

Walking & Wheeling

Quarterly

NOVA SCOTIA

Health Promotion
and Protection

Pathways
for People
Active Transportation



Nova Scotia's Active Transportation Newsletter – Winter 2007

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Report Urges More Sustainable Transportation

Adapted from GPI Atlantic

On November 29, Genuine Progress Index (GPI) Atlantic released a major report on Nova Scotia's transportation system entitled The GPI Transportation Accounts: Sustainable Transportation in Nova Scotia. The 565-page report, a product of more than three years of work, answers the key question of whether or not Nova Scotia's transportation system is sustainable. The report also – for the first time – assesses the full economic costs of transportation in Nova Scotia, and provides a dollar figure for the true cost of driving in the province.

The GPI Transportation Accounts are the first comprehensive analysis of the cost and impact of transportation in Nova Scotia – and the first attempt to gauge the long-term sustainability of the province's transportation system. Sustainability is defined as “meeting the needs of the present without compromising the ability of future generations to meet their own needs.”

How much does it really cost to drive a car, or move freight by diesel truck? What costs are we not counting, like the cost of road

accidents, air pollution and “free” parking? Who pays all those costs, and who benefits from road transportation? Are we getting the best value for our dollars? Is our performance improving or worsening?

The report cites results for 19 key indicators and numerous sub-indicators that evaluate the social, environmental and economic impacts of transportation in Nova Scotia. It concludes with a wide range of detailed recommendations on transportation for the Nova Scotia government, including measurable goals and targets, and concrete actions that the government can take to create a more efficient, affordable and sustainable transportation system. All the recommendations are based on careful research and hard evidence.

An executive summary, press release, and background materials are available at <http://www.gpiatlantic.org>.

GPI Atlantic is an independent, non-profit research group working to develop an index of sustainable development and wellbeing (Genuine Progress Index) for Nova Scotia, as a pilot project for Canada.



Anna-Maria Galante-Ward (centre) along with Andrea Flowers and Marcello Galante participate in the Green Mile relay walk to deliver green ribbons to Province House.

Photo credit: Anna Quon

Green Mile Relay Calls for Climate Action

By Laena Garrison, TRAX Coordinator of the Ecology Action Centre

The Green Mile Relay started last July when my husband and I sat down to watch "An Inconvenient Truth," at Empire Cinemas in New Minas. I stayed sitting, even after it ended. The movie was at the end of a one-week run and I knew only a handful of informed people had seen it.

I told my husband, then the theatre manager, that I wasn't budging until they either held it over or until my MLA saw it. They brought it back. I urged anyone holding public office to attend.

And then it played again a week or two later - several shows at the independent theatre co-op in Wolfville. There were hundreds of people lined up right through the lobby out the door and down the street.

I started thinking about ribbons as a way to keep support for the issue visible and spread the call for action. Climate Action Now was born.

I wish all the same people who wrote or called over the course of those months could have turned out for the Green Mile Relay to Province House, in November. But the 30 who did made up for it in miles.

Getting my MLA to see Gore's film proved quite a trick but, in the end, it was accomplished. He got his ribbon, as did Environment Minister Mark Parent and NDP Leader Darrell Dexter. Andrea Flowers (Coordinator of the Ecology Action Centre's Movie Series Outreach Project) arranged special viewings for the rest. We're still working on the final tally, because the house concluded its fall session shortly after.

We hit a few other prominent people on the way: Elizabeth May, Jack Layton, Alex McDonough, David Suzuki and Raffi Kavoukian. The list won't stop there. My MP, Scott Brison, will receive 308 ribbons to take to Ottawa. The ribbon acknowledges any defence of sustainability. It also serves as a reminder of what remains to be done; and for the politicians, it's a reminder of their accountability.

