

A HEALTHIER STATE OF MINNESOTA

BETTER HEALTH TOGETHER.



SHIP IS CREATING HEALTH IN YOUR COMMUNITIES

Statewide Health Improvement Partnership (SHIP) investments support community-driven solutions to expand opportunities for active living, healthy eating and commercial tobacco-free living, helping all people in Minnesota prevent chronic diseases including cancer, heart disease, stroke and type 2 diabetes. Ninety percent of the nation's health care costs are for people with chronic conditions, and the majority of those costs are preventable.

Senator
Bill Ingebrigtsen

Representative
Bud Nornes, 8A

Representative
Mary Franson, 8B

SHIP supports health across the lifespan

With a solid infrastructure and strong relationships in place, SHIP communities are well positioned to address emerging public health issues and continue creating better health across a lifespan.



For more information about SHIP, contact your local coordinator:

PartnerSHIP 4 Health
Jason Bergstrand, jason.bergstrand@co.clay.mn.us

Horizon
Jessica Peterson, jessicap@horizonph.org

Healthy food is good for residents, good for business

PartnerSHIP 4 Health's Eat Well project is flipping the script on convenience foods – food on the go can be healthy, too.

Over the past three years, PartnerSHIP 4 Health dietitians have worked with 15 food service establishments (six locally-owned restaurants/coffee shops, six health care facilities, and three grocery stores/food co-ops) to increase availability and accessibility to healthy foods by modifying existing or adding new menu items.

PartnerSHIP 4 Health drives the program by recruiting partners, researching creative ideas tailored to each partner's needs and abilities while providing extensive technical assistance. SHIP has provided funding to pay for special projects and/or equipment for each partner, to allow the work to move forward.

One example of this work is with Service Food, a locally owned grocery store in Fergus Falls. The partnership has resulted in creating a new product line, "Fresh on the Go," which was launched in February 2017 and has increased sales for the store (\$30,000 in 2017 and \$46,000 in 2018).

The line of foods includes leafy green salads with salad dressings made in-house, shaker salads, energy balls, yogurt parfaits and other seasonal items. These new grab-and-go food products can be a tool to improve community health, providing healthy options for breakfast, lunch and dinner that were not previously available.

Kevin King, Vice President at Service Food, says, "Service Food's partnership with PartnerSHIP 4 Health has been very well received by our employees and customers. It has given us the opportunity to bring healthy, homemade options to our customers for fresh meals and snacks. The ability to combine our employees' expertise with PartnerSHIP 4 Health's expertise has been a very beneficial and greatly appreciated relationship."

SHIP: LOCAL LEADERSHIP, LOCAL PARTNERS, LOCAL EXPERTISE

These community partners are leading SHIP activities in your communities.

Child Care

Family Child Care Homes

Community

Alexandria Aviation
 Alexandria Comm. Ed.
 Battle Lake Food Shelf
 City of Alexandria
 City of Battle Lake
 City of Henning
 City of New York Mills
 City of Ottertail
 City of Parkers Prairie
 Fergus Falls Farmers Market
 Fergus Falls Food Shelf
 Gods Acres
 Henning Community Food Shelf
 JCs General Store
 Lake Region Takes Root
 Local Harvest Market
 New York Mills Food Shelf
 Otter Tail County WIC Program
 Pelican Rapids Community Garden
 Pelican Rapids Food Shelf
 Perham Farmers Mkt.
 The Bridge Community Pantry
 Viking Towers
 Woodhill Townhomes

Schools

Adams Elementary
 Battle Lake Elem.
 Battle Lake Schools
 Battle Lake Secondary
 Boys and Girls Club Perham
 Carlos Elementary
 Cleveland Elementary

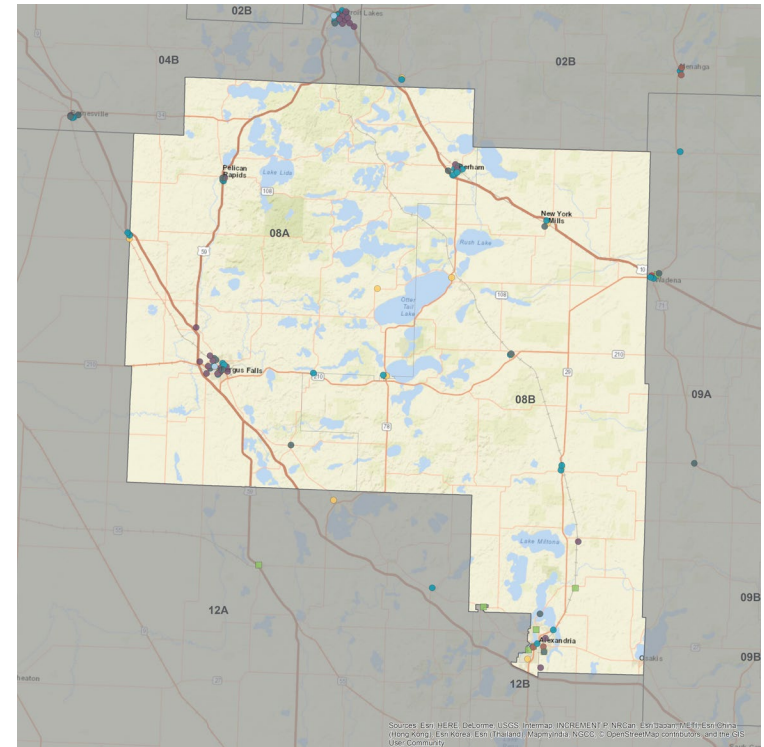
Fergus Falls Area Learning Center
 Heart of The Lakes Elementary
 Henning Elementary
 Henning School District
 Henning Secondary
 Kennedy High
 Kennedy Middle
 Lincoln Elementary
 McKinley Elementary
 New Testament Christian
 New York Mills Elem.
 New York Mills School District
 New York Mills Secondary
 Parkers Prairie Elem.
 Parkers Prairie School District
 Parkers Prairie Secondary
 Pelican Rapids School District
 Pelican Rapids Secondary
 Perham Area Learning Center
 Perham School District
 Perham Senior High
 Prairie Wind Middle
 St. Henry's Area
 St. Paul's Lutheran
 Underwood Elem.
 Underwood School District
 Underwood Secondary
 Viking Elementary
 Voyager Elementary
 Woodland Elem.
 Zion

Workplace

Alexandria Area High
 Arvig Enterprises, Inc
 Bigwood Event Center/
 Country Inn & Suites
 City Of Fergus Falls
 City Of Perham
 Compassion Care

Discovery Middle
 Fergus Falls Public Schools
 Horizon Public Health
 KLN Family Brands
 Lake Region Healthcare Campus
 Lakeland Mental Health Center
 Lakes Country Service Coop.
 Minnesota State
 Miltona Elementary
 Northern Contours, Inc
 Otter Tail County
 Otter Tail Power Company
 Pelican Valley Senior Living
 Perham Health Hospital
 Productive Alternatives
 Ringdahl EMS
 Sanford Health Pelican Rapids
 StoneL
 United Community Bank
 Vector Windows
 West Central Initiative

MINNESOTA LEGISLATIVE DISTRICTS 8A & 8B



SHIP strategies

- Active Living
- Schools
- Workplace Wellness
- Healthy Eating
- Child Care
- Multiple Strategies
- Tobacco-Free Living
- Health Care
- Tribal SHIP and Tobacco Grants

To learn more about SHIP, visit www.health.mn.gov/ship.