

# 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**  
Erik Simonson

**Representative**  
Jennifer Schultz, 7A

**Representative**  
Liz Olson, 7B

## 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:

**Healthy Northland**  
Brian Bluhm, bluhmb@stlouiscountymn.gov

### Making breastfeeding easier at work in Northeastern Minnesota

Healthy Northland is helping make breastfeeding easier for employees at local work places.

Six businesses made improvements by adding or updating lactation rooms, a designated space for women to pump and express milk privately during work. Many of the sites also implemented new breastfeeding policies to support mothers and expanded support and education for employees around breastfeeding.

Those locations that received support from the Statewide Health Improvement Partnership (SHIP) include:

- Aitkin County
- Arrowhead Regional Development Commission
- Cook County Schools ISD 166
- KOOTASCA Community Action
- Lincoln Park Children and Families Collaborative
- Welcov Healthcare Evergreen Terrace

Research shows that lactation support at work can lower medical costs for employees and their children, reduce turnover rates, lower absenteeism rates, improve productivity and raise employee morale and loyalty to the company.

“Women who return to work often find it difficult to meet their breastfeeding goals,” said Pam Galle, IBCLC, breastfeeding coordinator at Healthy Northland.

“By creating breastfeeding friendly spaces and policies to support employees returning to work after having a new baby, these businesses are providing family friendly environments. I am excited to see so much enthusiasm and energy by businesses around supporting breastfeeding families.”

# SHIP: LOCAL LEADERSHIP, LOCAL PARTNERS, LOCAL EXPERTISE

These community partners are leading SHIP activities in your communities.

## Community

Breckenridge Apartments  
City of Duluth  
Lenox Place  
Lincoln Park (Duluth)  
Midtowne Manor I  
Tri-Towers Apartments

## Health Care

Essentia Health - St. Mary's  
Medical Center  
St. Louis County Public  
Health and Human Services  
St. Luke's Hospital

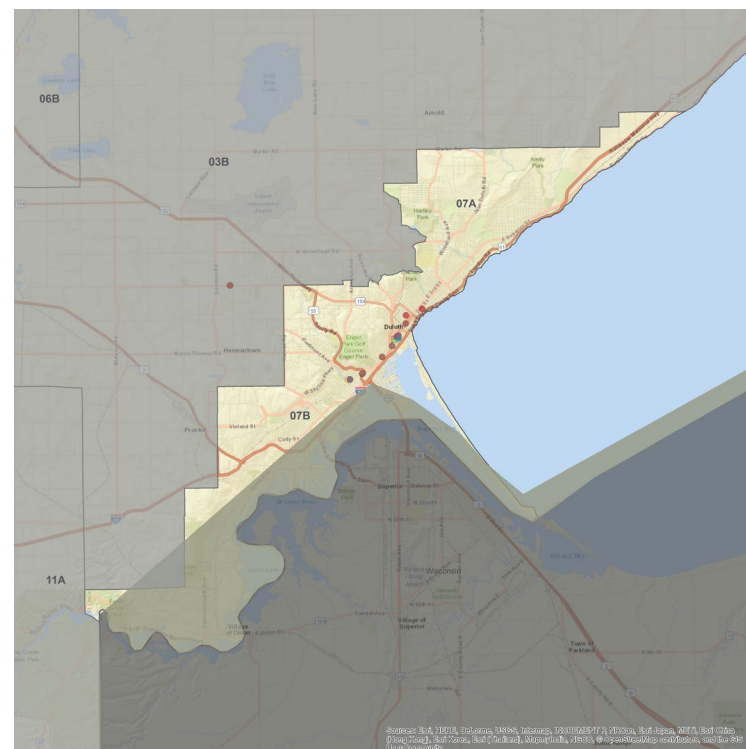
## Schools

Duluth Area Family YMCA

## Workplace

Arrowhead Regional  
Development Commission  
Lincoln Park Children and  
Families Collaborative

## MINNESOTA LEGISLATIVE DISTRICTS 7A & 7B



## 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).