

WHAT WORKS IN MINNESOTA

**Cases of Cross-Sector Collaboration
to Improve Community Health**



Produced by the Minnesota Healthy Communities Initiative

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WHAT WORKS IN MINNESOTA

Cases of Cross-Sector Collaboration to Improve Community Health

This collection of posters was showcased at the November 1, 2013, **Minnesota Healthy Communities Conference: Building on What Works**, in St. Paul, Minnesota. Included in this collection are projects across the state of Minnesota that promote access to healthy foods; opportunities for physical activity and active living; access to health care; quality early childhood and education; healthy housing; and a culture of health in neighborhoods, schools, and workplaces. These case examples highlight the emerging field of cross-sector collaboration to improve community health and identify several of the key ingredients required for project success.

What Works in Minnesota was made possible by the Blue Cross and Blue Shield of Minnesota Foundation, the Federal Reserve Bank of Minneapolis, the Initiative Foundation, and Wilder Research.

The Minnesota Healthy Communities Initiative is a collaborative effort by the Federal Reserve Bank of Minneapolis and its partners to promote greater collaboration among community development, health, and other sectors to address the social determinants that influence health.

For more information about the Minnesota Healthy Communities Initiative, please contact Ela Rausch, Federal Reserve Bank of Minneapolis Community Development Project Manager, at ela.rausch@mpls.frb.org.



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Project Icon Key



Access to healthy foods



Opportunities for physical activity and active living



Access to health care



Quality early childhood and education



Healthy housing



Promoting a culture of health in neighborhoods, schools, workplaces

Posters at a Glance

If you're looking for projects focused on...	See poster(s) number...
Access to healthy foods	1, 4, 8, 9, 11, 12, 13, 16
Opportunities for physical activity and active living	1, 3, 4, 5, 9, 13, 15, 16
Access to health care	7, 10, 13, 17
Quality early childhood and education	1, 4, 6, 13
Healthy housing	7, 15, 18, 19
Promoting a culture of health in neighborhoods, schools, workplaces	1, 2, 3, 4, 9, 10, 12, 13, 15, 16, 19
Twin Cities metro	1, 7, 9, 10, 13, 14, 15, 16, 18, 19
Greater Minnesota or statewide	2, 3, 5, 6, 8, 11, 12, 17
Reservation area/Indian Country	4

Projects Showcased

Poster #	Project Name	Page #
1	HealthPartners and Children’s Healthy Kids Partnership: Vida Sana and Bear Power	6
2	TXT4Life Suicide Prevention Program	7
3	Creating Safe Places to Play for Oak Terrace Mobile Home Park	8
4	Statewide Health Improvement Program and Community Transformation Grant: Healthy Food Environment, School Physical Activity Environment	9
5	Healthy, Active Recess	10
6	Itasca Area Initiative for Student Success	11
7	Hospital to Home	12
8	Minnesota Grocery Access Task Force—Finance Working Group	13
9	PowerUp	14
10	Clipper Clinic	15
11	Fair Food Access Lincoln Park	16
12	Lake Superior Good Food Commons	17
13	We Are Assumption; We Are Healthy!	18
14	Minneapolis Green Business	19
15	Innovation and Collaboration for Healthy Living	20
16	Growing Healthy Food and Strong Community	21
17	Early Childhood Dental Network	22
18	1822 Park Avenue	23
19	Living Smarter Green Remodeling Plan Book	24



HealthPartners and Children's Healthy Kids Partnership: Vida Sana and Bear Power

WHAT WORKS PROJECT 1 IN MINNESOTA

GOALS AND ACTIVITIES

Healthy Kids Partnership initiatives aim to prevent childhood obesity by:

- Supporting community-based efforts
- Increasing physical activity and healthy eating among parents and young children
- Improving communities' physical infrastructure and food environment

Activities include: community engagement, nutrition and fitness classes, advocacy, links to medical and community resources.

POPULATIONS SERVED

Vida Sana: Latino community in Minneapolis

Bear Power: White Bear Lake community members

MAJOR PARTNERS AND FUNDERS

HealthPartners and Children's Hospitals and Clinics of Minnesota

Vida Sana - Pillsbury United Communities - Waite House, Simply Good Eating (U of M Extension Service), Minneapolis Park and Recreation Board, CLUES, Minneapolis Department of Health, Minnesota Department of Health, Hennepin County Public Health, Neighborhood Health Source, MN AAP

Bear Power - White Bear Area YMCA, White Bear Area School District, Festival Foods, City of White Bear Lake, Ramsey County, Pine Tree Apple Orchard, White Bear Area Emergency Food Shelf

For more information, contact Alli Zomer at allison.j.zomer@healthpartners.com.

MAJOR OUTCOMES

Vida Sana has increased Latino community members' engagement in learning about nutrition and fitness.

Bear Power has increased engagement in community health among clinics, grocery stores, schools, local government, and community organizations.

INGREDIENTS FOR SUCCESS

Developed shared vision and strategies through multi-sector, collaborative teams for each project.

Engaged community members in program design, and continually refined activities based on participant feedback.

Used data to demonstrate need and evaluate success. Progress measured according to environmental/policy change, community engagement, and individual behavior change.

