

MINNEAPOLIS

HEALTHY CITY THRIVING FAMILIES



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

Summer 2010

MDHFS Sets New Goals for 2010-2014

Every four years the City of Minneapolis and its various departments evaluate and revise their strategic goals. For the Minneapolis Department of Health and Family Support (MDHFS), periodic goal setting is also a state expectation for each local public health department.

MDHFS's mission is "To promote health equity in Minneapolis and meet the unique needs of our urban population by providing leadership and fostering partnerships." In keeping with the spirit of this mission, MDHFS held two community meetings to engage the public in its goals development and briefed the Minneapolis City Council's Public Safety and Health Committee.

With Minneapolis health data and sustainability indicators in mind, participants prioritized areas to receive attention, which informed MDHFS's final goals and strategic direction as outlined below.

MDHFS Goals and Strategic Direction for 2010-2014

1. Strong Urban Public Health Infrastructure

- City and community prepared for emergencies, now and in the future
- Health care safety net for everyone who needs it
- Staff is diverse, engaged, skilled

2. Healthy Weight through Active Living and Healthy Eating

- Affordable and accessible healthy choices for all ages and abilities
- Opportunities to grow, prepare and distribute food locally
- Communities expect healthier environments

3. Healthy Sexuality and Relationships

- Prevent teen pregnancy
- Sexually transmitted infections and HIV rates declining

4. Thriving and Violence Free Youth

- Communities engaged in parenting and mentoring youth
- Invest in activities that promote youths' skills, strengths and contributions and re-engages disconnected youth
- Expand capacity to address youth violence

5. A Healthy Start to Life and Learning

- Healthy homes that are lead and smoke-free
- Thriving babies
- School-ready children

Of equal importance to the community was the way MDHFS accomplishes its work. As a result of the community meetings, a set of principles was developed to describe "The Way We Work":

- We build on our urban community's cultural diversity, wisdom, strengths, and resilience.
- We support individual health within the context of families and communities across the lifespan.
- To achieve health equity, we invest in the social and physical environments of our residents.
- We bring people and resources together to achieve our common health goals.
- Sound research and promising strategies inform our activities and decisions.
- We promote health as the interconnection of physical, mental, social, and spiritual well-being.

Over the next five years, MDHFS will work with others in the City, community-based organizations, funders and other government partners to fulfill our vision of "Health, equity and well being for all people and their communities." For more information on MDHFS's strategic goals, please contact Minneapolis Health Commissioner Gretchen Musicant at (612) 673-3955 or gretchen.musicant@ci.minneapolis.mn.us.

New Lead Poisoning Prevention Project Launched

Building on past efforts, MDHFS launched an expansive childhood lead poisoning prevention project that engages tenants, homeowners and landlords in reducing lead exposure. While this effort serves the entire City of Minneapolis, the project will focus on North Minneapolis due to concerns over the safety of its housing stock and low lead testing rates for children at age one and two.

Through a request for proposals (RFP), MDHFS selected the following organizations to provide education and outreach services: ClearCorps USA,

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Environmental Justice Advocates of Minnesota, Southeast Asian Community Council, and Sustainable Resources Center. Through a variety of outreach efforts such as blood lead screenings, community and in-home presentations, and health fairs, grantees will recruit families and landlords to receive free lead assessments of their property.

At minimum, the goal is to educate 1,750 participants and conduct 150 in-home visits during the two and a half year project. Grantees will also assist families in filling out applications for Hennepin County's Housing, Community Works, & Transit Lead Hazard Control Program, which provides funds to make homes lead safe; the goal is to solicit 500 applications.

MDHFS is also working with all 36 Minneapolis clinics providing pediatric services to educate clinic staff on proper lead screening protocols and related

follow-up procedures mandated by the State of Minnesota. In addition to the partners mentioned above, MDHFS is working with HealthPartners, Hennepin County Child and Teen Checkups, Medica, Metropolitan Health Plan, and UCare to educate pediatric providers.

Funds for this project were awarded to MDHFS by Hennepin County through the Department of Housing and Urban Development (HUD). For more information, please contact Angela Hackel at (612) 673-3207 or angela.hackel@ci.minneapolis.mn.us.



