

**Community Health Services Advisory Committee  
CHIP | Health in All Policies Action Team  
Meeting Minutes  
April 3, 2019**

**Members Present/Representation**

Richard Ragan (Vice Chair) | Co District 1  
Aisha Ellis | Co District 2  
Carrie Dickson | Co District 7  
José Tori | County at Large  
Christine Iserman | County at Large  
David Muhovich | City of Saint Paul  
Hanna Getachew-Kreusser | City of Saint Paul  
Regina Rippel | City of Saint Paul  
Thomas Kottke | City of Saint Paul

**SPRCPH Staff:**

Kathy Filbert | Family Health Manager  
Tamiko Ralston | PHN Clinician  
William Moore | Health Educator  
Nina Harris | Health Educator  
Julia Wolfe | Planning Specialist  
Kathy Duffy | WIC Manager  
Kari Baha | Health Educator  
Cathy St. Michel | Administrative Assistant, Interim

**Guests:**

Mee Cheng | Policy Analyst  
Lidiya Girma | Policy Analyst  
Jamie Humpal | Bethel University Student

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

A motion was made by Tom Kottke and seconded by Richard Ragan to approve the minutes for March 6, 2019. Motion was passed by affirmation of the committee.

Agenda item:	Speaker/Discussion:
Feedback Regarding Members' Experience Mee Cheng (Policy Analyst), Lidiya Girma (Policy Analyst), Ramsey County	Last summer the Policy & Planning Office issued a survey as to the demographics of the committee members. To have a more holistic picture of boards and councils, they are here to observe what members have gained from serving on the committee and how Ramsey County (RC) can serve and engage with committee members. Lidiya and Mee have talked to other councils in RC to get their feedback as well. Lidiya and Mee asked several questions of the committee and compiled the responses from committee members. Lidiya and Mee will collate all feedback from all committees by mid-May. There is a board workshop in late May to present the project to the board. They will share the report and the date of the workshop. There are common themes that arise from the different groups.
Birth Equity Community Council: Doula's for Dads / Club Mom / Club Dad Tamiko Ralston (PHN Clinician), Nina Harris (Health Educator), William Moore (Health Educator), Saint Paul – Ramsey County Public Health	Nina presented photos from the Club Mom and Club Dad. The single greatest indicator of community health is infant mortality (IM). Club Mom started in 2013 in the Family Health division. They work to improve outcomes for African American (AA) mothers, who have the highest IM rate in the nation, comparable to the Native American population in MN. The current IM rate is 5.1% for all of MN. Ramsey County has highest IM rate for AA – 12.5%, compared to 4.3% for Whites. Club Mom was formed to reduce this disparity gap. The Club Mom program provides parent education every month with different topics. The public health wheel is used to design topics for the mothers in various public health

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	<p>categories. For example, Environmental Health presented on healthy homes and WIC presented on nutrition. Club Mom has an AA focus because of the high IM rate, but the group is open to all ethnicities. Club Mom is targeting mothers over 19 years of age. Research shows that when women of this age have finished high school and moved out of the house they suffer more isolation. There is a library that has all AA books, an early education program, literacy programs and host parent power workshops. Dinner is provided as an incentive to attend. Club Mom also has gift card giveaways as an incentive, and they provide cab rides home to locations in Ramsey County. Most attendees live in the Saint Paul area, but one mom comes as far as Burnsville.</p> <p>Club Mom started with 4 - 7 moms but have increased to 25 moms as of last year. The ideal number of attendees is 23 or less. Bethel students staff the child activity room.</p> <p>The Children’s Museum hosts Club Mom once a year, and the moms get a free membership for their space.</p> <p>Club Dad happens concurrently with Club Mom, and is a safe space to build relationships and support dads with topics such as legal issues, speakers, finding resources for the family, financial aid for college and resumes. It is a safe place for dads to let their guard down and let go of stress. The most important aspect is relationship building. These men all share similar life experiences and that is a game changer. They can talk about having a life plan, having goals, what level of education is best for them. It is a kid-free space to have free conversations.</p> <p>There are focus groups that happen with Club Mom and Club Dad. As we start to talk about IM, families are asking why it is happening in the community even though they do things they have been taught to do regarding nutrition and prenatal care. The Birth Equity Community Council (BECC) is a group of stake holders that have a connection in eliminating AA birth inequities. They applied to be a cohort with CityMatCH in 2016. BECC is data informed. They realized that young mothers may have conflicting information from the medical staff and from their own mothers. BECC has community discussions in places that serve men up to age 25 to look at livable wage jobs and skill building. BECC hosted the first World Café in April 2017. Conversations took place around social justice and health equities – you cannot be healthy if you have a new pack-n-play but there are mice in your building. BECC looked at what the data suggested and worked for the home-visit for dads grant. Dialogs in focus groups are asking for more social interactions and more home visits.</p> <p>Tamiko’s handout describes the successes they have seen. William was one of the first male doulas trained in the state. William has become passionate about this life-changing work. Working with males is psychological and emotional work. The work starts with knowing that a dad should have a role in the family and get away from gender-specific assumptions. William advocates for the dads, and his work touches on trauma areas.</p> <p>Club Dad teaches dads to be a support system to the mother. They talk about options for labor and breastfeeding and what to look for when it is time to go to the doctor. They give dads confidence to step into the role of Dad.</p> <p>William’s doula training was done through an application process. Men who had a connection in the community were selected.</p> <p>Family Health partnered with a grant from DHS to train 10 men in addition to women. They partnered with colleges to have students to provide child care. Tamiko will reach out with a plan for more training this year. Something this committee could do is write a letter to the city council, county board and state</p>