Yes, I know we have ribbons for everything, some colours standing for several causes. But it's time the scattered environmental lobby united under one banner and gave green its due voice. Green ribbons do also stand for organ and tissue donation, because green symbolizes life. Organ donation is a profound statement about recycling and the sustainability of life. But without a liveable planet, all other causes are moot. <http://www.greenribbons.blogspot.com>

Nova Scotia AT Framework for Action Now Available

By Jody Conrad, Go for Green Consultant with the Nova Scotia Department of Health Promotion and Protection

The Nova Scotia Pathways for People Framework for Action is now available for review. It was prepared by the Nova Scotia Department of Health Promotion and Protection on behalf of active transportation interests in Nova Scotia.

The framework was developed over the past number of years and incorporates input collected from the Atlantic AT roundtable held in Moncton in 2003, numerous AT workshops held within the province and through work by various stakeholder groups.

The Framework begins by celebrating work already done within the province, providing context for recommendations for future action steps needed to move the AT agenda forward within the province. It's hoped

that groups, communities, the private sector and all levels of government will champion the framework and adopt some of the recommended actions. The framework is an organic document, changing as new information evolves.

Please send any comments or feedback to Jody Conrad, Go for Green Consultant with the Nova Scotia Department of Health Promotion and Protection at conradjo@gov.ns.ca. The document was authored and edited by Renee Hartleib. Many thanks to all those who contributed to the development of the document. Check it out at <http://www.gov.ns.ca/hpp/physicalactivity/publications/P4PFramework.pdf>

Proposal for AT Route in Heart of Kings County

By Keith MacCormick, President of the Kieran Pathways Society

The Kieran Pathways Society was registered as a non-profit society in March of 2005. Its mission is to promote active forms of transportation in Kings County.

The immediate goal of the Society is to facilitate the construction of a high-quality and continuous active transportation (AT) pathway from Grand Pré to Berwick, with a spur to Port Williams. The Society feels this corridor represents a “linear city” within the Valley. Due to its urban and suburban roles, this linear city would benefit greatly from having a safe and convenient route for active travelers. Furthermore, the Society feels the rail bed corridor represents an exceptional opportunity for such development.

The Windsor-Hantsport Railway owns the rail bed from Grand Pré to Kentville, and is willing to develop leases for only AT traffic alongside the rails. The town of Kentville owns a section and only allows AT use of its trails. The corridor west of Kentville is publicly owned, and the Kings County Trails Society (supported by the NS Department of Health Promotion and Protection) promotes its development as a shared-use trail (off-highway vehicle and AT use). The spur trail to Port Williams would be inside the highway’s right-of-

way, but separated from motorized traffic.

An AT Summit was hosted by the Kieran Pathways Society on November 15, 2006. This was held at Acadia University in partnership with Acadia University’s Center for Lifestyles Studies. The Society presented its plan and several experts spoke on AT trail development. The keynote address was from Ernie Drapela, from the Oregon Recreational Trails Council, who described “best practices in AT development.” Over seventy stakeholders from corporate, government and non-governmental organizations participated in the summit.

After a Q&A period, there were over fifty comment cards completed, showing almost unanimous support for the Society’s proposal. The towns of Kentville, Wolfville, Berwick and Port Williams were all supportive. There was also clear support from the major corporate interests along the corridor, including the Windsor-Hantsport Railway, Michelin, Acadia University, the Annapolis Valley Regional School Board and Annapolis Valley Health.

The Society wants to turn this momentum into action. There were meetings planned with governmental leaders at the municipal, provincial and the federal levels in December. After these meetings, the Society plans to become more engaged with the public initially through public announcements. Contact the Kieran Pathways Society at kieran.pathways@acadiu.ca.

HRM AT Plan Approved

By Roxane MacInnis, TDM Planner II of the Halifax Regional Municipality

HRM’s Active Transportation (AT) Plan was adopted, in principle, by Halifax Regional Council on November 14, 2006. The AT Plan is a comprehensive document comprised of two components:

- ▶ The first document contains the framework for policies, implementation, promotion and development of active transportation in HRM.
- ▶ The second document is the Technical Appendix: Facility Planning and Design Guidelines. Recommended guidelines for the development of the on- and off-road facilities are included in this component.

