

1. Shape Up Somerville Presentation:

The Shape Up Somerville Approach to Creating Safe, Active, and Livable Communities

City of Somerville

Health Department

Nicole Riales, Shape Up Somerville Coordinator

December 7, 2007



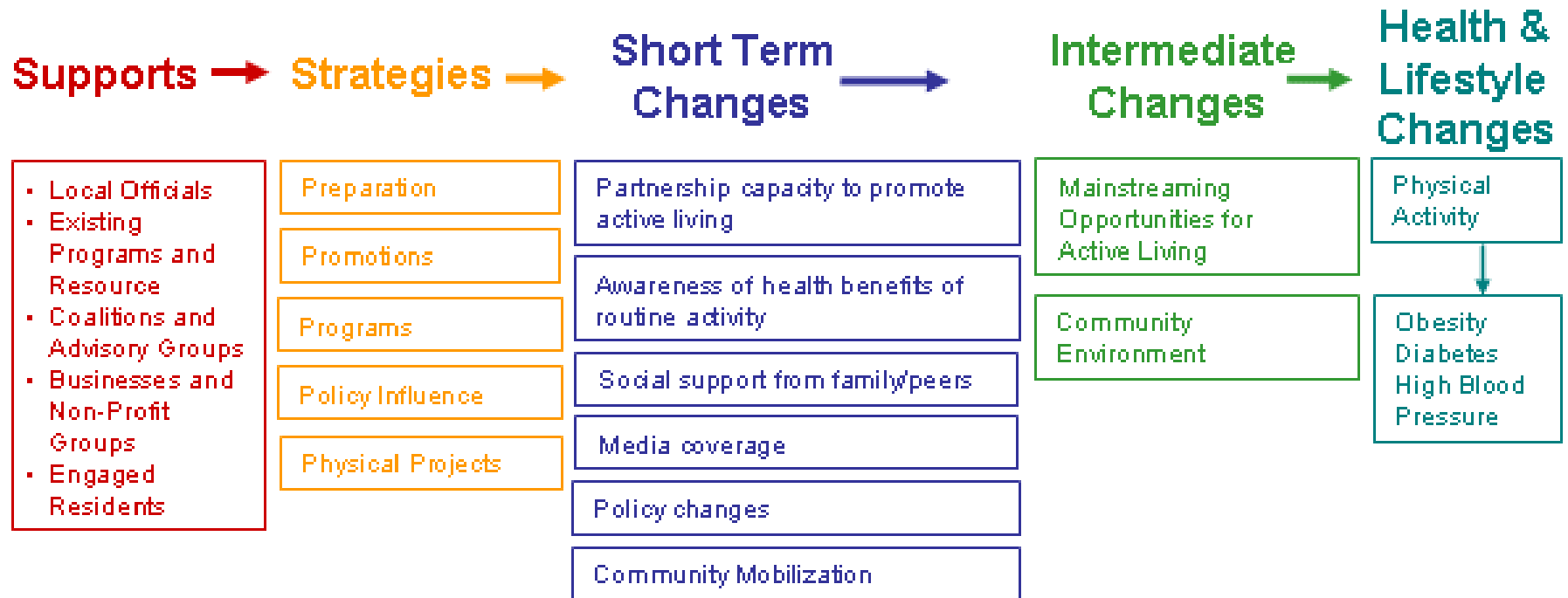
2. Shape Up Somerville's Background

SUS strives to make Somerville an exceptional place to Live, Work and Play

- SUS began as a Tufts University research study which targeted 1st, 2nd, and 3rd graders in the Somerville Public Schools in response to national epidemic of childhood obesity
- Today, the campaign includes over 25 community groups that compose the SUS Taskforce which is supported by the Cambridge Health Alliance with the Somerville Health Agenda Director

3. What is our framework for structuring SUS activities?

Active Living by Design Community Action Model



4. Physical Infrastructure and Policy

- Active Living by Design is tracking physical changes
- Shape Up BeneFit
- Bike Racks & Planned Bike Lanes
- Board of Aldermen SUS Resolution
- District Wide Wellness Policy

