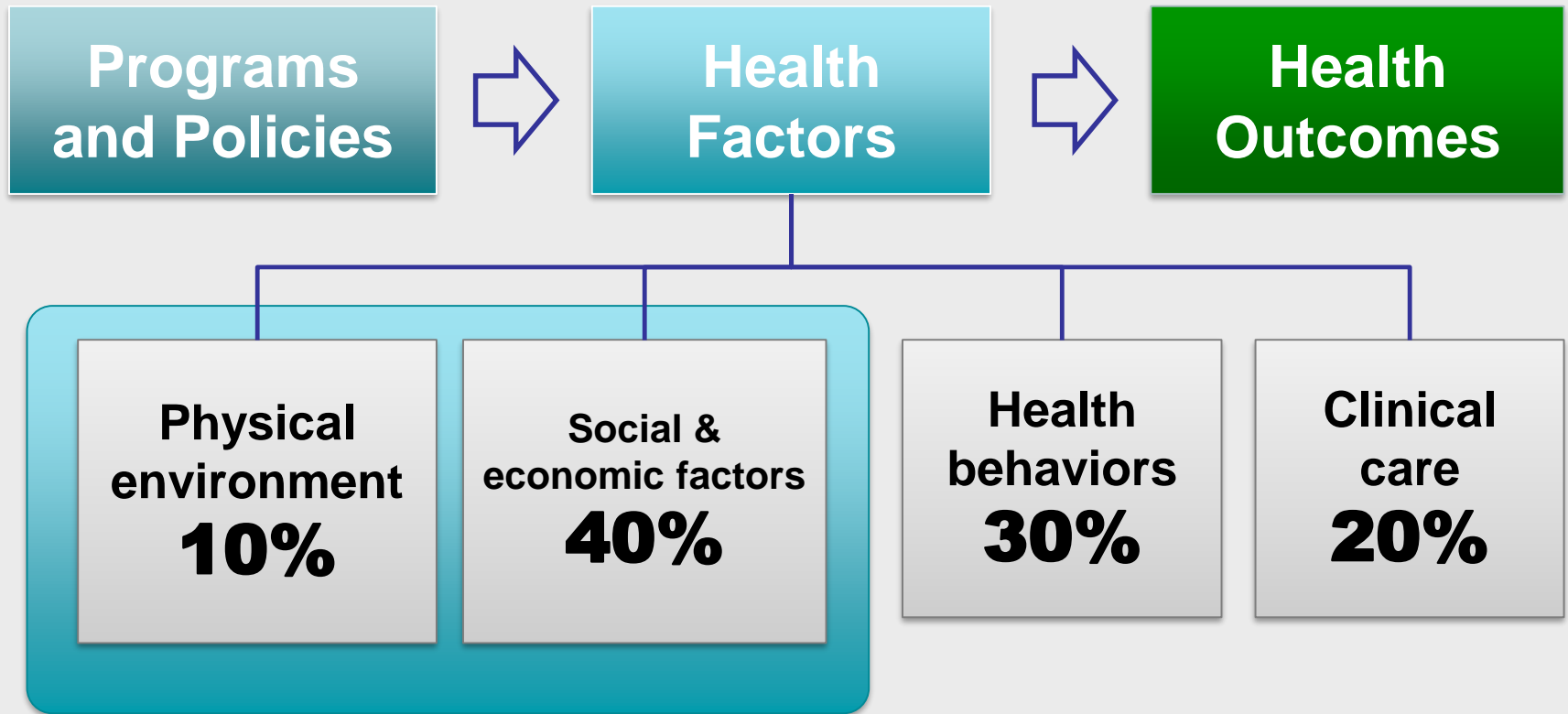


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# Community Health Services Advisory Committee

