

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
Matt Little

Representative
Jon Koznick, 58A

Representative
Pat Garofalo, 58B

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:

Dakota
Marguerite Zauner, Marguerite.Zauner@co.dakota.mn.us

Dakota County worksites are becoming healthier

Dakota County Public Health, part of the Statewide Health Improvement Partnership (SHIP), has collaborated with 13 worksites, with more than 3,400 employees, to implement sustainable wellness programs in order to increase health, productivity and job satisfaction among their employees.

Employers involved in the collaborative included City of Burnsville, City of Rosemount, the City of Lakeville, Scott Carver Dakota CAP Agency, Woodland Elementary and Better Business Bureau, among others.

The participating worksites applied to be part of this new cohort of businesses, and over the past 18 months Dakota County SHIP worked with them to create sustainable wellness programs tailored to the needs of their workforce. SHIP assisted the 13 partner sites with conducting assessment activities, developing work plans and initiatives, and working to increase engagement between employers and employees.

Wellness initiatives included creating healthier options for snacks on site, implementing walking meetings or increased break time for physical activity and creating spaces on-site for breastfeeding moms.

In addition to those benefits, networking and increasing knowledge are part of the partnership through quarterly meetings. The partners come together and learn more about different health strategies or resources available to them, share successes and support their counterparts in wellness challenges they may experience along the way. Employer partners were also offered the opportunity to attend the annual HealthSource Solutions Worksite Wellness conference to network and gain new knowledge and resources to foster a healthier work place.

One employer participant of the Dakota County Worksite Wellness Collaborative stated, "This kick-started a wellness effort that we wouldn't have done without SHIP."

SHIP: LOCAL LEADERSHIP, LOCAL PARTNERS, LOCAL EXPERTISE

These community partners are leading SHIP activities in your communities.

Child Care

ISD 195 Child Care and Preschool

Community

City of Farmington
Dakota County CDA - Cedar Valley
Dakota County CDA - Country Lane
Dakota County CDA - Keystone Crossing
Dakota County CDA - Main Street Manor
Dakota County CDA - Meadowlark
Dakota County CDA - Prairie Crossing
Dakota County CDA - Twin Ponds
Dakota County CDA - Twin Ponds II
Dakota County CDA - Winsor Plaza
Elm Terrace
Quiet Waters Ranch

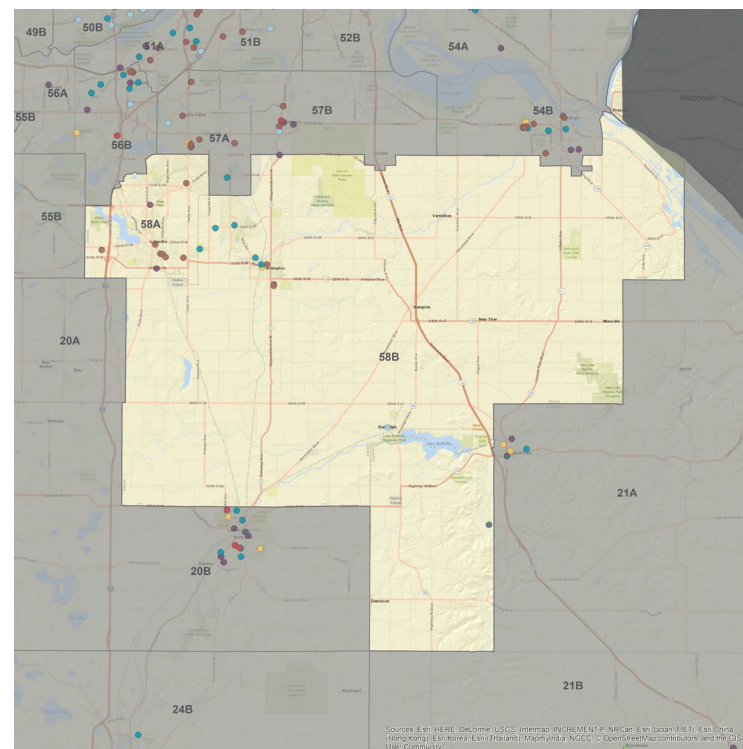
Schools

Akin Road Elementary
Farmington High
ISD 192 Extended Campus
Meadowview Elementary
Randolph Elementary
Randolph Secondary
Riverview Elementary

Workplace

City of Lakeville
Dakota County Communications Center
Dicks Sanitation

MINNESOTA LEGISLATIVE DISTRICTS 58A & 58B



SHIP strategies

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|-----------------------|---------------|----------------------------------|
| ● 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.