

# This is your SHIP

MN Moves

MN Eats

MN Breathes

MN Well-being

## Food Rx

Helping patients gain access to better food for better health

## SuperShelf™

Transforming food shelves into welcoming spaces for better access to appealing, healthful food

## Improving Safety and Access for Active Transportation and Mobility

Providing safe and convenient opportunities for physical activity

## Commercial Tobacco Point of Sale

Reducing the appeal and access of commercial tobacco at local retailers

## Quit Partner™ Referral

Focusing on communities targeted by the tobacco industry

## Breastfeeding in the Workplace

Supporting breastfeeding women in the workplace results in bottom line benefits for employers

## Safe Routes to School

Making it safe, convenient and fun for our kids to bike and walk to school

## Park Planning

So everyone can access and utilize our parks and recreational areas

## Commercial Tobacco Free Youth

Making tobacco-free behaviors an expectation in school activities participation

## Social Connection

Promoting mental well-being and connectedness for all communities

## Trauma Informed Principles

Providing care givers, educators, and citizens with knowledge and skill to process trauma

# Creating a Healthier State of Minnesota.

Local leadership. Local partners. Local expertise.

[www.health.mn.gov/ship](http://www.health.mn.gov/ship)

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# MN Well-being

We are all part of a community, living in a shared environment. Well-being encompasses the physical, mental, and social dimensions of these interactions. To build and sustain optimal well-being for everyone, SHIP supports projects where people can feel that they belong, that they are safe, seen, and valued.

What does your community need?



Connect with your local SHIP coordinator.  
[Health.OSHII@state.mn.us](mailto:Health.OSHII@state.mn.us)

## Social Connection

More opportunities to connect means resiliency throughout our lives

## Trauma Informed Practice

Understanding each other's background stories and community challenges leads to positive interactions



# MN Moves

Working together to make Minnesota a healthier place to live, work, and play.

What does your community need?



Connect with your local SHIP coordinator.  
Health.OSHII@state.mn.us

## Land Use and Zoning

Making sure public and shared land and spaces are available and accessible to everyone

## Park Planning

Creating park and recreational spaces that can be accessed and enjoyed by all

## Improving Safety and Access for Active Transportation and Mobility

Providing safe and convenient opportunities for physical activity

## Safe Routes to School

Safer routes get used, increasing the number of students walking and biking to school

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# MN Eats

SHIP collaborates with community partners to make changes that result in healthy foods being more available and affordable.

What does your community need?



Connect with your local SHIP coordinator.  
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## Farmers Markets

Developing connections and enlarging the reach between local farmers and seasonal market opportunities

## School Nutrition Environment

Creating environments where all students can access healthful food and beverages and gain the skills for a lifetime of nutritious eating

## SuperShelf™

Transforming food shelves into welcoming spaces for better access to appealing, healthful food

## Food Rx

Enhancing health provider support to patients for access to affordable, healthful food

## Breastfeeding in the Workplace

Supporting the health and wellbeing of nursing mothers and their babies through workplace accommodations



# MN Breathes

Investing in commercial tobacco and e-cigarettes use prevention and cessation saves lives and taxpayer dollars.

## Commercial Tobacco Point of Sale

By keeping access and prices of commercial tobacco prohibitive, Minnesota's smoking rates are the lowest ever

## Quit Partner™

A family of programs that help people who want to quit smoking, vaping, chewing or using other commercial tobacco products

## Smoke Free Housing

Local Minnesota communities are bringing cleaner, safer air to residents by working with local property managers and to implement smoke-free housing policies

## Commercial Tobacco Free Youth

Making tobacco-free behaviors an expectation in school activities participation

What does your community need?



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