

# A HEALTHIER STATE OF MINNESOTA

BETTER HEALTH TOGETHER.



## SHIP CREATES HEALTH IN YOUR COMMUNITY.

The Statewide Health Improvement Partnership (SHIP) supports community-driven solutions to expand opportunities for active living, healthy eating and commercial tobacco-free living, helping all people in Minnesota prevent chronic diseases including cancer, heart disease, stroke and type 2 diabetes. Ninety percent of the nation's health care costs are for people with chronic conditions, and the majority of those costs are preventable.

### Upstream prevention saves Minnesota health care costs

National cost studies adapted for Minnesota were used to generate estimates. For more information visit [www.health.mn.gov/ship](http://www.health.mn.gov/ship).

**OBESITY**  
**\$365 MILLION**  
IN SPENDING AVERTED  
SINCE 2011

by putting the brakes on the rising adult obesity rates

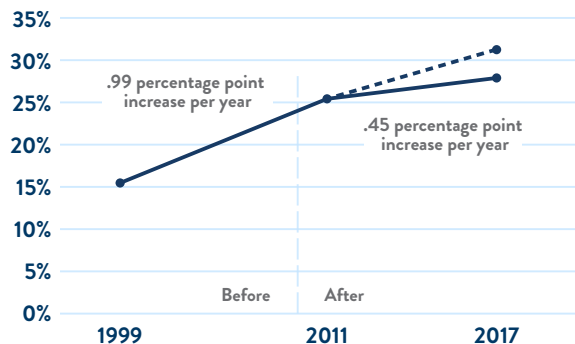


**TOBACCO**  
**\$260 MILLION**  
IN SPENDING AVERTED  
SINCE 2011

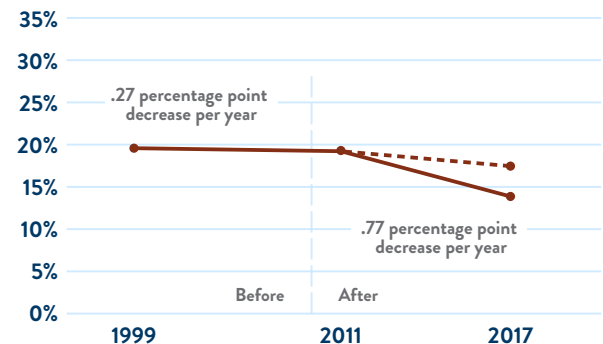
by accelerating the drop in adult smoking rates

## SHIP & coordinated efforts to address obesity and smoking helped bend the curves

OBESITY RATES BEFORE AND AFTER COORDINATED STATEWIDE OBESITY EFFORTS



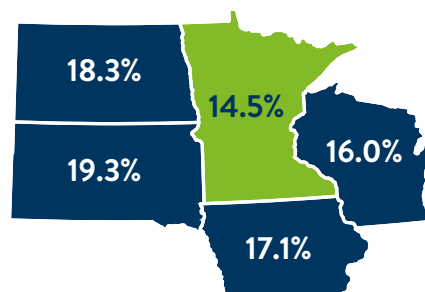
SMOKING RATES BEFORE AND AFTER COORDINATED STATEWIDE SMOKING EFFORTS



**KEY** — Obesity (Actual)  
--- Obesity (Projection, had trend continued)

— Smoking (Actual)  
--- Smoking (Projection, had trend continued)

