

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

Carla J. Nelson

Representative

Tina Liebling, 26A

Representative

Nels Pierson, 26B

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

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Winona

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Building healthy pathways for youth at Minnesota's first bicycle playground

Rochester is proud to be designated as a Bike Friendly Community with its 85 miles of paved trails, growing bicycle infrastructure and community advocacy to support bike share programs, bike friendly businesses, social cycling groups, and bicycle clubs and education for kids.

Since 2009, Olmsted County's Statewide Health Improvement Partnership (SHIP) has been instrumental throughout the planning and implementation process, including building bike infrastructure, improving access, and addressing equity through bikes and bike education.

June 4, 2018, marked the kickoff of Minnesota's first Bicycle Playground in Rochester. Over 700 hours of volunteer time were donated to turn an unused tennis court into a painted streetscape for children and their families to practice bicycle safety skills to prepare them for everyday riding situations.

Improving access to physical activity and emphasizing the importance of creating safe spaces for biking, was the impetus for creating Rochester's Bicycle Playground. The playground provides children with opportunities to learn bicycle safety in a safe environment and hone their bike riding skills.

Through collaborative partnerships with the Rochester Police Department Cops and Kids Program, Rochester Parks and Recreation, the Rochester Public Library, the Rochester Farmer's Market, Scouts and Community Education, several youth bicycle safety classes were held during the summer. The classes taught youth bike safety skills, while providing bikes to youth in need. Youth were also encouraged to eat healthy food through bike-to-market promotional events.

While childhood obesity remains a complex issue, creating environments like the Bicycle Playground go a long way toward helping children stay active.

SHIP: LOCAL LEADERSHIP, LOCAL PARTNERS, LOCAL EXPERTISE

These community partners are leading SHIP activities in your communities.

Child Care

Mighty Oaks Early Learning
Rochester Family Literacy

Community

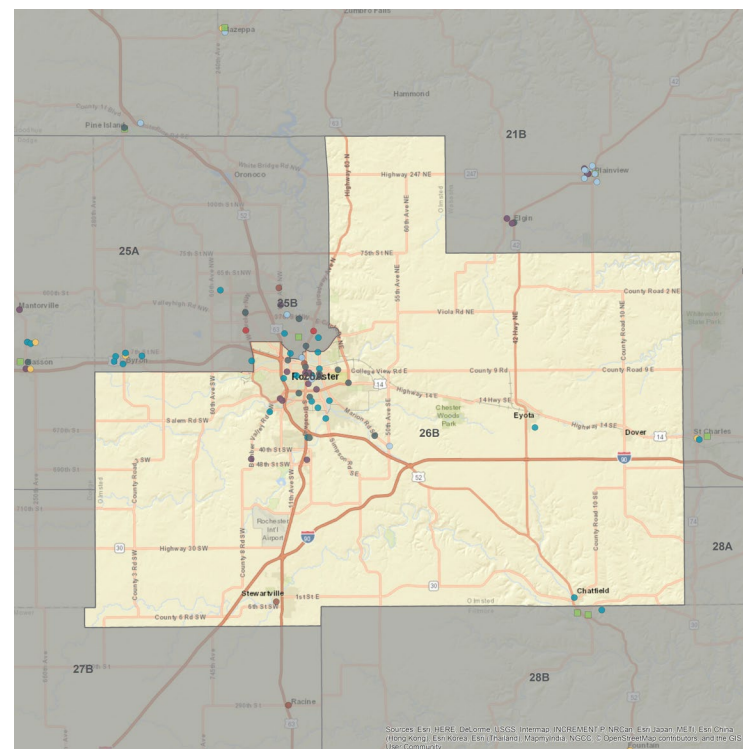
1st Avenue Flats
Apollo Superette
Channel One
Fiza Halal Market
Hy-Vee Food Stores
Jeff's Little Store
Olmsted County Housing And
Redevelopment Authority
PACE Olmsted County
Rochester Downtown Alliance
Rochester Farmers Market
Rochester Parks and Recreation
Rochester Police Department
University of MN Extension
SNAP ED

Chatfield High
Dover-Eyota Elementary
Rochester Public School District
-Rochester Alternative Learning
Center
-Bamber Valley Elementary
-Folwell Elementary
-Franklin Elementary
-Jefferson Elementary
-Phoenix Academy
-Riverside Central Community School
-Sunset Terrace Elementary
-Willow Creek Middle
Stewartville Middle School

Workplace

City of Rochester Public Works Dept.
Custom Alarm
Fernbrook Family Ctr. Greenview Pl.
Grand Rounds Brewing
Lincoln K-8 Choice Elementary
Mayo Clinic
Mayo SE Clinic
Olmsted County Human Resources
Olmsted Medical Center
Von Wald Shelter

MINNESOTA LEGISLATIVE DISTRICTS 26A & 26B



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.

Schools

Chatfield School District