

# SHIP LOG

The Statewide Health Improvement Program (SHIP) aims to help Minnesotans live longer, healthier lives by reducing the burden of chronic disease.

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## CHILD CARE CENTER NUTRITION

Cottonwood-Jackson Community Health Service & Redwood-Renville Public Health Services will be working with The Learning Funhouse, Bird Island & Little Huskies Daycare Center & Preschool, Jackson to implement the “Learning About Nutrition Through

Activities (LANA)” curriculum in their child care centers. The goal of the LANA Program is to help young children learn to taste, eat & enjoy more fruits & vegetables in order to promote good health, including healthy weight & reduced risk of chronic disease.

The five primary types of program activities are: menu

changes, cooking activities, tasting activities, curriculum theme units & special events.

Training for the new program will begin in March for the child care centers’ staff with curriculum implementation continuing through June 2011.

## ACTIVE LIVING

Active living integrates physical activity into daily routines such as walking & biking for transportation or recreation, playing in the park, working in the yard, taking the stairs or using recreational facilities. The CJRR SHIP project aims to implement policies & practices that create active communities by increasing opportunities for non-motorized transportation (walking & biking) & access to community recreation facilities.

With the help of Blue Cross and Blue Shield of Minnesota, CJRR SHIP staff will be engaging community members to learn more about what active

living could look like in their community. On Monday, March 15, 2010 CJRR SHIP staff will host an active living workshop at the UM Southwest Research and Outreach Center in Lamberton with Jill Chamberlain, Project Manager Community Initiatives & Michael R. Huber, Cardiovascular Health Consultant from Blue Cross’s Center for Prevention. They will provide participants with an overview of approaches for promoting active lifestyles, helping to “make the healthy choice the easy choice” for residents of their community.

Many communities do not have basic infrastructure,



like sidewalks, that would make it easier to integrate physical activity into daily routines. This is often because communities lack community design policies and practices ((i.e. Complete Streets) that would create environments that allow for more active lifestyles.

Cities & county officials, trails groups & schools have shown interest in addressing opportunities for non-motorized transportation in their communities through SHIP. In order for this effort to move forward, broad partnerships need to be

built & developed to move communities toward the components of active living & creating access to recreational facilities.

Blue Cross along with the SW Regional Development Commission will help support planning efforts to assess current local policies & practices and to help implement active community policies in selected communities.

*Blue Cross and Blue Shield of Minnesota. An independent licensee of the Blue Cross and Blue Shield Association.*

**COMMUNITY LEADERSHIP TEAM**

The work of CJRR SHIP could not be accomplished without our dedicated members of the Community Leadership Team. This team is responsible for helping to guide and direct the decisions of the SHIP staff. They have provided input on the selection of interventions as well as the sites for implementation.

The team consists of at least two representatives from each of the four counties (Cottonwood, Jackson, Renville, and Redwood) and come from professional backgrounds such as: schools, hospitals, county government, worksites,

UM extension, trails groups and Public Health. These people offer their knowledge of coalition building, policy making as well as assessment and evaluation.

The CJRR SHIP Community Leadership Team's expertise is vital to ensuring the success in implementing policy, systems and environmental change in schools, healthcare facilities, worksites and communities. We appreciate the great work already accomplished as well as the great work that is ahead of us.

Thank you Team!

**RESEARCH SAYS: Soda Pop and Obesity are Related**

Most people don't think of sugar and calories in their beverages as being part of their daily diet. Soft drinks, it turns out, are the biggest source of added sugar in the average person's daily diet. There is much concern over the various adverse effects of the overconsumption of soda pop especially by children and teenagers: obesity, diabetes, tooth decay, heart disease and osteoporosis.

Adults who do drink one or more sodas or other sugar-sweetened beverages each day are 27% more likely to be overweight or obese. Each additional daily serving of soda increases a child's risk for obesity by 60%.

At an average consumption rate of 1.6 cans of pop a day, every person in North America is getting 7 teaspoons of sugar added to their diet. Try putting that into your coffee! Fruit juices are scarcely better than sodas as they also have a large amount of sugar. A word to the wise: The only beverage that you should be drinking like water is water.



**WORKSITE WELLNESS**



CJRR SHIP will be offering the opportunity for worksites to

learn more about comprehensive employee wellness and how it will help to reduce obesity and tobacco use in their workplaces. CJRR is teaming up with Blue Cross and Blue Shield of Minnesota to partner with two selected worksites that are interested in creating a culture of health within their workplaces. These two workplaces will implement a comprehensive employee wellness program. Please see below for the date, time and location of a meeting nearest to you.

**NOTABLE QUOTE:**

**“If kids aren’t getting adequate nutrition, even the best textbooks and teacher in the world won’t help them learn,” First Lady Michelle Obama said. “If they don’t have safe places to run and play, and they wind up with obesity-related conditions, then those health care costs will just keep rising.”**

**March 2010**

Su	M	Tu	W	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

**UPCOMING EVENTS:**

**March 15** Active Living Workshop  
<http://cjrractivelivingactivecommunities.eventbrite.com>

**March 22** Worksite Wellness Kick-off  
 9:15 AM—Windom  
 12:30 PM— Redwood Falls

**SAVE THE DATE:**

**April 7** Rescheduled SHIP Conference

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