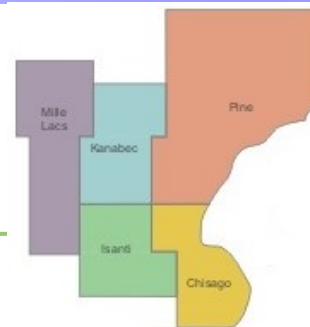




Public Health
Prevent. Promote. Protect.
Kanabec-Pine Community Health

Partners in Healthy Living

Chisago, Isanti, Kanabec, Mille Lacs, Pine



On November 1, 2013, the Minnesota Department of Health (MDH) awarded Statewide Health Improvement Program (SHIP) grants for November 2014 and 2015 to counties and cities across Minnesota.

SHIP works to build a foundation of good health for all Minnesotans. Partners in Healthy Living aim to continue this work, creating more opportunities for all communities in Chisago, Isanti,

Projects:

46 mini grants projects have been awarded to schools, hospitals, childcares and other organizations across our five county region to support efforts to improve health.

Kanabec, Mille Lacs, and Pine Counties.

Our mission is to foster healthier communities where all residents live, work, learn, and play. We achieve this by increasing access to nutritious foods, physical activity opportunities, and tobacco-free living.

We envision communities where all members make choices that lead to the highest quality of life.

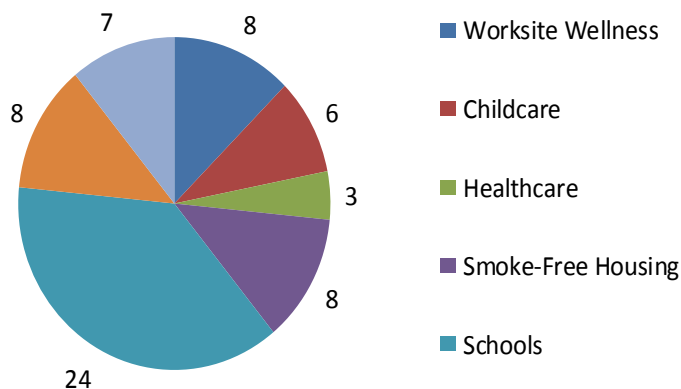
Thanks to Partners in Healthy Living:
-Safer walking and biking routes to school are helping more kids get the physical activity they need to stay

healthy

-More farmers' markets mean more families have access to fruits and vegetable—the keys to good health.

-More workplace wellness programs are helping employees be healthy, decreasing healthcare costs

Number of PIHL Partner Sites By Strategy

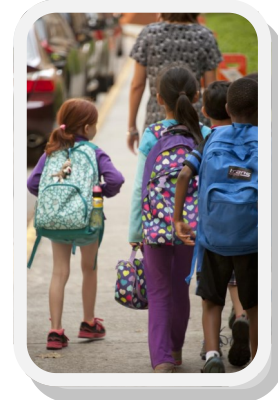


HEALTHY SCHOOL FOODS-ACTIVE SCHOOL DAY



Healthier kids not only have better attendance, they also do better on tests. Across Minnesota, schools are working to increase physical activity within the instructional setting, building a foundation for lifelong physical activity. Active classroom breaks, physical education and recess all mean kids not only are healthier, but also learn better. Partners in Healthy Living awarded North Branch Middle School funds for additional bike racks to increase opportunities to 986 students to have access to bike to school. Safe Routes to School helps more kids walk and bicycle to school more often through infrastructure improvements, education and promotional activities. **Plop in enrollment from our schools who did walk to school day.** The 1,093 students of Sunrise River Elementary benefit from the funded bench seating along the walking paths to support increased opportunities for people of all ages to walk. Walking and bicycling to school helps families stay active and healthy and kids arrive to school focused and ready to learn.

