

**Saint Paul – Ramsey County Statewide Health Improvement Program (SHIP) Community Leadership Team
 Community Health Improvement Plan (CHIP) Action Team**

**Meeting Minutes
 August 2, 2017**

Members Present/Representation

Richard Ragan | Co District 1
 Lindsay McLaughlin | Co District 2
 Eugene Nichols | County at Large
 Amy Lafrance | County at Large
 Rima Chakroborty | County at Large
 David Muhovich | Mayor Appt
 Kerri-Elizabeth Sawyer | Mayor Appt
 Maria Sundaram | Mayor Appt
 Mary Yackley | Mayor Appt
 Mee Cheng | Mayor Appt
 Regina Rippel | Mayor Appt
 Thomas Kottke | Mayor Appt
 Sarah Osman | Mayor Appt
 Heather Peterson | Allina Health
 Becca Gotfredson
 Dawn Epps-Burns | Burns Family Movement
 Foundation
 Jose Tori-Maguina | MN Interpreters and Translators
 Cristina Flood | St. Mary's Health Clinics

SPRCPH Staff:

Anne M. Barry | Director
 Kathy Hedin | Healthy Communities Division Manager
 Carissa Glatt | SHIP Grant Coordinator
 Kim Klose | Planning Specialist
 Pa Shasky | Health Educator
 William Moore | Health Educator
 Howie Hsieh | Intern
 Whitney Koester | Intern
 Cathy St. Michel | Administrative Support

Guests:

Laura Perdue | University of Minnesota Extension,
 Center for Family Development
 Dawn Finnestad | American Indian Family Center

The meeting was called to Order at 5:30 pm by Carissa Glatt, SHIP Coordinator. Everyone was welcomed to the meeting and introductions were made. New members who have not attended SHIP orientation were asked to contact Carissa Glatt Carissa.glatt@co.ramsey.mn.us. At the next SHIP meeting we will review the charge so new members become familiar with it.

A motion was made by Tom Kottke and seconded by Gene Nichols to approve the minutes as written for June 7, 2017. The motion was passed by affirmation of the committee.

Agenda item:	Speaker/Discussion:
Youth-focused Healthy Eating Grant Recipient Dawn Finnestad, American Indian Family Center	<p>The American Indian Family Center (AIFC) focused on healthy eating for youth. Dawn had several photos to share that documented the project, named Healthy Communities, Healthy Youth, that was funded by the grant. To be culturally appropriate, elders and youth worked together to plant gardens. The elders help make sure no one is asked to do something inconsistent with their traditions.</p> <p>AIFC partnered with the City of Saint Paul leadership and Dream of Wild Health (DOWH) to complete this project. Two field trips will go to the DOWH farm in Hugo to receive fresh produce and recipes. The garden soil at AIFC was enriched with compost from an overabundance at the University of Minnesota. A new picnic table was purchased with grant funds. Other components of the grant project are gardening, cooking classes, youth deciding on projects, journaling and taking surveys about their health. Dawn is trying to find ways to expand the program. This is the first season, and success now will help build the future skills. A</p>

