

Community Health Services Advisory Committee
CHIP | Health in All Policies Action Team
Meeting Minutes
May 3, 2023

Members Present/Representation

- Hannah Fairman | Co District 1
- Hongyi Lan | Co District 1
- Rajaram Swaminathan | Co District 1
- Lucy Arias | Co District 2
- Mark Traynor | Co District 2
- John Larkin | Co District 3
- Carol Thunstrom | Co District 3
- Donna Oda | Co District 4
- Manoj Doss | Co District 5
- Sophia Vuelo | Co District 5
- Erica Morris | Co District 6
- Jennifer Arnold | Co District 7
- 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
- Julia Wolfe | Planning Specialist
- Cathy St. Michel | Support Staff

Guests:

The meeting was called to Order at 5:30 p.m. by Chair Carol Thunstrom. Everyone was welcomed to the meeting and introductions were made around the table.

A motion was made by John Larkin and seconded by Manoj Doss to approve the minutes as written for February 1, 2023. Motion passed by affirmation of the committee.

<p>Healthy Aging Initiative, Julia Wolfe, Healthy Aging Coordinator</p>	<p>Julia gave a little background of her work with Ramsey County and how the Healthy Aging Initiative was launched. Please see the slides attached to these minutes.</p> <p>The highest priority issues for the Healthy Aging population are home maintenance (shoveling, cleaning gutters, etc.) and dementia / brain health.</p> <p>Julia demonstrated the new Healthy Aging web page on Ramsey County's website. Members suggested highlighting when gatherings would take place, and adding more vibrant pictures.</p> <p>Julia's role as a facilitator is greatly appreciated, as well as her ability to pull resources together, break down silos and share information across multiple diverse organizations. When people need just a little extra, it is great to have Julia's help in identifying resources.</p>
<p>Public Health Budget Update, Diane Holmgren, Deputy Director</p>	<p>Please see the slides attached to these minutes.</p> <p>Public Health took the lead in having conversations around the participatory budget process with community and staff to ensure that our budget aligned with priorities in the community.</p> <p>Members were very interested in participating in budget conversations, and thought the conversations at CHSAC meetings were well-presented and interesting.</p> <p>The link to the board meeting for budget presentations will be sent to members, and they can attend the budget session virtually.</p> <p>It was suggested that CHSAC meetings when budget was discussed were better attended when they were available virtually.</p>

<p>Announcements and Updates, All</p>	<p>Several members terms will expire in June. Please watch for applications to open in June, and re-apply if you wish to continue serving on this committee.</p> <p>We gratefully acknowledge Carol Thunstrom’s service to this committee as a member and as Chair for the past year. We wish you all the best, and hope that our paths will cross again.</p> <p>Several topics were offered for upcoming meetings: Nurse Float Pool update, Racial and Health Equity Leadership Team update and Public Health Structure.</p>
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Minutes taken by Cathy St. Michel.

Motion to adjourn at 7:30 p.m. passed by affirmation of the committee.

Next meeting: June 7, 2023.

Healthy Aging and Equity 2023

Conversation

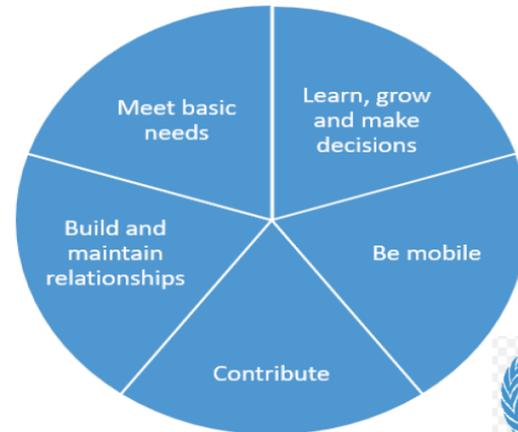
1. Healthy Aging
2. Disparities
3. Livable Communities
4. Ageism
5. Ramsey County's Healthy Aging Initiative

Healthy Aging

Healthy Aging...

is the process of maintaining and promoting physical, mental (cognitive and emotional), spiritual, meaningful social engagement and social wellbeing and function as people age. PHAB, 2021

Key Concepts



Choices

Healthy aging means older adults have choices about how they live and age.