Approaches that will decrease the availability of snacks high in sodium, saturated fats, and added sugars include implementing policies that encourage non-food rewards in the classrooms, improving the nutritional value and pricing structures in a la carte lines, removing vending machines, and adding healthier snacks to concession stands. Fairview Elementary School received Snack Cart Equipment for easy access for 408 students to healthy snacks. With the partnership with the Girl Scout Troop 55205 and Taylors Falls Elementary School, 364 students have increased access to local fresh foods with their collaborative Community Garden. And Chisago Lakes School District have Hydration Station projects funded for 2,930 students and staff to have access to water to ensure daily water intake.



Collaborate at Work

2,074 employees have been impacted by the collaboration!

ners in Healthy Living Worksite Wellness Collaborative Cohort 1. Our awesome partners are worksite wellness members from:

Cohort One is off and running! Success comes by strengthening local worksite wellness committees. Partners in Healthy Living is dedicated to helping you in your commitment to creating a stronger culture of health within your workplace. Our partners in the work-site wellness work care about their employees! PiHL provides work-sites with the proper tools on how to change workplace policies, change the environment and encourage active living, even at your desk! We have six worksite wellness partners that have joined Part-

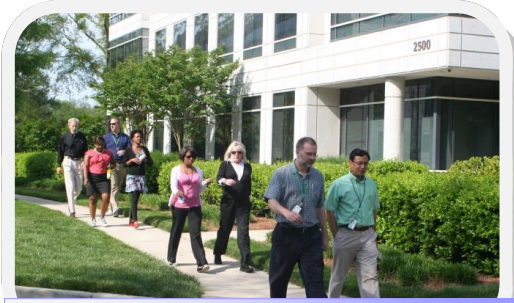
Cambridge Medical Center
Pine Technical College
Kanabec County
Isanti County
Chisago County
Lakes and Pines CAC.

The first meeting in October consisted of sharing best practices for worksite wellness, giving an overview of strategy focus which includes healthy foods, physical activity, breastfeeding support, and comprehensive tobacco policy and implementing a high performing worksite wellness committee.

Our second meeting in No-

ember the cohort reviewed the Current State of Health (organization assessment completed by each worksite), creating a vision statement, SMART goal setting, and developing employee surveys. Participants have found that working collaboratively is the fastest way to create change and support their employees and co-workers. The cohort will continue to meet monthly. Their goal is to implement a policy, systems or environmental change at their worksites by fall of 2015.

Let the journey begin!



Specialty Funded Projects:

Pine County Technical College received funding for equipment for a Community Garden to support an increased access to local fresh foods.

Lakes and Pines Community Action Council went smoke-free October first! They received funding for signs to support enforcement of their new policy change

Pine County Technical College
Cook TA Increase access and consumption of healthy foods

Lakes and Pines Community Action Council

Our Mission is to build prosperous communities by serving local families and individuals in their pursuit of self-reliance.

Community Action Council is keeping things fresh!

Lakes and Pines CAC is keeping their central office and satellite office properties smoke free thanks to a Partners in Healthy Living mini-grant. The council's Board of Directors adopted a policy in October 2014 for a smoke free workplace and environment. With the support of management, the strategy was delivered in a consistent message in that it's the right thing to do with the health and wellness of staff and visitors of the agency. The organization began educating staff of the upcoming policy and allowed plenty of lead time by providing resources such as the agency's health insurance carrier's smoking cessation programs and the Quit Plan. Resources were also made available to visitors of the Agency as well. Bob Benes, Lakes and Pines' Executive Director, stated, "we applaud the efforts of staff in support of the policy and helping to successfully implement it as well as other health and wellness initiatives." Benes continued, "The wellness projects that followed on the heels of the policy included healthy snack days, fitness activities and wellness education incorporated into the agency's safety training days."

One key medium of communication was the signage placed around all property and satellite offices of Lakes and Pines. Signage is easily legible and visible. The Partners in Healthy Living mini-grant helped purchase the signage and hardware for installation.

Staff can now open their office windows and not have the second-hand smoke enter in. It is a "breath of fresh air."

Lakes and Pine CAC has 104 employees and over 100 daily clients all benefiting from a smoke-free environment!



