


**Partners in Healthy Living  
Community Leadership Team (CLT)**

**MINUTES**

Mille Lacs County Courthouse  
Conference Room D-lower level  
635 2<sup>nd</sup> Street SE  
Milaca, MN 56353

Thursday, January 19, 2017, 2-4pm

<p><b>Welcome &amp; Introductions</b></p>	<p><b>Welcome &amp; Introductions</b></p> <p>Alicia Alferness – Lakes and Pines, CAC, Melissa Carstensen – Isanti County Public Health, Hailey Freedlund – Pine County Public Health, Alisha Fussy – Mille Lacs County, Natalie Matthewson – Region 7E Adult Mental Health Initiative (AMHI), Darcy Rylander - Cambridge Medical Center, Kam Schroeder - University of Minnesota Extension and Lori Swanson – Kanabec County Community Health</p>
<p><b>SHIP News</b></p>	<ul style="list-style-type: none"> <li>• <u>New Statewide Health Improvement Partnership Branding.</u> The adjustment was part of a communication’s effort to strengthen SHIP’s identity and elevate the work that is happening to create better health in communities across Minnesota. The effort includes the introduction of a new statewide SHIP logo and tagline: Better Health Together.</li> </ul>  <ul style="list-style-type: none"> <li>• <u>Upcoming CLT Survey.</u> The state will be asking CLT members to fill out a survey regarding their involvement with the leadership team. It may come in the form of an email from the Minnesota Department of Health. The survey will be coming out in the Spring.</li> <li>• <u>Meeting Topics.</u> Members were asked what topics they would like to cover at future meetings that pertain to PiHL’s mission. For example, outside speakers and/or SHIP strategy updates from coordinators. Time on the agenda will continue to be allocated for members to speak about their programs. Speakers from the state level can also be brought in for trainings.</li> <li>• <u>New Membership.</u> Any stakeholders that members feel could benefit from PiHL are encouraged to bring them to a future meeting. Please provide names and contact information to the coordinators and they will be happy to contact them. Also, if location of our meetings is an issue please let the coordinators know.</li> <li>• <u>Regional Training.</u> There is a SHIP communications training in West Saint Paul on Friday February 3<sup>rd</sup> from 8am-4pm. One community member or CLT member is invited to attend. Currently for PiHL communications efforts partners have been asked to promote their migrant funding through the local newspapers and media if possible. A window cling is also required to be displayed in the recipient’s window to show that they have been funded through SHIP. New clings will be ordered next year with the new SHIP logo.</li> <li>• <u>Partner Strategy Map.</u> A revised map was handed out to the partners showing the newly</li> </ul>

	<p>added partners. The new partners are:</p> <ul style="list-style-type: none"> <li>Pine City Family Pathways Food Shelf – Health Eating in Communities</li> <li>East Central Breastfeeding Coalition – Health Eating in Communities</li> <li>City of Isanti – Active Living Communities</li> <li>Pine City Schools – ALC and Vision - Schools</li> <li>Princeton Schools – ALC, Educational Options and Family Center – Schools</li> <li>Essentia – Workplace Wellness</li> <li>Mille Lacs Health System – Workplace Wellness</li> <li>Pine County – Workplace Wellness</li> <li>Kanabec County Community Health – Health Care</li> </ul> <ul style="list-style-type: none"> <li>• <u>Fact Sheet</u>. Partners received a copy of the new Fact Sheet, which included a news release, mini grants funded in the previous six months, and information about the CLT.</li> <li>• <u>Volunteer Impact Leadership Training Series</u>, April 4 &amp; 5, 8 am – 5 pm. The training is being offered by Lakes and Pines, CAC. Registration forms were available to members. They will also be available from the February Newsletter.</li> <li>• <u>Tentative HUD Ruling</u>. In November 2016, HUD proposed a rule mandating all public housing agencies to implement a smoke-free policy by August 2018. It will cover all indoor areas and outside areas within 25 feet from all doorways and entrances. This rule would apply to all subsidized housing but would not cover Section 8 housing. It does cover Housing and Redevelopment Authorities (HRA) and Economic Development Authorities (EDA) properties. SHIP will be working with the Public Housing Agencies (PHA) within the four county region to develop and help implement these policies by August 2018. Most of the regions PHA’s have indoor policies prohibiting smoke. E-Cigs and chewing tobacco are not included. It will include Hookah, but not E-Cigs. The PHA’s can include E-Cigs to their policies if they would like to do so. The ruling could be repealed up to February 3, 2017. Current policies will need to be updated to comply with the new ruling.</li> </ul>
<p style="text-align: center;"><b>Sharing/Networking</b></p>	<ul style="list-style-type: none"> <li>• <u>Alisha Tobacco Strategy Update</u>: Tobacco Point of Sale will be focused on the following: <ul style="list-style-type: none"> <li>○ That the tobacco industry is targeting specific populations, i.e., LGBTQ, women, low social economic populations and youth.</li> <li>○ Will be partnering with the MAPP Coalition. Store assessments were conducted in the Fall. The Onamia School District is already involved with MAPP and they will assist with promoting awareness of the Point of Sale.</li> <li>○ Try to get retailers to limit tobacco advertising.</li> <li>○ A barrier we face is that the tobacco industry contracts with gas stations to have their tobacco representatives lay out its products in the stores. The items are strategically placed next to items such as toys, ice cream and candy. Children see these products promoted next to the things that interest them and become social norms. Through the contracting, retailers will get a discount on their contracts. The contracts are hard to break. Efforts will be made to educate retailers about the contracts.</li> <li>○ More education to children regarding E-cigs. Eventually the intent is to move to other counties, but for now the focus will be on Mille Lacs County because of high adult and underage use of tobacco. Youth e-cig rate is 17% where the state average is 14%.</li> <li>○ The tobacco industry spends a \$1,000,000 an hour on advertisement.</li> <li>○ Waiting to hear feedback from the State with regard to the results of the assessment done in the Fall to provide information that can be presented to the City and County board members to look at restrictions within ordinances. Ordinances could restrict placement of retailers near youth oriented facilities i.e., churches, playgrounds that restrict tobacco sales within a certain radius of the establishments. It might also include a cap on the number of retailers, age restriction on selling, and/or flavor restrictions. Hennepin is the only county thus</li> </ul> </li> </ul>

