

# 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**  
Thomas M. Bakk

**Representative**  
Rob Ecklund, 3A

**Representative**  
Mary Murphy, 3B

## 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:

**Healthy Northland**  
Brian Bluhm, bluhmb@stlouiscountymn.gov

### Hermantown becomes regional leader for tobacco prevention

Hermantown became the first city in northeastern Minnesota to ban all tobacco sales to those under 21, with the support of Healthy Northland, the Statewide Health Improvement Partnership (SHIP) grantee in Northeastern Minnesota.

Just over a year ago, community advocates in Hermantown started talking about taking action on the issue. After years of declining tobacco use rates among youth in Minnesota, they were concerned about the sharp increase in the use of tobacco and e-cigarettes among teens. According to the Minnesota Student Survey, 19.5 percent of 11th graders in the Hermantown School District use e-cigarettes.

The community coalition in Hermantown began meeting monthly, with support and technical assistance from Healthy Northland's SHIP partner, the American Lung Association. The coalition planned community and school education efforts and met with city council members to inform them about tobacco issues. Hermantown students played a big role in the coalition, putting together a student advocacy group, Hawks for Health, and planning school activities to promote the effort.

Although city leaders initially resisted, fearing that raising the minimum age to purchase tobacco would be seen as anti-business, they came around because of the community support created by the groups pushing for change. In November 2018, Hermantown passed the "Tobacco 21" policy unanimously. The policy took effect Jan. 1, 2019.

Hermantown has become a regional leader in this effort, and had its neighbor, Duluth, paying attention. After watching Hermantown, supporters in Duluth knew it could be done. Duluth passed Tobacco 21 in January 2019.

# SHIP: LOCAL LEADERSHIP, LOCAL PARTNERS, LOCAL EXPERTISE

These community partners are leading SHIP activities in your communities.

## Child Care

Kickstart Preschool

## Community

City of Grand Marais

City of Hermantown

City of International Falls

City of Two Harbors

Cook County Community Center

Green Acres Park

Harbor Point Apartments

Marek Fuller Community Garden

Spokengear

Two Harbors Area Food Shelf

## Health Care

Essentia Health International Falls

## Schools

Cook County ISD 166

Cook County Middle

Cook County Senior High

Great Expectations

ISD 361

ISD 381 Lake Superior School District

Minnehaha Elementary

Sawtooth Mountain Elementary

William Kelley Elementary

## Workplace

Community Partners

Cook County

Cook County Whole Foods Co-op

Cook County YMCA

Grand Marais Family Dentistry

Lake County Development

Achievement Center

Lake County Health & Human Services

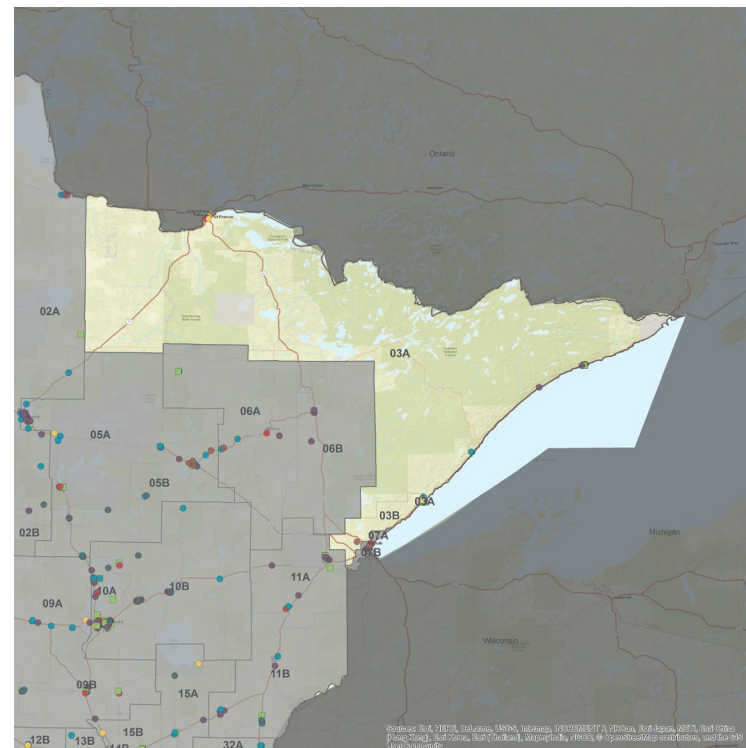
Lutsen Resort

Sawtooth Mountain Clinic

Visit Cook County

WTIP Community Radio

## MINNESOTA LEGISLATIVE DISTRICTS 3A & 3B



## 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).