### MINNESOTA ADULT SMOKING RATE IS AT A RECORD LOW



### MINNESOTA ADULT OBESITY RATE IS FIRMLY BELOW OUR NEIGHBORS

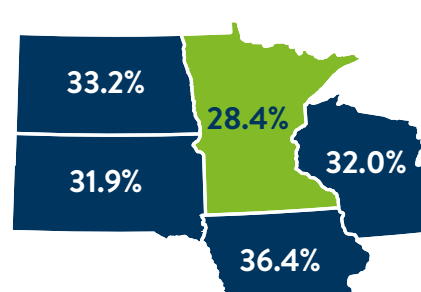
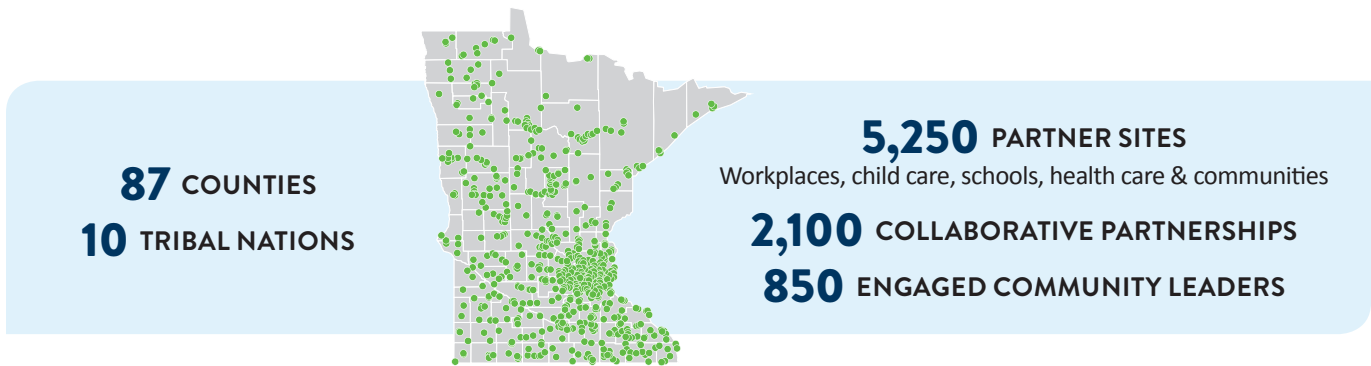


Chart source: CDC BRFSS, 1999-2017; BRFSS methodology changed in 2011.

Map source: CDC BRFSS, 2017

# SHIP: LOCAL LEADERSHIP, LOCAL PARTNERS, LOCAL EXPERTISE



## SHIP supports health across the lifespan

<b>Child Care</b>	<p>SHIP helps those who care for our children learn best practices that get our youngest generation off to a healthy start in life.</p>	<p><b>8,800</b> CHILDREN REACHED</p>	<p><b>380</b> PROVIDERS ENGAGED</p>	
<b>Schools</b>	<p>SHIP collaborates with schools to provide students increased access to fruits and vegetables and more physical activity during the day.</p>	<p><b>471,300</b> STUDENTS REACHED</p>	<p><b>1,200</b> SCHOOLS + DISTRICTS ENGAGED</p>	
<b>Workplaces</b>	<p>SHIP partners with employers to build a culture of wellness by establishing and strengthening practices that make healthy options the norm in an organization.</p>	<p><b>200,000</b> EMPLOYEES REACHED</p>	<p><b>1,600</b> WORKPLACES ENGAGED</p>	
<b>Health Care</b>	<p>SHIP works to ensure that people have access to evidence-based programs that help them prevent and manage chronic diseases, prevent falls and quit smoking.</p>	<p><b>3.5 MILLION</b> PEOPLE REACHED</p>	<p><b>300</b> HEALTH CARE SITES ENGAGED</p>	
<b>Smoke-free Housing</b>	<p>SHIP works with property managers to implement smoke-free housing policies, protecting residents from the dangers of secondhand smoke.</p>	<p><b>84,300</b> RESIDENTS REACHED</p>	<p><b>1,130</b> PROPERTIES ENGAGED</p>	
<b>Healthy Eating</b>	<p>SHIP collaborates with community partners to make changes that result in healthy foods being more available and affordable.</p>	<p><b>2 MILLION</b> PEOPLE REACHED</p>	<p><b>700</b> COMMUNITY PARTNERS ENGAGED</p>	
<b>Active Living</b>	<p>SHIP builds alliances with city officials to improve our streetscapes, ensuring that all community members can walk and bike safely throughout their day.</p>	<p><b>4.4 MILLION</b> PEOPLE REACHED</p>	<p><b>410</b> COMMUNITIES ENGAGED</p>	