

**Saint Paul – Ramsey County Statewide Health Improvement Program (SHIP) Community Leadership Team  
 Community Health Improvement Plan (CHIP) Action Team  
 Meeting Minutes  
 May 1, 2019**

**Members Present/Representation**

Carol Thunstrom | Co District 4  
 Joseph Adamji | Co District 5  
 Carrie Dickson | Co District 7  
 Eugene Nichols, Co-Chair | County at Large  
 Christine Iserman | County at Large  
 Jill Stewart | County at Large  
 José Tori | County at Large  
 Hanna Getachew-Kreusser | Mayor Appt  
 Kerri-Elizabeth Sawyer | Mayor Appt  
 Regina Rippel | Mayor Appt  
 Thomas Kottke | Mayor Appt  
 Heather Peterson, Co-Chair | Allina Health  
 Megan Precht | Children’s Hospitals  
 Christina Flood | St. Mary’s Health Center

**SPRCPH Staff:**

Sara Hollie | Racial & Health Equity Administrator  
 William Moore | Health Educator  
 Pa Shasky | Health Educator  
 Franny Clary-Leiferman | Health Educator  
 Kathy Hedin | Division Manager  
 Valeesha Halmon | WIC supervisor  
 Kathy Duffy | Division Manager  
 Eryn Ekegren | Lactation Consultant WIC

**Guests:**

Tiffany Yang | Hmong SOS Initiative intern  
 Linda Kopecky | SHIP contracted Breastfeeding  
 Coordinator

The meeting was called to Order at 5:30 pm by Eugene Nichols, Chair. Everyone was welcomed to the meeting and introductions were made.

A motion was made Tom Kottke and seconded by Carrie Dickson to approve the minutes for February as written. The motion was passed by affirmation of the committee.

Agenda item:	Speaker/Discussion:
Election of New Co-Chairs	Tom Kottke was nominated as Chair and Regina Rippel was nominated as Vice-Chair. A motion was made by Carrie Dickson and seconded by Carol Thunstrom to approve the nomination. The motion was passed by affirmation of the committee.
Update of the Community Team Leadership Charge, Thomas Kottke	Tom made small wording changes. A motion was made by Heather Peterson and seconded by Eugene Nichols to approve the charge as amended. The motion was passed by affirmation of the committee.
Breastfeeding 101, Franny Clary-Leiferman (Health Educator), Saint Paul – Ramsey County Public Health	Franny spoke about several projects that are taking place to make workplaces friendly to breastfeeding moms, for the health of baby and mom. It is much more than a mom’s desire to breastfeed. It is providing support for the moms. Community and the

	<p>workplace must support and provide a place and time where it feels like the norm.</p> <p>Breastfeeding data is hard to find. Half our Ramsey County baby population is on WIC. WIC started looking at different races and cultures. We now have data about cultural groups within racial/ethnic categories. It takes time to get data from the state, which is why 2016 data is presented. Asians in general have a lower initiation rate, and when looking at the cultural categories within racial/ethnic categories Hmong babies have the lowest breastfeeding rates. Over time breastfeeding rates overall are increasing, although there are still a lot of disparities in initiation and duration between racial and cultural groups. Peer breastfeeding counselors are helping by contacting families in their own language.</p>
<p>Breastfeeding in the African American Community Report Presentation, Sara Levy (Intern), Saint Paul – Ramsey County Public Health</p>	<p>Ramsey County (RC) is the smallest Minnesota county in area, but also the most populous and diverse. Ethnicities are broken down by American-born and foreign-born. A significant outcome of Health Equity Data analysis (HEDA) is the confirmed role of structural racism, and conditions that influence accessibility to good food. HEDA also highlighted disparities in birth inequities and infant feeding practices. Her project identified nutrition gaps and provided recommendations to provide solutions. Sara identified areas of concern and looked at the way racial and ethnic data is connected. Differences in African American (AA) breastfeeding (BF) initiation rates came to light. In order to look at longer term duration they used WIC data, but it is not broken down in the same way. There is a large disparity between multi-generation AAs and foreign-born AAs. HEDA also shows disparities in diabetes and obesity, conditions which are tied to BF as infants. Increasing BF rates in the AA community may help achieve better health outcomes for AA babies in Ramsey County. Findings from surveys of recurrent data include low birth weight and insufficient culturally proficient providers. Things that would help mothers initiate BF are knowing it was healthiest way to feed baby, support in community, support from family and providers, knowing more people of their race who BF. Pregnant AA women experience micro-aggressions and discrimination, which can result in toxic stress. There is intergenerational trauma originating from slaves being used as wet nurses. Tying these concepts to nutrition is not enough.</p> <p>Recommendations from Sara’s study are:</p> <ol style="list-style-type: none"> <li>1) To expand culturally relevant community resources such as Dynamic Involved Valued African American Moms (DIVA Moms) that provides culturally relevant</li> </ol>