The plan promotes and encourages active transportation through the integration of the on-road and off-road networks. The on-road network includes sidewalks, bicycle facilities and trails within the right-of-way. Trails comprise the off-road network. The Active Transportation Functional Plan is a high-level guiding document for the municipality that will establish the conceptual network and policies within which active transportation will be developed and promoted.

There are several key components to the plan that will help guide implementation over the next 20 years. Firstly, Active

Transportation is a component of the new Regional Municipal Planning Strategy, which includes policy direction for transportation and its integration into a holistic approach to regional based planning. Other policy areas including urban design, parks and open space development, transit and growth management also directly address Active Transportation.

Secondly, to successfully implement the Active Transportation Plan, an advisory committee concerned with active transportation is required to advise staff on infrastructure, programs and other activities related to active transportation. It is intended that the current Bikeways Advisory Committee’s mandate will be expanded and renamed. The Active Transportation Plan will serve as the guide for this committee.

Thirdly, the implementation of the active transportation plan will involve significant costs. To develop the active transportation network, it is estimated that it will cost approximately \$100 million dollars over the lifetime of the plan. Yearly capital budget expenditures such as sidewalks, regional trail projects, bikeway infrastructure and road improvements (where bicycle infrastructure is included) are included in this figure.

(Continued on page 4)

(Continued from page 3)

As well, other funding sources will be sought to develop the network.

Finally, a technical appendix entitled: Planning and Design Guidelines was developed to assist in the development and implementation of the

active transportation network within the municipality. Supplementing the main document, these guidelines are intended to provide technical guidance in the implementation of the plan.

<http://www.halifax.ca/activetransportation/index.html>



Photo credit: Mike Dembeck

Bill Adams (right to left), representing Canada's home car and business insurers, The Honourable Barry Barnet, Minister of Health Promotion and Protection and a Kingswood Elementary student watch as Bill Swan places his new "Pace Car" stickers on the family car during the Neighbourhood Pace Car launch.

Pace Car Program Tames Roads for Walkers, Cyclists

From Active & Safe Routes to School

Residents of the Halifax Regional Municipality are no strangers to the problem of busy roads. Neighbourhoods throughout the city have tried a number of methods to tame busy roads – especially roads in school zones.

Now, residents of the Kingswood Subdivision are participating in an innovative “Neighbourhood Pace Car” program – through a partnership between the Active & Safe Routes to School program of the Ecology Action Centre and Canada’s home, car and business insurers – in

the neighbourhood around Kingswood Elementary School.

The Neighbourhood Pace Car program encourages all neighbourhood residents to take the Pace Car Pledge and drive within the speed limit on all roads – effectively becoming mobile speed bumps by slowing traffic behind them.

An official pledge sign-up session was held on November 29 at Kingswood School. Parents signed pledge forms and affixed pace car decals to their cars. The decals are a visible sign of their commitment to stay within the speed zone in their neighbourhood.

The Neighbourhood Pace Car program emphasizes car drivers must do their part to make our streets safer for everyone, including children and adults who walk and bicycle in the community. Reducing speed plays an important role in making it safe.

A concept currently used in jurisdictions in Australia and the United States, program organizers hope the Pace Car program will spread to communities across Nova Scotia.

For more information contact Active & Safe Routes to School at asrts@ecologyaction.ca.



Chebucto Heights Elementary students crowd the sidewalk for their Walk to Breakfast event during International Walk to School Week.

Thousands Hoof It for Walk To School

By Janet Barlow, Active & Safe Routes to School Coordinator

International Walk to School Week (October 2 to 6) was a great success with 141 schools across the province participating, including over 27,000 students. They joined students in over 2,000 schools across Canada along with thousands of schools in 38 countries world-wide.

This year the theme was Walk to Breakfast, which helped launch the provincial Breakfast Program. The theme was well-received by many schools that organized healthy breakfasts for students after their walk. The event held at Chebucto Heights Elementary in Halifax was featured on CTV's Breakfast Television on October 5. The Minister of Education and other

special guests made an appearance.

