

Minnesota's Statewide Health Improvement Partnership (SHIP)

REPORT TO THE MINNESOTA LEGISLATURE

FISCAL YEAR 2022-2023

01/12/2024

Minnesota's Statewide Health Improvement Partnership: Report to the Minnesota Legislature Fiscal Year 2022-2023

As required by Minnesota Statute 145.986, Subd. 5

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January 12, 2024

Dear Legislators:

The Minnesota Statewide Health Improvement Partnership (SHIP) was created by an innovative health reform law to improve the health of Minnesotans by reducing the risk factors that lead to chronic disease. Through SHIP, the Minnesota Department of Health (MDH) funds local and tribal public health entities to make locally-driven policies, systems, and environmental (PSE) changes that make it easier for our community members to live healthier lives.

Since its launch, SHIP continues to be a generative partner with all of Minnesota's 87 counties and 10 Tribal Nations to create comprehensive, evidence-based, and results-driven activities that increase health equity, access to healthy foods, opportunities for physical activity, emotional well-being, and commercial tobacco-free environments. Consistent with Minnesota's Results First Initiative of statewide activities in 2022-2023 SHIP work plans, a full 82% are evidence-based and an additional 18% are theory-based which are projects that test and refine solid advances in programming. We examine and research our reach and continuously implement strategies and activities that will have the greatest impact and improve the lives of all Minnesotans.

In the last two years, SHIP has continued to build upon its innovative foundation, further tested by the deep impact of the pandemic, during which SHIP responded to the needs of our communities with agility. We were there then for our partners to launch ongoing activities and projects that create opportunities for the healing effects of social connection and community. In fact, SHIP developed projects and activities centered around well-being and mental-health well ahead of national attention as [reflected in the 2023 US Surgeon General's advisory "Our Epidemic of Loneliness and Isolation."](#)

SHIP is well positioned to deepen our whole-person approach to health and nurture long-standing as well as emerging SHIP community relationships. We believe in the resiliency of our community partners and are solidly committed to removing obstacles on the path toward better health for everyone.

Thank you for your time and interest in the ongoing work of SHIP to reduce preventable chronic disease in Minnesota. In addition to this report, I invite you to [explore the range and reach of SHIP partner sites in the interactive SHIP Storymap](#). If you have questions or need additional information, please don't hesitate to contact me at any time.

Sincerely,

/s/ Brooke Cunningham

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Commissioner
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Overview

Ninety percent of the nation's health care costs can be attributed to people with chronic diseases and mental health conditions, according to the Centers for Disease Control.¹ The Statewide Health Improvement Partnership (SHIP) is founded upon the belief that policymakers can more effectively and efficiently improve health outcomes for Minnesotans by investing in prevention strategies.

In 2008, in a bipartisan vote in response to rapidly accelerating and costly chronic diseases, the Minnesota Legislature created the Statewide Health Improvement Partnership (SHIP). The partnership was tasked with working at the local level throughout the state to create and expand opportunities for Minnesotans to be more physically active, eat healthier foods, and live free from commercial tobacco use, the key ingredients to reducing preventable chronic diseases such as cancer, heart disease, stroke, and type 2 diabetes.

In 2018, the Results First Initiative was launched, ensuring that SHIP grants supported proven-effective strategies, promising practice strategies, or theory-based strategies that can be evaluated using experiential or quasi-experimental design.

In 2020, well-being was added to its goals and SHIP began to work within Minnesota communities to implement evidence-based and practice-informed strategies to create equitable, healthy, and positive conditions that promote well-being and resiliency for all Minnesotans. Well-being, which includes mental, physical, social/emotional health, and resiliency, is a key factor in health and the prevention of chronic diseases in Minnesota, especially among those faced with existing health disparities. Recent data presented in *Our Epidemic of Loneliness and Isolation: The US Surgeon General's Advisory on the Healing Effects of Social Connection and Community* makes it clear that social isolation and loneliness are independent risk factors for several major health conditions, including cardiovascular disease, dementia, depression, and premature death from all causes.² Building on early interest, SHIP is on the right track in well-being work throughout communities.

“Whether it is through a bike or walk to school initiative, a community bike program, or school garden program, SHIP provides opportunities for students, families, and communities to implement long-term healthy lifestyles. SHIP programs promote long term health in our schools and communities.”

– Dennis Laumeyer, Benson School District Superintendent, Douglas County

¹ [Health and Economic Costs of Chronic Diseases \(https://www.cdc.gov/chronicdisease/about/costs/index.htm\)](https://www.cdc.gov/chronicdisease/about/costs/index.htm)

² [Our Epidemic of Loneliness and Isolation \(https://www.hhs.gov/sites/default/files/surgeon-general-social-connection-advisory.pdf\)](https://www.hhs.gov/sites/default/files/surgeon-general-social-connection-advisory.pdf)



Figure 1: SHIP context areas are MN Moves, MN Eats, MN Breathes, and MN Well-being.

Funding Source and Funding Levels

SHIP is funded through the Minnesota Health Care Access Fund, which was established to increase access to health care, contain rapidly accelerating health care costs and improve the quality of health care services for Minnesotans. The rationale for including efforts to contain health care costs is that good health not only lies with treatment and access but also with the prevention and reduction of chronic diseases, especially among those populations faced with health disparities. **When it was created, SHIP was funded at \$47 million in FY 2010-2011. The current funding level for FY 2022-2023 is \$35 million. That funding level has been the same since 2012.**

Community Partnerships

SHIP is unique in that to achieve its goal of reducing chronic disease in Minnesota, it operates in communities, counties, and Tribal Nations through local partnerships. One of the tools we use in our planning process and to ensure balance with Local Public Health Partners is the social vulnerability index (SVI).

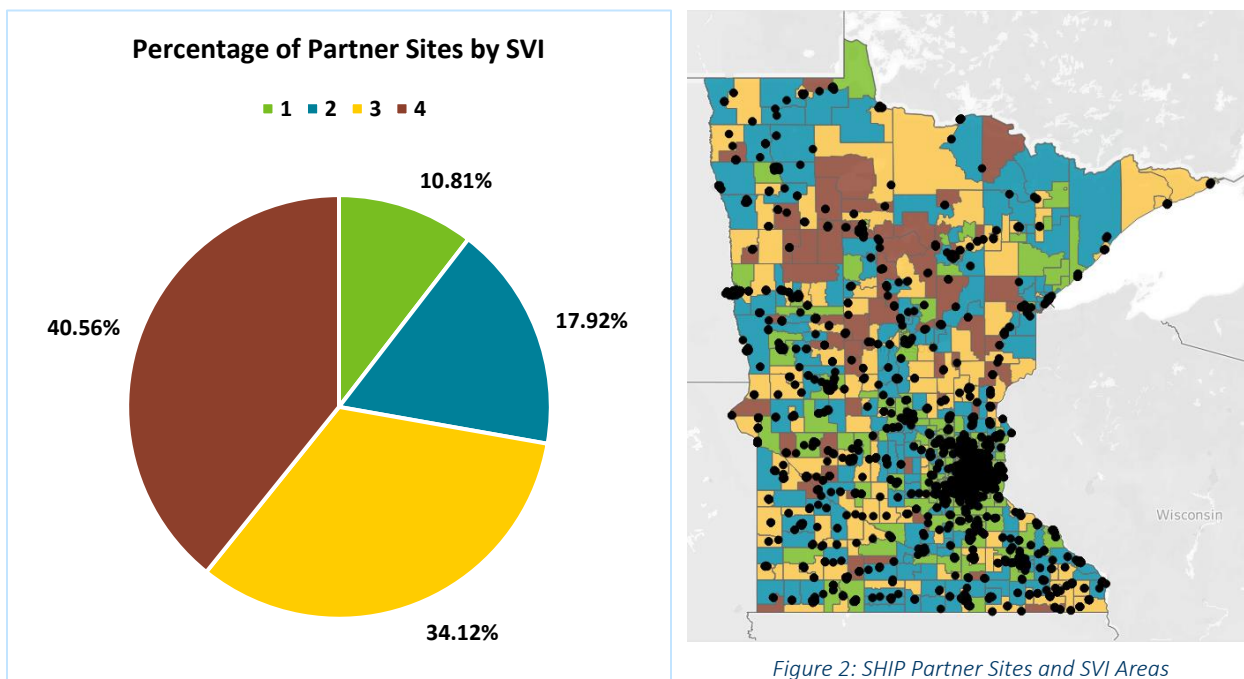


Figure 2: SHIP Partner Sites and SVI Areas

The majority of SHIP Partner Sites are in high SVI areas, as shown in Figure 2.

