

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
Ron Latz

Representative
Ryan Winkler, 46A

Representative
Cheryl Youakim, 46B

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

Students learn to expand their taste buds

St. Louis Park students are learning to expand their taste buds. They are one of six suburban school districts that Hennepin County Public Health Promotion is working with to increase vegetable consumption. Benefits of a healthy school environment include improved attendance, academic performance and classroom behavior.

In November, a new recipe was provided to students at St. Louis Park: Roasted Parmesan Topped Broccoli. It was a big hit with students and staff.

This prompted an elementary school parent to contact her son's kitchen manager and ask for the recipe. According to the parent, her son was raving about the new broccoli recipe so much he asked Santa to bring him more. It's quite the endorsement when broccoli makes it on a child's Christmas list.

Anoka-Hennepin, Brooklyn Center, Hopkins, Osseo and Robbinsdale are the other schools implementing Healthy Cafeterias initiatives, which includes making Smarter Lunchroom changes with an emphasis on increasing student consumption of fruits and vegetables, training cafeteria staff on new vegetable recipes and holding taste-tests for students. This effort is one way that SHIP helps schools instill a lifetime of healthy habits for students.

SHIP: LOCAL LEADERSHIP, LOCAL PARTNERS, LOCAL EXPERTISE

These community partners are leading SHIP activities in your communities.

Community

Avana on Seven
City of St. Louis Park
Companions Home
Elmwood Townhomes
Hamilton House Apartments
Medicine Lake
Park Embassy
Rosewood West Apartments
Smoke Free Housing Residence
Stone Creek at Medicine Lake
Westmarke Apts. and Condos
Willow Creek Apartment

Health Care

North Memorial Health Care

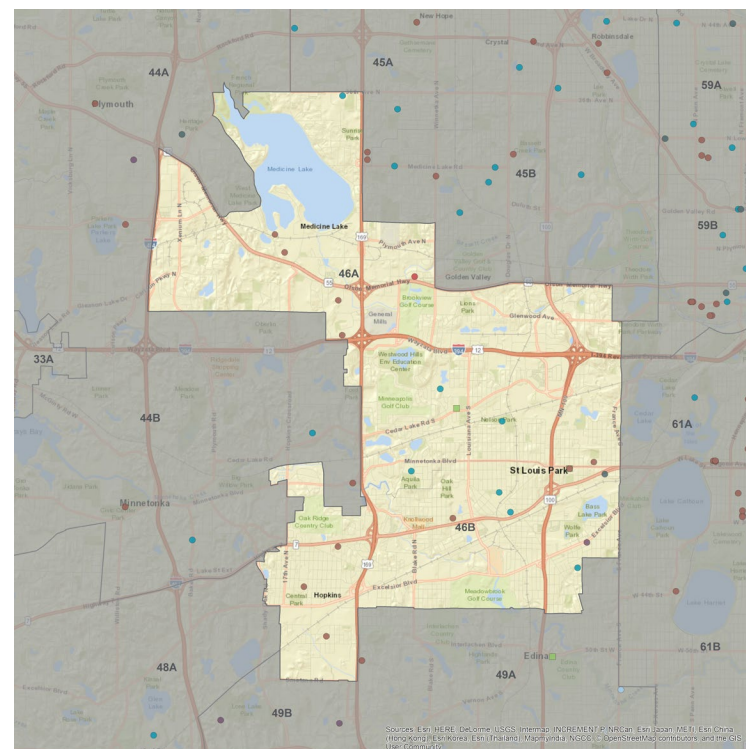
Schools

Aquila Elementary
Peter Hobart Elementary
Plymouth Middle
St. Louis Park Spanish Immersion
St. Louis Park Middle
St. Louis Park Senior High
Susan Lindgren Elementary

Workplace

Lang Nelson

MINNESOTA LEGISLATIVE DISTRICTS 46A & 46B



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.