

**Saint Paul – Ramsey County Statewide Health Improvement Program (SHIP) Community Leadership Team  
Community Health Improvement Plan (CHIP) Action Team  
Meeting Minutes  
August 7, 2019**

**Members Present/Representation**

Richard Ragan | Co District 1  
 Carol Thunstrom | Co District 4  
 Eugene Nichols | 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 | Allina Health  
 Deana Varner | HealthPartners  
 Laura Perdue | University of Minnesota  
 Extension  
 Melissa Horning | University of Minnesota  
 Extension

**SPRCPH Staff:**

Tommi Godwin | Planning Manager  
 Carissa Glatt | Planning Manager  
 Pa Shasky | Health Educator  
 Franny Clary-Lieferman | Health Educator  
 Kee Vang | Healthy Communities Interim Manager  
 Julie Arndt | WIC Supervisor  
 Ann Tranvik | Public Health Nurse  
 Kim Klose | Planning Specialist  
 William Moore | Health Educator  
 Jocelyn Ancheta | Planning Specialist  
 Rae Frank | Health Educator  
 Lynne Ogawa | Medical Director  
 Mary Nystrom | Support Staff  
 Cathy St. Michel | Support Staff

**Guests:**

Alex Dahlquist | Minnesota Department of Health  
 Nicole Bailey | Hunger Solutions Minnesota  
 Meredith Aldrich | Minnesota Department of  
 Health  
 Ayana Talla | Science Museum of Minnesota  
 Jordan Thompson | Science Museum of Minnesota

The meeting was called to Order at 5:30 pm by Regina Rippel, Co-Chair. Everyone was welcomed to the meeting and introductions were made.

A motion was made Thomas Kottke and seconded by Eugene Nichols to approve the minutes for May as written. The motion was passed by affirmation of the committee.

Agenda item:	Speaker/Discussion:
Community Engagement and Data about Food, Nutrition and Food Insecurity  Tommi Godwin (Planning Manager), Jocelyn Ancheta (Planning Specialist) and Kee	Tommi first wants to celebrate that the Community Health Assessment (CHA) is published and available for public use. <a href="http://www.ramseycounty.us/cha">www.ramseycounty.us/cha</a> contains information about how public health staff went about collecting information for the CHA. Each focus area has multiple PDFs. Would like feedback from members and community partners as to whether this is the right data and whether it reflects the

<p>Vang (interim Healthy Communities Manager), Saint Paul – Ramsey County Public Health</p>	<p>community. There is a box on the website for feedback – please use it to reach the CHA team.</p> <p>Tommi presented a version of this PowerPoint to the Food &amp; Nutrition Commission. Looking at the overall approach as a department for people to give information about their health. Staff collected 2,100 surveys and analyzed them. There were 300 surveys from outside of our zip codes that were given to other counties for analysis. Jocelyn went through the feedback of what helps and what prevents individuals, families, and communities from being healthy. Some quotes were extracted to represent the major ideas from community feedback.</p> <p>Tommi would like to hear from committee members regarding what they want to hear about food insecurity. As an action team this data will help define their role in the strategic plan. Tommi showed a definition of food insecurity.</p> <p>The USDA census tract map shows areas where there is a lack of grocery stores, the average cost of each meal. 11.9% of the Ramsey County population reports food insecurity. Data is from a survey where people self-report. There is an 18-question survey from the USDA about food insecurity. Ramsey County is higher than the state of Minnesota which reports 10% insecurity. Among food-insecure people, 70% are eligible for SNAP and do not have it. They are expecting about 4 million people to be dropped from the SNAP program if the changes proposed by the current administration are approved. <b>Nicole will send out data and an action alert to call your congresspeople.</b> According to the last low-income survey in 2014, about 25% of the population reports less than one serving of fruits and veggies daily. In MN about 38% of students are eligible for free &amp; reduced lunch. We as an action team have a role for five years within the strategic plan. This year one five-year period is ending, and we need to decide what the priorities are for the next five years to move forward. Some work may have already taken place in the areas of climate change, homelessness and opioids. Tommi asks that you let her know if during the small group discussion there are specific things that you want to know on a community level. We need to determine if people know ‘good’ food vs. ‘bad’ food, and whether the community is educated around the definition of good food. The University of Minnesota Extension reaches out to immigrants and educates them about shopping, food prep and healthy food. Supershelf sent out a survey around food education. People know how to cook. Beverages play a big role in adding sugar to the diet, since many people do not drink tap water.</p>
<p>Link of Food Insecurity to Health, Nicole Bailey (SNAP Outreach Coordinator), Hunger Solutions</p>	<p>Hunger Solutions MN (HSMN) has the new information that is coming out around changes to SNAP on their website: <a href="http://www.hungersolutions.org">www.hungersolutions.org</a> Nicole gave the HSMN definition of food insecurity. One in 10 people in Minnesota are food insecure. Hunger is important because of the many ways it affects overall health issues and chronic disease. Seniors are very susceptible since many seniors choose between medication and food. 44% of SNAP recipients are children. HSMN has food insecurity screening recommendations.</p> <p>The USDA 18-question survey is hard to complete during a doctor appt. HSMN was able to narrow the survey down to two questions to identify those who are susceptible to food insecurity. There is a lot of stigma around food insecurity. People will not admit to it. HSMN has a tool kit to help ask people about food insecurity and other services. Food is one of the first things to cut when income is too low to support the family. HSMN partners with organizations across the state to identify food insecurity and will let you know what happens to your referrals. They have a</p>

