

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
Bill Weber

Representative
Joe Schomacker, 22A

Representative
Rod Hamilton, 22B

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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Southwest
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Active living plans address physical activity barriers in rural communities

Community Wellness Partners, the Statewide Health Improvement Partnership (SHIP) team in Cottonwood, Jackson and Nobles counties, has succeeded in bringing together local residents to create active living plans in several communities.

Active living plans address barriers to physical activity and integrate physical activity into already built spaces, making daily activities easier to do by foot or bicycle. As a result, several physical activity projects and events have been implemented in Worthington, Windom, Jackson and Mountain Lake.

For example, in the cities of Worthington and Windom, Community Wellness Partners worked with BikeMN to host Bikeable Community Workshops for community members to discuss ways to make cities more bikeable. In Worthington, goals identified during the workshop included hosting bike education for students, sidewalk connectivity and more bicycle parking. SHIP involvement meant that equity was also considered: targeting populations to make sure to involve and consider the needs of different ethnicities, communities of color, people in wheelchairs and older people who want to be more mobile.

Worthington recently completed new biking amenities, including buffered bike lanes, shared lane designations and crossing enhancements at commonly used areas in town. Last summer over 100 people participated in a training hosted by the active living group that included discussions around overcoming potential barriers to riding and safe bicycling, and concluded with a three-and-a-half-mile bike ride on Oxford Street, showcasing some of Worthington's new biking improvements.

Groups continue to come together to do similar work in Jackson and Mountain Lake, and Community Wellness Partners is providing technical assistance and support to communities and workplaces that want to be more bicycle and walk friendly.

SHIP: LOCAL LEADERSHIP, LOCAL PARTNERS, LOCAL EXPERTISE

These community partners are leading SHIP activities in your communities.

Community

Atrium High Rise Worthington HRA Headquarters
 Benton Valley Manor Lake Benton
 Blue Mound Towers Luverne
 Breastfeeding Boosters Coalition
 Brittany Apartments
 Buffalo Ridge
 Castlewood Apartments
 City of Balaton
 City of Edgerton
 City of Luverne
 City of Mountain Lake
 City of Pipestone
 City of Slayton
 City of Tracy
 City of Worthington
 College Way Apartments
 Hillside Manor
 Johnson Apartments
 Lakeview Apartments
 Lenore Manor
 Lucy Square Townhomes
 Lupitas Mini Market
 Lutheran Social Service of Minnesota
 Senior Nutrition Program
 Mountain Lake HRA
 New Castle Townhomes
 Nobles Square Apartments
 Nokomis Apartments Pipestone
 Okabena Estates
 Okabena Towers
 Prairie Acres Apartments
 Prairie Acres Townhomes
 Rising Sun Estates
 Riverview Apartments Windom HRA Headquarters
 Shalom Manor
 Stately Manor

Sunshine Apartments
 Top Asian Food Store
 Twin Circles Tracy
 University of Minnesota-SNAP Education
 Viking Terrace Apartments
 Willow Court Townhomes
 Worthington Farmers Market
 Worthington HRA Scattered Sites

Health Care

Ace of SW Minnesota 2
 Gravon's Natural Chiropractic Center
 Lewis Family Drug
 MNRAAA
 Murray County Medical Center
 Peterson Drug & Gifts- Thrifty White Pharmacy
 Sanford Clinic-Worthington
 Sanford Health Mountain Lake Clinic
 Sanford Jackson Lakefield Clinic
 Thrifty White Pharmacy
 Worthington Family Planning SMOC

Schools

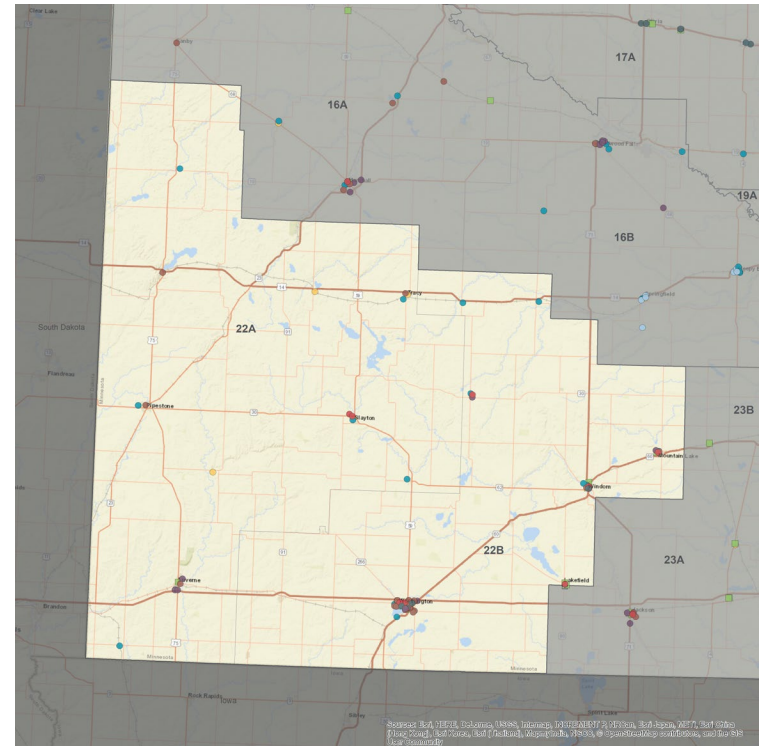
ECFE-Worthington District 518
 Fulda Public School
 Hills Beaver Creek School District
 Jackson County Central Middle
 Lincoln Public Schools
 Mountain Lake Elementary
 Murray County Central School District
 Pipestone Area School District
 Pleasantview Elementary
 Prairie Elementary
 Red Rock Central School District
 Tracy Area Public Schools
 Walnut Grove Elementary
 Westbrook Walnut Grove Secondary
 Windom Area Middle/High

Winfair Elementary
 Worthington Middle
 Worthington Senior High

Workplace

City of Windom
 Client Community Services, Inc.
 Cottonwood County: Courthouse
 Fulda Area Credit Union Windom
 Good Samaritan Society Mtn. Lake
 Good Samaritan Society Westbrook
 JBS
 Midwest Fire Equip. and Repair Co.
 Nobles County: Gov't Center/Family Services
 Papik Motors, Inc
 Sanford Health Windom Clinic
 Sanford Luverne Medical Center
 Sanford Worthington Medical Center
 Total Card, Inc
 Windom Area Hospital
 Windom Hy-Vee

MINNESOTA LEGISLATIVE DISTRICTS 22A & 22B



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.