

# Maryland Bicycle and Pedestrian Advisory Committee

## Minutes of January Meeting

Friday, January 12, 2001

10 am till noon

Maryland Department of Transportation  
BWI Airport, MD

### ATTENDEES

#### MBPAC Members Present:

Bill Kelly, Chairman, DC Metro Area, 301-441-2740, [ws.kelly@worldnet.att.net](mailto:ws.kelly@worldnet.att.net)  
Michael Jackson, Dept. of Transportation, 410-865-1237, [mjackson3@mdot.state.md.us](mailto:mjackson3@mdot.state.md.us)  
Dave Jones, Maryland State Police, 410-582-5618x5605, [djones3@sha.state.md.us](mailto:djones3@sha.state.md.us)  
Mike Levensgood, Baltimore Area, 410-876-3373, [rideleader@msn.com](mailto:rideleader@msn.com)  
Bob Moore, Baltimore Area, 410-435-6623, [bikemoore@smart.net](mailto:bikemoore@smart.net)  
Carl Rebele, Western Maryland, 301-387-6399, [creb@mail2.gcnet.net](mailto:creb@mail2.gcnet.net)  
Bill Siwak, Southern Maryland, 410-757-1318, [bsiwak@annapolis.net](mailto:bsiwak@annapolis.net)  
David Taylor, Dept. of Natural Resources, 410-260-8162, [dtaylor@dnr.state.md.us](mailto:dtaylor@dnr.state.md.us)

#### MBPAC Members Absent:

Don LaFond, Dept. of Education, 410-767-0209, [dlafond@msde.state.md.us](mailto:dlafond@msde.state.md.us)  
Randy Mardres, Metro DC Area, 301-890-0064, [rmardres@juno.com](mailto:rmardres@juno.com)  
Matt Miller, Dept. of Economic Dev., 410-767-6272, [mmiller@mdbusiness.state.md.us](mailto:mmiller@mdbusiness.state.md.us)  
Jim Phillips, Eastern Shore, 410-543-6007, [jlphillips@ssu.edu](mailto:jlphillips@ssu.edu)  
Gregg Ukaegbu, Dept. of Health & Mental Hygiene, 410-767-5780, [gukaegbu@dhmh.state.md.us](mailto:gukaegbu@dhmh.state.md.us)

#### Visitors from Maryland State Agencies:

Jill Adler, Dept. of Health and Mental Hygiene, 410-767-5032, [adlerj@dhmh.state.md.us](mailto:adlerj@dhmh.state.md.us)  
Sandra Dobson, SHA, 410-545-0307, [sdobson1@sha.state.md.us](mailto:sdobson1@sha.state.md.us)  
Harvey Muller, SHA, 410-545-5656, [hmuller@sha.state.md.us](mailto:hmuller@sha.state.md.us)  
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Doug Simmons, SHA 410-545-5674, [dsimmons@sha.state.md.us](mailto:dsimmons@sha.state.md.us)  
Dennis Simpson, SHA, 410-545-5675, [dsimpson@sha.state.md.us](mailto:dsimpson@sha.state.md.us)

#### Other Visitors:

Bob Chauncey, One Less Car, 410-810-9011, [execdir@onelesscar.org](mailto:execdir@onelesscar.org)  
Jim Hudnall, Oxon Hill Bicycle and Trail Club, 301-567-0089, [hudnall@concentric.net](mailto:hudnall@concentric.net)  
Paul Lebow, One Less Car, 202-767-3006, [info@onelesscar.org](mailto:info@onelesscar.org)  
Debbie Mayer, Rockville Bike Coordinator, 301-315-5796, [demayer@ci.rockville.md.us](mailto:demayer@ci.rockville.md.us)  
John Overstreet, Baltimore Bicycling Club, 410-969-4717  
John Z. Wetmore, Perils For Pedestrians TV, 301-654-5305, [john@pedestrians.org](mailto:john@pedestrians.org)

### MINUTES

#### MDOT's Bike/Ped Director's Update

Michael Jackson reported on recent activities, including:

- Lunch with Barry Bergman of the Baltimore Metropolitan Council's Bicycle and Pedestrian Advisory Group,
- Tri-County Council Bikeway Planning Meeting,
- Transportation Research Board conference in Washington. DC,

- Public Access Right of Way Committee meeting on walkways and disabled access
- safety campaign proposals,
- work with Mike Flood on phase 1 of the statewide Bicycle and Pedestrian Plan

### **Bike/Ped Safety Awareness Campaign**

Sandra Dobson gave out samples of outreach materials (bumper stickers, bike reflectors, Share the Road license plate holders) for the pedestrian and bicycle safety education campaign ("Walk Smart, Bike Smart, Drive Smart"). She reported that her office is working on marketing of bicycling with Transportation Enhancement funds. Her office is producing a "Guide to Bicycling and Pedestrian Programs at SHA" that will be ready for distribution at the Maryland Bicycling and Walking Symposium in Annapolis on February 7<sup>th</sup>.