A mother has her child screened for lead poisoning through the Sustainable Resources Center at a community event in North Minneapolis.

2010 Legislative Session Makes Positive Strides for Minnesotans' Health

Although this past state legislative session was challenging, there were some key public health wins for residents throughout the state. MDHFS and the City's Intergovernmental Relations staff worked closely to achieve these legislative outcomes:

- **Change in Minnesota's prenatal substance use reporting law**
Minnesota's prenatal substance use reporting law related to alcohol and marijuana was changed effective August 1, 2010. Health care and social service professionals providing prenatal care or other health care services during pregnancy will no longer be required to report a pregnant woman's use of alcohol or marijuana to the local welfare agency. The change in law counteracts women's delayed entry into prenatal care due to fears they might lose their babies because of their substance use. MDHFS and partners are communicating this change to the public and educating service providers about effective responses to prenatal substance use. Provider resources can be found on MDHFS's web: <http://www.ci.minneapolis.mn.us/dhfs/healthy-start.asp>, click on Prenatal Substance Abuse Reporting Law Modification.
- **State Health Improvement Program (SHIP) funding to be maintained**
MDHFS, along with other grantees throughout the state, will continue to receive SHIP funding until July 2011 to implement obesity prevention and tobacco reduction interventions. MDHFS is making headway in improving health outcomes by working with stakeholders in making long-term, sustainable health improvements in over 225 sites in Minneapolis including schools, worksites, daycares, parks, clinics and other environments.
- **Lead Poisoning Prevention Guidelines to be updated**
Legislation passed requiring the Minnesota Department of Health to convene stakeholders to update the clinical lead poisoning prevention guidelines for responding to children's blood lead levels that are between 5 and 10 micrograms per deciliter. The goal is to encourage clinics to carry out cost-effective measures such as family education and follow-up blood testing so that potential lead poisoning is prevented. MDHFS supported this legislation and will be involved in updating the guidelines.

For more information about MDHFS legislative priorities, please contact Patty Bowler at (612) 673-3009 or patty.bowler@ci.minneapolis.mn.us.

The Minneapolis Department of Health and Family Support (MDHFS)

VISION:

Health, equity and well-being for all people in their communities.



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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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>

Federal Health Care Reform Act Boosts Public Health Efforts

On March 23, President Obama signed historic health reform legislation to provide insurance coverage to the uninsured and reform the healthcare delivery system. The Patient Protection and Affordable Care Act (PPACA) legislation will provide a significant investment in prevention by strengthening local health departments and chronic disease prevention efforts. Specifically, a \$15 billion Prevention and Public Health Fund will buoy an array of public health programs for the next 10 years. PPACA also authorizes new funding for public health workforce training and mandates clinical preventive services provided in insurance plans.

For fiscal year 2010, \$250 million will be allocated from the Public Health and Prevention Fund for the following priorities: development of state and local public health infrastructure; epidemiology and lab capacity; chronic disease and HIV prevention programming; mental health; obesity prevention; tobacco cessation; and public health research. PPACA also emphasizes school based health care with a call for competitive grants totaling \$200 million for facilities and equipment over four years starting in FY 2010; \$50 million for school based clinic operations has been authorized, but not yet funded.

In addition, over \$1.5 billion spread over five years is earmarked for state grant programs for early childhood home visitation. Should funding be obtained, it will support a state-level needs assessment and planning process in Minnesota starting this summer. PPACA also establishes menu labeling of standard menu items for restaurants that have at least 20 outlets nationally and in vending machines.

The federal health reform package authorized numerous additional public health programs, but they were not funded by Congress; however since they were authorized, they are well-positioned to move forward in future years. MDHFS and the City's Intergovernmental Relations Department are monitoring potential grant opportunities resulting from the appropriations mentioned above. For more information, please contact Patty Bowler at (612) 673-3009 or patty.bowler@ci.minneapolis.mn.us.