ADVICE FOR OTHERS

Champions can come from any sector or organization. By being open to all partners, you may find yourself aligned in a way you never imagined.

—Alli Zomer, Health and Wellness Community Partnerships Project Manager, HealthPartners & Children's Hospitals and Clinics of Minnesota





Other topic areas:
Suicide prevention

TXT4Life Suicide Prevention Program

GOALS AND ACTIVITIES

The TXT4Life Suicide Prevention Program, implemented by Carlton County Public Health and Human Services, in partnership with the Minnesota affiliate of National Suicide Prevention Lifeline, through a Substance Abuse Mental Health Services Administration (SAMHSA) Grant, aims to prevent suicide among youth and young adults in crisis by offering support services via text message in addition to a telephone hotline.

Activities include:

- Marketing and outreach to youth through school presentations, trainings, and events
- Training to gatekeepers on how to respond to a suicidal crisis via text message

POPULATIONS SERVED

Youth and young adults in Northeast Minnesota, with targeted outreach to the American Indian population.

MAJOR PARTNERS AND FUNDERS

Funders: Substance Abuse Mental Health Services Administration, Garrett Lee Smith Grant

Partners: Canvas Health/Crisis Connection, University of Minnesota-Duluth Campus, Wilder Research

For more information, contact Sierra Beckman at sierra.beckman@carlton.mn.us.



MAJOR OUTCOMES

Received support from the Minnesota State Legislature to expand program statewide.

Received federal partner encouragement to apply for the Best Practice Registry and the National Registry of Evidence-based Programs and Practices.

Anecdotal and evaluation data indicate that the program has saved lives.

INGREDIENTS FOR SUCCESS

Worked with local, regional, and state partners to establish an advisory committee, shared vision, and workplan.

Used text messaging as an innovative approach to crisis intervention and counseling.

Engaged students in the development of program marketing materials and pilot testing of new delivery method.

ADVICE FOR OTHERS

Five Keys for Success:

1. Work toward sustainability from day one
 2. Include a diverse range of partners
 3. Incorporate policy, systems, and environmental changes
 4. Evaluate
 5. Set your sights high and believe in your program
- Meghann Levitt and Sierra Beckman, Project Coordinators, Carlton County Public Health and Human Services



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Creating Safe Places to Play for Oak Terrace Mobile Home Park



GOALS AND ACTIVITIES

Safe places to play are an important step towards creating equitable opportunities for physical activity in the community. Partners gathered to revitalize a low-income neighborhood by creating:

- Safe place for kids and families to be active
- Social space that supports relationship building among neighbors

Partners used a design charette model to gather feedback on what the neighborhood wanted to see in the community center and green space within the mobile home park, as well as a city park adjacent to the mobile homes. Over the next two years, partners will implement the resulting plan and help sustain the momentum for revitalization.

POPULATIONS SERVED

Southeast Rochester neighborhood with high population of Latino/Hispanic, Somali, Sudanese.

MAJOR PARTNERS AND FUNDERS

Olmsted County Public Health (Statewide Health Improvement Program grant), Design Rochester, Oak Terrace Mobile Home Park, Bear Creek Church, RNeighbors, City of Rochester, Rochester Park and Recreation

For more information, contact Kelly Corbin at corbin.kelly@co.olmsted.mn.us.

MAJOR OUTCOMES

Focused attention and resources on a marginalized neighborhood in Southeast Rochester.

Established a neighborhood association to provide a forum to discuss issues and ways to create social unity.

Developed a plan with input from more than 400 community members to redesign green space in a mobile home park and local city park.

INGREDIENTS FOR SUCCESS

Developed a shared vision to reduce crime by gathering ideas from community members and engaging them in the design process.

Used data to identify a low-income area with large health disparities, and to show the drop in crime since project began.

ADVICE FOR OTHERS

It's imperative to get the community involved so they can own the process.

—Kelly Corbin, Community Health Specialist, Olmsted County Public Health





Statewide Health Improvement Program and Community Transformation Grant Healthy Food Environment, School Physical Activity Environment

GOALS AND ACTIVITIES

The goals of programs funded by the Minnesota State Health Improvement Program and Community Transformation Grant are to reduce chronic disease through increased physical activity, healthy eating, and access to preventative services. Activities included working with Bug-o-nay-ge-shig tribal school staff to:

- Update school wellness policies to support healthy eating
- Host events that promote healthy eating, including family fun nights to introduce new fruits and vegetables, an “Eat 5 A Day” Year-End Picnic, and healthy foods gift bags to attendees at the Elders Pow Wow and Feast
- Incorporate indigenous foods and cooking techniques at a School Culture Camp

POPULATIONS SERVED

Leech Lake Band of Ojibwe tribal members and residents of Leech Lake Indian Reservation

MAJOR PARTNERS AND FUNDERS

Statewide Health Improvement Program, Community Transformation Grant, Leech Lake Band of Ojibwe, Supplemental Nutrition Assistance Program

For more information, contact Amanda Shongo at amanda.shongo@llojibwe.org.



MAJOR OUTCOMES

Increased consumption of healthy foods by students and parents.

Started a school garden to provide a sustainable source of fresh and healthy foods.