Local public health organizations have a deep, authentic understanding of how their community members experience health access and disparities in their daily lives. SHIP brings to the table expertise, strong relationships, and connections in a variety of fields, leveraging the strengths of local public health and their partner organizations, through community leadership teams (CLTs), to determine and establish lasting changes in their local policies, systems, and environments. Policy, systems, and environmental (PSE) changes are outcomes of SHIP work.

SHIP operates in all 87 counties and within 10 Tribal nations in Minnesota. You'll find SHIP work in schools and day care facilities, rental housing, workplaces and businesses, and local and regional health care organizations. SHIP also partners with local hospitals and health care systems to better link their patients with community-based prevention. **During fiscal years 2022-2023, 41 local public health SHIP grantees collaborated with a total of 2,744 community partners to implement more than 1,924 (2023) projects dedicated to making it easier for Minnesotans to make the healthier choice.** Because of SHIP, our communities have greater access to healthy foods, safe settings for physical activity, opportunities for social connections, and reduced access and exposure to commercial tobacco.

“SHIP has been a vital partner for us. We have a shared goal of creating a sustainable and collaborative approach to improving health and wellness in the community. SHIP helps bring multiple principle partners together to improve engagement and leads evidence-based efforts that focus on the greatest community good.”

– Emily Kuentler, Community Health Director at Essentia Health

Results First: Proven Strategies to Improve Health

The categories of evidence SHIP uses are consistent with Minnesota's Results First Initiative and definitions of evidence as defined in Minnesota Statutes 2019, section 145.986, subdivision 1a. Those are:

- **Proven Effective (Evidence-based).** A Proven Effective service or practice offers a high level of research on effectiveness for at least one outcome of interest. This is determined through multiple qualifying evaluations outside of Minnesota or one or more qualifying local evaluations.
- **Promising (Evidence-based).** A Promising service or practice has some research demonstrating effectiveness for at least one outcome of interest. This may be a single qualifying evaluation that is not contradicted by other such studies but does not meet the full criteria for the Proven Effective designation.
- **Theory-based.** A Theory-based service or practice has either no research on effectiveness or research designs that do not meet the above standards. These services and practices may have a well-constructed logic model or theory of change. This ranking is neutral. Services may move up to Promising or Proven Effective after research reveals their causal impact on measured outcomes.

The SHIP Results First Initiative is used by SHIP staff to identify strategies proven to support and advance sustainable policy, systems, and environmental (PSE) changes that will help Minnesota achieve equitable health outcomes for everyone.

For example, SHIP supports safe routes to school which has strong evidence that it increases the number of students walking and biking to school (US Department of Transportation Safe Routes to School Programs).^{3,4} SHIP also supports breastfeeding promotion programs, which have strong evidence to support breastfeeding duration and health outcomes in infants and mothers. As described in *Quitting Commercial Tobacco*, SHIP supports statewide comprehensive tobacco programs in the community which have strong evidence to improve health outcomes and reduce tobacco use.⁵

Currently, 81% (9 of 11) SHIP strategies are categorized as proven-effective or promising practices. These practices are implemented through 11 statewide activities.

SHIP Context Areas and Statewide Strategies

SHIP context areas organize statewide strategies within four themes:

- **MN Eats:** SHIP collaborates with community partners to make changes that result in healthy foods being more available and affordable. Strategies include SuperShelf™, Food Rx, and Breastfeeding Friendly Workplaces.
- **MN Moves:** Regular physical activity improves your overall health and reduces your risk for many diseases. Strategies include Improving Safety and Access for Active Transportation and Mobility, Safe Routes to Schools, and Park Planning.

³ [County Health Rankings and Roadmaps - Safe Routes to School \(https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/strategies/safe-routes-to-schools\)](https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/strategies/safe-routes-to-schools)

⁴ [U.S. Department of Transportation - Safe Routes to School \(https://www.transportation.gov/mission/health/Safe-Routes-to-School-Programs\)](https://www.transportation.gov/mission/health/Safe-Routes-to-School-Programs)

⁵ [MDH Quitting Commercial Tobacco \(https://www.health.state.mn.us/communities/tobacco/quitting/index.html\)](https://www.health.state.mn.us/communities/tobacco/quitting/index.html)

- **MN Breathes:** Commercial tobacco use is still a problem. SHIP invests in commercial tobacco use prevention and control to save lives and taxpayer dollars. Strategies include Commercial Tobacco-Free Schools, Commercial Tobacco Point of Sale, and Quit Partner Referral.
- **MN Well-being:** We are all part of a community, living in a shared environment. Well-being encompasses the physical, mental, and social dimensions of these interactions. Strategies include Social Connection and Trauma-informed Principles.

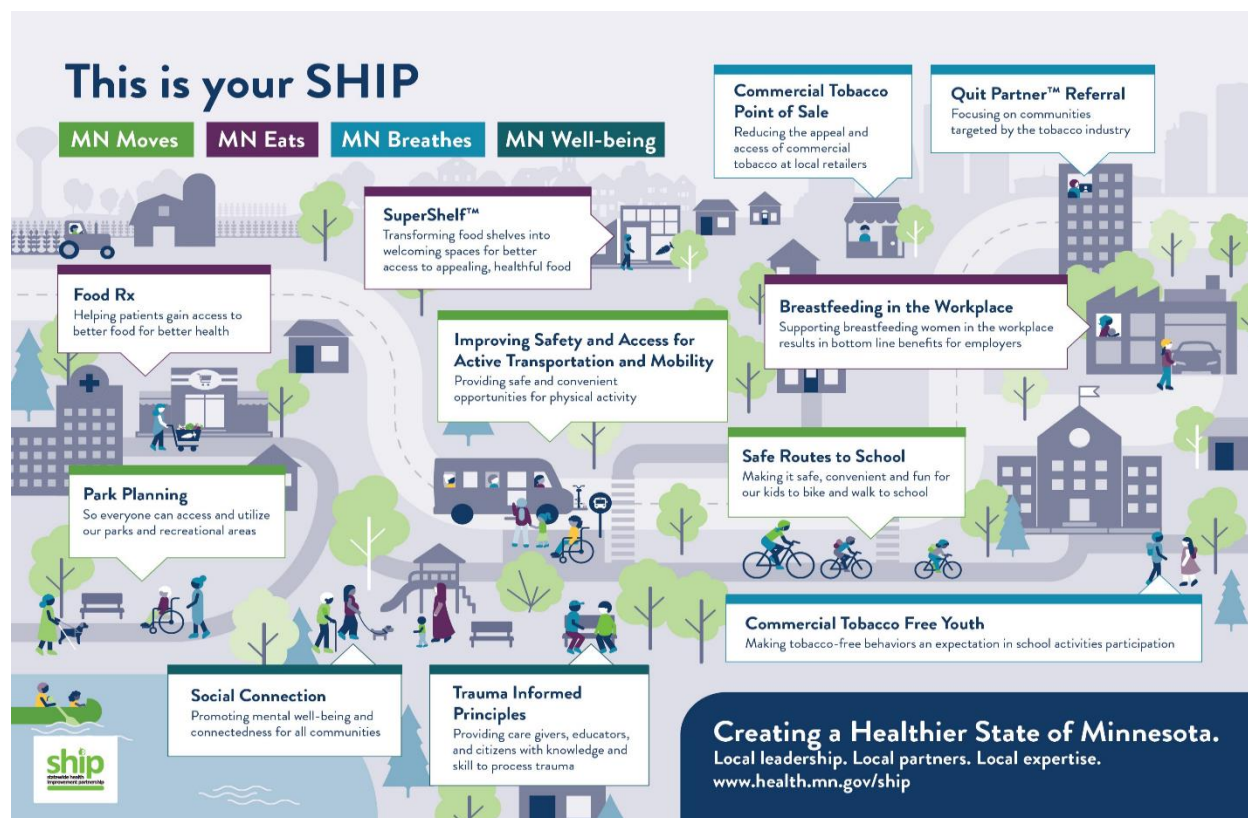


Figure 3: SHIP context areas are MN Moves, MN Eats, MN Breathes, and MN Well-being.