5. Changing the Physical Environment and Programs

- SafeSTART
- Go Green Davis Square
- Somerville Climate Action Group
- Somerville Transportation Equity Partnership
- Groundwork Somerville
- Somerville Green Streets Initiative: Walk/Ride Day

6. How does Somerville promote physical activity?

Increasing programmatic efforts

- Safe Routes to School
- Walk/Ride Day
- Somerville walking map
- Fitness Buddies






Policy initiatives for City employees

- \$200 Gym rebate
- T-pass program
- Walking groups
- Healthy vending machine options

7. Safe Routes to School



Safe Routes to School Map - Brown School 2007-2008

-  Traffic signals/ Señales de tráfico/ Sinais de trânsito/ Limyè trafik
-  Crossing guards/ Persona que detiene el tráfico para permitir que los niños crucen la calle/ Guardas de tránsito/ Moun k ape de moun traverse lari
-  Crosswalk/ Paso de peatón/ Faixa para pedestres/ Kote pou moun-n pase
-  After school activities/ Actividades para después de horas escolares/ Atividades após a escola/ Aktivite aprè lekòl
-  Open space & school grounds/ Espacio abierto y areas de la escuela/ Área a oar livre e território escolar/ Espas vid ak lakou lekòl



Benjamin G. Brown School
 201 Willow Avenue
 Somerville, MA 02144
 617-625-6600 Ext. 6400

8. Promotions: Blogging Walk/Ride Day



Somerville

Green Streets Initiative

On the last Friday of every month, leave your car at home and bike, walk, run, bus, or train it to work or school. Mark your calendar and spread the word! To join, enter raffles, and learn more

visit:

