



# SHERBURNE COUNTY SHIP 3 REPORT

## STATEWIDE HEALTH IMPROVEMENT PROGRAM 2013-2015

The Minnesota Statewide Health Improvement Program (SHIP) is dedicated to helping Minnesotans live longer, healthier lives by preventing the chronic disease risk factors of poor nutrition, physical inactivity and tobacco use and exposure. With support from the Minnesota Department of Health, Sherburne County Health and Human Services was awarded with \$532,688 to create long-term, sustainable changes in the community, schools, worksites and health care systems.





## Healthy Eating in Communities

In order to increase access to fresh fruits and vegetables, SHIP provided Big Lake and Elk River food shelves with a 5 door cooler, produce bins, shelving, and other equipment. These contributions allow food shelves to receive and store more food and reduce the shopping congestion experienced by families.

Community gardens were created at Becker Area Senior Center and Promise Neighborhood in St. Cloud. The Becker Area gardens are raised to allow senior residents to garden without bending over or kneeling. The St. Cloud garden produced over \$3,000 in fruits and vegetables for the community.

SHIP also started a "Market Bucks" program at the St. Cloud Farmers Market. Market bucks are tokens that can be used at the farmer's market to buy SNAP eligible foods. When you spend \$5 of EBT-SNAP at the market, you get \$5 of market bucks free!



## Active Schools and Healthy School Foods

A total of 10 schools were involved with SHIP 3, leading to many accomplishments.

- Big Lake School District has been a partner since 2009, leading to a Safe Routes to School (SRTS) initiative and planning grant, brain gym curriculum to promote active classrooms, smart snack regulations, and hunger free kids guidelines. Big Lake is also involved in the worksite wellness coalition, demonstrating their commitment to wellness for both students and staff.
- The City of Becker was awarded with a SRTS planning grant as well. Their vision includes new trails, rapid flash beacons and high visibility crosswalks to improve safety for children and families who walk or bike to school.
- In October 2014, two Zimmerman elementary schools held walk-a-thons as a healthy alternative to traditional fundraisers. The schools raised nearly \$30,000 and are in the process of changing their policies to include annual active fundraisers.



## Worksite Wellness

Studies indicate that healthy employees are more productive, less stressed, absent less, and have lower health care costs.<sup>3</sup> Therefore policies and programs must exist to ensure health is supported and encouraged on the job.

The first SHIP Worksite Wellness Coalition was created in October of 2014, and two businesses participated; the City of Becker and Big Lake School District. Both sites recognize the importance of healthy employees, and are striving to encourage healthier lifestyles.

3. Goetzel RZ, and Ozminkowski R.J. (2008). *The Health and Cost Benefits of Work Site Health-Promotion Programs*. March 2011.

## Health Care

In October 2015, Fairview Northland Medical Center officially became 1 of 9 *Baby Friendly Hospitals* in Minnesota. In order to receive this designation, extensive breastfeeding support must be available for mothers before, during and after delivery. SHIP has supported this effort since 2011, when staff members were trained to work toward the Baby Friendly Designation.

Additionally, a nurse from CentraCare Big Lake Clinic attended a Tobacco Treatment Specialist Certification Class at the Mayo Clinic. Certified specialists are qualified to deliver treatment for individuals seeking to stop smoking or using other tobacco products.



## Child Care

In Minnesota, the percentage of infants who breastfeed exceeds the Healthy People 2020 goal of 81.9%.<sup>4</sup> However infants are not breastfed for long enough, and policies and practices must be enhanced to support nursing mothers returning to work. Since 2010, SHIP facilitated the creation of lactation rooms at:

- Sherburne County Government Center
- Riverway Clinic in Elk River
- Independence and Liberty Schools in Big Lake
- Handke Center in Elk River.

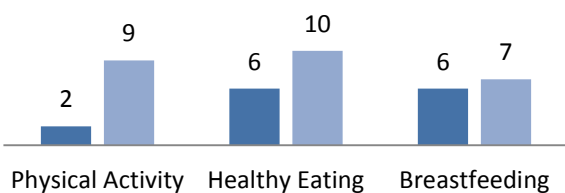


Since the inception of SHIP, support has been given to 15 different sites and 494 child care providers have been trained. These partnerships have led to policy changes and new practices for early childhood programs.



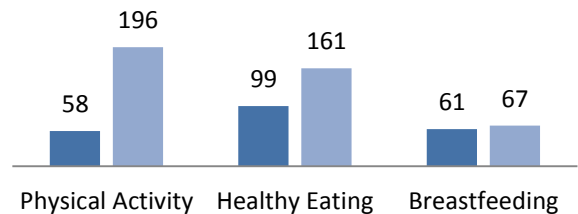
### Trainings Provided

■ SHIP 3 Trainings ■ Total Trainings Offered



### Providers Trained

■ SHIP 3 Providers Trained ■ Total Providers Trained



4. CDC Breastfeeding Report Card, 2014.

## CONTACT INFORMATION

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Statewide Health  
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