Monitoring and evaluations systems

To better understand the reach of SHIP’s activities, the SHIP evaluation team manages a system to track activities and partner sites. Key evaluation questions include: What is the breadth and scope of SHIP activities? What is the extent of SHIP’s policy, systems, and environment (PSE) changes? And to what extent does SHIP increase Minnesotans’ access to healthy foods and opportunities for active living, reduce commercial tobacco use, and influencing the factors that lead to preventable chronic diseases? MDH SHIP’s goal is to implement strategies and activities that will have the greatest impact and improve the lives of all Minnesotans.

MN Eats: Expanding access to healthy, affordable foods for Minnesotans

What we eat has a direct effect on our health and well-being.

People who eat a healthy diet that is rich in fruits and vegetables are at lower risk for type 2 diabetes, heart disease, stroke, and some cancers. Healthy eating also helps manage weight, lower blood pressure, increase energy levels, strengthen bones, and improve brain function.

Despite Minnesota's reputation of being a rich agricultural state, too many Minnesotans do not have access to fruits and vegetables near their homes or what they can find is limited and expensive. SHIP is working with our communities to support neighborhoods, schools, and workplaces to increase their roles in supporting access to fruits and vegetables and reducing access to foods and beverages high in sodium, added sugar, and saturated fat. In 2022, there were 5.5 million visits to food shelves in Minnesota, which is 2 million more visits compared to 2021. As stated by *Hunger Solutions*, if Minnesota food shelves were open 24 hours a day, 7 days a week, more than 10 people would visit a food shelf every minute.⁶

⁶ [Hunger Solutions - 2022 Food Shelf visits hit record high \(https://www.hungersolutions.org/data-posts/2022-food-shelf-visits-hit-record-high-up-almost-2-million-visits-over-previous-year/\)](https://www.hungersolutions.org/data-posts/2022-food-shelf-visits-hit-record-high-up-almost-2-million-visits-over-previous-year/)



Figure 4: You'll encounter SHIP MN Eats activities throughout a community.

SHIP collaborations with community partners make changes that result in healthy foods being more available and affordable:

- **Farmers Markets:** Developing connections and enlarging the reach between local farmers and season market opportunities.
- **Food Rx:** Enhancing health provider support for patient access to affordable, healthful foods.
- **School Nutrition Environment:** Creating environments where all students can access healthy food and beverages and gain the skills for a lifetime of nutritious eating.
- **SuperShelf™:** Transforming food shelves into welcoming spaces for better access to appealing, healthy food.
- **Breastfeeding in the Workplace:** Supporting the health and well-being of breastfeeding parents and their babies through workplace accommodations.
- **Workplace access to healthy foods.**

SHIP MN Eats Highlights

- Policy, systems, and environmental (PSE) changes from 2021-2023 supported Farm to School partners at 75 schools to improve access to healthy food, serving locally grown foods to over 42,422 students.
- Communities are using SHIP-supported emergency food organizations, such as food shelves. In 2021-2022, 445,246 people were reached by emergency food organizations that made a policy, systems, and environmental (PSE) change. In 2022-2023, LPH reported that there were 70,649 visits to food shelves with a policy, systems, and environmental (PSE) change.
- SHIP staff provided technical assistance to 104 partners working on breastfeeding in workplaces to increase access to breastfeeding for their Minnesota employees.

Success Story: Transforming food access and increased opportunities for better health

Currently, there are more than 20 Food Rx programs being implemented through SHIP, which rely on partnerships between community-based organizations, medical clinics, and food systems. A key collaborator in this work, Renewing the Countryside (RTC), has built a model for a Farmers Market Food Hub in partnership with the Minnesota Farmers' Market Association (MFMA) and the Minnesota Institute of Sustainable Agriculture (MISA). They currently work with eight farmers markets to create food hubs to aggregate and distribute produce.

MN Moves: Increasing opportunities for Minnesotans to become and stay physically active

SHIP supports community-driven solutions to expand opportunities for active living. When Minnesotans move more, we are healthier. Regular physical activity improves your overall health and reduces the risk for many diseases. SHIP partnerships make moving more convenient and safer for everyone, providing opportunities in various settings from community parks to workplaces.

How SHIP is working with communities to make Minnesota a healthier place to live, work, and play:

- **Land Use and Zoning:** Making sure public and shared land and spaces are available and accessible to everyone.
- **Park Planning:** Creating park and recreational spaces that can be accessed and enjoyed by all.
- **Improving Safety and Access for Active Transportation and Mobility:** Providing safe and convenient opportunities for physical activity.
- **Safe Routes to School:** Safer routes get used, increasing the number of students walking and biking to school.



Evidence-based activities

73%

Percent of all MN Moves workplan activities are evidence-based.

Prevention matters



When Minnesotans move more, we are healthier. SHIP helps make opportunities to move more safer, convenient, and accessible for all.

“

From land use and zoning to walkability audits and pilot programs, MN Moves activities are designed for long-term, sustainable improvements.

SHIP MN Moves Highlights

- SHIP partnered with 266 schools on changes to policy, systems, and environment (PSE) increasing physical activity impact for 144,346 students.
- Working with 130 local public health partners, SHIP Safe Routes to School is increasing access to safe opportunities to be physically active for 66,277 students in schools who made policy, systems, and environmental (PSE) changes.
- Local Public Health SHIP partners worked with 125 community partners on increasing access to walking and bicycling facilities making it safer and easier for Minnesotans to be active where they live, work, and play.

Success Story: Walkability in Aitkin leads to a healthy, thriving community

Partnering with SHIP, Aitkin County community members, public agency staff, and principle partners identified a need for walking infrastructure improvements in downtown Aitkin and along Hwy 210 and 169. A committed group of partners implemented a demonstration project to improve walking conditions along Hwy 169 in Spring 2023. Participants were excited about several action steps for making walking better in Aitkin, including improving sidewalk conditions, filling in sidewalk gaps, creating a 5k route map, designating a maintained route for winter walking, incentivizing walking to businesses, improving crosswalk signage, narrowing roadways and clarifying lane markings, and implementing quick build improvements to make changes in the short term. The positive response is leading the community to make the improvements permanent.

MN Well-Being: Supporting well-being efforts statewide

We are all part of a community, living in a shared environment. Well-being encompasses the physical, mental, and social dimensions of these interactions. It is proven that well-being not only improves mental health, but a lack of well-being is a major contributing factor in an individual's likelihood of developing chronic diseases. SHIP is there to support local community efforts to create an environment where community members can find life satisfaction, self-acceptance, sense of purpose, identity, belonging, and resilience.

