## This is your SHIP

**MN** Moves

MN Eats

**MN Breathes** 

SuperShelf™

Transforming food shelves into welcoming spaces for better access to appealing, healthful food

MN Well-being

### Commercial Tobacco Point of Sale

Reducing the appeal and access of commercial tobacco at local retailers

#### Quit Partner™ Referral

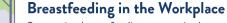
Focusing on communities targeted by the tobacco industry



Helping patients gain access to better food for better health



Providing safe and convenient opportunities for physical activity



Supporting breastfeeding women in the workplace results in bottom line benefits for employers

## Park Planning

So everyone can access and utilize our parks and recreational areas

#### Safe Routes to School

Making it safe, convenient and fun for our kids to bike and walk to school







### Commercial Tobacco Free Youth

Making tobacco-free behaviors an expectation in school activities participation



#### Social Connection

Promoting mental well-being and connectedness for all communities

## Trauma Informed **Principles**

Providing care givers, educators, and citizens with knowledge and skill to process trauma



Local leadership. Local partners. Local expertise. www.health.mn.gov/ship

































# MN Well-being



## **MN** Moves



## **MN Eats**

SHIP collaborates with community partners to make changes that result in healthy foods being more available and affordable.

### What does your community need?



Connect with your local SHIP coordinator. Health.OSHII@state.mn.us

#### Farmers Markets

Developing connections and enlarging the reach between local farmers and seasonal market opportunities

#### School Nutrition Environment

Creating environments where all students can access healthful food and beverages and gain the skills for a lifetime of nutritious eating









#### Food Rx

Enhancing health provider support to patients for access to affordable, healthful food

## SuperShelf™

Transforming food shelves into welcoming spaces for better access to appealing, healthful food

## Breastfeeding in the Workplace

Supporting the health and wellbeing of nursing mothers and their babies through workplace accommodations



## **MN** Breathes

Investing in commercial tobacco and e-cigarettes use prevention and cessation saves lives and taxpayer dollars.

### Commercial Tobacco Point of Sale

By keeping access and prices of commercial tobacco prohibitive, Minnesota's smoking rates are the lowest ever

### Quit Partner™

A family of programs that help people who want to quit smoking, vaping, chewing or using other commercial tobacco products

### Smoke Free Housing

Local Minnesota communities are bringing cleaner, safer air to residents by working with local property managers and to implement smoke-free housing policies

## What does your community need?



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### Commercial Tobacco Free Youth

Making tobacco-free behaviors an expectation in school activities participation









