

# 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

Jerry Newton

### Representative

Erin Koegel, 37A

### Representative

Nolan West, 37B

## 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

Samantha Osterhaus, [samantha.osterhaus@co.anoka.mn.us](mailto:samantha.osterhaus@co.anoka.mn.us)

### Supporting ways for Anoka-Hennepin students to move more

Anoka County Statewide Health Improvement Partnership (SHIP) and Anoka-Hennepin School District Community Education collaborated to give students an opportunity to increase time that they are physically active.

National guidelines recommend that students get at least 60 minutes of physical activity every day. Research shows that when students move more, they learn and behave better in the classroom and miss fewer school days due to illness.

The Active Schools Minnesota Initiative, working through SHIP, supports ways to help Minnesota schools to get students moving more, both during and outside the school day. For Anoka-Hennepin, the focus was on expanding after-school intramural activities for middle school students, engaging a population that had not participated in traditional competitive sports such as football, basketball and baseball.

Launched in 2018, intramural programs offered through Anoka-Hennepin included table tennis, ultimate Frisbee and flag football. SHIP supported the effort by providing funding for new equipment, helping design surveys and supporting efforts to market the program to students.

The effort is having an impact. According to survey results, students reported that the average number of days per week they achieved 60 minutes of moderate to vigorous physical activity increased from 3.5 days to 4.4 days from the beginning to the end of the program. In addition, 65 percent of the students surveyed reported that since participating, they increased their physical activity outside of their intramural activity.

During the first year, 162 students participated. Schools involved in the effort included Anoka Middle School, Oak View Middle School, Roosevelt Middle School, Northdale Middle School, Coon Rapids Middle School and Jackson Middle School.

# SHIP: LOCAL LEADERSHIP, LOCAL PARTNERS, LOCAL EXPERTISE

These community partners are leading SHIP activities in your communities.

## Community

Anoka County Libraries  
Comking Real Estate  
Youthway Ministries

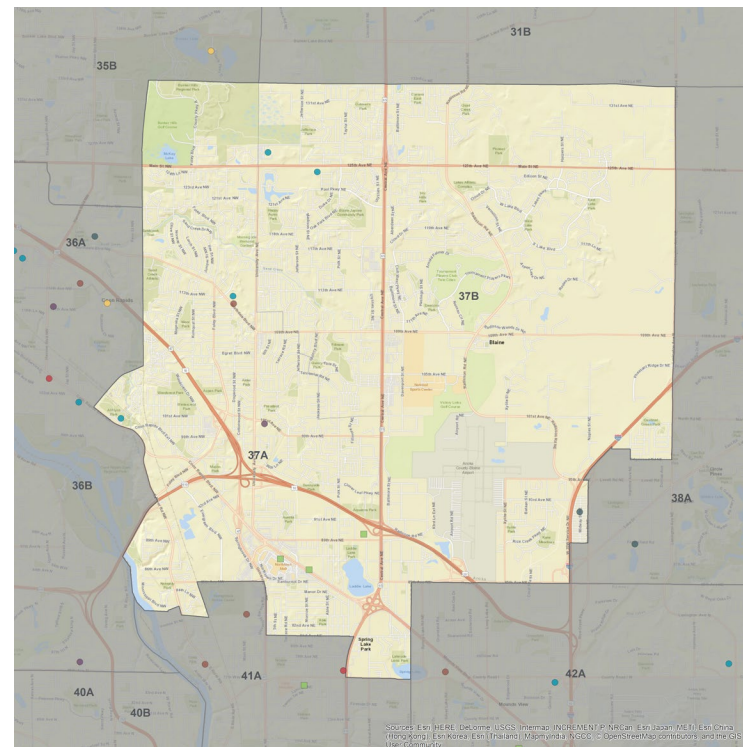
## Schools

Anoka Hennepin Regional High School  
Blaine High School  
Northdale Middle School  
Paladin Career and Technical High School  
Roosevelt Middle School

## Workplace

Alexandra House  
Minnesota Adult Basic Education

## MINNESOTA LEGISLATIVE DISTRICTS 37A & 37B



### 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).