

# 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**

Jeff Howe

**Representative**

Lisa Demuth, 13A

**Representative**

Tim O'Driscoll, 13B

## 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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### **Benton**

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## **Holdingford students dig into school-based agriculture**

According to the USDA Farm to School Census, nearly 200 school gardens are growing in Minnesota.

Count Holdingford Public Schools among them. Holdingford School staff recognize that well-nourished students are better equipped to learn, and healthy food and nutrition education are key ingredients for developing life-long healthy eating habits.

The school started growing their own food on school grounds in 2012 and later added a greenhouse. It's part of a Farm to School effort at the school to increase healthy food choices for students and to get them more interested in knowing where the food they eat at school comes from.

In cooperation with the school's FFA program and agriculture classes, the school has an extensive garden in several locations on the school grounds. Students start plants in the greenhouse, grow early and late season crops in the high tunnel and outdoor gardens.

The items grown in the school garden are harvested by FFA students throughout the spring, summer and fall. Food service staff work some days in the summer to clean and process produce for lunches for the next school year.

Stearns County's Statewide Health Improvement Partnership (SHIP) has been part of the school's journey. SHIP has worked with the school's wellness committee and provided funding or technical assistance for a high tunnel cover, healthy celebration options through food service and wellness policy updates.

# SHIP: LOCAL LEADERSHIP, LOCAL PARTNERS, LOCAL EXPERTISE

These community partners are leading SHIP activities in your communities.

## Community

City of Holdingford  
City of Sartell  
Meeker Co. EDA Townhomes Eden Valley  
St. Joseph Farmers Market

## Health Care

College of St. Ben's and College of St. John's University

## Schools

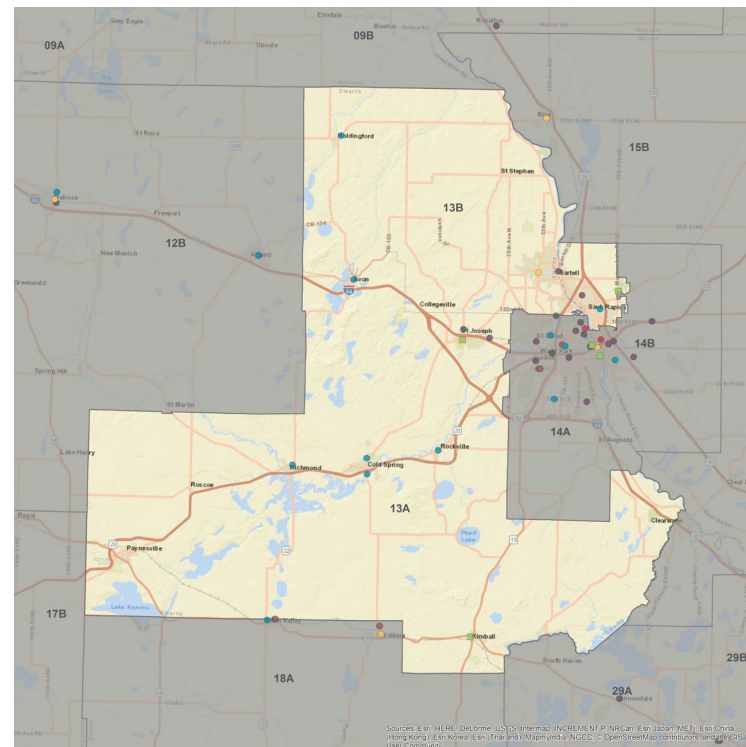
Avon Elementary  
Cold Spring Elementary  
Eden Valley - Watkins Elementary

Holdingford Elementary  
Holdingford High School  
Kimball Area Schools  
Richmond Elementary  
Rockville Elementary  
Rocori High  
Rocori Middle  
Sauk Rapids-Rice Middle  
Sauk Rapids-Rice School District ISD 47

## Workplace

Brenny Transportation  
Central MN Council on Aging  
Dezurik  
Good Shepherd Community

## MINNESOTA LEGISLATIVE DISTRICTS 13A & 13B



## 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).