

SHIP

Saint Paul - Ramsey County Public Health
2010-2011 report



SHIP About SHIP

Minnesota's Statewide Health Improvement Program, known as SHIP, strives to help Minnesotans live longer, healthier lives by preventing the chronic disease risk factors of tobacco use and exposure, poor nutrition and physical inactivity. SHIP seeks to create sustainable, systemic changes in schools, worksites, communities and health care organizations that make it easier for Minnesotans to incorporate healthy behaviors into their daily lives.

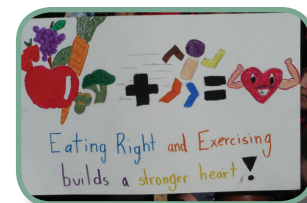
Through SHIP, Saint Paul – Ramsey County Public Health has partnered with many organizations to improve health outcomes for all people who live, learn, work and play in Ramsey County. Key partners include:

- Education institutions
- Health clinics
- Community-based organizations
- Businesses
- Elected officials
- Cities
- Residents
- Advocacy groups



Highlights Highlights from Ramsey County

Exercise Your Right to Feel Better Minnesota, winner of the U.S. Department of Health and Human Services 'Healthy Living Innovation Award,' is inspiring and motivating Ramsey County residents to eat healthy and move more.



Decreased Tobacco Exposure:

- ★ Saint Paul Public Schools improved 'no smoking' signage at all school buildings and increased tobacco policy enforcement and compliance.
- ★ Minnesota State Colleges and University administrators passed a resolution promoting tobacco-free policies on all campuses.
- ★ Over 100 multi-unit buildings have adopted a smoke-free policy.

Highlights continued on back...



Facts about Ramsey County

Population:¹ 506, 278

In a survey of Ramsey County adults:²

- 61% are overweight or obese according to self-reported height and weight
- Among adults self-reporting as "about the right weight," 36% had a BMI in the overweight or obese category
- 44% report that their medical providers do not ask about weight, diet/nutrition, or tobacco use
- 33% report that their medical providers do not ask about their level of physical activity

Leading causes of death in Ramsey County:³

- Cancer
- Heart disease
- Stroke

In 2009, data shows that:⁴

- 37.3% of adults are overweight
- 24.5% are obese
- 16.8% smoke tobacco

1. U.S. Census Bureau. (2009). State and county quickfacts. Retrieved on July 13, 2011 from <http://quickfacts.census.gov/qfd/states/27/27123.html>.
2. Bade T, Countryman M, Kinney A, Kleinfehn-Wald N, Kremser B, Lenartz S, Steno-Velo S; Metro Adult Health Collaborative (2010). Metro Adult Health Survey Data Book. January 2011.
3. Minnesota Department of Health. (2011). Minnesota leading causes of death by age group. Retrieved on July 7, 2011 from <http://www.health.state.mn.us/divs/chs/countytables/profiles2010/cmort09.pdf>.
4. Minnesota Department of Health. (2009). Minnesota county health tables. Retrieved on July 7, 2011 from <http://www.health.state.mn.us/divs/chs/countytables/profiles2010/index.html>.

Saint Paul - Ramsey County Public Health

Statewide Health Improvement Program

Enhanced Clinical Care:

- ★ Two large community clinics implemented obesity prevention guidelines with patients, resulting in changes to clinical workflow to support healthy lifestyle changes for patients.
- ★ Go Ramsey is a web-based referral system featuring a mapping tool of community resources for physical activity. Healthy eating, chronic disease prevention and other healthy living resources are also featured.

Increased opportunities for physical activity:

- ★ White Bear Lake school district adopted a new evidence-based K-8 physical education curriculum.
- ★ Children in the after school program in Roseville schools now receive organized physical activity. Active recess and recess before lunch have also been adopted at several elementary schools.
- ★ Three high schools in Mounds View created after school programs to engage more teenage girls in physical activity.

Increased access to healthy foods:

- ★ Saint Paul Public Schools are now offering healthier food options for students and staff at school fundraisers, celebrations and in vending machines for their 37,000 students.
- ★ North St. Paul – Oakdale – Maplewood Schools adopted new nutrition practices that are being implemented in all schools, serving 7,300 students.
- ★ 20 suburban Ramsey County schools implemented Farm to School to increase consumption of local foods.
- ★ The Saint Paul Farmer's Market downtown location with 175 vendors, now accepts EBT cards for SNAP benefit recipients on weekends. The Market Bucks program sponsored by Blue Cross Blue Shield of Minnesota provides a \$5 match each market day that \$5 of EBT benefit is used.



- ★ The Saint Paul – Ramsey County Food and Nutrition Commission has been revived, with recommendations expected soon for city and county policy changes to create a viable and sustainable food system providing healthy food for all residents expected soon.
- ★ The Ramsey County Healthy Meals Coalition, a coalition of shelters and free meal programs was formed and is working to develop and implement a new, collaborative approach to food distribution, menu development, volunteer training and food sourcing to improve the nutritional quality of meals for homeless and at-risk individuals in Ramsey County.
- ★ The Saint Paul Urban Tennis Program now incorporates nutrition into their tennis lessons. They have 81 staff and serve over 4,000 low-income kids at 55 sites.
- ★ Four corner stores have enhanced the number of healthy items they stock in the store and made them more visible and appealing. The stores are located in neighborhoods with large numbers of low income residents and little access to stores with healthy foods.
- ★ Nine youth-serving organizations in Saint Paul participated in the Healthy Food Choices Program, which provided community-based, train-the-trainer workshops to create sustainable, policy and/or system changes within each organization.



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