

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

David H. Senjem

Representative

Duane Quam, 25A

Representative

Duane Sauke, 25B

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:

Olmsted

Anna Oldenburg, oldenburg.anna@co.olmsted.mn.us

Dodge, Steele

Alicia Schumacher, Alicia.Schumacher@co.dodge.mn.us
Mary Urch, Mary.Urch@co.steele.mn.us

Trail system improvements also support safe routes to school

The cities of Kasson, Mantorville and the Kasson-Mantorville School District want to increase students' ability to walk and bike to school safely.

They have worked together to complete a Safe Routes to School Plan that includes increasing the use of the Sunrise and Sunset Trail system connecting the two towns with the school campus. The Dodge County Statewide Health Improvement Partnership (SHIP) was at the table to support the efforts of increasing physical activity in the community.

Through this partnership, SHIP provided the City of Kasson with a bike repair station for the trail system, which was installed spring of 2018. This repair station provides support for bikers on the trails. Since there are no bike sales and service businesses in either town, this fills the need for easily accessible resources for general bike maintenance right on the trails.

A biker from Kasson stated, "As I rode by, I stopped just to check it out and I was surprised to see it had the tool I needed to fix the loose mirror on my bike!"

Students use the trails to access parks, waterways, summer activities and school. However, Dodge County's Community Health Needs Assessment revealed that 45 percent of adults in the community do not use the bike and walking paths. Adding a bike-friendly feature to the trail system will encourage and benefit bikers of all ages, including residents and guests of Dodge County.

This is just one step of many that will make Kasson and Mantorville easily walkable and bikeable for everyone.

SHIP: LOCAL LEADERSHIP, LOCAL PARTNERS, LOCAL EXPERTISE

These community partners are leading SHIP activities in your communities.

Child Care

Byron Community Education
Gage Early Childhood Education
Northrop Early Childhood Family Services

Community

City of Byron
City of Kasson
Highpointe Senior Community
Hy-Vee Food Stores
Minnesota Children's Museum Rochester
Project Kids
SEMCA Foodshelf

Health Care

Exercisabilites
Southeast Minnesota Area Agency on Aging

Schools

Byron Intermediate
Byron Middle
Kasson Mantorville High
Kasson Mantorville Middle
Kasson-Mantorville Elementary
Triton Public School District

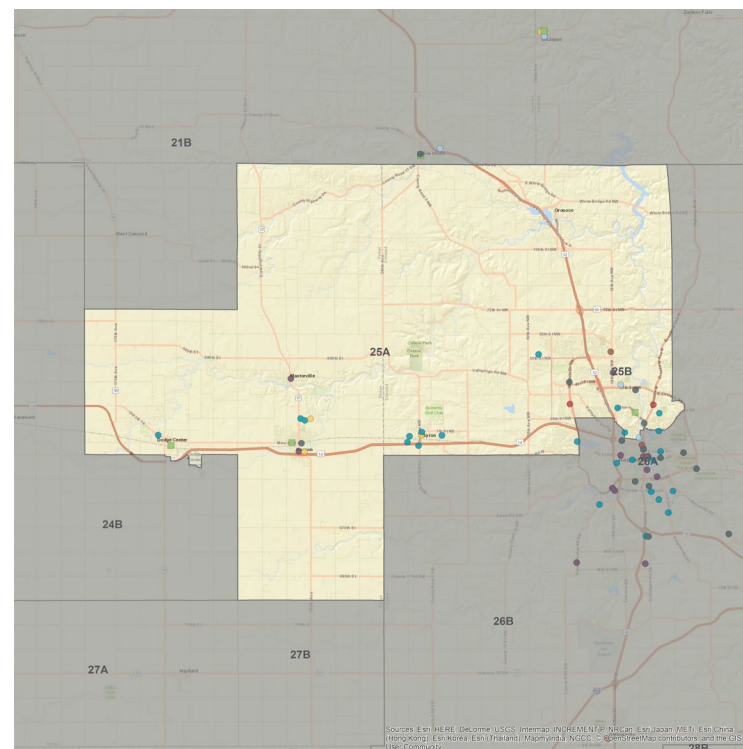
Rochester Public School District:

-Bishop Elementary
-Churchill Elementary
-Elton Hills Elementary
-Gage Elementary
-George W. Gibbs Elementary
-Hoover Elementary
-Rochester School Age Child Care
-Washington Choice Elementary
Zumbro Education District Area Learning Center
Zumbro Education District South Campus
Zumbro Educational District
Zumbro Educational District Transition 2 Success

Workplace

City of Dodge Center
Dodge County
Family Services Rochester
Fernbrook Family Center
Mayo Clinic Kasson

MINNESOTA LEGISLATIVE DISTRICTS 25A & 25B



SHIP strategies

- Active Living
- Healthy Eating
- Tobacco-Free Living
- Schools
- Child Care
- Health Care
- Workplace Wellness
- Multiple Strategies
- Tribal SHIP and Tobacco Grants

To learn more about SHIP, visit www.health.mn.gov/ship.