

From: Musicant, Gretchen G

Sent: Friday, May 05, 2006 3:14 PM

To: Miner, Pamela S

Subject: Mississippi River Critical Area Plan - Proposed Amendment to The Minneapolis Plan
I write in support of the proposed Mississippi River Critical Area Plan.

Lack of sufficient physical activity and obesity are health concerns for Minneapolis. The proposed Mississippi River Critical Area plan addresses physical activity through its emphasis on access to the district and increased park space. The Minneapolis Department of Health and Family Support is supportive of this proposal to increase access to and increase actual park space, an evidence-based strategy to increase physical activity. The Community Guide to Preventive Services (a report of an independent, non-federal task force appointed by the director of the US Centers for Disease Control and Prevention which reviews available research and makes evidence based recommendations) recommends creating or improving access to physical activity as an effective strategy to increase physical activity.

Changes to the physical environment such as those proposed are a strategy that will have a sustained impact on physical activity of Minneapolis residents.

Sincerely,

Gretchen Musicant
Commissioner
Minneapolis Department of Health and Family Support