active Living infrastructure and opportunities for people who live, work and recreate in the county. It is Hennepin County policy to support the integration of Active Living into projects, training, programs and services provided or contracted by the county through its capital and operating budgets.

### **2. Awareness and Education Policy**

Hennepin County realizes that Active Living will only become an integral part of people's lives with a comprehensive and ongoing outreach effort. Therefore the county will develop and implement an Active Living awareness and education initiative.

### **3. Multimodal Transportation System Integration Policy**

Hennepin County recognizes the numerous opportunities for Active Living that a well-planned transportation system can provide. Whenever possible, Hennepin County will integrate Active Living and Complete Streets elements into its transportation system.

### **4. Site and Building Policy**

Hennepin County recognizes that the location and design of buildings and public spaces influence Active Living. Hennepin County will strive to locate sites in areas that are linked to community destinations and accessible by all modes of transportation. Moreover, Hennepin County will integrate active living elements into the design of building infrastructure and interior spaces while continuing to ensure the safety and security of staff, customers and county property.

**5. Employee Opportunity Policy**

Hennepin County recognizes that employees who practice Active Living help to contain healthcare, transportation, and other costs, in addition to preventing adverse health and environmental outcomes. It is Hennepin County policy to create and support Active Living opportunities for employees during the workday.

**6. Integration into Vendor and Contractor Activities Policy**

Hennepin County can influence Active Living practices in the community through its contracts and permits. To ensure that all vendors and providers conducting business with Hennepin County address Active Living, the county will, where appropriate, integrate Active Living language into contracts and consulting agreements.

**7. Leadership and Management Accountability Policy**

Hennepin County recognizes that leadership and management will play a significant role in the implementation and promotion of Active Living strategies. It is Hennepin County policy that leadership and management incorporate the county's Active Living principles in their departmental operations.