

# 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

David J. Tomassoni

### Representative

Julie Sandstede, 6A

### Representative

Dave Lislegard, 6B

## 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

### Expanding students' access to healthy food and physical activity

Healthy Northland and St. Louis County Public Health, with support from the Statewide Health Improvement Partnership (SHIP), have been working with local champions in the City of Virginia to improve healthy food access in the community and surrounding area since 2016.

This work, led by Rutabaga Project partnership, aims to improve health by increasing access and consumption of produce and other nutritious foods. Another local effort, Meet Up and Chow Down Recharged, started as a collaborative to ensure that local students had access to a healthy meal but expanded into an initiative to advance physical activity during the summer and a space for social interaction.

The Virginia School District reported a 42 percent free or reduced-price lunch student enrollment, which meant that their families often faced the difficult choice of paying for basic necessities like housing costs or buying food. Through local partnerships, the community stepped up to address this, along with increasing ways for students to be more physically active.

Last summer's effort, which kicked off June 1 and ran weekdays until Aug. 31 at a city park, evolved into a combination of a free meal initiative through the United Way, a physical activity program through the Mesabi YMCA and an educational program through the University of Minnesota Extension SNAP-Ed. The partnership leveraged additional funding from the Mesabi YMCA and the Iron Range Resources and Rehabilitation Board. The United Way covered the cost of meals.

As a result of last summer's partnerships, more than 700 meals were served and students were exposed to a variety of physical and educational activities.

# SHIP: LOCAL LEADERSHIP, LOCAL PARTNERS, LOCAL EXPERTISE

These community partners are leading SHIP activities in your communities.

## Community

Narodni Stanovi Apartments

## Health Care

Essentia Health - Virginia

Fairview Range Medical Center

## Schools

Bigfork Elementary

Bigfork High

ISD 316 Greenway Schools

ISD 319 Nashwauk Keewatin School

District

## Workplace

Arrowhead Economic Opportunity

Agency

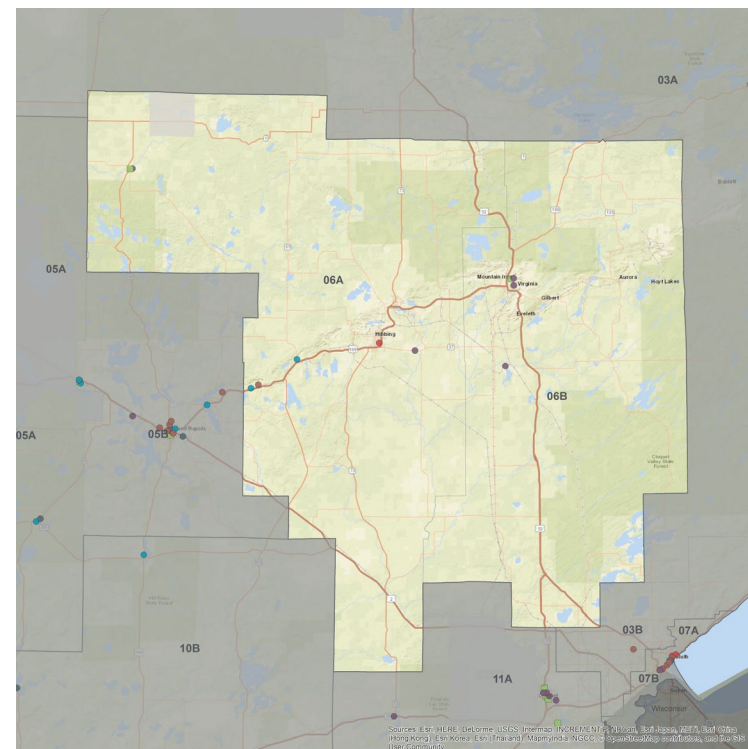
Bigfork Valley Hospital

DMR Electronics

Range Mental Health Center

United Taconite

## MINNESOTA LEGISLATIVE DISTRICTS 6A & 6B



## 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).