The event highlighted the connection between healthy eating and physical activity. It also raised awareness about health, air pollution, climate change and traffic safety in our communities.

Walk to School Week is an initiative of Active & Safe Routes to School, which encourages students to walk and wheel to school. It's coordinated by Ecology Action Centre in partnership with the Nova Scotia Department of Health Promotion and Protection as part of the Active Kids Healthy Kids initiative. asrts@ecologyaction.ca, <http://www.ecologyaction.ca/asrts>



Photo credit: www.pedbikeimages.org / ITE Pedestrian Bicycle Council

New Funding for Trail Groups

By Ted Scrutton, Coordinator of Outdoor Recreation, Nova Scotia Dept. of Health Promotion and Protection

A new funding program from the Nova Scotia Department of Health Promotion and Protection will help trail groups maintain existing trails.

Up to \$1,000.00 is available to the first 50 qualified groups that apply. It's important to note this program is not intended for new infrastructure or upgrades. It's for maintaining and protecting what trail infrastructure a trail group already has in place.

Funding under this program is applied for annually. Projects fall under three categories:

A (regular maintenance) and B (aging infrastructure) are eligible for up to 50 percent funding to a maximum of \$1,000.00 annually, while category C (catastrophic event) will be assessed on a case-by-case basis depending on the work required and the availability of funds. Community group matching contributions may include labour, materials or services.

Eligible trail groups must:

- ▶ Have the authority to manage the trail and have landowner permission;
- ▶ Be registered as a not-for-profit society with the Registry of Joint Stock Companies;
- ▶ Have third party general liability insurance for the trail in question; and
- ▶ Have an overall trail maintenance plan.

For more information, contact Ted Scrutton at (902) 424-4642 or scruttw@gov.ns.ca.

Turning Heads with Operation Headway

Submitted by the Helmet Safety Action Committee and HRM Partners in Policing

Cyclists, skateboarders, scooter users and in-line skaters in Halifax who were ticketed this summer for not wearing a helmet were offered a way out of paying the \$128 fine: attend Noggin Knowledge.

Many Canadian provinces have introduced bicycle helmet laws in recent years. Nova Scotia has one of the strictest laws, covering all ages and all people riding on wheels.

A news release from the Helmet Safety Action Committee in NS notes that more than 50,000 Canadians sustain a brain injury each year. Of those hospitalized with a brain injury, 35 percent are left with lifelong disabilities. The committee's mission is to "reduce the incidence and severity of brain injuries for all Nova Scotians."

Wearing a properly-fitted bike helmet can reduce the risk of head injury by up to 85 percent. At the IWK Health Centre in Halifax, the incidence of traumatic

and severe head injuries of patients 0-19 years fell by 30 percent over the decade ending in 2004.

HRM Partners in Policing re-introduced Operation Headway this past summer, aimed at increasing compliance with helmet laws and decreasing head injuries. People ticketed for not wearing a helmet while cycling, skateboarding, in-line skating or using a scooter throughout the month of June were given a one-time only option of attending Noggin Knowledge. It was co-hosted by the Helmet Safety Action Committee, Halifax Regional Police and RCMP Halifax District Detachment. The session was designed to teach people the risks associated with not wearing a helmet, and encourage them to comply with the helmet law.

As a result of the campaign, 53 of the 152 individuals ticketed opted to attend the two-hour session on Sept. 9 and had their \$128 tickets forgiven. The individuals heard presentations from a paramedic, registered nurse, neurosurgeon and head injury survivor.

Huntington Bike Tour Raises Over \$10,000

Wayne Groszko has completed his cross-Canada bicycle journey for Huntington Disease, traveling all the way from St. John's Newfoundland to Victoria, BC in 141 days.

In the Summer 2006 issue of Walking & Wheeling Quarterly, Wayne Groszko reported on his bike ride across Canada to raise funds for Huntington's Disease. He began his trip in Halifax on May 1.