January 3, 2018

# Factors that influence health



Source: University of Wisconsin Population Health Institute

Doing “*with*” not “*to*”  
the community

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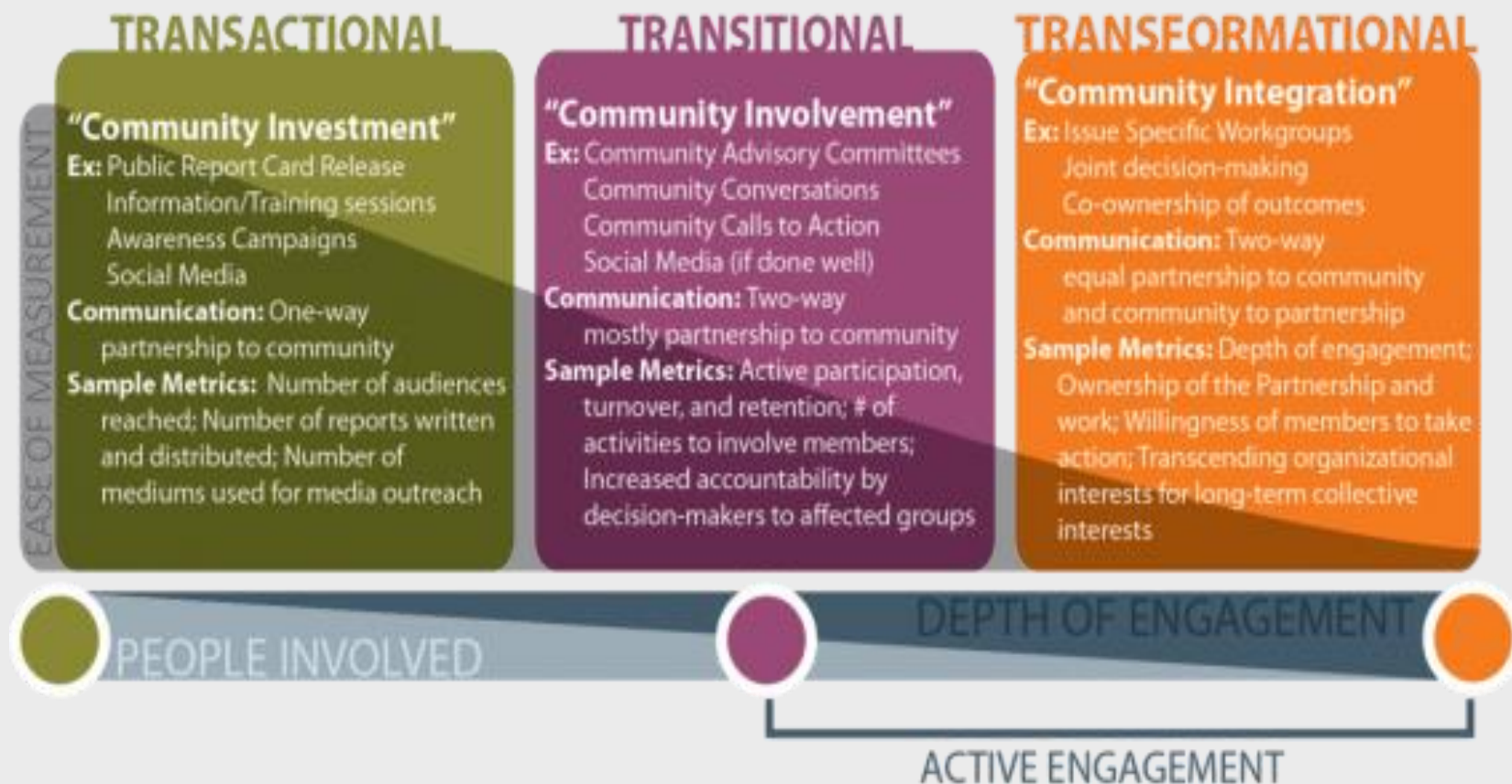
## East Side Engagement

# Neighborhood Integration Strategy Development



- System behavior over time
- Vision deployment matrix
- Gathered 40 community leaders from all sectors
- Scenario thinking process
- East Metro asset mapping
- Social network analysis
- Hosted 252 community conversations

# Transformational engagement



© Strive 2012  
 Content adapted from Bowen et al, *When Suits Meet Roots*, 2010  
 Sample Metrics adapted from Pastor et al, *TRANSACTIONS, TRANSFORMATIONS, TRANSLATIONS: Metrics That Matter for Building, Scaling, and Funding Social Movements*, 2011

