

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

Charles W. Wiger

Representative

Peter Fischer, 43A

Representative

Leon Lillie, 43B

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:

Washington

Kim Ball, kim.ball@co.washington.mn.us

Saint Paul-Ramsey County Public Health

Carissa Glatt, carissa.glatt@co.ramsey.mn.us

Helping to ensure all students have the opportunity to be healthy

Research shows a strong connection between student health and their success in school. Promoting healthy behavior in schools can help youth improve test scores, grades, and attendance. With support from the Statewide Health Improvement Partnership, Living Healthy in Washington County is partnering with schools and districts to ensure all students have the opportunity to be healthy and successful.

Washington County schools are creating more opportunities for physical activity throughout the school day. During the 2017-18 school year, School District 622 worked with four elementary schools to integrate more movement into the classroom. Forty-one staff attended Mindful Movement training to learn ways to integrate movement, breathing and social/emotional skill-development activities into classroom activities. Through greater focus and concentration, these techniques can improve student test scores and subject retention. Equipment was also purchased to help teachers use mindful movement in the classroom.

These strategies are being implemented in schools across Washington County. In all four schools districts and two charter schools, active classrooms reached over 11,000 students in 2018. "I saw results instantly with kids being more focused, especially during our independent reading time," says Jamie Wiggins, a teacher at Richardson Elementary. "We have different strategies in our classroom to help calm our body. Yoga is one that students love and pick."

Schools are taking a comprehensive approach when it comes to student wellness. In addition to active classrooms, they are working on strategies to encourage healthy eating before, during and after school. Collectively, these efforts will set students up for success in school and for a lifetime.

SHIP: LOCAL LEADERSHIP, LOCAL PARTNERS, LOCAL EXPERTISE

These community partners are leading SHIP activities in your communities.

Community

Bellaire Twin Homes
Bradley Street Twin Homes
Briar Pond Apartments
Century North Apartments
City of Oakdale
Eldridge Ave Twin Homes
Frederick Street sites
Gall Ave Twin Homes
Gentry Townhomes
Maple Ridge Apartments
Minnehaha Manor
Rosoto Villa on Roselawn

Health Care

Commonbond East Shore Place
Vital Aging Network (VAN)

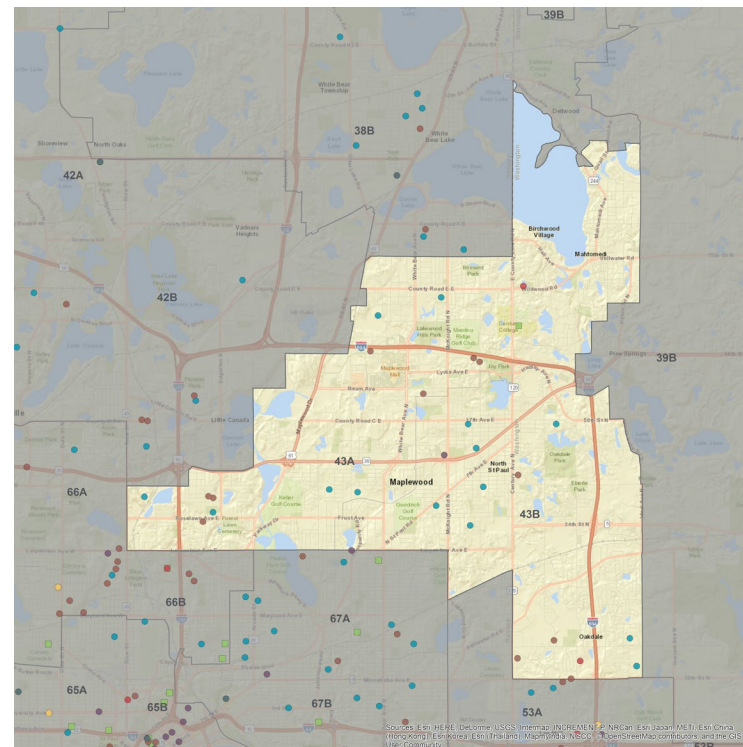
Schools

Century College
Cowern Elementary
District 622 Castle Elementary
District 622 Eagle Point Elementary
District 622 Skyview Elementary
District 622 Skyview Middle
Edgerton Elementary
Harambee Elementary
John Glenn Middle
Maplewood Middle
North High
Richardson Elementary
Weaver Elementary
Webster Elementary
White Bear Lake Area H.S. – South Campus
Willow Lake Elementary

Workplaces

Metropolitan Area Agency on Aging

MINNESOTA LEGISLATIVE DISTRICTS 43A & 43B



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.