

Saint Paul - Ramsey County Public Health

2013-2015 Statewide Health Improvement Program Summary

What is SHIP?

The Statewide Health Improvement Program (SHIP) provides grants to counties in Minnesota to promote policy, system, and environmental (PSE) changes to improve community health. SHIP began in 2008 as part of Minnesota's bipartisan health reform effort focusing on preventing chronic disease and reducing future health care costs. With SHIP grant funding, Saint Paul – Ramsey County Public Health (SPRCPH) partners with community organizations, workplaces, schools and healthcare organizations to support efforts that increase opportunities for active living, healthier eating, and avoiding tobacco use and exposure to secondhand smoke. This document is a summary of the accomplishments with community partners under the third round of SHIP funding, from November 1, 2013 to October 31, 2015.

Saint Paul – Ramsey County Public Health has a department wide goal of, “Advancing health equity, the attainment of the highest level of health possible for people of all ages and backgrounds in Ramsey County.” Each SHIP setting contains strategies for increasing health equity while addressing physical activity, healthier eating, and tobacco use.

Partnership with Public Housing

Growing Food and Healthier Vending

With SHIP support, the Saint Paul Public Housing Agency (PHA) works to increase healthy eating for its more than 10,000 residents in a variety of ways. PHA self-funded a major garden expansion adding raised bed gardens, plants and supplies at 13 additional hi-rise apartment buildings and at 40 newly remodeled townhomes. The gardens encourage residents to grow their own food, leading to increased consumption of fresh produce, more physical activity, and stronger social connections. In addition, access to healthy vending food has been increased with Hi-rise residents volunteering their time to learn and promote healthier options in their vending machines.

Biking Places

PHA and SHIP work together with community partners to create more opportunities for public housing residents of all ages to be active and move more each day by encouraging biking and walking. SHIP efforts have leveraged other funding sources from organizations who also want to help populations facing health disparities. In the last four years, Free Bikes 4 Kidz with support from Allina, has donated more than 800 bikes and helmets to youth and families living in public housing. SHIP funded bike locks to go with these free bikes. Adult residents at PHA are also on the move through walking clubs, “Walk with a Doc” national walking program in partnership with Allina Health, Nice Ride Minnesota's Neighborhood bike lending and Community Partner bike share programs, and Cycles for Change bike programs.



Tobacco Reduction

Association for Nonsmokers-Minnesota

SPRCPH partnered with the Association for Non-Smokers Minnesota (ANSR) to promote smoke free multi-unit housing and post-secondary campuses. ANSR connected with campuses to create smoke-free policies and signs to promote these policies. Funding also supported learning sessions to educate multi-unit housing property managers on the effects of smoking in their buildings. Through its work, ANSR has helped hundreds of multi-unit buildings and many college campuses across Ramsey County to go smoke free.

Healthier Eating

Let's Play, Eat & Grow

In partnership with the Minnesota Providers Collaborative (MNPC), a network of 400 child care providers in Ramsey County, over 100 providers participated in trainings on child nutrition and healthy eating, physical activity, and creating a breastfeeding friendly environment. SHIP staff worked with community liaisons to ensure that resources and opportunities were provided to all families including those with children who suffer from health disparities related to lack of access to healthy food and physical activity. SPRCPH also facilitated the creation of policies on healthy eating, active living, and breastfeeding support, helping providers establish these healthier standards for their early childhood program. In addition, monthly newsletters were sent out to hundreds of local child care providers to support these activities.

A Movement Towards Food Justice

SPRCPH in partnership with the Ramsey County Healthier Meals Coalition, a network of staff from local meal programs and shelters, and Twin Cities Public Television created a documentary titled, *Food Justice*. The purpose of the documentary is to inform the community and organizations who provide donations to hunger relief systems about the people and families who utilize these programs and experience greater health inequities. The film features local food shelves and meal programs providing healthier meals and foods to individuals experiencing food insecurity and their reliance and need for healthier foods to be donated.

The Food and Nutrition Commission

The Saint Paul – Ramsey County Food and Nutrition Commission (FNC) is a food policy council with a goal of making the consumption of safe, affordable, and healthful foods an equitable reality for all county residents. Among other activities, the Commission assesses local food systems, makes recommendations to governing and policy-making bodies, and supports community wellness through a variety of activities that promote healthier food.

Healthy Foods To-Go

SHIP funding was used to help support the development and launch of the Twin Cities Mobile Market (TCMM), a program of the Wilder Foundation. TCMM is a retrofitted Metro Transit bus that provides weekly stops at 18 community sites in Saint Paul where residents have limited access to fresh and healthy foods. Through its unique partnership with Cub Foods, Jerry's Foods, and Hormel, TCMM is able to sell healthy, fresh foods to individuals at or below market cost, thus creating the springboard for residents to attain a healthy lifestyle. Under SHIP 4, TCMM plans to extend its services to communities in suburban Ramsey County through a second bus.



