

**Community Health Services Advisory Committee
Meeting Minutes
October 5, 2016**

Members Present/Representation

Caitlyn Nystedt | City of Saint Paul
David Muhovich | City of Saint Paul
Eugene Nichols | Ramsey County at Large
Jill Stewart | Ramsey County at Large
Joseph Adamji | Ramsey county District 5
Madonna McDermott | City of Saint Paul
Mee Cheng | City of Saint Paul
Michelle Lichtig | Ramsey county District 2
Prasida Khanal | Ramsey County District 4
Regina Rippel | City of Saint Paul
Tom Kottke M.D. | City of Saint Paul

SPRCPH Staff:

Rina McManus | Director
Gina Pistulka | Clinical Services Division Manager
Kaye Ward | Administration Support

Guests:

Dr. Roxanne Prichard, Associate Professor, University of St. Thomas
Justen Peasha | Century College Nursing student

The meeting was called to Order at 5:30 pm by Chair Regina Rippel. Everyone was welcomed to the meeting and introductions were made.

A motion was made by Tom Kottke and seconded by Gene Nichols to approve the minutes for September 7, 2016 as written.

Agenda item:	Speaker/Discussion:
<p>Sleep: A rising public health concern:</p> <p>Dr. Roxanne Prichard, Associate Professor, University of St. Thomas</p>	<p>Rina thanked Madonna McDermott for suggesting and arranging this presentation. Madonna introduced Dr. Roxanne Prichard who gave a PowerPoint presentation (see attached) on the importance of sleep and how sleep deprivation can impact one’s health. Insufficient sleep is a public health concern and has been linked to chronic diseases such as hypertension, diabetes, depression and obesity. Committee members participated in an activity using the Epworth Sleepiness Scale, a tool used to measure a person’s general level of daytime sleepiness. Handouts from the Minnesota Sleep Society (www.mnsleep.net) were given to members providing FAQ’s on school start times and how making a slight adjustment in the start time could make a difference. Discussion ensued around the ways in which lack of sleep can impact the quality of life and subsequent medical concerns. It is believed that sleep deprivation does not get enough attention and not enough resources are invested. Committee members were asked to think about how we can help bring attention to this topic in our systems work. Some areas that were suggested as intersecting with public health would be our SHIP work, the Mental Health Action Team work and in correctional health.</p>

Other:	<p>As we approach the end of 2016. Members were asked to start thinking about nominations for Vice Chair for 2017 as Jill Stewart take the position of the Chair person.</p> <p>Saint Paul – Ramsey County Public Health received recognition from the Ramsey County Board at the October 4th meeting for having been accredited by the Public Health Accreditation Board (PHAB). Rina pointed out the Public Health Accreditation banner that was on display. The banner was recently used at the Annual Community Health Services Conference.</p>
Next Meeting: SHIP/CLT November 2, 2016	Due to the elections, the November meeting will be in the STAR conference room on the second floor.

Minutes taken by: Kaye Ward

Motion to adjourn (7:30PM) passed by affirmation of the committee.

Next meeting: November 2, 2016 SHIP CLT | CHIP