



## For Immediate Release

From the Carlton-Cook-Lake-St. Louis Community Health Board

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## The SHIP will return to Northeast Minnesota

The Carlton-Cook-Lake-St. Louis Community Health Board, in partnership with the Aitkin-Itasca-Koochiching Community Health Board recently received state funding of nearly \$1 million. This funding will begin January 2012 and run 18 months to June 2013. The funding is part of \$15 million that was appropriated by the state in the latest legislative funding to continue the Statewide Health Improvement Program (SHIP) activities.

The goal of the SHIP grant is to target tobacco use, physical inactivity and poor nutrition in communities throughout the state. Through SHIP, communities are able to implement programs that will make it easier for their members to make healthy choices in their daily lives (<http://www.health.state.mn.us/healthreform/ship/>).

The SHIP Grant will target six strategies around the seven county region. These include:

- School Nutrition
- Community Active Living
- Safe Routes to School or Active School Day
- Breastfeeding in Health Care Facilities
- Tobacco Free Post-Secondary Campuses
- Smoke Free Multi-Unit Housing

Many of these strategies are a continuation of the work that was started with the first round of SHIP funding awarded to our region in 2009 (\$2.4 million over two years), which was part of the \$47 million health care reform, passed by Governor Pawlenty in 2008.

During the previous grant period, a snapshot of accomplishments includes:

- 312 people are making 9 communities more bikeable and walkable, impacting 80,000 residents

- 13 higher education institutions with a combined 30,750 students are working on tobacco-free policies and quit smoking services
- 269 people in 10 schools are making sure 17,800 kids have access to healthy foods
- 11 health care facilities are creating comprehensive breast feeding policies, benefiting 3,900 newborns annually
- 17 workplaces are instituting wellness programs for 2,440 employees
- \$842,059.53 (31%) was given as matching time and resources for the SHIP grant over the two year period
- Multiple policies supporting school wellness, community active living, worksite wellness, and tobacco free campuses passed across the region

Within Itasca County coordinators worked with Greenway Schools and Deer River Schools to update their existing wellness policies, create and then implement wellness action plans. The following is a small example of achieved outcomes:

- Deer River utilizing local farmers for produce in the cafeteria and during the fresh fruits and vegetables snack time;
- Students at Deer River High School sampling produce that was then added on to the regular menu;
- Signs promoting healthier choices displayed in both school districts;
- Healthier choices added to the Raiderware School Store;
- Farm fresh produce being utilized in the Greenway Food and Consumer Science curriculum.

From an active living perspective GIS data was collected of the trails and sidewalks of all the incorporated communities in the county. Visit [www.getfititasca.org](http://www.getfititasca.org) to see maps. Coordinated volunteers worked to publish the information for Grand Rapids and Coleraine in both hand held map format and free standing kiosks in 6 locations. The Coalition worked on the City of Grand Rapids Comprehensive Plan Steering Committee to incorporate "Complete Streets" ideas into the city's future Land Use Plan and community vision for the next 20 years. American Lung Association worked with Itasca Community College to promote and enforce their Tobacco Free Campus Policy.

For more information about the SHIP Grant or opportunities for involvement, please email the SHIP Coordinator at [shipcoordination@communityhealthboard.org](mailto:shipcoordination@communityhealthboard.org).

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