



Public Health Advisory Committee

July 22, 2014, 6:00 – 8:00 pm

Minneapolis City Hall, Room 132

AGENDA

Agenda Item	Presenter	Time	Committee Action
ORIENTATION for all PHAC committee members Supper is served! Welcome and Introductions	Karen Soderberg <i>La Loma Tamales</i>	5:25 – 5:55 Begins at 5:45 6:00-6:05	New orientation manuals distributed
PHAC Logistics and Updates Certificates of Recognition Approve Minutes Summary from June discussion (we met as one group): <i>Communications/Operations:</i> <i>Policy & Planning:</i> <i>Collaboration & Engagement:</i>	Karen Soderberg Margaret / Rebecca Thoman	6:05-6:15 6:15-6:30	Approve agenda Read certificates Approve Minutes Letter supporting MYC recommendations presented to HE&CE
Presentation: <i>After the Hospital— Breastfeeding support in the home</i>	<i>Amy Goodhue - MVNA Vice President of Family Health</i>	6:30-7:15	Informational session Questions/discussion
Committee Business: <i>Continued discussion re: breastfeeding</i>	<i>Margaret Schuster and all committee members</i>	7:15-7:40	Discussion of actions, recommendations or future presentations
Department Updates: <i>Budget review</i>	Gretchen Musicant	7:40-7:55	Discussion / Q & A
Information Sharing:			

Next Sub-committee meeting: August 26, 2014 Minneapolis City Hall, Rooms 132 & 333

Next Meeting of the Full Committee: September 23, 2014, Minneapolis City Hall, Room 132

If there are any problems/changes the night of the meeting, please call (612) 919-3855

**Public Health Advisory Committee (PHAC)
Minutes**



July 22, 2014

Members Present: Sahra Noor, Dr. Siyad Abdullahi, Saeng Kue, Tara Jenson, Dr. Happy Reynolds-Cook, Karen Soderberg, Abdullahi Sheikh, Dr. Rebecca Thoman, Silvia Perez, Linda Brandt, Joseph Colianni

Members Excused: Julie Ring, Birdie Cunningham, Autumn Chmielewski, Sarah Dutton, Jennifer Pelletier, Daniel Brady

Members Unexcused: Tamara Ward

MHD Staff Present: Gretchen Musicant, Margaret Schuster, Don Moody

Guests: Amy Goodhue (MVNA), Margaret (Peggy) Reinhardt (Ward 10 PHAC applicant, subsequently approved)

Karen Soderberg called the meeting to order at 6:03p.m. at City Hall.

Item	Discussion	Outcome
<p>Introduction</p> <p>Agenda/Min Approval</p> <p>Certificates of Recognition</p> <p>Reports from Sub-committees: Summary from June discussion (PHAC sub-committees met as one group)</p>	<p>Members and guests introduced themselves.</p> <p>No changes to the May Minutes On the agenda, Department Update was moved ahead of the presentation and discussion.</p> <p>Certificates of Recognition for former PHAC members Patty Hillmeyer, Linda Welter, John Schrom, and Robin Schow were read and approved.</p> <p>Copies of the letter supporting MYC recommendations which was presented to HE&CE were provided to the PHAC.</p> <p>Silvia discussed residents' desires for additional park activities, especially for low cost / free group instructor led exercise-type classes. Some parks provide these on some days; there is increased interest and not enough opportunities. Other concerns such as preference for increased security in the parks were discussed. Possible ways to connect with the Park Board, Community education opportunities, were discussed.</p>	<p>Minutes approved by unanimous consent</p> <p>Certificates will be mailed to the former PHAC members</p> <p>Gretchen will share this discussion with MHD staff to see who can connect with whom.</p>
<p>Department Updates- Gretchen Musicant</p> <p>Margaret Schuster</p>	<p>Gretchen shared the Health Department's 2015 Budget Request Summary handout she presented to the Mayor.</p> <p>A handout for the upcoming PBS broadcast and video release of <i>The Raising of America – Early Childhood and the Future of Our Nation</i> was provided and the website shared: www.raisingofamerica.org Parental Leave is a 'front & center' issue in this program (see below for how this dovetails with the discussion on the presentation).</p> <p>Following the June sub-committee meeting, Margaret met with relevant MHD staff (Patty Bowler, Sarah Reuben, Lara Pratt, and Angela Watts) related to questions about MHD (and City) efforts around breastfeeding support, funding availability through SHIP & Healthy Start, writing a project proposal for a U of M-SPH Master's student, etc. The product of that conversation was a clear understanding that MVNA plays a huge role in breastfeeding education and support for Minneapolis moms / families. From that, an invitation to Amy Goodhue was issued.</p>	<p>MHD will look at ways to engage the community in the program's associated Public Engagement Campaign; e.g., hosting session viewings with discussion</p> <p>Margaret will summarize the conversation with MHD staff for the next sub-committee meeting as PHAC considers its' next steps.</p>