www.GoGreenStreets.org

Walk/Ride Days

October 26

November 30

December 28



9. Promotions: Walk/Ride Day



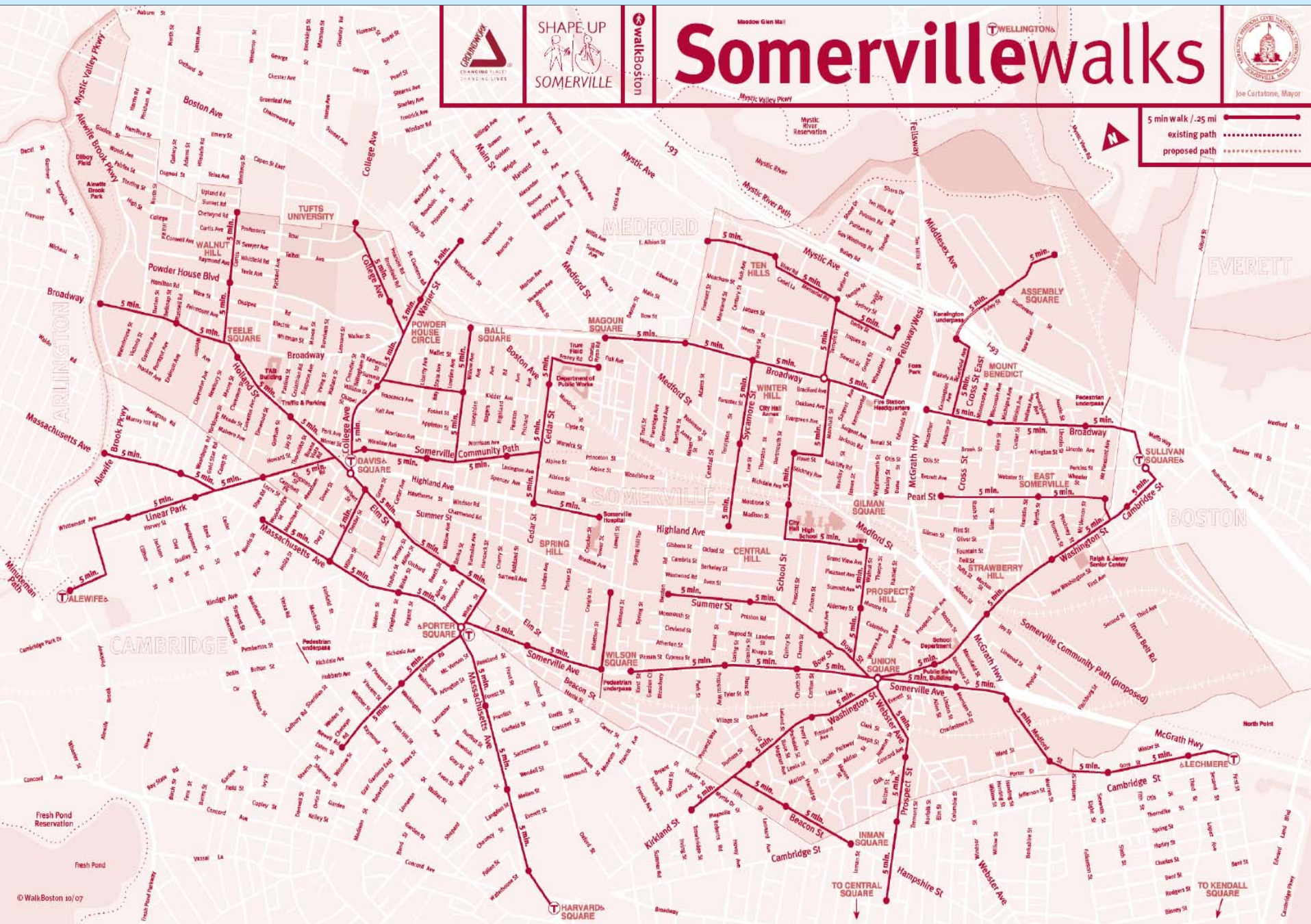
10. Promotions: Walk/Ride Day



11. Promoting physical activity: Somerville Walking Map

- Promote walking
- Show people alternatives to driving
- Connectivity between squares & neighborhoods
- Market the existing community path and the planned extension
- Show pleasurable walking routes throughout the city

12. Promoting physical activity: Somerville Walking Map



13. Promoting physical activity: Somerville Walking Map

Plan a Walk

5-minute walks. We've labeled the city in 5-minute segments. Walk out 5 minutes and back 5 minutes and you have a 10-minute walk. Vary the route to keep it interesting. Then try walking out 10 minutes and back 10 minutes [20 minutes].

Enjoy Somerville and get healthy. Walking provides abundant benefits for your heart, lungs, muscles and energy. Walk at lunchtime, after dinner, or run neighborhood errands by foot.

Build stronger families and communities. Pedestrian activity makes residential areas more neighborly and commercial areas more vibrant. Shop/walk the squares with a friend, meet a neighbor or walk with a relative.

Participate in Walk/Ride Day. The last Friday of every month wear green and go car-free for the day. To enter raffles, and to learn more visit www.GoGreenStreets.org.

Places to Walk

Somerville is a compact city. Neighborhoods are close together, retail areas easy to find, and sidewalks go everywhere.

Less than 10 minutes:

- Sullivan Sq. to Assembly Sq.
- Inman Sq. to Union Sq.
- Tufts University to Ball Sq.
- Davis Square to Powderhouse Circle

Less than 15 minutes:

- Davis Sq. to Porter Sq.
- Teele Sq. to Davis Sq.
- Winter Hill to Mystic River
- Sullivan Sq. to Foss Park
- Union Sq. to City Hall

Less than 25 minutes:

- Davis Sq. to Alewife
- Union Sq. to Lechmere Stn.
- Magoun Sq. to Foss Park
- Sullivan Sq. to Union Sq.

Shape Up Approved Restaurants

Look for Shape Up Somerville window stickers in restaurants serving healthy food: fruit, vegetables, whole grains, smaller portion sizes, and low fat dairy products. Walking combined with a balanced diet of foods low in fat and cholesterol can give you a lift for a lifetime. For more information: Nicole Riolos in the Health Dept: 617-625-6600 x2414, or nrioles@somervillema.gov www.somervillema.gov/Department.cfm?dept=Health

311—One Call to City Hall

Dial 311 from any phone to ask about health and recreation, walking opportunities/issues, traffic and parking problems, and to report unsafe sidewalks, potholes, and missed trash pick-ups.

