

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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Goodview farmers market celebrates successful season

The Goodview Farmers Market celebrated multiple successes as it wrapped up its second season. "I love that we have this market in Goodview," said one customer. "The market is a great community addition to Goodview. Thank you!" said another customer.

Among the market's successes: 27 vendors (a four-fold increase in the number of vendors from the previous season) and a steady showing of several hundred customers each week. The market has leveraged its successes in part with funds from Winona County's Statewide Health Improvement Partnership (SHIP). The installation of a new bike rack, which encourages biking to the market and the Power of Produce (PoP) Club were funded by SHIP.

PoP Club promoted healthy eating for children ages 4-12. Through PoP, children received a \$2 token once per market to spend on fresh, locally grown produce. There were 327 children registered for the PoP Club, and they accounted for 1,054 of the market visits this season.

The goal of the PoP Club is to empower children to make healthy choices when selecting food to eat. The PoP Club offers a chance for children to explore the farmers market and learn about the different varieties of fruits and vegetables, while also learning about how food is grown, by connecting them with local farmers. One PoP Club parent said, "The Power of Produce Club really helps our family, and my kids get excited about veggies."

Thanks to support from SHIP, the next market season will feature a new website for the Goodview Farmers Market and added Supplemental Nutrition Assistance Program and credit card processing capability to reach a more diverse audience.

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 St. Charles
City of Winona
Fillmore County Jail
Front Porch Management
Hillside Homes Apartments
Hokah Food Shelf
Houston Chamber
Lakewood Apartments
Ridgeway Community School
Riverway Learning Community
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

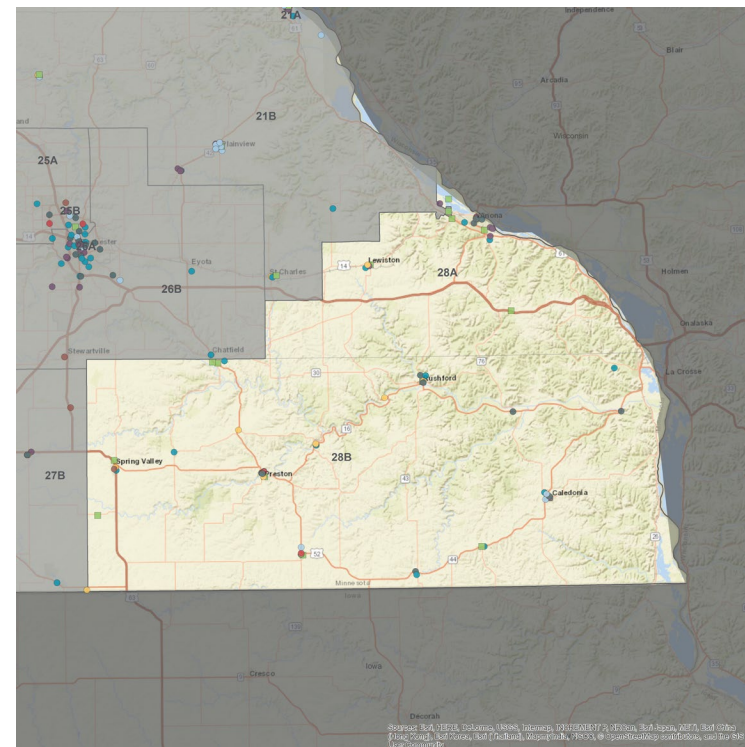
Caledonia Area Elementary
Caledonia Middle
Caledonia Senior High
Chatfield Elementary
City of Spring Grove
Fillmore Central Elementary
Fillmore Central Senior High
Fillmore-Central School Dist.
Kingsland Elementary
Kingsland High
Kingsland School District
La Crescent Montessori & STEM
Lanesboro Elementary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