Look for Healthier Vending in Minneapolis Parks

Healthy food options have increased from 4 percent of items to 52 percent of items at select Minneapolis Park and Recreation sites through MDHFS's Healthy Vending Project, which is part of the Statewide Health Improvement Program (SHIP). Ten parks are part of this pilot project to ensure that at least 75 percent of the products stocked in food vending machines are healthy, while maintaining (or increasing) revenue to the parks.

Initially, only 4 percent of the pilot parks vending food was assessed as "healthy," as defined by the United States Department of Agriculture's healthy food standards. MDHFS is working closely with vending operators to provide healthier options, which has been challenging due to misleading manufacturer labeling and variations among products.

To date, the average percentage of healthy products available in vending machines is 52 percent with one park achieving 84 percent. This success can be attributed to vending operators' willingness to try something new and park directors' leadership, as expressed by Al Bangoura, director of Stewart Park: "We know that youth are buying from the vending machines, so we should be offering them healthy choices. If we don't do it, who will?"

MDHFS and vending operators will continue to monitor sales and adjust prices and products to maintain revenue. Using results from the pilot, MDHFS will pursue citywide replication of healthy vending. For more information, contact Sarah Reuben-Meillier at (612) 673-2672 or sarah.reubenmeillier@ci.minneapolis.mn.us.

Urban Health Agenda: Mining Youth Gang Assessment to Improve Prevention Strategies

In 2008, one-third of all Minneapolis homicides occurred within the Folwell, Hawthorne, Jordan and McKinley neighborhoods. Due to the disproportionately high rates of youth and young adult homicides in these North Minneapolis neighborhoods, these areas were selected for a comprehensive assessment of their gang problem. The assessment was a key component of the Minneapolis Gang Prevention and Intervention Coordination Initiative, a project funded by the U.S. Department of Justice, Office of Juvenile Justice and Delinquency Prevention.

The assessment included the review of Minneapolis Police Department gang data; interviews with youth-serving community organizations; and focus groups with young men and parents in the neighborhoods. Highlights of the key findings point to the following factors that contribute to or exacerbate gang problems.

- Poverty and unemployment are prevalent in these neighborhoods. The four neighborhoods assessed have the greatest percentage of families with incomes below the poverty level. Unemployment in this area is well above the unemployment rate for the city overall; many homes are standing empty and in foreclosure due to the recent housing crisis.
- Demographic shifts over the last 30 years rapidly transformed the assessment area. When protective factors (such as employment, social services and youth programs) do not keep pace with demographic transitions, a community can experience instability, which can contribute to gang problems.
- Homelessness and high mobility have an adverse impact on young residents. School data indicate that the number of homeless and highly mobile students is highest in the most gang affected areas of the city.

- Perceived benefits of affiliation contribute to gang involvement. "Protection," "a sense of belonging," and "being born into it" along with gaining respect, money, power, and popularity are reasons for gang affiliation and involvement.

In response to these and other findings, MDHFS hosted two community engagement meetings to raise awareness about the data and to strategize next steps. MDHFS has also submitted grant proposals to address gaps in services such as intervening with youth earlier (10-14 years old) and developing a street-based outreach project for the most at-risk youth.

An executive summary and the full report can be found on the main MDHFS web page at <http://www.ci.minneapolis.mn.us/dhfs>, click on "Youth Violence Prevention." For more information, please contact Jan Fondell or David Carson at janice.fondell@ci.minneapolis.mn.us, david.carson@ci.minneapolis.mn.us or (612) 673-2301.

New Teen Pregnancy Prevention Curriculum Piloted in Minneapolis Public Schools

This September, Minneapolis Public Schools (MPS) health education teachers will receive evidence-based sexuality education training from the Minnesota Organization on Adolescent Pregnancy, Prevention and Parenting (MOAPPP). To ensure that MPS teachers get the support they need to fully implement the new sex education curriculum, MDHFS has awarded MPS funds to increase staff capacity regarding health and physical education curriculum.

Teachers, parents, students and community professionals with expertise in teen pregnancy prevention assisted MPS in selecting the new sexuality education curricula to be used in all middle schools and high schools. Evidence-based sexuality education has been proven to be effective in preventing HIV and other sexually transmitted diseases, along with decreasing the incidence of unprotected sex. Abstinence and parent communication is also encouraged.