Implemented new school wellness policies that promote consumption of healthy foods.

INGREDIENTS FOR SUCCESS

Pooled funding from the Leech Lake Band of Ojibwe, Minnesota State Health Improvement Program, Supplemental Nutrition Assistance Program, a Minnesota Community Transformation Grant, and private donations.

Engaged community members in the design, decision-making, and implementation of the new school wellness policies.

ADVICE FOR OTHERS

Work together. Have the right person in leadership.

—Amanda J. Shongo, Leech Lake Band of Ojibwe





Healthy, Active Recess



GOALS AND ACTIVITIES

The Healthy Active Recess program aims to increase physical activity among elementary school-age children.

To implement the program, Olmsted County Statewide Health Improvement Program staff:

- Conducted assessments of school playgrounds to assess strengths and opportunities at each site
- Provided schools with mini-grants to prepare playgrounds for active engagement and pay staff salaries to attend training
- Contracted with PlayWorks to train school staff on strategies that encourage active play

POPULATIONS SERVED

Targeted Olmsted County schools with greatest percentage of free- and reduced-price meal participation.

MAJOR PARTNERS AND FUNDERS

Olmsted County Elementary Schools, Minnesota Statewide Health Improvement Program

For more information, contact Jo Anne Judge-Dietz at judge-dietz.joanne@co.olmsted.mn.us.

MAJOR OUTCOMES

Trained playground supervisors.

Increased active play on the playground.

Identified a need for active indoor recess equipment, resulting in the development of “Recess-to-go” recess kits that include active games for indoors.

Developed and implemented active recess policies. To encourage physical activity, some schools elected to hold recess before lunch.

INGREDIENTS FOR SUCCESS

Developed a shared vision with school staff that recess and active play help increase students’ readiness to learn.

Gained buy-in from school principals who empowered playground staff to make necessary changes.

Used pre- and post-training recess assessments to measure change in student levels of physical activity.

ADVICE FOR OTHERS

Schools are complex organizations, but when we can find overlapping goals that will improve attendance or school performance, there is support and enthusiasm for new ideas.

—Jo Anne Judge-Dietz, Olmsted County Statewide Health Improvement Program



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Itasca Area Initiative for Student Success



GOALS AND ACTIVITIES

Building on the success of the Invest Early Initiative, the Itasca Area Initiative for Student Success strives to create a future in which all students and their families in the Greater Itasca Area have the resources, knowledge, relationships, support, and skills needed to ensure a healthy future. The goals of the initiative include making sure every student will:

- Be prepared for school
- Be supported inside and outside of school
- Feel accepted
- Demonstrate competency or mastery at current learning level
- Enroll in and complete a degree, certification, or other training program after high school
- Develop skills to live, work, and thrive in an ever-changing world

POPULATIONS SERVED

Students in the Greater Itasca Area, including a significant American Indian population and a K-12 student population in which nearly 50% of students qualify for free- and reduced-priced lunch.

MAJOR PARTNERS AND FUNDERS

Blandin Foundation, Itasca Area Schools Collaborative, Grand Rapids Area Chamber of Commerce

For more information, contact Jaci David at jsdavid@blandinfoundation.org.

MAJOR OUTCOMES

Developed an agreed upon pathway to student success, available at www.ItascaStudentSuccess.org/about/

Built interest and participation among multiple partners over 3+ years.

Planned for a new phase that includes shared data collection, shared management practices, and increased organizing in Itasca Area communities.

INGREDIENTS FOR SUCCESS

Developed a shared vision that “Student success is the cornerstone of community success.”

Collaborated to ensure sufficient planning, space, and staffing resources are available for success.

Engaged a core team of 30+ individuals from all community sectors in a shared leadership table.

ADVICE FOR OTHERS

This work is successful when partners enter into a relationship for the long term. We use the mantra, ‘Go slow to go fast.’ We will be most successful when we tend to relationships and work to keep all our partners engaged throughout the process.

—Jaci David, Program Associate, Blandin Foundation





Other topic areas: Homelessness, Chronic disease management

Hospital to Home



GOALS AND ACTIVITIES

Hospital to Home assists individuals experiencing homelessness, mental illness, and chronic health conditions with the following goals:

- Decrease avoidable health care usage
- Improve housing stability
- Increase client life functioning
- Increase participant relationship with primary care
- Improve access to medications

Activities include:

- Outreach and engagement
- Housing
- Mental health services
- Substance abuse services
- Integration of services and treatment
- Comprehensive care coordination and health promotion
- Behavioral health care, physical health care, and social services
- Collaboration with primary care providers to manage chronic medical conditions
- Transitional care from inpatient to home and/or other settings

POPULATIONS SERVED

Chronically homeless individuals in Hennepin and Ramsey Counties.

MAJOR PARTNERS AND FUNDERS

Guild Incorporated, Regions Hospital, Hearth Connection, Wilder Research, Minnesota Department of Human Services, U.S. Department of Housing and Urban Development

For more information, contact Julie Grothe at jgrothe@guildincorporated.org.

MAJOR OUTCOMES

Hospital to Home has resulted in measurable improvements for the people it serves.

