



# Statewide Health Improvement Partnership (SHIP)

2017 Snapshot

SAINT PAUL - RAMSEY COUNTY PUBLIC HEALTH

## Grant Snapshot

The Saint Paul - Ramsey County Statewide Health Improvement Partnership (SHIP) increases opportunities for residents to lead healthier lives.

Through community partnerships, SHIP works to create sustainable, community-driven changes that help everyone eat healthier, be active, and live tobacco-free, with a focus on health equity.

**SHIP grantee:** 4 consecutive rounds of funding from MDH since 2008. This snapshot reflects the work done in SHIP 4, Year 2 (2016-2017).

**2016-2017 Award:** \$984,350

**In-Kind Labor:** \$117,094

**In-Kind Non-labor:** \$19,318

**Leveraged Funds:** \$102,953

**Total Match:** \$239,366

which constitutes a **24%** match to the awarded amount in our:

- 128 partner sites
- 12 collaborative partners
- 45 supportive partners

**This means that for every \$1 of SHIP money we receive, there is \$1.24 return on investment.**

SHIP encourages healthy systems, policies and environments in many places that make up our community:



Community



Worksites



Healthcare



Schools

## In the Community

### American Indian Family Center (AIFC)

The American Indian Family Center expanded *Grow it! Build it! Eat it!* services to include youth, centered on the health and wellbeing of Waaban Ogimaawag (Ojibwe)/Tomorrow's Leaders. The SHIP opportunity allowed for AIFC to strengthen their relationship with youth in the Saint Paul area through gardening, cooking and leadership opportunities. *Grow it!* youth incorporated food sovereignty teachings with Dream of Wild Health staff, community elders and leaders from AIFC through use of the community garden. *Build it!* youth learned about traditional foods and the foundations for healthier life choices. *Eat it!* youth exercised healthier life choices by participating in meal preparation and demonstration using vegetables and herbs from the AIFC community garden. Ultimately, SHIP has connected youth and elders to healthier eating opportunities and lifelong skill development.

### Academia Cesar Chavez (ACC)

ACC implemented a Health and Wellness policy which provides a framework to change the school system. Several healthier eating opportunities were a result of this change; they offered nutrition classes to parents to encourage healthier choices and changed foods offered during breakfast, lunch and snack times. Additionally, encouraging active living opportunities to both students and parents benefit students within the school and at home. This work is currently being expanded to include other local schools and ultimately become a solid foundation of healthy living to the Latino and Eastside community.

# In the Community (continued)

## Saint Paul Public Housing Agency (PHA)

PHA, through the support of the SHIP grant, continued to work on improving active living and healthy eating opportunities. Active living efforts included forming strong partnerships with AARP, Saint Paul Public Works, Saint Paul Police Department and sustaining “Walk with a Doc” and different walking campaigns. The AARP grant improved a crosswalk near Ravoux Hi-Rise where nearly 90% of residents are elderly or disabled. PHA continues to partner with Free Bikes for Kids to give away bicycles to children who live in public housing sites. PHA is working on improving vending machine options so that healthier eating opportunities are available. Building on the gardening efforts from the past, Garden Mentors are working to encourage residents to grow food in gardens.



## City of Saint Paul Pedestrian Plan

The City of Saint Paul has been working to make walking more safe and comfortable by initiating a citywide Pedestrian Plan. The first step in the planning process has been to gather data about existing sidewalks, crashes, ADA compliance, and other infrastructure elements that influence how people experience the city on foot. During the summer of 2017, the city identified a consulting firm to begin public engagement and create implementation recommendations to guide the city over the coming years. The Plan should be finalized in 2018 to help prioritize projects and ultimately encourage walking and active transportation for all its residents.



## Active Living Ramsey Communities (ALRC)

ALRC has been working with SHIP to help support many different aspects of active transportation and increasing physical activity opportunities. Ramsey County adopted a new All-Abilities Transportation Network policy, which provides a unified vision for all future transportation projects and encourages equitable access for all people, including the most vulnerable. ALRC held a workshop to engage community members and professionals to support an All-Abilities Transportation Network. A Countywide Pedestrian and Bicycle Performance Report detailed a summary of bicycle and pedestrian improvements. ALRC has been able to influence local cities comprehensive plans to build our county as a great place for walking and bicycling for all ages and abilities.



## ReConnect Rondo

Rondo Avenue, Inc. and ReConnect Rondo have led the Rondo Land Bridge Health Impact Assessment (HIA) initiative. A HIA is a framework that gives community a voice around health to influence a future decision. Due to the construction of highway I-94 in the '60s, the decimation of a strong African American community in Rondo resulted. RCR has been working with several key partners and many community members to answer the question: will there be a positive health impact in Rondo if a land bridge is constructed? The plan is for the HIA to influence MNDOT's Rethinking I-94 study that will be completed mid-2018.



