

Northwest Minnesota SHIP

April/May 2011

Statewide Health Improvement Program

Working together to make the Healthy Choice, the Easy Choice.

- Kittson
- Mahnomen
- Marshall
- Norman
- Red Lake
- Roseau
- Pennington
- Polk

Communities

Healthcare

Schools

Worksites

Statewide Health Improvement Program (SHIP), 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 seeks to create sustainable, systemic changes in schools, worksites, communities and health care organizations that make it easier for Minnesotans to incorporate healthy behaviors into their daily lives. Some programs focus on individual behavior change. SHIP efforts focus on creating environments that support healthy behaviors. We are looking to support efforts that develop policies, systems, and/or environmental changes which support healthy lifestyles.



Kittson Memorial Health Care teamed up with SHIP to host a Health Risk Assessment

55 employees participated in the screenings which included: bone density, derma-scan, blood pressure, body composition analysis, cholesterol, and glucose measurements. They also provided a print out of your health risk based on a few questions answered and your numbers. Health education materials were given out and a health coach card was given to everyone who participated that was good for one year. The 2 day event was success.

On February 7th, 2011 Kittson Memorial Health Care teamed up with SHIP again to sponsor a Wear Red Day. This day was dedicated to increase the awareness for heart disease. Information was displayed in the facility regarding heart disease and lifestyle changes that can help prevent one from developing heart disease. The dietary staff also honored Wear Red by featuring more red foods in the lunch line as well as heart healthy options. Many staff members wore red that day to honor those whose lives have been affected by heart disease.

Healthcare...
relationships...
providers...
community lead-
ers... partner-
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to local re-
sources — in-
crease access...
nutritious
foods... physical
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ity...tobacco use

Matter of Balance Classes Roseau County

LifeCare Medical Center has started offering Matter of Balance Classes. This program is designed to reduce the fear of falling and increase activity levels of older adults who have concerns about falling. The classes are designed to benefit older adults who:

- *are concerned about falls
- *Have sustained a fall in the past
- *Restrict activities because of concerns about falling
- *Are interested in improving flexibility, balance and strength
- *Are age 60 or older, ambulatory and able to problem solve.

LifeCare Employees Paula Hedlund, LeEarl Rugland and Jordan Anderson are trained coaches and will be teaching the 8 week classes throughout Roseau County. Currently, there is a class being held for Roseau Manor residents. Look for more information on classes starting May 18th in Greenbush and Badger. Roseau and Warroad classes will begin in August.

Inter-County Nursing Service has a website now available with help from a U-Care grant; www.intercountynursingservice.com. The website lists SHIP with Pennington and Red Lake counties' local resources on physical activity and nutrition. This is a work in progress; plans include using this in the healthcare intervention as a local resource referral tool with Sanford Medical Center, our healthcare site, and as a resource for the people of our counties.

Marshall County Statewide Health Improvement Program (SHIP) Celebration Event

Date: Sunday, June 12th 1-5pm

Location: Marshall County Park

Free admission!

Healthy snacks and beverages will be served.

Walk or bike around the paved path for a chance at a door prize. Information will be available about SHIP, nutrition and physical activity. Come and enjoy the afternoon at the Marshall County Park and learn about all the great things SHIP has accomplished in Marshall County! The Marshall County SHIP Steering Committee is hosting this event.

Public Health Day at the Capitol February 17, 2011

Rachel Green, Sheri Altepeter, Jamie Hennen, Julie Pahlen and Sarah Reese participated in the Local Public Health Day at the Capitol.

Staff shared about the more than 55 partnerships and great success of SHIP work in NW Minnesota with Rep. Kent Eken, Rep. Deb Kiel, Rep. Dan Fabian, Rep. David Hancock and Senator Rod Skoe.

Make the Healthy Choice the Easy Choice

My name is Julie Skow and I am a registered dietitian. I currently work with the Statewide Health Improvement Program (SHIP) in Becker, Otter Tail, Clay and Wilkin Counties on improving school nutrition. My motto is "Make the healthy choice, the easy choice."