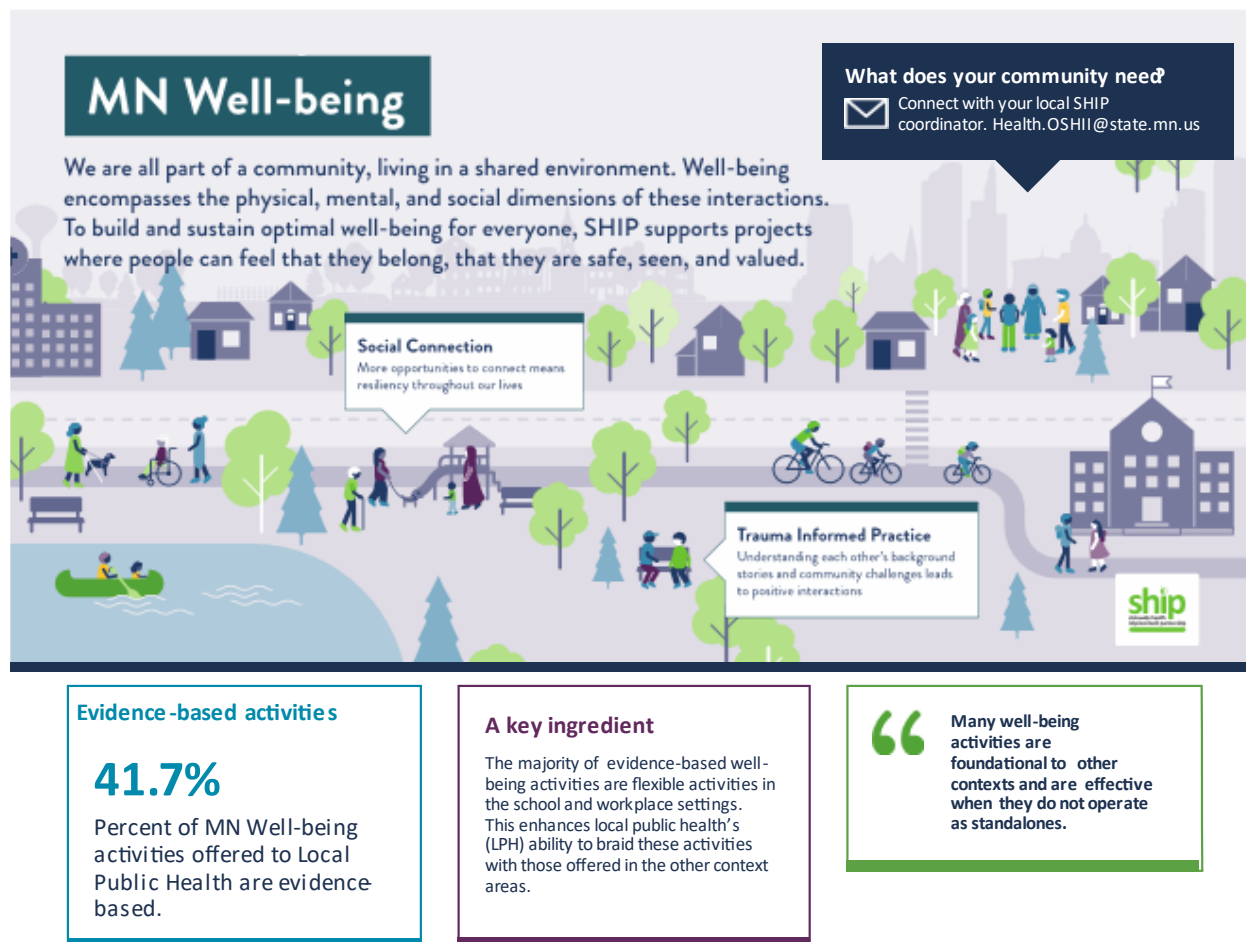


Figure 5: SHIP MN Well-being activities are foundational to mental health and community connections.

“Loneliness is far more than just a bad feeling—it harms both individual and societal health. It is associated with a greater risk of cardiovascular disease, dementia, stroke, depression, anxiety, and premature death. The mortality impact of being socially disconnected is similar to that caused by smoking up to 15 cigarettes a day, and even greater than that associated with obesity and physical inactivity. And the harmful consequences of a society that lacks social connection can be felt in our schools, workplaces, and civic organizations, where performance, productivity, and engagement are diminished.”

— Vivek H. Murthy, MD, MBA, Surgeon General of the United States

SHIP Well-being projects integrate mental health and physical health, resulting in more comprehensive approaches to disease prevention and health promotion. SHIP recognizes that an individual's lived experiences, as well as the built and natural environment that surround them, have a profound impact on their well-being. Working in partnership with communities throughout the state, SHIP is investing in opportunities to create equitable, healthy, and positive conditions that promote well-being and resiliency for all Minnesotans.

SHIP's community-based well-being work has included:

- Trauma Informed Practice.
- Assessing the well-being needs of communities through surveys and focus groups.
- Training mental health workers on adverse childhood experiences.
- Reducing mental health stigma.
- Supporting workplaces to build skills among managers to create a supportive environment around the mental health of employees and develop policies and systems that address mental health stigma.
- Implementing school-based programs that offer holistic approaches to student development and interpersonal skills along with training staff to establish trauma-informed schools.
- Supporting health care settings to implement the Healthy Brain Initiative⁷ and assess food and housing insecurity for clients.

SHIP MN Well-Being Highlights

- SHIP Well-being is working on policy, systems, and environmental (PSE) change in 137 schools, implementing social and emotional learning programs, supporting the well-being of 83,777 Minnesotan students.
- Partners working on social connection since 2023 (a new activity) include:
 - 31 partners working on social connection with policy, systems, and environmental (PSE) change in 2023, reaching 28,817 people
 - 144 partners are building relationships in social connection, reaching 113,746 people
 - 60 partners are working on a policy, systems, and environmental (PSE) change, reaching 185,110 people

⁷ CDC - Healthy Brain Initiative (<https://www.cdc.gov/aging/healthybrain/index.htm>)

Success Story: Well-being in a toolbox for the kids

In partnership with MoveMindfully, Chisago County SHIP assisted in connecting resources to bring social emotional learning strategy supports to Lakeside Elementary in Chisago City. Providing staff and students practical and usable strategies to self-regulate and have a toolbox of easy-to-use resources is a high priority for the entire district. Supporting the mental health needs of staff and students is necessary for successful teaching and learning. One hundred staff and 780 students, grade 2-5 were provided with trainings on stress management, self-regulation, anxiety, big emotions, and focus along with mini-lessons to immediately implement in classrooms, hallways, the lunchroom, and beyond. A teacher stated, "It was a good reminder of the 'mind-body connection' and to pause throughout the day." Teachers enjoyed seeing different variations of the models and how to apply resources to different grade levels for students to incorporate into their daily routine at school.

MN Breathes: Helping Minnesotans live commercial tobacco-free lives

Thanks to effective, evidence-based state policies, such as clean indoor air policies and policies that raise the price of cigarettes—discouraging youth from starting and enabling adults to quit—Minnesota's smoking rates are the lowest ever recorded. SHIP commercial tobacco work has helped contribute to a significant decrease in current smoking among adults from 2018 (15.1%) to 2020 (13.8%). In addition, SHIP-supported Tobacco 21 policies led to less tobacco use among adolescents living in areas with a Tobacco 21 policy compared to those living in areas without a policy.

Nonetheless, commercial tobacco use still kills over 6,300 Minnesotans every year and costs Minnesota \$3.2 billion annually in medical costs. In addition, more kids are using new and flavored nicotine products, like electronic cigarettes, and many populations in Minnesota still use commercial tobacco at significantly higher rates than the general population.