# Neighborhood focus

## The East Side of Saint Paul

Dayton's Bluff | Payne-Phalen | Greater East Side

## Saint Paul, Minnesota





# Collaborative convenings

## Phase 1: Six monthly community-building convenings in 2015

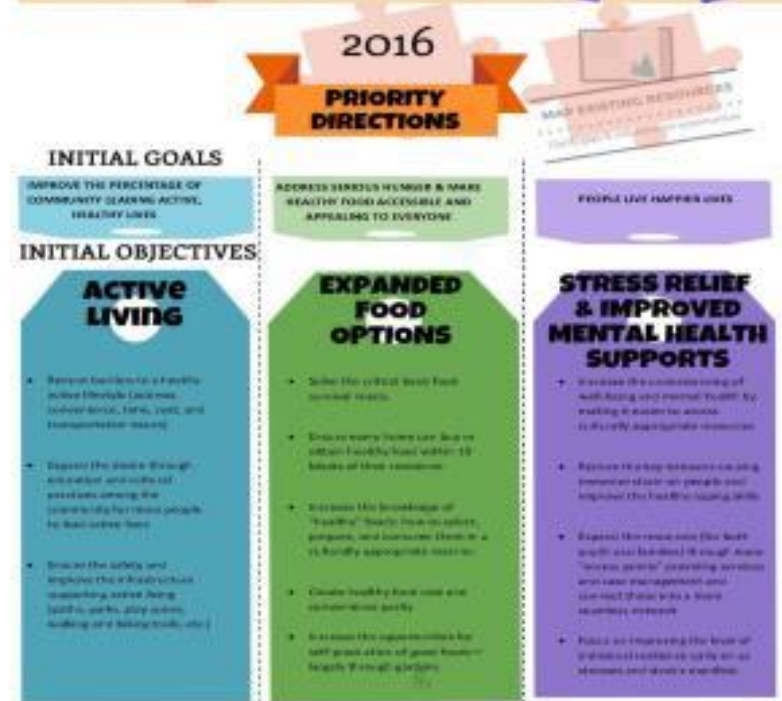
1. Relationship-building (July)
2. Developing shared landscape and understanding (Aug)
3. Identifying areas for potential impact (Sep)
4. Exploring opportunities for action (Oct)
5. Discerning possibilities for partnership (Nov)
6. Clarifying key short-term priorities for 2016 (Dec)



# Priorities for East side co-design in 2016

*Priority #1:* expand resilience and skillful coping skills as well as care and management in a connected network

*Priority #2:* expand access to healthy foods and nutritious meals, connected to spaces for community to eat, play, and be together.





East Side Community  
Partners

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# Partnering on Prototypes

# Workgroup Partners

- American Indian Family Center
- Arlington Hills Lutheran Church
- City of Saint Paul Fire Department
- CLUES (Comunidades Latinas Unidas en Servicio)
- Community Dental Care
- Dayton's Bluff Achievement Plus Elementary and Wilder Foundation
- Kitchen on the Bluff
- First Lutheran Church
- Golden Harvest Market
- Karen Organization of Minnesota
- Kofi Services and Wilder Foundation
- Merrick Community Services
- Neighborhood House
- The Sanneh Foundation
- Local Crate
- East Side Elders
- Urban Roots
- UMN Extension
- Hmong American Partnership



# Two key priorities

***Mental Health*** – Expand resilience and skillful coping skills as well as care and management in a connected network.

***Healthy Food Access*** – Expand access to healthy foods and nutritious meals, connected to spaces for community to eat, play and be together.

# East Side Table

- **Goal:** Improve food skills to increase consumption of healthy foods
- **Objectives:**
  - Improve skills to prepare healthy, safe food within one's own food traditions
  - Improve food planning, selecting and budgeting skills for those living in poverty
  - Increase willingness to try new, healthier foods
- **Strategic Interventions:**
  - Make-at-home meal kits
  - Breaking bread and sharing skills
  - Community education and engagement



