

Saint Paul - Ramsey County Public Health

Statewide Health Improvement Program

November 1, 2016 - October 31, 2017

SHIP CLT November 2, 2016 meeting

School Strategy

Saint Paul Public Schools (35,000 students, 71% free and reduced lunch average)

Roseville Public Schools (7,000 students, 46% free and reduced lunch average)

Mounds View Public Schools (10,000 students, 30% free and reduced lunch average)

White Bear Lake Area Schools (8,000 students, 28% free and reduced lunch average)

ISD 633- North St. Paul- Maplewood-Oakdale (10,000 students, 54% free and reduced lunch average)

- Policy level support for District Wellness Team and Wellness Champions to implement healthy eating and active living opportunities
- Encourage use of smarter lunchroom strategies
- Continue use of healthy celebrations strategies at schools and improved vending machine options
- Continue to offer teacher trainings in Active Classrooms (Moving and Learning) and active recess opportunities for students
- Increase the momentum of Safe Routes to School, expanding to more sites
- Support school-based agriculture for gardens and greenhouses

Tobacco Strategy

- Engage with landlords to encourage implementation of tobacco-free policies at their multi-unit housing sites
- Conduct training sessions to work on providing support as they implement tobacco-free policies
- Partner with the Saint Paul Public Housing Agency to implement smoke-free policies, based on the upcoming HUD Smoke-free mandate
- Continue to partner with Hennepin County Public Health to work on the menthol strategy, using community engagement to increase awareness of the ill-effects of menthol-flavored cigarettes in the US born African American community in Hennepin and Ramsey Counties
- Continue to create culturally appropriate and community-driven outreach strategies to reduce high use and exposure to tobacco products

Workplace

- Continue partnership with Saint Paul Chamber of Commerce to support active living, healthy eating, breastfeeding and tobacco-reduction strategies in the workplace
- Offer micro-grant and technical assistance to Ramsey County workplaces interested in implementing SHIP strategies
- Hold community forums for collaborating with wellness efforts

Health Care

- Continue to expand the use of Culturally Informed Clinical Practices for Healthy Hmong Lifestyles in medical clinics
- Partner with the Institute for Clinical Systems Improvement (ICSI) to begin work with the SHIP African American Planning Committee to address chronic disease prevention and barriers to health care access

Healthy Eating and Active Living in the Community

- Issue a RFQ for implementation of the Latino Community Action Plan for Chronic Disease Prevention recommendations
- Host trainings for child care providers to implement healthy practices
- Continue to support the Food and Nutrition Commission, specifically related to comprehensive planning
- Continue to support the Healthier Meals Coalition
- Continue to support the Active Living Ramsey Communities Bicycle and Pedestrian Plan

Saint Paul Public Housing Agency provides low income housing to over 21,000 residents in Saint Paul which includes hi-rises, townhomes and scattered single family homes.

- Increase active living opportunities through Walk with a Doc events by expanding to all sites and including winter indoor activities
- Offer bicycling and walking support through partnerships with community organizations
- Increase children's opportunities to learn to ride a bike, receive a bicycle and support bike riding activities
- Continue building partnerships around community gardens and train residents to develop leadership and gardening skills
- Improve vending machine options