

# This is your SHIP

The Minnesota Statewide Health Improvement Partnership

## Making Real Differences in Lives and Dollars

In 2008, in a bipartisan vote in response to rapidly accelerating and costly chronic diseases, the Minnesota Legislature created the Statewide Health Improvement Partnership. Funded through the Minnesota Health Care Access Fund, SHIP is tasked with working at the local level throughout the state to create and expand opportunities for Minnesotans to be more physically active, eat healthier foods, create wellbeing, and live commercial tobacco-free lives, the key ingredients to reducing chronic diseases such as cancer, heart disease, stroke and Type 2 diabetes. Since its creation, SHIP has had a broad and positive impact on increasing opportunities for healthy eating and physical activity, and reducing commercial tobacco use and secondhand smoke exposure throughout Minnesota, thereby helping to improve the lives of Minnesotans and reduce the enormous annual costs associated with chronic disease.



Consistent with Minnesota's Results First Initiative, 76% of Community Health Board projects include implementing at least one evidence-based strategy during the fall of 2022.

▶ Learn more about Results First at [www.health.state.mn.us/shipresults](http://www.health.state.mn.us/shipresults)

## SHIP is a network of locally driven partnerships

### Senate District 10 A & 7 A

#### Park Planning In Aitkin

Comprehensive and inclusive park planning addresses improved access to parks, trails, greenways, and open spaces, and provides opportunities for physical activity, especially for communities experiencing the greatest barriers to access. The City of Aitkin Park Committee has embarked on just this kind of planning effort.

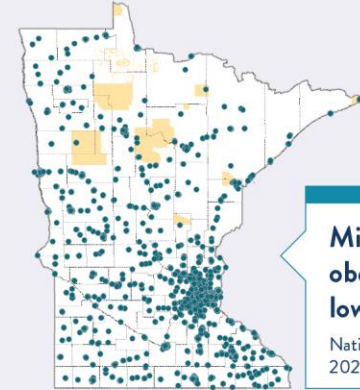
**Local partners:** City of Aitkin, Aitkin City Park Committee, MN DNR, Aitkin County Environmental Services, Unbound Adventures, Aitkin Friends of the Arts, Aitkin County CARE and more.

#### Aitkin Farmers' Market Hub Expanding Local Food

The Aitkin Farmers' Market (AFM) Hub is making a huge impact by increasing access to fresh and local food in rural Minnesota. The AFM Hub is selling wholesale to school districts, long term care facility, food shelf and restaurants. In addition to wholesale, is offering Market Share and Veggie Share boxes to the community. In 2023, the AFM Hub will be partnering with Riverwood Healthcare Center to roll out Food Rx in Aitkin County/

**Local partners:** Aitkin Farmers' Market, Aitkin School District, Hill City School District, McGregor School District, The Joint, Aicota Health Care Center, First Lutheran Church, Aitkin County CARE and Riverwood Healthcare Center.

## SHIP Works!



2,172 SHIP Partners

SHIP, 2022 data

Minnesota's childhood obesity rate is the 9th lowest in the nation.

National Survey of Children's Health, 2020 - 2021 data

80% of Minnesotan adults engaged in physical activity outside of work, compared to 76% of adults nationally.

Behavioral Risk Factor Surveillance System, 2021 data

E-cigarette usage by Minnesota 11th graders fell from 26% in 2019 to 14% in 2022.

Minnesota Student Survey, 2022 & 2019 data

## Learn more:

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