

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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CJRR SHIP LAUNCHED

Cottonwood-Jackson Community Health Service and Redwood-Renville Public Health Services finalized plans to implement new health improvement initiatives. Through the Statewide

Health Improvement Program grant from the Minnesota Department of Health, improvements will begin in policies and environments related to tobacco cessation, physical activity and healthy nutrition.

We are very excited to start working with selected organizations in implementing and developing initiatives that will help people live healthier lives.

SCHOOL WELLNESS COUNCILS

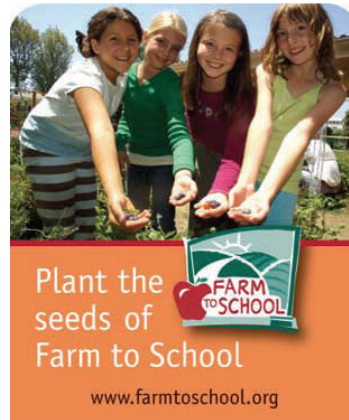
A school wellness council is essentially an advisory group concerned with the health and wellbeing of staff and students. These councils can be formed at the district or school building level. These groups typically have 10-20 members and include school staff, community members, family members and students.

School wellness councils at Windom Public Schools, Jackson County Central Schools, Westbrook-Walnut Grove Public Schools and Redwood Falls Area Schools will be assessing their school's health environment, pro-

grams and policies and identifying ways to strengthen these to improve the health of their students and staff.

Representatives from these schools will be attending a "School Health Index" training on January 14, 2010 to learn how to assess their school's nutrition and physical activity policies and programs.

After the assessment has been completed, schools will begin developing their action plans to make improvements in their policies. Certain areas of the school's health environment could change and improve such as break-



fast and lunch programs, fundraisers, concession stands and vending machine policies. There is also opportunity to implement programs such as a school garden and "Farm-to-School."

The program, "Farm-to-School", has been successful in the Willmar School District. It has introduced students to fresh fruits and vegetables, supported local growers and provided learning opportunities related to healthy eating.

We are very excited to begin working with the schools and to support changes in their nutrition practices. These changes can contribute to the reduction and prevention of childhood obesity.

EXPERTS LINED UP TO HELP

With the great task of implementing or improving policy, systems and environmental changes in schools, worksites, communities and health care facilities, CJRR SHIP has contracted with several organizations.

Blue Cross Blue Shield will be assisting with the community intervention to create more active communities through non-motorized transportation initiatives and support more access to community recreational facilities. They will also be

working with the worksite intervention to help implement comprehensive employee wellness programs.

Fourth Sector Consulting will be assisting with the nutrition interventions by providing training, capacity building, coaching and communication services to schools and child care centers.

Wilder Research will develop and assist in a 19 county survey of adult residents, as well as helping with the evaluation

plan for intervention.

These experts will help staff and partners learn how to build capacity and help in reaching outcomes. In addition, what we learn can be used to work with other sites in our community to implement activities to reduce obesity and tobacco use..

CJRR SHIP staff and contractors will begin most of their work January 2010 and continue through June 2011.

RESEARCH SAYS

The State Indicator on Fruits and Vegetables 2009 shows that Minnesota, along with all other states in the country, is not meeting national objectives for consumption of fruits and vegetables.

For the first time, the report provides state data on fruit and vegetable consumption, environmental supports and policies that may help Americans eat more fruits and vegetables.

With a national Healthy People 2010 goal of increasing the proportion of Americans eating at least 2 fruits daily

to 75% and increasing the proportion of Americans eating at least 3 vegetables daily to 50%, only 27.3% and 25.8% of Minnesota adults met the goals, respectively.



CJRR SHIP staff will work with schools and child care centers towards increasing healthy options. Thus, the 2010 goal has a potential of being met!

NOTABLE QUOTE:

“Not only do chronic diseases reduce the quality of life and life expectancy for Minnesotans, but the costs of treating them create a substantial burden for our health care system. SHIP can reach across the state to improve policies, systems and environments and make it easier for Minnesotans to engage in healthy behaviors that help prevent chronic disease.” Dr. Sanne Magnan, Minnesota Commissioner of Health said.

January 2010

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UPCOMING EVENTS:

1/12 Complete Streets Webinar
1/14 School Health Index Training

SAVE THE DATE:

2/8 SHIP Conference

For more information, contact CJRR SHIP staff.

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