

Making the healthy choice the easy choice in Bloomington, Edina and Richfield



Fact Sheet

May 2016

For a better future

We, Tri-City Partners, are working to create a culture of health that supports healthy living in Bloomington, Edina and Richfield.

By making sustainable, healthy changes in schools, communities, worksites and healthcare, we provide the most cost effective means to prevent chronic disease. This is how everyone can have the chance for a long and healthy life and we can decrease healthcare spending.

Tri-City Partners for Healthy Communities by the numbers

8 years ... as a SHIP grantee

\$413,000 ... for 2016-17

\$42,000 ... leveraged funds

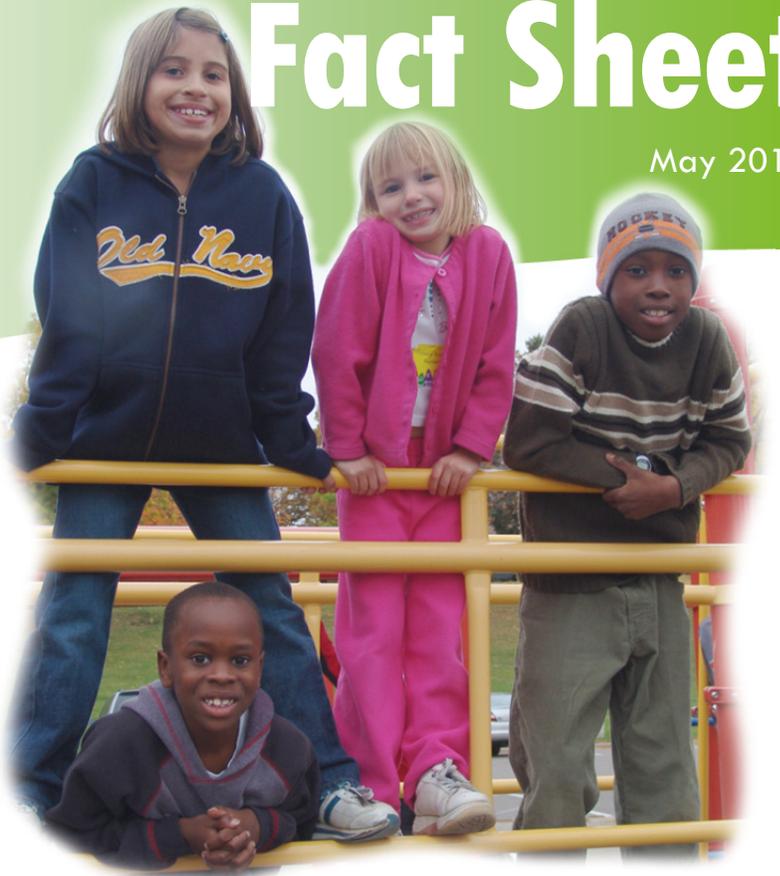
146 ... partnerships with schools, worksites, healthcare, community organizations and city government

Our progress

Thanks to support from the **Statewide Health Improvement Program (SHIP)** and partnerships in Bloomington, Edina and Richfield, we are making impressive steps toward creating communities that support healthy living, including:

- 117 multi-unit properties in Bloomington, Edina and Richfield are **smoke-free**.
- 14,500 students in Bloomington and Richfield schools **have support to promote and protect health, well-being and ability to learn from updated school district wellness policies** for healthy eating and physical activity.
- 24,800 Latino/Hispanic and Black/African American community members **have access to a variety of culturally appropriate wellness opportunities** through cultural health hubs.
- 770 Latino and Somali children are getting early childhood education to support **an early start at healthy behavior and success in school**.
- 10,000 people served monthly by VEAP have **healthy food choices available to them at the food pantry**.
- 160,000 residents have more options for physical activity from **Complete Streets and Living Streets policies**.

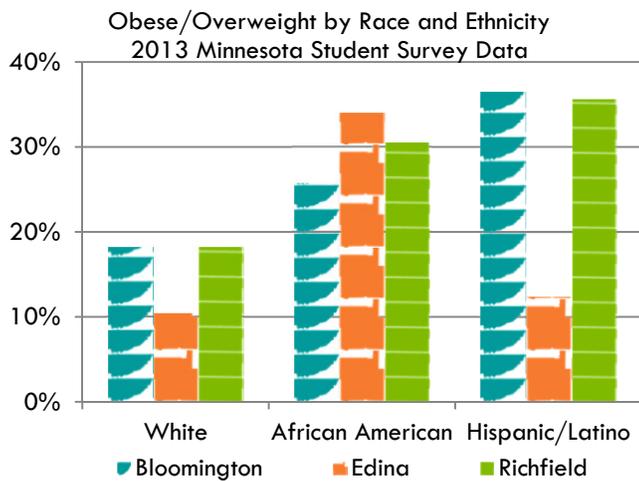
Made possible through support from the Statewide Health Improvement program, Minnesota Department of Health



Why SHIP matters

While we have made great progress with SHIP support, there's still work to do. Differences in social determinants of health, such as income, education and race/ethnicity exist in our communities that make healthy choices harder for some.