## American Lung Association (ALA)

ALA has been working with property managers throughout Ramsey County to

encourage smokefree multi-unit housing for residents. In 2017, a total of 62 managers were invited to learn about the benefits, and 14 had committed to make their buildings smokefree. In addition, ALA has been an integral partner preparing for the HUD smokefree mandate, assisting Saint Paul Public Housing Agency (PHA) every step of the way. PHA represents a very diverse population, and one organization alone cannot offer the necessary support for all residents impacted by the HUD mandate. ALA has been developing partnerships with PHA property owners and has helped to provide culturally relevant materials and resources for residents.

### **Food and Nutrition Commission (FNC)**

The FNC, a food policy council jointly-appointed by the City of Saint Paul City Council and Ramsey County Commissioners, works on food access issues facing residents of Ramsey County. The work is supported through SHIP, including staff time, technical assistance and meeting support. This past year, the FNC and others identified common strategic goals, built and expanded internal goals of the commission, and held a community listening session with over 60 community members. The FNC will be providing recommendations and support for equitable access to healthy foods.

### **African American Leadership Forum (AALF)**

Education about menthol tobacco was presented to communities of color through eight sessions in 2017. Two change-agents led these sessions, with 148 community members. Staff from Boys Totem Town, a Ramsey County juvenile detention center, learned that the tobacco industry regularly targets communities of color by marketing menthol tobacco much more aggressively than to other populations. The work done by AALF helped create a foundation for Saint Paul city-wide policy change, restricting the sale of menthol tobacco to youth under the age of 18 in Saint Paul.

### **Mini-grants for healthy eating and active living opportunities**

Mini-grants are funding opportunities to help support healthier eating and active living through direct purchasing of supplies or community engagement efforts. In 2017, approximately 53 applications were received and 22 were funded at a total of \$48,800. The efforts included: food shelf improvements, urban agriculture, industrial kitchen infrastructure and community engagement to create sustainable community-driven change.

## **In Worksites**

### **Saint Paul Area Chamber of Commerce (SPACC)**

SPACC and Saint Paul-Ramsey County Public Health (SPRCPH) continued their partnership to champion wellness at businesses/organizations throughout Ramsey County via promotion of the wellness toolkits and micro-grant program that began in 2016. Employers could choose from the menu of micro-grants and ranked their desired choices in terms of their interest. Over 28 organizations applied and were awarded micro-grants, which have made Ramsey County a leader in healthy workplaces.



# In Health Care

## African American Planning Committee (AAPC)

The AAPC was comprised of professionals from and/or worked with the U.S.- born African American community. This year involved working with Institute for Clinical Systems Improvement and the AAPC to create culturally-appropriate materials for providers to use during clinic visits. The African American patient handout was modeled after the Hmong patient handouts from the previous year. This document is a new tool for clinicians to start the dialogue about healthier lifestyles with U.S.- born African American patients. Open Cities Health Center helped to pilot the documents and plan to continue this work into the next year at new clinics.



# In Ramsey County School Districts

## ISD 621: Mounds View Schools

Mounds View worked on supporting a district-wide wellness committee and changing policies around healthier celebrations and rewards, as well as improving the curriculum around physical activity standards and opportunities. They continued to utilize their gardens at 11 district buildings to integrate learning for students, as well as donated over 1300 pounds of fresh produce to the Ralph Reeder Food Shelf. These gardens have inspired changes in the immediate neighborhoods and community.



## ISD 622: North Saint Paul – Oakdale – Maplewood

ISD 622 supported wellness committee meetings and adopted a new Wellness Policy. Healthy rewards & celebrations tools were created and shared with parents and district employees to create a change in the way classrooms celebrate achievements. Teachers were trained in Active Recess and Active Classrooms to encourage student physical activity.

## ISD 623: Roseville Area Schools

Roseville focused on Safe Routes to School through implementation of the *Walk! Bike! Fun!* Curriculum. They hosted several walk and bike to school events, including a remote bus drop and walk. The Wellness Policy was also updated this year including active classroom, healthy rewards and completing the School Health Index. Overall, these changes will lead to a healthier generation.



## ISD 624: White Bear Lake Area Schools (WBLAS)

WBLAS purchased supplies to encourage students to eat healthier during the school day, within the guidelines of the Smarter Lunchrooms initiative. This included some water filling stations to discourage sweetened beverage consumption. These changes create healthier environments which leads to healthier choices.



## ISD 625: Saint Paul Public Schools (SPPS)

SPPS continued to roll out their Bus Stop and Walk program by encouraging schools to participate in remote drop and walk events to celebrate Walk/Bike to School Day. Nine schools had remote drops, including the district's largest school, Washington Technology Magnet School, with over 2,100 students. One school, Saint Anthony Park Elementary, decided to continue their 'Walking Wednesdays' so every week, children walk to school from a remote bus drop location.