

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

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Safer walking and biking at Zumbrota-Mazeppa schools

The Zumbrota-Mazeppa School District has been creating a safer walking and biking community with the support of both Wabasha County and Goodhue County Statewide Health Improvement Partnership (SHIP).

“Pulling together the right stakeholders, from the superintendent to city planners, has been the key to this partnership,” said Tina Moen, Wabasha County SHIP Coordinator. In 2016, the partnership took its first step with a Bike Minnesota Safe Routes to School (SRTS) community training. Since then, the Walk! Bike! Fun! Pedestrian and Bicycle Safety Curriculum has been implemented into physical education classes, and bike rodeos have become a regular staple of the community. Walk to School days have also been implemented and expanded to once per week during fall and spring months.

In 2017, the school district and communities received a SRTS planning grant from the Minnesota Department of Transportation. The planning grant helped the school identify needs for infrastructure and programming. A community walkabout needs assessment was conducted and parent surveys were administered to gain feedback.

In response, both communities have taken steps to improve walking and biking paths, including adding high visibility crosswalks and speed beacons, parking bases to remove traffic around bus stops, adding curb extensions, replacing guardrails and removing foliage blocking sidewalks. Also Walk, Ride and Roll maps were introduced in 2018 and are currently being shared with teachers and parents.

In the future, Mazeppa hopes to add a non-motorized path linking the families housed across Hwy. 60 to the school, while Zumbrota is looking to expand walking paths around the school, creating safer walking routes off the main roads.

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 Mazepa
 City Of Pine Island
 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
 Kikis Simple Abundance
 Lake City Market by the Lake
 Live Healthy Red Wing Red Bike Project
 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

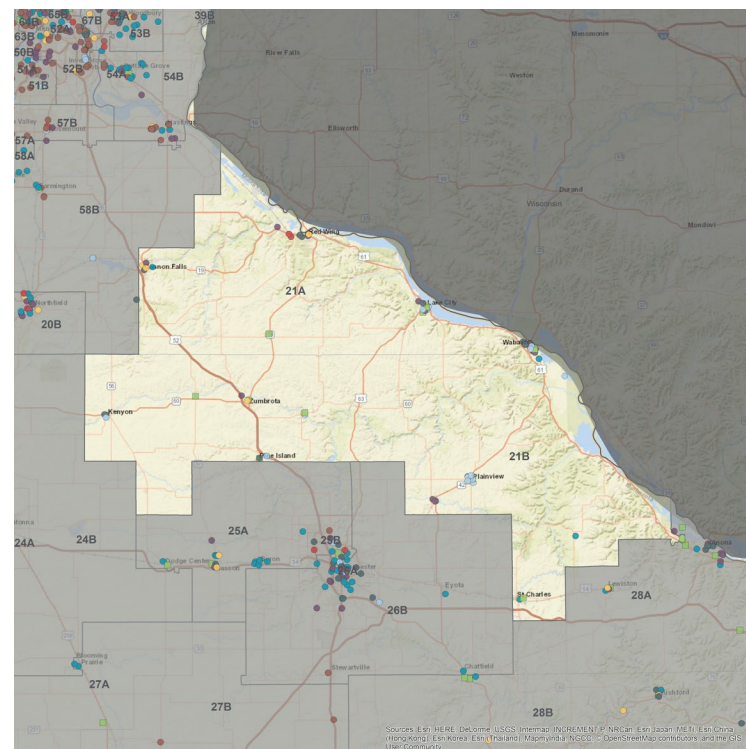
Schools

Bluff View Elementary
 Cannon Falls Elementary
 City Of Goodhue
 City Of Zumbrota
 Immanuel Lutheran School-Plainview
 Lewiston-Altura Intermediate El.
 Lincoln High School
 Lincoln Secondary
 St. Charles Elementary
 St. Charles Secondary
 Wabasha-Kellogg Elementary
 Wabasha-Kellogg Secondary
 Zumbrota-Mazepa Elementary
 Zumbrota-Mazepa School District 2805

Workplace

Amesbury Truth
 Fernbrook Family Center Hedin Ave
 Fernbrook Family Center Second St
 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 Healthcare Center
 Saint Elizabeth's Community Clinic
 Star Tech - Goodhue
 Three Rivers Community Action
 Three Rivers Community Action, Inc.
 Wabasha County-Courthouse Annex
 Wabasha County-Criminal Justice

MINNESOTA LEGISLATIVE DISTRICTS 21A & 21B



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.