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	<p>legislators supporting this program. SPRCPH could prepare a letter to go to legislators and the committee members can sign and mail it. Letters should be specific with what the needs are and what you expect of them to support these programs. The letter should describe what you need, not what you have. The investment in health and growth of Ramsey County children can be a very positive economic development. Mother-baby visits are well documented to improve health outcomes, but the resources are not adequate to reach everybody. Family Health has intake staff that triage clients to place them in the right model with Nurse Family Partnership, HFA and other programs. They help 1,000 families per year, and would like to help children up to age five until they reach school. At this time they can provide services for children up to age 3.</p> <p>William has been asked to serve as a doula and he is willing to work with other groups as needed. Westside/Community of Care has a centering model and a midwife on staff. Carrie Dickson can provide contact information.</p>
<p>Update on Healthy Aging            Julia Wolfe (Planning Specialist),            Saint Paul – Ramsey County Public Health</p>	<p>Tonight is an update to a presentation that Julia gave to this committee about a year ago. Her mission is to partner with organizations and fill the gaps where services are needed. Studies show that older people are happiest for a variety of reasons. Older people have more free time to participate in community justice. Depression is easiest to treat in older folks. Conversely, ageism is a very easy stereotype and has a major impact on health. Employment discrimination affects people over 35. Some older folks want to be part time to have time for grandchildren. Housing discrimination is widespread. Suspicious deaths of elders are not investigated. A study of pain treatment in emergency rooms shows a significant disparity of pain management given to white people compared to African Americans, and to younger compared to older people.</p> <p>Julia was asked to make connections, so Healthy Aging Partnerships were formed. Partnerships are based on the needs of the people in that community. Each partnership decides the work that they will do. Partnerships all get the notes from all the meetings so they are aware of the work others are doing.</p> <p>There are some notable victories over the past year.</p> <ul style="list-style-type: none"> <li>• The Hallie Q. Brown Community Center coat give away takes place every year, and coats are mostly given to homeless people. A partner had reflective strips and offered them for people to put on their coats for higher visibility.</li> <li>• Isolation has a huge impact on health, even more than smoking and diabetes. She partnered Meals on Wheels (MOW) and Little Brothers to share resources. The Little Brothers are fed and volunteer as drivers for MOW.</li> <li>• Julia spoke with MN Elder Justice Center about creating Elder Abuse 101 videos, and they are in the process of creating these videos. SPRCPH provides technical assistance for the videos. Julia suggested they create videos in multiple languages and with captions. They are now using this model in Hennepin County.</li> </ul> <p>Julia has several goals as her work moves forward.</p> <ul style="list-style-type: none"> <li>• Move her work into downtown, north end and frog town.</li> <li>• Bring people together for Aging Forums. She has hosted forums at Hallie Q. Brown and at Roseville Library. Her sponsors in Roseville fed breakfast to attendees. Each time providers asked attendees for additional topics and this helps them realize where the gaps are.</li> <li>• Julia is working hard to find presenters within the Native American community. She met with the elders at the American Indian Center.</li> </ul>

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	<p>Attendees asked for funeral care and arthritis self-care, which are new topics for Julia. She intends to return and go deeper into what attendees requested.</p> <ul style="list-style-type: none"> <li>• The target age is to help people of age 8-80 and preferably birth-90+ because there is no definition of 'old' people.</li> <li>• Publish a healthy aging web page.</li> <li>• Maintain a mailing list that all are welcome to join. The list is used to distribute resource, grant and forum information.</li> <li>• Host a forum with adult children and providers.</li> <li>• Create a plan for healthy aging now before the treatment of dementia overburdens the health system. Dementia Friends MN is the first chapter in the United States. The organization originated in France. The metro area aging coordinators meet quarterly to exchange ideas, share successes and give feedback. There is a lot of overlap with SHIP – safe walking routes, print size on signs, etc. AARP has resources for aging as well.</li> </ul>
Announcements	All

Minutes taken by: Cathy St. Michel

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

**Upcoming meetings:** May 1, 2019, SHIP | CLT, CHIP Action Team

June 5, 2019, Community Health Services Advisory Council