

# 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**  
Roger C. Chamberlain

**Representative**  
Linda Runbeck, 38A

**Representative**  
Ami Wazlawik, 38B

## 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:

**Anoka**  
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**Washington**  
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### Forest Lake Area Schools' staff make strides toward wellness

Adults spend much of the day at their workplace, so initiatives that support employee wellness can play a big role in keeping workers healthy and preventing chronic diseases such as diabetes and heart disease.

Over the past two years, Lino Lakes Elementary had undergone a renovation. School administration saw this an opportunity to invest in new kitchen appliances as part of an upgrade to the staff breakroom.

The ultimate goal? Make it easier for staff to bring in healthier meals from home.

Prior to the renovation, Forest Lake Areas School District employees were surveyed about what they would like to see improved to support workplace wellness. Results from each of the three elementary schools within Anoka County were presented to the administration.

The majority of comments pointed out that healthy eating was an area of the school that needed a focus. With support from SHIP, items such as a refrigerator, microwave and water infuser were purchased for use in the staff kitchens, which made it easier for staff to bring fresh fruits and vegetables to prepare at work.

Anoka County SHIP staff also provided technical assistance to school administration to provide suggestions for healthier catered food options for staff meetings and events.

School employees have already changed their behavior. Nearly three-quarters of employees who participated in a survey said that they now bring in more food from home since the new kitchen equipment was purchased.

Staff have expressed appreciation for the investment in materials specifically available for them. "Wow, this is great," commented one employee.

# SHIP: LOCAL LEADERSHIP, LOCAL PARTNERS, LOCAL EXPERTISE

These community partners are leading SHIP activities in your communities.

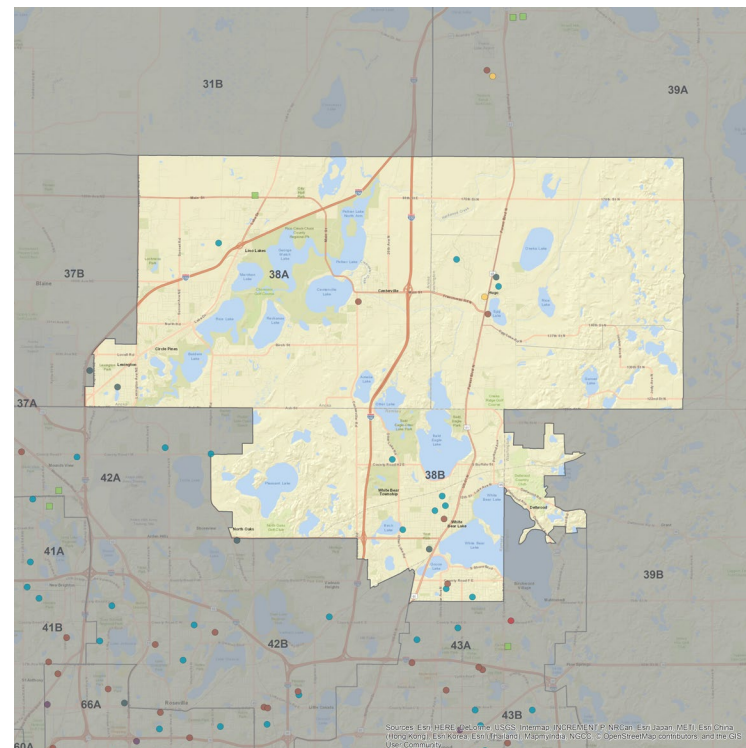
## Community

Chauncey Barrett Gardens  
Cherry Court Apartments (Ramsey)  
City of Hugo (Washington)  
Hugo Food Shelf (Washington)  
Mueller Manor (Washington)  
SonLight Church of the Nazarene  
Washington Square Apartments (Ramsey)  
White Bear Avenue Food Shelf (Ramsey)

## Schools

Birch Lake Elementary (Ramsey)  
Central Middle (Ramsey)  
Hugo Elementary (Washington)  
Lakeaires Elementary (Ramsey)  
Lincoln Elementary (Ramsey)  
Lino Lake Elementary  
ONEKA Elementary (Washington)  
Otter Lake Elementary (Ramsey)  
Pines School  
Sunrise Middle (Ramsey)  
White Bear Lake Area High School – North Campus (Ramsey)

## MINNESOTA LEGISLATIVE DISTRICTS 38A & 38B



## 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).