



Saint Paul - Ramsey County Public Health

*Marina McManus, Director*

**Community Health Services Advisory Committee**

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**MINUTES  
CHSAC/SHIP LEADERSHIP TEAM  
March 6, 2013**

**MEMBERS PRESENT**

Maridee Bain  
Thomas Kottke  
Liz McLoone Dybvig  
David Muhovich  
Joan Pennington  
Heather Peterson  
Colleen Quesnell  
Sylvia Robinson  
Jack Rossbach  
Karla Sand  
Kerry-Elizabeth Sawyer  
Nancy Shier  
Jill Stewart  
Esther Tatley  
Bob Tracy  
DeAnn Varner  
Mary Yackley

**MEMBERS EXCUSED**

Kathryn Campion  
Julie Gagne  
Ann Poole-Nyakundi  
Regina Rippel  
Mayblia Yangsao

**GUESTS PRESENT**

Cyndi Arneson  
Margo Chresand  
Senka Hadzic  
Alicia Huckleby  
Beverly Johnson  
Lisa Koelfgren  
Rachel Mahon Bosman  
Der Moua  
Dorjee Norbu

**STAFF PRESENT**

Ann Dwyer Tranvik  
Donald Gault  
Rina McManus  
Vanne Owens Hayes  
Richard Ragan  
Julie Seiber  
Marijo Wunderlich

At 5:10 pm Bob welcomed people to the meeting. He said they would be hearing from invited guests who have been directly implementing the SHIP programs in Ramsey County.

He encouraged committee members and others to contact their legislators who would be making decisions shortly regarding the future funding of SHIP and write a letter in support of SHIP. He provided each person a list of Ramsey County legislators and their contact information.

Rina said the Ramsey County Board of Commissioners is on record supporting SHIP funding. House File 1004 for \$47 million (Senate File 979). The Saint Paul City Council does not take a position on legislation like SHIP funding.

Bob said the committee and guests will hear about the impact SHIP funding has had on the community and will be able to add it to your email to legislators.

Bob said that he doesn't believe we need to send any information to Governor Dayton. A month from now would be the time to send him information.

Rina asked Richard Ragan to talk about the Community Health concerns survey. There is a flyer advertising the survey and also a paper copy of the survey for review. On the front page of the paper copy is the website where a person interested in taking the survey can log on and take the survey on-line. Richard suggested you take the survey on-line to save paper, save postage, and make it easier to record the responses.

Julie Seiber introduced the SHIP presenters. Julie mentioned that Ramsey County has been involved with STEPS for 5 years, then the first SHIP for 2 years and now the current SHIP program for the last 1 ½ years. She expects additional funding in the new State's budget.

Representing the Saint Paul Public Schools: Mary Yackley, Lisa Koelfgen and Margo Chresand:

Fewer SHIP dollars has forced them to be creative and think about sustainability with existing staff, and not hiring additional staff.

Hiring a facilitator to help with the Wellness Policy has been a great way to keep the process moving.

Goals of SHIP in St. Paul schools (SPPS) in this 18 month grant period are to:

- Strengthen Building Wellness Teams
- Draft a new Wellness Policy
- Increase physical activity throughout the school day

New Wellness Policy will be presented to the Board of Education at the meeting on 3-19-13 for 3rd reading and approval. Coordinated School Health model from the CDC is the

framework for the policy.

Success stories were presented including:

1. Yoga Calm train-the-trainer offered to staff to improve student activity and attentiveness.
2. School-based Activities at Farnsworth upper and lower campuses on the Eastside include:

- Yoga instruction by the Health Educator
- Quality PE and Wellness team
- Increased popularity of volleyball and badminton
- Cooking classes
- Staff activities that include hockey, walking, running

Johnson High School has initiatives including:

- Anti-bully campaign
- Quality PE
- Spring fitness events
- Community involvement
- Blood drive
- Student driven activities
- Gardens in the courtyards, seatbelt safety, distracted driver training, fitness trail and healthy celebrations

3. Spring fitness events will be offered at 3 Eastside High Schools and will include a walk-run event and obstacle course. Events are not a one-time occurrence but an event the schools that are invited to can prepare for.

Future Goals of district Wellness Team are to:

- Continue to provide staff development to instruct staff about how to increase physical activity throughout the school day
- Increase student input in Wellness Teams
- Develop Wellness Policy Procedures to follow up the new wellness policy with the use of a facilitator
- Continue to work with community partner including the health plans Allina, UCare and HealthPartners
- Continue to work on sustainability and capacity building of Site Wellness Teams, buying less stuff for them but helping them **figure out a funding mechanism**

The next speaker was Cyndi Arneson from the Roseville Schools:

- We have an Active Recess Specialist at 7 elementary schools. They help facilitate new activities and games to keep students actively engaged. Activities have included - Mob Dance Days, mileage club (fitness run/walk), relay races, tag games.
- Older students get involved and help manage games during recess.

