



SAINT PAUL – RAMSEY COUNTY  
**COMMUNITY HEALTH SERVICES**

ADVISORY COMMITTEE TO THE SAINT PAUL CITY COUNCIL AND THE RAMSEY COUNTY BOARD OF COMMISSIONERS

555 Cedar Street  
Saint Paul, Minnesota 55101-2260  
651-266-1200



**MINUTES**  
**COMMUNITY HEALTH SERVICES ADVISORY COMMITTEE**  
**September 2, 2009**

**SHIP (Statewide Health Improvement Program) Presentation** – Donald Gault with staff

We (Donald Gault, Pat Splett and Laurie Burns) were invited to attend the CHSAC meeting last week and give a presentation on SHIP.

At the meeting we provided the committee a brief history of the STEPS program and its accomplishments that culminated into the production of the *Feel Better Minnesota* campaign. The *Feel Better Minnesota* campaign aims to answer the question: “What do people need to know and have in their lives to seek and sustain healthy lifestyles?” A short video clip of the *Feel Better Minnesota* was viewed and the CHSAC members thought it was quite enjoyable, informative and energizing. The plan for the *Feel Better Minnesota* campaign is to integrate it into the central theme of the department’s Statewide Health Improvement Program (SHIP) and other chronic disease prevention work.

A brief overview of SHIP in Ramsey County was presented. SHIP is the statewide expansion of Steps to Feel Healthier model to reduce obesity and smoking in order to prevent chronic diseases, achieve health care reform and reduce health care costs. SHIP is a two year grant that targets obesity, tobacco use and exposure, nutrition and physical activity in four settings: health care, community, worksites and schools. SHIP aims to balance building policy, system and environmental change with affecting attitudes and behaviors in the community in the areas of physical activity and eating and smoking.

Both SHIP staff and CHSAC members expressed a desire and interest to work together in some capacity related to promoting policy, system and environmental change in Ramsey County around the SHIP goals.