Carl Rebele praised Sandra for doing a great job. Michael Levensgood said he would like for the MPBAC Safety and Education Subcommittee to be a greater part of the campaign and to have a greater advisory capacity.

### **MDOT's Working Relationship with MPBAC**

This agenda item was deferred until another meeting because Missy Cassidy was unable to attend the meeting.

### **Public Health, Fitness, and Exercise**

Jill Adler, Coordinator of Physical Activity Programs in the Division of Cardiovascular Health & Nutrition of the Maryland Department of Health & Mental Hygiene, gave out handouts: "Physical Activity Update" and "Successful Programs." She chairs *MOVE IT* Maryland! - a coalition of organizations working to promote physical activity and healthful eating throughout Maryland for the purpose of improving health and preventing chronic diseases. *MOVE IT* Maryland is seeking partners and meets once a month, usually on a Tuesday. It is working for environment and policy changes with a focus on children, obesity, and inactivity.

### **Safe Routes to School**

Bob Chauncey of One Less Car reported that the governor is interested in a demonstration program. At a meeting Bob attended on Monday, January 8<sup>th</sup>, Secretary Porcari said he is supportive, believes its not a good idea to focus on earmarking funds, earmarked funds must come from somewhere else, the legislative process is cumbersome, and let's just work together. MDOT is surveying schools to see from a physical facilities viewpoint which schools might be interested. The Maryland Department of Planning is also interested and Bob is meeting next week with Secretary Tregoning to discuss how to implement a program. Bob said legislation is being discussed and some legislators would support legislation, but legislation might not be necessary because of the interest of the governor and the Secretaries of Transportation and Planning.

Harvey Muller commented that MDOT supports access, but that many are opposed, such as landowners worried about liability. He said that some parents do not want sidewalks, because they do not feel that children are safe walking to school. He wondered whether legislation might be needed to allow bus service if desired, even if sidewalks exist. Mike Levensgood said the biggest objection is safety of children, and that objections must be addressed to have a successful program.

Paul Lebow said that all departments need to work together and asked is there legislation needed so it can happen - not to force it to happen. Michael Jackson said MDOT is working with the Departments of Education and Planning and surveying school system administrators for interest. They are looking for three schools for demonstration programs. Questions raised are what traffic facilities are needed and what bike parking is required.

John Wetmore said that October 2, 2001, is International Walk to School Day.

## **Bikes on Rails/Buses and Access 2000**

Diane Ratcliff gave an update. She has met concerning bikes on MARC with the engineering department; they have consultants who will come up with specs and they'll need several months for design. She talked about a pilot project for racks on buses, using racks from Sportworks in Seattle. She said January 31<sup>st</sup> is the deadline for the annual Smart Growth/Smart Transit Applications; this is one application for multiple programs that provide 100% state funding. Carl Rebele asked about county bus systems and Diane said that MTA provides state and federal funds and consulting services to counties.

Diane gave a brief report on Access 2000, with a detailed report on the agenda for the March meeting. She said there is an intense effort with SHA to identify the easiest sidewalk projects to do. The next phase will get into harder projects that require retaining walls or right of way.

Debbie Mayer said that Rockville has taken advantage of the program and has many sidewalk projects - \$3M for this fiscal year for sidewalks around transit stations. Dennis Simpson said the funds are for design and construction. Doug Simmons said sidewalk retrofit projects could be anywhere. Paul Lebow asked is signaling a part of the program; Dennis said no, but without sidewalks - no signaling.

## **Route 28 Crossing Md 270**

Debbie Mayer has drawings of the Route 28 & Md 270 interchange and asked for comments about having an 8' bike path in the median of Rt. 28. John Wetmore said that much needs to be done in crossing design and that free right turns present problems. Michael Jackson mentioned a California study in progress.

**Maryland Bicycle and Pedestrian Information Symposium - Wed. Feb 7, 2001 in Annapolis**  
Exhibits in St. John's Hall of the Lowe Office Building during the day (9:00 am to 6:00 pm) and a discussion and Q&A with elected and state officials in the evening (6:30 pm to 9:00 pm). For more info on the workshop, see <http://ohbike.org/mbpac>.

