

MINNEAPOLIS

HEALTHY CITY THRIVING FAMILIES



A Quarterly Update from the City of Minneapolis Department of Health and Family Support

January - March 2007



Feel better.
Look better.
Live longer.

Get Fit Twin Cities January 10 - May 10, 2007

Twin Cities residents are getting in shape and having fun in the New Year. In early January, Steps to a Healthier Minneapolis and its counterpart in Saint Paul launched Get Fit Twin Cities, a fun, team-based fitness challenge designed to jump-start healthy habits that will help adults feel better, look better and live longer, healthier lives.

Participants form teams of two to 10 adults with their friends, family or co-workers, select a captain and register to track their minutes of activity and/or weight loss. Online monthly tallies show teams how their progress compares to others. Each participant receives a Get Fit Passport to get into fitness clubs and classes - such as the YWCA and Running Wolf Fitness Center - for free or at reduced rates.

To support Get Fit participants in reaching their fitness goals, Steps to a Healthier Minneapolis and community partners are planning events and community-based presentations on nutrition and physical activity. In partnership with Steps, Minneapolis Public School's Community Education Department will offer free fitness classes in some of Steps' priority communities: Near North and Phillips. For more information or to sign up for Get Fit Twin Cities, visit www.getfittwincities.org.

Get Fit Twin Cities is a program of Steps to a Healthier Minneapolis, an initiative of the U.S. Department of Health and Human Services, administered locally by MDHFS, Steps to a Healthier St. Paul and many community partners. Steps helps Americans become healthier by reducing diabetes, obesity, asthma and other conditions caused by physical inactivity, poor nutrition and tobacco use. For more information, contact Patty Bowler at (612) 673-3009.



If you would prefer to receive Healthy City, Thriving Families electronically, please send your e-mail address to dhfs@ci.minneapolis.mn.us or call (612) 673-3557.

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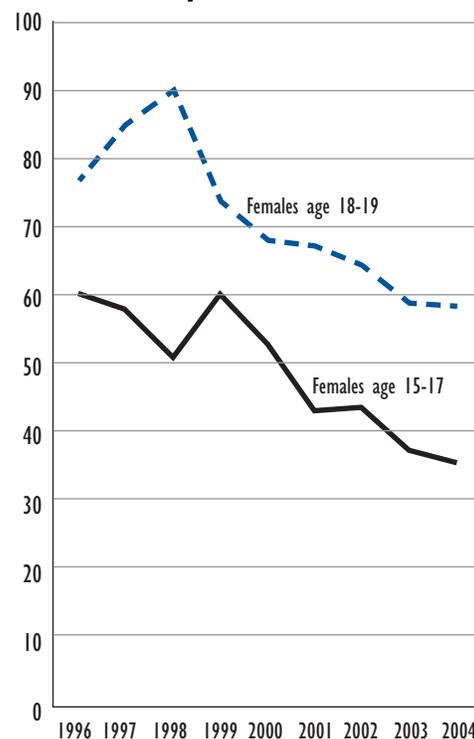
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Teen Report Card shows declining teen-parent birth rates

As shown in the 2006 Teen Parent Report Card, teen birth rates in Minneapolis continue to fall, a trend beginning in the late 1990s. In 2005, there were an estimated 1,400 teen-parent families with a total of 1,700 children in Minneapolis. The percentage of births to teen mothers who already had a child has declined, indicating success by programs that work with teen parents to prevent subsequent pregnancies until teen parents are emotionally and financially ready for more children. Consistent with the demographic changes in Minneapolis, foreign-born teens now represent a greater share of teen parents. In 2004, 31 percent of all teen births were to mothers who were born outside the United States.

First published in 2001, the Teen Parent Report Card provides policy-makers, service providers, health planners and advocates with information about trends in teens having families and the ways that teen parents use services in Minneapolis and suburban Hennepin County. Data from the WIC nutrition program, school enrollment, child care, case management services, nurse home visiting, parenting support, school readiness, and public assistance are included. Information from these sources is used to identify strengths and needs in services to teen parents and to foster collaboration among service providers for better coordination. For more information, contact Dave Johnson at (612) 673-3948.