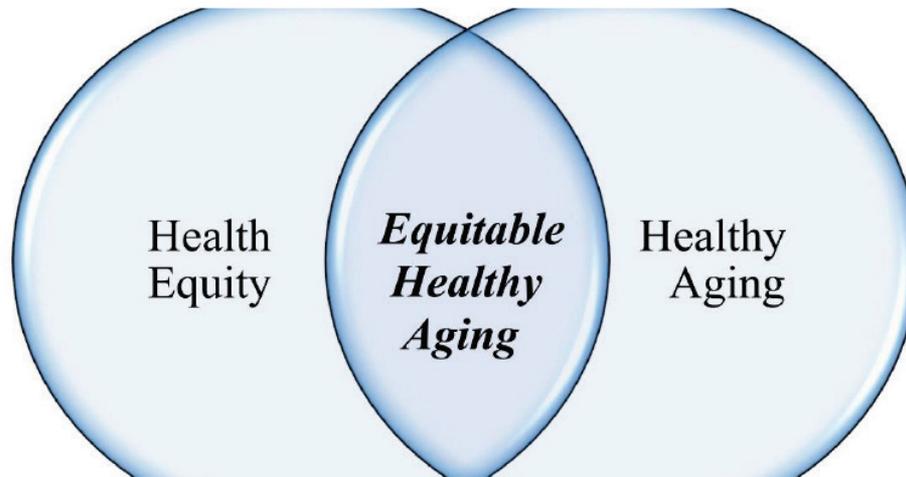
Learn more about healthy aging from the [World Health Organization](#).

Disparities

- In 2013, African American single women between 65 and 84 held a median wealth of only \$55,700, compared to a median wealth of \$187,000 in their white non-Hispanic counterparts.
- Limitations in financial assets reduce choices for housing, food, and social interaction.
- These factors negatively affect mental health and cognitive ability.
- In later life, the interplay of limited economic and social options have a cascading effect that results in isolation and disability.

Equitable Healthy Aging

Equity in aging means everyone has a just opportunity to optimize health and wellbeing at all life stages and abilities across the life course.



Livable Communities and How They Impact Healthy Aging

The idea of aging in place is evolving into aging in community. The change is a recognition that our health and wellbeing are impacted by our communities.

Livable communities contribute to the ability to age in healthy ways. They are equitable places where all older adults can thrive as they age. Older adults feel safe and have affordable and accessible housing and transportation options. Livable communities recognize and celebrate the strengths and contributions of older adults. They increase engagement through connections with others.

8-80

People of all ages and abilities benefit when communities enable healthy aging. Sidewalks that are smooth help people who walk with a cane; they also make life easier for someone pushing a stroller.

Learn more about [livable communities from AARP](#).

Demographics

- We will add more people over 65 this decade than previous 3 decades combined.

By 2040:

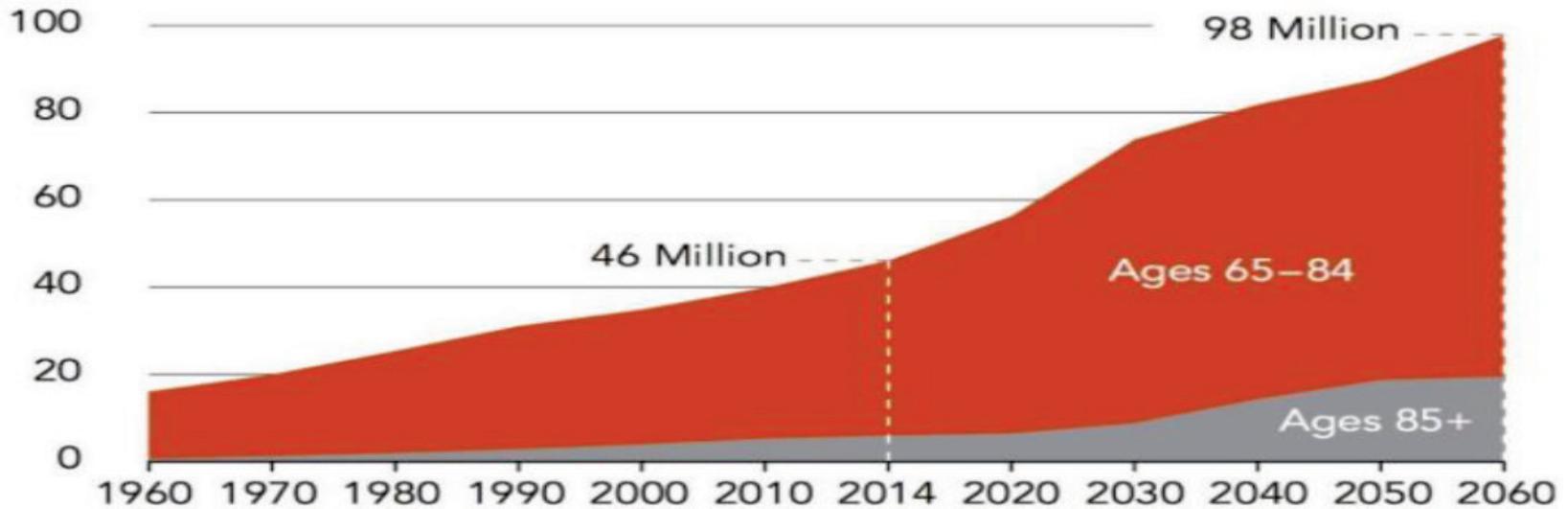
- One in five Minnesotans will be seniors (20%)
- Number of school-age children < population 65+

