

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
Bobby Joe Champion

Representative
Fue Lee, 59A

Representative
Raymond Dehn, 59B

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:

Minneapolis

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Hennepin

Cathy Stahl, catherine.stahl@hennepin.us

Engaging city of Minneapolis employees in wellness

In 2008, Minneapolis City Council passed a resolution that established a comprehensive citywide health and wellness program and created a Wellness Committee.

The Wellness Committee is led by the departments of Health and Human Resources and includes representatives from every City department. The Statewide Health Improvement Partnership (SHIP) has been instrumental to the committee's work planning and implementing wellness efforts and ensuring all employees have opportunities to engage in wellness. This year, Wellness Committee members supported the rollout of new wellness initiatives along with systems and policy changes.

This summer, the Wellness Committee partnered with Homegrown Minneapolis in the Sustainability Office on a series of wellness walks to various farmers markets. Through these walks, employees were exposed to local, healthy food and given the opportunity to be physically active at work.

To work on raising visibility and building relationships between employees, the City also began to build a system to support 36 new wellness champions and 64 bike champions from several departments and divisions.

The Wellness Committee was also included in planning the city's new Public Service Building. The new building design team is pursuing Fitwel certification, a science-based tool used to support comprehensive workplace health and wellness through design and operational strategies. The Wellness Committee was asked to provide input on the design of the lactation rooms, fitness center, and food service requirements. Through this process, the City updated its healthy food policy to meet the Fitwel criteria.

Innovative wellness work at the City plays an important role in informing external partnerships with local businesses across Minneapolis and informs the internal work of SHIP.

SHIP: LOCAL LEADERSHIP, LOCAL PARTNERS, LOCAL EXPERTISE

These community partners are leading SHIP activities in your communities.

Community

Appetite for Change
Camden Farmers Market
FINNEGANS Farmers Market
Hennepin County
Lao Assistance Center
Lowry Towers
Madison Apartments
Minneapolis Farmers Market Govt Center Plaza
Minneapolis Farmers Market Nicollet Mall
Minneapolis Youth Coordinating Board
Old Town in Town Cooperative
Oliver Manor
RiverWest Condo
Second Street Lofts
Smoke Free Housing Residence
The Atrium
The Churchill
The Lamoreaux
The Metro Apartments
The Neighborhood Hub

Health Care

Hennepin County Medical Center
Hennepin County Medical Center Pediatrics

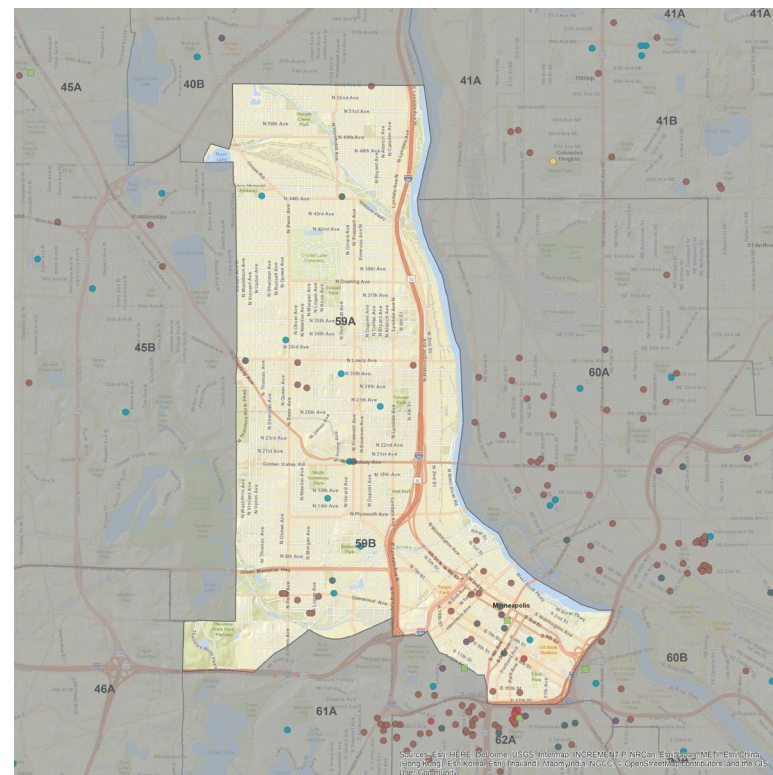
Schools

Bethune Community School
Hennepin County Juvenile Detention Stadium View High
Hmong International Academy
Loring Elementary
Lucy Laney Elementary
Minneapolis Public Schools District
Nellie Stone Johnson Elementary
North Community High
Riverbend Educational Center

Workplace

City of Minneapolis government
Damon Farber
Minneapolis Regional Chamber of Commerce

MINNESOTA LEGISLATIVE DISTRICTS 59A & 59B



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.