

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

Karin Housley

Representative

Bob Dettmer, 39A

Representative

Shelly Christensen, 39B

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:

Washington

Kim Ball, kim.ball@co.washington.mn.us

Helping to ensure all students have the opportunity to be healthy

Research shows a strong connection between student health and their success in school. Promoting healthy behavior in schools can help youth improve test scores, grades and attendance. With support from the Statewide Health Improvement Partnership, Living Healthy in Washington County is partnering with schools and districts to ensure all students have the opportunity to be healthy and successful.

Schools in Washington County are applying Smarter Lunchrooms strategies to encourage healthy eating among students. Since 2015, Forest Lake Area Schools have been working to roll-out the evidence-based strategies districtwide.

All Nutrition Services employees have attended training to learn practical techniques to make the healthy choice the easy choice. Cafeterias have been enhanced to nudge students to select and eat nutritious foods. Changes include placing fruits and vegetables front and center in attractive bowls and containers and using colorful and engaging signage. For the 2017-18 school year, students in two elementary schools also had the opportunity to try new and unique vegetables through tasting events.

These strategies are being implemented in schools across Washington County. In three districts and two charter schools, Smarter Lunchrooms reached over 32,000 students. "Creating smarter lunchrooms was simple and inexpensive," says Kathy Hoff, Director of Nutrition Services for Forest Lake Area Schools. "The students have reacted in a very positive way by making better choices."

Schools are taking a comprehensive approach when it comes to student wellness. In addition to Smarter Lunchrooms, they are working on strategies to increase physical activity before, during and after school. Collectively, these efforts will set students up for success in school and for a lifetime.

SHIP: LOCAL LEADERSHIP, LOCAL PARTNERS, LOCAL EXPERTISE

These community partners are leading SHIP activities in your communities.

Community

Ann Bodlovick Apartments
 Birchwood Townhouse Apartments
 Brick Pond Apartments
 Charter Oak Townhomes
 County Road 5 Project
 Elim Grows Elim Lutheran
 FamilyMeans
 Forest Lake YMCA
 Forest Oak Apartments
 Hillcrest Apartments
 John Jergens Estates
 Lily Lake Terrace
 Oakhill Cottages
 Our Community Food Projects OCFP
 Our Community Kitchen
 Raymie Johnson Estates
 Senior Care Communities Forest Lake
 St. Croix Family Resource Center
 St. Croix Village Townhomes
 Stillwater Township
 Stonebridge Apartments
 Valley Outreach Nutrition Assistance Program
 Whispering Pines

Health Care

Community Thread
 FamilyMeans
 Lakeview Health

Schools

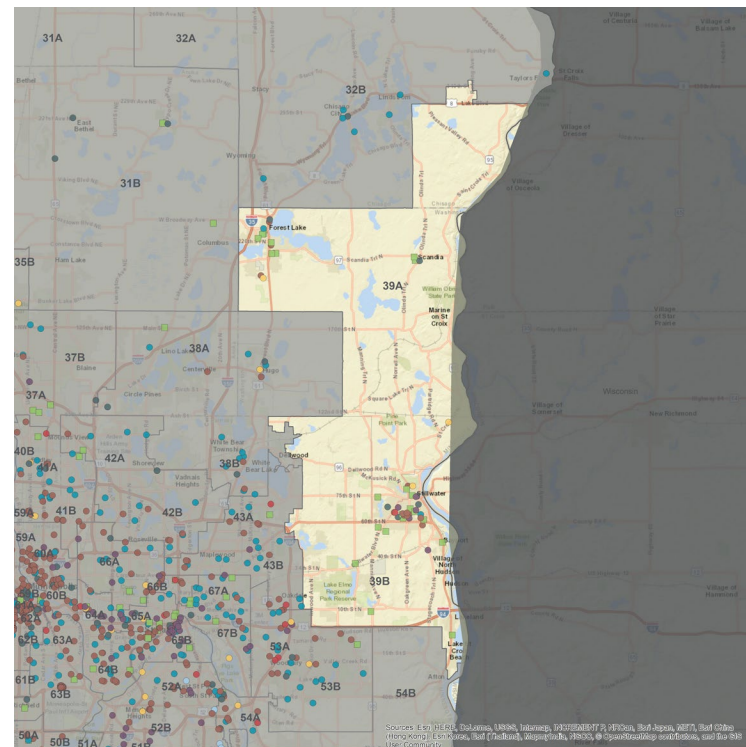
District 831 Central Montessori Elementary/ALC
 District 831 Scandia Elementary

District 831 STEP Program
 District 833 Oak Park Elementary
 District 834 Afton - Lakeland Elementary
 District 834 Andersen Elementary
 District 834 Lake Elmo Elementary
 District 834 Oak-Land Junior High
 District 834 Rutherford Elementary
 District 834 St. Croix Valley Area Learning Center
 District 834 Stillwater Area High
 District 834 Stillwater Junior High
 District 834 Stonebridge Elementary
 Forest Lake Area Central Learning Center
 Forest Lake Area High
 Forest Lake Area Middle
 Forest Lake Elementary
 Forest View Elementary
 Lakes International Language Academy
 New Heights School, Inc.

Workplaces

City of Stillwater
 Courage Kenny Early Childhood Family Center ECFC
 Courage Kenny Rehabilitation Center
 District 834 Stillwater School District
 St. Croix Preparatory Academy SCPA
 Washington County
 District 831 Forest Lake Schools
 New Heights School, Inc.
 Lakes International Language Academy

MINNESOTA LEGISLATIVE DISTRICTS 39A & 39B



SHIP strategies

- Active Living
- Healthy Eating
- Tobacco-Free Living
- Child Care
- Health Care
- Workplace Wellness
- Multiple Strategies
- Tribal SHIP and Tobacco Grants

To learn more about SHIP, visit www.health.mn.gov/ship.