

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

Rich Draheim

Representative

Bob Vogel, 20A

Representative

Todd Lippert, 20B

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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Manufacturer goes all-in to support nursing mothers

Recently, Le Sueur Incorporated (LSI), a manufacturing company in Le Sueur, Minn., signed on to the Le Sueur Workplace Wellness Collaborative along with three other local employers.

The collaborative is an effort led by the regional Statewide Health Improvement Partnership (SHIP) and the Le Sueur Chamber of Commerce. Over the past year, LSI, which employs about 430 individuals, has met with SHIP staff to learn how worksites can easily integrate healthy eating, active living, tobacco free environments, breastfeeding support and stress relief.

Breastfeeding support was identified as a priority as LSI wanted to support nursing mothers returning to the workforce. A family-owned business, this effort aligned with its family-oriented values. SHIP staff provided technical assistance to develop an employee breastfeeding policy, understand federal and state requirements for employers, implement breastfeeding support best practices and apply to become recognized as a Breastfeeding Friendly Worksite by the Minnesota Department of Health.

A project to build a new breakroom was being planned when it was decided that the new space needed to include a mother's room. A SHIP grant supported LSI in furnishing three mother's rooms.

It was important to provide access to mothers working in production, so a mother's room is located on each of the two production floors as well as one located in the office area.

John Depree, LSI Human Resource Director, said, "All our employees will be affected or impacted by these changes – by the presence of these mother's rooms in our daily workspace, the rooms serve as a daily communication to all employees regarding the importance of new mothers to our company and community."

SHIP: LOCAL LEADERSHIP, LOCAL PARTNERS, LOCAL EXPERTISE

These community partners are leading SHIP activities in your communities.

Child Care

United Methodist Church of Le Center

Community

Belle Plaine Food Shelf
 BikeNorthfield
 Boessling Lutheran Village Apts.
 Faith Residence Apartments
 Cannon River Off-road Cycling and Trails
 City of Belle Plaine
 City of Le Sueur
 City of Montgomery
 Kingsway Estates
 Le Center Food Shelf
 Le Sueur County
 Northfield Union of Youth
 Peace Center Food Shelf
 The Le Center Clubhouse

Health Care

FiftyNorth
 Le Sueur County Fair Board
 Le Sueur County Public Health
 Northfield Emergency System
 Northfield Manor, Inc.

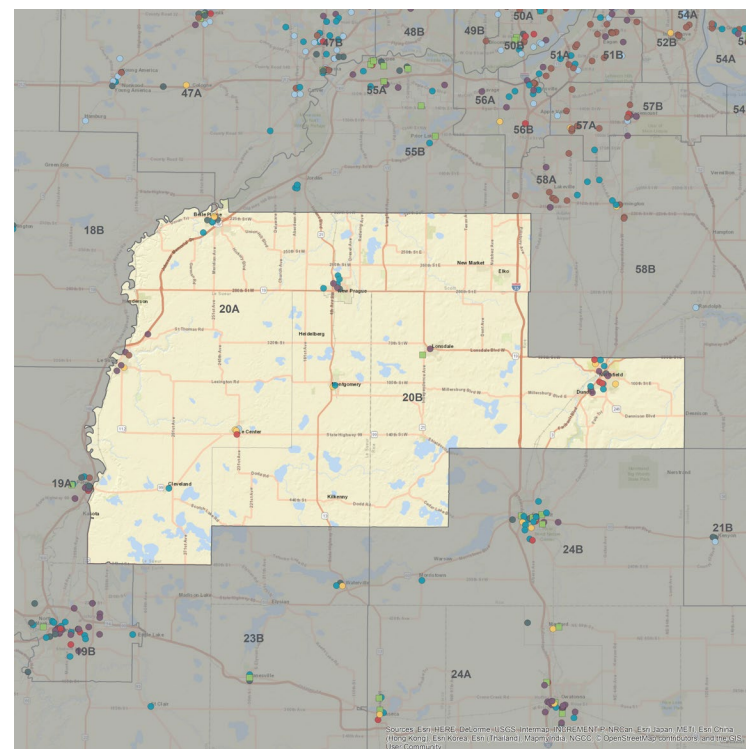
Schools

Arcadia Charter School
 Belle Plaine Junior/Senior High
 Chatfield Elementary
 Cleveland Public School
 Compass Learning Center
 Greenvale Elem. School/GECKO
 Montgomery-Lonsdale Elem. East
 New Prague High School
 New Prague Middle School
 Northfield Middle School
 Northfield Public Schools ISD 659
 Oak Crest Elementary
 Raven Stream Elementary
 St. Dominic School
 Tri-City United Middle School

Workplace

Belle Plaine Public School District
 Cambria
 Chart Industries
 City of Lonsdale
 City of Northfield
 Community Resource Bank
 Le Sueur Inc.
 Le Sueur-Henderson School District
 New Prague Area Schools
 Northfield Community Resource Ctr.
 Northfield YMCA
 Ridgeview Le Sueur Med. Center
 Three Links Campus

MINNESOTA LEGISLATIVE DISTRICTS 20A & 20B



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.