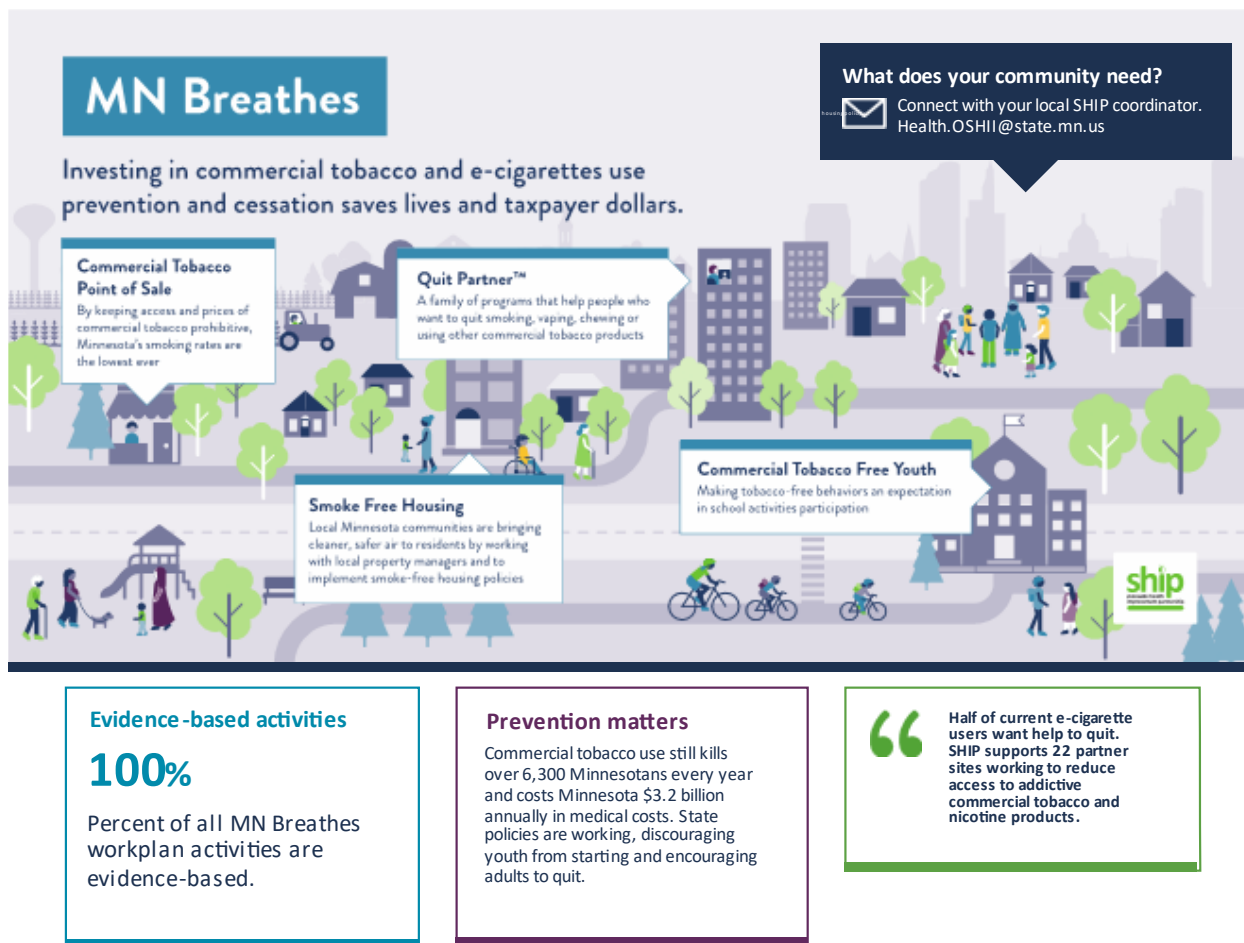


Figure 6: SHIP MN Breathes activities are present throughout a community, from stores to schools.

To help combat commercial tobacco use, with the support of SHIP, Minnesota communities are:

- Reducing youth access to commercial tobacco.
- Reducing secondhand smoke exposure.
- Increasing access to cessation resources for commercial tobacco and nicotine.

- Addressing commercial tobacco-related disparities.

SHIP MN Breathes Highlights

- Worked with community leaders to implement change around tobacco point of sale (the where and how commercial tobacco products are sold) thereby reducing access to addictive commercial tobacco and nicotine products at 22 partners sites in 2021-2023.
- Partnered with 46 schools in 2021-2023 to help prevent 47,579 youth from starting to use commercial tobacco products (cigarettes, electronic cigarettes, or chew) and to provide tools to help students quit through cessation resources such as My Life, My Quit, commercial tobacco prevention curricula, or adopting comprehensive policy.
- Collaborated on changes in point of sale with nine cities and nine counties:
 - Counties: Benton, Big Stone, Cass, Chippewa, Lac Qui Parle, Nobles, Scott, Wright, and Yellow Medicine
 - Cities: Canby, Edina, Richfield, Danvers, Jackson, Murdock, Moorhead, Wood Lake, Shakopee

Success Story: Raising the awareness on the harms of vaping

Vaping use has increased dramatically among our youth. In 2020, the Minnesota Youth Tobacco Survey revealed that one in five Minnesota high school students reported having vaped in the past 30 days. “Even more troubling, 70% of these kids are showing signs of nicotine dependence like intolerable cravings, and 63% are having trouble quitting,” said senior research scientist Sharrilyn Helgertz, who administers the survey for the Minnesota Department of Health. “Half of current e-cigarette users want help to quit.” During the past year’s school district wellness committee meetings, PartnerSHIP 4 Health heard concerns about student vaping use. They’ve provided anti-vaping resources and support to the 16 school districts served. Additionally, because of SHIP funding, partners have been able to leverage resources and work with five of the districts on a vaping pilot project in partnership with Blue Cross Blue Shield of Minnesota’s funded oral health initiative.

Minnesota Tribal Nations Addressing Health Challenges through SHIP

Minnesota Department of Health's Tribal SHIP and Tribal Tobacco Grants Program has worked hard over the past decade to build a program that effectively honors, upholds, and celebrates tribal sovereignty and self-governance; as well as the special relationships that tribal communities hold with states. The important groundwork for developing this program was conducted in partnership with Minnesota Tribal Communities, the American Indian Cancer Foundation, North Dakota State University's American Indian Public Health Resource Center, and others. The result is a Tribal Grants Program that is designed to allow Minnesota Tribal Nation's lived experiences, ways of knowing, and cultures to lead the way in addressing health challenges in their own communities.

The design of the Tribal Grants Program differs slightly in structure from the work with local public health (LPH) entities, as we work directly with Minnesota Tribal Nations, tailoring the program to each community's needs. Through the Tribal Grants Program funding, Tribal Nations across Minnesota are using our Tribal SHIP funds for healthy eating and active living grant activities that are inclusive of a Tribal Nation's culture, and Indigenous lifeways which were identified as strong prevention tools in this work. An example of this includes funding lacrosse activities or wild rice harvesting activities as forms of active living and healthy eating promotion.

The design of the Tribal SHIP program is similar to LPH SHIP, in that our grant activities are designed to concentrate on the two focus areas, Healthy Eating for Strong Native Communities and Active Living and Health Indigenous Lifeways. Additionally, our grant activities generally cover one or more settings such as, schools, workplace, community, clinic, or childcare. The overarching strategies of the grant activities cover a multitude of culturally and equitably specific strategies that cover two aforementioned focus areas. Lastly, our grant activities are generally designed to produce a policy, systems, or environmental (PSE) change in the respective community.

Minnesota Tribal Nations have been working hard since 2014 to address their communities' health challenges through the Tribal SHIP program. Beginning in 2019, the Tribal Grants Program developed a surveillance and monitoring tool for Tribe's to utilize for reporting their progress on the grants on a quarterly basis. Data from 2022-23 showcases the amazing work done during this legislative cycle.