Demographics

- Increasing diversity
 - In 1990, 13 percent of Ramsey County’s population were Black, Indigenous and people of color (BIPOC).
 - In 2021, the U.S. Census Bureau estimated the percentage of county BIPOC residents has grown to more than 40 percent of the population.
- Living longer and healthier?
 - The incidence of chronic disease among “near seniors” is on the rise.
 - About 1 in 3 Minnesotan's age 65+ have a disability.

The Number of Americans Ages 65 and Older Will More Than Double by 2060.

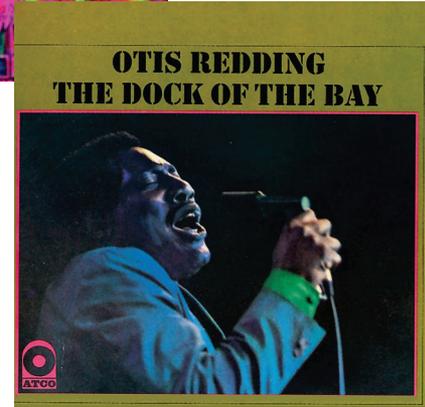
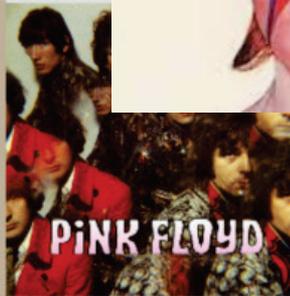
U.S. Population Ages 65 and Older, 1960 to 2060 (Millions)



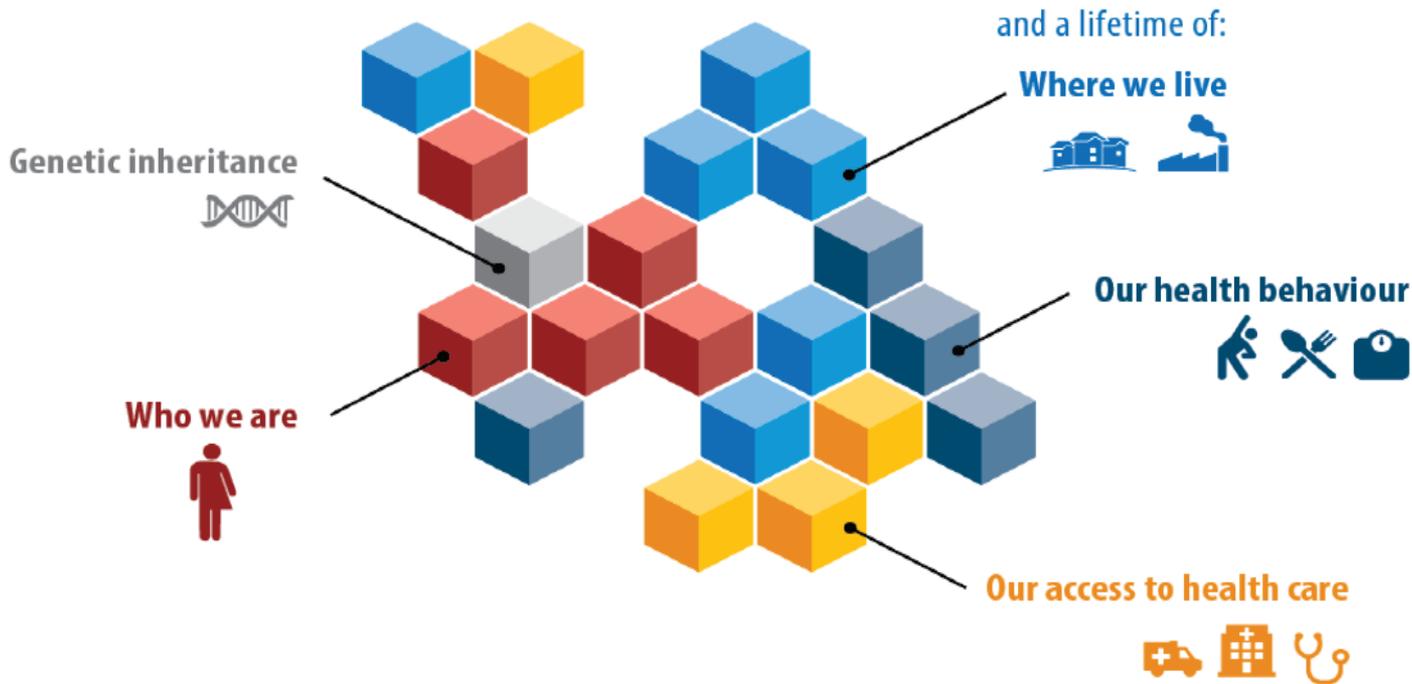
Mather et al., Population Bulletin. 2015

