

**Master and Comprehensive Plan Implementation for Active Living
Partner Project Application Guidelines 2021-2022**

I. Background

Living Healthy Washington County (LHWC) is pleased to announce an opportunity for cities and townships to apply for 2021-2022 funding for Master and Comprehensive Plan Implementation of Active Living related Partner Projects. These funds are made available through the Statewide Health Improvement Partnership (SHIP) and will focus on using policy, systems, and environmental changes to increase opportunities for physical activity.

Cities and townships have a unique role in supporting healthy communities when implementing master and comprehensive plan strategies. SHIP funds will be awarded through LHWC to a city or township that is implementing or expanding opportunities for their residents to be physically active by implementing related Comprehensive and/or Master Plan strategies.

To be eligible for funding, partners must be located within Washington County. Priority populations for this project are those that experience health disparities for physical inactivity. This includes older adults, women, persons with mobility issues, people of color, recent immigrants, members of LGBTQ communities, those with lower educational attainments and those in lower income groups.

II. Funds and Project Timeline

Funding is competitive and award amounts may vary. The total budget for any project cannot exceed \$10,000. Applicants are required to provide a 10 percent match of the total funding requested. Funds will be available upon a signed agreement date through October 31, 2022. Approved funds are provided on a reimbursement basis. Purchases made prior to signed contract date will not be reimbursed. Details for submitting an application can be found on the application form.

Activity	Due Date
Application Due	4:00 pm, Wednesday, December 15, 2021
Funds Awarded	Funds will be made available to partners on the date of the signed & approved agreement with the County.
Funds Must Be Spent By	October 31, 2022
Final Report Due	November 10, 2022

III. Project Criteria and Focus Areas

Successful applications will address improving access to physical activity for people who live, learn, work and play in Washington County. Applicants may utilize funds for internal staff time or for a consultant that is assisting with the planning, design or implementation of physical activity initiatives included in a current comprehensive or master plan. Master planning activities should include working within all of the six E's as described below:

Equity: Nearly half of Minnesota adults do not meet physical activity recommendations. The prevalence of inactivity is greatest in rural areas, among people of color, older adults, women, persons with disabilities, those with lower education attainment, and those in lower income groups. Focus efforts to support access to walking and biking for these populations.

Engagement: Continually listening to needs and proposed solutions of community members, especially members of priority populations. Engagement efforts should be inclusive and accessible and should build capacity of community members to play instrumental roles in the work.

Evaluation: Identify where health inequities exist, identify how to measure qualitative improvements in communities to support walking and bicycling.

Engineering: Identify infrastructure or facility improvements and provide resources on how they affect health improvement and support increased walking and bicycling.

Education: Decision-makers and partners have appropriate information and resources to understand how walking and bicycling affect their community and value its role in decision-making; general public has increased awareness of how policies and practices facilitate and inhibit their choice to walk and/or bicycle thereby affecting their health and quality of life.

Encouragement: Strategic events or opportunities to engage partners and general public around physical activity – examples

Additional examples of this work could include:

- planning/design services for active transportation projects;
- planning/design for a bike share program;
- planning/design for safe routes to school efforts;
- planning/design for trail connections or park amenities;
- adding bike racks, benches, or bicycle maintenance stations to existing parks and trails;
- identifying and designating accessible trails with accessible parking, trail signage, trail assessments, benches with promotion for those with mobility issues; and
- community engagement and assessment activities as it relates to one of the above.

This list is not exhaustive, please contact SHIP staff to discuss potential project ideas.

Programmatic activities (e.g., sports leagues, recreation classes, promotional materials for existing programs, etc.) are not eligible for funding. Construction projects are not eligible for funding.

IV. Definitions and Examples

The following are definitions and examples related to this strategy.

- **Policy change** refers to standards or guidelines that can be formal or informal. For example, updating or creating a policy regarding use of public buildings or outdoor space for group and individual physical activity.
- **System change** refers to changes that impact multiple elements of an organization. For example, collaborate with or collect input from a broad range of partners to address inequities in access to physical activity and improve walking and biking within the community for residents of all ages and abilities.
- **Environmental change** refers to a physical or material change within a specified space. For example, developing supports that promote physical activity by conducting a walk or bikeability assessment and implementing changes into a capital improvement plan or transportation plan.
- **Priority populations** include: older adults, women, people of color, persons with disabilities, members of LGBTQ communities, those with lower education attainment, and those in lower income groups

V. Funding Requirements

- This funding is designated for cities or townships located within Washington County.
- Proof of 1.5 million liability insurance is required.
- Applicants must provide a 10 percent match of the total funding requested.
- Projects must be geared toward sustainable policy, systems, or environmental changes (see Section IV. for “Definitions and Examples”)
- A designated project lead must meet with LHWC staff to finalize the action plan, timelines, budget, evaluation plan, and a county contract.
- The project lead must be able to carry out general business practices for accounting, record keeping, timely invoicing and reporting. The project lead may assign someone from the organization these duties and responsibilities if necessary.
- Evaluation and reporting is required. Assistance will be provided as needed.
- All communication pieces (print ads, newsletters, websites, blogs, news releases, letters to the editor, public service announcements, news conference materials, promotional items, handouts, signs, sponsorships, etc.) must be reviewed by LHWC staff, include required grant language and be approved by the Minnesota Department of Health (MDH) before printing, publication or distribution.
- SHIP funds must be spent by October 31st, 2022.

VI. Equity and Racism Resources

America Walks: Pedestrians are People Too: The Criminalization of Jaywalking

- Pedestrians are People Too: The Criminalization of Jaywalking <https://www.youtube.com/watch?v=qYOIJ-ASAY4>

The webinar above explores the criminalization of walking, race-based biases involved in enforcement, and the responsibility we all have in supporting a culture of safe and accessible walkability for everyone.

