

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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Houston: Audrey Staggemeyer, audrey.staggemeyer@co.houston.mn.us

Winona

Andrea Gierok, agierok@co.winona.mn.us

Full steam ahead for Fillmore County food access partnership

The Semcac Community Action Agency's Senior Nutrition Program promotes independence, dignity, good health and nutritional well-being.

Meals are available for older adults and adults living with functional impairments at dining sites or through Meals on Wheels. Semcac prepares meals for 700 - 900 Fillmore and Houston County diners per year. About 21 percent of the meals are delivered to rural, hard-to-reach seniors who are homebound.

Recently, Semcac and the Fillmore County Statewide Health Improvement Partnership (SHIP) improved cooking methods and meals. A commercial steamer was installed with support from SHIP and community donations. Food service staff received training on food preparation using the steamer and maintenance of the steamer. SHIP and food service staff identified processing times for a variety of fruits, vegetables and whole grains to improve health and taste.

As a result of this collaboration, the dining site is preparing more fresh carrots, squash, sweet potatoes, broccoli and sweet corn. These foods now retain moisture and heat, making diners more likely to eat and enjoy.

Diners are happy with the steamed foods. Diner Bertram, who is 100 years old, said, "The food is good and good for you. Now I even like spinach! It's so beneficial because diet is a big part of our health."

According to Debbie Betthausen, Semcac Senior Services Director, "The greatest significant change has been that we can utilize more fresh produce and cook it faster without as much nutrient loss. The steamer has allowed us much greater use of fresh vegetables on our menu, rather than canned, which has enhanced both the nutritional contribution and the desirability of the meals we prepare."

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 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 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

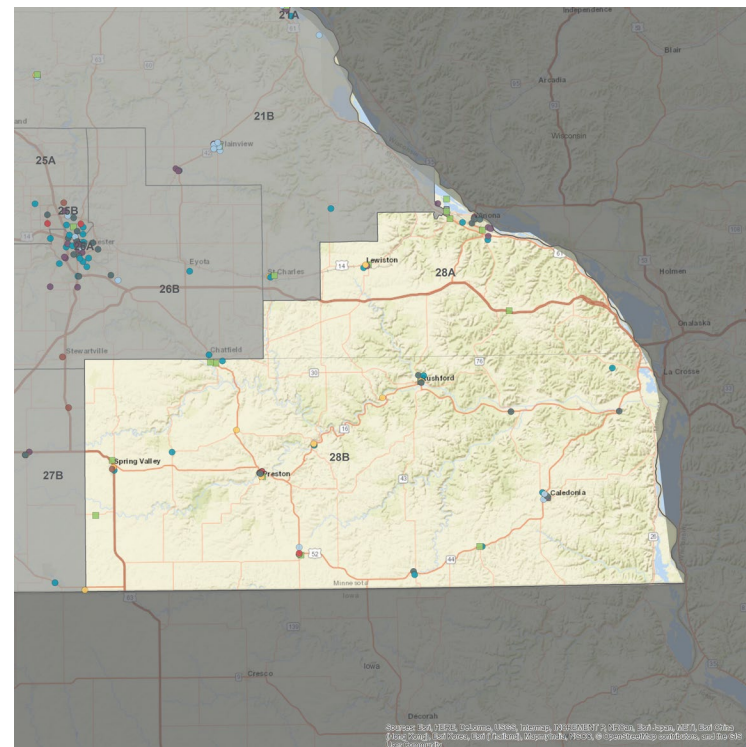
Caledonia Area Elementary
Caledonia Middle
Caledonia Senior High
Chatfield Elementary
City of Spring Grove
Fillmore Central Elementary
Fillmore Central Senior High
Fillmore-Central School Dist.
Kingsland Elementary
Kingsland High
Kingsland School District
La Crescent Montessori & STEM
Lanesboro Elementary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