

## SHIP Focused Evaluation Studies

DIVING DEEPER INTO SHIP'S IMPACTS ON MINNESOTANS' HEALTH

### Do Smoke-Free Housing Policies Reduce Secondhand Smoke Exposure and Tobacco Use?



SHIP worked with residents and property managers of multi-unit public housing sites to implement smoke-free policies for all indoor areas.

**The policies resulted in smokers cutting back or quitting smoking and in cleaner indoor air, improving the health of all residents.**

#### Findings

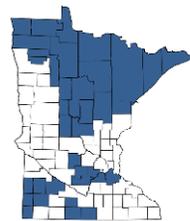
- 46 percent drop in percent of residents smelling or breathing secondhand smoke inside apartment building
- 77 percent of smokers reduced amount of smoking
- 5 percent of smokers quit smoking

#### Evaluation Methods

Surveyed 289 low-income residents of 12 public housing properties before and after smoke-free policies went into effect with SHIP support.

Counties included in the evaluation: St. Louis, Roseau, Kandiyohi and Grant.

### Does Child Care Training and Coaching Improve Nutrition and Physical Activity?



SHIP worked with child care providers to implement best practices for healthy eating (including breastfeeding) and active play time for children in their care.

**After participating in SHIP, child care providers gave children healthier food and more time to be active, establishing healthy habits.**

#### Findings

- 13 percentage point increase in offering vegetables
- 25 percentage point increase in proper breastmilk handling
- 21 percentage point increase in providing 90+ minutes active playtime

#### Evaluation Methods

Surveyed 242 family and independent child care providers before and after receiving training and coaching through SHIP.

Counties included in the evaluation shaded in blue on the map. See note on page 2 for list.

## Do Active Students Have Better Weight and Academic Outcomes?



SHIP worked with 14 schools to implement evidence-based strategies to increase physical activity before, during and after school.

**Physical activity improves students' health and helps them concentrate in the classroom. At the end of the study, 74 percent of students met recommendations for aerobic fitness.**

### Findings

Fit students were:

- 250 percent more likely to be at a healthy weight
- 24 percent more likely to be proficient in reading
- 27 percent more likely to be proficient in math
- 6 percent more likely to attend school consistently

### Evaluation Methods

Data on school practices and 4th-6th grade student physical activity, fitness, weight and test scores collected before and after agreeing to increase opportunities for physical activity before, during and after school.

Counties included in the evaluation: Becker, Beltrami, Carlton, Itasca, Koochiching, Lake of the Woods, Marshall, Morrison, Otter Tail, Todd and Wadena.

## What's Ahead?

- Local evaluations in collaboration with grantees
- Statewide evaluation of local leadership and engagement through Community Leadership Teams
- Local assessments of health equity

Note: Counties included in the child care evaluation: Brown-Nicollet-LeSueur-Waseca; Lincoln, Lyon, Redwood, Pipestone, Murray, Rock; Faribault-Martin-Watonwan; Meeker-McLeod-Sibley; Carver; Scott; Bloomington-Edina-Richfield; Lake of the Woods, Beltrami, Clearwater, Hubbard; Dakota; Aitkin, Carlton, Cook, Itasca, Koochiching, Lake, St. Louis; Crow Wing; Morrison, Todd, Wadena, Cass; Kittson, Marshall, Roseau, Pennington and Red Lake.

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