



Statewide Health Improvement Partnership

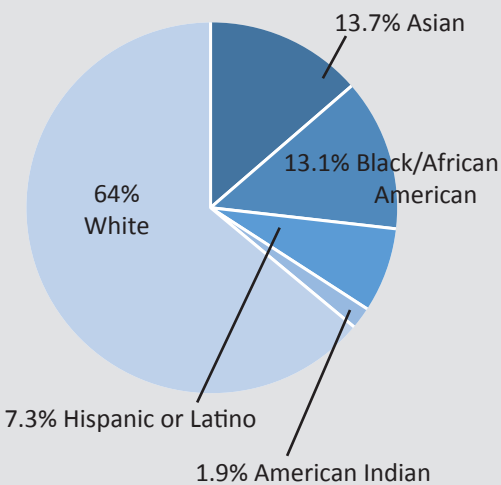
2016 Annual Report

SAINT PAUL - RAMSEY COUNTY PUBLIC HEALTH

County Profile

Population: **538,133**

- under 19: **25%**
- under 64: **63%**
- over 65: **12%**



The overall poverty rate is **16.8%**, of that **24.6%** are children.

2015 US Census

Grant Snapshot

SHIP grantee: 4 consecutive rounds of funding since 2008. This report reflects the work done in SHIP 4, Year 1.

FY 2015-2016 Award: \$968,157

In-Kind Labor: \$83,767

In-Kind Non-labor: \$267,145

Leveraged Funds: \$262,283

Total Match: \$613,195

which constitutes a **63%** match in our **128 partner sites** to the awarded amount.

Overview

The Saint Paul - Ramsey County Statewide Health Improvement Partnership (SHIP)* continues to develop relationships with community partners and work towards sustainable solutions in our diverse county to improve the health of residents. SHIP supports community partnerships, projects and policies that focus on increasing tobacco-free living, healthy eating and physical activity in workplaces, schools, community organizations, child care facilities, and health care settings. Additionally, SHIP supports making changes within institutions to make the healthier choice the easier choice.

*Effective November 2016, the grant name changed from Program to Partnership to demonstrate the work with community partners.

Community Leadership Team

In early 2016, SHIP work plans were adjusted accordingly to align and support goal two of the *2014-2018 Saint Paul - Ramsey County Community Health Improvement Plan (CHIP)*: Promote proper nutrition, healthy body weight and tobacco-free living for all people in Ramsey County. SHIP succeeds by encouraging and supporting healthy living and addressing health disparities through community engagement, local decision-making and sustainable, evidence-based strategies. SHIP will contribute to the following CHIP objectives:

- Increase the percentage of Ramsey County 9th graders who eat 4 or more servings of fruits (not including fruit juice) per day.
- Increase the percentage of Ramsey County 9th graders who eat 4 or more servings of vegetables per day
- Increase the percentage of Ramsey County 9th graders who get moderate physical activity for 60+ minutes for 7 days per week.
- Increase the percentage of Ramsey County adults who eat 5 or more fruits and vegetables per day.
- Increase the percentage of Ramsey County adults who get moderate physical activity for 150+ minutes per week.
- Reduce the percentage of adult smokers in Ramsey County.

SHIP staff revisited the SHIP Community Leadership Team (CLT) Charge with the current team members, in order for the CLT members to truly understand their vital role in helping the SHIP grant be effective in Ramsey County and direct the work to meet CHIP goals. This alignment was fundamental in our department achieving public health accreditation in 2016.

Child Care

In partnership with Minnesota Providers Collaborative, more than 100 providers participated in SHIP child care trainings. Roughly 66% participate in the Child and Adult Care Food Program, indicating that the families of the children in their care are at or below the national poverty level. After attending these trainings, 20 providers developed policies for healthy eating, physical activity, and breastfeeding support to implement in their early childhood programs. This helps combat childhood obesity at a young age and ensures that there are sustainable policy and environmental changes.



Tobacco Cessation

Saint Paul Public Housing Agency (PHA) is partnering with National Alliance on Mental Illness (NAMI) Minnesota, Walgreens and American Lung Association (ALA) to provide practical and culturally appropriate workshops to residents living at all 20 of the PHA housing sites. Approximately 70% of residents have a mental and/or physical disability. NAMI Minnesota cessation hosted workshops which were open to all residents and were tailored to address the special needs of people living with mental illness who are addicted to tobacco. Reflecting the

diversity of PHA, 110 residents attended, including 10 who needed translation services. In addition, Walgreens pharmacists who are trained cessation specialists, provided cessation workshops highlighting how to use cessation medication effectively and where to obtain it affordably. ALA is providing cessation resources and training for PHA managers and residents to prepare for the released Housing and Urban Development (HUD) ban on smoking in public housing by 2018.

