



Saint Paul - Ramsey County Public Health

Marina McManus, Director

Community Health Services Advisory Committee

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**MINUTES
SHIP LEADERSHIP TEAM
September 5, 2012**

MEMBERS PRESENT

Bob Tracy, Chair
Maridee Bain
Kathryn Campion
Luna Cooper
Julie Gagne
David Muhovich
Ann Poole-Nyakundi
Regina Rippel
Sylvia Robinson
Jack Rossbach
Karla Sand
Kerri-Elizabeth Sawyer
Nancy Shier
Jill Stewart
Esther Tatley
Mayblia Yangsao

GUESTS

May Seng Cha
Joan Pennington
Heather Peterson
Deanna Varner

STAFF PRESENT

Donald Gault
Rina McManus
Richard Ragan
Julie Seiber

The meeting was called to order and introductions were made.

Health Plan and Health Care Provider SHIP-related Programs

The Health Plan representatives on the SHIP Leadership Team were asked to describe programs their organization sponsors that is SHIP-related work.

May Seng Cha provided an overview of UCare's Community Relations work related to health and wellness in various communities. In addition, she presented on Health Promotion programs UCare offers to their members. They include an unlimited \$15 discount to community education classes for PMAP, MinnesotaCare, MSHO, SNBC, and MSC Plus members. Their Medicare program, UCare for Seniors, only offers one \$15 discount per year. The M.O.M.S. Program and New Parents Guide is support and education for pregnant women and parents and offers incentives for prenatal, postpartum, and a telephonic smoking assessment. There are child and teen checkup incentives for complete visits, immunizations and blood lead screening. UCare's Healthy U program called Living Well provides online tools and tips. There are additional disease

management programs for eligible members. UCare's fitness benefits includes: Weight Watchers online discount, the Ready, Get, Fit! Kit for MinnesotaCare members, a Strong and Stable kit for MSHO and MSC Plus members, and free YMCA memberships for MSHO and UCare Connect (our SNBC program) members. This past summer there were camps for children living with diabetes or asthma. UCare has developed portions plates and a portion ladle that is available at no charge for public health entities to use as educational tools. In addition, UCare hosts a Stretch and Stroll event at the Minnesota State Fair, sponsored a cooking-based nutrition program called Cooking Matters Minnesota, Hmong and Latino Way to Health, and the Ramsey County CHS program Assertive Community Treatment (ACT) that helps clients achieve reductions in obesity.

Deanna Varner of HealthPartners spoke about HealthPartners activities:

- HealthPartners yumPower School Challenge:
http://www.healthpartners.com/ucm/groups/public/@hp/@public/documents/documents/cntrb_033606.pdf The four-week pilot program was designed to encourage elementary school students and teachers to increase consumption of fruits and vegetables by tracking intake. 32 schools participated including 10 in Saint Paul area. The key findings included: The average number of F&V eaten on a daily basis by students increased by 1/3 of a serving (sixteen extra tons of fruits and vegetable were consumed). Overall, the school challenge increased the amount of fruits and vegetables eaten by students over 4 weeks by 11%; rate of engagement in tracking fruits and vegetables was very high among the students at 76%; 93% of teachers and staff said they would recommend the HealthPartners yumPower School Challenge to other schools.
- Garden-in-a-box: HealthPartners collaborated with Minnesota State Horticultural Society to expand the program MSHS started in 2008. The goal is to support low – income households in growing their own vegetables. 150 local families received complementary materials, seeds and education to get started.
- Jump Jam: HealthPartners collaborated with the City of Saint Paul and the YWCA. Nearly 300 kids practiced for six weeks at 5 community centers. The program was designed to increase activity and provide supportive summer programming for youth.
- yumPower.com: This website provides many resources including restaurant guides and cooking classes to learn all the tips you need to eat better. A new kids section will be launched next month!

Heather Peterson, representing Allina Health, stated they are health care providers (not a health plan) with 11 hospitals and over 90 clinics around the region, and they are working to provide community wellness and prevention programs in support of community health improvement. One program is called the Neighborhood Health Connection where they provide toolkits to help neighbors and community groups build relationships around improved nutrition, active living and stress management to achieve better health for all. This spring there were over 500 applications for grants for walking clubs, community gardens, neighborhood yoga, cooking clubs, etc., and the first round of projects and activities will come to a close September 30. Allina Health has also, for several years, been providing Power by the Hour, a free nutrition and physical activity curriculum for

children and families, to 160 schools representing over 10,000 school children. Also, Allina Health is launching School Health Connection in September, including \$10,000 grants to ten schools around the metro area -- \$9,000 to be used for anything ranging from healthy school lunch enhancements to exercise areas and playground equipment, and \$1,000 for students to use how they choose for health and wellness programs. Other components of School Health Connection include a Family Fitness Fair for each grant school, access to physician consultations, and health and wellness in-service opportunities for teachers. In 2012, Allina is also partnering again with Free Bikes 4 Kidz. Together they hope to collect, repair and provide 5,000 bikes to underserved children. Through charitable contributions, Allina Health is partnering with a variety of East Metro nonprofit health and human service providers, including the St. Paul Area Council of Churches, youth programs, community centers, community gardens and other community partners who support healthy, active, living in our communities.

Ann Poole, a new member of the CHSAC spoke about the work of the HealthEast Foundation. HealthEast is focusing on diabetes education. The organization has faith-based roots and is working with churches through the parish nurse program. Ann described the challenges of communicating between the health care world and the world of public health. She spoke about the population health component of health care reform. She believes that SHIP initiatives can definitely improve population health. She posed the question - How is population health related to health care? They both have the same goal(s) but use different strategies and have different languages/terms.

