



**Meeker-McLeod-Sibley Community Health Board**

**Community Leadership Team**

- Meeker County Highway Department
- Econofoods
- Minnesota Rubber and Plastics
- City of Litchfield Chamber of Commerce
- Meeker Memorial Hospital
- City of Hutchinson, Mayor
- Hutchinson Area Health Care
- Vivid Image
- Core Exercise Studio
- Sibley Medical Center
- Sibley County Commissioner
- University of Minnesota Extension
- Heartland Community Action Agency, Inc.
- Meeker-McLeod-Sibley Community Health Services

**Interventions**

- Healthy Eating in Schools
- Active Communities
- Active Child Care
- Connect Employees to Cessation Services
- Comprehensive Worksite Wellness
- Health Care Referrals to Local Resources

**Key Results**

Over the past six months, Meeker-McLeod-Sibley Community Health Board has made progress toward implementing the systems changes outlined in each of the above interventions. The following is a selection

of key results from activities during the reporting period:

- Local SHIP staff have conducted 75 key informant interviews and analyzed 341 Web-based surveys. These data collection efforts have resulted

in increased community awareness, guidance for intervention selection and strengthened relationships with partners.

- Local SHIP staff presented their systems change work at several com-



munity meetings. These presentations resulted in increased commitment from current partners and new commitments from additional partners across the community, including seven city governments, eight work-sites and numerous schools.

- In partnership with the city of Arlington, Meeker-McLeod-Sibley conducted a walkability workshop, which has led to increased community interest in walkable communities and Safe Routes to School initiatives designed to increase walking and biking to school among students.
- All three counties have confirmed that five school districts will participate in the *Healthy Eating in Schools* intervention, which will potentially reach 5,321 students and 791 staff.

**Highlight**

Living in an environment that supports walking and biking for transportation and recreation is strongly associated with increased levels of physical activity. Meeker-McLeod-Sibley local SHIP staff has begun

work on their *Active Communities* intervention in collaboration with the Prairie Line Trail Committee and the Meeker County Trail Group. Both trail organizations wanted to pursue a Trail Legacy Grant to improve and expand the biking and walking trails in their region. The SHIP Community Leadership Team played a key role in organizing community support for the Trail Legacy Grant application. This combined effort has resulted in the County Board passing two resolutions: one to support the Trail Legacy Grant and one to contribute matching funds of \$55,000 to complete the trail. These changes will ultimately lead to increased physical activity among residents in Meeker, McLeod and Sibley Counties.