

Saint Paul - Ramsey County Public Health

2014 Statewide Health Improvement Program Summary

What is SHIP?

The Statewide Health Improvement Program (SHIP) was launched to reduce chronic diseases by increasing healthy eating, physical activity, and reducing tobacco use and exposure. Saint Paul – Ramsey County Public Health (SPRCPH) has been awarded a SHIP grant for all three rounds of funding. SHIP works within neighborhoods, communities, and organizations to improve the health of all Minnesotans through policy, system and environment changes.

The SHIP work would not be possible without partnerships and community support. Individuals and organizations in Ramsey County who are dedicated to health truly move this work forward. SHIP tries to create healthier systems and environments where people are living, working, and breathing. The SHIP grant is designed to change practices which create unhealthy lifestyles and health inequities, and find ways to shift our community in a more positive direction of wellness and health.

Health Equity

Hmong Health

A group of Hmong health professionals are creating culturally appropriate healthy lifestyle guidelines for healthcare staff to follow when caring for Hmong patients. Creating best practice guidelines to hopefully be adopted by the Institute for Clinical Systems Improvement (ICSI), will help clinics promote wellness with their Hmong patients.

Saint Paul Area Council of Churches

Both the African American Church Network and the Department of Indian Work accomplish their SHIP work through the Saint Paul Area Council of Churches.

African American Church Network

African American church leaders have created a network to bring health to the forefront of their congregations. Each church is working on their own health and wellness activities. With this network, churches can now work together to better serve the population as a whole. For example, the network is creating a joint fitness and activities calendar so members can attend classes and be more active at different churches many days of the week.

Department of Indian Work (DIW)

The DIW helps students at the American Indian Magnet School be more active outside of school time. Participating in fun, culturally relevant activities such as lacrosse, and hoop and pole games has been much fun this year and has helped to reduce BMI levels in children. An American Indian Registered Dietitian is teaching and training parents on ways to make traditional recipes healthier during evening cooking classes.



Partnership with Public Housing

Growing Food and Healthier Vending

Saint Paul Public Housing Agency (SPPHA) is working on ways to eat healthier within all of their buildings. SPPHA management is purchasing raised bed gardens at 14 hi-rises. They are also supporting in ground gardens at 4 family sites in Saint Paul. Residents can now grow their own food this spring, and five of the gardens will have training and support from Ramsey County Master Gardeners as part of a pilot for more gardens. Over the last year, 16 hi-rises have been meeting quarterly to make sure there are healthier options in the vending machines. Residents volunteer to be a part of a network working to make these changes and help other residents understand the need for healthier options available in the machines. Keep up the great work!

Biking Places

SPPHA partnered with Free Bikes 4 Kids to give away 266 bikes, helmets, and locks in December 2014. Nearly 750 bikes have been donated to youth and families living in public housing over the last 3 years! Thanks to Allina Health, Two Men and a Truck, and many volunteers for all your help getting more families on bikes. Residents in SPPHA are also on the move through walking clubs, the Nice Ride MN Neighborhood and Community Partners programs, Cycles for Change Bike Library, and are now able to use bike fix-it stations at their community centers to keep bikes in tip-top shape.

Physical Activity

Connecting the Dots

Active Living Ramsey Communities (ALRC) is working to develop a County-wide Bike and Pedestrian Plan to connect our paths and trails across city lines so you can get from home to work, school to play, or wherever your wheels or feet want to go. Look for plans by October 2015.

Swim Time for Somali Women and Girls

Saint Paul - Ramsey County Public Health has been working in partnership with Minnesota Da'wah Institute, Saint Paul Parks and Recreation, and the Saint Paul Police Department to have a community pool set aside time for Somali women and girls. The women and girls need a private space to swim that honors culture and religious practices. Somali Women and Girls Swim Time had its first two sessions in December at the Oxford Community Center in Saint Paul, where women and girls of varying ages took swimming lessons and participated in fun physical activity.

Tobacco Reduction

Association for Nonsmokers-Minnesota (ANSR)

In partnership with Association for Nonsmokers-Minnesota (ANSR), 8 post-secondary campuses have been working on tobacco-free grounds. Also hundreds of multi-unit housing buildings have resources and support to go smoke-free outside and inside their buildings.



Health Clinics and the Community

Patient Services

SPRCPH is working with 4 Community clinics in Ramsey County to treat the whole patient inside and outside of the clinical walls. The clinics are getting patients connected to services and resources outside the clinic to help them eat healthier and be more active. Helping patients sign up for YMCA memberships is an example of this work.

Healthy Eating

Child Care: Let's Eat, Play and Grow

Exciting new work within child care homes and licensed centers is happening in partnership with the MN Provider Collaborative Ramsey County Liaisons and Neighborhood Network Leaders! Over 40 childcare providers attended two exciting healthy eating trainings tasting fun healthy snacks and learning new ways to get kids excited about eating healthier foods. Next up, physical activity and breastfeeding support trainings will be held to continue this important work of helping our youngest Ramsey County residents stay healthy. A monthly newsletter goes out to hundreds of child care providers.

