



**Saint Paul - Ramsey County Statewide Health Improvement Program (SHIP)
Community Leadership Team
Summary Meeting Minutes
June 4, 2014**

Members Present

Kathy Campion (County At-Large)
Thomas Kottke (Mayor)
Madonna McDermott (Mayor)
Liz McLoone Dybvig (Mayor)
Dave Muhovich (Mayor)
Heather Peterson (SHIP)
Regina Rippel (Mayor)
Katie Rojas-Jahn (SHIP)
Jack Rossbach (SHIP)
Nancy Shier (County District 6)
Jill Stewart (County At-Large)
Esther Tatley (County District 1)
DeDee Varner (SHIP)
Mary Yackley (Mayor)

Guests Present:

Nadja Berneche, Chairperson
- Food and Nutrition Commission

Staff Present:

Patricia Barney
Pa Shasky
Julie Seiber
Donald Gault
Richard Ragan

The meeting was called to Order at 5:30 by Chairperson Kathy Campion. She welcomed everyone to the meeting and introductions were made.

Donald Gault introduced two new staff members – Patricia Barney and Pa Shasky. There were 135 strong applicants for the three positions. Jaya Ginter is the third new staff. She was not able to attend.

There was a motion by Jill Stewart to approve the May 7, 2014 CHSAC meeting minutes, seconded by Esther Tatley. The motion passed by affirmation of the committee.

Update on Food and Nutrition Commission priorities and discussion re: potential projects and policy recommendations for CHSAC/SHIP Community Leadership Team (CLT) and Food and Commission members to work on jointly – Nadja Berneche, Chairperson, Food and Nutrition Commission.

Nadja said she was glad to meet with the SHIP Leadership Team and see what kind of synergy could be built between the two groups. The Food and Nutrition Commission, a food policy council, is involved oversight of a wide variety of food system issues as outlined in the recommendations that were presented to the Saint Paul City Council and the Ramsey County Board of Commissioners and handed out to the CLT. A discussion followed with CLT members bringing up issues of interest to them.

Jack Rossbach asked if it would be possible to have EBT at the farmers market at University and Dale. Julie Seiber said EBT at farmers markets is complicated at the present time, requiring tokens, staffing and bookkeeping. The St. Paul Farmers Market, with its 19 different locations, is written into the city charter. A newly enacted ordinance now allows additional small markets in the city to become official.

There are at least three markets organized by District Councils – Market on the Bluff (Dayton’s Bluff), Highland area, and the West Side market. From a farmer’s perspective, small markets can be financially challenging. Kathy Campion asked if there is interest in other locations and the answer was yes.

Regina Rippel mentioned she has seen people going from food shelf to food shelf and collecting food, in an unhealthy way, too much food. How do we educate people to eat healthy, both quality and quantity? Nadja said food literacy is a big issue identified by the Commission. There is a lack of knowledge about food preparation, portion size and health eating and the quality of food offered at food shelves. She is looking for a coalition of folks to find creative solutions to problems around food.

Jill Stewart mentioned she had seen a cookbook put together at Arlington High School and their Family and Consumer Science Classes. Traditional recipes are listed and then healthy alternative recipes along side. The cookbook also addresses portion sizes. As an educator, Jill suggests we educate kids how to cook and eat and they will take that information home and influence their families.

David Muhovich said, as someone who is interested in evidence-based policy, he doesn’t believe that education can always change behavior. We need to stop subsidizing unhealthy food additives – corn, sugar beets, grain, etc.

Nadja believes that public health’s obesity reduction/prevention programs do not resonate with (have an effect on) the majority of people she talks to about food because they use the word obesity which has come to have a negative meaning to the public. The whole body image debate is a problem. We would be better off talking about sugar consumption or heart disease or diabetes prevention. Heather Peterson says that there should be positive messaging like “be well and be active”. There needs to be more encouragement.

Donald said we need to create a new normal. SHIP requires us to work on policy, system and environmental change. Julie Seiber has put together a presentation that shows how we got into this situation using data on food and physical activity trends from the 1950’s to today. It doesn’t blame people but shows how the environment changed around us. Donald said that early violence prevention messages said “there is no place for family violence” to now the message is “initiative for peaceful families”. The question is what are we trying to promote...what are we for? Use positive messaging. Help people find the path to health within themselves.

Regina said that public health could push too hard and then we deal with anorexia and other poor eating habits.

Update on status of SHIP initiatives, including new SHIP staff, review of implementation to date and priorities for One Time Supplemental Funding.

The following are some highlights from the SHIP Grant Status Update:

- One Time Supplemental Funding has been awarded in the amount of \$211,327 (10% of total SHIP funding)
- SPRCPH is in the process of developing new partnerships with the Detox facility and Adult Detention Center to improve the nutritional value of food served.
- SPRCPH is working with Children’s Museum to provide technical assistance on new Healthy Bodies and Minds display. The Children’s Museum is expanding and attendance is expected to almost double. Approximately one-third of visitor’s take advantage of reduced admission for low income families, so the Museum reaches a diverse audience.

- SPRCPH is working with Public Housing to provide healthy foods in vending machines, develop community gardens and promote the use of bicycles. Work with public housing has expanded to all twenty sites.
- A discussion about Worksite Wellness with the Saint Paul Area Chamber of Commerce engaged the group. Heather Peterson (Allina) said that she had met with Matt Kramer at the Chamber a couple of months ago, has been developing a worksite wellness proposal to present to the Chamber and would like to work with SPRCPH. DeDee Varner said that HealthPartners works with many companies on worksite wellness.
- The supplemental funding will allow for increased funding to the public schools to cover the period from July – October 2015.

We need to develop and implement a Healthy Communities Investment Initiative to include community listening and learning sessions to build on community assets and strengths with the CHIP Nutrition Action Team and invest in community change. This should not be just staff driven, we need partners. There are SHIP allowable and not allowable actions that may come up in the discussions. Rina McManus has said there will be no more surveys for a while. We want to connect to/with communities.

Donald's questions to the group were:

1. Does this make sense to you?
2. Do you see parts of this work that you (or organization/community) could support and engaged?

Katie Rojas-Jahn mentioned the organization called Nexus that teaches people of color to become board members on community organizations called the Boards and Commissions Leadership Institute. She also mentioned Urban Roots on the East side as a possible partner.

Liz McLoone Dybvig has a connection to organized labor that she could help public health navigate when labor is not an allowed expense for a community project.

David is connected to Arrive Ministries (World Relief MN) that works with Somali, Hmong and Karen peoples. David is also always looking to place Bethel University students in meaningful internships within public health. He is connected to the Henry Street Coalition where volunteer teachers facilitate conversations, the Henry Street Model for Nurses. Today there are more refugees in Minnesota per capita than in any other state in the U.S.

Esther mentioned that the Wilder Foundation works with faith communities and her church, Prince of Peace in Roseville, works on gardens with the Karen people.

DeDee Varner mentioned the Bloomington, Richfield, Edina PH Dept. which developed a gardening training module and works with the Minnesota State Horticultural Society to distribute Garden-in-a-Box kits. She said that John A. Johnson School and the YMCA collaborate on a garden in Payne-Phalen.

Dr. Thomas Kottke made a motion to endorse and support the Saint Paul-Ramsey County SHIP Grant Status Update: June 2014 and also to endorse and support the St. Paul-Ramsey County Public Health SHIP Grant Program Revisions: June 2, 2014 (both documents handed out to the CLT).

Motion Seconded by Jack Rossbach. The motion passed by affirmation of the committee.

Motion to adjourn (7:15 PM) passed by affirmation of the committee.