

# 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

Fillmore: Brenda Pohlman, [bpohlman@co.fillmore.mn.us](mailto:bpohlman@co.fillmore.mn.us)

Houston: Audrey Staggemeyer, [audrey.staggemeyer@co.houston.mn.us](mailto:audrey.staggemeyer@co.houston.mn.us);

### Winona

Andrea Gierok, [agierok@co.winona.mn.us](mailto:agierok@co.winona.mn.us)

## Houston County SHIP partner supports breastfeeding mothers

Kids Corner Daycare Center of Caledonia and Houston County Statewide Health Improvement Partnership (SHIP) have collaborated on numerous successful SHIP endeavors over the years.

Kids Corner Daycare Center is licensed to provide care for 99 children ranging in age from infants to school age children and has approximately 30 employees, the majority of them being women of child-bearing age. Kids Corner has always created a supportive and welcoming environment for breastfeeding mothers and wanted to formalize this practice into a policy.

Kids Corner Daycare Center repurposed space in their facility, transforming it into a breastfeeding room. It is a room with a gliding rocking chair, side table, bulletin board, and a door for privacy, creating a comfortable environment for breastfeeding moms to privately express breast milk. The center also allows moms to store properly labeled expressed breast milk on-site.

To make these changes function well for the center and for breastfeeding moms, Kids Corner Daycare Center worked with SHIP staff to create a written policy for the use of the room. SHIP also helped guide the center as they put that policy into practice. Employees of Kids Corner Daycare Center that are breastfeeding mothers have always appreciated the flexibility and understanding shown by their employer with their decision to breastfeed. Now, employees have conveyed enthusiastic gratitude to the formal policy and environmental changes supporting breastfeeding made by their employer.

Last year, Kids Corner Daycare Center of Caledonia applied for and received the Minnesota Department of Health Breastfeeding Friendly Workplace designation. They have already begun planning and working toward the "Breastfeeding Friendly Child Care Center" designation as well.

# 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

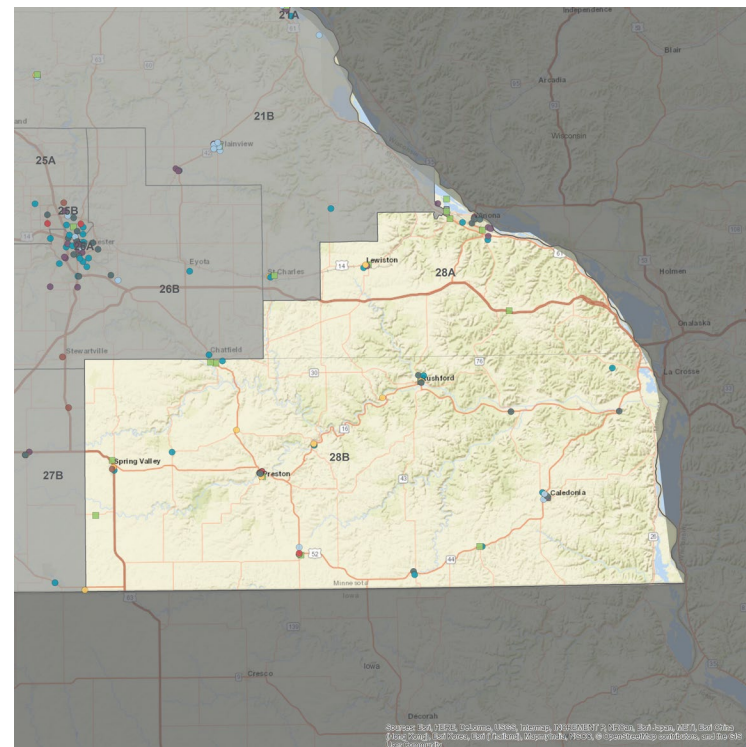
Caledonia Area Elementary  
Caledonia Middle  
Caledonia Senior High  
Chatfield Elementary  
City of Spring Grove  
Fillmore Central Elementary  
Fillmore Central Senior High  
Fillmore-Central School Dist.  
Kingsland Elementary  
Kingsland High  
Kingsland School District  
La Crescent Montessori & 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](http://www.health.mn.gov/ship).