Baby Boomers

- Less family support
 - No children, divorced or never married.
- Aging in *community*
 - Want to (may have to) live in their community as they age.
- Financially less stable
 - Twenty-four percent of Minnesotans born between the years 1936 and 1965 have insufficient retirement resources.
 - 30 percent of Ramsey County residents 65 years and older have a household income of less than \$25,000.

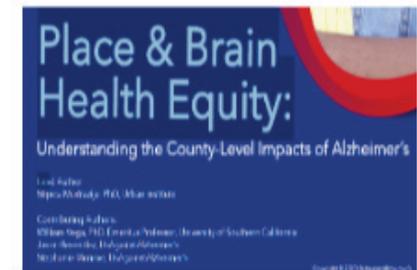
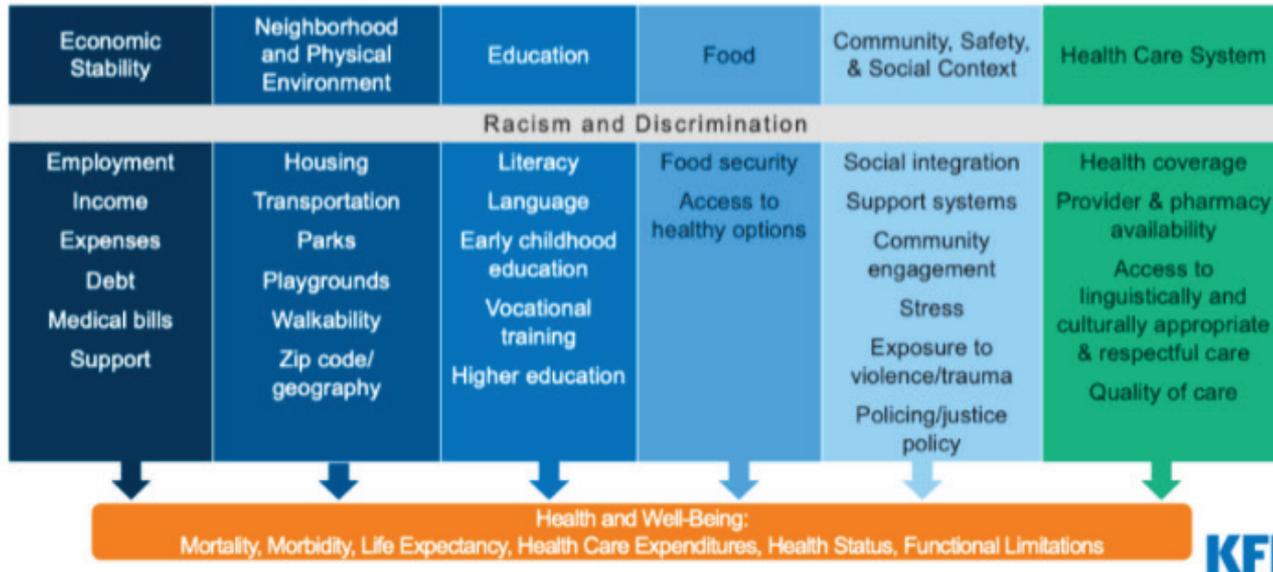


What makes us age differently?



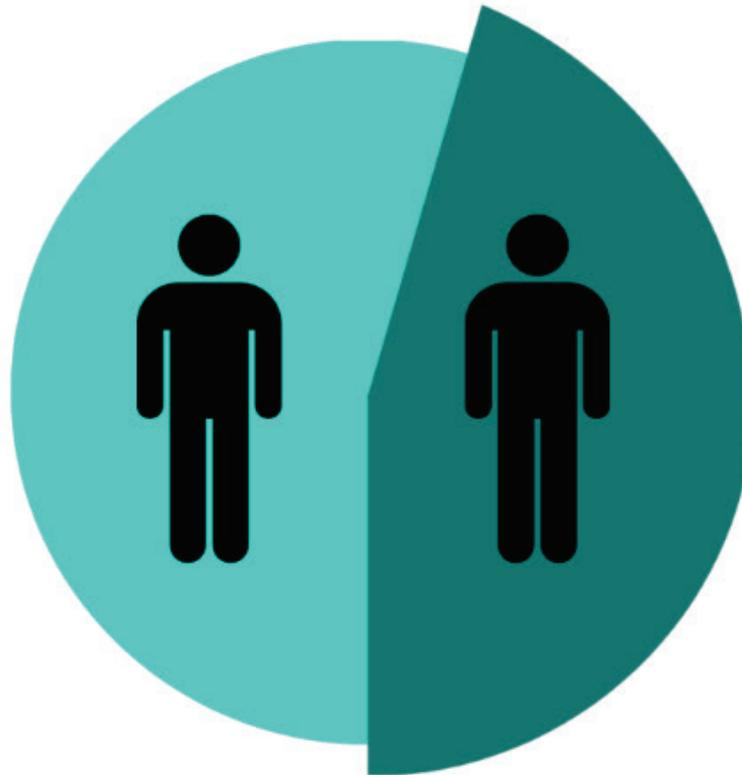
How Social Determinants of Health Impact Healthy Aging Trajectories

