

Saint Paul - Ramsey County Public Health

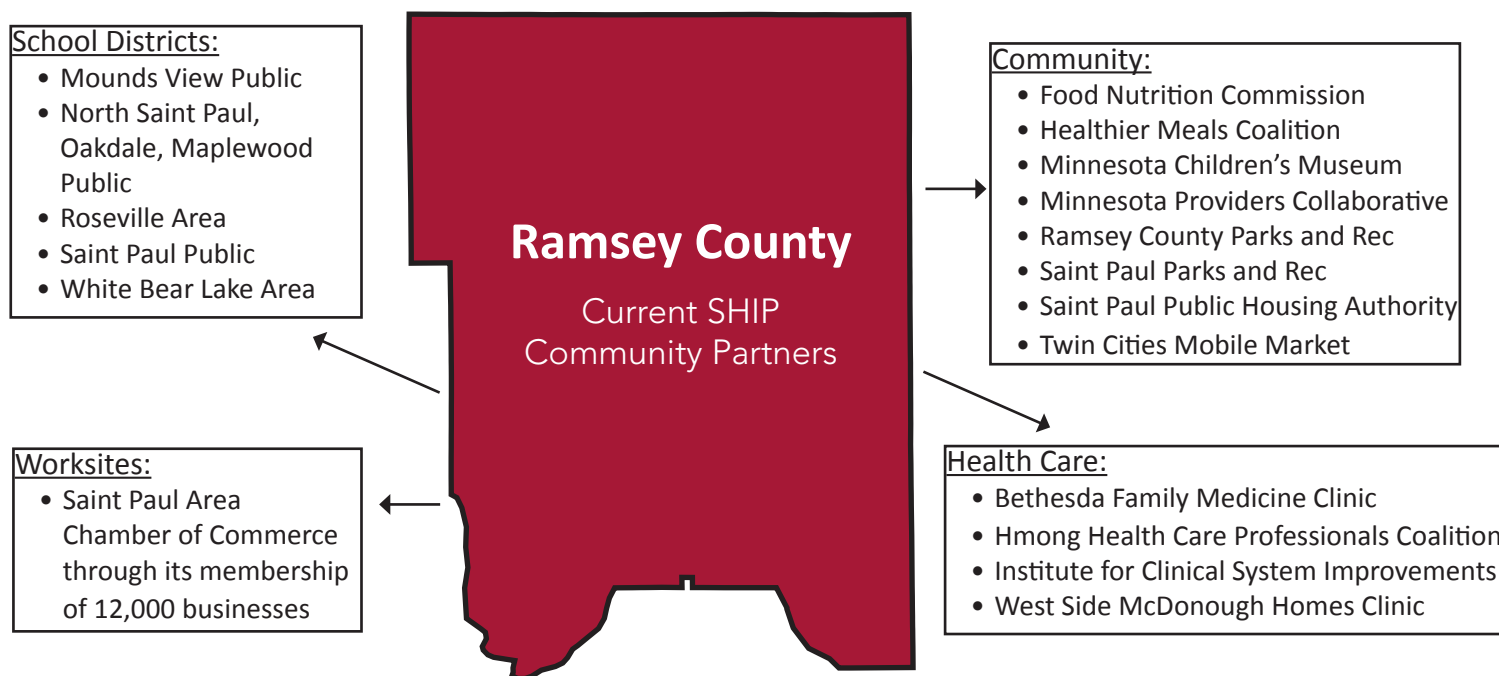
Statewide Health Improvement Program Fact Sheet

November 2015- April 2016

Overview

In 2015, Saint Paul – Ramsey County Public Health (SPRCPH) was awarded \$968,157 (for year one) in funding by the Minnesota Department of Health (MDH) through the Statewide Health Improvement Program (SHIP). SPRCPH has participated in the grant for four rounds of funding, since the creation of SHIP in 2008. The new SHIP grant, which is for the period November 1, 2015 through October 31, 2017, will be used to support efforts by the department and community partners to improve health throughout the county. SHIP works in many different settings to promote three strategies: healthy eating, physical activity, and tobacco cessation and prevention.

“SHIP dollars have been instrumental in supporting our work with community partners to develop innovative approaches to address obesity and tobacco use – all factors that contribute to chronic disease, disability, and premature death.” -Marina McManus, Director of Saint Paul – Ramsey County Public Health.



The Community Leadership Team

The purpose of the Statewide Health Improvement Program’s Community Leadership Team (CLT) is to establish and grow community support for policy, systems and environmental (PSE) change to improve access to healthier foods, increase opportunities for physical activity, and reduce the use of tobacco products. The first meeting of the CLT was held on March 16, 2009. The different roles of the CLT members are to:

- Provide community accountability by staying informed of progress of SHIP goals and outcomes and provide advice to keep SHIP relevant in the community
- Connect with others to advance healthy behaviors and SHIP strategies in the community
- Monitor and hold accountable the SHIP work with Ramsey County and the community
- Share and increase awareness of SHIP accomplishments
- Promote the concept of Health in All Policies

“The Saint Paul - Ramsey County CLT has been the community partner with the health department’s SHIP team. The result has been an outstanding initiative that has created policies, systems and environments that have undoubtedly improved both the health and well-being of Saint Paul and Ramsey County residents.”