**EAST SIDE TABLE**  
*Nourishing Our Community*

# East Side Table Partners



URBANOASIS

*Healthy Food. Whole Community.*



Neighborhood House®



MERRICK  
COMMUNITY  
SERVICES

*Where People Count*

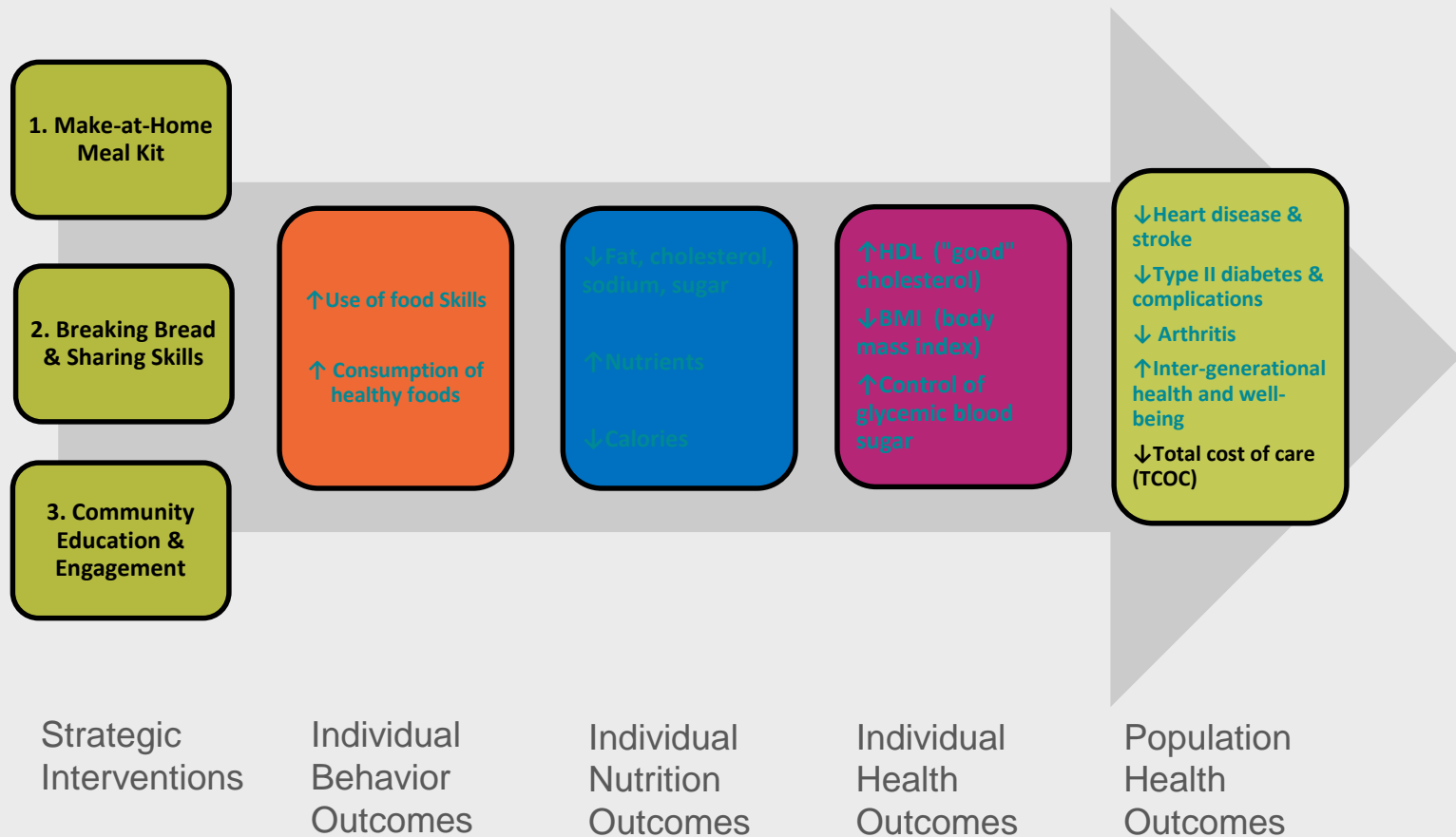


COMUNIDADES LATINAS  
UNIDAS EN SERVICIO

Golden Harvest Foods



# Cooking up a healthy future: logic model



# Cooking at home: a recipe for better health

- **Food eaten away from home** continues to increase in the U.S. This food tends to contain more saturated fat, cholesterol and sodium and displaces more nutrient dense foods prepared from scratch at home.
- In one study, **people who ate meals away from home six or more times per week had a higher BMI, lower levels of HDL, and lower levels of certain nutrients** such as vitamins C and E.
- Individuals who consumed 11-14 home-prepared meals weekly were at a **13% lower risk for developing type II diabetes** that those who ate fewer than six homemade meals a week.
- Barriers to cooking at home on the East Side: **time, motivation, and expense.**