Health Disparities are Driven by Social and Economic Inequities



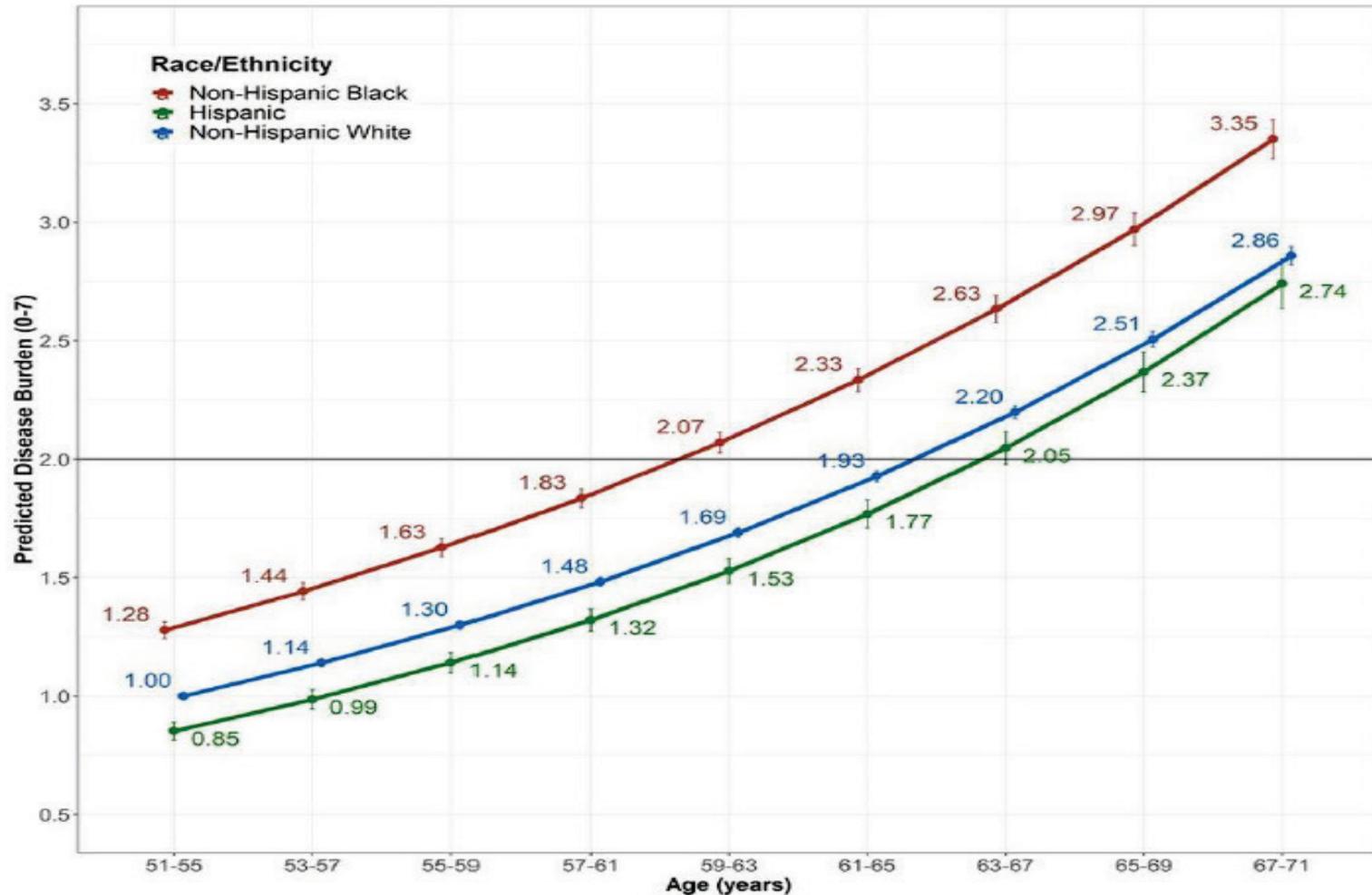
56.7%

**OF WHITE
NON-HISPANIC
AMERICANS
SURVIVED TO AGE 80**



48.3%

**OF AFRICAN
AMERICANS
DID**



Non-Hispanic Black, White and Hispanic trajectories of chronic disease accumulation over time (Health & Retirement Survey 1998 – 2014); Quinones et al., 2021