#1: Obesity is more prevalent in Black/African American and Hispanic/Latino residents



Opportunity to overcome activity barriers emerged for Somali families

Somali immigrants report that big changes in diet and physical activity are a problem for them in the U.S. Lack of routine exercise and a huge increase in fat and calorie intake result in many developing diabetes, some within five years after arriving in the U.S. and others as quickly as six months.

Somali families in the Bloomington community want to be more active, but their new living situation makes it a challenge for them. Public Health staff arranged a solution by connecting these families to community resources that make it easier to be physically active.

Adjusting to climate and culture presented challenges

“Somali people are not used to cold temperatures, so Minnesota weather is a big barrier,” said Elham Ashkar, Bloomington’s SHIP coordinator. “There are cultural barriers as well that prohibit males and females from participating together in physical activity,” Elham said. “When there is space available, it is often not when women can be away from their children.”

The right time and place helps

“We found out women were meeting in their apartments to exercise. We knew the apartment building had a large enough space for these women to use, so we asked the apartment management company if the space could be reserved for their use on a regular basis,” said Elham. “They were very willing to help out.”

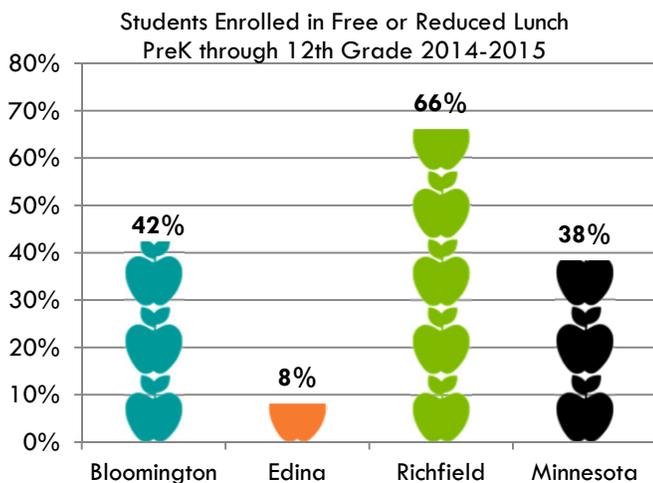
“We are off to a good start because these women are excited about this,” said Elham. “Zumba classes we started out with have been very successful.”

Through SHIP, Public Health will continue to partner with the Alliance Wellness Center to provide more opportunities for physical activity and learning about healthy eating. The opportunities will be based on recommendations from a Somali community assessment completed with the Alliance Wellness Center.



“The goal of this project,” Elham said, “is to reduce obesity and diabetes in this cultural group. Ultimately it is good for our whole community because when everyone in our community is healthy, our community thrives.”

#2: Compared to MN, a greater percentage of local families with children are eligible for food help

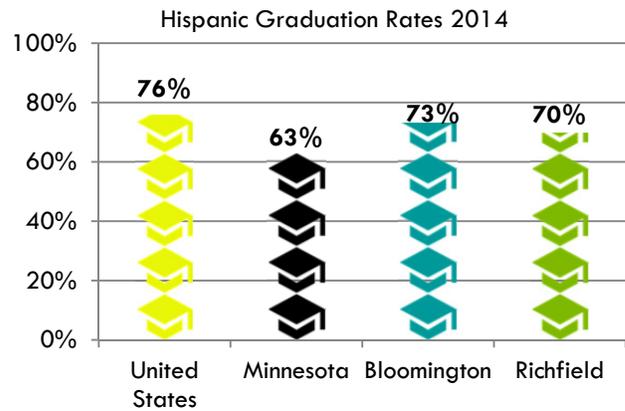


Early education improves health outlook for community Latinos

A partnership between La Misión Healthy Living Hub and Bloomington Public Health is helping young Hispanic children succeed in school through establishing a childcare provider training network.

This is important because Hispanic graduation rates in Minnesota lag behind the Country’s. Further, reports tell us those with less education have poorer health and shorter lives (Center on Society and Health, 2014).

