

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

Dan Sparks

Representative

Peggy Bennett, 27A

Representative

Jeanne Poppe, 27B

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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Making it easier to be active at work

Freeborn Mower Cooperative Services (FMCS) has established a strong partnership with Freeborn County Statewide Health Improvement Partnership (SHIP) over the years. SHIP is now helping FMCS to implement a Fit Room for Employees and fund some of the equipment for it.

The newly remodeled Fit Room for Employees is available to all employees and filled with yoga mats, resistance bands, walking weights, dumbbells, balance balls and more. The equipment can be used inside the room or outside, helping employees incorporate more physical activity into their day while at work. The previously unused space is now becoming the most popular place for employees to come together, reduce stress and support one another in reaching their wellness goals.

SHIP involvement also provided ideas for exercises for different members of this workforce, such as stretching for employees who had physical jobs. Importantly, SHIP also worked with FMCS to formulate policies needed to make the initiative work, including:

- An updated Wellness Policy and Guidelines for use of the Fit Room
- Creating a formal policy giving two 15-minute breaks per day to employees and giving employees the choice of using break time for fitness activities
- Insuring that the company was covered under on-site liability for employees using the equipment

"It is amazing to have leadership that supports us as people," said Mary Thompson, office support specialist. "Knowing they care about us is the greatest gift an employer can give. Far beyond handing out incentives and all the other wonderful things they do to support us, providing a physical space we can go to and focus on caring for ourselves is a huge gesture of admiration and compassion."

SHIP: LOCAL LEADERSHIP, LOCAL PARTNERS, LOCAL EXPERTISE

These community partners are leading SHIP activities in your communities.

Community

Academy Park
Albert Lea City Arena
Albert Lea City Pool
Albert Lea Comm. Ed. Brookside
Albert Lea Farmers Market
Austin Community Ed.
Austin Daily Herald
Austin HRA
Bancroft Bay Park
Bellview Park
City Beach
City of Adams
City of Austin
City of Brownsdale
City of Grand Meadow
City of Lyle
City of Racine
City of Rose Creek
Comm. Garden Margaretha Ave.
East Gate Park
Eberhardt Park
Edgewater Park
Farmers Marketplace LLC
Fountain Lake Estates
Fountain Lake Park
Frank Hall Park
Freeborn County Extension
Freeborn County Trail Assoc.
Freeborn Co. WIC Dept.
Gerard
Glenville City Beach
Grand Meadow Public Library
Grand Meadow Sr. Living
Hawthorne Park
Hayek Park
Katherine Island
Kiester Active Living Coalition
Lakeview Park
Lofts at Lea Center
Luther Place

Market Place Foods
Meadows West
Memorial Park
Morin Park
Mower County Fair
Mower County HRA
New Denmark Park
Pickerel Park
Pioneer Park
Prairie Visions
Riverland Community College
Shorewood Hills Park
Smoke Free Housing Residence
Southwest Park
The Arc Mower County
Trailside Apartments
Troy Hammer Park
Valley Park
Wells Area Active Living Coalition
You Bethcha Café
Youth for Christ the Rock

Health Care

Albert Lea Family Y
Freeborn Co. Public Health Dept.
Green Touch Doula Care
Kellie Jorgenson
Mayo Clinic Health System
Mower County
Mower Co. WIC Clinic
Senior Resources

Schools

Albert Lea Area Schools Dist. Office
Albert Lea H.S. Football Boosters
Albert Lea H.S. Soccer Boosters
Albert Lea Schools Dist. Office
Brookside
Albert Lea Senior High
Alden Conger School Dist. Office
Alden-Conger Elementary

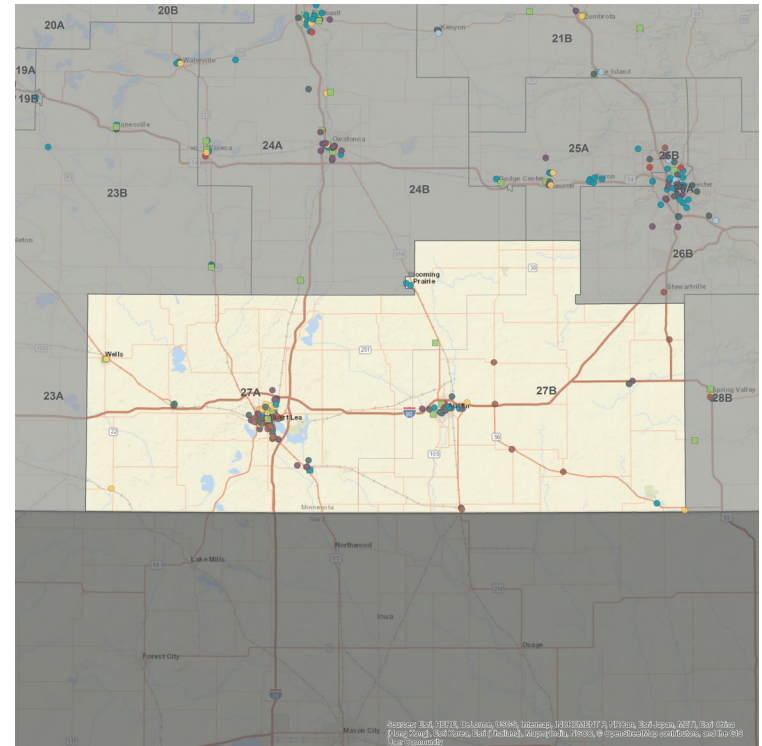
Alden-Conger High
Blooming Prairie Elementary
Blooming Prairie School Dist.
Cardinal Kids
Glenville-Emmons Elementary
Glenville-Emmons School Dist.
Office
Glenville-Emmons Secondary
Halverson Elementary
Hawthorne Elementary
Lakeview Elementary
Leroy Public School
Neveln Elementary
Oakland Education Center
Pacelli Catholic Schools
Saint Theodores School
Sibley Elementary
Southwest Middle
Sumner Elementary
United South Central Elem.
United South Central High

Workplace

Agilis, Inc.
Alamco Wood Products
Albert Lea Economic Dev. Agency
Albert Lea Freeborn Co. Chamber of Commerce
Albert Lea Select Foods
Albert Lea-Freeborn Co. Chamber
Alerus Retirement and Benefits
Austin Public School District
B & B Café
Bidgetters
Cargill
Citizens State Bank-Glenville
City of Albert Lea
Eaton Sport and Spine Clinic
First Lutheran Church
First Presbyterian Church
Freeborn County

Freeborn Co. Dept. of Human Services
Freeborn County Gov't Center
Freeborn County Highway Dept.
Freeborn County Hist. Museum
Freeborn County Shopper
Freeborn-Mower Cooperative
Services
Grand Meadow Public School
Independent Mgmt. Services
Lou-Rich, Inc.
Lyle Public School
MineAgain's
Mower County Shopper
National Vitality Center
Peterson, Savelkoul, Kolker, Haedt
Poet Biorefining - Glenville
Riverland Community College
SE MN Oral and Maxillofacial Surg.
Snap Fitness
Social Security Administration
St. John's Lutheran Community
The Children's Center Childcare
Thorne Crest Retirement Community

MINNESOTA LEGISLATIVE DISTRICTS 27A & 27B



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.