

Creating BETTER HEALTH TOGETHER with more active places and spaces



Communities designed with safe and convenient spaces for walking and biking make it easier for residents to choose to be active. Appealing features like parks, playgrounds, trails, sidewalks and bike lanes all encourage and allow people to move more often.

Creating jobs, improving health and saving money

- The bicycling industry in Minnesota produced an estimated \$780 million in economic activity in 2014, including 5,500 jobs.¹
- The percentage of adults who get enough physical activity is 15 percent higher in neighborhoods that have sidewalks than in those that don't.²
- The percentage of Minnesotans who included walking as part of their physical activity increased from 42.8 percent in 2013 to 46.1 percent in 2015.³
- If all adults got enough physical activity, the U.S. would save \$117 billion each year in health care costs.⁴

SHIP is making an impact

SHIP works with communities all across Minnesota to make healthy choices possible through locally driven solutions to advance active living. As a result, Minnesota has more communities that are making it easier for residents to integrate walking or biking into daily routines, whether it's for transportation or recreation.

Between 2015 and 2016,

- **215** communities across the state are working with SHIP grantees on active living strategies, reaching more than 2 million Minnesotans.
- **30** communities made a policy change, such as a Complete Streets ordinance.
- **42** communities made a systems change, such as a coordinating winter trail maintenance.
- **24** communities made an environmental change, such as adding or enhancing crosswalks.
- **8** communities became certified as Bike- or Walk-Friendly, which are national programs that recognize towns and cities for meeting benchmarks for safe and convenient biking and walking.



¹ Qian, X. Assessing the Economic Impact and Health Effects of Bicycling in Minnesota, Minnesota Department of Transportation. December 2016. <http://www.dot.state.mn.us/research/TS/2016/201636.pdf>

² Reed, JA, Dawn, K, Wilson, DK, et al. Perceptions of neighborhood sidewalks on walking and physical activity patterns in a southeastern community in the U.S. *Journal of Physical Activity and Health* 2006; 3(2):243-253.

³ Centers for Disease Control and Prevention (CDC). Behavioral Risk Factor Surveillance System Survey Questionnaire. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2015.

⁴ Carlson, S, Fulton, J, Pratt, M, et al. Inadequate Physical Activity and Health Care Expenditures in the United States. *Progress in Cardiovascular Diseases* 57: 315-323, 2015.



I feel our community has really taken off in the last couple of years. I would attribute this to a combination of the Complete Streets project, the new Glendalough Trail, our public art in the downtown area and our recently completed Safe Routes to School project. Even with the addition of several new restaurants, our veteran restaurants have seen record sales in the last couple of years. Battle Lake has become our region's place to eat, explore and have fun!

- *Val Martin, Clerk-Treasurer/Economic Development Authority
Director/Zoning Officer
City of Battle Lake*

As a fiscal and social conservative, it is not my nature to voice support for such programs. However, I have witnessed SHIP's role in a remarkable transformation in rural Minnesota. SHIP, while assisting Battle Lake, has provided indispensable contributions to elevate the value of Minnesota's transportation assets in Otter Tail County. SHIP's value is irrefutable.

- *Dan Malmstrom, founder of high-tech and biotech companies, Battle Lake*

SHIP in action



Battle Lake's main commercial street is Hwy. 78. In 2011, local SHIP staff and residents appealed to the Mayor, the city council, city staff and local MnDOT officials to upgrade a proposed reconstruction of the highway. That inspired city, county and state partners to make downtown Battle Lake more pedestrian- and bicycle-friendly through a Complete Streets effort.

In 2013, the highway went from four lanes to three lanes (including a center left turn lane) and added wider sidewalks, bike lanes, crosswalk bump outs, public seating for seniors, and integrated, locally designed art throughout the project. The community also completed a Safe Routes to School project and welcomed the opening of the Glendalough Trail.

In the time since the projects were finished, 18 new businesses have opened in Battle Lake. For a community of 875 people, those new businesses are a major economic boost.

Traffic calming effects and wider sidewalks have made downtown safer for pedestrians and easier for tourists to stop and shop rather than continue driving through the city. Because of this, tourism is growing in Battle Lake and a stronger sense of community has local leaders excited to attract and retain more residents.

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