Dementia

- Alzheimer's disease is more prevalent among African Americans and Hispanics than among other ethnic groups in the U.S.
- African Americans often have an earlier age of onset and exhibit greater severity of symptoms.

Heart Disease

- Leading cause of death for older adults.
- Differences in cardiovascular disease rates by income and race or ethnicity.

Prostate Cancer

- More common and more deadly in African Americans.

Ageism

Prejudice or discrimination based on a person's age

❖ Intentional

❖ Unintentional

- Structural and institutional
- Interpersonal
- Internalized

Ageist Stereotypes

- Need services / Are a burden/drain
- Poor health
- Poor hearing/sight
- Loneliness
- Physical and cognitive incompetency, including memory problems

“...the problem with stereotypes is not that they are untrue, but that they are incomplete. They make one story become the only story.”
Chimamanda Ngozi Adichie

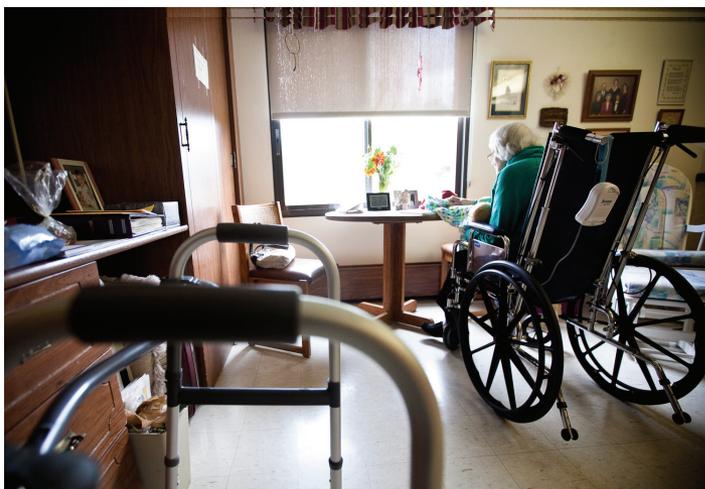
There is no “typical” older person

*IF YOU’VE MET ONE OLDER
PERSON -*

YOU’VE MET ONE OLDER PERSON!



Perception



Reality



Structural and Institutional Ageism

Discrimination against older adults through the policies, practices, and actions of institutions and people within them.

- Losing a job
- Mandatory retirement
- Excluding older workers from training opportunities, challenging assignments and client meetings
- Refused interest-free credit, new credit card, car or travel insurance

Interpersonal Ageism

- “Over the hill”
- “You don’t look 60”
- Anti-aging cream
- Memory loss
- Technology
- Senior moments



- Receiving a lower quality of service in a shop or restaurant.
- Being perceived as “set in their ways,” while younger workers are “fresh faces” and “new blood.”

Google searches:

- What are the problems associated with older workers in the workplace?
- How do you accommodate an older employee?

Internal Ageism

Our beliefs about ourselves impact how we age.

Impacts

- Depression and anxiety.
- Poorer health.
- Linked with earlier death.
- One study found people with a positive outlook on aging lived a median of seven and a half years longer compared to those who thought negatively.

“After spending time with my family, I leave feeling old. When I spend time with my friends, I leave feeling energized and young.”

-- Ramsey County resident of a senior living complex

Engaged Older Adults

Better health, more wealth, more workers, increased tax revenues.

One-quarter of adults aged 65-74 in Minnesota continue to work.

Older adults volunteer in Minnesota at rates much higher than national rates: 41 percent of residents age 65-74 and more than a third of those age 75+ give unpaid time to organizations in the state each year.

Volunteers age 65+ contribute an estimated \$459 million of donated labor annually to Minnesota.

Saint Paul – Ramsey County Public Health

The Healthy Aging Initiative

The mission of the Saint Paul – Ramsey County Public Health’s Healthy Aging Initiative is to maintain and increase the health and wellbeing of Ramsey County residents as they age. The primary focus is ensuring that pathways to wellbeing are equitable, inclusive, and accessible. The Initiative does this in partnership with community members and organizations.