- 2016 County Health Rankings indicate that 16% of Ramsey County adults smoke.
- Almost 25% of 18-34 year-olds in Ramsey County reported smoking in the 2013 Community Health Assessment.
- There is still work to be done to ensure that Ramsey County will meet the 2020 Healthy People goal for adult smoking: less than 12%.

SHIP in Saint Paul Public School



Safe Routes to School (SRTS) is a comprehensive program to help encourage, educate and create systems to support physical activity, including walking and bicycling to and from school. Saint Paul Public Schools (SPPS) is one of multiple school districts implementing SRTS. Only 62.7% of SPPS students in 5th grade meet the Physical Activity Guidelines (60 minutes of activity per day) in 4 or fewer days per week. In fact, 18.5% of 5th graders met the guideline 0 days the week prior (Minnesota Student Survey, 2016). Encouraging walking or bicycling to school would be a way for students and families to add extra

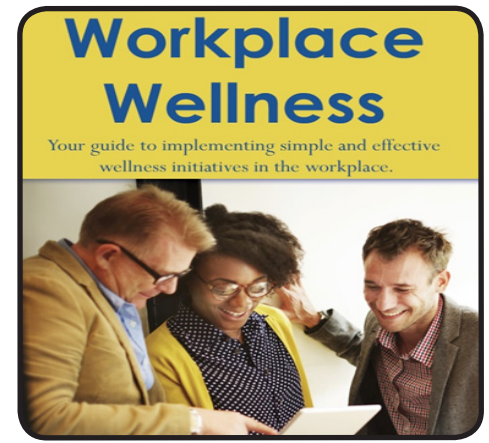
physical activity each day, which is also linked to a student's ability to learn. Thanks to the partnership between SHIP, the City of Saint Paul and the school district, there have been several successful events where over 6,000 students have participated. SHIP staff have also leveraged funding within the City of Saint Paul to support both a school staff working towards SRTS efforts and infrastructure changes. SPPS has also received several funding awards from MnDOT for their continued work in SRTS. SHIP has played a solid role in setting the stage for Safe Routes to School to continue long into the future.

Workplace Wellness

In partnership with the Saint Paul Area Chamber of Commerce (SPACC), the workplace wellness strategy focused on expanding how workplace wellness can be a realistic step for small to medium sized businesses. SPACC works closely with local chambers, small business associations and small neighborhood associations to engage the diverse business community. Most small businesses do not have the capacity of supporting worksite wellness efforts. SPACC created a simple to use workplace wellness toolkit that was downloaded over 1,600 times and is available in English, Hmong and Spanish. The toolkit has easy actions for a workplace wellness novice, such as supporting nursing mothers, offering tobacco use reduction, increasing

healthy eating and opportunities for employees to be more active. SPACC also created partnerships for change through a micro-grant opportunity, funded by SHIP. Twenty-one workplaces applied to receive a micro-grant, which was a small amount of money to help support healthy workplace changes. Overall, the partnerships formed through the micro-grant opportunity help support sustainable changes such as:

- Creating or enhancing wellness policies in upper management or employee handbooks at 15 sites.
- Creating a wellness-based “culture” or system to support wellness efforts (like forming walking clubs, rewards programs or flexible hours) at 16 sites.
- Changing physical environments,



such as installing a Mother’s Nursing Room or bike racks to support healthier behaviors at 17 sites.

Of course, this is in addition to the countless others that downloaded the toolkit and took steps to change on their own.

