

The Anoka County SHIP Team wishes you a safe and happy new year! The beginning of the year is a great time to reflect on your goals for the next 365 days and the small steps you can take each day to accomplish them. We are working diligently to take steps towards improving the health and wellness of the residents of Anoka County, and are so appreciative of your support! We have lots of exciting projects in the works with our partners this year. We can't wait to share their impact and other opportunities as the year progresses. If you need any support, please feel free to reach out at SHIP@co.anoka.mn.us.

NEW NEIGHBORHOOD MINI-GRANT OPPORTUNITY!



Anoka County Public Health, in partnership with the Minnesota Department of Health and the Statewide Health Improvement Partnership (SHIP), is pleased to announce a mini-grant opportunity for community organizations, neighborhoods and/or groups located within Anoka County.

Mini-grant applications are being accepted starting **January 2nd, 2020 through March 31st, 2020.**

Organizations can apply for mini-grant funds to increase social connectedness of a neighborhood, community, group, etc. with a focus on health through physical activity, healthy eating and smoke free living. Priority will be given to projects that support populations experiencing health inequities.

Learn more and submit your proposal [here](#). Please pass along this opportunity to anyone else who may be interested - we need your help to spread the word!

NOMINATIONS NOW OPEN FOR THE 2020 ANOKA COUNTY PUBLIC HEALTH & ENVIRONMENT AWARDS

The Anoka County Public Health and Environmental Services Department celebrates Public Health Month annually in April to identify and promote awareness about issues that are important to improving the public's health. As part of the activities, the Anoka County Board of Commissioners will recognize and honor individuals or groups who have made contributions to improve public health and/or the environment in their community.

The Public Health & Environment Awards will be presented during Public Health Month at a regularly scheduled meeting of the Anoka County Board of Commissioners. Nominations will be accepted for two categories: individual or group. All nominations are due to the Anoka Public Health and Environmental Services Department by **January 31, 2020**.

For more information and to submit your nomination, please visit: www.anokacounty.us/HealthAwards

TOBACCO FREE LIVING RESOURCES

The Centers for Disease Control and Prevention reports that tobacco use and exposure is the single most preventable cause of disease, disability, and death in the United States. Additionally, youth e-cigarette use has reached epidemic proportions.

Are you looking for resources to help you and your community live tobacco-free? We recently updated our website to include resources for individuals looking to quit, culturally specific programs, youth vaping prevention, workplace programs, and smoke-free housing. Visit our **Tobacco Free** page to learn more and browse our collection of resources.



MEET OUR HEALTHCARE COORDINATOR!



Alyssa Wolf is a Health & Wellbeing Consultant with Lee Carlson Center for Mental Health & Wellbeing. She joined Anoka County SHIP as the Healthcare Strategy Coordinator in 2016. Alyssa works with clinics throughout the county to promote healthy food access, tobacco free living and connection to community resources. Prior to joining the SHIP team, Alyssa worked in fitness, workplace wellness, behavioral health and community health promotion. She draws from her experiences working and living in diverse settings while feeling grateful to return home to Minnesota serving communities close to her heart. Please feel free to reach out to Alyssa at alyssa.wolf@co.anoka.mn.us