

# 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

Melissa H. Wiklund

### Representative

Michael Howard, 50A

### Representative

Andrew Carlson, 50B

## 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:

### Bloomington, Edina, Richfield

Margaret Perez, mperez@BloomingtonMN.gov

## Workplace wellness is launched in the hospitality industry

Workplace wellness initiatives improve employee retention, increase productivity and foster employee satisfaction, but can be challenging in an industry that employs a large number of part-time employees. The City of Bloomington Public Health Division tackled this challenge through the Statewide Health Improvement Partnership (SHIP), leading an effort to institute workplace wellness in hotels.

After a series of conversations with local hotels, the City of Bloomington Public Health Division, Hennepin County Public Health and the Minneapolis Health Department initiated a hotel worksite wellness cohort. The cohort consisted of five hotels, three of which were in the cities of Bloomington and Edina. Each of these hotels not only began actions to support the health of their employees, but also established infrastructure for worksite wellness to ensure sustainability.

Serah Morrissey, Area Director of Human Resources for The Westin Edina Galleria and Sheraton Bloomington Hotel, said, "Being part of the cohort directly impacted and benefited our hotels.... Seventy percent of employees were interested in healthy cooking and physical activity." Morrissey successfully implemented healthy eating initiatives in both hotels, promoted city farmers markets and offered onsite community-supported agriculture programs in partnership with the Hmong American Farmers Association.

Embassy Suites in Bloomington also participated in the cohort; the hotel now provides healthy options for employees at meetings, and encourages employees to take walking breaks and participate in physical activity challenges.

The five hotels are all continuing their participation in 2019, and each has recruited additional hotels to join them in an effort to offer this unique wellness opportunity to others in the hospitality industry.

# SHIP: LOCAL LEADERSHIP, LOCAL PARTNERS, LOCAL EXPERTISE

These community partners are leading SHIP activities in your communities.

## Child Care

Bloomington Childcare Association  
Bloomington Early Learning Services  
Latino Early Education Network

## Community

City of Bloomington  
City of Richfield  
MN Independence College & Community  
Richfield Community Education  
Richfield Community Housing Team  
Richfield Public Schools Health Resource Center  
Southgate Apartments  
Steven Scott Management  
VEAP

## Health Care

Bloomington Public Health  
Fairview Oxboro Clinic  
Fairview Xerxes Clinic  
Health Commons at Pond  
Richfield Dementia Friends

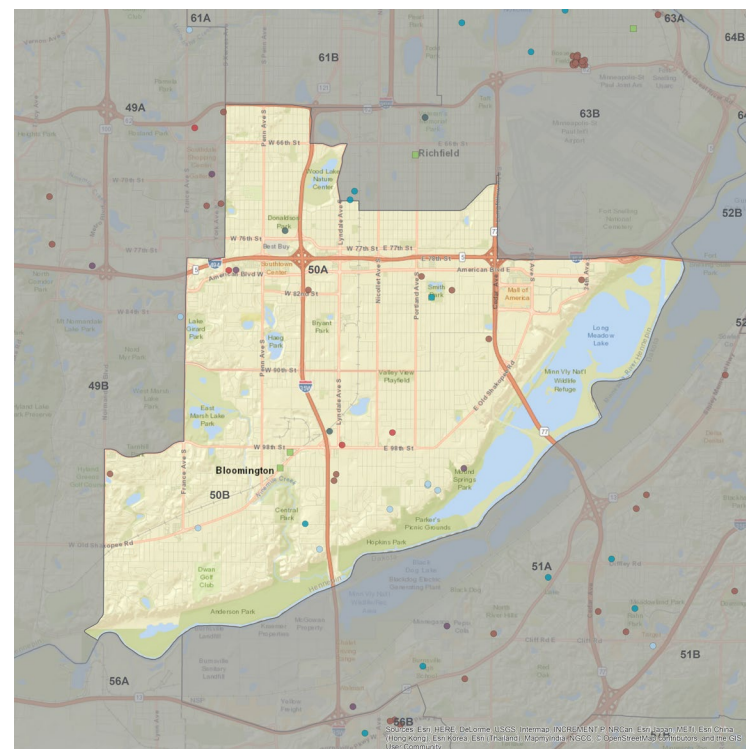
## Schools

Bloomington Public School District  
Richfield Public School District  
Success Academy

## Workplace

Crowne Plaza Aire Bloomington  
Embassy Suites Bloomington  
Hyatt Regency Bloomington

## MINNESOTA LEGISLATIVE DISTRICTS 50A & 50B



## 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](http://www.health.mn.gov/ship).