	<p>potential partner is Augsburg College, which has already donated plants. The garden consists of five different beds. The plants from Augsburg are grown with heritage seeds from a Native American grandmother who was interred at Fort Snelling and brought the seeds with her. AIFC is careful to use only these heritage seeds and not cross-pollinate. One of the results of this project is that the youth have changed how they look at food. They are being creative making filling and nutritious snacks and omelets. Instead of drinking sugary bottled beverages they are making infused water. They are also trying more vegetarian dishes since many of the staff and youth are vegetarian. Dawn distributed her contact information and members can contact her for a tour of the garden project.</p>
<p>Community and Workplace Grant Awards Review SHIP Staff</p>	<p>Carissa distributed two different handouts – an overview of the grant applications for both community-based minigrants and the workplace-based microgrants.</p> <p>SHIP money was available to the community for mini grants for less than \$3,000, following the MDH-allowable guidelines, as explained in the applications. Applicants could request a grant for a project that falls under SHIP initiatives in one of the described categories. The framework helped those not familiar with SHIP be more successful when applying for grants. This year there were 53 applicants and 22 grants were awarded. Saint Paul – Ramsey County Public Health (SPRCPH) is committed to addressing needs in the community, and welcomes partnerships with these community organizations. When SPRCPH is familiar with the organizations they can help bring collaborations together and open the door to many possibilities. This year SHIP had around \$40,000 to use for mini-grants and about \$102,000 in applications. There was more variety of applicants in this round than ever before and we have already started to form new relationships. Contact Carissa via email at Carissa.glatt@co.ramsey.mn.us if you have questions or if we should connect with community organizations during the next round of mini grants.</p> <p>Micro grants based in workplaces are smaller award amounts, but can be very effective when used by small businesses with less than 20 employees. Micro grants provide things small businesses otherwise could not afford. 28 organizations received almost \$17,000. We thought of these grants, through the Saint Paul Area Chamber of Commerce, as a great way to form partnerships and help give seed money for great ideas. We plan to continue this micro grant opportunity in the future.</p> <p>If members have suggestions to help SHIP communicate better to small businesses, please contact Carissa. One member suggested adding a question to the application to ask how they heard about the program. CLT members will be notified when applications re-open in January 2018.</p>
<p>SHIP Strategy Selection Guide to Give Overview of Year 3 Carissa Glatt (SHIP Grant Coordinator), Saint Paul – Ramsey County Public Health Eugene Nichols</p>	<p>SHIP Year 3 is fully funded and starts November 1. For planning purposes, it will be about the same budget as the last year. The strategy handout gives a great framework of the types of projects that SHIP is allowed to fund. Members are asked to suggest potential partners for the upcoming year. Following are some ideas for how SHIP has supported various activities in the past. If an activity is not on the handout it is probably not allowed, with few exceptions.</p> <ul style="list-style-type: none"> • SHIP supports school districts with healthy eating and active living in a variety of strategies such as redesigning lunch room layouts, Rethink Your Drink education, Safe Routes to School, classroom activities such as Yoga Calm and Go Noodle, and many others. • If a district identifies a single school with a specific need, they can issue money or support to that school for a teacher with a specific project or curriculum. In the future, SPRCPH

	<p>may require a certain amount of funding to go to an actual school site, and not the district at large.</p> <ul style="list-style-type: none"> • SHIP is seeking more small business partners so we can potentially support worksites with healthier policies such as healthy break room snacks, flexible hours for breaks, a breastfeeding room for mothers and walking meetings. • SHIP is working with public housing to do some screenings and develop a program to get people to see their doctor when they have balance issues. Fall prevention is one area specific to the 50+ population. • Tobacco cessation is a critical area right now since Saint Paul Public Housing mandated tobacco-free living starting this year. • We want to help people realize they can use their EBT cards for purchasing fresh produce at farmers' markets. • There is some discussion in greater Ramsey County of people not liking food received from Meals on Wheels, but some people may not like it because it is healthy. We could research the Meals on Wheels program to help increase the appeal of the food. The end user may need to be educated about why they get the food they get. Another avenue is to plan Meals on Wheels deliveries in a way that people can eat together to enhance social inclusion. Everyone deserves to get food they will eat, so hearing that recipients do not eat the food is an area that needs attention. • We can mimic MN extension with super shelf program within food shelves. • The Food and Nutrition Commission (FNC) is funded and will have 12 members now. • SHIP is working with city planners to have health incorporated into their comprehensive plans, and with the Saint Paul pedestrian plan to help connect the city to the rest of the county and increase access. <p>When work plans are ready, Carissa will email them to those who offered to review them.</p> <p>Gene gave an update on menthol tobacco products. The ordinance to restrict sale of menthol products passed to the full Saint Paul City Council. Ramsey County Board of Commissioners has the opportunity to create a resolution that encourages cities to pass tobacco ordinances. A draft resolution was distributed. Members are asked to help complete the resolution paragraph and offer any other suggestions. At this point the resolution intentionally does not include electronic cigarettes. Some members prefer to use the word prohibit instead of restrict. The next steps are to finalize the wording, send the final version via email to members for approval, then present the resolution to the board. Members are asked to please send additional suggestions for the resolution via email to Carissa.glatt@co.ramsey.mn.us.</p>
Announcements and Updates	Saint Paul City Council will have a public hearing restricting the sale of menthol tobacco products in Saint Paul, September 20, 2017.

Minutes taken by: Cathy St. Michel

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

Next meeting: September 6, 2017 Community Health Services Advisory committee

October 4, 2017 Community Health Services Advisory committee

November 1, 2017 SHIP Community Leadership Team/ Community Health Improvement Plan (CHIP) Action Team