The Food and Nutrition Commission

The Saint Paul - Ramsey County Food and Nutrition Commission (FNC) is an active food policy council working on creating a more equitable food system for all. The FNC created two working groups this Fall. One focused on saving the pollinators (bees, butterflies, etc.) and another created a Voting Guide of questions to raise awareness around many issues affecting Minnesota's food system.

1,000,000 Meals = Healthier

The Ramsey County Healthy Meals Coalition consists of food service managers and kitchen staff who serve over 1 million free meals each year at different emergency meal programs and shelters. This Coalition, in existence since 2011, connects members to resources and solutions for serving healthier meals to those experiencing homelessness in Ramsey County.

Access to Healthy Foods on a City Bus?

Introducing the Twin Cities Mobile Market (TCMM), a retired Metro Transit bus that got a makeover into a grocery store on wheels! In December, the TCMM began stopping at 18 places in St. Paul where there is limited access to grocery stores. This mobile market stocks affordable foods to make healthy meals. TCMM accepts SNAP/EBT, credit cards and cash as payment. SHIP is one of the supporters of this Wilder Foundation project. For more details go to www.wilder.org and search Twin Cities Mobile Market.



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Healthy Eating

Sharing Food Tasks
Remember that the caretaker decides what, when and where food is served. The child decides how much and whether to eat. Some research shows that it can take 10-12 times of offering the same food before a child accepts it.

Having options for children at meal time will increase the food exposure. For example, instead of asking "Would you like some peas?" ask "Which would you like: peas or cauliflower?"

Breastfeeding Support

Safe Handling & Storage

Breastmilk should be refrigerated or chilled right after it is expressed. Below are acceptable guidelines for storing breast milk.

Room Temperature	4-6 hours
Insulated Cooler Bag	24 hours
Refrigerator	4-6 days
Freezer [connected to refrigerator]	3-6 months
Deep Freezer	6-12 months

Tips:

- All milk should be dated before storing.
- Storing 2-4 ounces at a time may reduce waste.
- Cool fresh milk before adding it to previously frozen milk.
- Containers holding milk should be glass or BPA-free hard plastic.
- Milk should be stored in the main or back part of a refrigerator and/or freezer to avoid temperature fluctuation.

*Adapted from the La Leche League International. www.llli.org

Recipe

Trail Mix

Ingredients:
1/3 cup raisins
1 1/2 cups of your favorite cereal
1 cup mini pretzels
1/3 cup chocolate chip morsels
1/2 cup roasted nuts of your choice* (optional)

Directions:

1. Mix all ingredients in a big bowl.
2. Pour into an air tight container and enjoy at your leisure.



What's Happening in Schools?

Mounds View School District

What better way to be more interested in vegetables than if you grow them yourself? That's exactly what Mounds View Schools will be doing as 43 raised garden beds in 11 schools are currently being constructed to set the foundation for garden plans in the spring. Students will plant, tend, and harvest these vegetable gardens. Student gardens will also be a source of healthier food items donated to the Ralph Reeder Food Shelf, a school-run organization, which in just the last two years alone provided 500 pounds of produce from just one school garden to families in the neighborhood.

Roseville Area School District

Roseville Area School District has passed a District Wellness Policy which shapes plans for healthy eating and being active at school. Each elementary school has the equipment and plans in place to keep kids moving all throughout recess. High school students go to recess and lead fun games and sports to engage the younger students in movement. Roseville's next focus is to shift the food environment, to increase healthier eating at the secondary schools, as well as pilot a garden program to help students learn about, grow, and eat more fresh vegetables.

Saint Paul Public School District

Saint Paul Public School District has 85 diverse elementary, middle, and high schools. Creating a strong Wellness Team with Wellness Champions for each building helps schools identify areas of health that need improvement and then find the resources to make changes. One example of a need was staff trainings on nutrition and fun activities to keep kids moving. Over 300 staff were able to attend training sessions to learn about structured activities and relaxation techniques to be used in classrooms with their students year round.

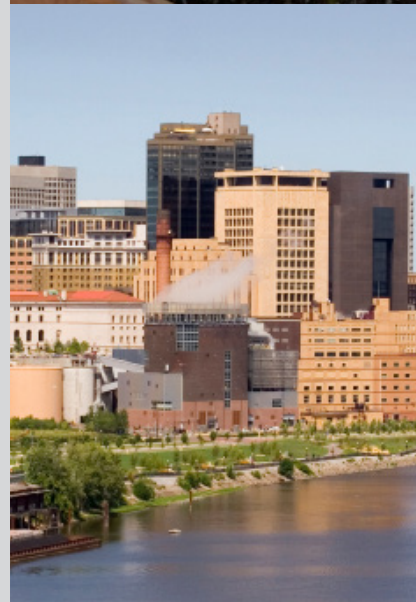
Over the next year, SHIP staff will be working within all 5 school districts of Ramsey County.

Worksite Wellness

Saint Paul Area Chamber of Commerce

The Saint Paul Area Chamber of Commerce is having a health makeover. The Chamber will be a model of wellness and healthier work culture, and will be sharing this model with small to medium sized businesses in Ramsey County. They are planning to implement several initiatives to showcase this shift, such as identifying healthier places that cater food for events and encouraging active transportation. Chamber member organizations can access resources and support for a healthier workplace.

For more information about SHIP
email: SHIP@co.ramsey.mn.us



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