

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

Hennepin
Cathy Stahl, catherine.stahl@hennepin.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

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

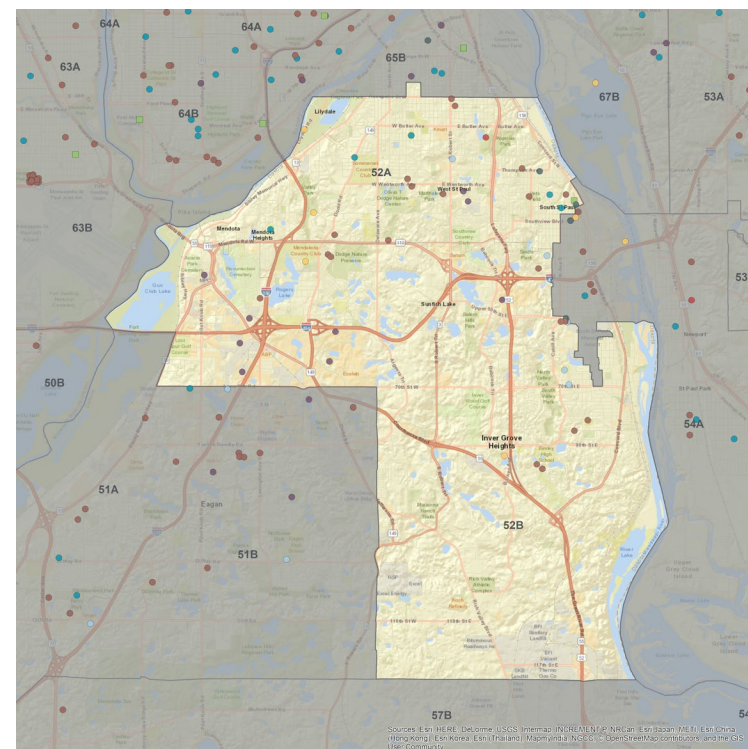
Schools

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.