It CAN Start with Just One Champion

"It's about building relationships," said Laureen Williams, Student-Parent Support Program Coordinator, Pine Technical and Community College, states when asked about how she gets things done round the campus. "We have things in common with health and the Statewide Health Improvement Program (SHIP), so it's natural to collaborate on projects."



Thanks to the support and technical assistance from Partners in Healthy Living, the local sector of SHIP, Pine Technical and Community College partners to help Minnesotans live longer, healthier lives by decreasing obesity and tobacco use and exposure, which are the leading causes of chronic disease, disability and death. An organization that encourages a worksite wellness group can help to create a healthy environment for employees and students alike.

When it came to developing a worksite wellness committee for the staff at Pine Technical and Community College, it helped that Williams has been with the college for many years. "I knew who to ask and had working relationships with many of the employees already." Another tip Williams has is to keep requests short and sweet.

"I sent an email out with three bullet points of what I needed and a quick turnaround for a response, asking for people to let me know if they could help out on this committee," she said.

Within an hour Williams had 20 people respond that they would be willing to attend. Those are great results for a meeting that is voluntary and on personal time. The committee now has a strong average of 8 employees who gather to develop plans for their community garden, healthy cafeteria options and how to increase opportunities for physical activity.

"It has always been a practice of staff to walk the halls and meet while stretching their legs, and the wellness committee wanted to take walking meetings a step further," she said. "Each month the college has a campus roundtable, and the committee requested time to present our idea of walking meeting badges."

Williams continued, "Sure, I could've just asked someone if we could buy badges and tell them our idea. But By presenting it at a roundtable, we were able to get the word out about the wellness committee and the work we were doing. It also helped when we asked for donations for the laminated pouches."

Now, when employees meet, they check out lanyard badges to signify they are on a walking meeting. "It makes the meetings noticeable. And the word is spreading. Students even check them out with their study buddies and make walking laps around the halls or outdoors a habit," she said.

Another benefit of collaborating with Partners in Healthy Living is attending the Community Leadership Team meetings. "We have been able to connect with FirstLight Health Systems for health screens, University of Minnesota Extension Program for cooking classes and many other connections that would not have happened unless we had our local SHIP work here with the Partners in Healthy Living. I am able to network and make community connections that I can take back to the campus," said Williams.

Partners in Healthy Living provided funds for the U of M Extension Program to teach healthy cooking options for the grill vendors in the school cafe that serves students and staff. "The wellness team and the grill vendors applied for a mini-grant to support offering healthier options. It was a group effort and not school administration trying to dictate the grill selections," Williams said.

By coordinating the classes with taste test sampling, a survey going out and a questionnaire during the sampling, data is getting captured and participants can have a voice in the process.

128 employees benefit from:

- * access to the healthy eating options
- * increased opportunity for physical activity
- * smoking cessation resources

"I know I would have been much more panicked if I didn't have the worksite wellness collaborative and the community leadership team to learn from, network and collaborate with," Williams claimed, but we know without intentional effort of a champion like Williams, committees don't work to their full potential. Great work Laureen Williams and Pine Technical and Community College!

Shape of a Shovel

Cambridge-Isanti High School has been hard at work breaking ground for their community school garden! The school garden is a great place to share in community as well as partner many facets of the school learning together. The garden is to help support produce needs for the Family and Consumer Science (FACS) Department for Cambridge-Isanti High School. Any extra pro-

duce is planned to be donated to local food shelves and senior centers. There is also an elementary school group that will learn about growing foods as part of their outdoor classes as well as plans to partner with local summer camps to have mini-junior master learning gardening sessions. This project has the potential to reach 1,567 students in the high school.

There were many community players that had shovel in hand, we would like to thank all those who served hard and their efforts toward a healthier community!



Our Mission:

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Our Vision:

We envision communities where all members make choices that lead to the highest quality of life.

We're on the Web!

www.partnersinhealthyliving.us

Feel Free to contact us!

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