

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

Ann H. Rest

Representative

Lyndon Carlson, Sr., 45A

Representative

Mike Freiberg, 45B

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:

Hennepin

Cathy Stahl, catherine.stahl@hennepin.us

Avivo takes action to create a culture of health

Avivo, an organization that helps people achieve recovery from addiction and mental illness, serves more than 18,000 adults each year. Avivo, with 360 employees, focuses on health, social and economic wellness - the foundation for making lasting change in the lives of people they serve.

To create a culture of wellness, Avivo, which has locations across the Twin Cities, assessed how their practices currently support wellness, gathering input from clients and staff. To identify steps needed, they asked: How can we support wellness for clients? How can we support wellness for staff? With technical support, resources and training from Hennepin County Statewide Health Improvement Partnership (SHIP) staff, Avivo now has a sustainable infrastructure to address wellness. Members from nearly all its 28 locations serve on Wellness Committee teams.

Through these teams, Avivo has:

- established a tobacco-free policy that supports cessation
- adopted a healthy eating policy by providing residential meals, meeting and event foods, and vending choices that meet Avivo's nutrition standards
- planted an urban garden that provides fresh produce, fresh air, and social opportunities
- committed to a physical activity policy, including:
 - purchasing new equipment to increase options for activity such as hoops for regular three-on-three basketball games
 - establishing walking routes at four locations to encourage employees to take regular walking breaks during their work day to reduce stress
 - encouraging staff to add activity into normally sedentary client interactions, like incorporating a walk to a coffee shop into a counseling session

"We are committed to wellness for staff and our clients at Avivo," said David Peoples, Program Director & Manager of Avivo wellness initiatives. "In a very measured method, wellness is becoming a part of our culture."

SHIP: LOCAL LEADERSHIP, LOCAL PARTNERS, LOCAL EXPERTISE

These community partners are leading SHIP activities in your communities.

Community

Broadway Village
Burgundy Apartments
Calibre Chase
Cambridge Court
Cedarwood
City of New Hope
City of Robbinsdale
Hillsboro Court Apartments
Liberty Apartments and Townhomes
The Food Group
The Food Group (St. Paul)
The Heathers Independent Living
The Point Apartments

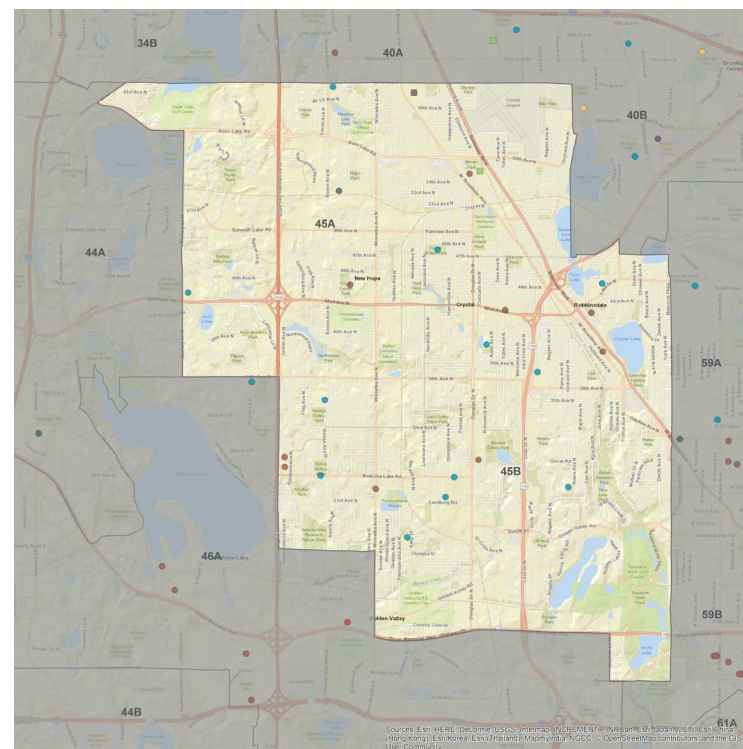
Schools

Forest Elementary
Lakeview TS
Meadow Lake Elementary
Neill Elementary
Noble Elementary
Robbinsdale FAIR School
Robbinsdale Middle
Robbinsdale Spanish Immersion
Sandburg Middle
School of Engineering-Arts at Olson
Sonnesyn Elementary
Zachary Lane Elementary

Workplace

Lang Nelson Broadway Campus

MINNESOTA LEGISLATIVE DISTRICTS 45A & 45B



SHIP strategies

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|-----------------------|---------------|----------------------------------|
| ● 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.