A crowd of family and friends gathered in Victoria on Saturday, September 23 to celebrate the completion of this journey of over 10,800 kilometres. It raised over \$10,500 in donations to the Huntington Society of Canada, exceeding Mr. Groszko's goal of \$10,000.

Donations are still coming in and are still being accepted. More information on the journey and photographs from the ride are available online at <http://www.huntingtontour.ca>



AT Tidbits

TAKE THE ROOF OFF WINTER

January 15 is the official launch of Take the Roof Off Winter. Spearheaded by Recreation Nova Scotia and the Nova Scotia Department of Health Promotion and Protection, it encourages winter outdoor play, including active forms of transportation.

<http://www.taketherooftowinter.ca>

CYCLE & RECYCLE CALENDAR

This calendar "celebrates the bicycle as an everyday transportation vehicle, in every season, throughout the world." It features photos of bicycles in use all over the world. A fundraiser for the Tooker Gomberg Activist Fund, it's good for use during 2007, 2018 and 2029. Order yours for \$15 from TRAX at the Ecology Action Centre (trax@ecologyaction.ca or (902) 429-0924). View at <http://www.ibike.org/calendar>.



YOUTH GET HOOKED ON ROAD SAFETY

Transport Canada is looking for five young Canadians (ages 18 to 25) interested in road safety issues to attend the United Nations' World Youth Assembly for Road Safety to be held in Geneva, Switzerland, on April 23-24, 2007. It's also looking for 45 more young people to participate in the Canadian Road Safety Youth Conference in Montreal, Quebec, on June 6-8, 2007.

<http://www.HookedOnRoadSafety.ca>

PEI'S BIKE FOR BREAKFAST CHALLENGE

The Summerside Cycling Club held its second annual Biking for Breakfast Challenge in early August. The ride set a new record for the largest and quickest one-day bicycle ride across PEI (36 cyclists in less than eight hours). It also raised over \$7,000 for breakfast program in schools.

<http://www.summersidecycling.com>

BC INVESTS MILLIONS IN AT INFRASTRUCTURE

On October 27, the BC government announced its new LocalMotion Fund. It will invest \$40 million to help cost-share capital projects with municipal governments to build bike paths, walkways, greenways and improved accessibility for people with disabilities. <http://www.news.gov.bc.ca>



Photo Credit: www.pedbikeimages.org/ / Dan Burden

PRINCE CHARLES ORDERS STAFF ONTO BICYCLES

Prince Charles, known as the "Green Prince," is fighting climate change by changing his travel modes. He plans to use a commuter train to London, reduce his use of helicopters and jets and use more environmentally-friendly fuel for his cars. He also plans to have his staff use bicycles whenever possible, instead of cars.

<http://www.energybulletin.net/23329.html>

PETITION FOR CYCLING SUPPORT FROM FEDERAL GOVERNMENT

An online petition urges the federal government to "do all in its power to promote cycling as a climate-change solution." The steps it proposes the Canadian government take include offering a tax credit to bicycle commuters, creating a "cycle to work" initiative, offering tax incentives to employers that support employees who cycle and removing GST from bikes and bike accessories.

<http://www.gopetition.com/online/10170.html>

CANADIAN MEDICAL ASSOCIATION CALLS FOR PHYSICAL ACTIVITY

The Canadian Medical Association recently released a strong policy statement recommending physical activity and healthy weights for Canadians. It cites unhealthy diets and lack of physical activity as having "serious consequences for Canadians." Its recommendations include accommodating for active transportation in our communities. http://www.cma.ca/index.cfm?ci_id/3400/la_id/1.htm

PORTLAND'S I SHARE THE ROAD CAMPAIGN

The city of Portland, Oregon, and community partners are working together to promote the I Share the Road Campaign. In addition to implementing a Transportation Safety Action Plan, the campaign involves displaying "I Share the Road" decals on bikes, skateboards, cars and trucks.

