



Saint Paul - Ramsey County Public Health

Marina McManus, Director

Community Health Services Advisory Committee

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MINUTES
COMMUNITY HEALTH SERVICES ADVISORY COMMITTEE
November 7, 2012

MEMBERS PRESENT

Kathryn Campion
Luna Cooper
Julie Gagne
Thomas Kottke
David Muhovich
Colleen Quesnell
Regina Ripple
Sylvia Robinson
Jack Rossbach
Karla Sand
Nancy Shier
Jill Stewart
Esther Tatley
Bob Tracy
Mary Yackley
Mayblia Yangsao

STAFF PRESENT

Rina McManus
Richard Ragan

Bob welcomed the committee members and people shared personal and work-related updates.

Rina began her work with RC July 18, 2011 and is starting her 2nd year with Ramsey County. She is enthused about the “tri-project” community assessment, accreditation and QI. She is proud of the fact that staff have stepped up to do the work and no outside consultant has been required.

Regina will leave for Rwanda on December 7th to volunteer as a nurse with Vision for Service in Humanity, for 10 days.

Luna Cooper mentioned that 5-hour Energy Drink is promoting breast cancer awareness with its lemonade flavored drink. Contact the America Cancer Society. How did we let this happen?

Bob shared 4 things he learned/experienced at the State CHSAC MN Community Health Conference:

1. Attendees were given an overview of state CHSAC framework. It appears focused yet flexible. The question is how will we (Ramsey County) contribute?
2. Bob learned how the individual projects of the tri-project interrelate. It was illustrated by having 3 staff with balls of yarn create a 3 color web. Bob concluded that it's good that Ramsey County is conducting all 3 projects at the same time.

3. Rina has asked how to engage the faith community in nutrition and physical activities, both predictors of good health. How can we help them understand that what they are doing is public health work?
4. All living health commissioners were present at the meeting and shared the defining moment of their administration. Topics included: health disparities over GLBT communities, HIV, STDs.
Several of the past Health Commissioners talked about how important data is in making decisions...science-based decision making.

Rina introduced a topic area she has been discussing with staff - health literacy This morning she met with community health workers who are certificate-based professionals. SPRCPH has 16 community health workers who are Somali, Karen, Hmong and Latino. She posed the question “how do we access different cultures and overcome issues of trust?”

Healthcare can be complex, overwhelming, lots of paperwork with harmful and costly medical mistakes. There is a need for funding health literacy research.

The committee viewed a video on health literacy and had a discussion on the topic. Some of the statements made included: often shame is involved, healthcare delivery as a team, always ask a patient to repeat instructions, cultural sensitivity is often lacking, peer-based-learning in a group context and not one-on-one, we underutilize this process, simplify messages, Healthcare Navigators are identified in the Affordable Care Act, Patient Centered Care, we don't even know what to ask our own doctors, RC MCH nurses coming along side and this definitely helps, new nurses learn a lot about patient education, comprehension is different than reading-aphasia, quality improvement, Interpreters are very different than community health workers, beyond health care navigation is health literacy.

Rina introduced the presentation on CDC Winnable Battles. These are public health priorities. Know effective strategies do exist that can have a large-scale impact on public health. Due to the magnitude of the problems, it affects our ability to make significant progress in improving health outcomes. The solutions are evidence-based, scalable interventions which could produce results in 1-4 years.

Nutrition, Obesity and Physical Activity and Tobacco

- 37.3% of adults in Ramsey County are overweight, 24.5% are obese and 16.8% smoke tobacco
- 30% of Ramsey County adults surveyed indicate having been diagnosed with high blood pressure and/or high cholesterol
- 61% of Ramsey County adults report having BMI's in overweight or obese categories; among adults self-reporting as “about the right weight,” 36% had BMIs in overweight or obese categories
- 44% of Ramsey County adults report that their medical providers do not ask/talk to them about their weight, diet/nutrition, or smoking/tobacco use

- 33% of Ramsey County adults report that their medical providers ask them about their level of physical activity

After viewing the video a lively discussion ensued. Some of the statements included: in MN the tobacco tax does not apply to all tobacco products, they are still advertising to youth, where does the tobacco tax money go?, regarding foster care of children - should the State allow smoking in the home or require only non-smoking homes for placement of children?, for some, smokes are just getting too expensive, we should illustrate to young people how much they could save by not smoking, poor affects on the population when they can't pay the rent and can't purchase nutritional food because of tobacco.

Bob asked are these videos helpful for offering recommendations? The reply was they are helpful to know that we are in alignment with national efforts. Bob suggested the committee watch videos at the next couple of meetings and spend 30 minutes or so in preparation for the community assessment process. He asked that the link Proven Strategies from the MDH website be sent to all committee members.

Administrative Items

1. RC will conduct annual truth in tax hearing in Roseville on November 26th.
2. The Department will begin the 2014-15 budget development soon.
3. Rina was asked to convene a committee to consider the impact of the Affordable Care Act on RC. Dr. Neal Holtan will assist in the presentation.
4. Bob mentioned the upcoming meetings and presentations/topics:

Dec 5	SHIP
Jan 9	CHS Assessment
Feb 6	SHIP
March 6	Committee Draft By-laws
April 3	SHIP
May 1	MN Budget discussion

MICA is not supporting the continuation of SHIP.

Bob conducted the election of the vice-chair for the CHSAC committee and Kathryn Campion was elected unanimously.

Kathryn established a by-law review committee with volunteers - Regina, Jill, and Richard.

Mary Yackley invited members to a policy review breakfast at the Saint Paul Schools on Nov 20. She shared the draft policy and said this is what we can do at this time, following the new USDA guidelines. There have been complaints that kids are hungry under the new plan. Add this to the SHIP discussion - are there enough calories for growing and active kids?

The meeting was adjourned at 7:05 pm.