Decreased emergency department visits for all participants.

Improved housing stability.

Improved ratings of self-sufficiency in all life areas (e.g., income, employment, transportation, medical insurance).

Decreased criminal charges of participants after enrollment.

INGREDIENTS FOR SUCCESS

Developed a shared vision, workplan, and necessary data-sharing agreement among partners to implement and analyze the project on an ongoing basis.

Braided funding for support, medical services, and housing.

Implemented a holistic approach, involving a mobile, multi-disciplinary community health services team providing individually tailored care.

ADVICE FOR OTHERS

We found the following to be challenges for the program and staff:

- Finding support for replication and expansion
- Continuing measurement and evaluation
- Building cost linkages across systems that care for these patients
- Securing sustainable housing and care management resources

—Julie Grothe, Director, Delancey Services, Guild Incorporated



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Minnesota Grocery Access Task Force—Finance Working Group



GOALS AND ACTIVITIES

The Minnesota Grocery Access Task Force is a public-private partnership of grocery industry, public health, economic development, government, and civic leaders working to increase access to healthy, affordable foods in underserved communities.

Activities include:

- Performed mapping research to inform planning and highlight areas in need
- Engaged a targeted group of leaders from a variety of sectors
- Developed policy recommendations to drive change at both the state and local level

POPULATIONS SERVED

Statewide, with a focus on low-income communities.

MAJOR PARTNERS AND FUNDERS

Community Reinvestment Fund, Minnesota Grocers Association, The Food Trust, Midwest Minnesota Community Development Corporation, Northcountry Cooperative Development Fund

For more information, contact Warren McLean at warren@crfusa.com.

MAJOR OUTCOMES

Convened 40-person community task force to develop recommendations and begin implementation.

Developed state and local policy recommendations to make healthy food more accessible. Recommendations include expanding government programs to encourage access to healthy foods in underserved areas, improving healthy food distribution models, removing consumer transportation barriers, and increasing Supplemental Nutrition Assistance Program enrollment.

INGREDIENTS FOR SUCCESS

Worked with a public-private partnership of leaders from multiple sectors to develop a shared vision and recommendations for change.

Used mapping technology to target underserved communities and to highlight the relationship between supermarket access, diet-related diseases, and neighborhood income levels.

ADVICE FOR OTHERS

The Minnesota Grocery Access Task Force convened various sectors, and the leadership of the Food Trust and the Minnesota Grocers Association allowed the Task Force to benefit from the experience of other cities and not reinvent the wheel.

—Warren McLean, Vice President of Development, Community Reinvestment Fund





PowerUp

GOALS AND ACTIVITIES

PowerUp is a community-wide youth health initiative to make better eating and active living easy, fun, and popular. The program is a long-term commitment to create change over 10 years in partnership with schools, businesses, health care, civic groups, families, kids, and the entire community.

Activities take place in four areas:

- Environment change
- Community engagement
- Programs
- Clinical interventions

POPULATIONS SERVED

Low-income families in Washington County

MAJOR PARTNERS AND FUNDERS

Lakeview Foundation, HealthPartners, Washington County Public Health, Stillwater Area Public Schools, Andersen Windows, Cub Foods, Fury Motors, Valley Outreach Food Shelf, other partners from a variety of sectors

For more information, contact Marna Canterbury at marna.m.canterbury@lakeview.org.

WHAT WORKS IN MINNESOTA

PROJECT 9

MAJOR OUTCOMES

Built an engaged advisory team and committees, and established partnerships with community food shelf, food service, restaurants, and schools.

Reached thousands of kids and families through more than 50 community events and classes.

Established an extensive communications campaign targeting youth and their families.

INGREDIENTS FOR SUCCESS

Worked with a broad coalition to identify childhood obesity as a priority community health issue and to develop a shared vision and common goals.

Used the Lakeview Community Health Needs Assessment to inform work on obesity prevention and lifestyle change.

Developed a comprehensive, multi-faceted, long-term approach to make the St. Croix Valley a place where better eating and active living are the norm for the community.

ADVICE FOR OTHERS

1. Develop authentic and diverse advisory groups to guide the effort.
2. Develop relationships and true partnerships with multiple sectors. Share the effort to inspire change.
3. Find a shared message that resonates with the community and deliver in a positive approach through multiple channels.
4. Use evidence-informed approaches.

—Marna Canterbury, MS, RD, Lakeview Foundation/
Lakeview Health



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Clipper Clinic



GOALS AND ACTIVITIES

Clipper Clinic takes quality health care to underserved communities in a comfortable and trusted environment – barbershops and salons. Partners help establish barbershops and salons as champions of their communities’ health, with the goal of increasing access to health care in underserved neighborhoods. Clipper Clinic works to fully engage community partners, build participants’ health awareness and knowledge, and assess and respond to community health needs.

Activities include:

- Bringing together community partners to offer relevant health-related services specific to the neighborhood
- Recruiting and establishing partnerships with barbershops and salons located in underserved areas
- Delivering preventive health screening services
- Evaluating further needs of screening participants

POPULATIONS SERVED

Primarily African Americans in low-income communities in Hennepin and Ramsey Counties.