<http://www.isharetheroad.com>



Resources

CYCLING COMMUTE MOST PLEASANT PART OF DAY

Statistics Canada says in the Canadian Social Trend report, "In 2005, 19 per cent of workers who rode their bicycles to work reported that their commute was the most pleasant activity of their day." Only two percent of workers said this about driving their cars to work.

<http://www.statcan.ca>

WHO PROMOTES PHYSICAL ACTIVITY IN URBAN ENVIRONMENTS

The World Health Organization in a new publication says, "Local governments have a crucial role to play in creating environments

that promote opportunities for physical activity and active living." It reviews the evidence for physical activity in the urban environment and suggests policies and best-practices. Active transportation is a key recommendation.

<http://www.euro.who.int/document/e89498.pdf>

MANAGING DIVERSE NONMOTORIZED MODES OF TRAVEL

"Managing Diverse Modes and Activities on Nonmotorized Facilities: Guidance for Practitioners" is found the ITE Journal, Vol. 76, No. 6, June 2006, pp. 20-27. The article delves into how to manage sidewalks, bike

lanes, path and trails for various modes of travel.

http://www.findarticles.com/p/articles/mi_qa3734/is_200606/ai_n16510592

ZEBRA CROSSWALK MARKINGS SHOW RESULTS

A Toronto pilot project tested the use of zebra crosswalk markings. It found vehicle-pedestrian conflicts fell by over 80 percent. The city's Works Department has proposed all crosswalks be retrofitted with these markings. <http://spacing.ca/wire/?p=1126>

IS 10,000 STEPS A DAY ENOUGH?

A research paper from the Alberta Centre for

Active Living suggests walking 10,000 steps a day – a popular recommendation these days – may not be enough. It says the intensity of walking is an important factor. “Walking 10,000 Steps/Day: Are There Benefits?” is found in the Centre’s Research Update, Vol. 13, No. 4, December 2006.

<http://www.centre4activeliving.ca>

WHY CANADIANS CYCLE MORE THAN AMERICANS

This review of bicycle use in Canada and the United States points to several reasons why Canadians cycle more than Americans. Land-use and transportation policy differences are highlighted. Find the review in Transport Policy, Vol. 13, May 2006, pp. 265-279.

http://www.vtpi.org/pucher_cانبike.pdf

CARS PASS CLOSER TO CYCLISTS WITH HELMETS

A study of the appearance of a bicyclist in relation to car driver behaviour found traffic passed closer to cyclists who wore helmets.

“Drivers overtaking bicyclists: Objective data on the effects of riding position, helmet use, vehicle type and apparent gender” is found in Accident Analysis & Prevention, Vol. 39, No. 2, March 2007, pp. 417-425.

http://www.elsevier.com/wps/find/journal_browse.cws_home

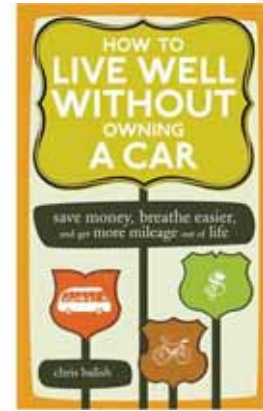


Photo credit: www.pedbikeimages.org / Dan Burden

TRAIL-USERS GET TWICE AS MUCH EXERCISE

A study says people who use trails at least once a week were twice as likely to meet physical activity recommendations as those who rarely or never use trails. Find “Characteristics of Physical Activity Levels Among Trail Users in a U.S. National Sample” in the American Journal of Preventive Medicine, Vol. 31, No. 5, November 2006, pp. 399-405.

http://www.elsevier.com/wps/find/journal_browse.cws_home



NEW BOOK SAYS LIFE'S GOOD WITHOUT A CAR

“How to Live Well Without Owning A Car” by Chris Balish is a how-to book for folks considering getting rid of their car (or one of their cars). The reasons are many: financial, quality of life and environmental. Balish, who gave up his own car, gives practical strategies for living a full and active life without owning a car.