Arrested Mobility: Addressing Barriers to Physical Activity in the Black Community

- Health: To Be Determined - Using Built Environment to Relieve Communities from Arrested Mobility - National Association of Chronic Disease Directors <https://chronicdisease.org/health-to-be-determined-using-built-environment-to-relieve-communities-from-arrested-mobility/>

The above webinar examines the forces that limit the access of Black Americans to active transportation and spaces where they can engage in physical activity. Topics such as coercive policing strategies, racial boundaries, and mass transit policies by state and local governments are explored.

The Untokening: Transformative Talk: New Mobility & Mobility Justice

- New Mobility and Mobility Justice <https://www.youtube.com/watch?v=RMhVPANX9Mk>

The Untokening is a multiracial collective that centers the lived experiences of marginalized communities to address mobility justice and equity. The above webinar features panelists that explore mobility justice and how inequalities happen as we move through the world, especially as new transportation technologies are developed.

EXAMPLES OF ALLOWABLE & UNALLOWABLE USES of SHIP Funds	
*Please note this is not an exhaustive list of funding expenses	
Allowable	Unallowable
<ul style="list-style-type: none"> • Creation and production (Graphic Design) of promotional materials included in approved action plan • Reasonable costs for photocopying, postage and office supplies • Consultant or staff time for mapping and spatial analysis • Community engagement related to active living project (could include surveys, forums or events) • Consultant time for analysis/assessment related to approved active living project • Consultant or staff time for planning design phases to develop or implement physical activity sections of a master or comprehensive plan • Funding community partners to become League Cycling Instructors • Funding community partners to become Walk! Bike! Fun! instructors 	<ul style="list-style-type: none"> • Advertising and promotion of single/one-time classes or activities • Advertising and promotion not tied to sustainable change • Non-approved training materials • Food purchases for snack carts, programs or staff meals

EXAMPLES OF ALLOWABLE & UNALLOWABLE USES of SHIP Funds

*Please note this is not an exhaustive list of funding expenses

Allowable	Unallowable
<p><u>Equipment</u></p> <ul style="list-style-type: none"> • Benches with community promotion to support physical activity for seniors or persons with disabilities to take breaks • Bicycles for bike libraries, bike fleets or bike education • Bike racks, event bike racks, and covered bike parking or bike shelters • Storage units for approved equipment • Wiki-maps of physical activity opportunities with approved action plan • Funding master plans and local plans, examples: Bicycle Master Plan, Active Living Plan, Safe Routes to School Plan, Pedestrian Master Plan, Multi-modal Transportation Plan, Active Transportation Plan, Complete Streets Plan • Demonstration project supplies and equipment, examples: cones, greenery/beautification, spray chalk, paint, signage, etc. • Funding paint for one time demonstrations projects. Examples: traffic calming, road reconfiguration, street murals, creative crosswalks, etc. • Wayfinding signage including (metal pole) for bike trails, parks and for pedestrians and bicyclists to find key destinations • Walking and bicycling maps • Bike maintenance tools, stand and spare parts for bike fleets • Pedal assist E-Bikes, Adaptive Bicycles or Trikes for seniors or persons with disabilities • Portable driver feedback signs (permanent not allowed), example: Radar Speed signs “Your Speed...” • Equipment to expand snow removal on sidewalks and protected bikeways • Portable bicycle/pedestrian counters, rentals available through MnDOT, permanent counters upon MDH approval • Bike Fix-it stations • Paint for crosswalks, road reconfigurations, bike lanes, etc. • Signage for pedestrian and bicycle safety, examples: “Bikes May Use Full Lane,” lighted crosswalk signage • Materials for events that encourage walking and bicycling for transportation, examples: Open Streets, Walk/Bike to School Day, Bike Month, Bike to Workday/Week, etc. 	<ul style="list-style-type: none"> • SHIP funds may not be used for capital improvements or construction projects • Installation and labor • Trail lighting • City Welcome signs • Ongoing event expenses • Fat tire bicycles or mountain bicycles • Trishaw passenger bicycles or throttle powered E-bikes • Permanent driver feedback signs (portable are allowed) • Sporting equipment or passes that do not support equitable, every day physical activity. Examples: snowshoes, cross country skis, ice skates, log rolling, canoes, kayaks, swimming, basketball, baseball, soccer, etc. • Programmatic expenses for walking clubs, yoga, Zumba, etc. • Fitness equipment, including equipment along trails or in parks • Trees • Share the Road signs

VII. Master Planning - Active Living Resources:

AARP Livable Communities	https://www.aarp.org/livable-communities/
AmericaWalks	http://americawalks.org
Minnesota Walks	http://www.dot.state.mn.us/peds/minnesota-walks.html
Walk Friendly Communities	http://walkfriendly.org/
Active Living Research	http://www.activelivingresearch.org
Bicycle Friendly Communities	https://www.bikeleague.org/community
Bicycle Alliance of Minnesota	https://www.bikemn.org/
Essentials of Bike Parking	https://www.apbp.org/assets/docs/EssentialsofBikeParking_FINA.pdf
MN Active Transportation Program	http://www.dot.state.mn.us/active-transportation-program/
Minnesota Safe Routes to School	http://www.dot.state.mn.us/mnsaferoutes/
MDH Safe Routes to School	https://www.health.state.mn.us/srts
Communities for a Lifetime	http://www.mnlifetimecommunities.org/
Safe Routes to Parks	https://www.nrpa.org/our-work/partnerships/initiatives/safe-routes-to-parks/
Walkability Checklist	http://www.pedbikeinfo.org/resources/resources_details.cfm?id=5085
Placemaking	https://www.completecommunitiesde.org/planning/inclusive-and-active/placemaking/

For Questions Contact:

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