

# 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

Jerry Relph

### Representative

Tama Theis, 14A

### Representative

Dan Wolgamott, 14B

## 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:

### Stearns

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### Sherburne

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### Benton

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## Supporting healthy eating for youth in St. Cloud

Pathways 4 Youth and Stearns County Statewide Health Improvement Partnership (SHIP) are working together to provide youth who are experiencing homelessness in St. Cloud with greater access to healthy foods. With SHIP funding, Pathways has been able to expand its food pantry and hot meals program to meet the growing needs of youth in the area.

Since opening its doors in 2018, Pathways has provided nearly 100 youth with access to a supportive community and resources including: healthy food, a clothing closet, hot showers, laundry facilities, case management, resources to secure housing, employment, education, and access to health and wellness services.

SHIP supported the expansion of Pathways' pantry and hot meals with the purchase of an industrial refrigerator. With the new refrigerator, Pathways is now able to store donations used for community meals, to-go meals, and can now create meals in a licensed food prep facility provided by Youth for Christ, a partner organization.

As a result, Pathways can accept top-priority donations such as fruits, vegetables, grains and protein for community meals to support healthier eating in the community. Because of the increased storage space, Pathways has also been able to increase the number of youth they serve at one time from 30 to 50 clients per meal.

SHIP is working to continue conversations and opportunities to help Pathways expand initiatives around their food pantry, assist in the development of donation policies, as well as provide resources for them to teach independent living skills such as preparing healthier meals.

# SHIP: LOCAL LEADERSHIP, LOCAL PARTNERS, LOCAL EXPERTISE

These community partners are leading SHIP activities in your communities.

## Community

444 Apartments  
Avonlea West  
Feeling Good MN – CentraCare Health  
City of Saint Cloud  
Pathways 4 Youth  
Promise Neighborhood of Central Minnesota  
Silvercreek  
St. Cloud Waite Park Harvest Market  
United Way of Central MN

## Health Care

CentraCare Health Foundation  
Orange Oak Advertising  
Stearns County

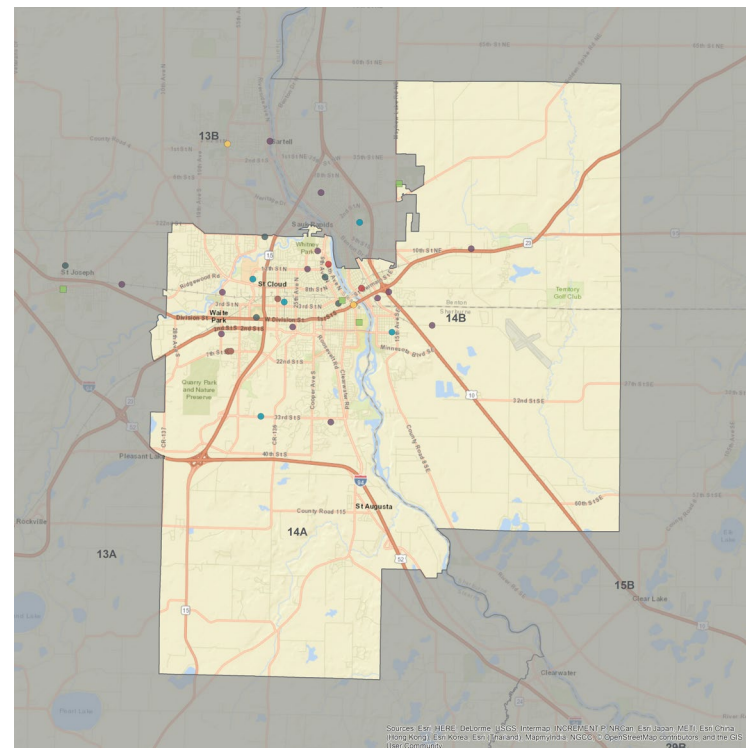
## Schools

Athlos Academy of St. Cloud  
Boys and Girls Club of Central MN  
St. Cloud School District 742  
Talahi Community Elementary

## Workplace

Career Solutions  
Central McGowan  
Central MN Mental Health Center  
DCI, INC.  
Executive Express  
Greater MN Family Service  
Midwest Machinery Company  
Milestones  
Reach Up, Inc.  
Simonson Lumber Company  
St. Cloud State University  
Woodcraft Industries, Inc.

## MINNESOTA LEGISLATIVE DISTRICTS 14A & 14B



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