

CITY OF MINNEAPOLIS

# Public Health Advisory Committee 2015 Annual Report

Presented to the Minneapolis City Council  
Health, Environment & Community  
Engagement Committee

Karen Soderberg, co-chair and Ward 7 representative  
and Margaret Reinhardt, Ward 10 representative

June 20, 2016



# PHAC Responsibilities

## **Advise the City Council regarding:**

- Policy matters affecting health of Minneapolis residents
- General roles and functions of the Health Department

## **Review proposed priorities of the Health Department:**

- Make recommendations to City Council and the Health Department

## **Consider complaints, concerns, and views expressed by residents affecting delivery of public health services in Minneapolis:**

- Forward concerns and make recommendations as necessary to the City Council and/or the Health Department

# Committee Learning & Key Activities

**In 2015, the PHAC reviewed and discussed these public health issues:**

- Structural and cultural supports and barriers for breastfeeding
- Adverse Childhood Experiences (ACEs)
- Healthy neighborhoods, homelessness, and housing
- Access to flavored and e-cig tobacco products
- Earned Sick and Safe time for all Minneapolis workers
- Healthy sleep
- Air Quality at the neighborhood level

# Key Activities –

## Healthy Start to Life and Learning



### ***Breastfeeding supports and barriers***

- PHAC commissioned a study to:
  - examine cultural and structural barriers for breastfeeding in Minneapolis, and
  - identify actions the City could take to better support breastfeeding families
- Report presented to:
  - Allina system-wide breastfeeding committee
  - Hennepin Co. Breastfeeding coalition and WIC All Staff meeting
  - Minneapolis Health Dept. staff and community partners

# Key Activities –

## Healthy Start to Life and Learning



### ***Mayor's Cradle to K initiative***

- Formal response on the Cradle to K Cabinet draft plan
- Recommendations included:
  - Greater use of metrics for each goal and strategy
  - Clearer links between goals and key indicators
- Committee members attended two of the Mayor's listening sessions to provide input.

# Key Activities –

## Healthy Start to Life and Learning



### ***Understanding Adverse Childhood Experiences (ACEs)***

- Adversity early in life increases physical, mental, and behavioral problems later in life.
- Participants complete a simple questionnaire which covers household dysfunction, neglect, and abuse
- Scores in each category are added together for an ACE score. As ACE scores increase so does the percentage of health problems one person may experience.
- Where one ACE occurs there are usually others.
- It is possible to knock down ACE scores – everyone can contribute to preventing the accumulation of ACEs.

# Key Activities – Healthy Places to Live



## ***Healthy Communities Assessment Tool (HCAT)***

- On line tool which provides information about the physical, social and economic conditions of community health

## ***Heading Home Hennepin – Homelessness in Minneapolis and Hennepin County***

- Housing is ***the*** essential platform by which we accomplish everything else in our lives and impacts every outcome we can measure
- Occupancy in homeless shelters is tight
- Homelessness effects families, singles, and youth

## ***PHAC actions***

- Proposed development of a Citizen Housing Advisory Committee to provide input regarding affordable housing and housing development



# Key Activities – Healthy Weight and Smoke Free Living

© iStockphoto.com



- ***Flavored tobacco products and e-cigarettes tobacco ordinance***
  - Supported recommendations from Minneapolis Youth Congress
  - Contacted council members supporting ordinance changes
  - Provided public testimony at the public hearing
- ***reThink Your Drink campaign***
  - Received information on the campaign which raises awareness of sugar-sweetened beverages.
  - Provided additional input for community outreach

# Key Activities –



## ***Paid Sick Leave***

Committee actions:

- Supported ordinance changes to provide earned sick and safe time to all Minneapolis employees
- Submitted a letter of support to the Workplace Partnership Group
- Committee member provided testimony at the public hearing

# Other Committee Learning

- ***Insufficient Sleep: An Invisible Public Health Concern***
  - When sleep is compromised, people are more susceptible to infectious illness, weight gain, anxiety, depression, drug use and accidents.



- ***Air Quality in Minneapolis: A neighborhood approach***
  - By conducting a citywide air quality study at the neighborhood level, we raise awareness of air quality inequities, health risk values, worker exposure, and develop responses to improve air quality in Minneapolis.

# Other Committee Operations



- Helped review nominations for Local Public Health Heroes awards –
  - an annual event celebrating individuals and organizations which help promote and contribute to public health in Minneapolis
- Reviewed applications for committee vacancies
- PHAC members participated in two community conversations on the documentary *The Raising of America*
  - the film explores how a strong start for all of our kids can lead to a healthier, safer, better educated, more prosperous, and equitable America

# Highlights for 2016

- **Review PHAC priorities** alongside Health Department goals; examine committee understanding of health disparities and health equity
- **Discuss health concerns** and priorities brought forward by Minneapolis residents, Health Department staff, and City Council members
- **Follow ongoing topics** for action or recommendations: homelessness and affordable housing, ACEs, insufficient sleep, breastfeeding, and access to healthy foods
- **Engage new topics:** mental health, substance abuse, sex trafficking and its link to major sports events, city walkability, urban agriculture, youth violence prevention, and the Minneapolis climate change vulnerability assessment
- **Plan viewings and community discussions** of the documentary *The Raising of America*

# Thank You!

- Presenters: PHAC Co-chair Karen Soderberg, Ward 7 rep; and, PHAC member Margaret (Peggy) Reinhardt, Ward 10 rep
- PHAC meetings are open to the public and held on the fourth Tuesday of the month from 6:00-8:00 p.m. in City Hall Room 132.
- Meeting records and annual reports are available on the City website: <http://www.minneapolismn.gov/health>
- For more information contact: Margaret Schuster, Sr. Public Health Specialist, Minneapolis Health Department, phone: 612.673.2643 or email: [Margaret.Schuster@minneapolismn.gov](mailto:Margaret.Schuster@minneapolismn.gov)