

Feedback Form Results

2009 Urban Health Forum

State Health Improvement Project (SHIP): Moving forward Together

Healthy communities with a focus on preventing obesity and tobacco use

Given what we've heard, what personal commitments can we make within our own sphere of influence to support this movement?

1. I will work to convince my fellow church members to offer healthier foods at the after-mass hospitality.
2. I will continue to promote health equity by encouraging improved physical activity and nutrition among adults with intellectual and development disabilities
3. I will work with a larger group of physicians to help create a movement within the healthcare setting.
4. I will learn more about what is the City of Saint Paul's policy regarding costs for sidewalk instillation so that the cost to homeowners is not a barrier.
5. I will work to show the traditional health education campaign's such as "Step To IT" does not change behavior long-term.
6. I will work to utilize existing Saint Paul physical infrastructure (school building, recreation centers, etc) to provide access to gyms, facilities, etc.
7. I will learn how to work with city business to promote local business centers so that there is a destination for walking, biking and non-motorized transportation.
8. I will keep an eye out for opportunities to support wellness in the new Children's Hospital the University of Minnesota is building.
9. I will make good nutrition and physical activity a priority for my family.
10. I will encourage and advocate at my child's school for healthy nutrition and physical activity policies.
11. I will spread the word about SHIP to family and friends about the important commitment that our state is making to prevention and health promotion.
12. I will stop driving to work.
13. I will encourage friends to walk.
14. I will stop drinking soda.
15. I will continue to work with patients on preventive health issues and learn what it means to be healthy in mind, body and spirit.
16. I believe there is momentum around using bicycles for transportation on a larger scale and plan to get involved in this effort.
17. I will continue to work on health promotion activities through work, the department and the community.
18. I will bring ideas regarding the Blue Zones to the workplace wellness programs.
19. I will get more involved in my children's magnet school to implement more opportunity for

physical activity.

20. I will work with my health care system to analyze best practices and implement best practice to prevent chronic disease.
21. I will advocate for a wellness program at my worksite.
22. I will advocate for sidewalks in my neighborhood.
23. I will get to know my neighbors and try to live by example.
24. I will introduce Step-to-It in the neighborhood board and work with Minneapolis Public Works and Parks Board to put up signage.
25. I will continue to bring kids to neighborhood school and support walking initiatives.
26. I will keep an eye out for University of Minnesota School of Public Health initiatives that can partner with community activities and participate when I can.
27. At work at my clinic, I will build support for healthy choices.
28. In my family, I will bring in new choices or opportunities for better eating and more activity.
29. I will support policy requiring physical fitness in the schools year round.
30. I will advocate for neighborhood improvements that promote safer walking paths.
31. I will stay connected with St. Paul-Ramsey County SHIP coordinators so that my grad students can contribute.
32. I will provide education and mentorship to students and other members of the University community to recognize their obligation to promote positive health initiatives. On a community level, where I live, I will model personal health choices that will hopefully encourage my friends and neighbors to adopt similar habits.
33. Through the Twin Cities Medical Society I will be convening a group of CHS medical consultants for the metro area, CHS administrator and the leadership team to talk about a way to better coordinate medicine and public health.
34. I will keep my current lifestyle and encourage others.
35. I will make better food choices in the office for staff.
36. I will advocate for non-legislated, non-coercive, public health initiatives that create rich opportunity to improve health status.
37. I will work hard over the next couple of years to make sure as many people as possible know about SHIP interventions and outcomes.
38. I will reduce the portion sizes of my meals. I will incorporate more walking into my day and use stairs. I will work with my church's elementary school to improve healthy food policies.
39. I will mark off a mile walking path in my work building and create a competition between departments for miles walked.
40. I will connect with a friend who is in the leadership of MEA to lobby for support of the school-based activities.