far that has a flavor restriction. Waiting on pushback/ lawsuits from big tobacco. It is only allowed in adult facilities. This excludes menthol.

- Hailey – Workplace Wellness - Pine County workplace wellness is currently in a pilot program with Resource Training and Solutions which provides a wellness coach. PiHL will focus on breastfeeding/tobacco-free grounds and Resource Training will focus on healthy eating and active living.
  - Tobacco-free strategies have had a slow start. Want to focus on starting the conversation correctly.
  - Breastfeeding friendly workplace is focused on using PiHL mini grant funds to create a breastfeeding room located in the courthouse.
  - Pine Government Center and Health and Human Services buildings in Sandstone are open to a conversation regarding implementing a breastfeeding room and finding space for the room. Each building qualifies for a PiHL mini-grant.
- Hailey – Schools the big ticket item that the schools are working on is their wellness policy.
  - Ogilvie Schools is working on revisions to their policies and bringing them to their board.
  - Pine City Schools is interested in another hydration station.
- Hailey – Community
  - Pine City Food Shelf. Jimmie Johnson has been very helpful in that collaboration. Working on getting signage that is crisp and clear for the healthy options of fruits, vegetables, and grains. Also, working on providing recipes that highlight the different fruits and vegetables of the month.
  - Expansion of the garden outside of the food shelf.
- Melissa – Worksite Wellness
  - Hosting monthly and quarterly meetings with 3 cohorts.
  - Areas that are being worked on include; foundational skills, building a committee, setting up a logo, and a mission statement with goals. Worksites take an assessment that help to identify areas of need in healthy eating, active living, breastfeeding support, tobacco-free living, and lifestyle and stress management.
- Melissa – Community Healthy Foods
  - The Cambridge-Isanti Family and Consumer Science (FACS) students are assisting with the community garden. Students utilize the Fall harvest in class to make soups, salsas and sauces.
- Melissa – Breastfeeding –
  - The newest community partner is the East Central Breastfeeding Coalition representing Pine, Kanabec, Chisago and Isanti and Mille Lacs Counties. Members include individuals from the hospital, clinic, WIC coordinators from Public Health and Pregnancy Resource Center.
  - One of the current projects is providing breastfeeding spaces at events. One idea is to purchase a tent for mom’s to breastfeed their babies at an event. Isanti would like to provide the space at the Isanti County Fair. Kanabec County is looking at events to utilize the space as well.
- Melissa – Isanti County Bikes
  - Working on a master trail plan. Contracting with Architectural Resource Inc. There will be three community sessions regarding the plan. There will also be a map, guide and working steps.
- Mille Lacs and Sherburne Counties – Great Northern Trails
  - Both counties are partnering with an application to combine the counties to help improve funding possibilities because of the collaboration efforts.
- Melissa- Cambridge Medical Center
  - National Diabetes Prevention Program is being offered. It is a sixteen week educational program that is offered to clients. The program is physician referred.

	<ul style="list-style-type: none"> <li>○ A tobacco cessation program will also be offered in the future for employees and patients.</li> <li>● <u>Fairview Northland – Princeton</u> <ul style="list-style-type: none"> <li>○ February 1<sup>st</sup> all sugary sweet beverages will be removed from facility vending machines. They will also be implementing a Rethink your Drink Campaign.</li> <li>○ Matter of Balance. In search of two trainers. May look into funding for train the trainers for the program.</li> <li>○ Walk with a Doc. This is a physician referred program where they will partner with Community Education and the Princeton School District. They will be walking in schools and a nurse or provider will be doing an educational piece and offering pedometers.</li> <li>○ Mille Lacs and Sherburne Counties are working together with Fairview Northland.</li> </ul> </li> </ul>
Mini Grants	Members reviewed and approved 3 mini grants.
Meeting Evaluation & Adjournment	<p>Attendees were asked to post a like and a wish from the meeting on the Bike Rack.</p> <p>Next PiHL meeting is Thursday, March 16<sup>th</sup>, 2017, in Pine City at the Courthouse from 2:00 – 4:00 pm.</p> <p>Meeting adjourned at 4:00 pm.</p>