

# 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 D. Klein

### Representative

Rick Hansen, 52A

### Representative

Ruth Richardson, 52B

## 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

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### Hennepin

Cathy Stahl, [catherine.stahl@hennepin.us](mailto:catherine.stahl@hennepin.us)

## Supporting healthy food access at neighborhood convenience stores

Local convenience stores serve an important role in providing food to areas that lack access to larger grocery stores and transportation options. That lack of access – whether in urban, suburban or rural areas – can create barriers to healthy food access and can contribute to serious long-term health outcomes.

The Dakota County Public Health Department, with support from the Statewide Health Improvement Partnership (SHIP) and the Good Food Sold Here initiative, has partnered with three convenience stores in South St. Paul and Inver Grove Heights to build their capacity to stock and sell healthy food and drink options. The stores are located in lower-income neighborhoods with residents that have lower rates of car ownership, and are frequented by residents of the nearby public and senior housing buildings, and students from nearby schools.

The stores have started stocking fresh produce, fruit canned in 100 percent juice, healthy snack alternatives, whole grain options, healthy beverages and more. One participating convenience store owner mentioned that he pointed out healthier options at checkout when customers were deciding what snacks they wanted to purchase.

SHIP funding allowed Dakota County staff to provide technical assistance on ways to stock and display healthy food, promote the new options and do follow up surveys with customers and store owners to assess impact. The Good Food Sold Here initiative provided promotional signs for the stores. Dakota County plans to expand this healthy food access to halal grocers, who sell foods that are permissible under Islam, in order to offer the growing Muslim population in Dakota County a greater variety of healthy products.

# SHIP: LOCAL LEADERSHIP, LOCAL PARTNERS, LOCAL EXPERTISE

These community partners are leading SHIP activities in your communities.

## Child Care

Amazing Beginnings Montessori  
Augustana Preschool  
Head Start - Inver Grove Heights  
Mi Familia Childcare

## Community

Big Rivers Regional Trail- Soo Line  
Extension Eagan  
Cedarwood Apartments  
Charlton West  
City of Inver Grove Heights  
Cloman Way Apartments  
Colleen Loney Manor  
Dakota County - Greenway Mendota to  
Lebanon  
Dakota County River to River Greenway  
Dakota County CDA - Cahill Commons  
Dakota County CDA - Carmen Court  
Dakota County CDA - Dakota Heights  
Dakota County CDA - Haskell Court  
Dakota County CDA - Hillside Gables  
Dakota County CDA - Inver Hills  
Dakota County CDA - Lafayette Townhomes  
Dakota County CDA - Parkview Plaza  
Dakota County CDA - River Heights Terrace  
Dakota County CDA - Spruce Pointe  
Dakota County CDA - The Dakotah  
Dakota County CDA - Village Commons  
Inver Grove Super USA  
Neighbors, Inc.  
Quick Stop  
Somerset Green  
The Commons at Inver Hills  
The Reserve at Mendota Village  
Valley View Apartments 6th Ave

## Health Care

John Carrol/South St Paul HRA  
Thompson Park Activity Center

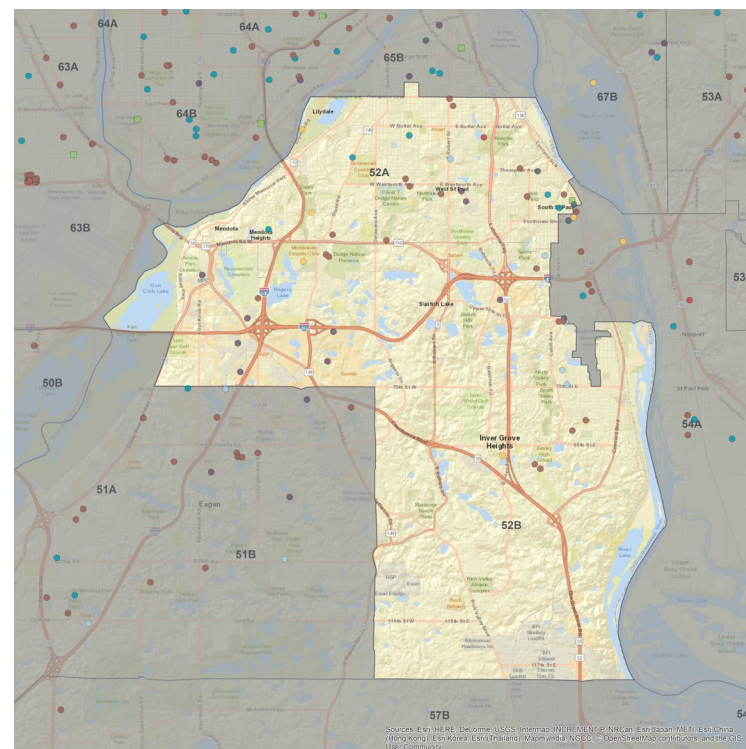
## Schools

ISD 197 School Age Care  
Lincoln Center Elementary  
Mendota Elementary  
Moreland Art/Health Science Magnet  
Somerset Elementary  
South St. Paul Secondary

## Workplace

Bay and Bay  
Bird and Cronin, Inc.  
CHS  
DARTS  
Living Well Disability Services  
Living Well Disability Services  
Northland Drive  
Restaurant Technologies, Inc.  
Sexton Printing Inc.  
White House Custom Colour

## MINNESOTA LEGISLATIVE DISTRICTS 52A & 52B



## 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).