

# 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

Karla Bigham

### Representative

Anne Claflin, 54A

### Representative

Tony Jurgens, 54B

## 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:

### Washington

Kim Ball, [kim.ball@co.washington.mn.us](mailto:kim.ball@co.washington.mn.us)

### Dakota

Marguerite Zauner, [Marguerite.Zauner@co.dakota.mn.us](mailto:Marguerite.Zauner@co.dakota.mn.us)



## Helping to ensure all students have the opportunity to be healthy

Research shows a strong connection between student health and their success in school. Promoting healthy behavior in schools can help youth improve test scores, grades and attendance. With support from the Statewide Health Improvement Partnership, Living Healthy in Washington County is partnering with schools and districts to ensure all students have the opportunity to be healthy and successful.

Schools in Washington County are applying Smarter Lunchrooms strategies to encourage healthy eating among students. South Washington County Schools have embraced the University of Minnesota Extension Great Trays curriculum districtwide. Great Trays uses evidence-based practices to improve access to healthy foods in schools. Twenty-five Nutrition Services employees completed the Nutrition Building Blocks for Great Trays course, where they learned about nutrition, strategies to make fruits and vegetables appealing to students, aspects of the serving line that promote healthy food choices and more. All new employees will also receive training.

These strategies are being implemented in schools across Washington County. In three districts and two charter schools, Smarter Lunchrooms reached over 32,000 students.

“The Building Blocks for Great Trays curriculum has been so helpful, especially for our new staff because they are able to understand the why behind everything we do for students,” said Bobbie Jo Grummons Assistant Director, Nutrition Services at South Washington County Schools.

Schools are taking a comprehensive approach when it comes to student wellness. In addition to Smarter Lunchrooms, they are working on strategies to increase physical activity before, during and after school. Collectively, these efforts will set students up for success in school and for a lifetime!

# SHIP: LOCAL LEADERSHIP, LOCAL PARTNERS, LOCAL EXPERTISE

These community partners are leading SHIP activities in your communities.

## Child Care

Head Start - South St. Paul

## Community

Buron Lane Apartments  
 City of South Saint Paul  
 Dakota County  
 Dakota County CDA - Marketplace  
 Dakota County CDA - Mississippi Terrace  
 Dakota County CDA - Pleasant Ridge  
 Dakota County CDA - Rivertown Court  
 Dakota County CDA - West Village  
 Mark Court Apartments  
 Masonic Block  
 MRRT Wakota Trailhead and Overlook Design  
 Nan McKay/South St Paul HRA  
 Oak Terrace Apartments  
 Park Place I and II Apartments  
 Pioneer Apartments  
 Sams Mini Mart  
 Syndicate Bluff Apartments  
 The Groves  
 The Woodlands  
 Vermillion Shores

## Health Care

Commonbond Red Rock Manor

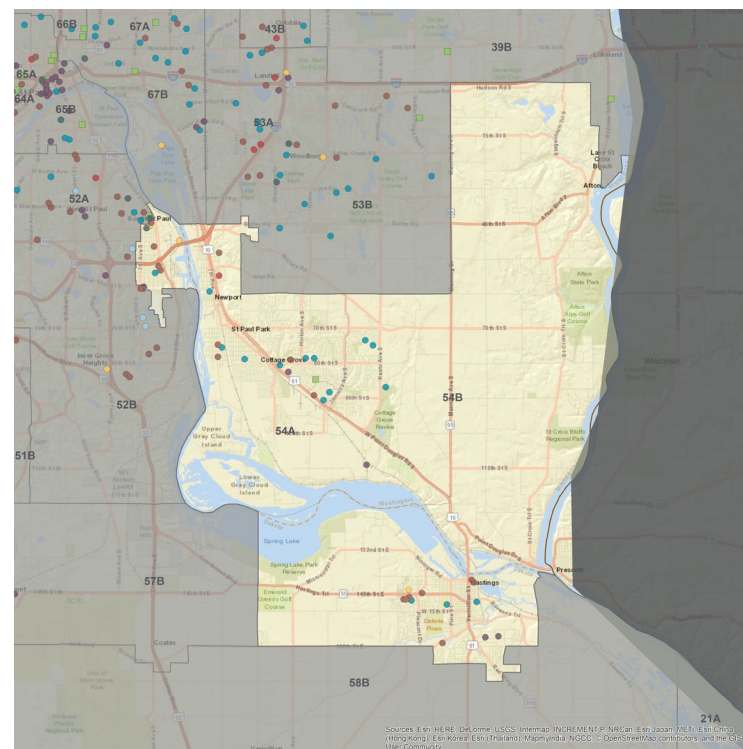
## Schools

Christa McAuliffe Elementary  
 District 833 Alternative High  
 District 833 Armstrong Elementary  
 District 833 Cottage Grove Middle  
 District 833 Crestview Elementary  
 District 833 Grey Cloud Elementary  
 District 833 Hillside Elementary  
 District 833 Newport Elementary  
 District 833 Next Step  
 District 833 Nuevas Fronteras Spanish Immersion  
 District 833 Oltman Middle  
 District 833 Park Senior High  
 District 833 Pine Hill Elementary  
 District 833 Pullman Elementary  
 Kaposia Education Center Elementary  
 Kennedy Elementary  
 Pinecrest Elementary

## Workplaces

3M Washington County  
 District 833 South Washington County Schools  
 Innovative Surfaces  
 Intek Plastics

## MINNESOTA LEGISLATIVE DISTRICTS 54A & 54B



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