

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
Andrew Mathews

Representative
Sondra Erickson, 15A

Representative
Shane Mekeland, 15B

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:

Benton
Jennifer Lezer, jlezer@co.benton.mn.us

Isanti, Kanabec, Mille Lacs, Pine
Lori Swanson, lori.swanson@co.kanabec.mn.us

Sherburne
Cody Engelhaupt, cody.engelhaupt@co.sherburne.mn.us



Moms have a place to breastfeed at Foley Public Schools

The Foley School District has been at the forefront of many efforts to create healthy opportunities for the Foley community over the years. The district has been supported in these efforts by a collaboration with the local Statewide Health Improvement Partnership (SHIP) staff.

The school's latest initiative focuses on breastfeeding. Recently, the District has designated and specially refurbished a room just for breastfeeding mothers in order to support their staff members returning to work after maternity leave.

Studies show that infants who are breastfed have better health outcomes as they grow. District leaders realized that returning moms needed support during this critical time so that mom and baby could continue to reap the benefits of breastfeeding.

Staff followed best practices when creating the room and were sure to include a lock on the door, sink, storage area, mini refrigerator, recliner, end table and soft lighting. Benton County SHIP staff also helped the school formalize a new policy to ensure that the breastfeeding mothers have time, space and support for this important activity.

One of the moms who used the room said, "The new space far exceeded my expectations. Being able to provide for my twins in this way can be tough as a working mother, but the lactation room made it possible for me to do so."

Benton County Public Health also works with other community partners to coordinate breastfeeding support and promotion, provide education, and support nursing mothers by creating a cultural norm, and last year was recognized by the Minnesota Department of Health as a Breastfeeding Friendly Health Department at the gold level.

SHIP: LOCAL LEADERSHIP, LOCAL PARTNERS, LOCAL EXPERTISE

These community partners are leading SHIP activities in your communities.

Community

Baldwin Township
Becker Community Center
City of Isle
City of Rice
Farm Market Cafe
Princeton Community Education

Health Care

Benton County Government
Center
Fairview Northland
Fairview Northland Medical
Center

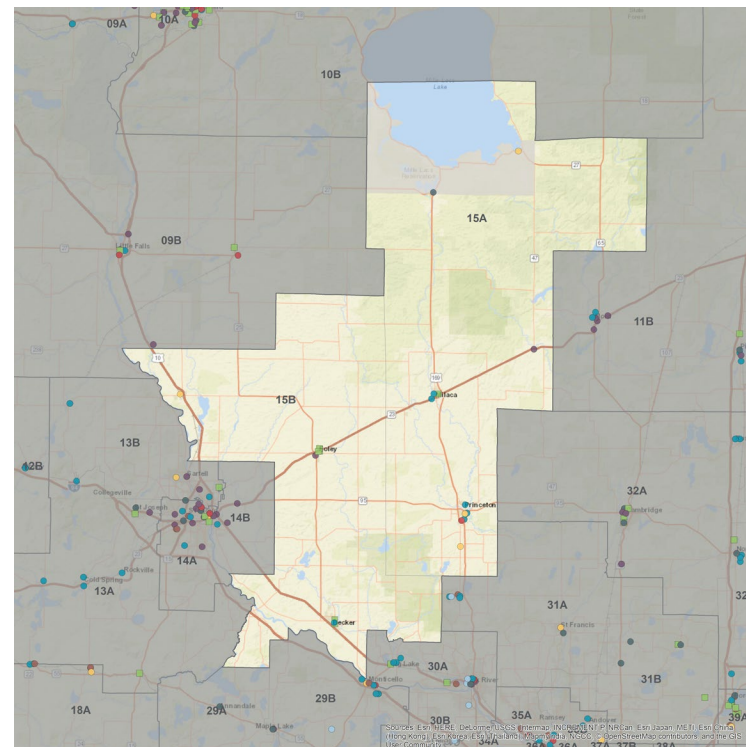
Schools

Becker Middle
Becker School District
City of Foley
Foley Public Schools
Milaca Area Learning Center
Milaca Elementary
Milaca High
North Elementary
Ogilvie Elementary
Ogilvie Secondary
Princeton Area Learning
Center
Princeton ECFE
Princeton Educational Options
Princeton Middle
Princeton Senior High
South Elementary

Workplace

City of Becker
Falcon National Bank
Foley Public Schools
Mille Lacs County
Ogilvie School District

MINNESOTA LEGISLATIVE DISTRICTS 15A & 15B



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.