- We had originally thought that we would be working on strengthening our site base wellness teams and then learned that first we needed to take a look and strengthen our wellness policy. We have principals, curriculum and development, athletic director, Community Education Director, SHIP Coordinator, elementary principal, nutrition services, staff wellness coordinator currently looking at the wellness policy and making recommendation together. After we make the first recommendation we will then open up the wellness policy revision to students, staff, and the community.
- Conversation that is happening with the group that is making recommendation for the Wellness policy is - Is it a stand-alone or to really be successful is it something that gets embedded in everything we do? And what would that look like?
- We have a program in our alternative high school that encourages girls to join fitness yoga. The key was to build relationships with the girls and the instructor and in the future the hope is that the group will become intergenerational and be open up to the community and become a benefit for the whole community.
- Accountability is important. Cyndi is excited to see how the group that is working on the wellness policy demonstrated accountability through the wellness policy revision.

Sylvia asked if it is a best practice to embed wellness into everything that is done.

SPPS believes the best practices are:

- Need to do on a daily basis
- Learn from other schools and share ideas
- Include in Professional development
- Always ask - Is it sustainable?

Maridee – Do the schools talk to each other? Why reinvent the wheel?

Cyndi mentioned that accountability is very important to success. Ask who's following up on things for increased consistency.

Karla asked what about multicultural participation? This is being considered and the example that was given is - SPPS serves food/meals that are culturally appropriate and serves children food they see at home whether they be Hmong or Somali.

SHIP is all about:

- Changing the culture
- Leadership support
- Wellness teams (belief in health and wellness, each building is at a different stage in development, start at grassroots, instill accountability)

- SHIP helped our schools to reshape our vision, yet is enough to let each school do its own thing

Deanna asked - How do you (we) measure good health and increased academic success?

Jeanne Weigum presented next. She is the CEO of ANSR (the Association for Non-smokers Rights, MN):

During the tobacco lawsuit, tobacco companies were “outed” when it was shown that they were marketing their product to 12 year olds. They have now changed their strategy and are marketing to 18-26 year olds. In the past if a young person graduated from high school as a nonsmoker, they were likely a nonsmoker for life. With current marketing and targeting, young people often go to college and begin to smoke. Usually they do not expect to continue to smoke when they get out of college and many do not consider themselves to be smokers. They are occasional or 'party smokers', many of whom become addicted.

Ramsey County has more colleges than any other county in the state of Minnesota N=18

ANSR is contracted to work with these colleges to develop comprehensive tobacco policies. Of the colleges ANSR has contacted to work with:

- McNally Smith is not currently interested in making changes in tobacco use but the door is not closed to future work
- Metro State is the star performer. They have developed a policy and enforcement plan that is on the president's desk with a probable implementation date of August 2013
- St. Catherine's is and has been a tobacco-free campus. The president made the decision during the first round of SHIP
- Hamline University has just initiated a combined student-faculty taskforce to consider smoke-free campus;
- The University of Minnesota has a strong student/faculty movement to become tobacco-free but President Kaler is not in favor. ANSR and the County are working with Boynton, student groups, and the American Lung Association to support a policy. CHSAC Committee members can help by writing a letter to President Kaler urging him to consider implementing a tobacco-free campus.

As examples of what can be accomplished, The University of Michigan is a smoke-free school and also UCLA. President Kaler is concerned about attracting international students and visitors. Surveys show that international students actually smoke less than MN students and strongly support a tobacco-free campus policy.

- Century College adopted a tobacco-free policy during the first round of SHIP.
- St. Paul Technical College is not ready to consider updating their policy but ANSR is working with them to improve cessation services.

Multi-Unit Housing in Ramsey County. There are many new smoke-free buildings in the County that have been adopted during SHIP 2.0 although this is not currently a project the county is contracting with ANSR to work on.

ANSR's vision for the future includes:

- Adapt campus policy SHIP 2.0 with implementation and enforcement
- Get ready for SHIP 3.0.

Sylvia asked - Do you offer cessation activities at the same time you are doing policy development?

The QUIT line in Minnesota is a free cessation program to everyone in the state. ANSR makes QuitPlan information available to campuses and also has provided "quit kits" to promote cessation.

Linda Pope read a letter she wrote about her concern for the children who suffer from childhood obesity in her child's classroom. The USDA has a new school wellness policy that is focused on community health. Linda Pope is the newest member of the Ramsey County Food and Nutrition Commission.

