

**Community Health Services Advisory Committee
CHIP | Health in All Policies Action Team
Meeting Minutes
February 2, 2022**

Members Present/Representation

- Hannah Fairman | Co District 1
- Alyssa Fritz | Co District 2
- Georgie Kinsman | Co District 3
- Ayah Mohammed | Co District 4
- Manoj Doss | Co District 5
- Pa Vang | Co District 6
- Jennifer Arnold | Co District 7
- Brady Johnson | County at Large
- Hongyi Lan | County at Large
- Erica Morris | County at Large
- Steve Nelson | County at Large
- Carol Thunstrom | County at Large
- Thomas Kottke | City of Saint Paul
- Hanna Getachew-Kreusser | City of Saint Paul
- David Muhovich | City of Saint Paul
- Sarah Osman | City of Saint Paul
- Regina Rippel | City of Saint Paul
- Kerri Elizabeth Sawyer | City of Saint Paul

SPRCPH Staff:

- Sara Hollie | Director
- Diane Holmgren | Deputy Director
- Lynne Ogawa | Medical Director
- Carissa Dillon | Food Security Coordinator
- Kari Umanzor | Racial & Health Equity Liaison
- Andrea Flores-Hernandez | Grant Coordinator
- Cathy St. Michel | Support Staff

Guests:

- Heather Peterson | Allina Health

The meeting was called to Order at 5:30 p.m. by Director Sara Hollie. Everyone was welcomed to the meeting and introductions were made.

A motion was made by Thomas and seconded by Alyssa to approve the minutes for January 5, 2022. Motion passed by affirmation of the committee. A motion was made by Thomas and seconded by David to approve the agenda for February 2, 2022. Motion passed by affirmation of the committee.

Agenda item:	Speaker/Discussion:
Prevention Clinic Carissa Dillon, Food Security Coordinator	<p>Carissa’s work is merging two initiatives to support the Prevention Clinic. See the presentation slides, attached to the minutes.</p> <p>Tom noted that the project Mental Health Wizard helps clinic staff prioritize patient needs. It seems that this work is closely related to Prevention Clinic.</p> <p>Dave asked if Ramsey County is using STAR training for trauma-informed care. Carissa is happy to look into using</p>

Agenda item:	Speaker/Discussion:
	<p>STAR training if Dave would forward the info. Dave will share a link in the chat.</p> <p>Hongyi added that it seems to be part of our culture to engage in too much activity. People need to slow down and practice self-care. She related it to Tai Chi being slow, measured movement. It is very challenging to change this perception.</p> <p>Outside of a Diabetes Prevention lifestyle coach, there is no specific physical activity component. Carissa considered building out a program with the Parks & Rec department for an activity component. Physical activity can be very helpful for many physical and mental health issues. Hongyi is willing to be part of this effort if Carissa has a role she can play.</p> <p>Hongyi has been struggling to meet with Tai Chi students under current COVID restrictions, and has met outside when students are willing. She offered to host a Tai Chi session in the park when the weather is better to introduce this practice to more people. A virtual class is a possibility, although meeting in person is usually more effective.</p> <p>Tom noted that it has been reported that women who are alone have a higher risk of heart disease. Reducing isolation makes a huge difference.</p> <p>The current grant for Prevention Clinic runs through March of 2023. Carissa is working on a five-year work plan with the CDC. Prevention Clinic is a very innovative idea, and Carissa is hoping to see a five-year extension of the grant.</p>
<p>Racial & Health Equity Updates, Kari Umanzor, Racial & Health Equity Liaison</p>	<p>Kari introduced herself and described her role within Ramsey County.</p> <p>The Health Equity (HE) policy is available on the Ramsey County website, and a link will be shared in the chat and sent out after this meeting.</p> <p>Tom acknowledged that this is important work. It will take an active push to make change happen. Tom asked if it was possible to ask other presenters the impact of their work on HE and how they are promoting HE through their work. HE should be embedded in every program and project.</p>