Early childhood experiences may contribute to the lower graduation rates. According to recent research in Minnesota, Hispanic children have the lowest rates of kindergarten readiness compared to other cultural groups (Wilder Research, 2013).



Childcare cost and cultural practices are barriers for children

“We learned young Hispanic children are typically cared for by family, friends and neighbors. Although children receive safe and loving care, most of their caregivers lack formal childcare training,” said Bloomington Health Specialist, Joan Bulfer. “This practice along with childcare cost and language barriers can be an obstacle to school readiness.”

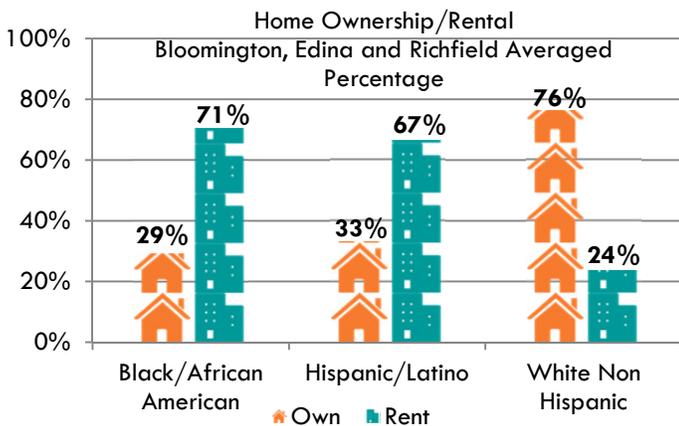


A network of training and support assures a good start

With support from SHIP and the UCare Foundation in 2013, the partnership first offered training to 17 Spanish-speaking community members who provided childcare for family, friends and neighbors. The training included physical activity and healthy eating changes that support school readiness.

By 2016, the original group of 17 became a 150-member organization named the Latino Childcare Provider Network. Members meet regularly for training conducted in Spanish, including nutrition, physical activity, health, safety and school readiness. They say they are excited to be getting the tools they need to help children be healthier and more ready to enter kindergarten.

#3: Living in rental housing where secondhand smoke may be a problem is more common among Blacks and Hispanics or Latinos



More smoke-free housing available in Bloomington, Edina and Richfield

Non-smokers across the country are still exposed to the health hazards of secondhand smoke. Much of the exposure is coming from one's home, where home is a multi-unit housing property (CDC).

Children living there most likely have more ear infections, respiratory infections and asthma problems. Non-smoking adults have a greater risk for heart disease, lung cancer and stroke.

This can change when multi-unit property owners adopt smoke-free policies. Bloomington Public Health and the Minnesota Chapter of ANSR (Association for Non-Smokers Rights) are working

together with SHIP support to help more multi-unit property owner adopt smoke-free policies.

Bloomington Health Specialist, Deb Miller, said, "The work is helping property owners to recognize the benefits of a smoke-free policy and how we can make adopting the policy easy for them. Once that is done, the decision to go smoke-free is easier."

Since their work began, Bloomington Public Health and ANSR have been making steady progress. As of December 2015, the percent of multi-unit housing with smoke-free policies is as follows:



Tri-City Partners 2016-17

- | | |
|---------------------------|--------------------------------------|
| Kris Aaker | City of Edina |
| Andrea Bernhardt | Edina Community Education Services |
| Aaron Carper | Minnesota Life College |
| Linda Cipera | Spartan Nash |
| Dr. Hazel Claiborn | Potters House of Jesus Christ |
| Amanda Clarke | Edina Parks and Recreation |
| Ruth Evangelista | La Misión Healthy Living Hub |
| Jeff Hainlen | Bloomington Bike Alliance |
| Mary Heiman | Edina Public Schools |
| Elizabeth Heyman | City of Bloomington |
| Lisa Horn | VEAP |
| Judy Jones | Bloomington Bike Alliance |
| Rose Jost | Richfield Community Health |
| Suzanne Kpowulu | Bloomington Public Schools |
| Alissa Leroux | Fairview |
| Melissa Madison | Commuter Services |
| Kate Meredith | Commuter Services |
| Kathleen Olson | Loaves and Fishes |
| Mark Olson | American Heart Association |
| Mohamed Omar | Al-Farooq |
| Alison Pence | Allina Health/Edina Community Health |
| Melissa Poehlman | City of Richfield |
| Yussuf Shafie | Alliance Wellness Center |
| Jenna Smith | City of Bloomington |
| DeDee Varner | Health Partners |