MAJOR PARTNERS AND FUNDERS

University of Minnesota Program in Health Disparities Research, UCare, Southside Community Health Services, Neighborhood Barbershops and Beauty Salons, Minnesota Black Nurses Association, Fremont Clinic and NorthPoint Wellness

For more information, contact Huda Ahmed at ahmed177@umn.edu.

MAJOR OUTCOMES

Assembly of an engaged and committed network of academic institutions, health service providers, and barbershops/beauty salons in the Twin Cities.

Securement of funding to move from needs assessment to blood pressure intervention based on a demonstrated need.

A rating of “excellent” or “very good” from ninety-one percent of program participants.

The continued expansion from a few barbershops in North Minneapolis to South Minneapolis, Saint Paul, and Brooklyn Park.

INGREDIENTS FOR SUCCESS

Developed a shared vision and goals informed by collaborative, equitable involvement from all partners and using community strengths and resources.

Used screening and satisfaction data to determine community needs and customize interventions to the community.

Engagement of barbershops and salons in program design, decision making, and implementation, thereby providing a service that complements the “trusted environment” reputation.

ADVICE FOR OTHERS

Make sure the community that is to be impacted by the project is engaged at all levels, from decision making to evaluation. Establish open communication with all partners and have them involved in all decision making or have ground rules on how decisions are to be made.

—Huda Ahmed, Community Programs Manager, University of Minnesota Program in Health Disparities Research





Fair Food Access Lincoln Park

WHAT WORKS PROJECT 11 IN MINNESOTA

GOALS AND ACTIVITIES

Lincoln Park Fair Food Access is a neighbor-led and agency-backed effort to improve the food access of residents of this “food desert” neighborhood. Activities include five policy and environmental strategies that were identified through a door-to-door canvass:

- Create access to direct produce retailing by attracting a farmers market
- Increase self-production of food by expanding community gardening
- Improve food and nutrition knowledge by hosting educational programming
- Lower transportation barriers to existing out-of-neighborhood food retailers, attract new food retailers to the neighborhood
- Build community capacity for leadership

POPULATIONS SERVED

Lincoln Park neighborhood of Duluth

MAJOR PARTNERS AND FUNDERS

Blue Cross Blue Shield of Minnesota Center for Prevention, AH Zeppa Foundation, Healthy Duluth Area Coalition, Churches United in Ministry (CHUM), Duluth Community Garden Program, Duluth Local Initiatives Support Corporation, Community Action Duluth

For more information, contact Michael Latsch at michael@communityactionduluth.org.

MAJOR OUTCOMES

Engaged a core of neighborhood leaders who are taking charge of food access.

Established Fair Food Access as a financially sustainable program that is planning on a multi-year scale.

Established an active community garden that attracted neighborhood gardeners in its first season of operation. Created a new neighborhood farmers market that offers a Supplemental Nutrition Assistance Program (SNAP) benefits match.

INGREDIENTS FOR SUCCESS

Used results of a neighborhood survey to inform a shared vision and to measure citizen awareness and effectiveness of policy solutions.

Pooled funding from corporations, foundations, and program income, and gave partner organizations the autonomy to pursue additional sources.

Recruited a neighborhood steering committee to inform decision-making processes.

Provided a match on SNAP benefits to low-income market customers to improve the affordability of local, fresh produce.

ADVICE FOR OTHERS

Identify areas of shared interest in advance, define responsibilities clearly, and build trust to allocate resources most effectively toward shared goals.

—Michael Latsch, Seeds of Success Urban Farming Program Coordinator, Community Action Duluth



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Lake Superior Good Food Commons



GOALS AND ACTIVITIES

Lake Superior Good Food Commons works to improve access to healthy food by making changes to the food system. The initiative works to:

- Develop a place-based understanding of food and health issues
- Engage anchor institutions to leverage purchasing power
- Develop hospitals and health care as models for community and workplace policy engagement
- Build understanding of the connection between socio-economic health and individual health

Activities include: securing commitments to local food procurement from community institutions, encouraging health plan rebates for local food purchasing, establishing community and school gardens, developing models for eliminating sugary beverages in the workplace, establishing a regional food communication network.

POPULATIONS SERVED

Residents of Northeast Minnesota and Northwest Wisconsin

MAJOR PARTNERS AND FUNDERS

Institute for a Sustainable Future, Whole Foods Co-op, Churches United in Ministry (CHUM), Community Health Board, Minnesota Statewide Health Improvement Program, Essentia, St. Lukes, Lake Superior Sustainable Farming Association, Seeds of Success, University of Minnesota Duluth, Duluth Community Garden Program, Growing Farms

For more information, contact Jamie Harvie at harvie@isfusa.org.

MAJOR OUTCOMES

Created a food charter - a vision and principles for a healthy, accessible regional food system - that was adopted by 30+ organizations, government entities, and institutions.

Created a Food Hub pilot project involving farmers, hospitals, universities, and colleges committed to common values and a 20 percent local purchasing goal.

Established hospital workplace healthy beverage models by eliminating sugary beverage sales in eight hospitals.

INGREDIENTS FOR SUCCESS

Worked from a systems perspective to address food access issues from the neighborhood to regional level.

