

# 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

Paul J. Utke

### Representative

Matt Grossell, 2A

### Representative

Steve Green, 2B

## 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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## 'Farm to School' grows roots in the North Country

At a time when convenience seems to be the option most often taken, it's important to give youth convenient, healthy food choices. North Country schools are doing just that.

North Country Statewide Health Improvement Partnership (SHIP) has partnered with area schools in Hubbard, Beltrami, Clearwater and Lake of the Woods counties to increase healthy food options for students. Food service training has been instrumental in providing educational information promoting healthy food options for students. Schools within the North Country region are currently serving fresh fruits and vegetables to their students, harvested from school gardens or purchased from local farmers.

This year, North Country SHIP brought food service training and local farmers together. "Our goal for this training was to continue making connections with food service workers and school staff while building new working relationships with local farmers," said Naomi Carlson, SHIP staff member.

Twenty-eight participants from 14 different schools attended the food service training. Presenters highlighted Farm to School opportunities such as school gardens, salad bars, breakfast and wellness programs. The training had an interactive local farmers' panel that emphasized new ways for schools to partner with local farmers in greater Minnesota. Local foods were brought in and participants prepared lunch together.

Amy Mastin, a presenter at the food service training shared information about the LaPorte School garden and how their healthy food program was implemented. "I am hoping to help educate our students and community to impact the choices they make at home as well as understanding agriculture," said Mastin.

# SHIP: LOCAL LEADERSHIP, LOCAL PARTNERS, LOCAL EXPERTISE

These community partners are leading SHIP activities in your communities.

## Community

Akeley Regional Community Center  
 City of Audubon  
 City of Frazee  
 City of Lake Park  
 City of Mahnomen  
 Lake of the Woods Tobacco Strategy  
 Mahnomen County  
 Meadow Run  
 Northwoods Commons  
 Pine Villa  
 Westside Manor Apartments

## Health Care

Heritage Living Center  
 Lake Wood Health Center  
 Living at Home of Park Rapids Area  
 St Joseph's Health

## Schools

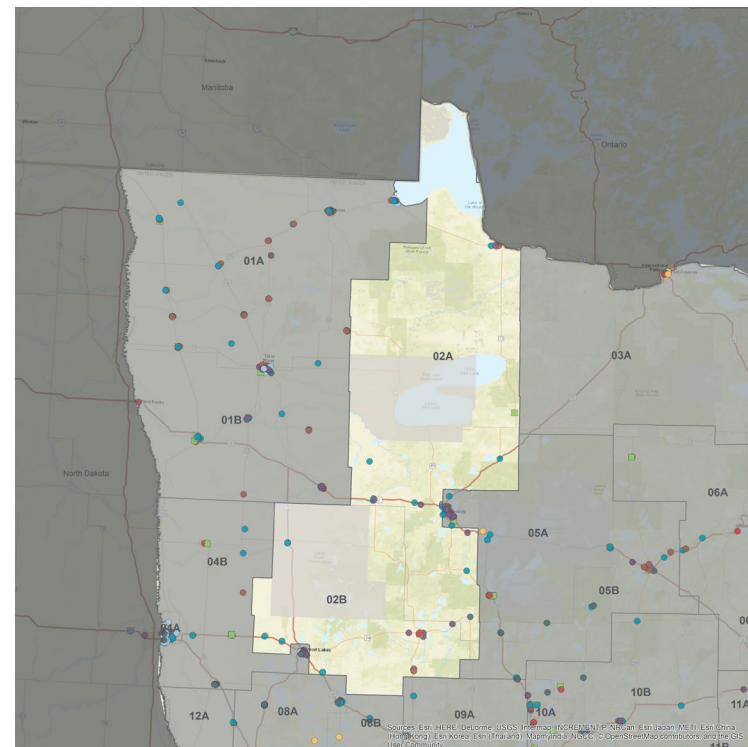
Bagley Elementary  
 Bagley Secondary  
 Blackduck Elementary  
 Blackduck Secondary  
 Clearbrook-Gonvick Elementary  
 Clearbrook-Gonvick Secondary  
 Frazee Elementary  
 Frazee School District  
 Frazee Secondary  
 Kelliher Elementary  
 Kelliher Secondary  
 Lake of the Woods Elementary  
 Lake of the Woods Secondary  
 Lake Park Audubon Elementary  
 Lake Park Audubon School District  
 Lake Park Audubon Secondary  
 Laporte Elementary  
 Laporte Secondary  
 Mahnomen Elementary

Mahnomen Secondary  
 Menahga Elementary  
 Menahga High  
 Menahga Middle  
 Solway Elementary

## Workplace

Border State Bank Baudette  
 Cornerstone Nursing & Rehabilitation  
 Dogs Paw  
 Heritage Community  
 Itasca Mantrap  
 Nevis Elementary  
 Nevis Secondary  
 Norbord Inc.  
 Northwoods Bank of Minnesota  
 Potlatch

## MINNESOTA LEGISLATIVE DISTRICTS 2A & 2B



## 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](http://www.health.mn.gov/ship).