Activity Type

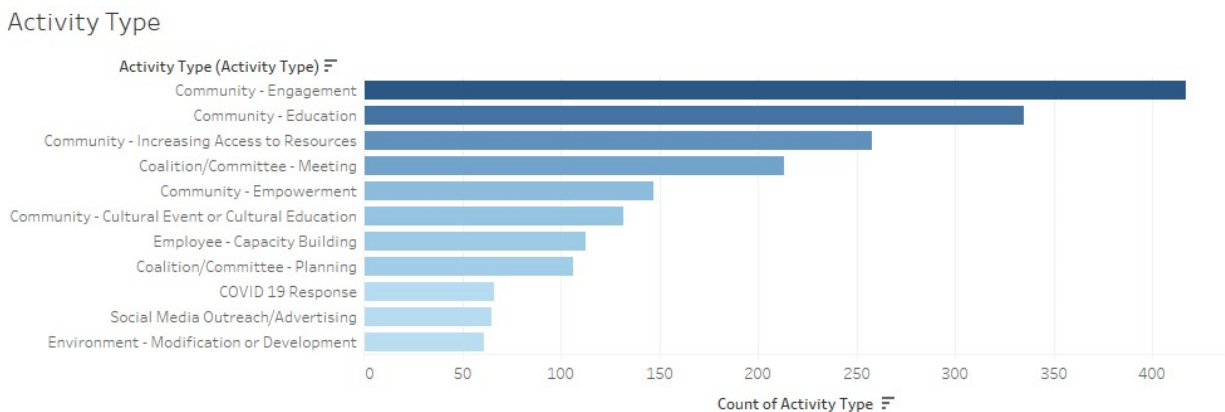


Figure 7: Graph showing frequency of Tribal Partners engaged on a given Tribal SHIP activity

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This graph shows a count of the number of times all Tribal SHIP partners reported working on a given activity type. As seen in this graph, most of the work is focused on engaging and educating their communities about health challenges and opportunities provided through the SHIP grant to help communities alleviate some of the health burdens. Additionally, many of the Tribal Nation partners conduct their SHIP grant work with a coalition that they developed that includes relevant representation within each Tribal Nation to better advance the Tribal SHIP efforts. Lastly, the final key take away is that our Tribal Nation partners routinely empower their own communities through this grant by integrating culture and increasing access to cultural resources as a form of prevention.

Setting and Focus

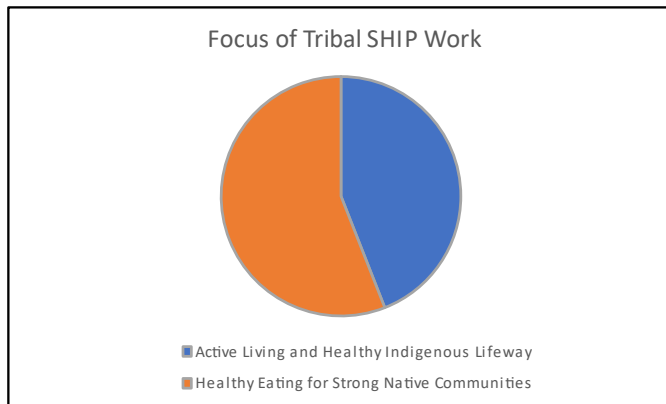


Figure 8: Focus of Tribal SHIP work includes Active Living and Healthy Indigenous Lifeway and Healthy Eating for Strong Native Communities

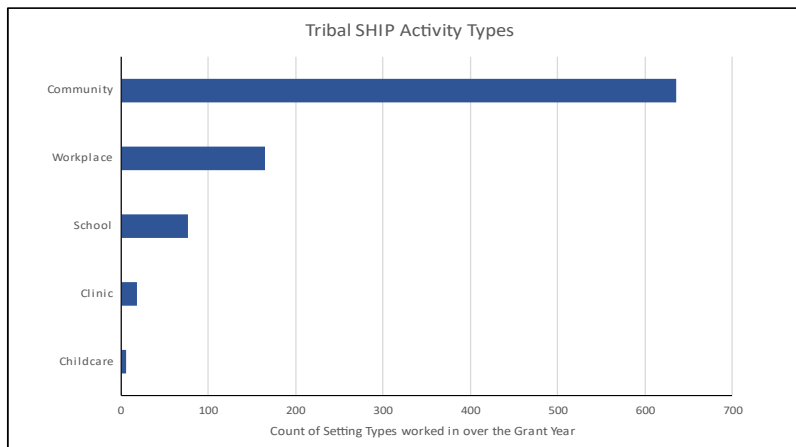


Figure 9: Tribal SHIP work settings in community

The surveillance and monitoring data shown above showcases that roughly 55% of Tribal SHIP activities for all Tribal Partners is focused on healthy eating, see figure 8. Additionally, a vast majority of Tribal SHIP work is set in the community and centers around empowering the community, see figure 9. These figures represent the ongoing need to address the struggles of living in areas defined as food deserts by the USDA.⁸ Almost all Minnesota Tribal Nations exist in regions that are defined as a food desert and

⁸ USDA - Food Access Research Atlas (<https://www.ers.usda.gov/data/fooddesert/>)

SHIP work is actively working on increasing Minnesota Tribal Nation's access to healthy food options in their communities.

Tribal SHIP Strategies

Healthy Eating for Strong Native Communities



Figure 10: Tribal SHIP strategies that fall under the Healthy Eating for Strong Native Communities

The figure above represents grant strategies that fall under the umbrella of the Tribal SHIP strategy of Healthy Eating for Strong Native Communities. The three main strategies reported are: Supporting a Community Mindset for Health and Indigenous Foods, Integrating Indigenous and Healthy Foods into Community Outlets, and Increasing Local Agriculture and Food Production. These three strategies comprise 85% of SHIP work being conducted across Minnesota Tribal Nation partners. These three strategies are pivotal in addressing many of the dietary-related health challenges. Our Tribal Partners work tirelessly on increasing access to healthy food options and provide educational opportunities to empower community utilization and understanding of healthy food options.

Active Living and Healthy Indigenous Lifeway

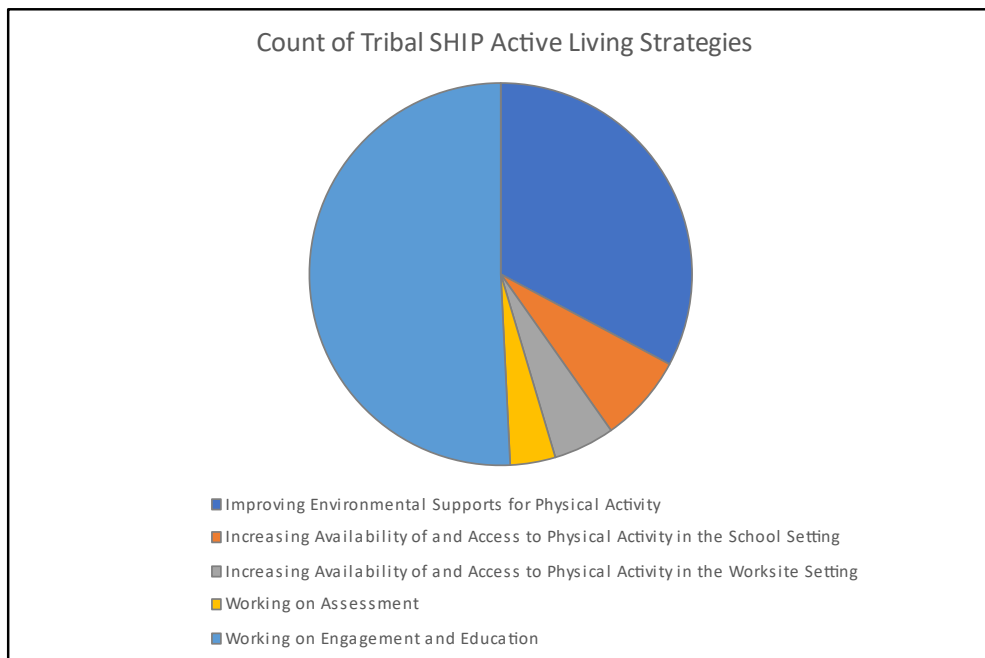


Figure 11: Tribal SHIP Active Living and Healthy Indigenous Lifeway strategies

Tribal Nation Partners have also been working hard on the Active Living and Healthy Indigenous Lifeway strategy. Similar to the structure of the Healthy Eating for Strong Native Communities strategy, Active Living strategies fall underneath the umbrella strategy of Active Living and Health Indigenous Lifeway. Looking at figure 11, it has been reported by Tribal Partners that 84% of the Active Living grant work was conducted through the Working on Engagement and Education and Improving Environmental Supports for Physical Activity strategies. This showcases the importance of engaging Tribal Nations in their own work and providing any necessary education as a form of prevention in the Active Living strategy. Additionally, improving a communities' resources for active living opportunities is important to ensure all Tribal Nations have access to these opportunities for a healthy life.

