

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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'Farmacy' provides resource to help manage type 2 diabetes

Polk-Norman-Mahnomen (PNM) Statewide Health Improvement Partnership (SHIP) is working with RiverView Health and Essentia Health to reduce type 2 diabetes, currently affecting 21 percent of residents in the tri-county area.

PNM SHIP and local health and wellness partners are collaborating with communities to increase access and consumption of fruits and vegetables. Many residents cannot find fresh fruits and vegetables near their homes or those options, if available, are limited and expensive.

The strategy? Partners have created the "Farmacy" program, which encourages residents to consume fresh fruits and vegetables from local farmers market and grocery stores. RiverView Health and Essentia Health offered free classes on diabetes prevention. As part of the Farmacy program, all participants in the classes were offered prescription-like vouchers for fruit and vegetables. Farmacy vouchers were accepted at their local farmers market and grocery stores.

"Participants in these classes have shown an increase in the consumption of fruits and vegetables. Those participants who use the Farmacy vouchers and visited their farmers markets on a regular basis continue to show progression on their weight loss goals and help prevent diabetes," said Darcey Larsen, RD-LD, RiverView Health Dietitian.

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

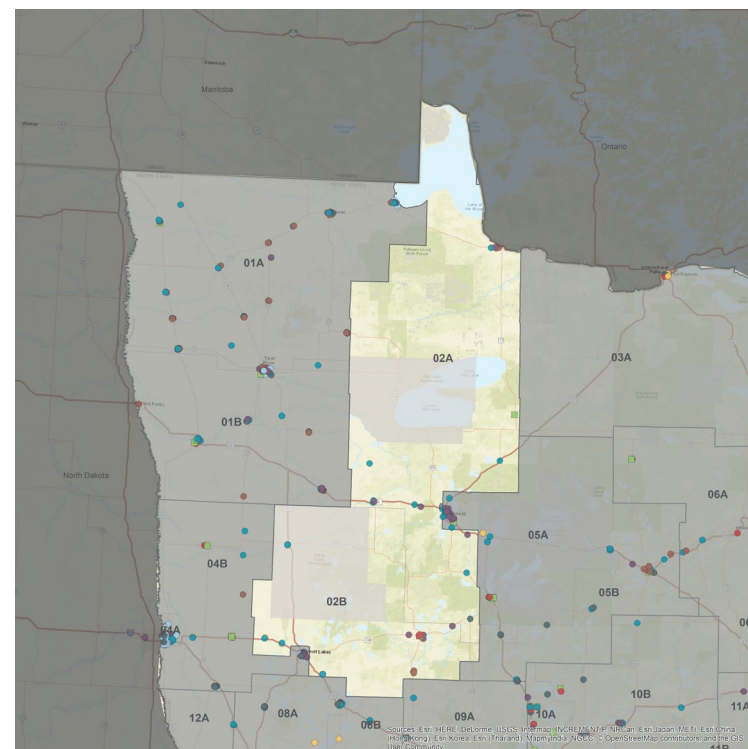
Bagley Elementary
 Bagley Secondary
 Blackduck Elementary
 Blackduck Secondary
 Clearbrook-Gonvick Elementary
 Clearbrook-Gonvick Secondary
 Frazee Elementary
 Frazee School District
 Frazee Secondary
 Kelliher Elementary
 Kelliher Secondary
 Lake of the Woods Elementary
 Lake of the Woods Secondary
 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
- 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.