

# The Statewide Health Improvement Program

## Improving health

SHIP is about creating good health for parents, kids and the whole community, by decreasing obesity and reducing the number of people who use tobacco or who are exposed to tobacco smoke.

Two out of every three Minnesotans are overweight or obese—caused by insufficient physical activity and unhealthy eating—increasing risk for heart disease and diabetes, among other chronic illnesses.

Meanwhile, over one in six Minnesotans still smoke, leading to cancer, heart disease and more. Obesity and tobacco use and exposure are the two leading causes of death. For all our sakes, we can and must do better.

## Helping to create good health where Minnesotans live, work, learn and play

We all want to be healthy, but sometimes we need a helping hand. Thanks to SHIP:

- Safer walking and biking routes to school are helping more kids get more of the physical activity they need to stay healthy.
- More farmers markets mean more families have access to fruits and vegetables—the keys to good health.
- More workplace wellness programs are helping employees be healthier, decreasing health care costs for employers.

## Prevention pays off

Preventing illness saves money. A lot of money.

- Obesity and tobacco use and exposure cost Minnesota nearly \$6 billion a year.
- In Minnesota, medical expenses due to obesity were approximately \$2.8 billion (2006).
- Tobacco use and exposure cost Minnesota \$2.9 billion (2007).



*Jason Bergstrand of PartnerSHIP4Health helps elementary students plant an orchard at Prairie Wind Middle School in Perham. Getting kids re-acquainted with fruits and vegetables through programs like farm to school and school gardens have been shown to increase fruit and vegetable consumption.*

**SHIP improves health and saves money by building stronger communities.**

## Doing what works

SHIP uses strategies from the best researchers around the country, such as the Centers for Disease Control and Prevention (CDC). With SHIP, the Minnesota Department of Health uses strategies that are both effective and long-term.

## Meeting local needs

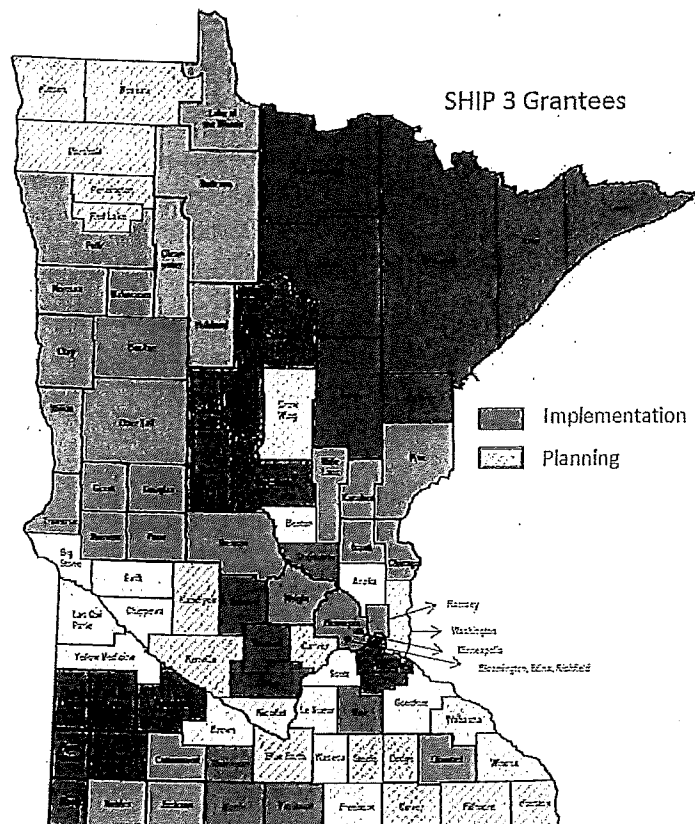
We know that what works in Minneapolis may not work in Rock County or at Leech Lake Reservation. Local communities chose SHIP strategies that are best for them. The result? Real, community-led improvements in healthy eating, physical activity and reduced commercial tobacco use.