Used data and research to shape key communication messages and inform the food system's approach to health.

Established a successful multi-sector collaborative driven by shared recognition that issues of food access, nutrition, and the environment are interrelated.

ADVICE FOR OTHERS

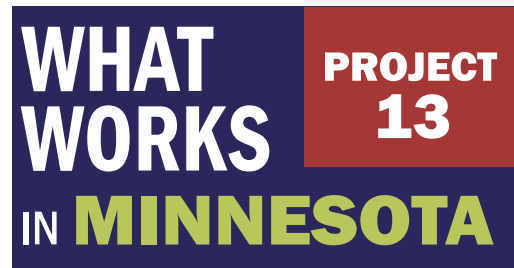
Develop a shared sense of place. Recognize the connections between food access, environment, jobs, and nutrition. Recognize that these translate into multiple health and, thus, economic benefits. Learn the benefits of collective engagement and action.

—Jamie Harvie, Executive Director, Institute for a Sustainable Future





We Are Assumption; We are Healthy!



GOALS AND ACTIVITIES

This project aspires to create a trusted community space that facilitates and cultivates improvement of the physical, emotional, and spiritual well-being of the Richfield and Bloomington Latino community. We do this by promoting community leadership and engagement in various health-related activities, supported by a collaboration of local nonprofit and public partners.

Activities include: community vegetable gardening; culturally appropriate healthy eating and nutrition classes for adults and children; disease-prevention education and screening; childhood development trainings for child care providers; community-based physical activity for youth, adults, and seniors (Zumba, Karate, Tai-Chi, Aztec Dance); healthy eating and tobacco-free policies; installation of bicycle racks and water stations throughout the grounds.

POPULATIONS SERVED

Latino community of Assumption Church in Richfield and Bloomington, focusing on low-income, underserved community members with limited access to healthy food, physical activity opportunities, and affordable health services.

MAJOR PARTNERS AND FUNDERS

Assumption Church-La Misión, Bloomington Public Health, St. Mary’s Health Clinics, Fairview Southdale Hospital

For more information, contact Ruth Evangelista at revangelista@assumptionrichfield.org.

MAJOR OUTCOMES

Developed and improved a trusted relationship between the major partners and the Latino community of Bloomington and Richfield.

Formed “We Are Assumption; We Are Healthy!” a collaboration of multi-sector partners sharing the common goal of improving health in the Latino community through policy, system, and environmental change.

Pooled resources and fostered strong partnerships that build community health.

INGREDIENTS FOR SUCCESS

Worked closely with the Latino community to establish common goals, identify activities, and implement programming to ensure the program is community led and culturally appropriate.

Used data from community health needs assessments to target activities and outreach approaches.

Provided a supportive learning environment based on the language, culture, and scheduling needs of the Latino community.

Pooled resources for multi-sector partnership.

ADVICE FOR OTHERS

Include key players of the target community in every step of the project and follow their leadership. They are experts in the community. Establish a relationship of trust with the community. Go to the community: provide activities in a convenient, familial, and trusted place.

—Ruth Evangelista, Social Services Coordinator, Assumption Church-La Misión



Minneapolis Green Business



GOALS AND ACTIVITIES

The City of Minneapolis Health Department's Green Business program reduces pollution by providing incentives to businesses in the community that enact greener practices. The goals of the program are cleaner air, healthier communities, and stronger businesses.

Activities include:

- Offering grants to dry cleaners who invest in non-perc solvents in their dry cleaning
- Establishing a grant program for auto finishing businesses to switch to paint applications with little or no emissions
- Providing trees to businesses and nonprofits willing to donate their land and maintain them

The Minneapolis Green Business grant program focuses on a win-win approach that aims to leave Minneapolis healthier and wealthier.

POPULATIONS SERVED

Businesses located in Minneapolis.

MAJOR PARTNERS AND FUNDERS

City of Minneapolis Health Department, University of Minnesota, Minnesota Pollution Control Agency, Environmental Initiative, Community Environmental Advisory Commission, Tree Trust, Minnesota Cleaner's Association, Alliance of Auto Service Providers

For more information, contact Patrick Hanlon at patrick.hanlon@minneapolismn.gov.

MAJOR OUTCOMES

Established multi-sector partnership dedicated to greener business practices.

Removed five tons of pollutants from the air and planted over 100 trees in the program's first year.

INGREDIENTS FOR SUCCESS

Identified quantifiable pollution reductions that directly impact city air quality.

Combined technical assistance, funding, promotion, and additional expertise from a variety of sources.

Developed solutions that are good for both business and community health.

Included the Citizens Environmental Advisory Commission in the decision-making process. The Commission includes community representatives.

ADVICE FOR OTHERS

The places where we can find common interest are the most powerful catalyst for real and quantifiable change.

