

The Statewide Health Improvement Partnership (SHIP) is working to create healthier communities across Minnesota by expanding opportunities for active living, healthy eating, and tobacco-free living.

SHIP invests in local solutions for better health throughout Anoka County. This community-wide approach to improving health works to build a solid foundation for all residents by focusing on health promoting policies, systems, and environments in the communities where we live, work, learn, and play.



As we wrap up another year of SHIP in Anoka County, we'd like to highlight some of our successes from the past year.



ACTIVE LIVING IN COMMUNITIES

SHIP supported the purchase of a Fat Tire Bike Fleet for Anoka County Parks & Rec. The first basic riding skills course was held in September, but the remaining schedule of classes for the rest of the Fall/Winter (and registration information) can be found [here](#).

Bike racks and fix-it stations were also purchased for county library and park locations to encourage active transportation.

HEALTHY EATING IN COMMUNITIES

To promote healthy eating in our community, SHIP purchased two Charlie Carts to be used throughout the Anoka County Libraries as a part of their Curiosity Kitchen. Curiosity Kitchen will be a mobile kitchen classroom with hands-on nutrition education that connects food and cooking with lessons in Math, English Language Arts, Science and Social Studies. Dates and locations will be released soon!



SCHOOLS

A lot of great work was done to promote healthy eating and active living with our school partners this past year. For example, Anoka-Hennepin School District updated their Family & Consumer Sciences curriculum with the support of SHIP and collaboration with The Good Acre. Charlie Carts will now be part of the curriculum for Columbia Heights School District, Centennial's Pines School, and Paladin Career & Technical High School. Tower Gardens, which are hydroponic grow-towers that can be used for nutrition or agriculture education, were purchased for Pines School and elementary schools in the Forest Lake School District. Middle schools in A-H School District expanded their after school intramural program and Columbia Heights schools supported physical activity classes in their ENCORE program. Finally, Fridley School District performed a district-wide nutrition education review and received educational materials/activities to implement in health/PE classes. They also received equipment to promote physical activity in their special education classrooms.





HEALTH CARE

Training on a client-centered care model called "Screen, Counsel, Refer, Follow-Up", has helped an additional 6 chemical and mental health care providers in the county connect their patients/clients with resources to support healthy eating, active living, and tobacco cessation. An additional six staff members from four agencies were also trained as Tobacco Treatment Specialists, who possess the skills, knowledge, and training to provide effective, evidence-based interventions for tobacco dependence.

WORKPLACES

Over the past year, Anoka County SHIP partnered with 10 new worksites to establish workplace wellness programs, impacting 659 employees. Activities ranged from convening wellness committees to coming up with mission statements and branding elements. Some locations received equipment to promote physical activity, appliances to encourage healthy eating, or materials to support breastfeeding mothers. Wellness committees also hosted events such as wellness challenges and healthy potlucks!



SMOKE-FREE MULTI-UNIT HOUSING

With the help of the American Lung Association, SHIP was able to support the development, implementation, and enforcement of smoke-free multi-unit housing policies throughout Anoka County. In total, an additional five new policies were implemented this past grant year, impacting approximately 957 residents.

MEET THE NEW ANOKA COUNTY SHIP COORDINATOR



Samantha Osterhaus, MPH, RD, LD joined Anoka County as the new SHIP Coordinator in June 2018. Previously a dietitian and wellness coordinator working in corporate wellness and food service, her passion for public health and promoting health, especially for the underserved members of our community, brought her to the SHIP team. Please feel free to reach out to Sam at samantha.osterhaus@co.anoka.mn.us.