Agenda item:	Speaker/Discussion:
	<p>Dave noted that a colleague is bringing HE issues into their physiology curriculum. Students question why HE is discussed in a physiology, which shows that we are not ready to understand how far we have to go with equity work. It is exciting to have a voice in Ramsey County work. He noted that insurance companies are hiring BIPOC graduates, which will make an impact.</p> <p>Kari would be happy to have more voices at the table, especially students who have a fresh outlook. Staff are in different levels of understanding HE, and we can all move up and support the continuum of learning.</p> <p>There is an anti-racism team in Health Partners, and Tom offered to invite a team member to a future meeting.</p> <p>There is a forum on workplace inclusion coming up soon. Tom could share the invitation.</p> <p>Karri noted that MDH does a lot of work with inclusion policies, creating position descriptions so people know how their work ties into equity.</p> <p>Hongyi's PhD work included international education and diversity. Policy needs to involve people from different backgrounds and listen to many voices. Ramsey County is focusing on hiring staff that reflect our population. Diversity also includes lived experiences.</p> <p>Alyssa noted that she works at the university center for workforce diversity. She recommended an article that was published by Dr. Hardaman. She will share the link in the chat and send a PDF of the article to Cathy.</p> <p>MDH just created a HE bureau, which will elevate HE leadership and infuse equity through everything they do. Kari noted that it is important to always keep learning.</p> <p>Finally, Kari noted that Ramsey County is providing resources for staff and community. Kari will share the link.</p>
Announcements and Updates	<p>Diane shared that on Feb 8 at 10:30 a.m., Sara, Gina Pistulka, Lynne Ogawa, Kathy Hedin and she will host a board workshop on the relocation of the services at 555 Cedar. It is a refresher for the board to know what services are offered out of the Cedar building, and how to relocate and co-locate</p>

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	<p>services to best serve community and understand the synergies that exist.</p> <p>There has been research into the zip codes served and how clients get to the building. Most drive but some walk, and they will be strongly affected by relocation. The timeline is to be out of the Cedar building by the end of 2023. This is a big change. Diane will share the link for those who would like to watch the workshop virtually.</p>

Minutes taken by Cathy St. Michel. Relevant comments from the chat are copied below.

Motion to adjourn at 7:00 p.m. passed by affirmation of the committee.

Next meeting: March 2, 2022

From Hongyi Lan to Everyone 05:50 PM

FYI. The Tai Chi Foundation routine that I am teaching is very effective for diabetes and cardiovascular prevention.

From Lynne Ogawa to Everyone 05:51 PM

Thank you Hongyi. Where is the class again?

From Hongyi Lan to Everyone 05:54 PM

Currently I teach Arden Hills adult wellness program, I run a couple classes at Har Mar Mall during wintertime. It will be an outdoor program when the weather is better.

I also teach one class at Lifetime Fitness.

From Lynne Ogawa to Everyone 05:55 PM

Thanks. We will keep that in mind.

From Carissa Dillon, Ramsey County (she/her) to Everyone 06:02 PM

Tom, would love to be connected to Rebecca Ross!

From Dave Muhovich to Everyone 06:04 PM

My introduction to trauma informed training has been from MN Peacebuilding Leadership Institute. Called "STAR training" (Strategies for Trauma Awareness and Resilience) . Website is: <https://www.mnpeace.org/star-training-5-days.html>

From Kari.Umanzor to Everyone 06:05 PM

I also think the STAR trainings are used in schools and afterschool programs.

From Carissa Dillon, Ramsey County (she/her) to Everyone 06:05 PM

Carissa.dillon@co.ramsey.mn.us

From Kari.Umanzor to Everyone 06:07 PM

Also, in Cuba you see a lot of people at the park doing workouts. It's normal for their doctors to promote that.

From Tom Kottke, (he/his) to Everyone 06:09 PM

https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2788582?utm_source=silverchair&utm_medium=email&utm_campaign=article_alert-jamanetworkopen&utm_content=wklyforyou&utm_term=020222

From Me to Everyone 06:16 PM

For more information visit: <https://www.ramseycounty.us/your-government/projects-initiatives/strategic-priorities/advancing-racial-and-health-equity-all-decision-making/advancing-racial-equity-policy>

From Me to Everyone 06:24 PM

For more information on Public Health Strategic Direction Plan visit

https://www.ramseycounty.us/sites/default/files/Departments/Public%20Health/Strategic_Plan_2019_FINAL.pdf

From Alyssa Fritz (she/her) to Everyone 06:40 PM

White Supremacy and the Core Functions of Public Health: <https://ajph-aphapublications.org.ezp1.lib.umn.edu/doi/full/10.2105/AJPH.2020.306137>

From Hongyi Lan to Everyone 06:41 PM

Alyssa, can you download the pdf and share? I cannot access this link.

From Kari.Umanzor to Everyone 06:43 PM

Community Healing Circle Drake Powe - Thursday, Feb. 10 from 4:30 to 6:30 p.m. This session will provide community with a space for racial healing, an opportunity for individuals to come together to process the harmful behaviors of the justice system and focus on repairing damage, coping with triggers, self and community-care. <https://ramseynet.us/job-information-training-benefits/employee-resources/resources-support-employee-health-and-well-being>

From Diane Holmgren/ Saint Paul - Ramsey Co PH to Everyone 06:48 PM

<https://ramseycountymn.legistar.com/Calendar.aspx>