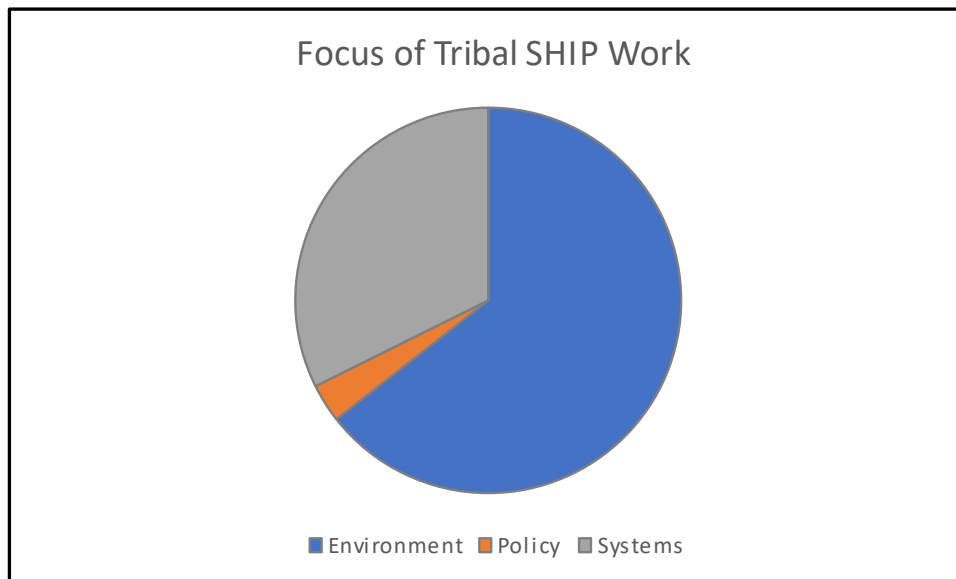


Figure 12: Minnesota SHIP Tribal Nation partners work on policy, systems, and environmental changes

Minnesota Tribal Nation partners work on policy, systems, and environmental (PSE) changes through their SHIP work. Looking at Figure 6, Tribal Nation partners reported that 64% of their work in SHIP was designed to improve the environment in which their community resides. Additionally, 32% of their SHIP work was designed to improve the systems in their community. Lastly, about 3% of the SHIP work was designed to improve or develop policies within their community.

Reach

The success of the Tribal SHIP program is really shown by a total *reach* number of around 40,000 people over the past four years. This number is reflective of the actual number of community members who attend or participate in each grant activity and event that is developed by our Tribal Nation partners. Of special note, this *reach* number is remarkable, as many of our Tribal Nations implemented various safety measures and restrictions on our grant work during the COVID-19 pandemic which greatly inhibited our in-person community-based work. However, due to the resiliency and innovation of our Tribal Nation partners, our grant program was able to directly reach this many people in Tribal Nations across the state of Minnesota.

Providing focused support for Minnesota communities

Since it became operational in 2010, SHIP has worked to reduce commercial tobacco use and exposure, to increase access to healthy and affordable foods, to create more opportunities for safe physical activity, to improve emotional and mental well-being among residents of all ages, and to overcome the factors that lead to significant health inequities for many Minnesotans. In doing so, SHIP has been able to positively impact the factors that lead to preventable chronic diseases.

Local SHIP projects have worked to:

- expand and establish farmers markets
- increase physical activity and healthy eating opportunities in schools and early care and education (ECE) providers
- promote farm to Early Childhood Education activities
- implement worksite wellness initiatives with employers
- assist communities in making their towns and cities more walkable and bikeable
- to increase physical activity for babies and toddlers with childcare providers
- improve well-being and reduce disparities throughout the state
- implement traditionally based agricultural, medicinal and community garden programs with Tribal Nations
- assist cities and counties with implementing policies to raise the minimum commercial tobacco sales age to 21
- address the youth vaping epidemic with school partners
- protect rental housing residents from the dangers of commercial tobacco smoke

SHIP has always supported long-term changes that lead to healthier lives. For lasting change to occur, communities need to establish strong, responsive relationships among community members, decision-makers, and influencers. This does not take place overnight. We need to continue to advance programs that are grounded in evidence-based, proven-effective, and promising community-driven strategies that bolster and bring equity to how our systems work and nurture environments where financial, emotional, and physical barriers to health are minimized to the greatest extent possible.

We are committed to supporting effective strategies into the future. To gain a deeper understanding of how SHIP works, we are studying the efficacy of SHIP strategies and expect to finalize the results in 2025. The complex, comprehensive nature of this work requires strong relationships, partnerships, and expertise at the local level. SHIP has woven a robust, sustainable network of local partnerships throughout the state and is positioned to deepen and strengthen those trusted, efficient relationships in the years to come.

"SHIP advances the wellbeing of a community and addresses the key areas to improve health. The improvement plan addresses health disparities, and the project targets the highest health concerns in the communities we serve. Partnering with SHIP helps us build a stronger community."

– Mayo Clinic Health System (2022)

Appendix

SHIP Partner Sites by Context, 2022-2023

Context	Number of sites
MN Breathes	757
MN Eats	1317
MN Moves	965
MN Well-being	1016

SHIP Partner Sites by Setting, 2022-023

Setting	Number of sites
Child Care	32
Community	1354
Health care	168
School	774
Workplace	804

SHIP Partner Sites by Region, 2022-2023

Anoka County

By Setting

Setting	Number of sites
Child Care	1
Community	64
Health care	10
School	46
Workplace	45

By Context

Context	Number of sites
MN Breathes	31
MN Eats	68
MN Moves	52
MN Well-being	51

BE WELL (Blue Earth County)

By Setting

Setting	Number of sites
Child Care	0
Community	6
Health care	1
School	6
Workplace	13

By Context

Context	Number of sites
MN Breathes	8
MN Eats	15
MN Moves	8
MN Well-being	2

Benton County

By Setting

Setting	Number of sites
Child Care	0
Community	2
Health care	1
School	2
Workplace	34

By Context

Context	Number of sites
MN Breathes	1
MN Eats	1
MN Moves	2
MN Well-being	25

Bloomington, Edina, Richfield

By Setting

Setting	Number of sites
Child Care	1
Community	15
Health care	3
School	4
Workplace	1

By Context

Context	Number of sites
MN Breathes	13
MN Eats	8
MN Moves	8
MN Well-being	3

Carver County Statewide Health Improvement Program

By Setting

Setting	Number of sites
Child Care	1
Community	17
Health care	4
School	22
Workplace	11

By Context

Context	Number of sites
MN Breathes	2
MN Eats	17
MN Moves	13
MN Well-being	29

Cass County CHB

By Setting

Setting	Number of sites
Child Care	0
Community	18
Health care	3
School	7
Workplace	5

By Context

Context	Number of sites
MN Breathes	9
MN Eats	18
MN Moves	11
MN Well-being	8

Chisago County

By Setting

Setting	Number of sites
Child Care	0
Community	32
Health care	5
School	22
Workplace	13

By Context

Context	Number of sites
MN Breathes	13
MN Eats	43
MN Moves	34
MN Well-being	24

Countryside Public Health

By Setting

Setting	Number of sites
Child Care	0
Community	59
Health care	1
School	22
Workplace	29

By Context

Context	Number of sites
MN Breathes	19
MN Eats	55
MN Moves	27
MN Well-being	41

Crow Wing Energized

By Setting

Setting	Number of sites
Child Care	0
Community	32
Health care	4
School	6
Workplace	25

By Context

Context	Number of sites
MN Breathes	5
MN Eats	33
MN Moves	17
MN Well-being	20

Dakota County

By Setting

Setting	Number of sites
Child Care	0
Community	36
Health care	0
School	44
Workplace	10

