

SHIP is an investment to help Minnesotans live longer, healthier lives by reducing the leading causes of chronic disease: tobacco use and exposure and obesity due to unhealthy eating and physical inactivity.

SHIP launched as part of Minnesota's Vision for a Better State of Health, the bipartisan health reform package enacted in 2008. SHIP makes it easier for Minnesotans to make healthy choices where they live, learn, work and play.

By providing leadership and working with many community partners, the Saint Paul – Ramsey County Public Health (SPRCPH) SHIP initiative is increasing opportunities for healthy eating and increased physical activity and reducing the number of people who use tobacco and are exposed to tobacco smoke.



CREATING A HEALTHIER RAMSEY COUNTY
 healthy eating ● moving more ● living smoke-free

Highlights from Schools

- ★ Saint Paul Public Schools and Roseville Area Schools are establishing and strengthening school-based Wellness Teams and Wellness Champions to foster healthy food and physical activity changes in their schools.
- ★ Saint Paul Public Schools and Roseville Area Schools are reviewing and revising their district wellness policies, incorporating best practice recommendations.
- ★ Wellness teams from thirty-four Saint Paul schools are implementing health action plans with 104 different activities including: quality physical education curricula, active recess, indoor structured classroom activities such as ‘jammin’ minutes, running clubs, open gyms before school and more nutritious foods outside the cafeteria in various venues—snack carts, food for celebrations, school stores and teaching gardens.
- ★ Roseville Schools hired an active recess coordinator who is developing strategies to build more minutes of physical activity into each elementary student’s day.

Facts about Ramsey County

Population: 506, 278¹

In surveys of Ramsey County adults:

- 61% are overweight or obese according to self-reported height and weight²
- Among adults self-reporting as “about the right weight,” 36% had a BMI in the overweight or obese category²
- 20.6% are smokers³
- 73.6% eat (too) few fruits and vegetables³

1. U.S. Census Bureau. (2009). State and county quickfacts. Retrieved on July 13, 2011 from <http://quickfacts.census.gov/qfd/states/27/27123.html>.
2. Bade T, Countryman M, Kinney A, Kleinfehn-Wald N, Kremser B, Lenartz S, Stenso-Velo S; Metro Adult Health Collaborative (2010). Metro Adult Health Survey Data Book. January 2011.
3. U.S. Department of Health & Human Services. (2013). Find the data. Retrieved on February 4, 2013 from <http://county-health.findthedata.org/l/1374/Ramsey-County-Minnesota>.

Saint Paul - Ramsey County Public Health

Statewide Health Improvement Program

Highlights from Post-Secondary Education:

- ★ In partnership with Association for Nonsmokers-Minnesota (ANSR), SPRCPH is working with 9 post secondary campuses as varied as Concordia University, Metro State University, and the University of Minnesota Twin Cities to develop and implement tobacco free and tobacco reduction policies.

Highlights from the Community:

- ★ The Saint Paul – Ramsey County Food and Nutrition Commission’s research and gathering of community input about the local food system resulted in a set of recommendations that were officially accepted by the Saint Paul City Council and the County Board in the spring of 2012. The Food and Nutrition Commission worked with a city planner on zoning code amendments to create a more favorable environment for urban gardening and farming which will be presented to the Saint Paul City Council in the spring of 2013.



- ★ Six market sites of the Saint Paul Farmers’ Market now accept Electronic Benefit Transfer (EBT) payment from recipients using the Supplemental Nutrition Assistance Program (SNAP). In 2011 the project began with one market accepting EBT payment. This collaboration is between Public Health, the Farmers’ Market, Blue Cross Blue Shield and Minnesota Department of Human Services.

- ★ The Ramsey County Healthy Meals Coalition, including 20 homeless shelters and programs serving over one million free meals each year, is creating an effective, feasible and replicable model for providing healthier, cost-effective and culturally appropriate meals. Recent projects have included nutrition training for staff and volunteers and standard-setting for donated foods to improve the overall nutritional quality. Eight organizations received mini-grants enabling them to buy equipment such as steamers to cook vegetables or refrigerators and freezers to store and serve more fruits and vegetables.



- ★ In partnership with St. Paul Public Housing Agency, several healthy living initiatives were piloted at three high rises and two family residence sites where more than 5600 people live. Highlights included: tobacco cessation programs, raised bed gardens, a small farmer’s market with accompanying healthy meal classes from U of M Extension (Simply Good Eating), youth bicycle club led by Cycles for Change emphasizing bicycle maintenance and safety, distribution of 177 bicycles to youth furnished by Free Bikes 4 Kidz, and physical activity initiatives including elderly and disabled residents.

- ★ SHIP is partnering with twelve African American churches to establish chronic disease prevention initiatives to reduce high rates of illnesses such as diabetes and heart disease prevalent in the African American population. Over 170 members of the churches attended the Baraza Black Women’s Health Conference in October and are working with SHIP staff to establish goals and priorities for an environment in which church members work together to achieve healthier lifestyles.



Visit www.co.ramsey.mn.us/ph/ship or email ship@co.ramsey.mn.us for more information.