	<p>60% contact rate. HSMS will partner with organizations and modify their outreach material to fit the partner’s needs.</p> <p>HSMN will follow up with food shelves if people report having a bad experience. 350 of the 402 food shelves in Minnesota receive The Emergency Food Assistance Program (TEFAP) funding. Many programs are available only in urban areas, but the number of food shelves is appropriate based on population density.</p> <p>Regions is one of their best partners. They partner with farmer’s markets to get information out to people who can use the programs available. One of their biggest barriers is funding. Donating to a food shelf is the best way to get the biggest bang for the buck. They have much better buying power. All outreach material is available in multiple languages.</p>
<p>Screen/Intervene Model</p> <p>Franny Clary-Leiferman (Health Educator), Saint Paul – Ramsey County Public Health</p>	<p>Ramsey County (RC) is running a pilot screen and intervene for food insecurity using the Hunger Solutions MN vital sign process. The intervention will provide immediate benefits with market bucks. Having funding within SHIP to incentivize the program made a huge impact in the clinic’s willingness to administer the food survey. The programs they work with are ones who have front line staff working with residents – Family Health (FH), House Calls, Clinical Services. Franny distributed a list of all food markets in RC and which programs they accept. Residents need to know which markets accept market bucks and SNAP. You can use market bucks even if you are not on SNAP. Residents who receive a service from Saint Paul – Ramsey County Public Health or receive Family Health visits and are screened for food insecurity, can receive market bucks. The pilot includes RC markets and you must purchase SNAP-eligible foods. This pilot is based on a policy in San Francisco. They will collect data around who received the coupons and how they were used. Franny distributed info on farmers markets and other resource guides. All of this info will be on the RC website soon.</p>
<p>Small Group Discussion</p> <p>Carissa Glatt (Planning Manager), Saint Paul – Ramsey County Public Health</p>	<p>Carissa asked members to participate in a small group discussion to debrief what we learned. Consider these questions: What is the initial reaction to tonight’s presentation?</p> <p><b><u>How Should we expand this work?</u></b></p> <ul style="list-style-type: none"> <li>• Safe Zone for food shelves</li> <li>• Screen food at WIC – better needs to make reference</li> <li>• Messaging about <i>all</i> programs they could qualify</li> <li>• Faith based organizations</li> <li>• Look at case study – Frogtown Farms</li> <li>• Grow own food</li> <li>• Involve youth agencies</li> <li>• Eco-systems – other sectors for staying out of silos</li> <li>• Permaculture use – solar farms multi-use</li> <li>• Posters in Hospitals about Market Bucks – start paragraph that goes to providers two times a year</li> <li>• Pre-created Presentation for provider educations – SHIP to do support provider education</li> <li>• Tech \$ to convert corner stores to sell fresh produce</li> </ul>

	<ul style="list-style-type: none"> <li>• Marketing campaign MB</li> <li>• Campaign – incentivize frozen veggies/produce</li> <li>• Grocery stores advertising – where to go if not enough</li> </ul> <p><b><u>What kind of DATA can you share:</u></b></p> <ul style="list-style-type: none"> <li>• HP/Regions – SNAP RX referrals #</li> <li>• Allina – new ways and gather more data</li> <li>• Break SPPS by schools, not just district</li> <li>• Have community talk about their experience</li> <li>• Expanding this work in youth</li> </ul> <p>A Ramsey County Hunger Forum will be held later this year. We want to talk about disparities, but also want to brainstorm innovative ideas. Carissa is asking for ideas as to who should be invited? Who should help us plan? Contact <a href="mailto:Carissa.glatt@co.ramsey.mn.us">Carissa.glatt@co.ramsey.mn.us</a> if you would like to help plan the forum.</p> <p>Franny needs ideas and approaches to let people solve hunger problems in their own way. Need to bring in the family members and those who are benefitting from the program. Young people are coming to their center for the one meal of the day. This is amazing work to reach into the community. There is a lot of confusion about how they qualify and how to navigate the program.</p> <p>Very helpful to have the map and where the resources are located. Break down the schools and target the families in most need. Residents need to be able to shop and not have to show documentation to get food.</p> <p>TAP Cards – can get all transit rides for \$1 for the year. Website is <a href="http://www.metrotransit.org/tap-riders">www.metrotransit.org/tap-riders</a></p>
<p>Next Meeting: November 6, 2019 SHIP Community Leadership Team/ Community Health Improvement Plan (CHIP) Action Team</p>	

Minutes taken by: Cathy St. Michel  
 Motion to adjourn (7:30PM) passed by affirmation of the committee.  
**Next meeting:**