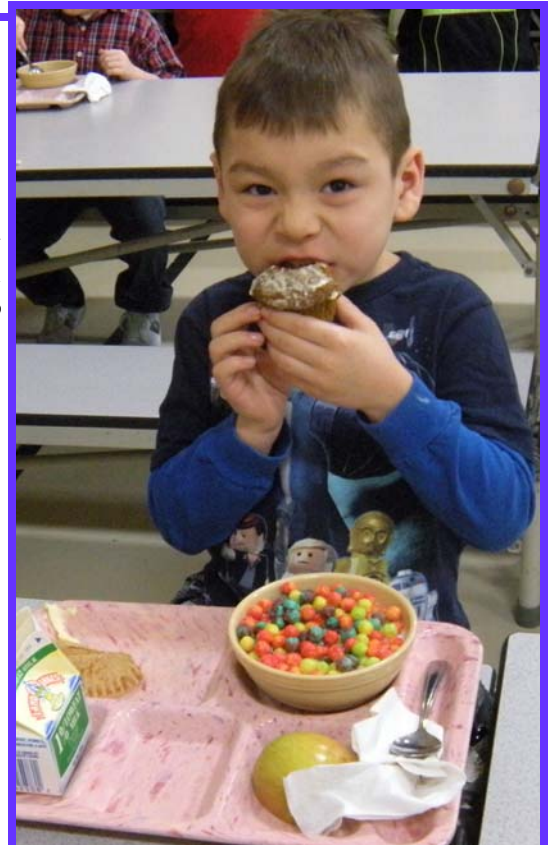
Recently, I have been working with the Food Service managers at the schools in Roseau County. Each district has different issues and opportunities that I can assist with from menu writing, commodities, snack and celebration policies, and increasing fruits and vegetables. Schools are also working on Great Trays. This is a program through the Minnesota Department of Education to assist schools with implementing the new USDA Child Nutrition Act standards changes. This program helps schools to begin making changes now to meet the new guidelines allowing them to make gradual changes before the standards are required.



SHIP Lands in Red Lake Falls

Recently Red Lake Falls head cook, Loni Thode, teamed up with local public health to work on improving nutrition in our schools. Katie Holthusen, area nutritionist, has been made available to northwestern Minnesota school districts via The Statewide Health Improvement Program (SHIP). School districts partnering with SHIP can have Holthusen come free of charge to help with menu planning and improving nutrition. Thode and Holthusen will continue to work together through the end of the year to add more nutritious meal items and snacks to the table and are already off to a great start.

The duo created some wonderful whole wheat pumpkin muffins from scratch. They were introduced to both elementary and high school students. Everyone eating breakfast had a chance to sample the muffins and from the sound of things they were a hit. Dylan Olsen said, "I'd love to have another." Greatest muffin ever, and make them again were among the comments area students had to share about the muffins. When asked what they thought about the muffins many younger children shared their opinion with a smile. A survey that was done with elementary students and teachers alike showed positive results. I guess the lesson to be learned here is that whole wheat muffins really can be both tasty and nutritious for you too!



Schools..
.breakfast
promotion..
.healthy
lunch...classroom
celebrations...
concession
stands...
fundraising...
school
gardens...farm to
cafeteria...
helping students
make the
healthy choice
just a little
easier...

"Staff training is an integral part of the SHIP grant awarded to the Thief River Falls Public Schools. Staff who would be preparing and serving healthier fares to students need to update their skills and attitudes. They need to try the new foods themselves before they can tell a student "Try it, you'll like it!"

Three trainings held by the University of Minnesota Extension Service in the past month have expanded our cooks palates. The first, "Keeping Kids from Falling Short: A New Look at Fruits and Vegetables in the School Cafeteria" was hosted by the Lincoln Food Service staff at Thief River Falls. We learned how to add vegetables to ordinary dishes like Chili so kids wouldn't even know they were there like pumpkin puree. We spiced some of our canned fruit up with a curry mix that has been served now at all our schools with cook-pleasing success - no leftovers. We also worked with sweet potatoes, adding different spices to sweet potato fries and mashing some for inclusion in a biscuit recipe. Spinach smoothies have not been adopted yet.

