



Goal 2:

Promote proper nutrition, healthy body weight and tobacco-free living for all people in Ramsey County.

Healthy Eating, Active Living and Tobacco-free Living

Building on Past Successes Related to Healthy Eating, Active Living and Tobacco Reduction

In Ramsey County, about 1 out of 4 adults is obese, which is a high risk factor for many life-threatening diseases. It will take changes to policy, systems, environments and individual behavior to impact this issue.

How do we decrease the percentage of Ramsey County youth and adults who are overweight or obese? How can people of all ages make informed choices about fruits and vegetables and moderate physical activity? How do we take into account the social and physical determinants of diet and physical activity?

In Minnesota, 36.8 percent of adults were overweight and 25.7 percent were obese in 2011. In Ramsey County in 2010, almost 1 out of 4 adults was obese.

Eating a balanced diet is one of the most important things people can do to maintain and improve their overall health and well-being. Poor eating habits that result in too many calories and not enough nutrients increase the risk for obesity, diabetes, heart disease, stroke, tooth decay, and some cancers.

Lack of physical activity, combined with a poor diet, is the second leading cause of preventable death and disease in the United States and a huge economic burden on the state and county. According to the Minnesota Department of Health, physical activity can prevent many diseases such as diabetes, heart disease, some cancers and obesity, improve moods and help prevent depression and anxiety, and help people feel better, look better, and feel younger, too.

While smoking rates continue to decrease in Minnesota, exposure to second-hand smoke is still a problem especially for youth. Exposure to second-hand smoke can increase the risk for ear infections, asthma attacks, and respiratory infections.

As the health department serving one of the largest and most diverse populations in Minnesota, Saint Paul – Ramsey County Public Health (SRPCPH) has been working on policy, system and environmental changes to promote healthy eating, physical

activity and tobacco use reduction in recent years. Much of this work has been done as part of the Statewide Health Improvement Program (SHIP), which focuses on sustainable changes that support individual choices about health.

Since its inception, the SHIP work has been done in partnership with Ramsey County community organizations, residents, other local public health departments and cities. Those involved have a commitment to making the healthy choice the easy choice. This goal area will integrate with and amplify SHIP work for a sustained focus on cross-sector community partnerships on healthy eating and active living and tobacco use reduction.

To help make changes that last, community solutions in this area will consider:

- Knowledge and attitudes
- Access to fruits and vegetables
- Increased opportunities for physical activity
- Food and agricultural policies
- Tobacco-free living

Strategies in this goal area will address healthy eating, active living and tobacco reduction and take into consideration key data relevant to diverse adult and youth populations across Ramsey County.

Why This Is A Priority Issue

Some key data points from the Ramsey County Community Health Assessment illustrate why “healthy eating, active living and tobacco reduction” is a priority issue in Ramsey County.

- Fifty-seven percent of Saint Paul residents and 32 percent of suburban residents are “inactive.”
- In the metro area, Ramsey County has the lowest percentage of residents responding that their neighborhood was a very pleasant place to walk.
- Only one fifth of Ramsey County 6th, 9th and 12th graders report consuming the recommended five servings of fruits and vegetables per day.
- Currently, American adults and youth consume an average of 400 calories per day from beverages alone.
- Nearly one in every four (23.5%) American adults ages 18-34 report that they currently smoke.

Population Health Objectives

Objective 1. Increase the percentage of Ramsey County 9th graders who eat 4 or more servings of fruits (not including fruit juice) per day from 9 percent to 12 percent by December 2018.

Objective 2. Increase the percentage of Ramsey County 9th graders who eat 4 or more servings of vegetables per day from 6 percent to 9 percent by December 2018.

Objective 3. Increase the percentage of Ramsey County 9th graders who get moderate physical activity for 60+ minutes for 7 days per week from 18 percent to 20 percent by December 2018.

Objective 4. Increase the percentage of Ramsey County adults who eat 5 or more fruits and vegetables per day from 34 percent to 37 percent by December 2018.

Objective 5. Increase the percentage of Ramsey County adults who get moderate physical activity for 150+ minutes per week from 60 percent to 63 percent by December 2018.

Objective 6. Reduce the percentage of adult smokers from 9 percent to 7 percent by December 2018.

What We Will Do About It

Population Health Objective #	Action Team Objectives	Action Team Strategies
1, 2	Implement at least one of the following healthy eating strategies (a. “Smarter Lunchrooms”; b. wellness policy; c. school-based agriculture; d. vending and/or school store offerings) in at least one school in each Ramsey County school district by October 31, 2017.	<p>a. Work in partnership with district wellness teams and SHIP coordinators.</p> <p>b. Offer technical assistance and resources for healthy eating training.</p> <p>c. Contract with school districts to implement objective.</p>
3	Implement at least one of the following active living strategies (a. “Quality PE”; b. “Active Recess”; c. “Safe Routes to School”; d. “Active Classrooms”) in at least one school in each Ramsey County school district by October 31, 2017.	<p>a. Work in partnership with district wellness teams and SHIP coordinators.</p> <p>b. Offer technical assistance and resources for active living training.</p> <p>c. Contract with school districts to implement objective.</p>
4, 5, 6	Increase the number of Ramsey County worksites with wellness strategies promoting healthy eating, active living, and/or tobacco cessation from 8 to 25 by October 31, 2017.	<p>a. Collaborate with the Saint Paul Area Chamber of Commerce to engage worksites.</p> <p>b. Offer technical assistance and resources for training.</p> <p>c. Contract with Saint Paul Chamber of Commerce to implement objective.</p>
1, 2, 4	Increase the number of Saint Paul Public Housing Agency (PHA) resident advisory groups that participate in the University of MN Extension SNAP pilot project from 0 to 1 by October 31, 2017.	<p>a. Collaborate with U of MN Extension SNAP educators.</p> <p>b. Gather feedback from PHA residents in the advisory group for use at other PHA sites.</p>
3, 5	Build PHA capacity to host 6 community walking events at PHA sites by October 31, 2017.	<p>a. Collaborate with resident leadership councils and community partners to host community walking events.</p>
6	Increase the number of smoke-free policies implemented in multi-unit housing properties in Ramsey County from 33 to 50 by December 31, 2017.	<p>a. Partner with American Lung Association and PHA staff to work with property managers.</p> <p>b. Contract with American Lung Association to hire community health workers to provide cessation trainings and develop a Smoke-Free Housing Property Manager’s guide.</p>

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