The Healthy Aging Initiative brings together older adults, private and public organizations, service and medical providers, and local governments to identify, examine and improve the cultural and community needs and strengths of one of the fastest growing populations in Ramsey County.

Relationships with community members and organizations are the basis of everything the Healthy Aging Initiative does. Both lived experience and data inform the Initiative’s work.

Role is to Support Community

- Advocacy
 - Focus on communities that experience disparities
 - Intersectionality
- Relationships
- Community partnership and co-creation
- Providing information about resources
- Financial support
 - Ice cleats
 - Volunteers
 - Printing
 - Healthy Aging events

Financial Support

- American Indian Family Center
- Community Stabilization Project
- Hallie Q. Brown Community Center
- Keystone Community Services
- Living at Home Block Nurse programs
- The Elders Lodge
- Mom's Food Shelf
- Senior Services Consortium of Ramsey County

Healthy Aging Coordinator

Convenes, connects, coordinates

- Ramsey County Healthy Aging Network
- Resource emails

Coordinator serves as...

– Partner

- Age-friendly and Equity Alliance, Ramsey County

– Liaison

- St. Paul Mayor’s Advisory Council on Aging
- Consortium of Lake Area Senior Services (CLASS)
- Dementia Friends of St. Paul

Funds have been used for

- Fans
 - New food shelf equipment
 - Benches and lighting at a food distribution garden
 - New food shelf equipment
 - Grocery gift cards for the holidays
 - Sacred herbs for a ceremony
 - Printing for a resource guide
 - Healthy Aging mini-conferences
-

Healthy Aging Mini Conferences



- Co-created with communities
- Each was different based on those partnerships
- Lessons learned

What can we do?

- Nothing about us without us.
- Educate ourselves about and confront racism and ageism in our systems and ourselves.
- Work with businesses and other community organizations to provide access for older adults consistent with their cultural norms and traditions.
- Introduce alternative housing options, such as intentional neighborhoods that consider financing barriers, developer reluctance, and zoning and building codes.
- Move towards age-friendly communities.

Contact

Julia Wolfe, M.Ed., M.S, she/her
Planning Specialist II, Healthy Aging
Saint Paul – Ramsey County Public Health
Julia.wolfe@co.ramsey.mn.us
(651) 443-0984

Saint Paul – Ramsey County Public Health Budget Update

Community Health Services Advisory Committee

May 3, 2023

Agenda

- CHIP Priorities
 - Review of January Prioritization Discussion
 - Budget Allocation by Priority
 - Next Steps
 - Discussion
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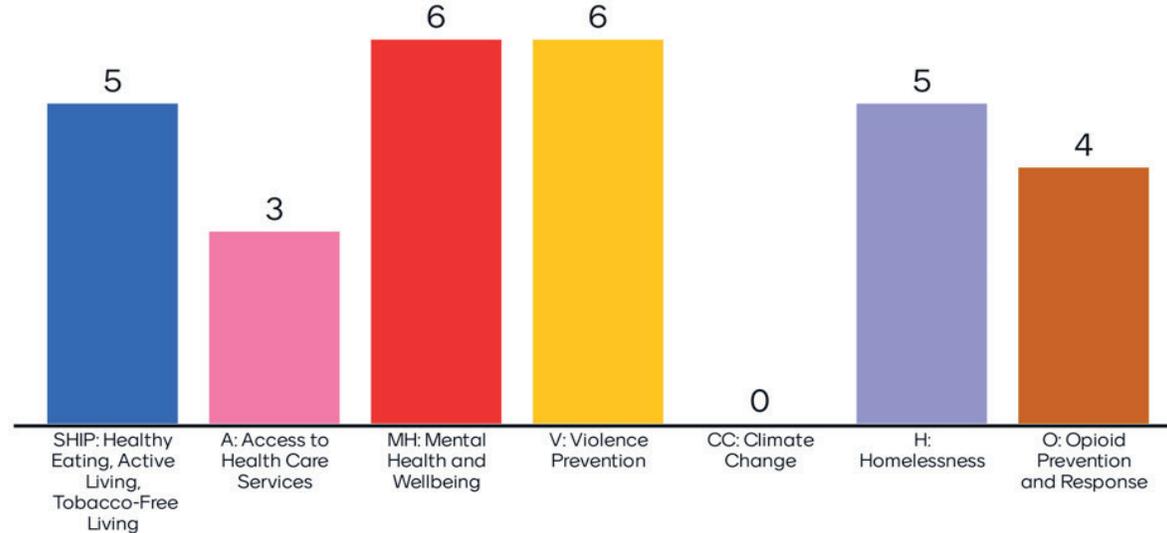
Community Health Improvement Plan (CHIP) Priorities