Morris, J. et al, *Californian Journal of Health Promotion*, 2015  
Kant, Ashima et al, *International Journal of Obesity*, 2014  
Zong, G. et al, *Q/PLOS Medicine*, 2016



# East Side Mental Health and Stress Resilience Partnership

- **Goal:** Increase opportunities to build stress-resilience and holistic well-being
- **Objectives:**
  - Increase access to culturally based services and social supports
  - Increase provider knowledge, cultural responsiveness and collaboration
  - Build knowledge and break cultural stigmas among community members

- **Strategic Interventions:**



# Mental health co-design team



Arlington Hills  
Lutheran Church



COMUNIDADES LATINAS  
UNIDAS EN SERVICIO



Neighborhood House



Karen Organization of Minnesota



AMHERST H.  
WILDER  
FOUNDATION

Achievement+

A Partnership for Community Schools



Kofi Services

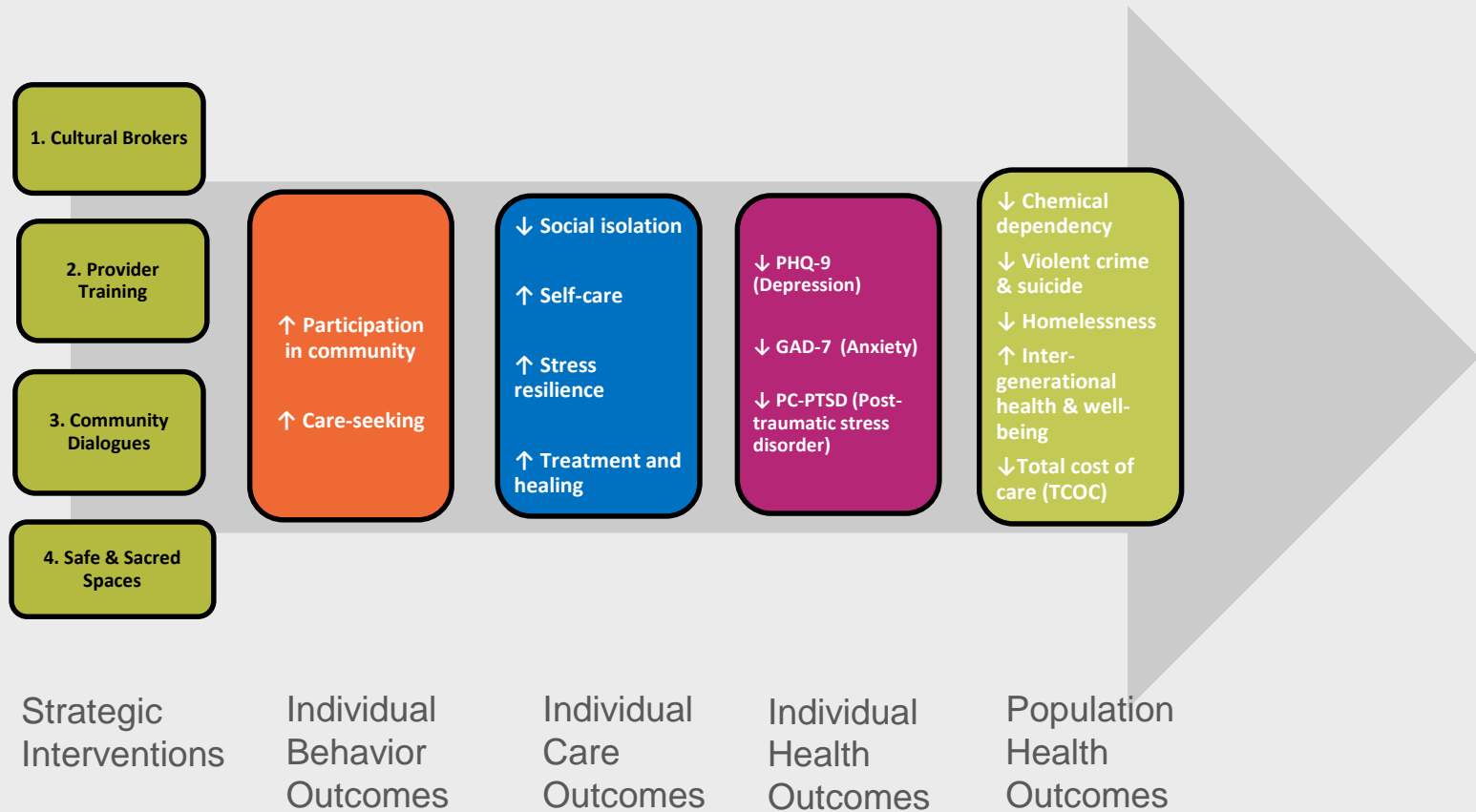
# Stress and stigma on the east side

- There is a **high prevalence of depression, post-traumatic stress disorder, panic attacks, and traumatic brain injuries among refugee populations.** Barriers to seek treatment include **language, culture, religion, stigma, lack of transportation, work conflicts, and lack of child care.**<sup>1</sup>