	<p>support to AA moms. Increasing the number of meetings offered would be a good start. Baby Cafes are a free drop-in resource for new and BF moms, and can help build trust by having a member of their community provide information.</p> <ol style="list-style-type: none"> <li>2) Support AA community health workers. Encourage more Doulas of color.</li> <li>3) Include BF information in public school health education class curriculum to help normalize BF to young people and to both moms and dads.</li> <li>4) Education for family support (infant’s father and grandparents) to normalize BF. Grandparents play a huge role in supporting new moms.</li> </ol> <p>Conclusion: Health and birth disparities exist in Ramsey County. We are starting to address them and find ways to resolve the disparities. It helps to make sure the father learns the importance of BF. Moms need support to return to work and have a place to BF or pump that is friendly. Moms need to feel supported for whatever length of time they choose to BF. If businesses and companies want to support moms, they need to see a financial benefit. One financial benefit is that BF results in healthier babies and less sick time for parents to take care of sick kids.</p> <p>Sara set the stage for the programs that are in place in Ramsey County.</p>
<p>Breastfeeding Friendly Health Department Overview,          Linda Kopecky (Breastfeeding Friendly Public Spaces Specialist), Independent Contractor, Franny Clary-Leiferman (Health Educator), Pa Shasky (Health Educator), Meghan Johnson (WIC Supervisor) and Eryn Ekegren (Lactation Specialist), Saint Paul – Ramsey County Public Health</p>	<p>Over a year ago. Ramsey County (RC) decided to follow the guidelines to become a Breastfeeding Friendly (BFF) health department. There are ten steps that need to be completed in order to be a BFF health department, and workplaces can complete different levels to show your progress. Once the workplace is approved the certification is good for five years. A workplace can apply again to show that they are still maintaining the same level. Each step has many tasks. Tonight is a snapshot of all the steps we started last year and what it takes to finish the steps.</p> <p>Saint Paul – Ramsey County Public Health (SPRCPH) contracts with Saint Paul Area Chamber of Commerce (SPACC) for microgrants. Microgrants are available to members and non-members. It’s a great way to form partnerships with other organizations within RC. Each year SPRCPH takes applications, grades them and chooses which projects are able to be funded. Tomorrow is the kick-off Lunch ‘n’ Learn to get the tools to form a workplace wellness committee. By the end of the summer the projects are completed. There is a celebration lunch on October 3 so data can be collected on the projects. BFF workplaces is one part of these microgrants.</p>

	<p>Twin Cities Regional BF Coalition. Franny and Pa wanted to find out why the Ramsey County BF Coalition did not continue. They got a lot of help to restart the coalition from Health Partners, Dakota and Hennepin Counties. They convened the first meeting in April 2018 and had close to 60 people attend. There were many voices and also many varied priorities. They partnered with Linda Kopecky to engage people and prioritize goals and action steps on March 21, 2019. The coalition identified two main themes, Continuum of Care and Environments (schools). Last week they met to break into action teams and think of tangible action items.</p> <p>Linda Kopecky – Linda was contracted to create BFF public spaces. She still works for Boulder County and spends time each week in her job developing BFF work places, child care centers, public places. Linda went to a BF conference and interviewed six people. Three families are WIC families, two are coworkers. She asked them who helped them meet their BF goals. Three families said they were terrified to BF in public. This was unexpected. One was undocumented, one was culturally too modest, and one was a non-binary mom who was concerned about the vocabulary surrounding BF. Places that need to be more BFF are social events, restaurants, offices, zoos, businesses, airports, universities, schools. It is important to be welcoming, have good signage, comfortable and private spaces. SHIP has minigrants that can fund a project to make a BFF space. If anyone has a public place in mind, refer them to Linda.</p> <p>Baby Café Eryn Ekegen Baby Cafés are free drop in spaces for pregnant women and families with babies who want to get information about breastfeeding and meet other moms/families in the area. People do not have to be on WIC to go to Baby Café, but they have good attendance from peer BF counselors recommending moms attend. There are four Ramsey County locations sponsored and funded by SHIP. They chose locations that would support areas that have lower BF rates. Grand opening was in August 2018. RC Baby Cafés are staffed by a lactation staff and peer counselors from WIC. It is important to get the word out to people who need the services. It is important to have providers who are trying to enhance the experience with interpreters and peers. Visit the</p>
--	--

