

Hmong Healthy Lifestyles

- ▶ Partners: SoLaHmo¹, St Paul–Ramsey County Public Health², Hmong Health Care Professionals Coalition³, Institute for Clinical Systems Integration⁴
- ▶ Dates: 2014–2016
- ▶ Purpose: Adjust ICSI Guidelines for Healthy Lifestyles to the Hmong community
- ▶ Methods: Focus group discussions with Hmong community members and health care professionals
- ▶ Results:
 - Key Hmong cultural values support healthy lifestyles
 - Clinics can address tobacco, diet, exercise, and healthy weight in a culturally appropriate manner
 - Final Report:
 - <https://www.ramseycounty.us/sites/default/files/Health%20and%20Medical/Public%20Health%20Initiatives/Culturally%20Informed%20Clinical%20Practices.pdf>
- ▶ Funders: MN state SHIP grant, via SPRCPH
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