

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

Kent Eken

Representative

Ben Lien, 4A

Representative

Paul Marquart, 4B

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:

PartnerSHIP 4 Health

Jason Bergstrand, jason.bergstrand@co.clay.mn.us

Polk-Norman-Mahnomen

Bethany Satrom, bethany.satrom@co.polk.mn.us



Workplace wellness initiatives taking hold across multiple sites

In Minnesota, over half of employers with 100 or more employees participate in workplace wellness initiatives.

Arvig and Minnesota Department of Transportation's (MnDOT) District 4, two members of PartnerSHIP 4 Health's Worksite Wellness Collaborative, used their Wellbeing Committees to coordinate health and wellness efforts for their employees across multiple locations. PartnerSHIP 4 Health is the local Statewide Health Improvement Partnership (SHIP) grantee.

The Worksite Wellness Collaborative serves as a forum where members share best practices and resources. Arvig developed a "wellness pyramid" and a set of "flip facts" to use at events and allowed MnDOT to adapt them for their use.

Jane Butzer, a Program Coordinator at MnDOT, expressed appreciation for these items: "We're so grateful for what Arvig has shared with us, because what they developed is spot on." The collaborative empowers worksites to learn from and support each other as they create sustainable healthy environments for their employees.

As part of their workplace wellness efforts, Arvig's Wellbeing Committee focused on making changes to support healthy eating, tobacco-free living and physical activity. Arvig trained several staff as lifestyle coaches for the "I CAN Prevent Diabetes" and offered its first class in the spring of 2017. The class of 11 employees collectively lost 232 pounds. "This program has been a great success," said Erin Stumbo, an employee relations professional with Arvig.

At MnDOT, representatives from seven of its 17 locations serve on the Wellbeing Committee. The committee secured funds to purchase 26 blood pressure monitors that were distributed among the truck stations in their 12-county area.

SHIP: LOCAL LEADERSHIP, LOCAL PARTNERS, LOCAL EXPERTISE

These community partners are leading SHIP activities in your communities.

Child Care

Bethesda All Stars Preschool & Childcare
 Family Child Care Homes
 Little Lights Preschool
 MSUM Early Education Center

Community

Agassiz Apartments
 Barnesville Area Food Pantry
 Barnesville Community Garden
 Becker County Food Shelf
 City Of Ada
 City of Barnesville
 City of Glyndon
 City of Hawley
 City of Moorhead
 Detroit Lakes Area Farmers Market
 First Presbyterian Church
 FM Dorothy Day Food Pantry
 Moorhead Farmers Market
 REACH Food Pantry

Health Care

Essentia Health Ada

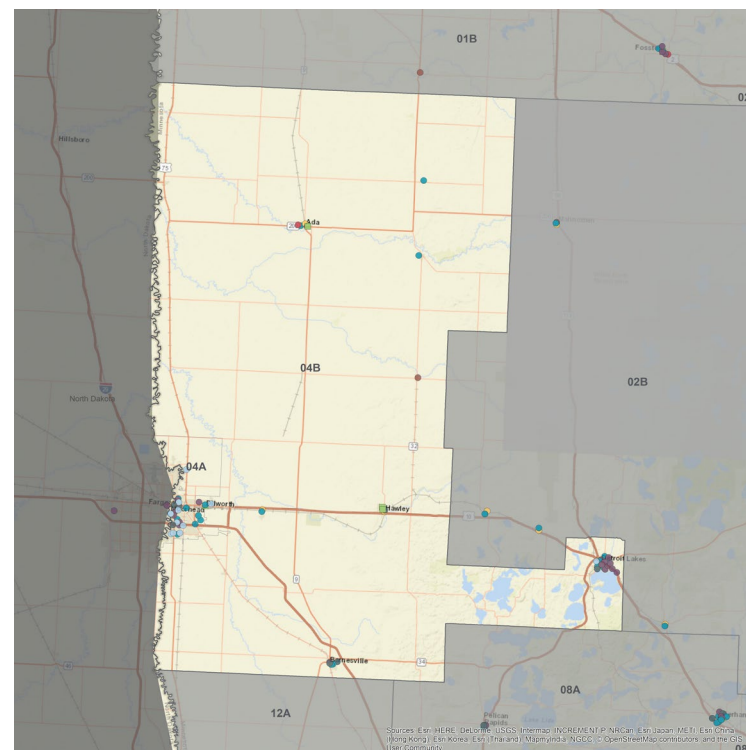
Schools

Ada Borup Elementary
 Ada-Borup Secondary
 Atkinson Elementary
 Barnesville School District
 Barnesville Secondary
 Boys and Girls Club - DL
 Detroit Lakes Middle
 Detroit Lakes School District
 Detroit Lakes Senior High
 Dilworth Elementary
 Dilworth, Glyndon, Felton School District
 Dilworth-Glyndon-Felton Middle
 Dilworth-Glyndon-Felton Senior High
 Dorothy Dodds Elementary
 Ellen Hopkins Elementary
 Glyndon-Felton Elementary
 Hawley Elementary
 Hawley School District
 Hawley Secondary
 Horizon Middle School East
 Horizon Middle School West
 Moorhead High
 Norman County East Elementary
 Norman County East Secondary
 Probstfield Elementary
 R. Asp Elementary
 Red River Area Learning Center
 Roosevelt Elementary (Detroit Lakes)
 Rossman Elementary
 S.G. Reinertsen Elementary

Workplace

Becker County
 Blue Sky Inc
 City of Detroit Lakes
 City of Dilworth
 Clay County
 Concordia College - Moorhead
 Creative Care for Reaching Independence
 Detroit Lakes Community and Cultural Center
 Detroit Lakes Newspapers
 Ecumen-Detroit Lakes
 Essentia Health St. Marys - Hospital
 Eventide Senior Living Communities
 Forum Communications Printing – Detroit Lakes
 Lakes and Prairies Community Action Council
 Lakeshirts, Inc.
 Mahube-Otwa Community Council
 Midwest Bank
 Minnesota Dept of Transportation District 4
 Moorhead School District
 Norman County
 Norman-Mahnomen Public Health
 PRO Resources
 Serenity Assisted Living
 Solutions Behavioral Healthcare
 Stoneridge Software

MINNESOTA LEGISLATIVE DISTRICTS 4A & 4B



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.