Map sponsored by the Robert Wood Johnson Foundation/Active Living by Design

Planeje uma Caminhada

Caminhadas de 5 minutos. Rotulamos a cidade em segmentos de 5 minutos. Ande durante 5 minutos e volte em 5 minutos e assim terá 10 minutos de caminhada. Varie o caminho para sair da rotina.

Construa famílias e comunidades mais fortes. Faça compras andando pelas praças com amigos, vá encontrar com um vizinho ou caminhe com um de seus parentes. Desfrute Somerville e fique saudável.

Participe do dia de caminhar/andar de bicicleta/transporte público. Na última sexta-feira do mês, vista-se de verde e não use o carro o dia todo. www.GoGreenStreets.org/

Locais para Andar

Somerville é uma cidade compacta. As vizinhanças são perto umas das outras, as lojas de varejo são fáceis de encontrar, e as calçadas levam você a todos os lugares.

Menos de 10 minutos:

- Sullivan Sq. até Assembly Sq.
- Inman Sq. até Union Sq.
- Tufts University até Ball Sq.
- Davis Square to Powderhouse Circle

Menos de 15 minutos:

- Davis Sq. até Porter Sq.
- Teele Sq. até Davis Sq.
- Winter Hill até Mystic River
- Sullivan Sq. até Foss Park
- Union Sq. até City Hall

Menos de 25 minutos:

- Davis Sq. até Alewife
- Union Sq. até Lechmere Stn.
- Magoun Sq. até Foss Park
- Sullivan Sq. até Union Sq.

Shape Up: Restaurantes Aprovados

Procure por adesivos do Shape Up Somerville nas janelas dos restaurantes que servem comidas saudáveis: frutas, legumes e verduras, grãos integrais, porções pequenas e produtos lácteos com baixo teor de gordura. As caminhadas combinadas com uma dieta balanceada de alimentos com baixo teor de gordura e colesterol, podem lhe dar uma levantada para o resto da vida. Informações: Nicole Riolos no Departamento de Saúde (Health Dept): 617-625-6600 x2414, nrioles@somervillema.gov www.somervillema.gov/Department.cfm?dept=Health

311 Ligue para a Prefeitura

Disque 311 de qualquer telefone para perguntar sobre saúde e recreação, oportunidades/assuntos relacionados a caminhadas, problemas de tráfego e de estacionamento e para relatar calçadas inseguras, buracos e lixo não retirado.

Planee una Caminata

Caminatas de 5 minutos. Hemos marcado la ciudad en segmentos de 5 minutos. Salga a caminar por 5 minutos y regrese en 5 minutos y ya caminó 10 minutos. Varie su ruta para mantenerla entretenida.

Disfrute de Somerville y sea saludable. El caminar proporciona beneficios abundantes para su corazón, pulmones, músculos y energía. Camine al mediodía, después de la cena o camine para hacer sus diligencias por el vecindario. Ayude a crear familias y comunidades más fuertes. Salga de compras o camine por las plazas con sus amistades, reúnanse con un vecino o camine con un familiar.

Participe en "Walk/Ride Day". El último viernes de cada mes, vistase de verde y no use su auto ese día. www.GoGreenStreets.org

Lugares para Caminar

Somerville es una ciudad compacta. Los vecindarios se encuentran cerca, las áreas comerciales son fáciles de encontrar y las aceras llevan a todas partes.

Menos de 10 minutos:

- Sullivan Sq. a Assembly Sq.
- Inman Sq. a Union Sq.
- Tufts University a Ball Sq.
- Davis Square to Powderhouse Circle

Menos de 15 minutos:

- Davis Sq. a Porter Sq.
- Teele Sq. a Davis Sq.
- Winter Hill a Mystic River
- Sullivan Sq. a Foss Park
- Union Sq. a City Hall

Menos de 25 minutos:

- Davis Sq. a Alewife
- Union Sq. a Lechmere Stn.
- Magoun Sq. a Foss Park
- Sullivan Sq. a Union Sq.

