

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
Torrey N. Westrom

Representative
Jeff Backer, 12A

Representative
Paul Anderson, 12B

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:

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Expanding healthy food access in Hoffman

Like many Minnesotans living in rural communities, those in Grant and Traverse Counties often drive more than 10 miles to reach a grocery store where they can purchase fresh, healthy food for their families. Such areas are classified as food deserts and their residents often lack reliable access to healthy, affordable food.

Darrel's Full Service Foods is located in Hoffman, Minn., a town of 650 people in Grant County. When Darrel and Leslie Nehk opened the store in 2012, their goals for the store were to provide adequate food to the community, especially the elderly; provide a healthy environment for local people to gather; and provide fresh fruits and vegetables, dairy and meat to local residents.

In collaboration with the Horizon Statewide Health Improvement Partnership (SHIP) team, they have made significant changes to the selection of healthy food available at their store. Just one year ago they stocked 16 varieties of fresh fruits and vegetables; now, the store carries 22 to 25 varieties at any given time. Other healthier food choices have also grown, including frozen fruits and vegetables, whole grain options, and healthy snacks near the checkout area.

Recently, SHIP staff has helped the store apply for and win a grant available to help with the purchase of an open display cooler for the front of their store. With the cooler, fresh and healthy convenience items will become available – fruit cups, healthy beverages, ready-to-go salads, wraps, sandwiches and more.

The Nehks plan to continue to add healthy options. Says Darrel, "We have recently partnered with a local grower and we are excited to sell more fresh and organic fruits and vegetables."

SHIP: LOCAL LEADERSHIP, LOCAL PARTNERS, LOCAL EXPERTISE

These community partners are leading SHIP activities in your communities.

Child Care

Family Child Care Homes

Community

Big Stone County

Big Stone Lake Farmers Market

City of Albany

City of Ashby

City of Beardsley

City of Breckenridge

City of Browns Valley

City of Melrose

City of Rothsay

City of Starbuck

Comprehensive Community

Improvement Initiative

Country Buds Greenhouse

Fairway View

Glenwood HRA

Graceville Community Farmers

Market

Melrose Area Food Shelf

Morris Area Farmers Market

Pope County

Sauk Centre Food Shelf

University of Minnesota, Morris

Health Care

Big Stone County Memory Network

Essentia Health Graceville Clinic

Ortonville Area Health Services

Schools

Albany Elementary

Albany Middle School

Albany Senior High

Belgrade Police Department

Brandon-Evansville School

Breckenridge Elementary

Breckenridge Middle

Breckenridge School District

Breckenridge Senior High

Browns Valley Elementary

Clinton-Graceville-Beardsley El.

Garfield Elementary

Knoll Elementary

Melrose Elementary

Melrose Middle

Melrose Secondary

Minnewaska Area Elementary

Minnewaska Area Junior High

Minnewaska Area Middle

Minnewaska Area Secondary

Rothsay Elementary

Rothsay School District

Rothsay Secondary

St. Mary's School

Workplaces

American Solutions for Business

Big Stone County Family Services

Grant County

Main Street Industries

Orthopedic and Sports Physical
Therapy Inc.

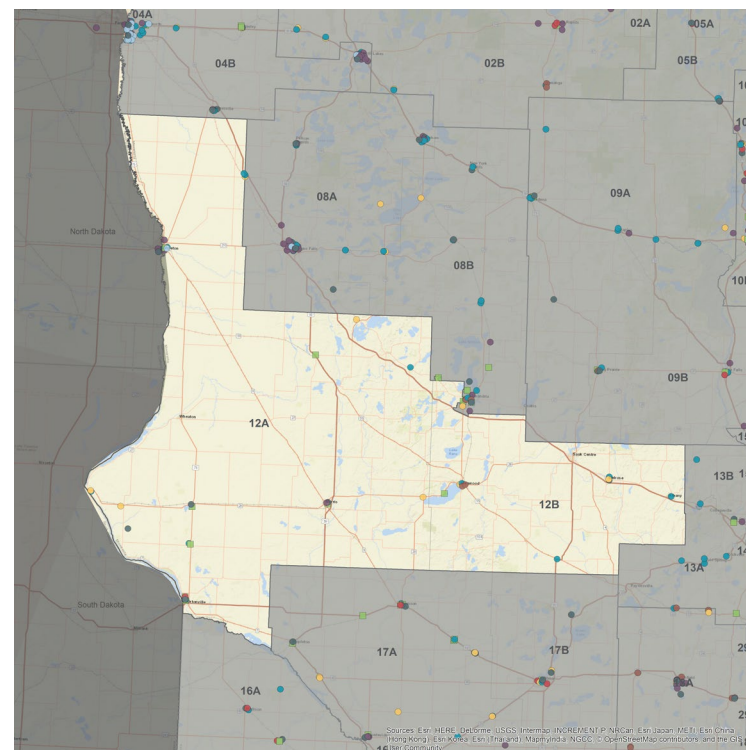
Saint Francis Healthcare Campus

Stevens Community Medical Center

Stevens County Government

Wilkin County

MINNESOTA LEGISLATIVE DISTRICTS 12A & 12B



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.