—Patrick Hanlon, Environmental Initiatives Manager, City of Minneapolis Health Department



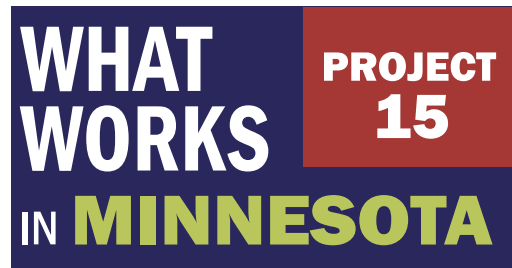
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Innovation and Collaboration for Healthy Living



GOALS AND ACTIVITIES

Minneapolis Public Housing Authority (MPHA) opened a new state-of-the-art senior center in North Minneapolis' Heritage Park, a campus which also includes an assisted living/memory care facility and affordable housing. The Center is a fully accessible senior health and wellness center providing medical services, wellness and exercise programs, recreation, and adult day health services. The Center also offers civic engagement training to low-income MPHA residents. The goal of the Center is to enable seniors to develop themselves socially, physically, mentally, and spiritually as a place of community and safety.

POPULATIONS SERVED

The Senior Center serves the over 400 elderly public housing residents who live in North Minneapolis as well as other low-income seniors and adults 50 and older in the community.

MAJOR PARTNERS AND FUNDERS

Minneapolis Public Housing Authority, YMCA of Heritage Park, Heritage Seniors Clinic (operated by Neighborhood HealthSource), Augustana Community Partners, Courage Kenny/Allina Health, Minneapolis Highrise Representative Council

For more information, contact Evelyn LaRue at elarue@mplspha.org.

MAJOR OUTCOMES

Improved health and wellness opportunities for low-income seniors living in Minneapolis North Side neighborhood by offering senior services co-located with affordable housing.

Program participants report that they can now access services better than they could before.

Increased participation in political and civic activities by hundreds of MPHA residents.

Increased opportunities for neighborhood seniors to volunteer.

INGREDIENTS FOR SUCCESS

Developed vision and core values as the foundation of services and expected outcomes.

All work is based on engagement and relationships. Incorporated resident feedback from the start of the project through development, design, and programming based on focus groups.

Meet regularly with partner organizations to ensure active and ongoing collaboration of services and programs.

ADVICE FOR OTHERS

Identify areas of collaboration and partnership for the overall success of services as well as opportunities to enhance the services and programs.

—Evelyn LaRue, Director, Heritage Park Senior Services Campus, Minneapolis Public Housing Authority





Growing Healthy Food and Strong Community

GOALS AND ACTIVITIES

Growing Healthy Food and Strong Community aims to involve low-income urban residents in healthy food-related opportunities by:

- Producing a year-round calendar of activities focused on healthy local food
- Building community capacity through peer learning and leadership opportunities
- Organizing community conversations and research related to food, health, culture, and community

Activities include: supporting two community gardens; learning opportunities focused on growing food, cooking and nutrition, food preservation, and organics recycling; building community capacity through skills training and community internships; and hosting gatherings around food and the seasons, food access, and food justice. A community leadership group helps to plan and evaluate the work.

POPULATIONS SERVED

Diverse low- and moderate-income residents in the Phillips neighborhood of Minneapolis.

MAJOR PARTNERS AND FUNDERS

Hope Community, Inc., Land Stewardship Project, Center for Prevention at Blue Cross and Blue Shield of Minnesota, Center for Urban and Regional Affairs at the University of Minnesota, U.S. Department of Agriculture Community Food Project Competitive Grant Program

For more information, contact Betsy Sohn at bsohn@hope-community.org.

WHAT WORKS IN MINNESOTA

PROJECT
16

MAJOR OUTCOMES

Expanded a very small garden program into a large, year-round program.

Engaged diverse people from the community in program activities and leadership.

Built networks, infrastructure, and multiple partnerships for implementation resources.

INGREDIENTS FOR SUCCESS

Worked together during a three-year pilot period to develop strategy and funding.

Used data to research and analyze population and target programming.

Worked directly with people from the community, building connections and engagement throughout the process.

ADVICE FOR OTHERS

Start small and learn as you build, develop strong community connections and opportunities for people in the community, build connections and partnerships with other organizations and funders.

—Betsy Sohn, Program Manager, Hope Community, Inc.





Early Childhood Dental Network



GOALS AND ACTIVITIES

The Early Childhood Dental Network is a nine-county collaborative project in west central Minnesota. It is designed to:

- Increase awareness and education to all children and their caregivers about the importance of oral health
- Improve access to oral health care for low-income individuals
- Provide outreach and education on the importance of oral health care for young children

POPULATIONS SERVED

Communities of color in Pelican Rapids and Morris, including Native Americans, residents of the White Earth Indian Reservation, and Amish communities in the region.

MAJOR PARTNERS AND FUNDERS

West Central Initiative, Apple Tree Dental, Children’s Dental Services, Medica, Delta Dental, Otto Bremer Foundation

For more information, contact Jane Patrick at Patrick@prtcl.com.

MAJOR OUTCOMES

Established a permanent dental clinic serving primarily low-income individuals.

Provided regional training opportunities for staff to establish oral health practices.

Increased education and outreach activities regarding the importance of oral health.

INGREDIENTS FOR SUCCESS

Organized a regional planning process that identified oral health as a priority area.

Developed a working coalition to establish project goals and objectives, monitor progress, assess new needs, and determine future activities.

Established data tracking on the number of children served and numbers of materials distributed.