This school-based strategy is part of a wider effort led by MDHFS and its partners to ensure that the steady decrease in Minneapolis teen pregnancy rates continues. Pregnancy rates dropped 43 percent in girls ages 15-17 years old from 1999 to 2008. Yet vigilance is critical as rates temporarily increased from 2005 to 2006.

To foster further decreases in teen pregnancy rates, MDHFS also assembled the Minneapolis Urban Initiative, a coalition that promotes sustainable policies that require evidence-based sex education in the schools. Members of the Initiative include representatives from the Mayor's office, MDHFS, MPS, MOAPPP, along with the Healthy Youth Development Prevention Resource Center, Hennepin County, Minnesota Department of Education, Minnesota Religious Coalition for Reproductive Choice, National Abortion and Reproductive Rights Action League, Planned Parenthood, Pro Choice Resources, Q Health Services, Teen Age Medical Service, and United Way.

For more information on this initiative, please contact Coral Garner at (612) 673-5446 or coral.garner@ci.minneapolis.mn.us.

Healthy City Updates

Staff Awards

Congratulations to **Kristen Klingler** for receiving the Centers for Disease Control and Prevention's Bales Bradford Award for her contributions to the field of public health through her outstanding performance, service, attitude, and achievements as a CDC Prevention Specialist. Kristen has also been hired to coordinate the Communities Putting Prevention to Work (CPPW) grant recently awarded to MDHFS. Kristen has worked with MDHFS on numerous projects related to active living and healthy eating, most notably Homegrown Minneapolis where she helped develop and implement recommendations designed to improve the local food environment. Kristen has a Master's degree in Public Health from the University of Akron.



Kristen Klingler with the Centers for Disease Control and Prevention's Bales Bradford Award

New Staff

• **Sarah Kretman Stewart** will coordinate the new Communities Putting Prevention to Work stimulus grant along with Kristen Klingler (see above). Sarah most recently worked as a community health specialist providing technical assistance to community coalitions for the Regional Center for Healthy Communities in Cambridge, Massachusetts. She has a Master's degree in Public Health from the University of Michigan with a certificate in public policy and a Master's degree in Education from the University of Missouri.

• **Angela Watts** joins MDHFS as the project director for Twin Cities Healthy Start. Angela has a wealth of experience in maximizing health services for children and their families through partnerships and engaging policymakers. Most recently Angela served as a strategic marketing specialist for the National Marrow Donor Program. She has a Master's degree in Business Management from Webster University and a Master's degree in Policy Administration and Policy Analysis from Southern Illinois University.

• **June Mathiowetz** is taking a temporary assignment with MDHFS to coordinate Homegrown Minneapolis, SHIP and CPPW projects. June has served as the City's sustainability project coordinator and has worked in the City's Finance Department as a senior financial analyst. She has a Master's degree in Public Policy from the University of Minnesota's Humphrey Institute.

New interns; Training Future Public Health Leaders

• Through the Centers for Disease Control and Prevention's Public Health Apprentice Program, **Sarah Reingold** has accepted a position with MDHFS to develop a peer mentor program for the School Based Clinics. In addition, Sarah will complete a public health emergency preparedness community assessment. Sarah has a Bachelor's degree in Psychology from Bates College in Maine.

• Intern **Katie Muehe** is working on a pilot project for extreme heat response and researching ways MDHFS can improve the participation of at-risk populations in vaccinations. Katie is a graduate from the University of Minnesota with a Master's degree in Public Health specializing in emergency preparedness and community health.

• MDHFS also welcomes two new SHIP interns. **Melissa Martinez-Sones** will focus on worksite wellness projects. Currently, Melissa is a graduate student at the University of Minnesota's Humphrey Institute where she is pursuing a degree in public policy, with an emphasis in food policy. In addition, **Ifrac Biyoow** will help coordinate a PhotoVoice project with Minneapolis youth and work with Minneapolis clinics to implement best practices. Ifrah attended Carlton College and is pursuing a Master's degree in Public Health (Epidemiology) at the University of MN.