

# 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**  
Justin D. Eichorn

**Representative**  
Steve Green, 5A

**Representative**  
Sandy Layman, 5B

## 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:

### Cass

Simon Whitehead, [swhitehe@umn.edu](mailto:swhitehe@umn.edu)

### North Country

Julie Flathers, [julie.flathers@co.clearwater.mn.us](mailto:julie.flathers@co.clearwater.mn.us)

### Crow Wing

Kalsey Stults, [kalsey.stults@essentiahealth.org](mailto:kalsey.stults@essentiahealth.org)

### Healthy Northland

Brian Bluhm; [bluhmb@stlouiscountymn.gov](mailto:bluhmb@stlouiscountymn.gov)



## SHIP supports hunger relief in Cass County

Almost 13 percent of Cass County's population has used a food shelf once in the past year.

In an effort to better serve this population, organizations that provide hunger relief in the county have organized a Coalition for Food Shelves in Cass County, with support from the Cass County Statewide Health Improvement Partnership (SHIP).

The group launched in summer 2018, identifying common challenges, such as obtaining enough fresh produce to meet demand, raising funds, securing transportation options and supporting ways to create a grocery store experience for food shelf clients.

"The Walker Area Food Shelf is very grateful for the Food Shelf Coalition," said Cheri Ford, Walker Area Food Shelf director. "It has already provided our food shelf with outstanding networking with other area food shelf directors. We have shared process ideas, fundraising opportunities, grant suggestions and further awareness of SHIP."

New collaboration is already leading to solutions. For instance, Second Harvest has offered to bring extra produce to distribute to coalition members, free of charge, and so far, has provided 5,264 pounds of produce to distribute.

SHIP is also providing mini-grants to support the client friendly efforts of the Food Shelves for such things as signage, healthy eating posters or small coolers. On the last challenge, food shelves in Cass County committed to continue working on ways to be more client friendly and make their facilities as much like a shopping experience as possible.

The group is also working locally to find a plot of land that could be used to grow fresh produce for the food shelves.

# SHIP: LOCAL LEADERSHIP, LOCAL PARTNERS, LOCAL EXPERTISE

These community partners are leading SHIP activities in your communities.

## Community

401 Apartments  
 Bemidji Community Food Shelf  
 Casa Tranquila Apartments  
 Cenex Gas Station  
 City of Deer River  
 City of Grand Rapids  
 Crystal Lake Townhomes  
 Forest Park West Apartments  
 Hackensack Food Shelf  
 Itasca County  
 Lake Shore Place  
 Leech Lake Area Chamber Of Commerce  
 Leech Lake Tribal College  
 Longville Food Shelf  
 Pine River Food Shelf  
 Remer Food Shelf  
 Second Harvest North Central Food Bank  
 Smoke Free Housing Residence  
 Walker Food Shelf

## Health Care

Calvary Evangelical Free Church  
 Cass County  
 May Creek Senior Living  
 Pine River Life Center  
 Union United Church Of Christ  
 Warehouse In Pine River

## Schools

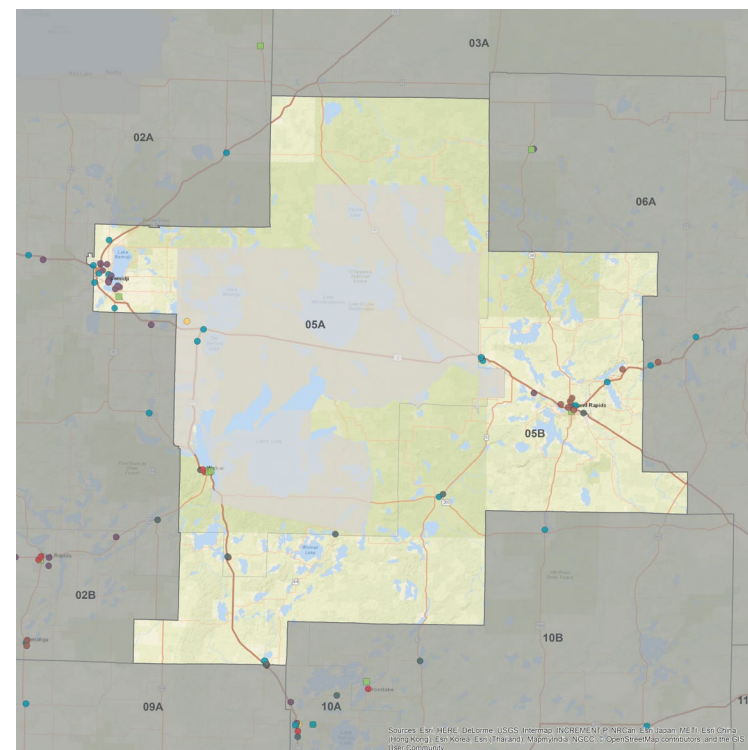
Bemidji Middle  
 Bemidji Senior High  
 Cass Lake-Bena Elementary

Cass Lake-Bena High  
 Cass Lake-Bena Middle  
 Central Elementary (Bemidji)  
 Deer River High  
 Horace May Elementary  
 ISD 317 Deer River Schools  
 ISD 318  
 J.W. Smith Elementary  
 King Elementary  
 Lincoln Elementary (Bemidji)  
 Northern Elementary  
 Northland Secondary  
 Paul Bunyan Elementary  
 Pine River Backus High  
 Pine River-Backus Elementary  
 Robert J. Elkington Middle  
 Vandyke Elementary  
 W.H.A. Elementary  
 Walker-Hackensack-Akeley Secondary

## Workplaces

AmeriPride  
 Beltrami County  
 Bemidji Brewing  
 Bemidji State University  
 Choice Therapy  
 Double Tree Hilton Hotel  
 First National Bank  
 Headwaters Reg. Dev. Commission  
 Kootasca Community Action  
 Minnesota Power Cohasset  
 Paul Bunyan Communications  
 Pinnacle Market Group  
 Sanford Medical Center, Bemidji

## MINNESOTA LEGISLATIVE DISTRICTS 5A & 5B



## 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).