- Based on input from 50+ East Side service providers and community members, existing services are **rarely culturally responsive; do little to meet daily needs; and do not contribute to holistic wellbeing.**
- **Social isolation has been shown to be as detrimental to long-term health outcomes as traditional risk factors, such as high cholesterol or smoking.**<sup>2</sup>

<sup>1</sup> Centers for Disease Control. <http://www.cdc.gov/immigrantrefugeehealth/guidelines/domestic/mental-health-screening-guidelines.html>

<sup>2</sup> American Journal of Public Health. <http://ajph.aphapublications.org/doi/abs/10.2105/AJPH.2013.301261>

# Improving resilience + coping: logic model



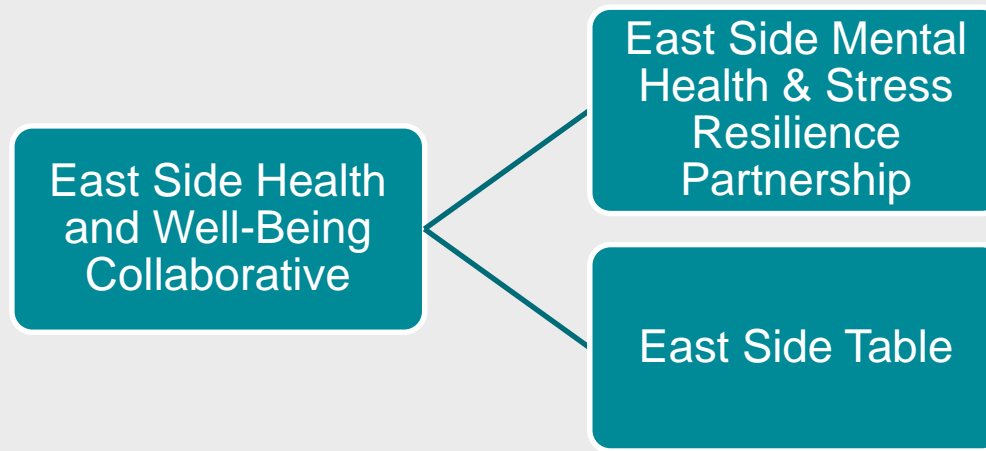
# Cultural Brokers

The cultural broker program is part of the community-led Partnership's plan to develop self-efficacy and improve the mental health and stress resilience of marginalized East Side residents by breaking through systemic barriers.

- June Blue, American Indian Cultural Broker
- Jesus Calzas-Millan, Hispanic/Latino Cultural Broker
- Nou Vang, Hmong Cultural Broker
- Lwe Paw, Karen Cultural Broker
- Anela Acevedo, African American Cultural Broker



# Pilot prototype implementation



# Thank you!



02/2017

*Presented by*

*Keith Allen, Manager of Neighborhood Integration*

*HealthEast Community Advancement*

*[kballen@healtheast.org](mailto:kballen@healtheast.org)*