

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

Julie A. Rosen

Representative

Bob Gunther, 23A

Representative

Jeremy Munson, 23B

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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Blue Earth

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Helping residents live smoke-free

Linda first picked up a cigarette at just 15 years old. After combating tough life events and trying to quit multiple times, Linda is proud to say she is now smoke-free.

Linda's journey to quit smoking included a time of being smoke-free for three years. However, after losing a loved one, Linda fell back to smoking cigarettes. It was on her next doctor's visit that Linda was told she had three spots on her lung from smoking.

At about the same time, Linda found out the apartment in which she lived in was going smoke-free. The combination of events gave her the courage to try again. With the aid of the regional Statewide Health Improvement Partnership (SHIP) in creating policy and environmental changes, Linda's apartment complex went smoke-free this past summer.

Now, 50 years after her first cigarette, Linda is 7 months tobacco-free. She says, "My dog is happy. My cat is happy. My house is happy and I'm happy! I want to live longer to see my grandchildren grow up, get married and have children of their own."

Linda's charisma and passion to better her health has led a friend to quit smoking, too. Linda is happy to be living smoke-free and is a proud advocate of her smoke-free building.

To date, SHIP has assisted all Public Housing Authorities within Faribault, Martin and Watonwan Counties to become smoke-free. This means 559 smoke-free units are now providing clean air spaces for children to play, residents to live and managers to work in. All those residents are on their way to better health - just like Linda.

SHIP: LOCAL LEADERSHIP, LOCAL PARTNERS, LOCAL EXPERTISE

These community partners are leading SHIP activities in your communities.

Community

Blue Earth Area Active Living
City of Fairmont
City of Jackson
City of Lake Crystal
City of Mapleton
City of Trimont
City of Waterville
Fairmont Kinship
Faribault Co. Community Food Partnership
Jackson HRA
Janesville Food Shelf
Mapleton Community Garden
Martin Co. Community Food Partnership
New Richland Food Shelf Broadway
Sunrise Estates
The Village
Truman Active Living
Watowan Co. Community Food Partnership

Health Care

Des Moines Valley HHS
Human Services of Faribault and Martin Counties
Jackson Chiropractic PA
Madelia Community Healthcare System
Optimal Health and Wellness
Watowan County Public Health Advisory Committee

Schools

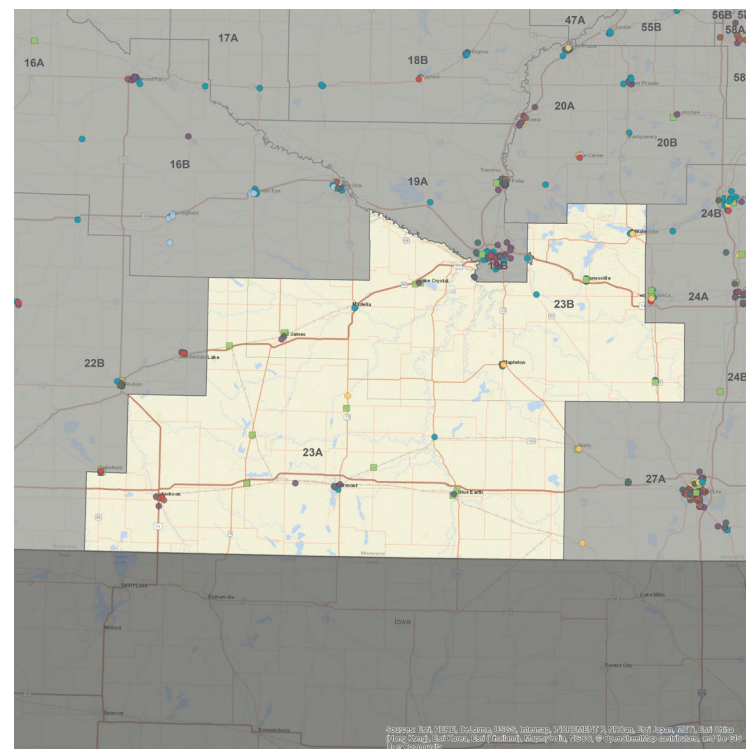
Blue Earth Area Middle
Blue Earth Area Secondary
Blue Earth Elementary
Butterfield Elementary
Butterfield Secondary
Fairmont Area Public Schools ISD 2752
Granada Huntley East Chain School
Jackson County Central Senior High
Janesville Waldorf Pemberton Elementary

Janesville Waldorf Pemberton Secondary
LCWM Schools
Madelia Elementary
Martin County West Junior High
Martin County West Senior High
New Richland Hartley Ellendale Geneva Secondary
NRHEG Public Schools
Riverside Elementary
Sherburn Elementary
St. Clair Schools
St. James High School
St. James Northside Elementary
St. James Secondary
Trimont Elementary
Truman Public Schools
Waterville Elysian Morrystown Elementary
Waterville Elysian Morrystown Secondary

Workplace

3M FWM Counties
Butterfield Foods
City of St. James
Faribault County
Faribault Martin Human Services
Federated Rural Electric Association
Good Samaritan Society St. James
Hyvee-Fairmont
Jackson County
Madelia Community Healthcare System
Mankato Clinic, Lake Crystal
Martin County Veterans Services
Parkview Care Center
Sanford Jackson Medical Center
Smithfield Foods
Tony Downs Foods
Valero Renewables
Voices of Wellness
Watowan County Human Services
Wells Chamber of Commerce

MINNESOTA LEGISLATIVE DISTRICTS 23A & 23B



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.