Births per 1,000 teen females in Minneapolis, 1996 to 2004



The Minneapolis Department of Health and Family Support (MDHFS)

VISION:

Healthy residents, communities and environments.



MISSION: to provide leadership in meeting the unique needs of our urban population by engaging partners in promoting individual, community and environmental health and eliminating disparities.

Gretchen Musicant, Commissioner

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Connecting teen parent service providers

In late October, more than 120 service providers networked and shared resources at the Teen Parent Connection's Resource Fair and Forum. The event included a keynote address by Kate Horst, a statewide expert in helping teens develop positive parenting skills, and a presentation by MDHFS' Dave Johnson, who shared current data from the Teen Parent Report Card.

The Teen Parent Connection is a collaborative of MDHFS, Hennepin County, Minneapolis Public Schools and community agencies that are dedicated to supporting teen parents and preventing subsequent teen pregnancies. For more information, contact Coral Garner at (612) 673-5446.



Kate Horst, a statewide expert in helping teens develop positive parenting skills, addresses service providers at the Teen Parent Connection's Resource Fair and Forum in October.

Testing pandemic flu preparation

In early November, representatives from various City departments tested the plan to maintain essential City functions in the case of a pandemic flu outbreak. The plan specifically focuses on the City's ability to maintain police, fire, animal control, water supply and sanitation functions with the assumption of a 40 percent decrease in its workforce.

The exercise was coordinated by the Continuity of Operations Task Force that includes representatives from various City departments. The task force will incorporate changes to the plan based on findings from the November test, then repeat the exercise in February with department heads who will explore methods for communicating between departments and transferring employees to essential positions. For more information, contact Pam Blixt at (612) 673-3933.

Steps continues grants for physical activity, nutrition and food access

To help adults and families increase their physical activity, Steps provided another year of funding for walking projects coordinated by the YWCA, Midtown Greenway Coalition, Parents in Community Action, Inc. (PICA), Oak Park Neighborhood Center and East Side Neighborhood Services. To improve nutrition, Steps awarded grants to the Waite House of United Pillsbury Communities, Minnesota FoodShare and PICA. Steps also continued funding to the Institute for Agriculture and Trade Policy and the Northside Food Project to establish farmers' markets, work on food policies and host a food summit to raise awareness about food access. For more information, contact David Rak at (612) 673-3141.

Urban Health Agenda: Preventing Youth Violence in 2007

To reverse the trend of rising youth violence in Minneapolis, the Department of Health and Family Support begins two major efforts in 2007.

The first effort is to provide case management and referral services to young people in Minneapolis who are identified as high-risk for involvement in youth violence. This case management approach complements the youth violence prevention grants that MDHFS issued in 2006 to agencies that serve high-risk youths. With \$125,000 allocated in the 2007 budget to MDHFS for activities to prevent youth violence, the program will be jointly implemented by MDHFS, the Juvenile Justice Unit of the Minneapolis Police Department and the Curfew Truancy Center.

The second effort is a citywide Youth Violence Prevention Steering Committee, resulting from a City resolution recognizing youth violence as a public health crisis requiring

a long-term, comprehensive and strategic response. MDHFS will establish the committee, which will consist of up to seven members appointed by the mayor and up to eight members appointed by the City Council. Members will include people from communities most affected by youth violence, representatives from faith communities and the business community, elected officials from the City and Hennepin County and appointed officials from public safety and public health.

The Youth Violence Prevention Steering Committee will begin working in 2007 to develop a five-year plan that will include timelines, responsibility assignments and measures that will indicate success. The committee will also facilitate partnerships, identify gaps in services, policy and funding and advise the City Council, Mayor, Youth Coordinating Board and others on needs for resources, programs and policies. For more information, contact Jan Fondell at (612) 673-5527.



Eleanor Coleman, chief of Student Support from Minneapolis Public Schools Family and Community Engagement, testified in support of the City of Minneapolis resolution "Recognizing Youth Violence as a Public Health Problem and Establishing a Youth Violence Prevention Steering Committee."