**Public Health Advisory Committee (PHAC)
Minutes**



Item	Discussion	Outcome
<p>Presentation: After the Hospital — Breastfeeding support in the home — <i>Amy Goodhue RN, PHN, Vice President of Family Health-MVNA</i></p>	<p>Amy presented MVNA’s efforts regarding breastfeeding.</p> <p>MVNA has 30 years of data on pregnancy support and education, postpartum and newborn visits, therapeutic and ill child services, and long-term evidence-based home visiting. This data is used to tailor and structure their outreach efforts to maximize support and success.</p> <p>MVNA has many (pro-active) avenues for expecting and new mothers to obtain information and support for breastfeeding. MVNA does prenatal support (discussions & education about breastfeeding benefits to mother & child plus open discussions and anticipatory guidance for successful breastfeeding, especially the first few days at home), follow-up visits (including making the first visit within 24 hours of discharge from the hospital) during which additional education and support is provided (including emotional, troubleshooting, and group support).</p> <p>MVNA is aware of barriers to breastfeeding success and its outreach works to help mothers be aware and overcome these barriers. For example, MVNA provides ongoing visits to help support breastfeeding (additional education and support, generally for two months).</p> <p>MVNA has received a March of Dimes grant for a lactation education and home visiting program. Visiting PHN’s will receive professional education to become Certified Lactation Educators. This grant will use evidence-based practices and promote standardization of these practices across staff.</p> <p>Lack of paid maternity leave was indicated as <u>the greatest policy barrier to increasing rates of breastfeeding</u> (the US stands alone as the largest developed nation without a national policy for paid maternity leave). This aspect also has other related issues for raising children (see web site link in above section).</p> <p>There is a public perception issue of (lack of) awareness and support. For example, while it is widely accepted and known that best practice is for newborns to sleep on their backs, there is not the same level of awareness of the benefits of breastfeeding.</p> <p>The public perception issue also seems to include a lack of recognition for the importance of the first year of life and investment in early childhood (especially in the first year); this has significant long-term personal and societal benefits.</p> <p>Everyone agreed there are many benefits to increased breastfeeding rates and that there are many ‘nested’ in the community – e.g., providers, parents, extended family - who have a vested interest in the benefits to the community from an increase in the rates of breastfeeding. How best to go about engaging the community so as to raise awareness and support?</p> <p>Meeting materials, including the presentation, available at: www.minneapolismn.gov/health/phac/phac-agendas-minutes</p>	<p>Will look to MDH for information and efforts they have in place to promote breastfeeding</p> <p>A list of possibilities were generated in the discussion: -recommend policy change</p> <p>-ask Mayor to publicly recognize Mpls hospitals and community coalitions which are making gains in this area</p> <p>-call for an official report around hospital rates & ethnicity</p> <p>-identify ways to support hospitals efforts toward increasing breastfeeding rates</p> <p>-learn more about the Mayor’s Cradle to K initiative; provide leadership group with formal education around breastfeeding and hospital efforts</p> <p>-encourage City to “own” breastfeeding by providing public spaces in City-owned places: lactation rooms, posters/PR and free education on the benefits of breastfeeding</p>

Meeting adjourned at 8:02 p.m.
Minutes submitted by Don Moody and Margaret Schuster

Next Sub-Committee Meeting: August 26, 2014, Minneapolis City Hall, Room 132 & 333, 6:00-8:00 p.m.
Next Full Committee Meeting: September 23, 2014, Minneapolis City Hall, Room 132, 6:00-8:00 p.m.



