

SHIP Health Care Initiatives

Health care institutions provide a unique setting where people discuss their health with medical care providers, making them one key to the success of health improvement in Minnesota. Health care providers promote healthy lifestyle behaviors by encouraging individuals to maintain healthy eating habits, participate in regular physical activity, avoid the use of tobacco products and limit exposure to secondhand smoke.

Health care-based, locally-chosen strategies

18 SHIP grantees, covering 51 counties and one tribe, are working with health care systems and providers to build obesity prevention and tobacco cessation strategies into their practices. Tribal and local public health agencies chose from a menu of science-based strategies to match their local needs, focusing on sustainable solutions and long-term improvements.

The SHIP approach to prevention in health care is founded on true collaboration between health care clinics, local public health agencies and community-based organizations, and tribal governments and their health care systems. The objectives for this approach are:

- Strengthen partnerships between local public health and tribal governments, health care facilities and clinics, health plans/payers and community-based organizations.
- Enhance methods for screening and documentation of Body Mass Index (BMI) and tobacco use and exposure.
- Provide technical assistance to clinicians and clinic staff on effective practices and approaches for addressing BMI status and tobacco use and exposure.
- Identify and make available community resources that address behaviors related to nutrition, physical activity and tobacco use and exposure.



Since January 2012, Anoka County SHIP supplied Motivational Interviewing (MI) training for twelve clinicians at area clinics, including North Metro Pediatrics. Clinic Director Connie Blackwell says, "We are very excited about MI. It is a wonderful way to empower our pediatric patients and their parents and build their confidence in making healthy choices most meaningful to them."

In their position on the front lines of the battle with chronic disease, health care providers are powerful advocates for health improvement through prevention.

- Create or strengthen referral system to in-house or community resources.
- Develop or enhance a follow-up system.
- Promote using existing billing codes for reimbursement of provision of services related to these strategies (e.g., counseling, nutrition education, follow-up care).

Results

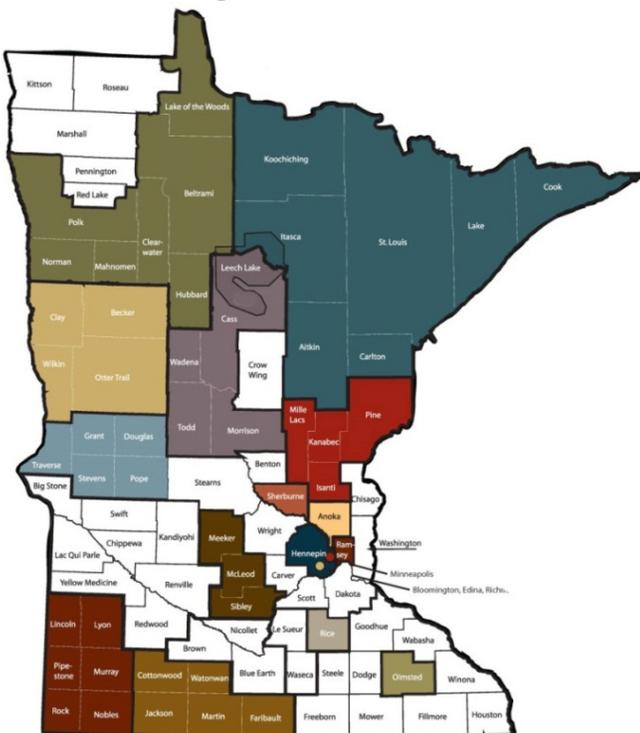
- In the first two years of SHIP, throughout the state grantees worked with health care providers.
 - 60 clinics worked on patient assessment and referral and 73 clinics worked to increase support for breastfeeding.
- In 2012, nine grantees worked with health care providers.
 - 43 health care sites worked on SHIP health care strategies, potentially helping 267,000 patients.
 - 26 health care sites were new to working with SHIP, reaching 91,700 clients.

About the Statewide Health Improvement Program

The goal of SHIP is to help Minnesotans live longer, healthier lives by preventing the leading causes of chronic disease: tobacco exposure and obesity.

Designed to reduce the ever-increasing rise in health care costs through preventing or delaying the onset of chronic disease, SHIP is a component of Minnesota’s health reform efforts and was launched as part of the bipartisan health reform package enacted in 2008 in our state.

2012-13 SHIP grantees



The SHIP model: improving health by increasing opportunities for healthy choices

Increased opportunities for physical activity, nutritious food, and tobacco-free living...	...means more people get physical activity, better nutrition, and less tobacco exposure...	...leading to improved health...	...lowered health care costs, and improved quality of life.
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For more information about physical activity, nutrition, obesity and tobacco:

SHIP is part of the Office of Statewide Health Improvement Initiatives (OSHII), supporting all Minnesotans in leading healthier lives, raising healthier families and building healthier communities by preventing disease well before it starts. Visit www.health.state.mn.us/divs/oshii or call 651-201-5494 for more information.

For more information: www.health.state.mn.us/ship