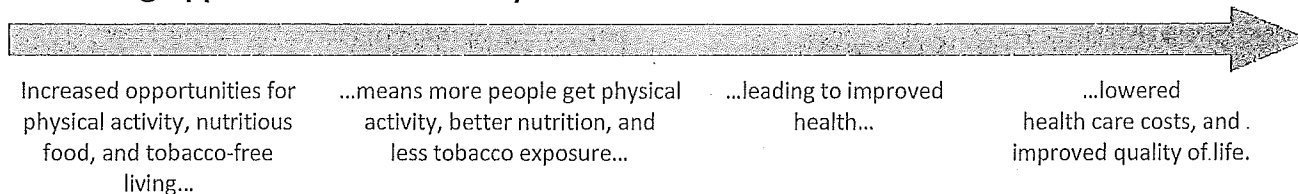
With SHIP support, Todd and Wadena Public Health created the Senior Fruit & Vegetable Program with the help of the Eagle Bend and Wadena Senior Nutrition Sites and the Staples and Wadena farmers markets.

## SHIP grantees

State Fiscal Year 2014-15



## The SHIP model: improving health by increasing opportunities for healthy choices



For more information: [www.health.state.mn.us/ship](http://www.health.state.mn.us/ship)



# WORKSITES

## SHIP Worksite Wellness Collaborative

### Changing the Environment in which People Work

A healthy, motivated employee is vitally important to a workplace as a whole, and has a significant impact on a employer's bottom line. An investment in an employee's health and wellbeing helps creates a desirable work environment, improves employee's health, quality of life and productivity, and assists in the cost management of healthcare benefits and insurance.

### Funding for Worksites

Carver County Public Health (Public Health) is offering a small amount of financial support to worksites that participate in the Statewide Health Improvement Program (SHIP) Worksite Wellness Collaborative. Partnering worksites may be developing new, or enhancing existing worksite wellness initiatives. SHIP Worksite Wellness Collaborative partners must use the financial support to assist their worksite in completing the steps outlined below.

### Worksite Wellness Activities

1. **Conduct an assessment** to identify current organizational strategies, wellness initiatives, culture, and policies. Additional assessments may also be completed at this time.
2. **Create an action plan** that outlines specific wellness strategies and plan for addressing policies, environments and social supports that help create a culture of health and wellbeing. Garnering leadership support and developing a wellness vision and brand must be included in the action plan, if not already in place.
3. **Implement the action plan** and monitor progress and success.

### Assistance and Support

Public Health staff will be available to provide ongoing assistance and support. Public Health staff will also facilitate regular SHIP Worksite Wellness Collaborative partner meetings, offering partners an opportunity to network and learn from one another. Quarterly trainings will be presented in 2015 on relevant wellness-related topics.

For more information, contact Jean Pierson, Public Health Planner, at (952) 361-1345 or [jpierson@co.carver.mn.us](mailto:jpierson@co.carver.mn.us).



**Public Health**  
Prevent. Promote. Protect.

## SHIP Worksite Wellness Collaborative | Physical Wellbeing Support Examples\*

### Fundamental Elements:

- Leadership Support
- Positive Culture
- Worksite Wellness Action Team(s)
- Vision & Brand

