

# 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

Jason Isaacson

### Representative

Kelly Moller, 42A

### Representative

Jamie Becker-Finn, 42B

## 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:

### Saint Paul-Ramsey County Public Health

Carissa Glatt, [carissa.glatt@co.ramsey.mn.us](mailto:carissa.glatt@co.ramsey.mn.us)

### Making it safer to walk to school in Little Canada

Neighborhoods that have places and spaces for people to be active make it easier for them to move more. Increased physical activity and a heightened sense of community can decrease risks for obesity.

Schools are increasingly focused on making sure environments support ways students can be more active, both inside and outside the classroom. According to data from the Minnesota Department of Education, approximately 80 percent of fifth graders in the Roseville School District obtain less than the recommended amount of 60 minutes of physical activity per day. Walking is one of the easiest methods of physical activity and is suitable for people of all ages.

With funding from SHIP, the City of Little Canada installed a rapid flashing lighted crosswalk at the intersection of Eli Road and Desoto Street. That is a critical location for children to cross the street to get to and from Little Canada Elementary School. Lights are push-button activated and remain blinking for 30 seconds.

As part of future improvements, two more sets of rapid flashing crosswalks are scheduled to be installed on Little Canada Road. One will be at the intersection with McMenemy Street and the other will be the mid-block crosswalk from St. John's Church to the parking lot on the north side of Little Canada Road.

Making it safer for students to walk or bike to school is a driving force behind these efforts. The three improvements are unique due to the school and the high number of vehicles combined with some difficult curves on Little Canada Road.

In this case, making neighborhoods more pedestrian friendly is a win for students, families and the community.

# SHIP: LOCAL LEADERSHIP, LOCAL PARTNERS, LOCAL EXPERTISE

These community partners are leading SHIP activities in your communities.

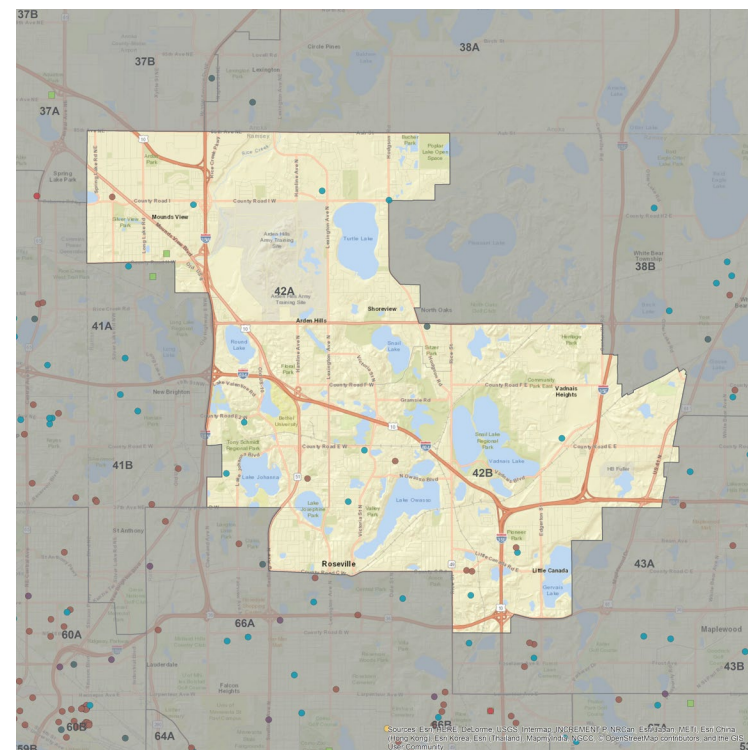
## Community

Apartments on Grand  
ISD 621: Mounds View School District  
Ralph Reeder Food Shelf  
Montreal Court Apartments  
Old County Road C Twin Homes  
Shoreview Grand Apartments  
Silver Lake Townhomes  
Sylvan Twin Homes

## Schools

Chippewa Middle  
Edgewood Middle  
Island Lake Elementary  
Little Canada Elementary  
Mounds View Senior High  
Pinewood Elementary  
Roseville Area Middle  
Snail Lake Kindergarten Center  
Turtle Lake Elementary  
Vadnais Heights Elementary  
Valentine Hills Elementary  
Williams Elementary

## MINNESOTA LEGISLATIVE DISTRICTS 42A & 42B



## 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](http://www.health.mn.gov/ship).