- Racial and Health Equity
 - Healthy Eating, Active Living, and Tobacco-Free Living
 - Access to Health Care Services
 - Mental Health and Well-being
 - Violence Prevention
 - Climate Change
 - Homelessness
 - Opioid Prevention and Response
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Prioritization Results - CHSAC

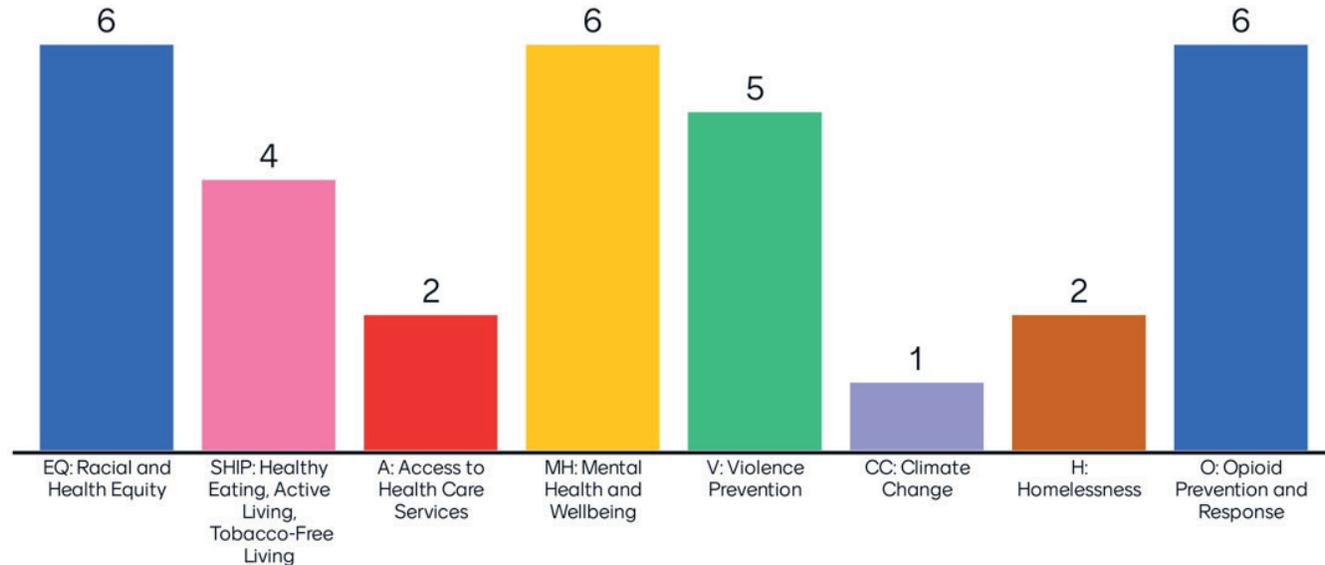
Thinking through a Racial and Health Equity lens, which areas experience the greatest disparities (up to 3)?

Mentimeter



Prioritization Results - CHSAC

Thinking about these priorities overall, which are your top three areas to address (up to 3)?



Preliminary Prioritization Discussion Results – Focus for Impact

Housing supports all health

Mental Health and Wellbeing

All work through racial equity lens

Opioid settlement and fentanyl crisis

Early intervention programs for children with trauma history

Access to services

More food stamps and protection for Seniors

Foster children with guns

Sexual violence

Continued/Improved interagency collaboration

A healthy community is a collective effort

Prioritization Discussion Results - Opportunities

Housing: No home = poor health; adult shelters with resources

Medication Assisted Treatment (MAT) program expansion, Chemical Dependency

Mental health

Ethnocentric methods of spiritual healing

Community Stabilization Program

Negative impacts of climate change affecting BIPOC population the hardest



RAMSEY COUNTY

Resource Allocation for Community Health Improvement Priorities

Proposed 2024 – 2025 Resource Allocation to Budget Priorities

- All work through racial equity lens
 - Continued work of the Racial & Health Equity Leadership Team
 - Trusted Messenger Initiative
 - Racial Equity Innovation Grants
 - Mental Health and Well-being – Mental Health Coordinator and MHWAT community events
 - Opioid settlement and fentanyl crisis, harm reduction
 - Access to services - Public Health in Public Places, Nurse Float Pool
 - Sexual violence – Increased funding for domestic violence contracts
 - Violence Prevention - Coordinator
 - Climate Change – Ongoing work in EH and new work in HP re: extreme heat
 - Continued/Improved interagency collaboration – WIC and FAS co-applications
-

Next Steps

- Ongoing engagement with cultural communities
 - Presentation to County Manager – mid May
 - Budget delivery by County Manager to County Board – June/July
 - Budget Presentations to County Board - September
 - Board officially approves Budget - December
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Discussion

Thank You!