Roseau hosted the second part of this series titled "Introducing Whole Grain Foods in the School Cafeteria". This was eye-opening for our staff who really had put up walls against whole grains like pasta and rice. We cooked up a pasta salad and a brown rice casserole and rated them 'Very Good'. We also did side by side taste testing of different whole grain and non whole grain bread products. Since this training, staff has conceded to using the many cases of whole wheat pastas and brown rice in our warehouse and we have included whole wheat tortillas as a choice for our wraps and soft shell tacos. We already had switched to the 'white' whole grain, sliced bread.

The final training was "Great Trays: Getting to WOW, Simple steps to a Great Menu", again held at the Lincoln High School cafeteria. We cooked with some whole wheat pastas and brown rice again. The most interesting whole grain was Quinoa (pronounced keen-we) which was included in a vegetarian chili along with sweet potatoes and black beans. The chili was good but quinoa may be too spendy for a school kitchen to use. We sampled pre-packaged whole grain pancakes that didn't need syrup and pre-sliced apples that had an expiration date a week later. We were surprised by these new trends in convenience foods. We also worked on our own menus, trying to make them achieve the proposed new federal guidelines with more fruits, vegetables and whole grains while reducing weekly servings of potatoes, corn and peas.

I believe the Thief River Falls Public School's food service staff enjoyed themselves at these trainings and have brought a lot of new ideas and attitudes back to their kitchens. I would recommend them for every foodservice staff as we work toward healthier school menus and attitudes about food." Rhonda Amundson -TRF Public Schools Food Service

Marshall County Central Schools (MCC) came on board with SHIP

There was not an active wellness committee prior to SHIP and the school now has a very active committee that meets every 1-2 months and is working on many different things to improve the health of their students and staff such as removing all pop from their school buildings and no longer offering pop and unhealthy snacks after school. MCC previously purchased a salad bar that is currently used for grades 6-12. This has been a huge success and the kids really love having salad as a lunch option! The school nurse and kitchen staff received many comments from the rest of the elementary students to use the salad bar. Because of this, MCC will be using SHIP funds to purchase some extra attachments that will make it easier for the elementary students to use the salad bar. These attachments will allow the students to have a place to set their trays down while making their salads.

MCC is looking to change their menu a little at a time to include healthier options and less processed foods. They will be using SHIP funds to purchase kitchen equipment to help achieve this goal. The food service staff will be attending some training opportunities to help them prepare and serve more nutritious foods. Katie Holthusen, nutritionist working with SHIP, met with the head cook for MCC to discuss some options for improving the nutrition of their meals. MCC already prepares many meals from scratch. By adding other items to their recipes, such as beans and more vegetables, decreasing the overall fat content in their menu MCC is well on their way to making life-long changes to improve the health of their students and staff!

City of Ada and Ada Borup School Share SHIP Resources

A grant to the City of Ada from the Statewide Health Improvement Program (SHIP) has offered some great winter recreation opportunities with the availability of cross country skis and snow shoes to all residents of the community. The goal was to provide community residents with outdoor recreation activities, plus enhance the overall well being and physical fitness of community members.

Community education is teaching cross country skiing and the equipment is able to be stored at the Ada Borup school site. Interested people can contact the school to check out the equipment for their personal use. All equipment is free to the public and also available to the physical education classes at school. Anyone who uses the equipment is asked to sign a release and code of conduct agreement.

In the future, the community plans to create more groomed trails and expand their equipment usage by networking with the Dekko Community Center for accessibility. School faculty and community SHIP team members have taken the lead for this project and have effectively teamed together to make this a reality for the Ada Borup community.



Roseau County is "Fit to Serve"

Roseau County recently branded its wellness program "Fit to Serve". Their belief is that fit employees are better prepared to efficiently serve our citizens. Our partnership with SHIP supports our wellness mission of "Promoting healthy activities and lifestyles with the belief that supporting the health and well being of employees increases productivity, reduces long-term costs, and enhances quality of life".

