

# 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

Paul T. Anderson

### Representative

Ginny Klevorn, 44A

### Representative

Patty Acomb, 44B

## 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](mailto:catherine.stahl@hennepin.us)

### Minneapolis

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### Providing healthy food access at Three Rivers Park District

Hennepin County Public Health (HCPH) has collaborated with the Three Rivers Park District since 2013 to make healthier food and beverages available at park cafes, concessions and vending in approximately 20 parks located in Hennepin County and throughout the Twin Cities metro area.

People in the United States eat almost half of their meals away from home, which studies show contain more calories, fat and sodium than meals prepared at home. Concession stands in general are notorious for a variety of nutrient-poor foods, yet they are often the only source of food available when families visit parks.

HCPH, with support from the Statewide Health Improvement Partnership (SHIP), has used multiple approaches to help Three Rivers' food service operations provide healthier options.

Among them, HCPH staff worked closely with park staff to establish nutrition standards for all parks, which involved developing a written policy that requires 50 percent of foods and 50 percent of beverages available for sale in the parks meet specific nutrition standards.

In addition, the collaboration includes analyzing and adapting recipes for park cafes; creating a brand identity for healthier options to increase customer demand; and providing ongoing training to park managers, among other efforts.

Even though the nutrition standards apply to all park sites, the multiple park district food service facilities operate independently of one another. Due to this independence, HCPH staff meet with each site separately to identify changes and solutions.

HCPH continues to engage additional Three Rivers Park District sites, providing technical assistance to increase the percentage of food and beverages that meet the park district's nutrition standards.

# SHIP: LOCAL LEADERSHIP, LOCAL PARTNERS, LOCAL EXPERTISE

These community partners are leading SHIP activities in your communities.

## Community

City of Minnetonka  
City of Plymouth  
Overlook on the Creek  
Three Rivers Park District

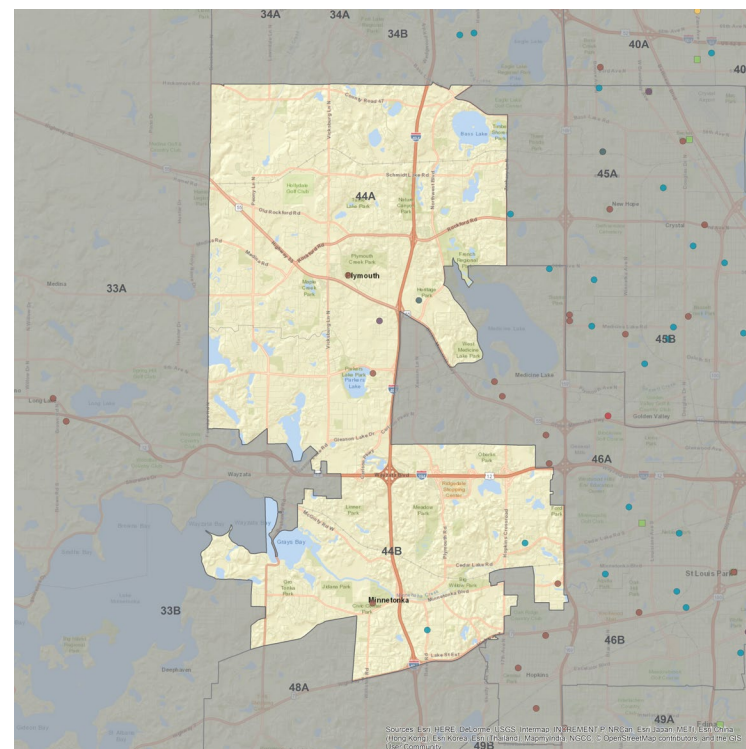
## Schools

Hopkins North Junior High  
Hopkins West Junior High

## Workplace

SeaChange

## MINNESOTA LEGISLATIVE DISTRICTS 44A & 44B



## 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).