<http://www.livecarfree.com>

Events

Ongoing Movie Series Education and Outreach Project including showings of An Inconvenient Truth, Nova Scotia-wide, <http://ecologyaction.ca/events/movies.html>

January 15 Launch of Take the Roof Off Winter, Nova Scotia-wide, <http://www.taketheroofoffwinter.ca>

February Heart Smart Month, <http://www1.heartandstroke.ca>

February 18 Ski Ben Eoin Loppet (cross country ski race), Ben Eoin, NS, <http://www.skibeneoin.com>

April 7 World Health Day, <http://www.who.int/world-health-day>

April 22 Earth Day, <http://www.earthday.ca>

April 23-29 First United Nations Global Road Safety Week, <http://www.who.int/roadsafety/week/en/index.html>

June 2 Trails Day, <http://www.internationaltrailsday.com>

June 3-9 Canadian Environment Week, <http://www.ec.gc.ca/e-week>

June 3-9 Commuter Challenge, <http://www.commuterchallenge.ca>

June 6 Clean Air Day, <http://www.ec.gc.ca/cleanair-airpur>

INTERNATIONAL WORKSHOPS & CONFERENCES

February 5-6 International Conference on

Roads and the Environment, Geneva, Switzerland, <http://www.irfnet.org>

February 8-10 New Partners for Smart Growth, Los Angeles, CA, <http://www.newpartners.org>

February 22-24 4th Annual Active Living Research Conference, Coronado, CA, <http://www.activelivingresearch.org>

June 12-15 Velo City International Bicycle Conference, Munich, Germany, <http://www.velo-city2007.com>

June 24-27 International Conference on Physical Activity and Obesity in Children, Toronto, ON, <http://www.obesityconference.ca>

Pathways for People Active Transportation



CONTRIBUTORS & SOURCES

Editor: Janet Barlow, Ecology Action Centre

Graphic Design: Craig Durling, Durling Design

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- ◆ University of South Carolina Prevention Research Center Notes e-newsletter
<http://prevention.sph.sc.edu/Newsletter/index.htm>
- ◆ Streettalk list serve from the Conservation Law Foundation Transportation Project
<http://www.clf.org/general/index.asp?id=351>
- ◆ CenterLines e-newsletter from the National Center for Bicycling and Walking <http://www.bikewalk.org>
- ◆ World Carfree News E-Bulletin
<http://www.carbusters.org/bulletin>
- ◆ Preventing Chronic Disease: Public Health Research, Practice, and Policy from the CDC's National Center for Chronic Disease Prevention and Health Promotion
<http://www.cdc.gov/pcd>
- ◆ Active Transportation ListServ from Go for Green
<http://www.goforgreen.ca/at/eng/reglistserv.aro>

About Walking & Wheeling Quarterly

Walking & Wheeling Quarterly is an electronic publication of Pathways for People, a project of the Ecology Action Centre (<http://www.ecologyaction.ca>) in partnership with the Nova Scotia Department of Health Promotion and Protection and part of its Active Kids, Healthy Kids Physical Activity Strategy for Nova Scotia (<http://www.gov.ns.ca/hhp/physicalActivity>). Its aim is to share information on active transportation (walking, biking, in-line skating, skateboarding, scootering, etc.) initiatives in Nova Scotia and beyond. Walking & Wheeling Quarterly is published four times per year in September, December, March and June. Submissions are due by the 15th of August, November, February and May. The views and opinions expressed herein do not necessarily reflect the views and opinions of the Ecology Action Centre or the Nova Scotia Department of Health Promotion and Protection. Contact us at:

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<http://www.gov.ns.ca/hhp/physicalActivity/activeTransportation.asp>

Sign Up

Anyone interested in active transportation may sign onto the distribution list for Walking & Wheeling Quarterly. Send a message to asrts@ecologyaction.ca and ask to be added to the list. Please send this to a friend or colleague!

If you do not wish to remain on the distribution list for Walking & Wheeling Quarterly, please send a message to asrts@ecologyaction.ca and ask to be removed.