ADVICE FOR OTHERS

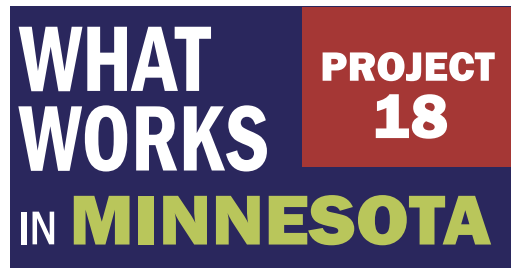
Collaboration is the key!

—Jane Patrick, Coordinator, West Central Initiative





1822 Park Avenue



GOALS AND ACTIVITIES

1822 Park Avenue provides permanent rental and supportive housing to individuals who face multiple barriers to housing stability and have experienced homelessness as a result. 1822 Park partnered with Oak Grove Community to provide site-based supportive and case-management services for residents. Core services include:

- Integrated mental health and substance abuse services, including creating a move-in plan, building relationships with physicians and other providers, providing transportation to appointments, and managing treatment with an emphasis on reducing hospitalizations and the use of critical crisis services
- Supporting residents in housekeeping, shopping, nutritional planning, and budgeting with emphasis on independent living and skill building
- Developing an intentional community that provides a sense of belonging and kinship through activities such as planning and maintaining a community garden, volunteerism, recognition, and celebration of residents' milestones and successes

POPULATIONS SERVED

A racially diverse population of disabled adults with serious and persistent mental illness, often with a secondary diagnosis of chemical dependency or substance abuse, in Hennepin County. Many residents have chronic medical diagnoses.

MAJOR PARTNERS AND FUNDERS

Aeon, Minnesota Housing Finance Agency, Community Development Block Grant, Oak Grove Community, Wells Fargo

For more information, contact Gina Ciganik at gciganik@aeonmn.org.

MAJOR OUTCOMES

Successfully serves a high-needs population, providing an environment where residents are able to feel safe, improve their health, and connect with community, reducing the need for hospitalization and costly crisis services.

Provide an individualized service plan for each resident to maximize the effectiveness of service delivery.

Transformed a dilapidated, overcrowded, and below-code building into a fully functioning healthy community that stabilizes the lives of formerly homeless adults.

INGREDIENTS FOR SUCCESS

Established partnership and referral network with a shared vision to serve a high needs population.

Used proven service models, designed as a comprehensive package of regularly-scheduled, individualized, health-related and assisted services.

Pooled funding from a variety of sources and sectors, including local, county, and state government; banks; and nonprofits.

ADVICE FOR OTHERS

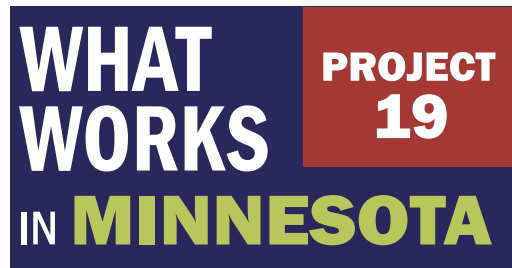
For us, creating a partnership to provide necessary services has been critical to our residents' success. By addressing issues as a whole and from the perspective of the people being supported, we can achieve better and more long-lasting results in stabilizing the lives of adults who call 1822 Park home.

—Gina Ciganik, Vice President of Housing Development, Aeon





Living Smarter Green Remodeling Plan Book



GOALS AND ACTIVITIES

In order to address the age of the housing stock as well as the relatively low median income of many residents in Roseville, the Roseville Housing and Redevelopment Authority partnered with the Family Housing Fund to offer homeowners a reliable resource for cost-effective remodeling solutions for the future. The agencies focus on providing:

- Reliable, current, environmentally friendly and economically feasible resources for home maintenance and remodeling
- Information about indoor pollutant levels and effects, including the effect of lead and other toxic chemicals on children’s brain development and the impacts of indoor tobacco smoke and mold on asthma
- Advice on eco-friendly remodeling materials which can improve the indoor environment of a home

POPULATIONS SERVED

Homeowners in Roseville, Minnesota and across the state.

MAJOR PARTNERS AND FUNDERS

Roseville Housing and Redevelopment Authority,
Family Housing Fund

For more information, contact Jeanne Kelsey at jeanne.kelsey@ci.roseville.mn.us.

MAJOR OUTCOMES

Constructed and launched a web-based plan book which provides detailed information for homeowners; in its first year online the Green Remodeling Planbook (www.livingsmarter.org/grpb) had 8,282 page views.

Created a free resource for other communities to reference. Data shows that the plan book is being used by homeowners around the metro area and throughout the state of Minnesota.

INGREDIENTS FOR SUCCESS

Worked collaboratively to create the plan book. Each organization contributed financial resources and expertise.

Secured the support of the Roseville Housing and Redevelopment Authority to maintain the website and to allow other communities to link to and use it.

ADVICE FOR OTHERS

Talk about the issues in your community. The condition of housing was a problem in our community. Talking openly about the issue created interest and support for an endeavor to educate and inform the community about environmentally friendly and economically feasible resources.

—Jeanne Kelsey, Acting Executive Director, Roseville Housing and Redevelopment Authority

