

## **SHIP Active Living Communities Intervention ARDC Technical Assistance Summary**

The active living intervention is broken into four basic steps. ARDC will provide planning expertise to each local community SHIP coordinator and active living coalition to strategically plan, develop and implement an action plan for their community. Each action plan will be developed to meet the SHIP evaluation requirements and will include strategies in the areas of promotion, programs, planning, policies, and physical infrastructure (five P's).

The technical assistance provided by ARDC will be tailored to each local active living coalition's needs. For example, this could range from assisting with capacity building for Active Living (Littlefork) to identifying grant sources for communities with convened coalitions (Grand Rapids). ARDC will work closely with local SHIP coordinators to organize local coalitions, complete assessments, develop and implement action plans that fit each local community's environment.

### **Step 1: Assessment Assistance**

ARDC will analyze existing local plans, programs and policies to look for opportunities to incorporate active living concepts. If needed, ARDC will assist communities by conducting an inventory of the existing street network and the physical environment. The analysis will be provided to the local coalition with recommendations.

### **Step 2: Walkable Community Assessment Workshop**

ARDC will assist with the development of a workshop agenda, and the facilitation of a walkable community assessment workshop or comparable event targeted for local action living coalition members and stakeholders. Steps one and two will result in an local action plan draft.

### **Step 3: Individual Community Action Plan Revision**

ARDC will assist the local coalitions in prioritizing the short and long term action steps. ARDC will provide resources/information to assist with the action plans implementation step development.

### **Step 4: Community Action Plan Implementation**

ARDC will assist local active living coalitions with implementing their action plans and provide information as needed to effectively engage the identified stakeholders in each community.

#### Community Planner Assignments:

*Bonnie Hundrieser (#218-529-7527)*

*bhundrieser@ardc.org*

1. Aitkin
2. Moose Lake
3. Silver Bay/Two Harbors
4. Littlefork

*Ellen Pillsbury (#218-529-7554)*

*epillsbury@ardc.org*

5. Grand Rapids
6. Duluth
7. Hibbing
8. Grand Marais
9. Thomson Township

Background information:

**Arrowhead Active Living Community  
Vision Project ('06-'08)**

*Active Living Communities Toolkit*

[www.arrowheadplanning.org/getactive](http://www.arrowheadplanning.org/getactive)