

Public Health Law Center Resources for MDH's Statewide Health Improvement Partnership (SHIP) Work

The Public Health Law Center (PHLC) is one of the nation's largest teams of legal experts working with public health officials and community leaders across the U.S. to develop, implement and defend effective public health laws and policies to advance health equity and support healthy eating, physical activity, and community well-being. PHLC is based at the Mitchell Hamline School of Law, and has been a technical assistance partner for SHIP since SHIP's earliest days, supporting SHIP staff and partners in their work to advance community health and well-being through policy, systems, and environmental (PSE) change across all settings and context areas.

This document provides a list of educational materials on PHLC's [website](#) relevant to SHIP's **MN Eats**, **MN Moves**, and **MN Well-being** work, including webinars, toolkits, policy guides, and more. (MN Tobacco-Free resources are not listed but are available [here](#).) PHLC staff can also provide individualized [technical assistance](#), including being a thought partner, PSE troubleshooter, and providing legal research to inform your work. For questions about technical assistance, please reach out to your Community Specialist or email Julie Ralston Aoki, PHLC's Director of Healthy Eating & Active Living Programs, at Julie.ralstonaoki@mitchellhamline.edu.

General Policy, Systems & Environmental (PSE) Change Resources

Policy, Systems and Environmental (PSE) Change Work Webinars:

These webinars were developed in partnership with MDH SHIP staff and local public health partners to support shared understanding and alignment across SHIP's work about key concepts and approaches.

- [Level Setting on Policy, Systems and Environmental Change](#) (5/31/22): explains SHIP's definitions for "policy," "systems," and "environment" (PSE), how each concept relates to the others, and what positive PSE change looks like in a variety of settings.
- [PSE Change Work and Program Work to Improve Health- Synergies and Differences](#) (6/29/22): focuses on the relationship between PSE change work and public health program work, how programs can be leveraged to advance PSE work, and embedding equity into PSE work.

Health Equity and PSE Resources

The following resources provide concrete guidance on how to center health equity in PSE work. To learn more about PHLC's approach, please visit our [Health Equity and Policy webpage](#).

- [Grounded In Equity: Effective Public Health Law & Policy](#) (webinar, 2020): focuses on ways to ensure that equity is identified, incorporated, and maintained at every stage of public health law and policy work, with a focus on food systems, physical activity, and commercial tobacco control.
- [Equity and Inclusion in Public Health Laws](#) (PDF, 2018): this document offers guidance on how to use the Five Essential Public Health Law Services Framework and other resources to address racism and other social determinants of health in the public health sector.

PHLC Resources by Context Area

MN EATS: These resources cover topics such as healthy food systems, healthy food retail, community based agriculture, breastfeeding, and Minnesota- specific food justice resources. Please visit the Public Health Law Center’s Food Justice [webpage](#) for more information.

- [Healthy Food Policy Project \(HFPP\)](#): identifies and elevates local laws that seek to promote access to healthy food while also contributing to strong local economies, an improved environment, and health equity, with a focus on socially disadvantaged and marginalized groups. HFPP is a collaboration of the Center for Agriculture and Food Systems at Vermont Law School (CAFS), the Public Health Law Center (PHLC), and the Rudd Center for Food Policy and Health at the University of Connecticut.
 - [Policy Database](#): contains more than 400 local food laws and policies from around the country.
 - [Growing Food Where You Live](#): focuses on opportunities for—and challenges to—growing food for people who rent their homes, lease the land they live on, or live in common-interest communities.
 - [Food Systems Framework](#): provides real-life examples of how local laws can promote access to healthy foods across the stages of the food system.
 - [Towards Equitable and Just Food Systems: Exploring Food Justice, Food Sovereignty, and Ending Food Apartheid Policy and Practice](#): explores the evolving language of food systems and policy work centered on addressing structural racism and inequity. It describes equity-focused terms and frameworks related to the food system, outlines how these terms and frameworks are used in food policy, and provides examples of what they mean in practice.
- [Healthy Eating Policy Options for Minnesota Local Governments](#) (PDF, 2017): describes a variety of policy options available to local governments to increase healthy eating and the availability of healthy food. It provides specific examples showing how these policies have been used in Minnesota and other places.
- [Working with Minnesota Local Governments to Increase Access to Healthy Foods](#) (PDF, 2016): a four-part webinar series that provides tools, strategies, and examples that can be used to increase productive collaboration between local governments in Minnesota and healthy food advocates.
- [Food Systems Policy Scan: Dakota County, MN](#) (compilation): provides food systems policy scans and analyses of local ordinances impacting food access in Dakota County and 11 cities within the county.
- [Minneapolis Food System](#) (2017): provides resources that outline Minneapolis laws impacting the local food system.
- [Community Gardening Policy Reference Guide](#) (PDF, 2017): provides a road map for how local laws and policies can impact local gardening efforts.

Planning Resources

- [Hunger Relief in Local Planning](#) (PDF, 2018): provides information about how to support hunger relief and equitable food systems in local planning efforts.
- [Local Plan Implementation Toolkit](#) (webpage, 2019): set of resources to help public health professionals, planners and community members in assessing, organizing, and prioritizing local plan implementation actions to improve community health outcomes and create more equitable communities. Includes the resource, [Increasing Access to Healthy Food: Linking and Planning Goals & Implementation Actions](#) (PDF, 2019).
- [Healthy Community Planning Project](#) (webpage, 2022): the Metropolitan Council, SHIP and PHLC reviewed a sample of Twin Cities metropolitan region 2040 comprehensive plans to assess how the plans address 11 health indicators, including healthy food access.