## **MBPAC Meeting Dates in First Half of 2001**

- January 12
- February 7 (the Symposium in Annapolis)
- March 9
- April 13
- May 11
- June 8

## **Conference Dates**

- March 28-30, 2001, National Bike Summit convened by the League of American Bicyclists, Washington, DC. <http://www.bikeleague.org>.
- September 17-21, 2001 Velo-city 2001, Edinburgh and Glasgow, Scotland. <http://velo-city2001.org/>
- September 26-29, TrailLink 2001 -The 3rd International Trails & Greenways Conference, St. Louis, MO. <http://www.railtrails.org/>.

# Physical Activity Update

## Division of Cardiovascular Health and Nutrition

Jill R. Adler, M.S.  
Coordinator, Physical Activity Programs

### **Move It Maryland (MIM) Coalition:**

MIM is a coalition of organizations working to promote physical activity and healthful eating throughout Maryland to improve health and prevent chronic disease.

One of the goals of MIM is to promote regular, daily activity (of at least \*30 minutes duration) to the population at large.

### **Current MIM activities:**

- to develop a plan to address childhood physical inactivity in our schools, and make recommendations for statewide improvements
- expand partnerships to include the private sector, transportation, planning and recreational agencies
- to serve as a resource and technical assistance for local health departments (and their physical activity coalitions)

\* Activity can be broken down into 10 minutes segments at a time

### **PEP Bill Passes! Physical Education for Progress Act**

U.S Congress approved a mammoth omnibus spending bill on December 15, 2000 which included a \$5 million appropriation for PEP for fiscal year 2001. The PEP Act is now an authorized program of Title X of the Elementary and Secondary Education Act. Under the PEP program, the secretary of Education is authorized to award grants to help initiate, expand and improve physical education programs for kindergarten through grade 12 students. Funds can be used to purchase equipment, develop curriculum, hire and/or train physical education staff, and support other initiatives designed to enable students to participate in physical education (PE) activities.

As soon as the U.S. Department of Education develops appropriate guidelines, local educational agencies will be able to submit an application for PE funding.

The bill authorized \$400 million over the next five years.

### **Reaching Out to Stakeholders**

Maryland Public Health Association in partnership with the Division of Cardiovascular Health and Nutrition and the Maryland Department of Education is advocating for increased physical activity promotion and programs in Maryland. A "position paper" will be drafted to give to legislators in preparation for FY 2002.

## What's Happening Locally in Physical Activity Promotion?

### Community Walking Trails and Fitness Activities

Wicomico County Health Department, Coalition for An Active Wicomico promotes a fitness trail and fitness stations along Riverwalk, an area in downtown Salisbury along the Wicomico River. Approximately 400 people work within walking distance of this area. The coalition will address safety and beautification needs in preparation for the "Walk At Lunch" Day event on May 16<sup>th</sup> 2001.

Washington County Health Department is developing a community walking program at a new paved 3 mile trail at the Fairgrounds. The trail will be used for rollerblading, bicycling and walking.

Queen Anne's County Health Department partners with Parks and Recreation to support an aquatic program that will move from Chesapeake College to Parks and Recreation.

Talbot County Health Department: Talbot Gets Into Fitness (TGIF) is a community-wide physical activity program, self-paced and self-directed.

Baltimore City, CHAMP Program: "I Can...I Will...Be Happy, Be Healthy Program" is an African American church based program on eating behaviors and physical activity. There is a strong emphasis on social support.

### School Based Physical Activity

Dorchester County Health Department, Healthy Heart Coalition: The coalition will implement the American Cancer Society's Generation Fit program at three middle schools in the county. School will develop a plan to promote physical activity among their peers and apply for seed money from the Health Department.

Allegany County Health Department: Provides an elementary school based program for fourth graders called Aim for Five which promotes eating 5 servings of fruits and vegetables a day and encourages regular physical activity.

Montgomery County Health Department: Partners with Parks and Recreation to sponsor a fitness program targeted at middle school children in an afternoon setting.

Carroll County Health Department, Children's Heart Health Coalition: Promotes physical activity, heart health foods, and non-use of tobacco products to kids aged 6-12.

### Media Based Physical Activity Promotion

Caroline County Health Department, Physical Activity and Wellness Coalition: The coalition will help advertise physical activity resources and events. TV ads will show 102 times a week to the 20,000 Comcast cable viewers.

Kent County Health Department, Council on Physical Activity: The council will pilot a worksite physical activity program called "Kick-It-Up Kent." Phase I is an awareness campaign with ads in newspapers and a physician talk show encouraging 30 minutes of activity a day. Phase II teams will sign up to participate.

### Worksite Health

Frederick County Health Department, Nutrition and Fitness Council: The council will collaborate with existing county events and expositions to distribute materials and incentives on nutrition and fitness to residents of all ages.

