

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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Healthy on-the-go is new at Winona Hy-Vee

According to a 2015 survey commissioned by the Center for Prevention at Blue Cross and Blue Shield of Minnesota, 66 percent of Minnesotans said that they shop at least once a week at a traditional grocery store.

In the eyes of Jennifer Holden, dietician at Winona Hy-Vee grocery store, that puts grocery stores in a unique position to promote health and well-being by encouraging nutritious choices. Winona Hy-Vee received funding from the Statewide Health Improvement Partnership (SHIP) to purchase display items throughout the store to support shoppers in making healthy food choices.

Winona Hy-Vee's existing nutrition programs focused largely on educating youth and their parents on how to cook and eat healthy through educational gardens, cooking classes and one-to-one consultations. The SHIP grant provided Winona Hy-Vee an opportunity to impact a broader group of shoppers by installing 25 recipe card holders in aisles next to central ingredients throughout the store and two healthy snack stands near the checkout area.

Since the card holders and displays have been installed Holden said, "items are moving pretty steadily off of the healthy snack stands! I am very happy with the sales and response from customers."

"We sold 530 healthy to-go items in five weeks, averaging around \$100 in sales per week," said Holden. She finds that the seasonal and holiday recipes are most popular among shoppers. In the future, Holden hopes to purchase more card holders and carry three times more recipes to meet shopper demands.

Through a comprehensive approach to local opportunities and challenges, SHIP partners with local businesses like Hy-Vee to make healthy options more accessible for everyone who lives, works, learns and plays in Winona County.

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

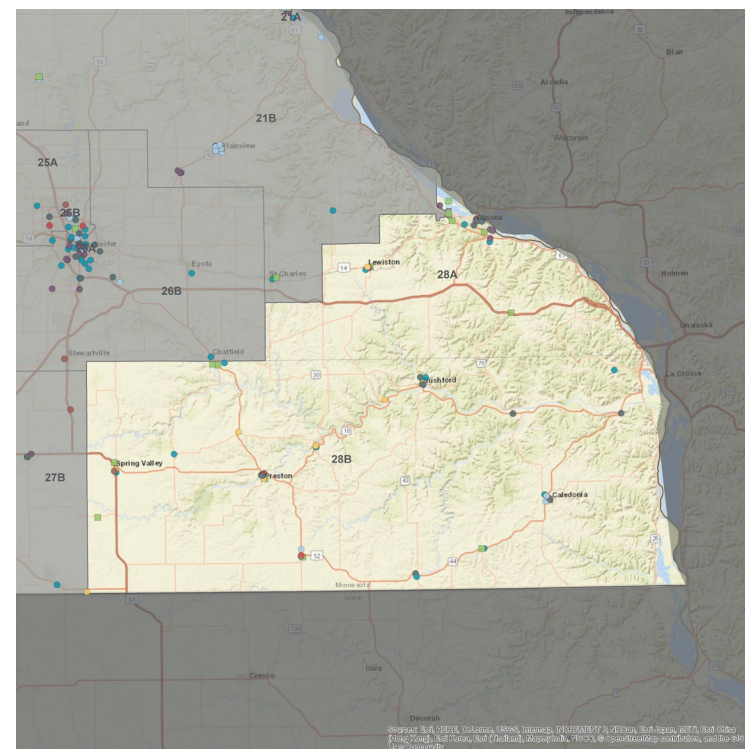
Caledonia Area Elementary
Caledonia Middle
Caledonia Senior High
Chatfield Elementary
City of Spring Grove
Fillmore Central Elementary
Fillmore Central Senior High
Fillmore-Central School Dist.
Kingsland Elementary
Kingsland High
Kingsland School District
La Crescent Montessori & STEM
Lanesboro Elementary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