Schools

Ramsey County Schools

Under SHIP 3, SPRCPH partnered with all five school districts, which includes 150 schools and 85,000 students, with an average of 57% students receiving free or reduced price meals. Together, SHIP and school staff focused efforts to promote equitable opportunities for students to be healthy by creating health policies, support district-based wellness teams, and identify healthy eating and active living initiatives to work on in each district. Examples of some of the initiatives supported include: creation of school gardens with harvested produce donated to a local food shelf, supporting wellness policies to increase activity during recess, changing the food environment to promote healthier food options, identification of Wellness Champions to help schools identify priority areas in each school, working to provide healthier concession options and water bottle filling stations, and support of active classroom trainings for staff.

Physical Activity

Connecting the Dots

SHIP funding supported Active Living Ramsey Communities' completion of a County-wide Bicycle and Pedestrian plan to create a framework for developing a connected Ramsey County. The primary goal of the plan is to build a vibrant walkable and bike-friendly community to increase physical activity by promoting active transportation in the community. The plan will be offered to local city councils to encourage county-wide implementation.

Interfaith Action of Greater Saint Paul

SHIP supported the work of the **African American Church Network** in the East Metro working on a 20 month initiative focused on chronic disease prevention. This project created and expanded healthy behavior changes while respecting cultural practices. Some examples of this work include: establishing gardens at churches to increase physical activity and healthy eating, partnering with Cycles for Change to increase physical activity through biking, creation of a community schedule of local exercise classes, and increased numbers of health screenings.

Through its partnership with the **Department of Indian Work (DIW)**, SHIP supported the American Indian Magnet School's Youth Enrichment program which provides physical activity classes as a part of their afterschool program. SHIP funding also supported healthy eating cooking classes by an American Indian registered dietitian, workshops on healthy living at three major pow-wows in the Saint Paul American Indian community, and the American Indian Community 5K Run.

Swim Time for Somali Women and Girls

In partnership with Saint Paul Parks and Recreation, the Minnesota Da'wah Institute, and the Saint Paul Police Department, SHIP funds support twice monthly swim nights for Somali women and girls. This program was created in response to the community's request for a culturally appropriate and equitable swim program that allows Somali women and girls access to a private space to swim. A typical evening sees between 45 to 100 women and girls participate in the two hour swim session, which includes swim lessons and teaches participants valuable life skills about being physically active.



Health Care

Patient Services

SPRCPH partnered with local community clinics to promote preventative, patient-centered care. This work promoted adequate sleep, increased consumption of fruits and vegetables, limited screen time, increased physical activity, and limited added sugars to combat childhood obesity. Additional work focused on motivational interview training, tobacco cessation and referral training for clinicians, and the inclusion of healthy lifestyle goal setting.

Hmong Health

Members of the Hmong Healthcare Professionals Coalition partnered with SPRCPH to develop *Culturally Informed Clinical Practices for Healthy Hmong Lifestyles*, a document of culturally informed recommendations promoting healthy eating, physical activity, and tobacco cessation. This document is for healthcare professionals to use when engaging Hmong patients to reach their full potential of a healthy lifestyle. These recommendations were modeled after the Institute for Clinical System Improvement (ICSI) 2013 Healthy Lifestyle Guidelines.

The Community

Latino Community

During 2015, SPRCPH partnered with Comunidades Latinas Unidas en Servicio (CLUES) to pull together several Latino-serving organizations to create a Community Action Plan to find solutions to reduce chronic disease disparities. This Community Action Plan offers numerous recommendations for policy, system and environmental changes to help decrease tobacco use and exposure, promote healthier eating and physical activity opportunities in the Latino Community.

Community Investment Grants

In the fall of 2014, SPRCPH received one time supplemental SHIP funding from the Minnesota Department of Health. These funds were used in part to provide mini-grants to organizations working to promote active living and healthy eating in the community. A total of \$55,000 was provided to 13 local organizations. Some examples of how the grant funding was used include: purchase of kitchen equipment to increase the use of fresh fruits and vegetables in community meal programs, purchase of equipment for community gardens, and training on safe bicycling skills to increase physical activity.

Worksite Wellness

Saint Paul Area Chamber of Commerce

SPRCPH works with the Saint Paul Area Chamber of Commerce to implement messages and strategies promoting worksite wellness for their entire membership, which is one of the largest in the state. This partnership resulted in the formation of a wellness committee of eight organizations working to make health improvements at their worksites. Examples of these health initiatives include creating breastfeeding friendly environments, changes that encourage healthier eating, tobacco cessation, physical activity, and policy changes that promote health throughout the entire workplace.

For more information about SHIP
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