Healthy Eating Strategies	Physical Activity Strategies	Tobacco Strategies	Breastfeeding Support Strategies
<b>Policies:</b> <ul style="list-style-type: none"> <li>○ Employer-provided foods               <ul style="list-style-type: none"> <li>▪ Catering</li> <li>▪ Meetings</li> <li>▪ Snack Station</li> </ul> </li> <li>○ Food for sale               <ul style="list-style-type: none"> <li>▪ Vending</li> <li>▪ Cafeteria</li> <li>▪ Snack Station</li> </ul> </li> </ul>	<b>Policies:</b> <ul style="list-style-type: none"> <li>○ Walking meetings</li> <li>○ Flexible time for physical activity (PA)</li> <li>○ Active transportation support</li> </ul>	<b>Policies:</b> <ul style="list-style-type: none"> <li>○ Prohibit use of any form of tobacco in buildings, vehicles and on the grounds</li> <li>○ Cessation support</li> </ul>	<b>Policies:</b> <ul style="list-style-type: none"> <li>○ Lactation room</li> <li>○ Flexible time accommodation</li> <li>○ Equipment</li> <li>○ Use/Responsibility</li> <li>○ Implementation plan</li> </ul>
<b>Environmental Supports:</b> <ul style="list-style-type: none"> <li>○ Healthy food choices at meetings, events, etc.</li> <li>○ Pricing strategies</li> <li>○ Labeling</li> <li>○ Onsite life skill/chronic disease management courses</li> <li>○ Farmer's Market</li> <li>○ CSA program</li> </ul>	<b>Environmental Supports:</b> <ul style="list-style-type: none"> <li>○ Space for PA (indoor/outdoor)</li> <li>○ Active transportation infrastructure (e.g., bike storage)</li> <li>○ Activity mapping</li> <li>○ Lockers, showers, standing desks</li> <li>○ Onsite life skill/chronic disease management courses</li> </ul>	<b>Environmental Supports:</b> <ul style="list-style-type: none"> <li>○ Completely tobacco-free environment</li> <li>○ Tobacco cessation programs</li> <li>○ Tobacco-free work place signage</li> </ul>	<b>Environmental Supports:</b> <ul style="list-style-type: none"> <li>○ Lactation room</li> <li>○ Hospital-grade pump</li> <li>○ Refrigeration for breast milk</li> </ul>
<b>Social Support:</b> <ul style="list-style-type: none"> <li>○ Healthy foods at social gatherings</li> <li>○ Learning opportunities</li> <li>○ Weight management opportunities</li> <li>○ Onsite life skill/chronic disease management courses</li> </ul>	<b>Social Supports:</b> <ul style="list-style-type: none"> <li>○ Structured PA opportunities (e.g., walking club)</li> <li>○ Learning opportunities</li> <li>○ Onsite life skill/chronic disease management courses</li> </ul>	<b>Social Supports:</b> <ul style="list-style-type: none"> <li>○ Cessation support groups</li> <li>○ Learning opportunities</li> </ul>	<b>Social Supports:</b> <ul style="list-style-type: none"> <li>○ Breastfeeding support group</li> <li>○ Learning opportunities</li> </ul>

\*Not a complete list of support opportunities.

## Partner Requirements

### 1) Form School Wellness Committee – **by October 2014**

- a. Need a point person, “Champion”
  - i. Need one back up
- b. Ideally have representation from administration, teachers, students, facilities, parents, etc.  
(wide variety)
- c. Establish regular meeting schedule, roles and responsibilities and objectives
- d. Gain administrative support

### 2) Assessment – Establishing a Baseline – **by December 2014**

- a. Fuel Up to Play 60 or Alliance for a Healthier Generation Healthy Schools Program Inventory
  - i. Assesses strengths and weaknesses of school environment
  - ii. Fuel Up to Play 60: Split into 3 sections; Nutrition Services (15 questions), PE and PA (14 questions) and Family & Community (8 questions)
  - iii. Alliance Assessment: Policy/Systems (11 questions), School Meals (31 questions), Competitive Food/Beverages (8 questions), Health Education (16 questions – some HS specific), Employee Wellness (8 questions), Physical Education (17 questions – some HS specific) and Student Wellness (7 questions)

### 3) Policy, Systems and Environmental Change

#### a. Policy

Ex. Address Healthy food and/or active day rules in school wellness policy

#### b. Systems

Ex. School-wide support for updated wellness policy

#### c. Environmental

Ex. Playground is painted to define spaces for play

### 4) Action Planning – January 2015 through May 2015

#### a. Based on assessment what are the strengths and weaknesses?

##### i. Active School Day

- Examples – Physical Activity in the classroom (i.e. Brain Breaks), increased access to activity before and/or afterschool, structured/active recess, walking/biking to school

##### ii. Healthy School Food

- Examples – Healthy Breakfast options, alternative breakfast delivery (i.e. in classroom vs. in lunchroom), not using food as a reward, non-food related celebrations

#### b. How will we accomplish these changes? What training do we need?

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**Public Health**

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