SHIP grant funds are being used to obtain equipment that will support Roseau County's policy change of exercising during the traditional "coffee break". Additional grant funds are used to provide Lunch & Learns, fees for Freedom from Smoking, Nutrition Consultations, Weight Watchers, pedometers and various incentives for participation in wellness activities. Roseau County increased its commitment to promote better health in 2011 by dedicating staff hours for wellness programming, creating Wellness News & Wellness Checklist, providing educational booths at the health fair, promoting community health events and providing education on nutrition, diabetes and portion control

Maryann Olafson who has been our inspiration. Ann Marie Miller and Al Heim are big worksite wellness supporters



Worksite Wellness Health assessments coaching....motivation...evaluation health education...lunch and learns... fun... policies... support promotion of healthy weight and healthy behaviors.

Take the Stairs: It's Priceless!

SHIP partners with RiverView Health's Wellness Committee and would like to announce new stairwell updates, including aesthetically pleasing-fresh paint, framed artwork/quotes, and motivational signs, designed to promote stair use within the building. Jennifer Tate, EVS Manager, states "Taking the stairs is one small change I can easily make in becoming healthier". The Nation, including Minnesota, is in the midst of an obesity epidemic," said Sarah Reese, SHIP Coordinator. "We need to re-think our built environment to support healthier living. Some of these changes can be simple and powerful. Encouraging people to take the stairs by posting signs can dramatically change behavior for the better of our health and communities. The "Take the Stairs" initiative is designed to encourage people, employees and visitors, to use the stairs in lieu of an elevator to add more exercise to their day. Remember, stairs require little or no additional time and come at no additional financial cost. And the health benefits that come with the consistent use of stairs are priceless!"



Studies suggest that visual prompts can boost stair use. The new "Take the Stairs" Kits include bold signs to prompt a change in behavior and will be seen in Crookston at RiverView Health, Villa St. Vincent/The Summit, City of Crookston, University of MN Crookston, Crookston National Bank and Polk County building sites. Polk County Public Health is reaching out to business/ building owners to encourage them to post the signs very visibly in entryways, elevator and stair locations. A "Take the Stairs" Kit is now available free-of-charge for Polk County businesses by calling 218.281.3385 or emailing sreese@pcphealth.org.

SHIP is currently partnering with the following communities...

- Crookston
- East Grand Forks
- Fosston
- Gary
- Greenbush
- Grygla
- Newfolden
- Twin Valley
- Warren

City of Mahnomen, SHIP and Women of Today Launch MC4QL Project

The Mahnomen Women of Today have initiated a new community project, along with significant help by Norman/Mahnomen Public Health, area businesses and the Statewide Health Improvement Program (SHIP). The project is entitled Mahnomen County for Quality of Life and is focusing on introducing healthy lifestyles to the residents of the Mahnomen community through education and exposure to fitness and nutrition. Their mission is to improve the quality of life for Mahnomen County. This project began with a walking audit of the Mahnomen community to determine how well the existing physical structures of the community actually support the healthy practices of walking and biking. Committee members have been meeting with local businesses encouraging them to review their business environments and make changes to promote healthy lifestyles for their patrons and employees. The plan is to begin with a Kick-Off the on June 24-25th that will include motivational and inspirational speakers, 5k/10k walk or run event, health assessments, and provide opportunities for people to participate in a variety of assessments to measure their own levels of health and wellness. The project will also focus on pedestrian safety, handicap accessibility, encouraging the placement of bike racks by businesses to encourage residents to get out and get physically fit. Other opportunities in the future may include introduction in basic gardening, exercise classes and healthy cooking. Watch for promotional efforts upcoming this spring announcing MC4QL community activities!



