

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

John R. Jasinski

Representative

John Petersburg, 24A

Representative

Brian Daniels, 24B

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:

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Healthier food options more available for seniors

Rice County Statewide Health Improvement Partnership (SHIP) collaborated with Wabasha County SHIP, Goodhue County's Live Well SHIP and Southeast Minnesota Citizens Action Council (Semcac) Senior Nutrition program to provide healthier food options for seniors in Rice, Wabasha and Goodhue counties.

Semcac Senior Nutrition provides noon meals, Monday through Friday, to any person 60 years of age or older (or to a spouse of 60+ years old) at 10 dining sites in Rice, Wabasha and Goodhue counties. Almost all of the meals served at these sites are prepared in three kitchens located in Faribault, Northfield and Red Wing. Senior Nutrition meals are available to anyone 60+ years of age but Semcac specifically targets low-income seniors.

SHIP funds helped purchase food processors used by Semcac Senior Nutrition, and now more than 1,600 seniors in the tri-county area have access to healthier meals.

Of the seniors served, 56 percent are 75 years of age or older, 60 percent live in rural areas, 66 percent are female, 54 percent live alone, 51 percent live at or below 150 percent of the federal poverty guidelines, and 63 percent are at medium to high nutrition risk. Of the seniors served, about 608 reside in Rice County, 688 in Goodhue County and 304 in Wabasha County.

Many canned or pre-chopped/shredded foods had been used, in part determined by the equipment available, at each site. The new food processors provide the necessary equipment to enhance the nutritional content of the meals and provide Semcac the ability to source more local produce. Buying local can help to eliminate less healthy, pre-processed food, shipping costs and maximize nutritional content.

SHIP: LOCAL LEADERSHIP, LOCAL PARTNERS, LOCAL EXPERTISE

These community partners are leading SHIP activities in your communities.

Community

City of Faribault
 City of Medford
 City of Waseca
 Faribault Adult Basic Education
 Faribault Farmers Market
 Faribault Youth Center
 Friendship House
 Medford Farmer's Market
 Senior Place
 Steele County Food Shelf
 Wanda Holmgren

Health Care

Faribault Area Senior Citizens, Inc.
 Faribault Community Education
 Healthfinders Collaborative
 Mayo Health System - Owatonna
 Owatonna Hospital (Allina)
 Rice County
 Waseca County Public Health

Schools

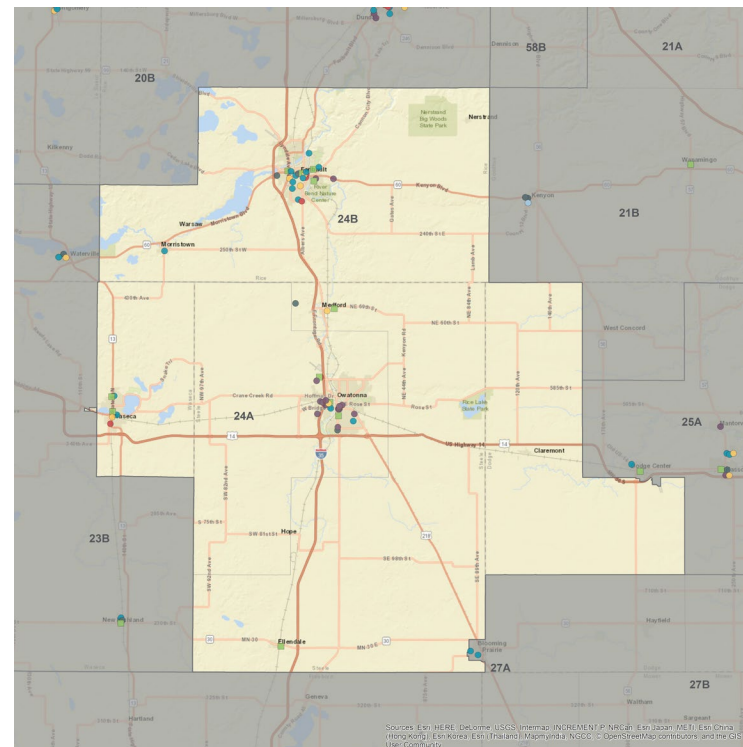
Alexander Learning Academy
 Be Your Best Yoga
 Cannon River STEM School
 Divine Mercy Catholic School
 Faribault Middle
 Faribault Senior High
 Jefferson Elementary (Faribault)
 Lincoln Elementary (Faribault)
 Lincoln Elementary
 Medford Public School
 MN Academy for the Blind
 MN Academy for the Deaf
 NRHEG Elementary School
 Owatonna Public Schools
 Roosevelt Elementary (Faribault)
 St. Mary's School

Team Academy Charter School
 Waseca Alternative Learning Center
 Waseca Junior and Senior High
 Waterville Elysian Morrystown Jr.

Workplace

Administration Building
 All Generations Home Care Inc.
 Allina Health Systems
 Amesbury Truth
 Big Brothers Big Sisters of SE MN
 City of Blooming Prairie
 City of Owatonna
 Corporate Recognition
 Faribault Chamber of Commerce and Tourism
 Federated Insurance
 Fernbrook Family Center
 Fernbrook Family Center Harvest
 FoamCraft
 Habitat for Humanity
 Hy-Vee
 KGP Companies
 MN Prairie County Alliance
 Owatonna Chamber of Commerce and Tourism
 Owatonna Fire Department
 Retrofit
 Rice-Steele 911 Center
 Southeastern MN Oral & Maxillofacial Surgery Associates
 Steele County
 Tri-M Graphics
 Viracon
 Waseca County
 Wenger

MINNESOTA LEGISLATIVE DISTRICTS 24A & 24B



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.