

# 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:

**Cottonwood, Nobles, Jackson**  
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**Southwest**  
Jennifer Nelson, [Jennifer.nelson@swmhhs.com](mailto:Jennifer.nelson@swmhhs.com)

## Promoting employee wellness at Midwest Fire & Equipment

Managers at Midwest Fire & Equipment, a manufacturing company that custom designs firefighting equipment, wanted to find a way to improve employee retention and wellness at their facility in Luverne.

Southwest Statewide Health Improvement Partnership (SHIP) provided Midwest Fire & Equipment, which has 23 employees, with technical assistance and resources to meet its goal of improving physical activity among employees and promoting healthy food options during the work day.

In the fall of 2017, the employer was part of a nine-month Worksite Wellness Collaborative. Every month wellness team members attended educational meetings about various topics on maintaining worksite wellness including: healthy eating, physical activity, tobacco-free living and support breastfeeding in the work place. Given the nature of work at Midwest Fire & Equipment, the wellness team decided to focus employee wellness initiatives on promoting physical activity throughout the workday and eating healthy.

With the assistance of a SHIP mini-grant, the company purchased a basketball hoop and basketballs to provide employees with opportunities to exercise onsite. Now employees are playing basketball during their work breaks. The company's Wellness Committee hosts the March Madness Basketball Challenge and other wellness challenges throughout the year.

In addition to opportunities for more physical activity, Midwest Fire & Equipment's wellness team also focused on providing employees access to healthy snacks during the workday. A healthy snack station has been installed for employees to purchase healthy snacks. "The healthy eating station is great and a lot of our employees use it. We love getting new options to choose from!" said one employee.

# 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

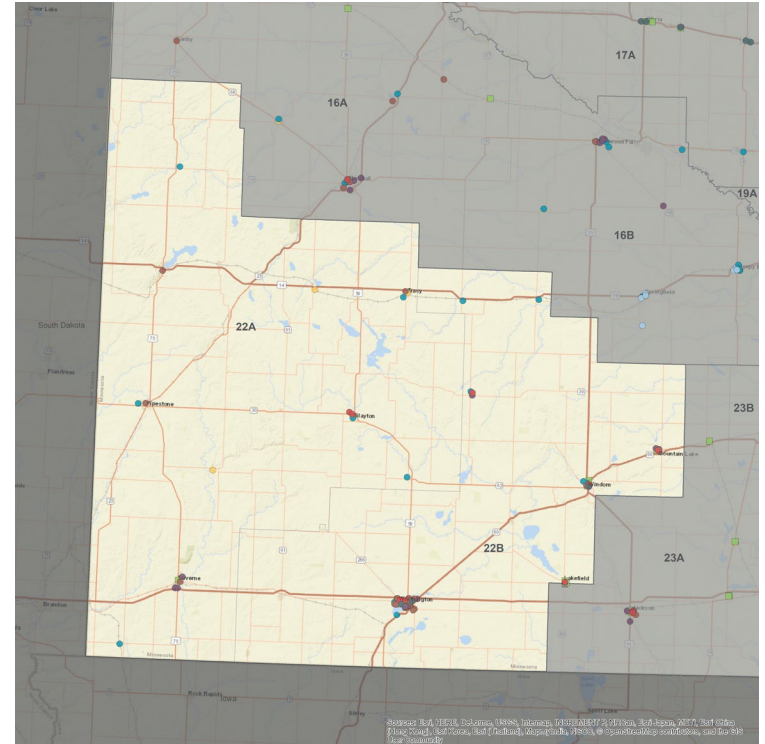
ECFE-Worthington District 518  
 Fulda Public School  
 Hills Beaver Creek School District  
 Jackson County Central Middle  
 Lincoln Public Schools  
 Mountain Lake Elementary  
 Murray County Central School District  
 Pipestone Area School District  
 Pleasantview Elementary  
 Prairie Elementary  
 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](http://www.health.mn.gov/ship).