

# 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

Michael P. Goggin

### Representative

Barb Haley, 21A

### Representative

Steve Drazkowski, 21B

## 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:

### Goodhue

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### Wabasha

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### Winona

Andrea Gierok, agierok@co.winona.mn.us



## Making it safer to bicycle in Cannon Falls

Cannon Falls is a growing community with over 4,200 residents and 1,160 children enrolled in the school district.

Bicycling on the Cannon Valley Trail and the Mill Towns Trail are two great assets that provide recreational and physical activity opportunities for residents and visitors. However, very few residents bicycle to community destinations and only a handful of children bike to school. This led Live Well in Goodhue County and the Cannon Valley Trail Manager to engage with the city, the Chamber of Commerce and schools to form the Bike Cannon Falls Team.

Their first priority was the children and students, making it safe to bike to school, and other places kids commonly go - to the pool, shops, and friends' houses. They also wanted to encourage more residents and visitors to bicycle to and from local businesses.

An assessment highlighted Cannon Falls' many assets, such as wide streets that are not heavily traveled, and also clarified problems, such as routes to schools that are on more heavily travelled streets. Biking to school picked up after the team promoted an alternative route to high school just one block off busy Hwy. 19, and engaged grade-schoolers and middle-schoolers, asking what would make them bike more. "I am so happy to see so many kids bicycling to school. It enables children to get regular physical activity and be ready to learn!" said Beth Giese, Cannon Falls School Superintendent.

The Bike Cannon Falls Team plans to collaborate with the city, county and state on safety infrastructure improvements and host biking activities for kids, families and seniors to promote biking and learn how to become smarter, safer, more confident bicyclists.

# SHIP: LOCAL LEADERSHIP, LOCAL PARTNERS, LOCAL EXPERTISE

These community partners are leading SHIP activities in your communities.

## Child Care

All 'bout Children  
 Family Child Care by Michelle  
 Family Child Care Homes (15 locations)  
 Head Start  
 Kenyon-Wanamingo Early Childhood

## Community

All Seasons Food Shelf  
 Cannon Falls Farmers Market  
 Cannon Valley Senior Center  
 City of Cannon Falls  
 City of Elgin  
 City of Goodview  
 City of Kenyon  
 City of Lake City  
 City of Mazeppa  
 City of Pine Island  
 City of Red Wing  
 City of St. Charles  
 City of Wabasha  
 City of Wanamingo  
 Every Hand Joined/Pepin Woods  
 Goodhue Pioneer State Trail  
 Great River Ridge Trail Committee  
 Hope Coalition  
 Kiki's Simple Abundance  
 Lake City Market by the Lake  
 Live Healthy Red Wing  
 Pine Island Chamber of Commerce  
 Red Wing Farmers Market  
 Red Wing Food Shelf  
 SEMMCHRA Maple Grove Apartments 713  
 SEMMCHRA Maple Grove Apartments 730  
 Wabasha Area Emergency Food Shelf  
 Wabasha Farmers Market-Downtown

## Health Care

ACCRA Home Health  
 Faith Lutheran Church  
 Mayo Clinic Health System Red Wing

Saint Elizabeth's Medical Center  
 Senior Work Group  
 Wabasha Ambulance  
 Wabasha County-Services Building

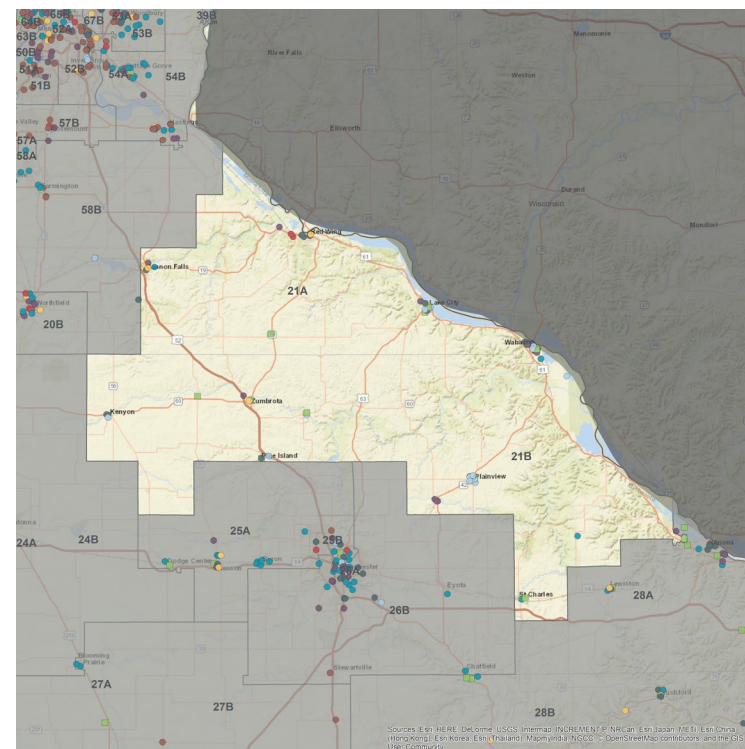
## Schools

Bluff View Elementary  
 Cannon Falls Elementary  
 Goodhue School District 253  
 Immanuel Lutheran School-Plainview  
 Lewiston-Altura Intermediate El.  
 Lincoln High School  
 Lincoln Secondary  
 St. Charles Elementary  
 St. Charles Secondary  
 Sunnyside Elementary  
 Twin Bluff Middle School  
 Wabasha-Kellogg Elementary  
 Wabasha-Kellogg Secondary  
 Zumbrota-Mazeppa Primary  
 Zumbrota-Mazeppa Elementary  
 Zumbrota-Mazeppa Middle/High School  
 Zumbrota-Mazeppa School District 2805

## Workplace

Amesbury Truth  
 Fernbrook Family Center-Red Wing  
 Goodhue County  
 Great River Homes, Inc  
 HBC  
 Plainview-Elgin-Millville 4-6  
 Plainview-Elgin-Millville High  
 Plainview-Elgin-Millville Junior  
 Plainview-Elgin-Millville Pk-3  
 Pro Act Incorporated  
 Saint Elizabeth's Healthcare Center  
 Saint Elizabeth's Community Clinic  
 Star Tech - Goodhue  
 Wabasha County-Courthouse Annex  
 Wabasha County-Criminal Justice

## MINNESOTA LEGISLATIVE DISTRICTS 21A & 21B



## 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](http://www.health.mn.gov/ship).