# A HEALTHIER STATE OF MINNESOTA

## BETTER HEALTH TOGETHER.

**ship**
statewide health improvement partnership

## 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**
Scott J. Newman

**Representative**
Dean Urdahl, 18A

**Representative**
Glenn Gruenhagen, 18B

## 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:

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**DEPARTMENT OF HEALTH**
www.health.mn.gov/ship

Meeker, McLeod, Sibley
*Healthy Communities*

**Living Well with Diabetes makes an impact in Sibley County**

Meeker-McLeod-Sibley Statewide Health Partnership (SHIP) partnered with Minnesota River Area Agency on Aging and Ridgeview Sibley Medical Center to diminish the impact of diabetes on residents in Sibley County by offering an educational program called Living Well with Diabetes.

Living Well with Diabetes is an evidence-based diabetes self-management program. The program engages participants in a six-week class. The class covers topics such as: monitoring blood sugar, healthy eating, recommended testing and preventative services, how to deal with sick days, foot care and complications. Classes are designed to increase self-management techniques and address specific concerns and goals for people with type 2 diabetes. Participants set goals and make a step-by-step plan to improve their health.

Living Well with Diabetes was launched in Sibley County in the fall of 2017 and the program has continued to expand. Minnesota River Area Agency on Aging trained facilitators and Ridgeview Sibley Medical Center recruited class participants and provided space to host classes.

After the first program, all participants reported they were more confident they can manage their chronic condition after taking the class and all but one program participant reported that as a result of the class, they were better able to manage at least one aspect of their health and/or maintain an active life. Because of the impact of Living Well with Diabetes classes have had, SHIP has supported start-up of additional evidence-based programs related to falls prevention and chronic disease management and will also be offering some of the classes in Spanish.

# SHIP: **LOCAL** LEADERSHIP, **LOCAL** PARTNERS, **LOCAL** EXPERTISE

### These community partners are leading SHIP activities in your communities.

**Community**
City of Arlington
City of Gaylord
City of Hutchinson
City of Lester Prairie
City of Litchfield
City of Watkins
City of Winsted
Meeker Co. EDA Townhomes (Cosmos,
  Grove City, Litchfield and Watkins)
Meeker County Food Shelf - Dassel
Meeker County Food Shelf - Litchfield

**Health Care**
Hutchinson Health
Meeker Memorial Hospital
Ridgeview Clinic - Winsted
Ridgeview Sibley Medical Center
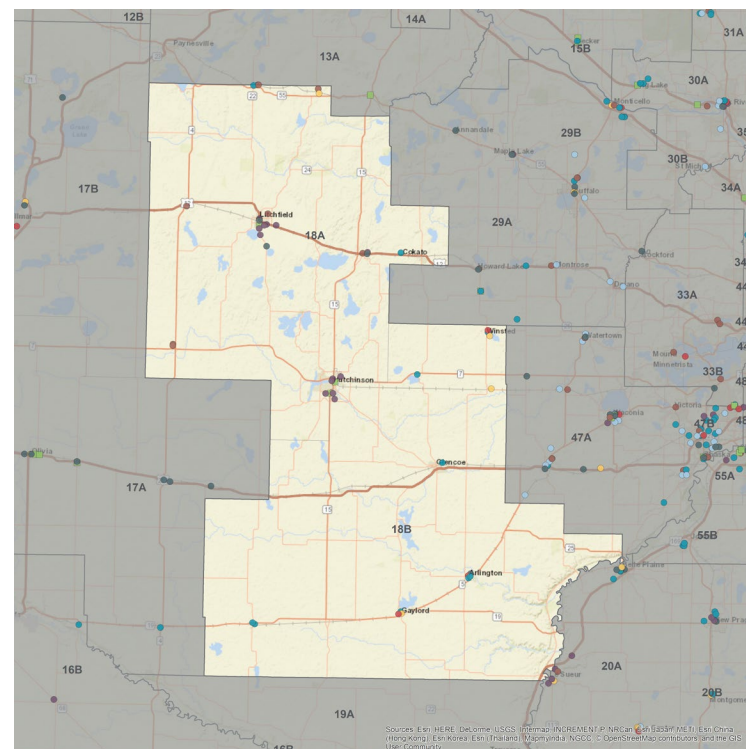Sibley Co. Public Health
  and Human Services

**Schools**
Dassel-Cokato
Eden Valley - Watkins Secondary

G.F.W. Elementary
GSL School District
Lakeside Elementary
Lincoln Elementary Glencoe
Prairie Lutheran Elementary
Sibley East School District
Sibley East-Gaylord Elementary
St. Paul's Lutheran School
Winsted Elementary

**Workplace**
Custom Products
Ecumen of Hutchinson
Ecumen of Litchfield
Harmony River Living Center
Hutchinson Public Schools
Hutchinson Technologies
IRD Glass
Lakeside Health Care of Dassel
Lamp Kinship
Litchfield Chamber of Commerce
Meeker Cooperative
Meeker County
Ridgewater College Hutchinson
Southwest Initiative Foundation

**MINNESOTA LEGISLATIVE
DISTRICTS 18A & 18B**



## 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.**