



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

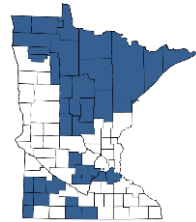
- ✓ **46%** drop in percent of residents smelling or breathing secondhand smoke inside apartment building
- ✓ **77%** of smokers reduced amount of smoking
- ✓ **5%** of smokers quit smoking

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, 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 School Day Practices Improve Students' Physical Fitness and Test Scores?



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. Results from this study are expected in summer 2017.

- ✓ **12** schools adopted physical activity classroom breaks
- ✓ **11** schools increased opportunities for before and after school physical activity
- ✓ **4** schools increased time spent being active during recess
- ✓ **3** schools increased time spent being active in physical education classes

Evaluation Methods

Data on school and classroom practices, student physical activity and fitness, and test scores collected from 14 schools with 4-6th graders before and after agreeing to increase opportunities for physical activity before, during, and after school. Student-level results are forthcoming.

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

Minnesota Department of Health
Office of Statewide Health Improvement Initiatives
85 East 7th Place, Suite 220
PO Box 64882
St. Paul, MN 55164-0882
www.health.state.mn.us

02/24/2017



To obtain this information in a different format, call: 651-201-5443. Printed on recycled paper.