

# Anoka County SHIP Overview

## What is the Statewide Health Improvement Partnership (SHIP)?

SHIP in Anoka County is funded through a grant from the Minnesota Department of Health (MDH). The goal of SHIP is to create healthier communities across Minnesota by expanding opportunities for active living, healthy eating, and tobacco-free living. SHIP has been instrumental in helping Minnesota keep obesity rates relatively flat and reduce commercial tobacco use and secondhand smoke exposure, factors that contribute to chronic disease, rising health care costs, disability, and death.

At its core, SHIP is a locally driven effort. Communities choose strategies that are based on the latest science and focused on making long-term, sustainable changes to improve the health of residents.

## What does SHIP look like in Anoka County?

There are 6 main strategy areas for SHIP throughout the county, and a variety of activities that support each strategy:

### Community Active Living

- Efforts to increase walking and biking
- Support incorporating physical activity into master plans
- Bike Racks
- Bike Fix-It Stations
- Directional signage
- Bike Fleet for Anoka County Parks & Recreation
- Safe Routes to Parks
- Grant writing support for planning and larger infrastructure projects

### Community Healthy Eating

- Increasing access to fresh fruits and vegetables
- Technical assistance, training, and materials support for Food Shelves and Community Meals
- Anoka County Libraries Curiosity Kitchen (hands-on nutrition education for youth)
- Food Solutions Group providing networking and learning opportunities for organizations

### Schools & Child Care

- Nutrition education curriculum and school gardens
- Smarter Lunchrooms
- Training for nutrition services staff on healthy scratch cooking techniques & vegetable preparation
- Active Classroom and Active Recess training and materials
- Move Mindfully training and materials
- Quality Physical Education training and materials

### Health Care

- Strengthen screenings for social determinants of health
- Support health care providers to make community referrals to address food insecurity, lack of physical activity, tobacco use, etc.
- Tobacco cessation training and resources
- Networking and training opportunities for Tobacco Treatment Specialists
- Community resource connections
- Evidence-based programs

### Workplaces

- Creation of wellness committees
- Technical assistance with company wellness policies
- Increasing healthy food options at work
- Increasing opportunities to be physically active at work
- Breastfeeding support and policies
- Tobacco cessation resources
- Quarterly networking group for workplace wellness partners

### Tobacco

- Tobacco-free policy support for multi-unit housing properties
- Signage for policy enforcement
- Tobacco-free county parks
- Promotion of resources for tobacco cessation



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