Mary Yackley presented SHIP-related work in the St. Paul Schools. The SHIP Wellness program is being implemented in many ways in St. Paul Schools. Twenty schools on the East Side are working with Wellness Coaches on their school's action plan for the 2012-13 school year. Three secondary schools on the East Side are hosting fitness events in spring 2013 and inviting the schools in their attendance areas. Twelve additional city-wide schools are using SHIP funds to implement their action plans. Communications around wellness are provided to all schools on a monthly topic. Posters and messages that can be included in newsletters and daily announcements are available to staff.

A task force has been established to update the District Wellness Policy that was last revised in 2008. SHIP funding supports a facilitator for the Wellness Policy task force. This task force will have a draft ready for input from stakeholders this fall. Site Wellness Champions will provide feedback first on September 20th.

Saint Paul Public Schools partners with health care provider organizations in a variety of ways. Examples include:

- AllinaHealth supported the language translation of many health forms for students and parents into the Karen language
- AllinaHealth sponsors CPR training for 30 school nurses annually
- UCare pays for school nurses to do asthma prevention and ED follow-up visits during the school day to students on their health plan with asthma
- Health Partners provides yumPower School Challenge to 10 elementary schools including a Radio Disney assembly and 1 month of fruit and veggie tracking

- Health Partners trains health assistants in CPR and first aid

Student Health and Wellness continues to implement the Chronic Disease Management model for students with asthma, diabetes, ADHD, hearing loss. The Affordable Care Act offers interesting ideas for school-based health care. Saint Paul Public Schools continues to look for opportunities to partner with providers and parents to decrease the barriers of chronic disease on school success.

Staff Overview of the Ramsey County SHIP Program

Julie Seiber provided a summary/overview of the Statewide Health Improvement Program in Ramsey County. She and Donald encouraged everyone to check out the revised web page.

Four Saint Paul Farmers' Market locations throughout Ramsey County now accept EBT cards for Supplemental Nutrition Assistance Program (SNAP) food support users. Locations include the Capitol Grounds, Aldrich Arena, Downtown St. Paul and West St. Paul markets. All four markets offer the Market Bucks program, sponsored by Blue Cross Blue Shield, which gives each SNAP user an extra \$5 to spend at the market on each day they use their EBT card.

The Saint Paul - Ramsey County Food and Nutrition Commission presented its report to the Saint Paul City Council in May and to the Ramsey County Board of Commissioners on June 5, 2012. The report was also given to the staff of Senator Al Franken when they requested input concerning the U.S. Food and Agriculture Bill. The Commission crafted and presented a statement to the Saint Paul Planning Commission on zoning for urban agriculture. The Commission is now working on implementation of the recommendations of the report.

The Ramsey County Healthy Meals Coalition, a coalition of free meal programs in Ramsey County, is utilizing a baseline assessment report completed in October 2011 to inform its current work. SHIP is providing mini-grants to qualified member organizations to build capacity and serve healthier meals through new equipment, staff training and/or nutritional analysis software.

A variety of initiatives centered on healthy living is taking place in Saint Paul Public Housing Authority residences. Fields to Families is a weekly farmers' market at the Hamline and Mt. Airy Hi-Rise buildings. The markets bring easy access to healthy, low cost fresh produce for seniors and disabled adults. The residents at Ravoux and Hamline Hi-Rises and the McDonough family site are installing and improving gardens. New vending options are being stocked at the Ravoux Hi-Rise, based on a taste test and resident vote. Active living initiatives include Nice Ride group rides with helmets and a one-year membership given to participants, a bike rodeo with stations for participants to learn about riding on streets, proper helmet fitting and bike safety. An Allina grant supports active living programs not covered by SHIP. A Freedom from Smoking Training at the American Lung Association was presented to learn how to lead smoking cessation groups.

Twenty schools are receiving support from SHIP to improve nutrition and physical activity and will be led by wellness champions in each building. Three wellness coaches with expertise in the areas of physical education, nursing and health education are guiding the SHIP work. In addition, the district wellness policy is being updated and will be presented to the school board.

A variety of strategies will be implemented during the 2012-2013 school year in the Roseville Schools including: implementation of a district-wide wellness committee; training of recess staff in elementary schools; and changing physical education curriculum at the alternative learning center.

Through a contract with the Association of Nonsmokers-MN (ANSR), SHIP is working with numerous post-secondary campuses to develop and implement tobacco-free and tobacco reduction policies.

A Cultural consultant is working with selected predominately African American churches to help them establish goals and priorities for policy, environment, and system changes that will result in church members eating healthier, being physically active, and feeling better.

Ramsey County Public Health, through the SHIP grant, is also one of the sponsors of Baraza: An African American Women's Health and Wellness Gathering to be held Saturday, October 6, 2012 at the Saint Paul College. The purpose of the event is to (1) increase the community's knowledge and awareness of health issues affecting African-American women and (2) have attendees commit to leading healthier lives.

The next Ramsey County Community Health Services Advisory Committee meeting is scheduled for October 3, 2012 from 5:00 PM-7:00 PM in the Plato Building conference center. The agenda will include a staff overview of the current public health department projects: Quality Improvement, Community Assessment, National Accreditation and Strategic Planning.

The meeting was adjourned at 6:40 PM.