Beyond the Hospital: Breastfeeding Support in the Home

Amy Goodhue RN, PHN
Vice President of Family Health

MVNA Mission

Improving lives at every
age through home and
community health
services



MVNA

- Serving the community since 1902
- Non Profit Public Health Agency
- Partnership with City of Minneapolis Health Department and Hennepin County Public Health
- Work with local, state and Federal programs to serve at risk populations

MVNA Divisions

- Family Health
- Adult Health
- Community Health
- Hospice of the Twin Cities/Hospice of the Valley

Family Health Services

- Pregnancy support and education
- Postpartum and newborn visits
- Therapeutic and ill child services
- Long Term Evidence Based Home Visiting
 - Nurse-Family Partnership
 - Healthy Families America
- Teen Parent services
 - Teen HOPE
 - TANF Home Visiting

Family Health 2013 at a glance

Client Type	Number of Clients	Number of Visits
Pregnant Women	623	5053
PP Women	2314	14,185
Children	2386	9582
African	11-14%	
Am Indian	4-8%	
Asian	5%	
Black	31-41%	
Hispanic	18-29%	
Other	2-7%	
White	10-13%	
<1	68%	
1-2 YEARS	27%	
3-4 YEARS	3%	
5-6 YEARS	1%	
7-10 YEARS	1%	
11-19 YEARS	21-35%	
20-24 YEARS	23-29%	
25-34 YEARS	30-41%	
35+ YEARS	6-15%	

Prenatal Support

- Begin discussion about feeding early in pregnancy and continue until delivery
- Education on benefits for mother and child
- Open discussions about breastfeeding and mothers understanding
- Anticipatory guidance for hospital stay and first days at home

First Days at Home

- Make first visit within 24 hours of discharge
- Assess mother and infant physical condition
- Observe breastfeeding session
- Provide education and support regarding latch, breast and nipple care, feeding frequency, positioning
- Review feeding cues

First Days at Home

- Assess and offer support regarding nutrition and fluid intake
- Identify ways for FOB and others to have time with infant beyond feeding
- Identify ways for FOB and others to support breastfeeding
- Provide emotional support and encouragement

Ongoing Visits – Breastfeeding support

- Assessment of mom and baby physical health
- Assessment of milk supply, infant weight gain, breast care
- Encouragement and support for continuing breastfeeding
- Troubleshoot issues identified and potential barriers to continued breastfeeding

Ongoing visits – Breastfeeding support

- Education, support and resources for:
 - Milk supply and growth spurts
 - Breast issues – mastitis, thrush, plugged ducts
 - Appropriate pumping and milk storage
 - Return to work/school and continued breastfeeding
 - Introduction of solids while continuing breastfeeding
 - Tobacco, alcohol, drugs use during breastfeeding
 - Stress, depression, diet, exercise effects on breastfeeding

Barriers to Breastfeeding success in the home

- Lack of anticipatory guidance before delivery
- Cultural values, historical trauma
- Past history of sexual abuse
- Lack of support
- Lack of education about benefits of breast milk for child
- Lack of education about all aspects of breastfeeding

March of Dimes Grant

- Lactation Education and Home Visiting Program
- Train home visiting PHN's to become Certified Lactation Educators
- Create protocols for integrating lactation, weight management and healthy lifestyle education and support into current home visiting model

Objectives – Year One

- Train PHN's to become Certified Lactation Educators using Evergreen Perinatal and Molly Pessi
- Evaluate initiation and duration of breastfeeding for clients receiving home visits after training, make changes to protocols as needed
- Increase understanding of the importance of weight management and healthy lifestyle choices

Objectives – Year Two

- Train remaining home visiting staff as Certified Lactation Educators
- Extend evaluation of breastfeeding duration to six and twelve months for long term home visiting
- Extend evaluation of understanding of weight management and healthy lifestyle choices to six and twelve months for long term home visiting

Impact of March of Dimes Grant

- Training delayed until September 2014
- Greater emphasis and discussion about Breastfeeding with home visiting staff
- Use of evidence based practice
- Standardized practice across staff
- Opportunity to better understand where more support is needed in the home/community setting