Walk with a Doc

According to the Metro SHAPE 2014 Adult Survey, Ramsey County reported:

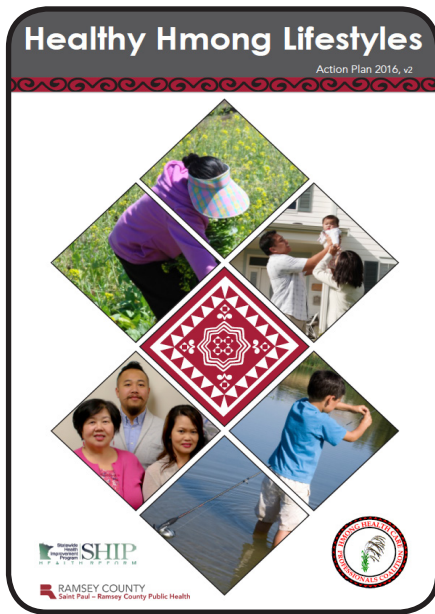
- 48.8% of the population engaged in insufficient physical activity on a regular basis (less than 74 minutes per week).
- 17.5% of the population are pre-diabetic or have been diagnosed with diabetes.
- 34.4% of the population are overweight based on their Body Mass Index (BMI of 25-29.9).
- 26.7% of the population are obese based on their Body Mass Index (BMI of 30 and above).

The Saint Paul Public Housing Agency (PHA) Mt. Airy Homes Family Site hosted Walk with a Doc Family Fun Scavenger Hunt in September 2016. Participants searched for 12 golden shoes along the walking route. Each golden shoe had a fun activity for the group to do such as shape your body into a banana or walk like an elephant. The group had a lot of fun while being active. Walk with a Doc is a partnership between PHA and Allina Health United Hospital to improve community health and social wellbeing by inviting PHA residents to come together for monthly group walks. A guest healthcare provider joins each month to chat about

a current health topic and walk with the group. These 30-minute walks are for people of all ages and abilities to increase access to active living opportunities for older adults, people with disabilities, youth, and families. The walking event rotates to a different PHA site each month to increase active living opportunities for residents at that building, promote walking routes in different neighborhoods, and reduce transportation barriers. Several walking groups have been formed and have been meeting on a regular basis. Since October 2015, a total of 118 residents have participated in seven group walking events.



Health Care



According to the 2010 Census, the city of Saint Paul has the largest Hmong population in Minnesota: roughly 30,000. Acculturation to the American lifestyle has proven successful and now the Hmong community faces the same behavioral and health challenges main stream America does. These challenges include the lack of physical activity, decreased consumption of healthy foods, obesity, and chronic diseases such as diabetes and hypertension. Yet there is very little literature to be found on these health challenges in the Hmong community. Together with the Hmong Health Care Professionals Coalition, the *Culturally Informed Clinical Practices for Healthy Hmong Lifestyles (CICP)* was developed. The document provides a

historical narrative of Hmong beliefs related to healthy lifestyles and recommendations for clinicians counseling Hmong patients on healthy eating, physical activity, and tobacco cessation. These recommendations were modeled after the Institute for Clinical Systems Improvement (ICSI) 2013 Healthy Lifestyles Guideline. Partnering with ICSI, an action plan booklet was then created from the CICP document to be used as a patient handout at two medical clinics. A total of 37 clinicians were trained to incorporate this handout into their daily workflow. The ultimate goal of the patient handout is to enhance clinical effectiveness to promote equal quality of health care access for the Hmong community.

Swim Time for Somali Women and Girls

Through partnership with the Saint Paul Police Department and Parks and Recreation, the Somali Women and Girls Swim Program was created to address the need for a culturally appropriate swim space for Somali women/girls. Religious and cultural restrictions prevent Somali women/girls from swimming in the presence of men due to the exposed nature of swim wear. This program provides access to a private, safe space for Somali women/girls to swim and increase their physical activity. The program is successful and valued by the community.

Participants reported increased self-esteem and appreciation for a female-only space. It is also effective at building a relationship with law enforcement by fostering positive interactions between police officers and the Somali community. During the first 3 quarters of 2016, a total of 360 Somali women/girls attended 15 swim events. Going forward, the program will continue to operate through funding from the Saint Paul Police Department and expand its target to all women and girls.



