

SHIP

Bloomington - Edina - Richfield

Statewide Health Improvement Program

February 2010

MINNESOTA'S
VISION
A Better State of Health

Statewide Health
Improvement Program | SHIP

Making healthy living easier where you live, work and play

■ Community

Tobacco

Reduce the harm of secondhand smoke by implementing and strengthening tobacco-free policies in parks and other recreational settings.

Physical Activity - Nutrition

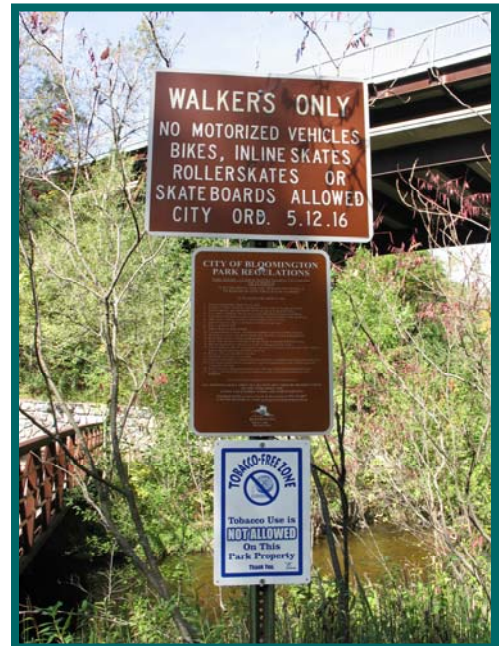
Give everyone in the community more opportunities for physical activity by adding biking and walking space.

- Support street designs that accommodate walking and biking.
- Assist each city in suitable placement of bike racks.
- Collaborate with Hennepin County to implement a county-wide communication plan that promotes active living.

Help children adopt healthy eating habits and be more active by providing childcare and preschool staff with training, resources and guidance to do so.

Make it easier for all community members to obtain fresh fruits and vegetables through policies, practices and environmental changes.

- Establish a farmers market in Edina.
- Develop a satellite farmers market in Richfield.
- Study barriers to the Bloomington farmers market and improve access for all residents.
- Explore other sources of fresh produce such as community gardens.



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■ Schools

Physical Activity - Nutrition

Help students adopt healthy eating habits and increase activity by implementing nutrition and activity policies and practices in schools.

Encourage and support biking and walking to school.



■ Worksites

Physical Activity

Provide opportunities for adults to get more physical activity at work.



■ Healthcare

Tobacco - Physical Activity - Nutrition

Partner with healthcare clinics and providers to implement guidelines that prevent obesity and chronic disease risk factors.

Assist clinics to connect with and create a referral network of community resources.

The Statewide Health Improvement Program (SHIP), an integral part of Minnesota's nation-leading 2008 health reform law, strives to help Minnesotans lead longer, healthier lives by preventing the chronic disease risk factors of tobacco use and exposure, poor nutrition and physical inactivity. For more information, visit <http://www.health.state.mn.us/healthreform/ship>.



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