

MINNEAPOLIS

HEALTHY CITY THRIVING FAMILIES



A Quarterly Update from the City of Minneapolis Department of Health and Family Support

Spring 2010

Celebrating Public Health Week

The Minneapolis Department of Health and Family Support (MDHFS) held its annual open house on April 13 in honor of National Public Health Week. The theme for the day was *Minneapolis: Healthy Communities, Healthy City*.

MDHFS hosted 15 students from Roosevelt High School's Health Careers program, who served as guest presenters during the open house. Students worked with staff to disseminate information to attendees on a wide variety of departmental projects such as infant mortality, obesity and tobacco prevention, youth violence, lead poisoning prevention, and school-based clinics.

The open house was attended by people from community-based organizations, the general public, Minneapolis City Council, and City of Minneapolis staff. Attendees learned firsthand how MDHFS' work impacts the health of residents and supports a vibrant Minneapolis. For more information on the open house please contact Angela Hackel at (612) 673-3207 or angela.hackel@ci.minneapolis.mn.us.



MDHFS' Dave Johnson and Roosevelt High School students prepare a display table for the Department's Public Health Week Open House

Homegrown Minneapolis Update

The City of Minneapolis continues to show its commitment to creating a healthy, local food system for all residents through the Homegrown Minneapolis initiative. Led by MDHFS with significant involvement from other City departments, Homegrown Minneapolis creates many exciting new partnerships, policies, and opportunities that are encouraging residents to grow, sell, distribute, and consume more healthy, locally grown foods.

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Homegrown Minneapolis actively engages the community in planning and decision-making, producing these initial outcomes:

- Partnering with the Minneapolis Employment and Training Program to start the Emerge Youth Community Garden in North Minneapolis, a community garden focused on teaching youth about local food production and sustainability.
- Encouraging the Minneapolis Fire Department to install raised garden beds made of recycled materials at 11 of the City's fire stations, and providing additional soil for gardens at five other stations. Fire fighters use these beds to raise fresh produce for meals consumed during their shifts.

- Funding the development of the Yards to Garden website (www.y2g.org) through the City's Climate Change Grant process to connect people who are looking for gardening space with people who have space available.
- Providing funding for five youth from the Little Earth of United Tribes community to attend an urban agriculture training workshop at Growing Power in Milwaukee.

- Creation of a community kitchen inventory to identify spaces for community members and local food entrepreneurs to use for communal cooking, nutrition education classes, value-added processing of local food, and canning/freezing activities.
- Initiation of a community garden pilot program for the 2010 growing season to help residents access City resources (i.e., land, compost, water, soil testing). The pilot includes the identification of 22 City-owned parcels available for the development of new community gardens, a new community garden-specific application, and a revised lease agreement.

Building on these successes, MDHFS continues to drive Homegrown Minneapolis forward and has convened a task force to guide additional related efforts:

- Development of an urban agriculture policy plan that will inform the City's land use and development related to growing, processing, and distributing healthy, local food.

For more information, please visit <http://www.ci.minneapolis.mn.us/dhfs/homegrown-home.asp> or contact Kristen Klingler at (612) 673-2910 or kristen.klingler@ci.minneapolis.mn.us.

The Minneapolis Department of Health and Family Support (MDHFS)

VISION:

Healthy residents, communities and environments.



MISSION: To promote health equity in Minneapolis and meet the unique needs of our urban population by providing leadership and fostering partnerships.

Gretchen Musicant, Commissioner

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Community garden on City property

(Photo provided by: Minneapolis Community Planning and Economic Development)

Receive *Healthy City Thriving Families* Electronically

As MDHFS strives to institute greener practices, we invite our *Healthy City Thriving Families* readers to receive our newsletter electronically instead of by mail. Each quarter you'll receive the same great newsletter and can choose to unsubscribe at any time. To sign up please visit: <http://www.ci.minneapolis.mn.us/dhfs/newsletter.asp>

National Youth Violence Prevention Week

In honor of National Youth Violence Prevention Week, the City of Minneapolis held several activities to raise awareness on the devastating effects of youth violence, which is the second leading cause of death nationwide for youth between the ages of 10 and 24. To coincide with the national observance, Mayor R.T. Rybak proclaimed March 22 to 26 as Minneapolis Youth Violence Prevention Week.

A toolkit to raise awareness and outline strategies to prevent youth violence was developed by MDHFS in partnership with Minneapolis Public Schools, Minnesota Youth Intervention Program Association and Community Power Against

Violence. The toolkit, which was distributed to community organizations, businesses and other stakeholders, can be downloaded at <http://www.ci.minneapolis.mn.us/dhfs/2010Toolkit.pdf>.

The Minneapolis Foundation and the City of Minneapolis also hosted a roundtable discussion on violence prevention with Dr. Gary Slutkin, Director of The Chicago Project for Violence Prevention/CeaseFire. Also a professor at the University of Illinois' School of Public Health, Slutkin developed CeaseFire, a program to reduce urban violence by mobilizing entire neighborhoods to reduce violence, particularly shootings.

Early results demonstrate a 45 percent average reduction in shootings in CeaseFire neighborhoods, with some neighborhoods showing up to a 67 percent reduction. Interventions rely heavily on community outreach workers and public education campaigns to galvanize faith leaders, businesses, families and residents to change community expectations and responses to youth violence.

The roundtable provided the opportunity to learn about CeaseFire and how it can augment the City's *Blueprint for Action: Preventing Youth Violence in Minneapolis* framework. For more information on these initiatives, please contact Bass Zanjani at (612) 673-5438 or bass.zanjani@ci.minneapolis.mn.us.

