



SAINT PAUL – RAMSEY COUNTY
COMMUNITY HEALTH SERVICES

ADVISORY COMMITTEE TO THE SAINT PAUL CITY COUNCIL AND THE RAMSEY COUNTY BOARD OF COMMISSIONERS

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MINUTES
COMMUNITY HEALTH SERVICES ADVISORY COMMITTEE
April 7, 2010

MEMBERS PRESENT

Nancy Appleton
Hanna Cooper
Catherine Croghan
Mark Garnett
Dorii Gbolo
Marissa Hendrickson
David Muhovich
Christopher Mullin
Regina Rippel
Jack Rossbach
Kerri-Elizabeth Sawyer
Esther Tatley
Milo Thompson

STAFF/GUESTS

Vanne Owens Hayes
Ann Hoxie
Richard Ragan

Richard Ragan started the meeting with “happy public health week.” The American Public Health Association has designated the first week in April as National Public Health Week. Richard thanked CHSAC members for the contribution made in the past year to protecting, maintaining and improving the health of Ramsey County citizens as well as visitors to Ramsey County.

Richard mentioned that committee members who are Mayoral appointments will be hearing from Chai Lee, Constituent Service Representative from the Mayor’s office. He will be contacting them regarding reappointment to the committee.

Hanna Cooper introduced the speakers and the topic for the evening. Vanne Owen Hayes , Cultural Coach from the Department of Health and Ann Hoxie, Wellness Coordinator from the Saint Paul Schools will speak on the Statewide Health Improvement Program.

Statewide Health Improvement Plan (SHIP)

Vanne spoke about Feel Better Minnesota. Feel Better Minnesota is an engaging musical television show developed in partnership with Twin Cities Public Television's Minnesota channel. This is a DVD that was developed under the old Steps Grant and now continues with SHIP. The kick-off was in October 2009. Vann showed the section of the DVD pertaining to nutrition. The committee broke into 3 discussion groups: water, exercise and nutrition. Here were the suggestions that were made:

Water – add lemon or a slice of cucumber to your water, filter your water in your kitchen, keep filtered water in the refrigerator, contact the city and ask them to install more water fountains for drinking, eliminate bottled water at the CHSAC meetings, make fizzy water (water and fruit juice) for the kids.

Exercise – older folks should increase their flexibility and they will enjoy exercising more, stretching costs nothing, students should walk (further) to schools, in the winter do mall walking, increase access to facilities for winter walking, improve public safety for safer walking during the outside months.

Nutrition – most kids will eat raw vegetables before cooked, seasonal gardens provide nutritious foods at reasonable costs.

Vanne provided committee members with 2 versions of the DVD Feel Better Minnesota to share with family, friends and colleagues. She also directed them via the website www.feelbetterminnesota.org to the many resources that are available.

SHIP implementation in the schools

Ann Hoxie spoke about how they are implementing the SHIP concepts in the St. Paul public schools. The SHIP grant has allowed for many changes in the wellness initiatives. The theme is “healthy choice is the easy choice” and “exercise your right to feel better.” All Saint Paul Public School buildings are participating in a month long educational promotion of Feel Better Minnesota, culminating in a 5K walk/run at Como Park on May 21. On April 27, 500 children will walk from Jackson School to the Capitol to their legislators for passing and funding the SHIP legislation. There are approximately 38,000 children in the St. Paul schools. The health concerns are: 28% obesity among 4th graders and an increase in Type II Diabetes.

There are 68 schools and 31 additional sites implementing SHIP concepts. It is hoped that time increased spent in recess will lead to improved test scores. Currently, there is no research that affirms this belief. Kids are in school 6.5 hours a day. There are partnerships forming with Parks and Recreation after-school programs for more activity.

The SHIP Grant enabled the school district hire 1.5 staff in the roles of program administrator and coach to teachers. The goals include: changing schools, improving physical education and increasing smoking cessation. There is a wellness team and a wellness champion at each school. Activities include: active recess, after-school running program, 4th grade nutrition, family night with healthy snacks, health and

wellness events, yoga classes, human kinetics testing, salsa night, bike programs, wellness bingo, focus groups (including students) and increasing physical activity during the day in the high schools. Kare11 TV will run a documentary about exercise and nutrition during the 30-day event.

Smoke-free policies for St. Paul Housing Agency properties

Hanna Cooper, chair of the CHSAC, introduced the resolution distributed to the members prior to the meeting. The resolved says “the Saint Paul-Ramsey County Community Health Services Advisory Committee strongly encourages the St. Paul Public Housing Agency to implement smoke-free policies for some or all of its properties.” After lengthy discussion, the resolution passed 10/3. The three members who voted against the resolution are concerned the policy/program be implemented in a compassionate way.