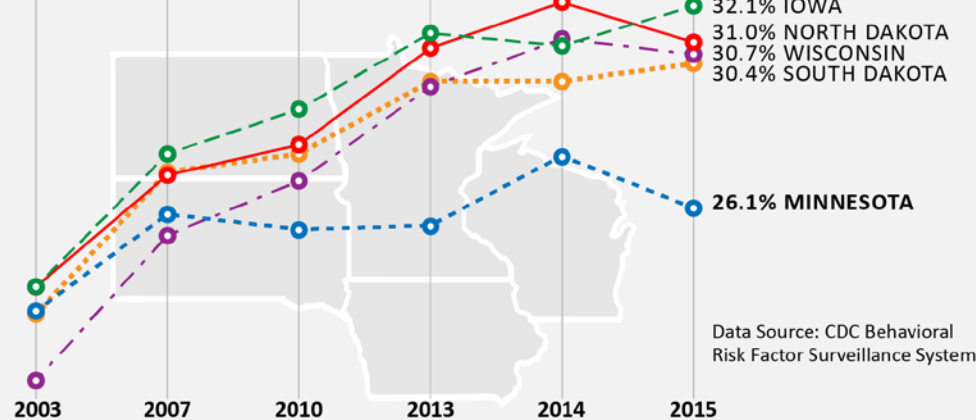


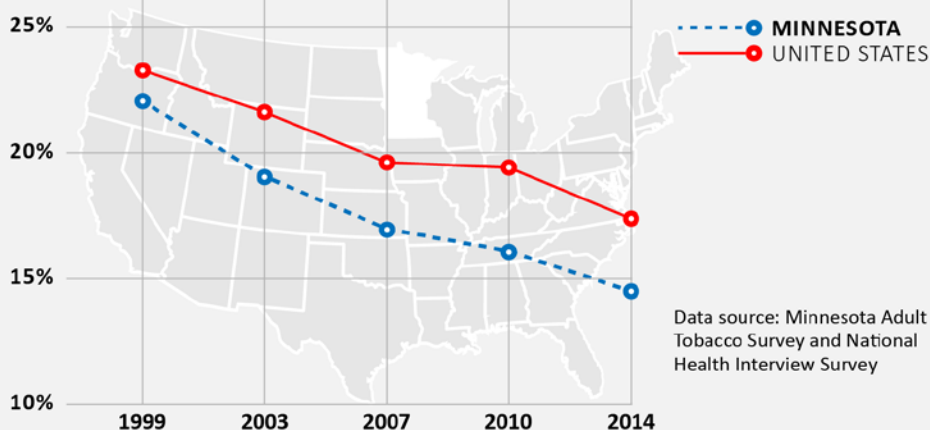


# SHIP is helping make Minnesota healthier

## OBESITY RATE 5-STATE AREA



## SMOKING RATE MN AND U.S.



## Better health together

### KEY FACTS

- Minnesota's obesity rate is firmly below our neighboring states of North Dakota, South Dakota, Wisconsin and Iowa.
- Both youth and adult smoking rates are the lowest ever recorded in the state.

## Reducing costs in Minnesota



## Saving lives in the U.S.



SHIP is active in **87 counties & 10 Tribal Nations**, working with more than **2,300 partner sites** in schools, child care, worksites, health care and communities.

SHIP achieved **over 4,000 sustainable changes** in the past year, expanding opportunities for active living, healthy eating and tobacco-free living.



<sup>1</sup> Cawley, J, Meyerhoefer, C, Biener, A et al. Savings in Medical Expenditures Associated with Reductions in Body Mass Index Among U.S. Adults with Obesity, by Diabetes Status. *Pharmacoeconomics* (2015) 33: 707

<sup>2</sup> Blue Cross and Blue Shield of Minnesota. 2017 Health Care Costs and Smoking in Minnesota: The Bottom Line

<sup>3</sup> Danaei G, Ding EL, Mozaffarian D, Taylor B, Rehm J, Murray CJL, et al. (2009) The Preventable Causes of Death in the United States: Comparative Risk Assessment of Dietary, Lifestyle, and Metabolic Risk Factors. *PLoS Med* 6(4)