Urban Health Agenda: MDHFS Remains Vigilant in H1N1 Vaccination Outreach

Since the beginning of April 2009, the Minnesota Department of Health has confirmed 61 H1N1-associated deaths this flu season, with 12,000 deaths reported nationwide. Though lower than the average yearly deaths caused by seasonal flu, the CDC reports that the rate of death in young people caused by H1N1 is close to five times higher than a typical seasonal influenza.

Despite waning public interest in H1N1 vaccinations at the start of 2010, MDHFS continued its vaccination outreach to underserved residents to protect them against the H1N1 flu. In January and February,

MDHFS held 29 community clinics located at parks, low-income high-rises and locations such as the Urban League, Little Earth, Hope Community, Sabathani and American Indian New Year's Pow Wow. Vaccines were also provided to employees of the City of Minneapolis, Minneapolis Public Schools, NorthPoint Clinic and Minnesota Visiting Nurse Agency (MVNA), as well as University of Minnesota students.

Overall, MDHFS, in partnership with MVNA, provided nearly 7,000 H1N1 vaccinations throughout the city in

addition to the many thousands of vaccines given in the private sector.

In preparation for a possible third wave of the pandemic, MDHFS encourages anyone who has not gotten vaccinated for H1N1 to do so. School Based Clinics continue to vaccinate Minneapolis students and MDHFS staff remains vigilant in their response planning to help ensure that all Minneapolis residents, especially the uninsured, have access to vaccinations. For more information, contact Marie Hauser at (612) 673-2147 or marie.hauser@ci.minneapolis.mn.us.

Communities Putting Prevention to Work Stimulus Grant Received

On March 19, the U.S. Department of Health and Human Services (HHS) announced that MDHFS will receive a \$2 million two-year grant from Communities Putting Prevention to Work (CPPW) to support obesity prevention efforts in Minneapolis. This collaborative project with the Minnesota Department of Health and Olmsted County aims to improve physical activity and nutrition in community and school settings.

This grant complements MDHFS' current work under the State Health Improvement Program (SHIP) designed to reduce obesity and tobacco use. The SHIP Community Leadership Team will serve as the Advisory Committee for CCPW. MDHFS will direct these funds toward:

- Improving park safety.
- Strengthening biking and walking through enforcement efforts and infrastructure.
- Increasing access to locally grown foods in underserved neighborhoods.
- Providing structured family recreational opportunities in school buildings.
- Enhancing *Safe Routes to School*.
- Advancing the public's understanding of how policy, systems and environmental changes reduce obesity.

The Minneapolis CCPW grant is part of HHS' \$372.8 million total budget under the American Recovery and Reinvestment Act of 2009 to fund obesity and tobacco prevention activities in 44 communities around the country. For more information please contact Patty Bowler at (612) 673-3009 or patty.bowler@ci.minneapolis.mn.us.

Healthy City Updates

Medica Skyway Senior Center Fundraiser

The Skyway Senior Center thanks Medica Center for Healthy Aging for its five years of financial support, which will end in 2010. A special thanks to Franklin Street Properties and William S. Friend for contributing the Center's office space.

The Center has proven to be an integral resource for many seniors. In 2009 alone, the Center logged over 17,500 visits, averaging 71 unduplicated visitors per day as it offered over 180 activities and recorded an amazing 2,400 volunteer hours. The Friends of the Skyway Senior Center is forging new partnerships and identifying new funding streams to maintain this critical resource.

The Center welcomes the public to its annual *Art Event and Silent Auction* fundraiser on **May 18, 11 a.m. to 3 p.m.** 950 Nicollet Mall, Suite 290. The silent auction features items such as gift cards to downtown businesses and restaurants, crafts, theatre tickets and more. During the month of May, the Center's gallery will also display internationally-recognized art that is available for purchase.

For more information or to find out how you can help, please contact Christina Kendrick at (612) 370-3869 or christina.kendrick@ci.minneapolis.mn.us.

Staff Updates:

MDHFS commends **Annie Warhol** for her 48 years of outstanding service. As the longest tenured City employee (who never once took a sick day), Annie retired from the School Based Clinics where she worked tirelessly as a clerk helping to ensure that Minneapolis Public Schools youth were provided respectful, quality care. She will be remembered by her colleagues as always friendly, kind and understanding. Happy retirement Annie!

New Staff:

Alyssa Banks is MDHFS' new Research Associate to support research and evaluation activities related to the State Health Improvement Program (SHIP). She has worked at national market research firms and the local, non-profit research organization Hispanic Advocacy and Community Empowerment through Research (HACER).

Also new to the SHIP team, **Kristen Godfrey** will focus on linking health care providers with community resources to address nutrition, physical activity and tobacco use. Her experience includes working as a grant coordinator at the University of Minnesota's Department of Pediatrics and clinic coordinator for the Phillips Neighborhood Clinic.

Kathy Vang has joined the School Based Clinic team as a Medical Assistant at Henry High School. Kathy has worked in various clinic settings in the metro area and will bring her expertise to the School Based Clinics.

Seblewongel (Seble) Bekele joined MDHFS in December 2009 as an Office Support Specialist. Seble most recently worked in Regulatory Services and came to the United States in 2000 from Ethiopia where she worked as an assistant with various organizations including the United Nations.

MDHFS welcomes **Risë Kosiak**, with the Eastside Neighborhood Services' Senior Program. Risë began working at MDHFS in November 2009, providing a friendly face at the front desk in the afternoons. Risë has worked at the Southwest Senior Center, the City's Senior Ombudsman's Office and with Hennepin County as a financial worker.



MDHFS' Annie Warhol retires from the City after 48 years of outstanding service