Shape Up: Restaurantes Aprobados

Busque las etiquetas de "Shape Up Somerville" en las ventanas de los restaurantes que sirven alimentos saludables: frutas, vegetales, granos enteros, porciones más pequeñas y productos lácteos bajos en grasa. La combinación de caminar y comer una dieta balanceada baja en grasa y colesterol, puede enriquecerle de por vida. Si desea información: Nicole Riolos en el Departamento de Salud al 617-625-6600 x2414, nrioles@somervillema.gov www.somervillema.gov/Department.cfm?dept=health

Llame a la Alcaldía al: 311-One Call

Marque 311 de cualquier teléfono y pregunte acerca de salud y recreación, oportunidades para caminar, asuntos relacionados con caminar, problemas de tráfico y estacionamiento y para reportar la necesidad de trabajo en el reparo de aceras, hoyos y basura no recogida.

Fè Plan pou w Mache

Mache pandan 5 minit. Nou make lavil la pa tranch 5 minit. Mache ale pandan 5 minit epi retoune pandan 5 minit ; sa ap fè w mache pandan 10 minit. Chanje wout la pou mache a ka toujou enteresan.

Jwi Somerville epi gen bòn sante. Mache bay anpil avantaj pou kè w, poumon w yo, vyann kò w yo ak enèji. Mache nan lè manje midi, apre w fin manje aswè oubyen fè virewon nan vwazinaj la a pye. Rete an bòn sante lè w mache.

Mache nan Jou Mache/Monte bisiklèt. Nan dènye vandredi chak mwa abiyen an vè epi pa kondwi machin ou ditou pou jounen an. www.GoGreenStreets.org.

Kote pou w Mache Yo

Somerville se yon vil ki konsantre. Katye yo tou pre youn ak lòt. Li fasil pou w jwenn zòn kote k gen magazen k vann an detay yo, epi twotwa yo al toupatou.

Pi piti pase 10 minit:

- Sullivan Sq. a Assembly Sq.
- Inman Sq. a Union Sq.
- Tufts University a Ball Sq.
- Davis Square to Powderhouse Circle

Pi piti pase 15 minit:

- Davis Sq. a Porter Sq.
- Teele Sq. a Davis Sq.
- Winter Hill a Mystic River
- Sullivan Sq. a Foss Park
- Union Sq. a City Hall

Pi piti pase 25 minit:

- Davis Sq. a Alewife
- Union Sq. a Lechmere Stn.
- Magoun Sq. a Foss Park
- Sullivan Sq. a Union Sq.

Restoran Mete an Fòm Apwouve Yo

W wè etikèt Mete w an fòm Somerville nan fenèt restoran yo ki sèvi manje k bon pou lasante: fwi, legim, grenn konplè, kantite manje ki pi piti, pwodwi k fèt ak lèt ki pa gen anpil grès. Mache asoye ansanm ak yon rejim balanse ki gen manje ki pa gen anpil grès ak kolestewòl ka ba w yon bourad pandan tout lavi w. Enfòmasyon: Nicole Riolos nan Depatman Lasante: 617-625-6600 Ekslansyon 2414, nrioles@somervillema.gov www.somervillema.gov/Department.cfm?dept=Health

Tel 311

Telefòn 311- yon sèl kout fil pou lotè de vil la. Make 311 nan ki nenpòt telefòn pou poze kesyon sou lasante, aktivite amizman, opòtinite/pwoblèm nan zafè mache, pwoblèm trafik ak pakin, epi pou w rapòte si gen twotwa ki danjere pou moun, twou nan lari yo, ak kote yo biye pran fatra yo.

Eat Smart. Move More. Live Better. Shape Up Somerville

Text: Bob Sloane | Design: Garfinkle Design—ninagarfinkle.com