

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. Osmek

Representative

Jerry Hertaus, 33A

Representative

Kelly Morrison, 33B

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:

Carver

Diane Davis, ddavis@co.carver.mn.us

Baby Café helps moms reach breastfeeding goals

Carver County Public Health Statewide Health Improvement Partnership (SHIP) and Park Nicollet Clinic – Chanhassen partnered to offer a free Mom & Baby Café drop-in service to any pregnant or breastfeeding mom. The effort launched on Sept. 18, 2018.

The Mom & Baby Café is staffed by an International Board Certified Lactation Consultant from Methodist Hospital and a Certified Lactation Counselor from Carver County Public Health. The Mom & Baby Café offers information and support to help moms reach their breastfeeding goals.

Moms can weigh their baby, talk with a certified lactation consultant and ask questions in a group setting. Allowing moms to share their experiences and ideas with others creates a unique breastfeeding support group and may lead to increased breastfeeding duration and likelihood to breastfeed again in the future.

SHIP funds secured materials necessary for the Café, including an infant scale and promotional materials. The Café was originally developed by staff at the Park Nicollet Breastfeeding Center at Methodist Hospital who are experts on the topic. The program fills a gap as there were no local options for breastfeeding moms to meet regularly with a lactation consultant or other moms.

Park Nicollet Clinic – Chanhassen pediatricians are referring expectant and new moms to the Mom & Baby Café. Moms who deliver at Methodist Hospital also receive information about the Café. Carver County Public Health includes information about the Mom & Baby Café in letters sent to new moms in the county and on their website and social media platforms.

SHIP: LOCAL LEADERSHIP, LOCAL PARTNERS, LOCAL EXPERTISE

These community partners are leading SHIP activities in your communities.

Community

Balsam Hills Apartments & Townhomes
City of Excelsior
Hillside Terrace
Orono Woods Senior Living Apartments

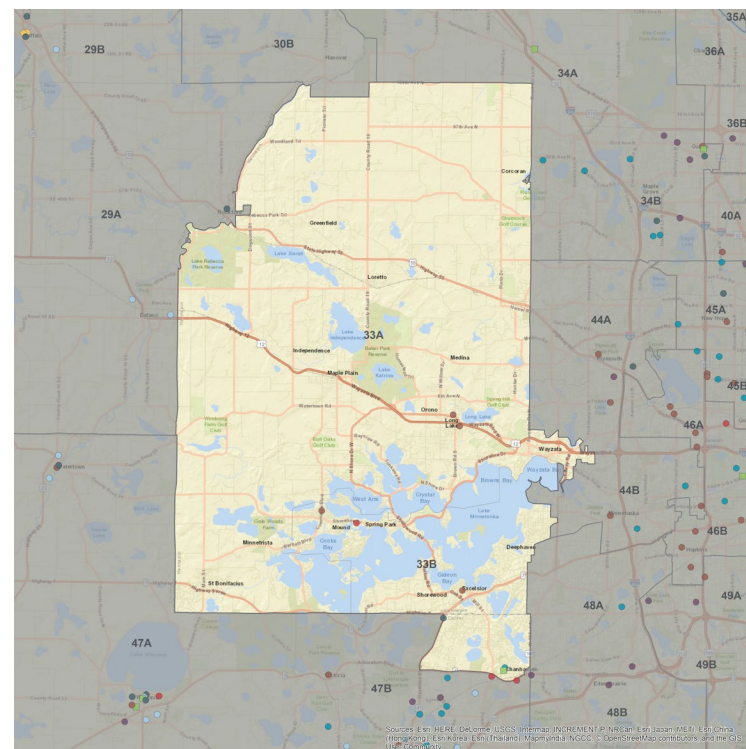
Health Care

City Of Chanhassen
Park Nicollet - Chanhassen
Ridgeview Chanhassen

Schools

Chanhassen Elementary

MINNESOTA LEGISLATIVE DISTRICTS 33A & 33B



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.