

Statewide Health Improvement Partnership

Better health together

The Statewide Health Improvement Partnership (SHIP) is working to create good health throughout Minnesota by decreasing obesity rates and reducing the number of people who use commercial tobacco or are exposed to secondhand smoke.

Minnesota is embracing SHIP as a community-wide approach to improving health, but there's more work to do.

Three out of five Minnesotans are overweight or obese¹ — caused by insufficient physical activity and unhealthy eating — increasing risk of heart disease, diabetes and other chronic illnesses.

Meanwhile, more than one in seven Minnesotans smoke,² leading to increased risk of many types of cancer, heart disease and more.

SHIP in action

Thanks to SHIP:

- Schools are adding “Safe Routes to School” and more physical activity for students both during and outside the school day.
- Schools are supporting “Farm to School” and other healthy eating opportunities.
- Employers are offering comprehensive workplace wellness to improve workers' health and productivity.
- Health care facilities are providing services and referrals to evidence-based programs that their patients need to eat healthier, get more physical activity, stop smoking and support breastfeeding.
- More communities are supporting tobacco-free living, healthy eating and active living efforts.
- Child care facilities are increasing access to and the availability of healthier food and physical activity for children in their care and are supporting breastfeeding moms.



Thanks to SHIP, more students are walking to school, encouraging each other to be healthy and active while saving their school district money on transportation costs.

Prevention pays off

Preventing chronic disease saves money. Consider:

- In Minnesota, medical expenses due to obesity were estimated to be \$2.8 billion in 2009.³
- Smoking cost Minnesota \$3.19 billion in excess medical expenditures in 2014.⁴

Doing what works

SHIP uses strategies from the best researchers around the country, such as the Centers for Disease Control and Prevention (CDC). The strategies, compiled by the Minnesota Department of Health in collaboration with local public health, are based on the latest science.

Supporting community-led improvements

What works in metropolitan areas may not work in rural communities and vice versa. Local communities choose strategies that address local needs. The result? Real, community-led improvements in healthy eating, physical activity and reduced commercial tobacco use.

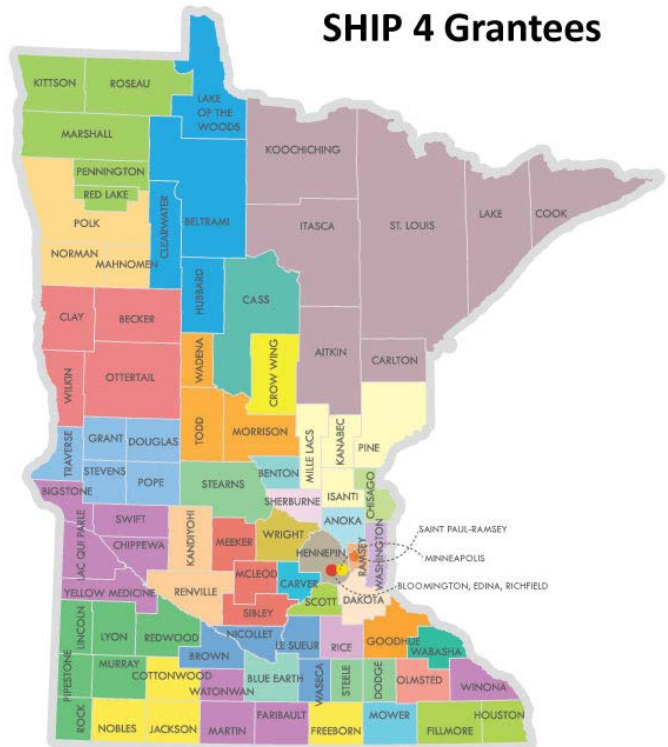
¹Behavioral Risk Factor Surveillance System Survey Data. Centers for Disease Control and Prevention: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention; 2014.

²Tobacco Use in Minnesota: 2014 Update. Minneapolis, MN: Clearway MinnesotaSM and Minnesota Department of Health; January 2015.

³Trogdon JG, Finkelstein EA, Feagan CW, Cohen JW. State- and Payer-Specific Estimates of Annual Medical Expenditures Attributable to Obesity. *Obesity*. 2012; 20(1):214-20

⁴Blue Cross and Blue Shield of Minnesota. 2017 Health Care Costs and Smoking in Minnesota.

SHIP 4 Grantees



Addressing health equity

Some communities don't have the same opportunities to create healthy futures. SHIP grantees are identifying where health inequities are taking place and are working to address them.

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