

Creating BETTER HEALTH TOGETHER by helping kids learn and grow

Let's get kids moving more

In 2016, only half of 5th, 8th and 9th graders in Minnesota reported being physically active for 60 minutes for at least 5 days in the past week. For 11th graders, only 40 percent were active at least 5 days.¹

SHIP STRATEGY:
ACTIVE CLASSROOMS
178 SCHOOLS
AND DISTRICTS
90,000 STUDENTS
ACROSS MINNESOTA



SHIP is making a difference

One example of how SHIP gets students moving more is through active classrooms, which integrate physical activity into lessons and increase opportunities for movement during class time. These strategies are proven to enhance students' attention, classroom behavior and academic achievement.²

Let's get kids eating healthier

In 2016, only 60 percent of Minnesota 5th graders reported eating one fruit or vegetable a day in the last week. Eleventh graders reported consuming one fruit or vegetable a day.³

SHIP STRATEGY:
FARM TO SCHOOL
144 SCHOOLS
89,000 STUDENTS
ACROSS MINNESOTA



SHIP is making a difference

One way SHIP expands access to healthy foods is through Farm to School, which connects local farmers with schools, so fresh, locally grown produce is available in school cafeterias. Studies show that Farm to School can increase student fruit and vegetable consumption by about one serving per day.⁴

Farm to School efforts help the local economy, too. Every dollar spent on Farm to School generates more than \$2 in local economic activity.⁵

¹ Minnesota Departments of Education, Health, Human Services and Public Safety (2016). 2016 Minnesota Student Survey Statewide Tables. Retrieved from <http://www.health.state.mn.us/divs/chs/mss/>.

² Centers for Disease Control and Prevention. The association between school based physical activity, including physical education, and academic performance. Atlanta, GA: U.S. Department of Health and Human Services; 2010.

³ Minnesota Departments of Education, Health, Human Services and Public Safety (2016). 2016 Minnesota Student Survey Statewide Tables. Retrieved from <http://www.health.state.mn.us/divs/chs/mss/>.

⁴ National Farm to School Network. The Benefits of Farm to School. Retrieved from <http://www.farmtoschool.org/Resources/BenefitsFactSheet.pdf>.

⁵ Holland, J, Thompson, O, Godwin, H, et al. (2015). Farm-to-School Programming in South Carolina: An Economic Impact Projection Analysis. Journal of Hunger and Environmental Nutrition.

Thanks to SHIP, more schools are getting the tools and resources they need to advance healthy eating and physical activity for students.

SHIP'S REACH IN MN SCHOOLS,
DISTRICTS & AFTER-SCHOOL PROGRAMS
2 OUT OF 5 K-12 STUDENTS⁶



The cost of childhood obesity

The 2016 Minnesota Student Survey found that about a quarter of Minnesota's 8th, 9th and 11th graders are overweight or obese.⁷

Children who are obese at age 10 will incur roughly \$19,000 more in medical costs over their lifetime compared to children who are not obese.⁸

SHIP in action

A USDA Farm to School grant, leveraged by Healthy Northland, the SHIP grantee in northeastern Minnesota, is helping Lake Superior School District bring local produce to 1,400 students.

Food service staff from the three schools in the district received training from professional chef Arlene Coco. They learned new skills to cook fresh, local food for an entire school. Each training provided instruction in five new recipes, which food service staff prepared and served on the lunch line the next day. Food service staff highlighted one recipe for a special taste test, giving every student and staff person the opportunity to taste and learn about a new local food, and vote on whether they liked it.

To further expand students' knowledge, David Abazs, instructor and local farmer, introduced the science of farming in the seventh grade life science classes. Students participated in a soil mixing activity, a blindfold food tasting activity and then ended with a food mapping game and discussion.



The same students later visited Wolf Ridge Environmental Learning Center's farm to learn about local food and farming. Students rotated through hands-on stations, learning about soil health, land cultivation, composting, planting, harvesting, pollination and local food.

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⁶ In 2016 SHIP reached 373,377 students statewide. 2016 statewide school enrollment was 864,185 (as reported by Minnesota Report Card, 2016 Enrollment by Race/Ethnicity. Retrieved from <http://rc.education.state.mn.us/#>)

⁷ Minnesota Departments of Education, Health, Human Services and Public Safety (2016). 2016 Minnesota Student Survey Statewide Tables. Retrieved from <http://www.health.state.mn.us/divs/chs/mss/>.

⁸ Finkelstein, E, Wan Chen Kang, G, Malhotra, R (2014). Lifetime Direct Medical Costs of Childhood Obesity. *Pediatrics*;133(5):854-862.