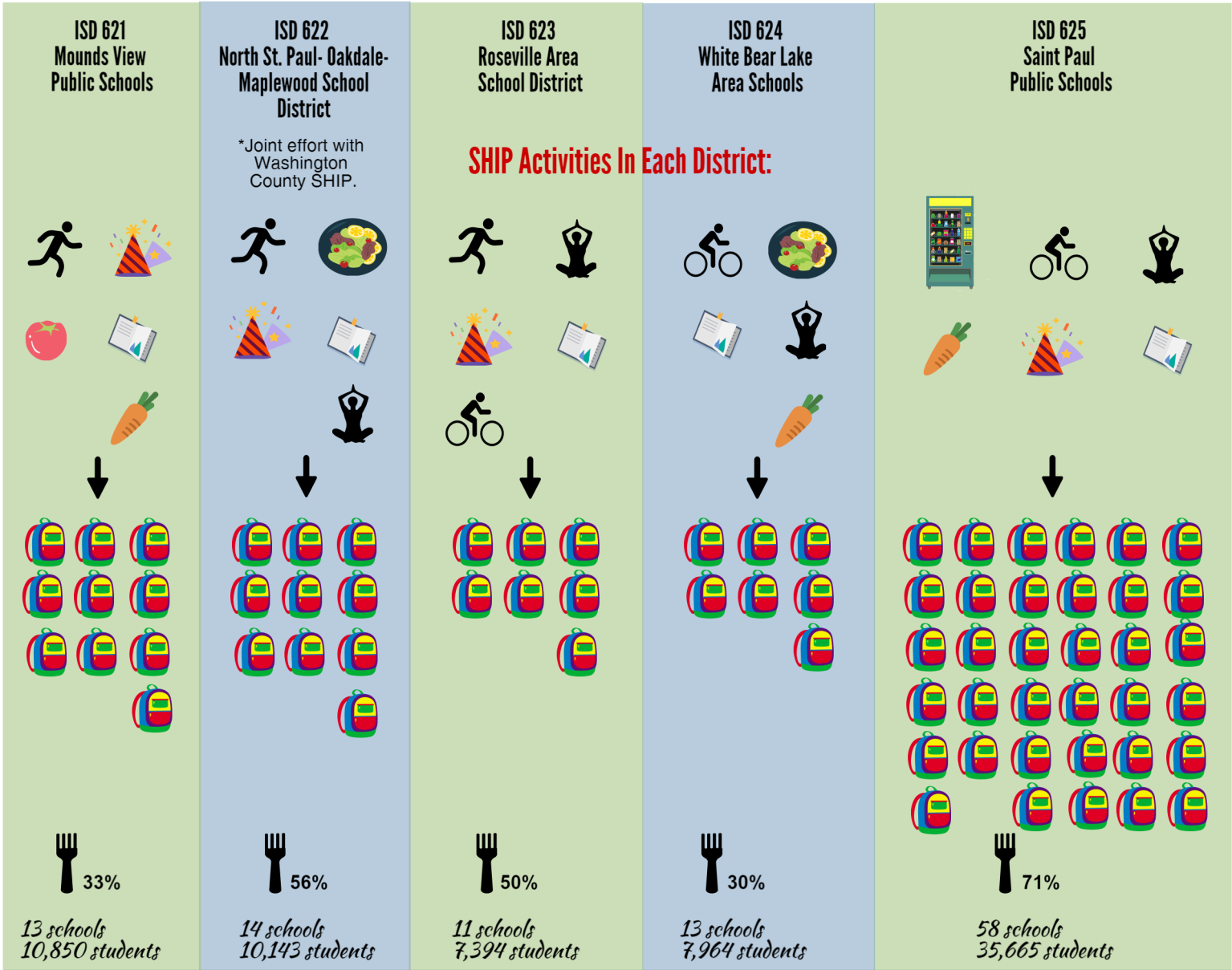
Baraza Fitness Challenge



Partnership with the African American Leadership Forum and two local churches led to the creation of the Baraza Fitness Challenge, a 10-week fitness program targeting African American women. The Challenge responded to a need for culturally appropriate fitness resources in the African American community and the fact that 1 in 4 African American women over the age of 55 has diabetes. By building intentional, genuine connections with these community partners/members, the Challenge reached 45 women through the biweekly workout sessions and improved their relationship with fitness. Since the conclusion of the 10-weeks, the trainers are sustaining the Challenge with the participants paying the trainers a fee of \$3 per session to continue being physically active.

Saint Paul - Ramsey County Public Health, Impact in Ramsey County School Districts 2016-2017

SHIP supports school districts to make changes within policies, systems, and physical environments. Partnerships work to improve healthy food access, to increase physical activity opportunities for all students, and ultimately reduce chronic disease rates.



1000 students	Yoga Calm or Active Classrooms	Healthy Celebrations	Free/Reduced Price meals average for district.
Improved Healthy Food Environments	Safe Routes to School	School-based agriculture	*Data from MDE 2015-16 school year.
Smarter Lunchrooms Techniques	Physical Activity Opportunities Active Recess Quality P.E. Class After School Programming	Wellness policy work	Healthy Vending