Healthy City Updates

Funding news

- The Medica Skyway Senior Center received \$500 from Wells Fargo Bank for its travelogue programs in which seniors share and learn about adventures throughout the world. The center also received a \$3,705 grant from the Stevens Square Foundation to pay eligible seniors' participation fees at the center. The Stevens Square Foundation also provided a challenge grant to support Chatter, the center's newsletter. Until April 1, 2007, the foundation will match funding up to \$9,000.
- The Broadway School-Based Clinic received a grant of \$30,000 from the Medtronic Foundation to fund a full-time medical assistant.
- Steps to a Healthier Minneapolis and Minneapolis Public School District's Community Education Department received a \$25,636 grant to offer free fitness classes in conjunction with Get Fit Twin Cities at North High School, W. Harry Davis Academy and Hans Christian Andersen Open School. The grant was from Blue Cross Blue Shield's Prevention Minnesota.
- The Seen on da Streets project received its fourth year of funding, \$300,000, to reduce sexually transmitted diseases and unintended fatherhood among at-risk, young Minneapolis men. The U.S. Office of Population Affairs provided the funding.

Senior center celebrates a five-year milestone

In November, the Medica Skyway Senior Center celebrated its fifth anniversary with a donor recognition event. Since 2001, the center - located in the downtown Target store building - has provided health, wellness and life-enrichment opportunities to nearly 16,000 adults, ages 55 and older.



At the fifth anniversary event of the Medica Skyway Senior Center on November 17, 2006, Natasha Merz, president of the Friends of the Medica Skyway Senior Center looks on as Don Leners, chair of its advisory committee, reads from a memory book signed by center donors. The center provides classes, discussion groups and informational sessions for seniors between 9:00 a.m. and 3:00 p.m. on weekdays.

176 children tested for lead poisoning

The Minneapolis Project for Lead-Safe Kids participated in National Lead Poisoning Prevention week (Oct. 22 - 28) with fun family events at Waite House and the Mall of America. Nine pregnant women and 176 children under age six were tested for lead poisoning. This community event and others like it help the project achieve its goal of screening all Minneapolis children by making screening convenient for families. For more information, contact Megan Ellingson at (612) 673-3817.



At the Health-o-Ween event at the Waite House during National Lead Poisoning Prevention week (Oct. 22 - 28, 2006), a little girl bravely receives a finger prick to test her blood for elevated lead levels. The event was held to raise awareness about the effects of lead on children's health and to make testing for lead poisoning easily available for families.

Mental health services for women across cultures

The MDHFS Maternal Case Management Excellence project (MCME) hosted a forum entitled "Multicultural Perspectives on Women's Mental Health" at the Urban League in north Minneapolis on Oct. 25. In small group discussions, participants explored visions for the future of mental health services for culturally diverse women. Featured speakers were Dr. Bra Vada Garrett-Atkinsanya from the African American Child Wellness Institute, Dr. Jessica Gunneau from the American Indian Family Center, Dr. Helen Kim from Hennepin Faculty Associates and Dr. Sara Velasco from Health East/Salud Integral. For more information, contact Megan Ellingson at (612) 673-3817.

Staff updates

- Community health worker Tyrize Cox joined the Steps to a Healthier Minneapolis team in November to coordinate a variety of Steps-related initiatives with community stakeholders.
- The School-Based Clinic program recently added Lori Carlson, PNP, to the clinic staff at South and Edison high schools; Lisa Dornick, PNP, to the clinic staff at Roosevelt High School and Linette Combs, MA, at Broadway School.
- Katie Finnegan joined the Research and Program Development Division as an intern in September 2006. She is currently enrolled in the master of science program at the University of Minnesota School of Public Health, Division of Health Policy and Management.
- Sophia Lofton joined the department's administrative staff. She was most recently employed at Xcel Energy and brings excellent customer service skills and motivation to learn about public health.
- Gopal Narayan recently completed the Emerging Leaders' Network, a year-long program to enhance collaborative leadership skills among emerging public health leaders.