MN Moves: These resources cover topics such as active transportation; mass transit access; rural, urban, and regional planning; and Minnesota-specific resources to support physical activity PSE work. Please visit the Public Health Law Center’s Physical Activity [webpage](#) for more information.

- [Promoting An Active MN: Local Policy Options to Support Walking and Bicycling](#) (PDF, 2017)
This resource is designed for local government policy makers, local public health advocates, and active transportation advocates. It describes a variety of policy options available to local governments to facilitate walking and bicycling. It also provides specific examples showing how these policies have been used in Minnesota.

Planning Resources

- [Healthy Community Planning Project](#) (webpage, 2022): the Metropolitan Council, SHIP and PHLC reviewed a sample of Twin Cities metropolitan region 2040 comprehensive plans to assess how the plans address active transportation and other modes of transportation, public recreational opportunities, and 9 other health indicators, including equity considerations for each indicator.
- [Local Plan Implementation Toolkit](#) (webpage, 2019): set of resources to help public health professionals, planners and community members in assessing, organizing, and prioritizing local plan implementation actions to improve community health outcomes and create more equitable communities.

MN Well-being: To support SHIP’s MN Well-being work, PHLC is collecting trauma-informed PSE change work examples, starting with health care and general worksite settings. These examples will be made available through the [SHIP Well-Being Basecamp](#) site.

PHLC will also be developing a webinar about trauma informed PSE change options for operationalizing trauma-informed principles in health care settings and worksites.

More information about the upcoming webinar and trauma-informed policies resource will be posted on the MN Well-being page on [Basecamp](#).

PHLC Setting Specific Resources:

Worksites

- Legal Protections for Employees Who Need Lactation Breaks (2023): Coming soon
- [Breastfeeding & Expressing Human Milk at Work](#) (Webinar, 2021): addresses how laws apply in various workplaces in Tribal communities and across Minnesota and discusses best practices and how businesses can support nursing employees by passing supportive workplace policies.
- [Healthy Healthcare Toolkit](#) (PDF, 2020): a set of resources to help organizations create healthier food environments. Although it focuses on healthcare settings, many of the principles and approaches can also be applied to other types of work sites and community environments.

Healthcare: A few of our resources specific to this setting are highlighted below, and others can be found on our [Healthy Healthcare webpage](#).

- [Healthy Healthcare Toolkit](#) (2020): helps organizations create healthier food environments with a special focus on hospital and healthcare settings. Many of the principles and approaches outlined in this toolkit can also be applied to other types of work settings and community environments. Includes guide, several fact sheets, and webinar videos.

Child care: A few of our resources specific to this setting are highlighted below, and others can be found on our [Healthy Kids webpage](#).

- [Reimagining Quality in Quality Rating Programs](#) (PDF, 2017): discusses how concepts of “quality” are applied to family child care settings, and the many challenges and opportunities for defining and implementing quality in ways that recognize the cultural values and competency that family child care providers bring to their work.
- [Examining Licensing for Cultural Competency](#) (PDF, 2017): provides an overview of how existing family child care licensing provisions are addressing (and not addressing) cultural competency in the child care environment, and discusses key considerations relating to what constitutes “quality” child care from a culturally appropriate lens.
- [Breastfeeding and Child Care Programs- Meeting Best Practices, Providing Great Services](#) (PDF, 2017): this resource outlines the benefits, best practices, considerations and legal requirements of breastfeeding with an emphasis on childcare providers.

Schools: A few of our resources specific to this setting are highlighted below, and others can be found at on our [Healthy Kids webpage](#).

- [Going Beyond School Wellness Policies](#) (PDF, 2015): a resource designed to be used as a guide to identify school board policies, rules and regulations that should be analyzed as advocates update school wellness policies.
- [Promoting Health in Minnesota Schools: Healthy Fundraising](#) (PDF, 2017): provides information around how schools use fundraising and how to promote strong and healthy fundraising policy to promote healthy habits and behaviors.

- [Promoting Health in Minnesota Schools: Healthy Concessions](#) (PDF, 2013): outlines sample language for healthy concessions policies to help schools in Minnesota promote strong school wellness policies and achieve their health and wellness goals.
- [Promoting Community Use of School Facilities](#) (PDF, 2016): outlines strategies and best practices that can be used to overcome barriers and promote community use of school facilities in Minnesota.

Community: Most of the resources highlighted above in the MN Eats and MN Moves context areas are applicable to community settings.

Tribal SHIP Resources

PHLC also works with the American Indian Cancer Foundation and other partners to provide technical assistance on Tribal public health law and policy work. A few of our resources are highlighted below, and others can be found at on our website at <https://www.publichealthlawcenter.org/topics/tribal-public-health>.

- [Drafting Tribal Public Health Laws and Policies](#) (PDF, 2020): a publication designed to assist Tribal leaders, health departments, public health advocates, and community members in thinking about how to draft written public health laws and policies for their Tribes.
- [Gifts Across Generations- Policies and Laws in Support of Breastfeeding in Bemidji Area American Indian Communities](#) (PDF, 2021): a report that highlights how Tribes, Tribal organizations, and urban American Indian health centers in the Great Lakes Area are using law and policy to support and protect breastfeeding within their communities.
- [Organizational Food Systems Within American Indian and Alaska Native Serving Organizations](#) (PDF, 2019): a visual resource that provides an overview of Tribal and Indigenous-serving organizations food systems components, including a produce prescription program to support the health and wellness of their clients and community.