- Tom Kottke, MD.

Demographics

Ramsey County's population reached 508,640 in 2010. While Ramsey County is the smallest county in the state, it is the most densely populated county in Minnesota, and one of the most densely populated counties in the United States.¹ Ramsey County's fastest growing age group is residents 65 years and older.² The age breakdown for Ramsey County residents in 2010:

- Under age 17: 23%
- Age 18-24: 12%
- Age 24-44: 27%
- Age 45-64: 26%
- Age 65 and older: 12%

On any given night, 1,787 people are homeless in Ramsey County. In 2015, 14.5% of homeless people in Ramsey County were under the age 21.

-MN Homeless Study, Amherst H. Wilder Research.³



In 2010, residents of color made up 33 percent of the population. Compared to other metro areas in the state, Ramsey County has the highest percentage of residents of color.¹ Ramsey County residents represent a variety of income and education levels.

It is estimated that 62,300 (12.4 percent) of Ramsey County residents are food insecure, more than double the Healthy People 2020 goal of 6 percent. Children comprise 18 percent of those 62,300 residents, demonstrating the highest rate of food insecurity among children in the metro counties.²

34% of residents reported to be overweight and obese.
34% of residents reported eating 5 servings or more of fruits and vegetables daily.
22% of residents reported having a surgery-sweetened beverage daily
9.2% of residents are currently smoking.

-Ramsey County Community Health Assessment 2013.

Moving Forward

The SHIP grant continues to develop its relationship with community partners and continues to search for new areas of work in our diverse county to improve the health of residents. The grant helps increase the access and availability to healthy, safe, and affordable foods in neighborhoods. SHIP also helps residents get more physical activity by improving the walkability or bikeability of a neighborhood. SHIP supports community projects and policies that focus on increasing healthy eating and physical activity in workplaces, schools, organizations, family child care homes, and health care settings.

Below are examples of SHIP strategies:

- Worksite Wellness strives to prevent and improve the health of people in the workplace. The partnership with the Saint Paul Area Chamber of Commerce is able to reach many member worksites and address policies and practices that can make healthy eating, physical activity, breastfeeding, and tobacco cessation attainable goals.

¹ United States Census 2010. Retrieved from: <http://www.census.gov/quickfacts/table/PST120215/27123,27>

² Ramsey County Community Health Assessment, 2013. Retrieved from:

https://www.ramseycounty.us/sites/default/files/Open%20Government/Public%20Health%20Data/community_health_assessment_030515.pdf

³ Amherst H. Wilder Foundation, MN Homeless Study, 2015. Retrieved from:

http://mnhomeless.org/minnesota-homeless-study/detailed-data-counts/2015/Ramsey-2015-Homeless-Counts_3-16.pdf

