

# STATEWIDE HEALTH IMPROVEMENT PROGRAM: PREVENTION IN HEALTH CARE

## Progress in Meeker, McLeod and Sibley Counties



The Statewide Health Improvement Program (SHIP) is a community-based initiative funded by the Minnesota Department of Health.

It works to prevent disease by helping create healthier communities that support individuals seeking to make healthy choices in their daily lives.

The SHIP approach to prevention in health care is founded on true collaboration between health care clinics, local public health agencies and community-based organizations, and tribal governments and their health care systems. The objectives are to:

- Strengthen partnerships between local public health and tribal governments, health care facilities and clinics, health plans/payers and community-based organizations
- Identify and make available community resources that address behaviors related to nutrition, physical activity and tobacco use and exposure
- Create or strengthen referral system to in-house or community resources.



Meeker, McLeod, Sibley  
Healthy Communities  
[www.mmshealthycommunities.org](http://www.mmshealthycommunities.org)

## Highlights from 2009–2013

**GOAL: Increase health care referrals of patients to local nutrition, physical activity and tobacco cessation resources**

### Accomplishments

Since SHIP began, 15 sites increased health care referrals including:

- Meeker Memorial Hospital, Meeker Memorial Clinic, Affiliated Community Medical Centers East and West clinics, Sibley Medical Center and Glencoe Regional Medical Center all implemented a tobacco cessation patient fax referral program.
- Sibley County Women, Infants and Children (WIC) Program, McLeod County WIC, Glencoe Regional Health Service and Meeker-McLeod-Sibley Community Health Services all developed local resource directories listing local food, physical activity/weight management, healthy eating and tobacco cessation resources.
- Affiliated Community Medical Centers and Meeker Memorial partnered to gather resources and offer more local referrals for physical activity and nutrition.
- Meeker Memorial Hospital began offering on-site tobacco cessation classes for employees, volunteers and patients in October 2012.

**GOAL: Create tobacco-free environments for patients, employees and visitors**

### Accomplishments

- Sibley Medical Center passed and implemented a tobacco free campus policy.



Sibley Medical Center implemented a tobacco-free campus policy on Jan. 1, 2011.

- Meeker Memorial Hospital embedded a strengthened tobacco-free campus policy into its wellness policy which was passed on July 2, 2013.

**GOAL: Increase fruit and vegetable consumption and decrease consumption of processed high sodium, saturated fat and sugary foods by increasing access to fresh, healthy local foods widely sold to institutions**

### Accomplishments

- Sibley Medical Center contracts with Good Samaritan Society in Arlington to provide food, including produce from raised garden beds created through SHIP, thereby creating better access to fresh fruits and vegetables for employees, volunteers and visitors.
- Meeker Memorial Hospital added a new healthy food line, revamped its vending to include healthier options, and began serving fresh produce from their new onsite garden. The garden also provides an opportunity for employees and volunteers to increase physical activity by gardening during break times.