



# Statewide Health Improvement Program (SHIP)

Fiscal Impact (\$000s)	FY 2014	FY 2015	FY 2016	FY 2017
Health Care Access Fund:				
Expenditures	20,000	20,000	20,000	20,000
Revenues	0	0	0	0
Net Fiscal Impact	20,000	20,000	20,000	20,000

## Summary

This proposal seeks to improve Minnesotans' health and reduce health care costs through a sustainable, long-term approach to reducing preventable chronic diseases. The proposal funds proven strategies that support healthier choices and behaviors through the Statewide Health Improvement Program (SHIP).

SHIP strategies focus on community-level efforts to improve people's health by reducing certain key risk factors that contribute to chronic diseases such as cancer, diabetes and heart disease. This funding from the Health Care Access Fund (HCAF) will allow SHIP to have a statewide reach and will help Minnesota accelerate progress toward the twin goals of improving health and reducing health care costs. Through broad public-private partnerships and with sustained SHIP funding, the goal is to increase Minnesota's proportion of healthy weight adults by 9 percent (from 38 to 47 percent), and to reduce young adult tobacco use by 9 percent (from 27.8 to 18.6 percent) by 2020.

## Background

Recent data show Minnesota now spends almost \$7,000 per capita each year on health care. Obesity and tobacco use are the leading drivers of rising health care costs in Minnesota. Minnesota spends \$2.9 billion in annual medical costs (2007) as a result of tobacco use, and \$2.8 billion in annual medical costs as a result of obesity (2006).

It is estimated that tobacco use, poor diet and physical inactivity may be responsible for as many as 800,000 deaths each year in the United States. Tobacco use is the single most preventable cause of disease, disability, and death. In Minnesota, 19 percent of adults smoke and nearly two-thirds of adults are overweight or obese. More than 25 percent of Minnesota youth use tobacco products.

The Centers for Disease Control and Prevention (CDC) report that as much as 70 percent of what influences a person's health status can be addressed through prevention. This means we can make great progress in preventing diseases and driving down health care costs by addressing the major risk factors of physical inactivity, poor nutrition, and tobacco use and exposure. Meanwhile, a 2012 report from the Trust for America's Health indicated Minnesota could achieve \$4.189 billion in health care cost savings by 2020 if the average Minnesotan's Body Mass Index (BMI) decreased by 5 percent (cumulative).

In state Fiscal Year (FY) 2010-11, the Minnesota legislature appropriated \$47 million to fund statewide implementation of proven SHIP strategies in all 53 Community Health Boards and nine of 11 tribal governments throughout Minnesota. In FY 2012-13, SHIP funding was reduced by 70 percent to \$15 million. With this funding reduction, only 18 SHIP grants were awarded to 25 Community Health Boards and one tribal government. To make a significant statewide impact on health care costs, restoration of SHIP funding is imperative.

### For more information:

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### Proposal

SHIP aims to create better health where Minnesotans live, work, learn and seek health care by partnering with communities, businesses, schools, and health care providers. SHIP funds will be awarded to backbone community organizations (local community health boards and tribal governments) that will be responsible for implementing proven strategies that lead to sustainable, population-based health improvement changes. In FY 2014-15, \$40 million from the HCAF will be invested in local communities to implement evidence-based, community-level, comprehensive strategies. These strategies make it easier for individuals to make healthy choices and have been shown in national research to be both effective and sustainable. By making these healthy choices easier, the initiatives will address the key risk factors of poor nutrition, physical inactivity and tobacco use and exposure. SHIP grantees will focus efforts on school, worksite, community, and health care settings.

While many communities currently served by SHIP grantees are well positioned to participate in the program moving forward, communities that did not receive SHIP funding because of the reduction of funding for FY 2011-12 are at differing stages of readiness. For this reason, MDH will use a tiered approach for implementing the next iteration of SHIP to: 1) re-establish local capacities, partnerships and skills in currently unfunded communities, and 2) provide the opportunity for existing partner communities to accelerate health improvement efforts addressing obesity, tobacco use and other risk behaviors.

Grantees will select their approaches from a Menu of SHIP Strategies, based on community needs and readiness. Working with local Community Leadership Teams, grantees will develop plans to implement policy, systems and environmental change strategies in their schools, communities, worksites and health care settings. Grantees will be required to actively evaluate their efforts through standardized evaluation tools and reports.

A state infrastructure for technical assistance, training and support for grantees is important for SHIP success. Evaluation is also an indispensable component of SHIP, demonstrating what is working and where improvement is needed. MDH will continue to provide a rigorous and science-based evaluation effort. This will measure the impact of the state's investment in evidence-based, community health improvement practices that work to prevent costly chronic diseases, such as heart disease, stroke, diabetes and cancer.

### Rationale

SHIP takes a unique approach to prevention of chronic disease and impact on health care costs — it moves upstream to curtail disease before it starts, thus preventing or delaying the need for costly medical treatments. It looks at sustainable changes that impact a community or school and not individual-based programs that disappear (along with behavior change) when the funding stops.

Because the problems of obesity and tobacco addiction have taken decades to get to the point of being the leading real causes of disease and death, the solutions are not easy or short-term. It will require sustained efforts over time to change community conditions to achieve better health.

As a national model and leader for health improvement, SHIP uses sustainable approaches that build upon the values of local control, proven strategies, strong partnerships and health care cost containment. Across Minnesota, communities have embraced the SHIP approach. They have proven their ability to mobilize for action through innovative approaches, new partnerships, and leveraging resources in their communities.

Funding that allows statewide implementation of the evidence-based, community-level, comprehensive SHIP strategies will result in better health, lower health care costs and improved quality of life in Minnesota.

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