

**Saint Paul – Ramsey County Statewide Health Improvement Program (SHIP)  
Community Leadership Team/CHIP Action Team  
Meeting Minutes  
February, 3, 2016**

**Members Present /Representation**

Regina Rippel | City of Saint Paul  
 Julia Hupperts | Saint Paul Public Housing Association  
 Eugene Nichols | Ramsey County District 4  
 David Nielsen | Ramsey County at Large  
 Tom Kottke | City of Saint Paul  
 Jill Stewart | Ramsey County at Large  
 Asma Bulale | MN Somali American Leadership Forum  
 Mee Cheng | City of Saint Paul  
 Joan Pennington | HealthEast  
 Heather Peterson | Allina Health  
 DeDee Varner | HealthPartners  
 David Muhovich | City of Saint Paul  
 Amy Harding | Ramsey County at Large  
 Madonna McDermott | City of Saint Paul  
 Dawn Epps-Burns | Burns Family Movement Foundation

**SPRCPH Staff:**

Rina McManus  
 Donald Gault  
 Jaya Ginter  
 Kathy Hedin  
 Carissa Glatt  
 Fernando Perra

**Guests**

Shona Ramchandani for Joseph Adamji  
 Carol Grady for Mary Yackley  
 Connie Bernardy  
 Mike Stralka  
 Brittany Kellerman | CLUES  
 Enrique Olivarez | CLUES  
 Matt Kramer | Saint Paul Area Chamber of Commerce  
 Kris Haugen | MDH  
 Emily Kerstin | MDH  
 Meridith Ahlgren | MDH

The meeting was called to Order at 5:30 by Chairperson Regina Rippel. Everyone was welcomed to the meeting and introductions were made.

A motion was made (Jill Stewart) and seconded (Tom Kottke) to approve minutes from the November 4, 2016 SHIP/CLT meeting.

<b>Agenda Item:</b>	
Updates from Rina McManus, Director SPRCPH: <ul style="list-style-type: none"> <li>• SHIP 3 Report</li> <li>• CHIP Food Nutrition, Weight and Active Living Action Team</li> </ul>	<ul style="list-style-type: none"> <li>• Rina announced Donald Gault’s retirement from SPRCPH March 29, 2016 after 29 years of service.</li> <li>• Don provided a quick introduction to the meeting and reminded members of the questions that were presented prior to the meeting for discussion after the presentations:               <ol style="list-style-type: none"> <li>1. What is currently being done in your community and/or place of work related to any or all of these three topics?</li> <li>2. What could you do as an individual and/or organization to support community efforts and/or be actively involved in the implementation of the work in any or all of these three areas?</li> </ol> </li> <li>• SHIP 3 Report was presented looking at the major accomplishments were highlighted. Members were asked to review and share throughout the community. Don thanked committee and staff that have worked on the SHIP projects to get them accomplished this past year. Information will be included in our annual CHIP report.</li> </ul>

Worksite Wellness presentation: Matt Kramer (President), Saint Paul Area Chamber of Commerce.

Matt Kramer provided an overview of the worksite wellness activities being promoted to the Saint Paul Area Chamber of Commerce (SPACC) members.

There are 3 key areas under SHIP 3:

- Business Outreach and Recruitment
- Communications and Promotion
- Self-Evaluation

Wellness committee representatives from various organizations came together to work on creating organizational changes within worksite wellness; they completed an assessment, created a plan and implemented organizational changes.

Specifically at SPACC some organizational changes were needed:

- No formal policy on healthy eating and catering - an internal catering policy was created
- No formal policy on healthy lifestyle – Implemented an external catering policy with healthy choices
- No option for employees who wished to alter their workspace – Joined the YMCA as a member, staff now have walking meetings and modified the employee handbook to explicitly call out exercise during the day or before and after work
- Staff were surveyed - 12 of 15 employees have a standing desk

Things learned during SHIP 3:

- Staying healthy saves money in the future. This challenged us to talk about investment vs. cost
- Defining initiatives

#### **SHIP 4 focus**

- Breastfeeding support
- Tobacco cessation
- Health eating
- Physical Activity

#### **Next steps:**

- Workplace Wellness Toolkit will be created with hotlinks which can be shared with others upon completion
- Continue to find businesses and recruit at least 12 for assessment and technical assistance to make organizational changes
- Build internal capacity and have a wellness point purpose available to partners
- Build awareness and brand
- Working with priority organizations as determined by SHIP

Matt Kramer emphasized that healthier people perform better in the office. Engaged employees are better for the employer. Employers that look at worksite wellness hope that the positive behavior will change people's lives outside of the office too.

<p>Active Living Ramsey Communities (ALRC) – Ramsey County-wide Pedestrian and Bicycle Plan: Connie Bernardy and Mike Stralka</p>	<p>Connie and Mike introduced the Ramsey Countywide Pedestrian and Bicycle Plan that was finished and approved by County Board February 1, 2016. This project was developed as a part of the Community Health Improvement plan (CHIP). The plan is a collaborative effort encompassing all the cities within Ramsey County. This plan is a framework to be used as a guide for future investments. Public works are taking the plan and implementing it in various road projects. The plan is intended to be used as a living document that will be updated as needed. Work will continue into 2016. The plan is available on the Ramsey County Website <a href="https://www.ramseycounty.us/your-government/projects-initiatives/countywide-bicycle-pedestrian-plan">https://www.ramseycounty.us/your-government/projects-initiatives/countywide-bicycle-pedestrian-plan</a></p>
<p>Latino Community Action Plan- Chronic Disease Prevention: Brittany Kellerman, Comunidades Latinas Unidas en Servicio (CLUES) Enrique Olivarez (CLUES) and Carissa Glatt, Saint Paul – Ramsey County Public Health</p>	<p>Brittany and Carissa provided an overview of the Latino Community Action Plan that is currently being developed. Comunidades Latinas Unidas en Servicio (CLUES) staff provided a background of the organization and why the plan was needed. Some of the statistics and disparities in the Latino community were provided and highlights of what led up to the statistics that were presented. Structures and facilities are not in place for Latino community to make healthy choices. There are many opportunities for people to be involved with the plan and how it will be implemented. Interested parties should reach out to Brittany at CLUES <a href="mailto:bkellerman@clues.org">bkellerman@clues.org</a></p>
<p>Future Discussion</p>	<p>Members were provided with a copy of the DVD “Food Justice” and an evaluation form. Members were asked to have people complete the evaluation form following the viewing. In March members will be invited to the community kick off (tentative March 15<sup>th</sup>).</p>
<p>SHIP/CHIP – Revised Schedule</p>	<p>Scheduled meetings for 2016 SHIP/CHIP has been revised to 3 meetings per year. Next meeting will be May 4 and November 2.</p>
<p>Public Health Awards</p>	<p>Rina promoted the Public Health Awards reminding members that nominations must be received by February 8, 2016 if anyone is interested in recognizing anyone. Information and nomination forms are available on at <a href="http://www.ramseycounty.us">www.ramseycounty.us</a>.</p>

Minutes taken by: Kaye Ward

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

**Next meeting:** SHIP Community Leadership Team/CHIP Action Team – May 4, 2016