

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

Jeremy R. Miller

Representative

Gene Pelowski, Jr., 28A

Representative

Greg Davids, 28B

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:

Fillmore, Houston

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Winona

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Promoting walking among new Winona County residents

Project FINE (Focus on Integrating Newcomers Through Education) works to integrate immigrant and refugee populations into Winona County. Through a grant from Winona County's Statewide Health Improvement Partnership (SHIP), Project FINE held listening sessions with community members to identify barriers to exercise and walking in neighborhoods where their clients live. As a result, a series of walking guides with maps of walking routes in the area were developed and distributed to promote walking and community engagement among residents.

Findings from the listening sessions revealed that 85 percent of respondents did not walk or exercise on a regular basis. The most common reasons for not walking or exercise were: lack of infrastructure (sidewalks, crosswalks); unfamiliarity with the neighborhood or not knowing where to go; and lack of motivation to exercise. When respondents were asked where they would like to walk if it were safer, the most common answers were in their neighborhood - in this case: Maplewood Townhomes, and Hidden Valley and Lake Village trailer courts.

Four walking guides were created to promote walking in Maplewood Townhomes, Hidden Valley, Goodview (Lake Village) and Central Winona. The guides were translated into Hmong and Spanish and were made available in the neighborhoods and at several community events. An estimated 200 families received information about the walking routes.

"It's very helpful to know how far I have walked," said one walker who has been using the walking guides. "The maps encourage me to walk more often," said another walker. According to Project FINE staff, more residents are engaging and using the walking routes.

SHIP: LOCAL LEADERSHIP, LOCAL PARTNERS, LOCAL EXPERTISE

These community partners are leading SHIP activities in your communities.

Child Care

Harmony Kids Learning Center
Houston Co. Licensed Child Care Provider Association
Kids Corner of Caledonia Daycare Center
Lanesboro Child Care Center
One Block at a Time Day Care
Semcac Head Start

Community

Bremmer Suites
Christ Lutheran Church
City of Goodview
City of Fountain
City of Harmony
City of Houston
City of Lanesboro
City of Lewiston
City of Peterson
City of Preston
City of Rushford
City of Spring Valley
City of St. Charles
City of Winona
Fillmore County Jail
Front Porch Management
Hillside Homes Apartments
Hokah Food Shelf
Houston Chamber
Lakewood Apartments
Root River Trail Towns
Semcac Food Shelf - Caledonia
Semcac Food Shelf - Preston
Semcac Food Shelf - Rushford
Semcac Senior Dining

Simple Living Farmers Market
Winona County
Winona Farmers Market
Winona State University
Winona Volunteer Services

Health Care

Chosen Valley Senior Living
Fillmore County WIC
Houston County WIC Clinic
Olmsted Medical Center
Ostrander Care and Rehab
Park Lane Estates
Spring Valley Senior Living
Winona Health
Zumbro Valley Mental Hlth. Ctr.

Schools

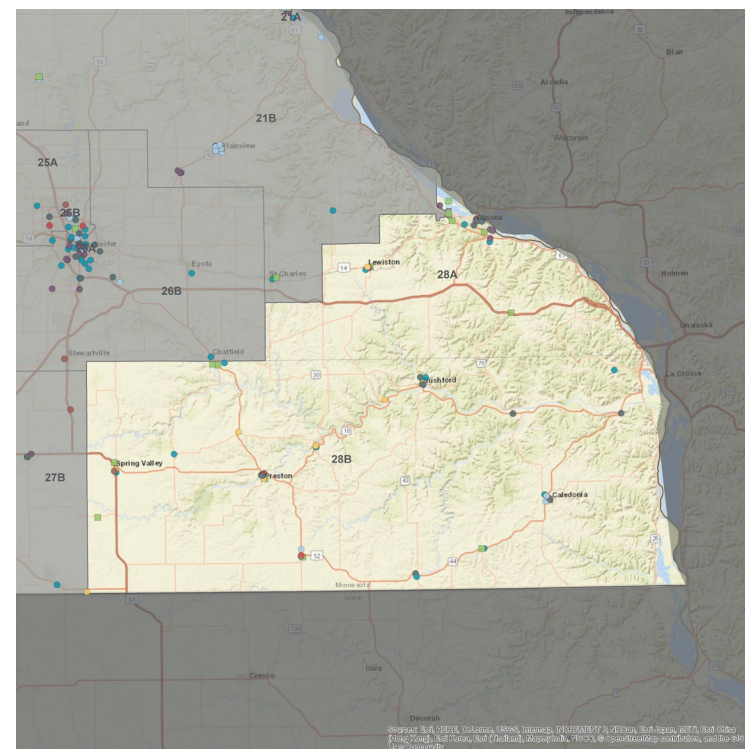
Caledonia Area Elementary
Caledonia Middle
Caledonia Senior High
Chatfield Elementary
City of Spring Grove
Fillmore Central Elementary
Fillmore Central Senior High
Fillmore-Central School Dist.
Kingsland Elementary
Kingsland High
Kingsland School District
La Crescent Montessori & STEM
Lanesboro Elementary
Lanesboro School District
Lanesboro Secondary
Lewiston-Altura Elementary
Lewiston-Altura Intermediate El.
Lewiston-Altura Secondary

Mabel Canton School District
Ridgeway Community School
Riverway Learning Community
Rushford-Peterson Elementary
Rushford-Peterson High
Rushford-Peterson Middle
Rushford-Peterson School Dist.
Spring Grove Elementary
Spring Grove Secondary
St. Charles Elementary
St. John's Lutheran School
Winona Middle School
Winona Senior High

Workplace

City of Winona
Fillmore County
HBC
Houston County
Houston County CCS Building
Houston Co. Historic Courthouse
Miller Ingenuity
Peerless Chain Company
Ridgeway Community School
Riverside Electronics
Semcac Administrative Office
Thern
Watlow
Winona Agency Inc.
Winona Health

MINNESOTA LEGISLATIVE DISTRICTS 28A & 28B



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.