

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
Scott M. Jensen

Representative
Jim Nash, 47A

Representative
Greg Boe, 47B

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:

Carver County

Diane Davis, ddavis@co.carver.mn.us

STAR students get active in Carver County

Steps Toward Adult Responsibility (STAR) is a post high school special education transition program available to students of Eastern Carver County Schools. STAR supports students with the transition to adult life.

In 2017, the STAR school wellness committee was inspired during presentations given by school representatives at the District Health Council and Carver County Statewide Health Improvement Partnership (SHIP) staff to increase physical activity, noting that students' activity levels were highly variable.

In 2018, STAR developed an initiative to incorporate movement into the classroom by changing the structure of the school day. This change increased the number of minutes that all students engage in physical activity. SHIP provided support for the systems change and funding for equipment.

Before the change, there were no structured physical activity opportunities during the school day. Now, paraprofessional staff lead weekly, scheduled circuit stations for all students. Activities include jumping rope, step climbing, hand weights and more, and all activities are adaptable to accommodate physical and cognitive needs. Since the start of the program, 75 percent of STAR students have added an hour of weekly physical activity during the school day.

STAR staff member Shelli Sutherland noted that "without SHIP funding and support, the opportunity for physical activity would not have been successful. The variety of equipment at the circuits accommodates all students with a wide range of motor and cognitive abilities. SHIP supports our continued efforts to engage in physical activity as a lifelong skill."

SHIP: LOCAL LEADERSHIP, LOCAL PARTNERS, LOCAL EXPERTISE

These community partners are leading SHIP activities in your communities.

Child Care

Children of Tomorrow Learning Center
 Children of Tomorrow Norwood Young America
 Christ Victorious Preschool
 East Creek Childcare Center
 Family Child Care Homes
 Lake Area Discovery Center
 Watertown Mayer Community Education

Community

Beehive Homes of Excelsior
 Bongards Market
 Bountiful Basket Food Shelf
 Carver County Board of Commissioners
 Carver County Encore Adult Day Services
 Carver County Fair
 Carver County Parks
 Carver Crossing
 Chaska Market
 City of Norwood Young America
 City of Waconia
 City of Watertown
 City of Watertown
 Downtown Chaska Farmers Market
 Friends for Life Food Shelf
 Mario's Italian Kitchen
 Nagel Assisted Living and Memory Care
 Riverview Terrace Mobile Home Park
 Southwest Carver County Food Shelf
 Stiftungsfest
 The RAK
 United Xpress New Germany
 Victoria Business Association
 Waconia United Food Shelf
 Watertown Lions Club
 Waybury Apartments
 ZTS Productions

Health Care

Auburn Manor
 Carver County Libraries
 First Street Center
 Good Samaritan Society Waconia and Westview Acres
 Park Nicollet Clinic - Chanhassen
 Ridgeview Chanhassen Clinic
 Ridgeview Clinic Chaska

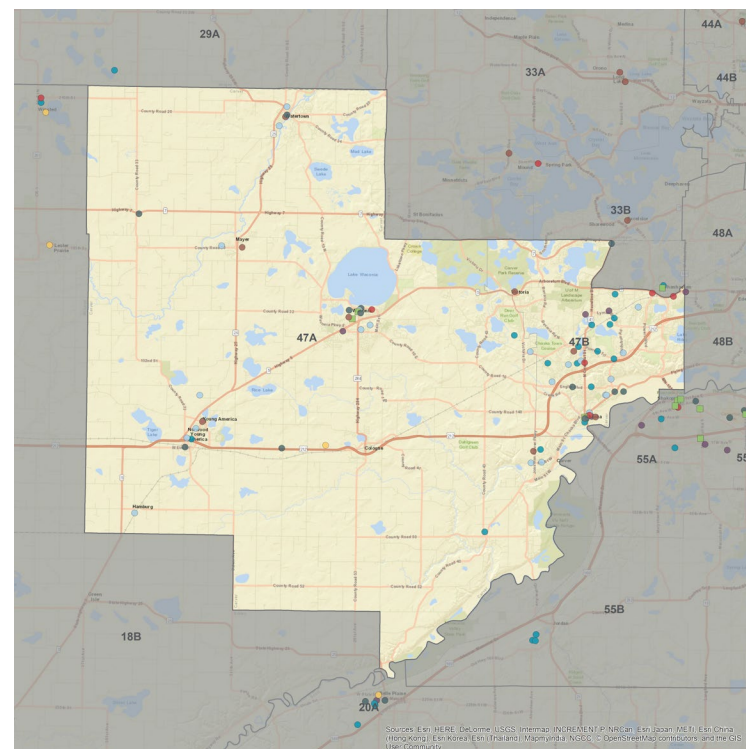
Schools

Bluff Creek Elementary
 Carver Elementary
 Central High
 Central Middle
 Chanhassen High
 Chaska High School
 Chaska Middle School East
 Clover Ridge Elementary
 East Union Elementary
 Eastern Carver County Schools Community Education
 Guardian Angels Catholic School
 Integrated Arts Academy
 Jonathan Elementary
 Pioneer Ridge Middle
 Steps Toward Adult Responsibility (STAR)
 Victoria Elementary
 World Learner Charter School

Workplace

Business Impact Group
 Carver County Government Center
 City Of Chaska
 Eastern Carver County Schools
 Lifecore Biomedical - Lyman
 Mackenthun's Fine Foods
 Southwest Metro Intermediate District 288

MINNESOTA LEGISLATIVE DISTRICTS 47A & 47B



SHIP strategies

- 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.