

STATEWIDE HEALTH IMPROVEMENT PROGRAM: PREVENTION SUMMARY

Progress in Meeker, McLeod and Sibley Counties



The Statewide Health Improvement Program (SHIP), an integral part of Minnesota's nation-leading 2008 health reform law, strives to help Minnesotans lead longer, healthier lives by preventing the chronic disease risk factors of tobacco use and exposure, poor nutrition and physical inactivity. SHIP, which is funded by the Minnesota Department of Health, works to prevent disease before it starts by helping create healthier communities that support individuals seeking to make healthy choices in their daily lives.

The mission of Meeker, McLeod, Sibley Healthy Communities includes partnering with local communities to promote, plan, encourage and support efforts to impact environmental change and enhance healthful living in Meeker, McLeod and Sibley counties.



Meeker, McLeod, Sibley
Healthy Communities
www.mmshealthycommunities.org

Highlights from 2009–2013

SCHOOLS

- More than 26 schools made policy or practice changes to increase access to healthy foods for more than 13,000 students.
- Seven schools with a total of 2,503 students created Safe Routes to School coalitions and are working to promote walking and biking to school.
- Ridgewater College is promoting its tobacco-free campus and offering smoking cessation classes, affecting 4,373 students and 125 staff.

COMMUNITIES

- The cities of Arlington, Gaylord and Litchfield and the counties of Meeker, McLeod and Sibley, with a total of more than 74,000 residents, made improvements to encourage increased walking and biking.
- Six communities are improving access to nutritious foods by increasing availability, adding calorie or nutrition labeling on menus, and developing and promoting farmers markets.
- In the first two years of SHIP, 49 day-care and pre-school sites with more than 2,000



The Henderson Farmers Market worked to promote and improve access to the market, including changing the market date to coincide with a weekly town event.



Trail Route Association in Litchfield (T.R.A.I.L.) bike route signs

students, incorporated more physical activity into daily routines.

- Three Head Start sites are offering more healthy-food choices to more than 300 children.

WORKSITES

- More than 20 work sites reached more than 3,000 employees through work site wellness initiatives:
 - Twelve sites implemented policies offering more healthy choices in vending machines.
 - Nine sites added opportunities for physical activity at their work site.
 - Two work sites adopted tobacco-free grounds/campus policies.

HEALTH CARE

- Fifteen sites increased patient health referrals to local nutrition, physical activity and tobacco cessation services.
- Meeker Memorial Hospital and Sibley Medical Center increased access to local fresh fruits and vegetables for 1,560 employees, volunteers and patients annually.
- Sibley Medical Center passed a tobacco-free campus policy.