

# 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**  
Susan Kent

**Representative**  
Tou Xiong, 53A

**Representative**  
Steve Sandell, 53B

## 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)

### 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.

## Community

Carver Lake Townhomes  
 Christian Cupboard Emergency Food Shelf  
 City of Woodbury  
 CityWalk - The Flats  
 Cobble Hill Apartments  
 Gateway Goldline  
 Regency Hill  
 Ridgecrest Apartments  
 Senior Care Communities Woodbury  
 The Seasons Villas  
 Valley Creek Apartments  
 Washington County HRA - Scattered Sites  
 Woodbury Park Apartments at City Centre  
 Woodland Pointe

## Health Care

Commonbond Oak Terrace  
 Nystrom and Associates  
 Woodwinds Health Campus

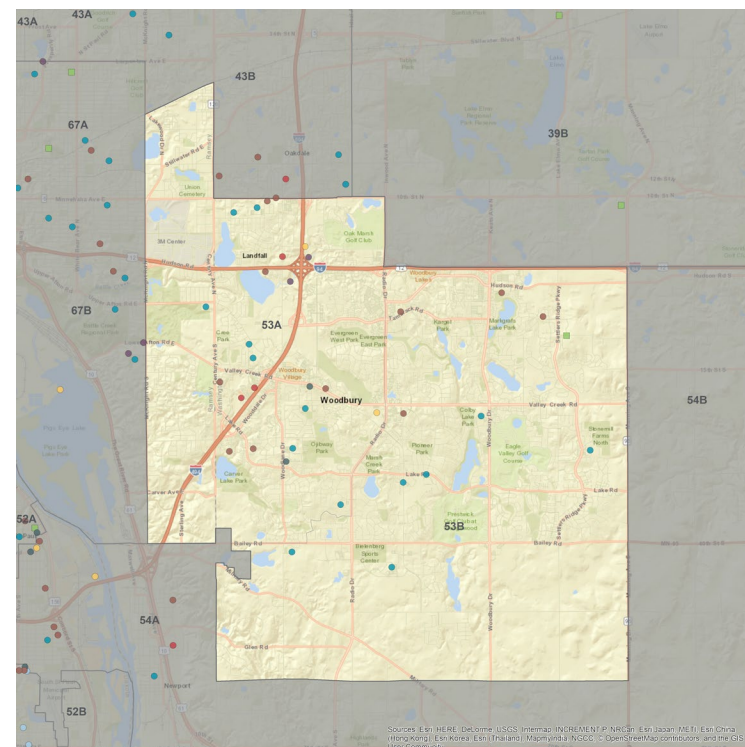
## Schools

Carver Elementary  
 District 622 Oakdale Elementary  
 District 622 Tartan High  
 District 833 East Ridge High  
 District 833 Gordon Bailey Elementary  
 District 833 Lake Middle  
 District 833 Liberty Ridge Elementary  
 District 833 Middleton Elementary  
 District 833 Red Rock Elementary  
 District 833 Royal Oaks Elementary  
 District 833 Valley Crossing Elementary  
 District 833 Woodbury Elementary  
 District 833 Woodbury High  
 District 833 Woodbury Middle  
 District 834 Brookview Elementary

## Workplaces

Crossroads Properties  
 Self Esteem Brands, LLC  
 District 833 South Washington County Schools

## MINNESOTA LEGISLATIVE DISTRICTS 53A & 53B



## 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).