



## NORTHEAST REGION



Aitkin County

American Lung Association

Arrowhead Regional  
Development Commission

Carlton County

Carlton-Cook-Lake-St. Louis  
CHB

Cook County

Duluth Community Garden  
Program

Good Food Network and  
Institute for A Sustainable  
Future

Grand Portage

Healthy Area Duluth Coalition

Itasca County

Koochiching County

Lake County

St. Louis County

U of M Extension

*Making the healthy choice  
the easy choice.*

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### Why get on the SHIP?

2 out of 3 Minnesotans are overweight or obese due to insufficient physical activity and unhealthy eating. One in six Minnesotans smoke. Obesity and tobacco use / exposure are the two leading causes of death in Minnesota. The heart disease, diabetes, cancer and other chronic illnesses that lead up to these deaths cost Minnesota nearly \$6 billion a year.

*SHIP uses evidence based strategies that are both effective and long term, while allowing for local, community-led ownership and control.*

In the Community:

- SHIP makes it just as easy to find an orange as an orange pop by increasing healthy foods in corner stores and establishing farmers markets.
- SHIP makes it feasible for working people to take a walk during work breaks, by putting in sidewalks or walking lanes.
- SHIP clears the air for breathers in multi-unit housing, making them smoke-free.



At School:

- SHIP makes the healthy choice easier, by increasing the number of healthy food options in school food venues.
- SHIP makes it easier for college kids to quit smoking, by establishing tobacco free post secondary campuses.

- SHIP creates Safe Routes to School in conjunction with MN DOT's SRTS grants, by establish safe paths for walkers, bikers, and skateboarders.

With Workplaces:

- SHIP helps employer Wellness Teams increase healthy foods options available on site.
- SHIP helps employers to be employee friendly, by supporting breast-feeding mothers.
- SHIP helps employers reduce absenteeism by assisting them in providing cessation opportunities.



In Healthcare:

- SHIP builds physician competency in guiding patients who are obese or overweight and directing them to community resources.
- SHIP keeps breastfeeding the natural choice, be encouraging new mothers and teaching them how to be successful breastfeeding.



*SHIP helps to create good health where Minnesotans live, work, learn and play by partnering with businesses, schools, farmers, clinics, hospitals, and communities.*

