

# 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

Mark W. Koran

### Representative

Brian Johnson, 32A

### Representative

Anne Neu, 32B

## 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:

### Chisago County

Kirsten Kennedy, khagenkennedy@gmail.com

### Isanti, Kanabec, Mille Lac & Pine Counties

Lori Swanson, lori.swanson@co.kanabec.mn.us

## Chisago SHIP helps life work center students gain healthy living skills

Chisago County School's Life Work Center (LWC) in North Branch is improving the options for special needs students between 18 and 21. The center provides a location for students to come together into a larger community, where they can make connections with peers, form relationships and support each other as they learn the skills necessary to reach their highest level of independence.

Program Director Stacy Johnstone sought ways to meet the needs of her 30 students and has worked with the Chisago County Statewide Health Improvement Partnership (SHIP) to increase healthy eating and active living opportunities for her students. SHIP is helping this initiative through funding of Hokki stools, a tower garden and functional kitchen equipment.

Hokki stools transform stationary sitting into an activity. They enhance a student's ability to focus by allowing movement, core strengthening and flexibility. "It's true, they help me keep my back straight, make my stomach stronger and it helps me breathe better," student Joy reported.

The 6-foot-high tower garden provides the school an opportunity to grow plants indoors with students choosing the seeds, planting, watering, pollinating and harvesting produce.

The functional kitchen equipment and healthy eating classes help students get more comfortable in the kitchen. Students use shopping lists with pictures, master setting the oven, and get introduced to color coded equipment and modified recipes. Student Sam said that he is proud he made baked squash, garlic chicken and whole grain rolls in class, which he shared with his girlfriend.

Johnstone believes that the healthy living skills initiative at the LWC is about teaching students that they have the power to make healthy choices.

# SHIP: LOCAL LEADERSHIP, LOCAL PARTNERS, LOCAL EXPERTISE

These community partners are leading SHIP activities in your communities.

## Community

Cambridge-Isanti High School  
 Chisago City Farmers Market  
 Chisago Lakes Healthy Living Committee  
 East Central Breastfeeding Coalition  
 Family Pathways  
 Women's Environmental Institute

## Health Care

Cambridge Medical Center

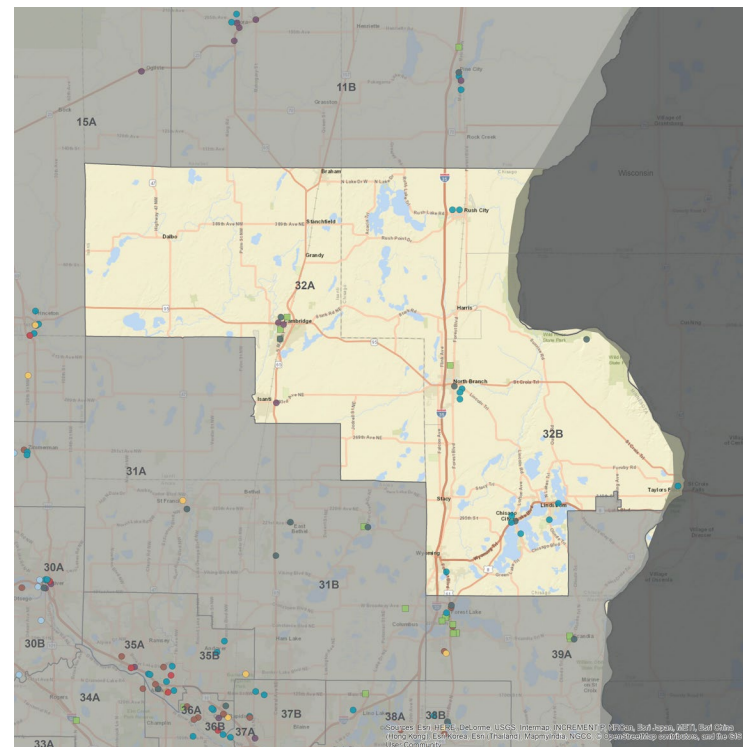
## Schools

C.E. Jacobson Elementary  
 Chisago Lakes High  
 Chisago Lakes Middle  
 Chisago Lakes Primary  
 Lakeside Elementary  
 North Branch Area High  
 North Branch Area Middle  
 North Branch School District  
 Rush City School District  
 Rush City Secondary  
 Sunrise River Elementary  
 Taylors Falls Elementary  
 TRIO Wolf Creek Charter  
 Wyoming Elementary

## Workplace

Cambridge Isanti School District  
 Chisago County  
 Coborns - Isanti  
 Comprehensive Health Clinics  
 Gracepointe Crossing  
 Isanti County

## MINNESOTA LEGISLATIVE DISTRICTS 32A & 32B



## 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).