



## St Paul Public Housing Agency (PHA)

- PHA provides affordable homes to over 21,000 people
- Public Housing Demographics (Nov 2015)
  - Race/Ethnicity
    - 36% African-American
    - 31.5% Asian/Pacific Islander
    - 31% White
    - 1% American Indian
    - 0.5% Multiple Races
  - Disabled and/or Elderly
    - 77% Hi-rises Head of Households
    - 40% Family Sites Head of Households
  - Average Annual Income
    - \$23,935 Family Sites (\$86,600 Twin Cities Median Income, 4-person)
    - \$13,174 Hi-rises (\$60,700 Twin Cities Median Income, 1-person)

# Resident Initiatives Dept

- 2014 – Agency restructured to form Resident Initiatives Dept
- Alicia Huckleby, Director
- ‘...links to community services’
- Supportive services, resident economic development and self-sufficiency

**Partners in Opportunity**

- AARP Minnesota: Tax Assistance
- Active Living Ramsey Communities
- Allina Health
- American Academy of Neurology
- AmeriCorps Community Technology Empowerment Project
- Amherst H. Wilder Foundation
- Association for Non-Smokers MN (ANSR)
- Bethel University
- Bike Fixation
- Boy Scouts
- Boys and Girls Club of the Twin Cities
- Bridging.org
- City of Saint Paul: Right Track Program
- City Wide Residents Council
- Cycles for Change
- Dero Bike Racks
- Dispute Resolution Center
- Employment Action Center
- Family Housing Fund
- Free Bikes 4 Kidz
- Gardening Matters
- Hamline Midway Eiders
- Head Start Program
- Highway Federal Credit Union
- Hmong American Farmers Association
- Jeffrey McKeage, Computer Lab Facilitator/Instructor
- Keystone Community Services
- LOFT Literary Center
- Major Taylor Bicycling Club
- Metro State University: College of Nursing and Health Sciences
- Minnesota Department of Health
- Minnesota Office of Higher Education
- Minnesota Resource Center, Inc.
- MORE Multicultural School for Empowerment
- Nice Ride Minnesota
- Pharmacy at Cub Foods Store #1694
- Presbyterian Homes
- Presidents Council of St. Paul PHA Hi-Rise
- Ramsey County Master Gardeners
- RSVP/Bone Builders
- Saint Paul College: Cosmetology, Wellness and Fitness Programs
- Saint Paul Fire Department
- Saint Paul Neighborhood Network
- Saint Paul Police Department
- Saint Paul Public Library
- Saint Paul Public Works Department
- Saint Paul Parks and Recreation Department
- Saint Paul Public Schools: Early Childhood Family Education (ECFE)
- Second Harvest Heartland
- St. Paul Smart Trips
- St. Paul Ramsey County Department of Environmental Health
- St. Paul Ramsey County Department of Public Health
- The Food Group
- Transit for Livable Communities
- Two Men And A Truck
- University of Minnesota Extension Programs
- Urban Roots
- Walgreens Stores of St. Paul, Minnesota
- Westside Community Health Services
- Women on Bikes
- YMCA Twin Cities
- Youth Conservation Corps
- YouthCARE Minnesota

# Active Living Initiatives

- Let’s Move More at PHA
- Walking groups
- Walk with a Doc community events with Allina Health
- Free Bikes 4 Kidz yearly bike, helmet and lock giveaway
- Nice Ride Community Partners free one year memberships
- Nice Ride Neighborhood adult orange bicycle program
- Adult Learn to Bike classes
- St Paul Women on Bikes
- Bone Builders senior exercise classes



**walk with a doc**

Each walk will begin with a brief health check led by a United Hospital doctor. Following the health check, the doctor will lead a 30 minute group walk. Walking events are open to all St Paul Public Housing residents, no registration required.

Let's move moral!

Contact: Beth, 612 Program, at 612.798.4130 for more information.

Walk your way to better health by participating in Walk-With a Doc events:

- Tuesday, May 10 from 1-2 p.m. at Hamline Hi-Rise
- Wednesday, June 15 from 4-5 p.m. at Mt. Airy Hi-Rise
- Wednesday, July 20 from 12-1 p.m. at Nell Hi-Rise
- Tuesday, August 9 from 12-1 p.m. at Hamline Hi-Rise
- Wednesday, September 21 from 4-5 p.m. at Mt. Airy Community Center
- Wednesday, October 12 from 12-1 p.m. at Nell Hi-Rise

Attend events and earn prizes!

# Healthy Eating Initiatives

- Twin Cities Mobile Market
- Wheelchair accessible raised bed gardens
- In-ground gardens
- Gardening clubs
- Ramsey County Master Gardeners and garden mentors
- Cooking classes
- Nutrition classes
- On-site farmers markets
- Healthy vending machine options



**Everyone with Diabetes Counts**  
 Do you have Diabetes or Pre-Diabetes? We can help!

*Everyone with Diabetes Counts teaches you how to live healthier in a fun, non-threatening, community setting.*

**Diabetes Wellness Workshops**  
 Ravoux HI Rise Community Room

Wed, April 13	1:00-3:00pm
Wed, April 20	1:00-3:00pm
Wed, April 27	1:00-3:00pm
Wed, May 4	1:00-3:00pm
Wed, May 11	1:00-3:00pm
Wed, May 18	1:00-3:00pm

\*Mark all six sessions on your calendar.  
 Class size is limited to 20 people  
 Sign-up today!

Contact Eileen Tittle 651-292-6359 to sign up.

Each session is a different topic. Topics include:

- Understanding the Human Body
- Risk Factors and Complications - the good, the bad and the ugly
- Listening to your Body
- Get Up and Move Living with Diabetes
- Refueling your Body and Meal Planning
- Medications and Medical Care
- Problem Solving/Action Plans

Diabetes Educational Program (DEP) University of Illinois - Chicago

TUESDAY, APRIL 5, 2016

## Health and Nutrition Pilot Projects Ready for Takeoff in Three Minnesota Communities

Teams of Health and Nutrition staff are poised to begin what is hoped to be a longterm commitment to supporting healthy lifestyles within three Minnesota communities:

- Milan, population 396, many of whom are recent immigrants from an island in Micronesia.
- Browns Valley, on the border of Minnesota and South Dakota in Traverse County.
- A St. Paul public housing site, location to be revealed once final details are settled.

Referred to as "the Pilot Projects," these initiatives are focused on the goals of creating understanding of healthy eating and active living; improving food skills such as shopping and preparation; working toward policies, systems, environments, and social norms that support healthy choices; and improving access to healthy foods — all on a community-wide scale.



## Make It Bloom Video

Highlighting the "Make It Bloom" community gardens project between St. Paul Public Housing Agency, our residents and partners: Conservation Corps of Minnesota & Iowa, Gardening Matters, Ramsey County Master Gardener Program of UMN-Extension, St. Paul-Ramsey County Public Health and The Statewide Health Improvement Program (SHIP), MDH

- [Make It Bloom Video \(click here\)](#)

## Resources

- PHA Fact Sheet  
<http://www.stpha.org/forms/factsheet.pdf>
- Resident Initiatives Fact Sheet  
<http://www.stpha.org/forms/FactSheetRI.pdf>