NORMAN COUNTY WEST & CITY OF HALSTAD SHIP SUCCESS

The Norman County West School District and the city of Halstad have initiated a collaborative effort to promote physical fitness. The city of Halstad has submitted a proposal through Norman/Mahnomen Public Health, to develop a Community Fitness Center with fitness equipment to be located within the school at Halstad. The total amount of SHIP funds that were approved by the MN Dept of Health amounted to \$4,000.00. The city of Halstad also contributed \$1,000.00 towards this effort from their Economic Development Program. The Norman County West Booster Club has also donated \$5,600.00 for improvements in their weight room,; which include painting, mirrors and safety mats. These rooms will be open and accessible to adults in the evening and students during school days and during summer.

The community fitness room includes a new treadmill, elliptical machine, stationary bike, 10 adjustable walking sticks and 25 pairs of snowshoes. The school and community also plan to hire instructors for classes in aerobics, yoga and weight lifting. The use of the facilities and equipment will be free of charge to the public, as well the specific community classes.

An Open House was held to provide opportunity for the public to view the improvements to the weight room, and community fitness room and equipment. Information was also shared about policies to access the rooms and equipment after school hours. More than 40 people attended the Open House, as the community and the NCW school district is very excited about their new fitness opportunities.

Children Discovering Nature

Guidance from CDC's Howard Frumkin suggests that public health experts need to move quickly to expand their view of environmental health to include how nature can heal. He recommends research collaborations that include park designers, landscape architects and pediatricians. (Louv, Richard. Last Child in the Woods. (2008).

Statewide Health Improvement Program (SHIP), the Rydell National Wildlife Refuge, University of Minnesota and five communities in northwestern Minnesota are partnering to design and implement six natural play areas (Discovery Areas). This project continues the work emerging from a very successful "Connecting Children and Nature Conference" held on Sept 29, 2010 at the University of Minnesota Crookston funded by the 2010 Challenge grant to Rydell NWR. (See summary posted at this link: <http://umcrookston.edu/childrenandnature>). A grant application to the UMN CURA Community Based Research Program was recently submitted to assist in project planning, design and completion.

This rich partnership leverages the priority of the NW SHIP region, namely to create more active communities by increasing physical activity through getting children, families and other residents outdoors. These unstructured play spaces will provide safe and convenient opportunities to be active, explore and expand their innate desire to learn based on the unique characteristics of the natural environment. We know that children who are active outdoors are happier, smarter and healthier. In addition to the physical health benefits, children benefit from time in nature in many ways.

This project will lead to cross-sector collaboration involving early childhood initiatives, park and recreation departments, public health, childcare reference and referral and university partners. The emerging movement to connect children and nature in northwestern Minnesota leverages U of M faculty and student participation and local leadership to create connections. Connecting children and nature is a unifying and compelling vision that invites in a variety of enthusiastic partners. Communities will become part of the design team in a process facilitated by the Design for Community Resilience program at the College of Design's Center for Sustainable Building Research (CSBR), University of Minnesota, Twin Cities. Researcher Virajita Singh, with input from CSBR researcher Jonee Kulman Brigham, and assisted by a College of Design Landscape Architecture graduate student, will lead the design and community input process. She will collaborate with Eric Castle, Assistant Professor of Horticulture and Landscape Design who will advise undergraduates from University of Minnesota Crookston as they work with the communities in site assessment, setting priorities for each natural play area, developing renderings for the space, and assist with the installation of the play areas. This process of engaging the community in the design phase will create the opportunity for community buy-in and ensure successful implementation.

Contact SHIP Staff in Your County!

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Upcoming Events

- April 14 Worksite Wellness Workshop Northwest Service Co-op Thief River Falls**
- April 27 LifeCare Health Fair, Roseau**
- April 28 LifeCare Health Fair Greenbush**
- May 2 Crookston Nature Quest at Castle Park 5-7**
- May 4 Community Leadership Team Meeting 10-2 in Thief River Falls Transportation Building**
- May 19 Fosston Health Fair**
- June 12 Marshall County SHIP Celebration at Florian Park**
- June 30 Health and Wellness Conference for Retired Sr. Volunteer Program**



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