

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

Jason Rarick

Representative

Mike Sundin, 11A

Representative

Vacant, 11B

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:

Partners in Healthy Living

Lori Swanson; lori.swanson@co.kanabec.mn.us

Healthy Northland

Brian Bluhm; bluhmb@stlouiscountymn.gov

Promoting health at Lakes and Pines Community Action Council

Employees at Lakes and Pines Community Action Council (CAC) are experiencing a healthier work environment thanks to support from the Statewide Health Initiative Partnership (SHIP) in Kanabec, Pine, Isanti and Mille Lacs counties.

Lakes and Pines CAC is a local non-profit organization that promotes self-sufficiency in families and communities in Mora, Minn. Employees work to assist families who are typically in a crisis situation.

Most of Lakes and Pines CAC's 112 employees work in sedentary positions. Over the past five years Lakes and Pines CAC has made several changes to promote a healthy work environment, including: adopting a smoke-free grounds policy; support to quit smoking; a two-minute afternoon stretch break called 2-at-2; 30 minutes of additional break time to use for physical activity; and healthy catering offerings at staff meetings, healthy snack stations and a raised garden bed.

Most recently, Body Mass Index (BMI) scales were purchased through a Partners in Healthy Living grant. Instructions on how to use the scales, understanding BMI scores, education and resources to meet health and wellness goals were provided. Thirty-four staff members participated in a three-month healthy eating and physical activity challenge and collectively lost 208 pounds. It proved to be a huge success, not only by the amount of participation and pounds lost, but also by the relationships that were built and support that staff provided to each other.

One participant stated that she switched from drinking soda to only water. "Since we have gotten the scales I have dropped down to one caffeine drink a day. I have eaten more fruits and veggies and I stopped snacking after dinner. Thanks for getting us started," said another employee.

SHIP: LOCAL LEADERSHIP, LOCAL PARTNERS, LOCAL EXPERTISE

These community partners are leading SHIP activities in your communities.

Community

City of Cloquet
Pine Community Food Shelf Family Pathways

Health Care

Community Memorial Hospital
Mercy Hospital
FirstLight Health System

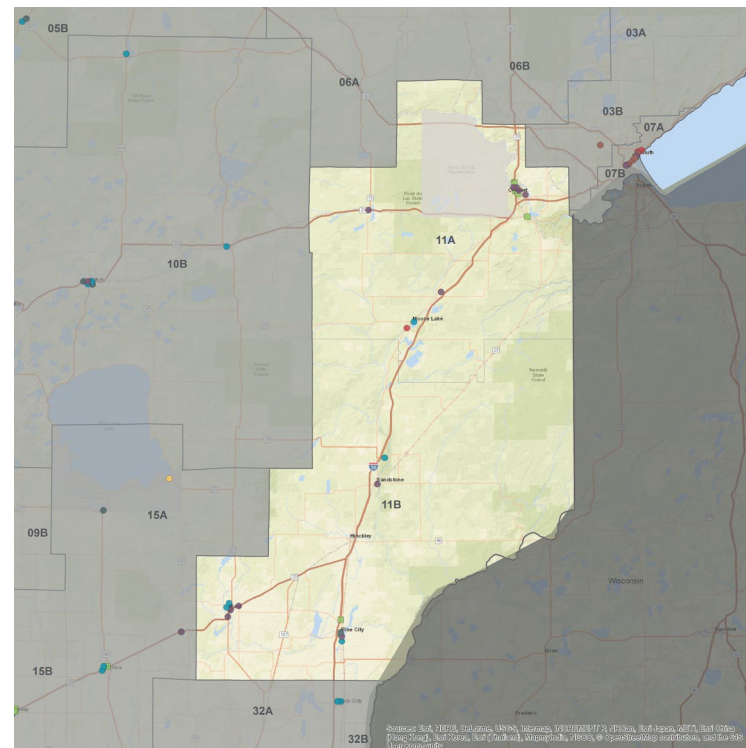
Schools

Churchill Elementary (Cloquet)
Cloquet Middle
East Central Elementary
East Central High
Moose Lake Elementary
Moose Lake Secondary
Mora Elementary
Mora Secondary
Pine City Elementary
Pine City Secondary
Washington Elementary (Cloquet)

Workplace

Barnum Public Schools
Carlton County Courthouse
Cloquet Area Fire District
Cloquet ISD 94
Cromwell Wright School ISD 95
Essentia Health Sandstone
FirstLight Health System
Kanabec County
Lakes and Pines CAC
Pine County
Pine Technical and Community College
Recovering Hope
Upper Lakes Foods
USG Interiors LLC
Chris' Food Center-Sandstone
St. Clare's Living Community

MINNESOTA LEGISLATIVE DISTRICTS 11A & 11B



SHIP strategies

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

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