Baltimore County Health Department: March Into May Physical Activity Challenge is a 10-week program aimed at increasing the physical activity levels of employees. March Into May recognizes that people's fitness levels and interests in being physically active vary; and takes this into account throughout the challenge in a supportive and encouraging manner.

# Successful Programs

## Scope of the Problem in Maryland

- Cardiovascular diseases were the most common cause of death in Maryland in 1996, accounting for 37% of all deaths<sup>1</sup>.
- Cardiovascular diseases were responsible for 15,573 deaths<sup>1</sup>.
- Ischemic heart disease accounted for 6,747 deaths, or 16% of all deaths; stroke was the cause of 2,648 deaths<sup>1</sup>.
- The highest CVD death rates are found in Western Maryland and the Eastern Shore<sup>2</sup>.

## Risk Factors Among Adults

- 26% of blacks, and 18% of whites<sup>1</sup> reported no leisure-time physical activity.
- Seventy-five percent of men and 66% of women reported eating fewer than five servings of fruits and vegetables per day<sup>1</sup>.
- According to self-reported height and weight, 69% of blacks were overweight, compared with 51% Hispanics and 51% of whites<sup>1</sup>.

## Primary Prevention Programs\*

Preventive programming to encourage behaviors that prevent cardiovascular disease can have an impact, as indicated by improvements in physical activity, fruit and vegetable consumption, and hypertension awareness.

### Hypertension Awareness and Control

- The Health Smart Church Program is a successful partnership of 31 African American churches, the Anne Arundel County Department of Health, and 3 medical partners. **Measuring Success:** In fiscal year 1999, the program served more than 1,506 participants, and a total of 2,676 individual blood pressure screens were conducted. Pre/post-test surveys showed 72% of participants are knowledgeable of cardiovascular risk factors, 97% indicated practicing a disease prevention behavior, an average of 92% indicated behavioral change intent, and an average of 50% of participants reported a positive change in attitude as a result of the interventions.
- The Community Health Awareness & Monitoring Program (CHAMP) is a community based health education and disease prevention program in Baltimore city. **Measuring Success:** 36% of the population were found to have hypertension, 50% of participants

1 Source: U.S. Department of Health and Human Services Centers for Disease Control and Prevention, *Chronic Diseases and Their Risk Factors: the Nation's Leading Causes of Death*, Atlanta, GA, 1999, pp. 120-121.  
2 Source: <http://hp2010.nhlbihin.net/hrmaps/chdtot58.html>

\* Additional successful programs are omitted due to space limitations.

attended 4 or more sessions, 9% showed a decrease in systolic pressure with an average weight loss of 7% (Session 1 1998, 9-21/1 1-23).

### Physical Activity Promotion

- Wicomico County Health Department implements a self-directed WALK CLUB for employees. Participants are provided the tools and incentives to increase the amount of physical activity obtained per week. **Measuring Success:** Four months into the program, 36% of employees signed up as members of the program, 54% accumulated more than 50 miles and 23% accumulated more than 200 miles.
- St. Mary's county implements the Be Fit with 5 Challenge, a 90 minute classroom nutrition and physical activity education activity and 5-a-Day Challenge in all 3rd grade classes. **Measuring Success:** 39% of students participated in the Challenge, 50% of these met the 5-a-Day goal, according to self-reported intake records.

### Promotion of Healthy Eating and Healthy Weight

- With the goal of increasing the number of children who eat 5 servings of fruits and vegetables (F&V), Montgomery County has implemented the 5-a-Day program in Pt grade classrooms. **Measuring Success:** Pre/Post questionnaires showed positive changes in children's knowledge and behavior change related to F&V intake. As a result of the program 92% understood the importance of eating F&V, 63% were more willing to try new vegetables, 12% more children at 3-4 servings per day, and 57% stated that the family ate more F&V per day as a result of the 5-a-Day program.
- Kent County targets kindergarten, and 2nd grade students with a nutrition module and 5-a-Day contest. **Measuring Success:** 77% of kindergarten parents and 90% of 2nd grade parents surveyed reported that as a result of the contest the child chose more F&V at mealtimes and snacks; 75% of kindergarten parents and 75% of 2nd grade parents agreed the family is including more F&V in their daily food choices.

## Outcome Data

- **The Maryland Behavioral Risk Factor Surveillance Survey** for 1997 showed that there were fewer Marylanders who were physically inactive (33.8% in 1996 to 20% in 1998) and who did not get enough fruits and vegetables (77.8% in 1997 to 69.9% in 1998). Additionally, the percentage of persons who were unaware of their blood pressure reading decreased from 4.8% in 1995 to 3.6% in 1997, BRESS).

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