By Context

Context	Number of sites
MN Breathes	17
MN Eats	25
MN Moves	21
MN Well-being	36

Des Moines Valley Health and Human Services

By Setting

Setting	Number of sites
Child Care	2
Community	55
Health care	13
School	18
Workplace	16

By Context

Context	Number of sites
MN Breathes	45
MN Eats	48
MN Moves	43
MN Well-being	32

Dodge-Steele Community Health Board

By Setting

Setting	Number of sites
Child Care	0
Community	8
Health care	1
School	11
Workplace	12

By Context

Context	Number of sites
MN Breathes	5
MN Eats	17
MN Moves	15
MN Well-being	10

FMW SHIP

By Setting

Setting	Number of sites
Child Care	1
Community	9
Health care	1
School	14
Workplace	9

By Context

Context	Number of sites
MN Breathes	5
MN Eats	11
MN Moves	16
MN Well-being	10

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Fillmore-Houston

By Setting

Setting	Number of sites
Child Care	5
Community	40
Health care	3
School	29
Workplace	7

By Context

Context	Number of sites
MN Breathes	21
MN Eats	53
MN Moves	56
MN Well-being	8

Freeborn County

By Setting

Setting	Number of sites
Child Care	0
Community	17
Health care	4
School	16
Workplace	36

By Context

Context	Number of sites
MN Breathes	6
MN Eats	45
MN Moves	36
MN Well-being	20

Healthy Northland

By Setting

Setting	Number of sites
Child Care	1
Community	82
Health care	24
School	42
Workplace	25

By Context

Context	Number of sites
MN Breathes	33
MN Eats	71
MN Moves	70
MN Well-being	60

Healthy Together

By Setting

Setting	Number of sites
Child Care	3
Community	11
Health care	1
School	10
Workplace	7

By Context

Context	Number of sites
MN Breathes	1
MN Eats	17
MN Moves	7
MN Well-being	4

Hennepin County

By Setting

Setting	Number of sites
Child Care	0
Community	45
Health care	11
School	34
Workplace	24

By Context

Context	Number of sites
MN Breathes	34
MN Eats	28
MN Moves	22
MN Well-being	42

Horizon SHIP

By Setting

Setting	Number of sites
Child Care	1
Community	30
Health care	8
School	25
Workplace	55

By Context

Context	Number of sites
MN Breathes	4
MN Eats	48
MN Moves	23
MN Well-being	75

Kandiyohi-Renville

By Setting

Setting	Number of sites
Child Care	0
Community	38
Health care	3
School	5
Workplace	6

By Context

Context	Number of sites
MN Breathes	3
MN Eats	26
MN Moves	19
MN Well-being	5

Live Well Goodhue County

By Setting

Setting	Number of sites
Child Care	0
Community	7
Health care	3
School	5
Workplace	3

By Context

Context	Number of sites
MN Breathes	2
MN Eats	11
MN Moves	1
MN Well-being	4

Meeker-McLeod-Sibley Community Health Services

By Setting

Setting	Number of sites
Child Care	0
Community	18
Health care	1
School	12
Workplace	4

By Context

Context	Number of sites
MN Breathes	5
MN Eats	22
MN Moves	14
MN Well-being	6

Minneapolis Health Department

By Setting

Setting	Number of sites
Child Care	0
Community	176
Health care	4
School	23
Workplace	19

By Context

Context	Number of sites
MN Breathes	135
MN Eats	30
MN Moves	24
MN Well-being	30

Morrison-Todd-Wadena CHB

By Setting

Setting	Number of sites
Child Care	0
Community	15
Health care	2
School	19
Workplace	2

By Context

Context	Number of sites
MN Breathes	9
MN Eats	28
MN Moves	9
MN Well-being	13

North Country CHB

By Setting

Setting	Number of sites
Child Care	0
Community	6
Health care	1
School	24
Workplace	18

By Context

Context	Number of sites
MN Breathes	5
MN Eats	28
MN Moves	32
MN Well-being	10

Olmsted SHIP

By Setting

Setting	Number of sites
Child Care	2
Community	20
Health care	1
School	21
Workplace	13

By Context

Context	Number of sites
MN Breathes	2
MN Eats	26
MN Moves	25
MN Well-being	10

PartnerSHIP 4 Health

By Setting

Setting	Number of sites
Child Care	0
Community	61
Health care	2
School	77
Workplace	110

By Context

Context	Number of sites
MN Breathes	90
MN Eats	179
MN Moves	131
MN Well-being	153

Partners in Healthy Living

By Setting

Setting	Number of sites
Child Care	0
Community	16
Health care	6
School	23
Workplace	31

By Context

Context	Number of sites
MN Breathes	6
MN Eats	32
MN Moves	27
MN Well-being	43

Polk-Norman-Mahnomen Community Health Board

By Setting

Setting	Number of sites
Child Care	0
Community	19
Health care	3
School	11
Workplace	11

By Context

Context	Number of sites
MN Breathes	12
MN Eats	17
MN Moves	17
MN Well-being	15

Quin County Community Health Service

By Setting

Setting	Number of sites
Child Care	8
Community	60
Health care	5
School	18
Workplace	21

By Context

Context	Number of sites
MN Breathes	44
MN Eats	20
MN Moves	7
MN Well-being	30

Rice County

By Setting

Setting	Number of sites
Child Care	0
Community	25
Health care	4
School	15
Workplace	9

By Context

Context	Number of sites
MN Breathes	0
MN Eats	23
MN Moves	18
MN Well-being	12

SHIP Mower County

By Setting

Setting	Number of sites
Child Care	0
Community	5
Health care	0
School	8
Workplace	2

By Context

Context	Number of sites
MN Breathes	0
MN Eats	7
MN Moves	7
MN Well-being	4

Saint Paul-Ramsey County Public Health

By Setting

Setting	Number of sites
Child Care	0
Community	142
Health care	7
School	0
Workplace	43

By Context

Context	Number of sites
MN Breathes	104
MN Eats	75
MN Moves	14
MN Well-being	7

Scott County Public Health

By Setting

Setting	Number of sites
Child Care	2
Community	23
Health care	4
School	10
Workplace	15

By Context

Context	Number of sites
MN Breathes	4
MN Eats	34
MN Moves	14
MN Well-being	18

Sherburne County

By Setting

Setting	Number of sites
Child Care	2
Community	13
Health care	1
School	14
Workplace	29

By Context

Context	Number of sites
MN Breathes	2
MN Eats	13
MN Moves	12
MN Well-being	40

Southwest Health and Human Services (SWHHS SHIP)

By Setting

Setting	Number of sites
Child Care	1
Community	25
Health care	2
School	15
Workplace	19

By Context

Context	Number of sites
MN Breathes	2
MN Eats	36
MN Moves	27
MN Well-being	3

Stearns County

By Setting

Setting	Number of sites
Child Care	0
Community	6
Health care	0
School	17
Workplace	0

By Context

Context	Number of sites
MN Breathes	1
MN Eats	5
MN Moves	2
MN Well-being	15

Wabasha County Public Health SHIP

By Setting

Setting	Number of sites
Child Care	0
Community	18
Health care	6
School	14
Workplace	14

By Context

Context	Number of sites
MN Breathes	6
MN Eats	24
MN Moves	24
MN Well-being	15

Washington County

By Setting

Setting	Number of sites
Child Care	0
Community	54
Health care	3
School	51
Workplace	50

By Context

Context	Number of sites
MN Breathes	51
MN Eats	34
MN Moves	42
MN Well-being	63

Winona County Community Services

By Setting

Setting	Number of sites
Child Care	1
Community	17
Health care	6
School	6
Workplace	2

By Context

Context	Number of sites
MN Breathes	1
MN Eats	13
MN Moves	11
MN Well-being	13

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Wright County

By Setting

Setting	Number of sites
Child Care	0
Community	12
Health care	6
School	6
Workplace	6

By Context

Context	Number of sites
MN Breathes	1
MN Eats	13
MN Moves	7
MN Well-being	7