Alicia Huckleby, Special Projects Coordinator/HR Manager, spoke representing the St Paul Public Housing Agency (PHA). The PHA owns and manages 4,200 public housing units (16 high rises, 4 family developments, and 400 scattered site units), and administers approximately 4,000 Section 8 units. Between the public housing and Section 8 programs, the PHA provides housing for 20,000 people just in Saint Paul. The PHA receives funding from the federal government.

The PHA began partnering with Ramsey County Public Health in March 2012 through SHIP. PHA/Ramsey County Public Health initiatives are concentrated at five public housing sites (the Hamline, Mt. Airy and Ravoux hi-rises and the Mt. Airy and McDonough family sites).

A sampling of projects so far include:

- Nutrition:

- Partnership with Gardening Matters to create gardening clubs in the Hamline and Ravoux hi-rises. The gardening clubs oversee raised garden beds. Last fall, each club hosted a “harvest festival” event.
- Partnership with the University of Minnesota Extension Program to bring Simply Good Eating classes to the three hi-rises, and Cooking Matters classes to the two family sites. During the Cooking Matters classes, parents and children participate in a 6 week class making recipes. Each week they are given a bag of groceries to take home to replicate what they made in class.
- Active Living:
  - Partnership with Free Bikes For Kidz in December 2012. 177 bikes were given to low income children at the McDonough and Mt. Airy family sites.
  - Partnership with Cycles for Change to create a youth bike club at McDonough Homes.
  - Hosted a bike rodeo during the McDonough Homes Family Day event. This was in partnership with Cycles for Changes and the DERO Bike Company.
- Tobacco Reduction:
  - Partnership with Mayo/Quit Plan to educate those who want to encourage a smoker to quit smoking.
  - Future partnership with Open Cities to conduct a quit smoking event at the Hamline, Mt. Airy and Ravoux hi-rises. As part of this initiative, residents who were former smokers agreed to be interviewed on video to talk about what lead to their quitting smoking, how they did it, and what were the resulting benefits (health and otherwise).

Vanne Owens Hayes, through the SHIP grant, is working with 12 African American churches in Ramsey County to address chronic disease through sustainable initiatives focused on healthy eating, physical activity, and non-use of tobacco. These initiatives are designed to increase wellness and decrease health disparities among African-Americans. Activities to date include a Black Women’s Health Gathering entitled Baraza! held at St. Paul College that featured local and national health professionals; a forum for men entitled ‘Let’s Talk About It’, held at Camphor Memorial, with Dr. Fred Lewis of Open Cities Health Center answering candid questions; and the development of a health policy at Holy Trinity Episcopal Church that encourages members to eat less sweets and baked goods, more fruit and veggies, and always ask “what is healthy?” Currently there is a mini-grant opportunity for the 12 churches to develop sustainable health practices addressing physical activity, and/or non-use of tobacco, and/or healthy eating. 9 churches have applied.

Ben Johnson, former Director of Food Operations at the Union Gospel Mission, presented on the topic of healthy food at shelters and charitable organizations.

The Ramsey County Healthy Meals Coalition, facilitated by SHIP & Saint Paul – Ramsey County Public Health employee Ben Johnson mission is to develop and implement practices that enable Ramsey County shelters and meal programs to provide healthy, culturally responsive and cost-effective meals. This model is a new collaborative approach to distribution, menu development, volunteer training, food sourcing, and client health resulting in a healthier community.

In Ramsey County there are over 20 emergency shelters and free meal programs that serve over 1 million meals each year – charitable homeless shelters.

Before the coalition, the organizations did not talk to one another about food and nutrition or really any other topic but now they do talk about best practices, sharing resources, and basically how to provide healthy, culturally sensitive and cost effective meals to people in need.

Some examples the coalition is improving meals to clients:

- Training volunteer and staff to procure and prepare healthier foods.
- Teaching nutrition education to clients, staff, and volunteers.
- Facilitating equipment purchases in order to provide more fruits and vegetables (i.e. refrigeration for increased fruits and vegetables).
- Community/Board level discussion to create momentum, to show how healthy meals are vital to helping people out of homelessness, everyone deserves a healthy meal.
- Policy and system solutions: healthy food donation policy to help public understand the real needs of emergency shelters.

Donald Gault reminded the group that SHIP program(s) are shifting cultures at the St Paul Schools, churches, colleges and schools.

The next meeting of the CHSAC committee will be April 3. Stay tuned and alert as details about the time and location of the meeting will be announced soon. Many members from the community will be joining the CHSAC committee members to form the CHIP Committee (Community Health Improvement Plan Committee). Keep the 5:00-7:30 pm time slot available on the first Wednesday of each month for the next 6 months April – September. Work on the community assessment, including analysis of the results of the community health assessment survey, will occur.

Adjourn 7:30 pm.