	<p>Baby Café website at <a href="http://www.babycafeusa.org">www.babycafeusa.org</a> for a full list of cafes in the United States.</p> <p>State of Solutions (SOS) Hmong BF Initiative Tiffany Yang- Tiffany’s goal is to increase BF within the Hmong community. She receives support from the Robert Wood Johnson State of Solutions initiatives. In Minnesota Hmong women have the lowest BF rates. They held listening sessions to identify some factors that impact BF in the community and presented the results at the equity action lab. Hmong community members were invited to join them and share notes to suggest projects that would connect them in the Hmong community. The suggestions were narrowed down to two projects – Arts and Photography. The art contest will end on Monday, May 6. Check out their social media page: <a href="http://www.MNBreastfeedingCoalition.org">www.MNBreastfeedingCoalition.org</a>.</p> <p>The second project to is create short BF 101 video clips in Hmong. BF has always been normal in the Hmong community. Babies were always with moms. When immigrating to the US the caretaking role changes. The Hmong families did not see American moms BF so they thought that BF is not something you do in American culture. BF is not something they talk about in the Hmong community. Many moms/dads have to work multiple jobs and grandparents/older siblings are the caretakers. BF Coalition meeting last week showed the BF rates are tied to immigration patterns. The farther away you are from immigrating and the more you adopt American culture the lower the BF initiation rate.</p> <p>SPRCPH just found out that we were awarded a grant to move HEDA analysis into action. The grant is 2.5 years and will work with normalizing BF in the community, particularly focused on AA. This project will be modeled after the SOS Hmong BF Initiative.</p> <p>Ramsey County as a workplace. Ramsey County is excited and working to become a BFF workplace.</p> <p>Doula Dads – William Conceived from BECC meetings. They have meetings on the 4<sup>th</sup> Monday of every month. Doula Dads (DD) asked the question – what can they do to support mothers and improve rates of infant mortality? The answer was to have men more involved in the process. They created Doula Dads to support</p>
--	---

	<p>BF and become lactation counselors. They have goals from the community of what it looks like to Envision Victory. DD use their skills to come into contact with men who are about to be fathers and discuss what to expect and what questions to ask providers. If we expect to cut back on disparities the men need to provide support.</p> <p>Discussion in small groups.</p> <ul style="list-style-type: none"> <li>• What is your organization currently doing to improve breastfeeding rates (especially in communities experiencing disparities)?</li> <li>• What opportunities do you see for SPRCPH / SHIP alignment with community efforts?</li> <li>• How else should we collaborate with the community to advance this work?</li> </ul> <p>Highlights from the discussion:</p> <ul style="list-style-type: none"> <li>• Start with where we are in the individual organization and how we are working with our own employees, contractors.</li> <li>• Work with community where there are disparities.</li> <li>• Model the Washington County fair, which has welcoming areas for BF moms.</li> <li>• Find opportunities to work with the Native American community at the American Indian Center.</li> <li>• Segregation of BF data and seeing BF rates in different ethnicities.</li> <li>• Work on improving Baby Cafes. Realize that it is our responsibility as a county to be intentional about serving everybody. Appreciate the comments from the group tonight.</li> </ul>
Legislative Updates	<p>Kathy Hedin commented on Funding for SHIP: As of last week the house would like to maintain the provider tax, while the senate would like to have it sunset. Ramsey County will stay connected and focused and will share data about this funding.</p> <p>Tom Kottke: Monday night the house passed two bills on gun safety - Red Flag and background checks.</p>

Minutes taken by: Cathy St. Michel

Motion to adjourn (7:30PM) passed by affirmation of the committee.

**Next meeting:** next CLT (SHIP) meeting is Wednesday, August 7, 2019