

## Community Health Improvement Plan Working Session, October 1, 2014

### Nutrition, Weight, and Active Living Table Notes

Questions posed:

**There are plenty of efforts around this area. What are other efforts that people are involved in?**

Julie Seiber provided descriptive handouts and told the groups about the Saint Paul – Ramsey County Food and Nutrition Commission, Active Living Ramsey Communities! (ALRC), and the Saint Paul Public Schools District Wellness Team. The Food and Nutrition Commission has objectives including food access and security, food literacy, urban agriculture, food infrastructure, and economic development related to food. ALRC's role is to create and promote environments that make it safe and convenient for people to integrate physical activity into their daily routines.

Jackie Cooper told one of the groups about the Freedom School in St. Paul which starts each day with physical activity that the participating kids enjoy.

Regina Rippel mentioned that some of the food shelves seem to be making too much food available for participants leading to obesity. She is involved with a downtown food shelf.

**Which groups can meet most of the objectives we have?**

Mary Yackley confirmed that the District Wellness Team and other SPPS work is addressing Objectives 1, 2, and 3 in the school environment.

ALRC's work is to make active living infrastructure available to all. Its Go Ramsey web site provides a central point online for people to find public spaces for activities. (Objective 5)

The Food and Nutrition Commission's work is making fruit and vegetables more accessible to Ramsey County residents. (Objective 5)

**Who can join these groups?**

The Food and Nutrition Commission has 14 appointed members but the meetings are open and all attendees are made a part of discussions.

ALRC's meetings are open to those who are interested. That group does not have formal membership.

The SPPS District Wellness Team is a fairly small group of invited people from individual buildings, curriculum specialists and representatives of involved services and members of the community. The school sites have wellness committees and welcome involvement by members of the school community.

**Other comments and concerns:**

- **Legislative Action Strategies:**

Several people expressed concern that most schools do not provide physical education every day so that children meet the recommended amount of physical activity. Changing that practice would require action by a school board or the state legislature.

Is there a way that legislative action could support fruit and vegetable availability?

- **Family involvement:**

Families need to be involved in both physical activity and good nutrition efforts. Parents provide the food at home and can both model physical activity and provide opportunities. Workplaces could provide a place to reach parents. There may be some assistance available through Employee Assistance Programs (EAP).

- **Media Strategies:**

Using media for public education promoting healthy eating and physical activity is a strategy under several objectives. What resources are available to make that happen? Is there funding from the health institutions or plans? Stories seem to be more effective than data. An example was mentioned of a project by Yale students in New Haven, CT, who used quirky ads about vegetables and found increases in purchases at the grocery stores.

We need to make sure that unhealthy foods are not marketed to children.

- **Other:**

The Metro Shape survey will provide local level information on the obesity rates in the county (Objective 6, Strategy b.)

Make sure that the work is matched to the outcomes desired.