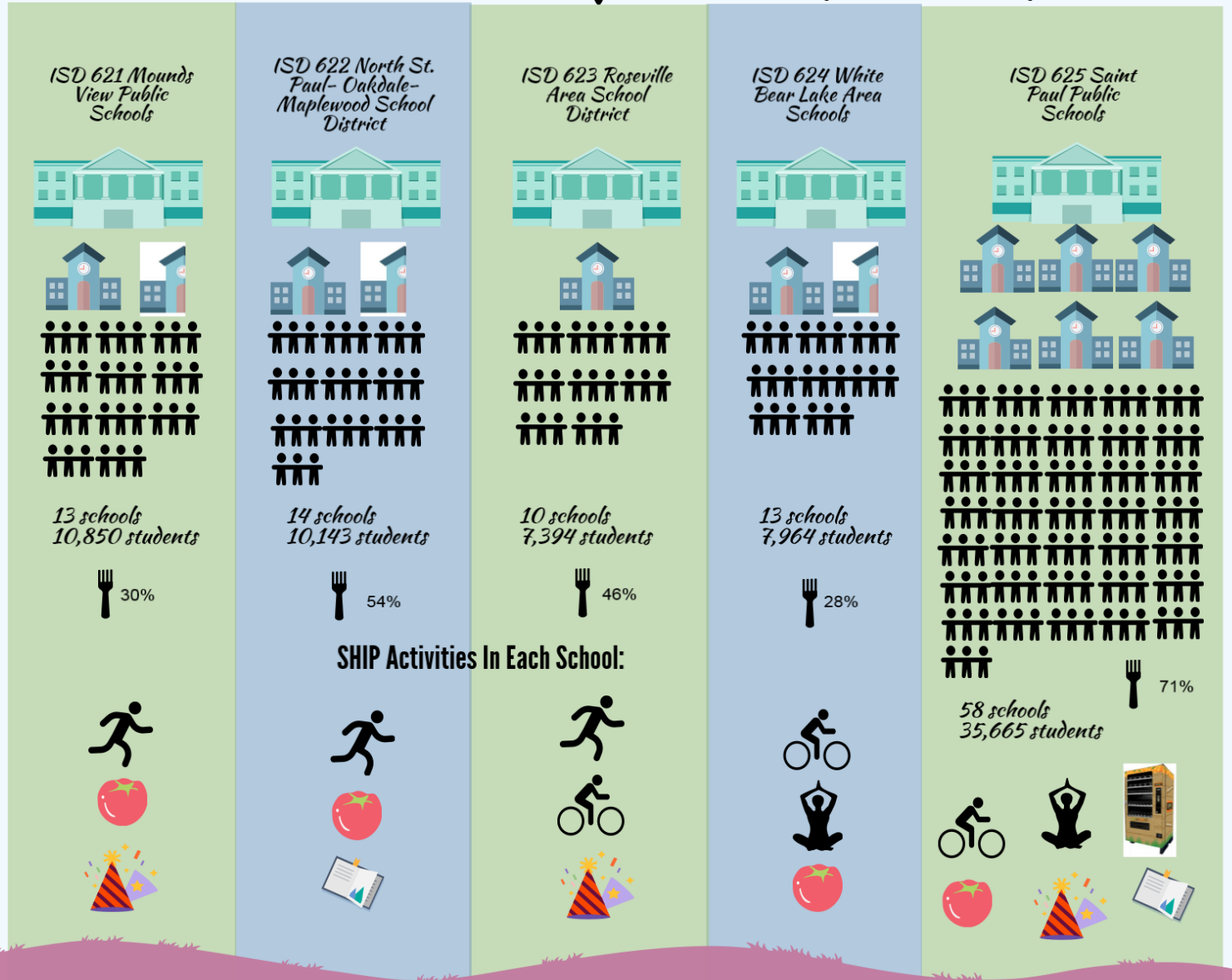
- Together with the Hmong Health Care Professionals Coalition, the *Culturally Informed Clinical Practices for Healthy Hmong Lifestyles* was developed. It is a document of culturally informed recommendations to promote healthy eating, physical activity, and tobacco cessation. These recommendations were modeled after the Institute for Clinical Systems Improvement (ICSI) 2013 Healthy Lifestyle Guidelines. Partnering with ICSI, an action plan booklet is being produced from the *Culturally Informed Clinical Practices for Healthy Hmong Lifestyles* document and will be used as the patient handout in clinics during the pilot implementation phase. The two pilot clinics are Bethesda Family Medicine and McDonough Homes; both clinics serve a large Hmong population.
- The Saint Paul Public Housing Agency (PHA) Residents Initiatives Department addresses the health and wellness of residents through SHIP supported activities and leverages funds along with community partnerships to support this work. More than 10,000 residents at PHA are now able to garden at their apartment complex, find healthier products in their vending machines, learn ways to move more, participate in walking clubs and yoga, and attend workshops on attempting to quit smoking, among so much more. The work with PHA is essential to improve the health outcomes of so many of our Ramsey County residents.



- The Twin Cities Mobile Market, supported through SHIP among other funding sources, is a solution to improving access to healthy foods for residents. The Market stops at 19 places in Saint Paul, four stops at PHA buildings, and is planning to expand to other Ramsey County cities.
- The Healthier Meals Coalition (HMC), a group that began meeting in 2011, strives to address some of the food insecurity issues faced by residents. HMC is made up of staff from shelters and free meal programs in Ramsey County. The HMC seeks to create a new paradigm for serving healthier meals to those experiencing homelessness. Addressing nutrition and healthy eating can help improve and prevent chronic disease rates to improve the health of Ramsey County. The Coalition recently produced *Food Justice*, a 30-minute documentary to show the importance of healthy food donation impacting the health of their meals.
- In partnership with the Minnesota Providers Collaborative (MNPC), a network of over 400 licensed family child care providers in Ramsey County, more than 100 providers have participated in SHIP child care trainings. These trainings are on the topics of nutrition and healthy eating, physical activity, and creating breastfeeding friendly environments. Along with promoting these SHIP trainings, the Ramsey County Liaisons from MNPC help distribute the monthly newsletter *Let's Play, Eat and Grow* to child care providers and the families they serve.

Saint Paul - Ramsey County Public Health, SHIP 4 Working with School Districts in Ramsey County

Working at the school district level, we are making big system changes. Our partners are working to improve healthy food access and increase physical activity opportunities for all students to benefit in an intentional and coordinated model.



Legend:

- = 1000 Students
- = 10 Schools
- Free/Reduced Price meals average for district
- Physical Activity During the School Day
- Safe Routes to School
- Yoga Calm
- School-based agriculture
- Healthy Celebrations
- Wellness policy work
- Healthy Vending