

WRIGHT COUNTY PUBLIC HEALTH STATEWIDE HEALTH IMPROVEMENT PARTNERSHIP

Wright County Public Health works with the Minnesota Department of Health's Statewide Health Improvement Partnership (SHIP) to support healthy eating, active living, wellbeing, and tobacco cessation projects in workplaces, schools, healthcare, childcares, and the community. SHIP seeks to create sustainable, systemic changes to make the healthy choice the easy choice for all.

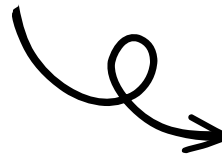
Technical assistance, funding, connections, and additional resources are available for organizations that want to develop new projects that improve the health of those who live, work, learn, and play in Wright County. SHIP especially focuses on communities experiencing health inequities. Health inequities exist when there are differences in health among groups of people that are caused by avoidable, unfair and unjust conditions. When there is inequity, not everyone has the same opportunities to be healthy.

SHIP uses policy, system, and environmental changes to promote healthy eating, active living, mental wellbeing, and tobacco cessation.

- Policy change includes the passing of laws, ordinances or rules at the state, local, or organizational level. For example, a school implementing a policy that requires healthy food options at school-sponsored concessions stands.
- System change involves changes made to the rules within an organization to transform the way things are “typically done.” For example, a healthcare clinic adding hunger screening to the list of questions at all office visits.
- Environmental change comprises of changes made to the physical environment. For example, adding signage to bike trails or installing a medication disposal box.

Potential partners include, but are not limited to: healthcare, workplaces, community organizations, community centers, booster clubs, cities and towns, food shelves, churches and faith-based institutions, and after-school programs.

Those interested in partnering can fill out the [SHIP Project Interest Form](http://www.co.wright.mn.us/1161/SHIP-Project-Interest) (link: www.co.wright.mn.us/1161/SHIP-Project-Interest).



PROJECT GUIDE

This guide provides examples of SHIP projects, but projects are not limited to what is listed. To discuss funding and resources in more detail, please fill out the [SHIP Project Interest Form](http://www.co.wright.mn.us/1161/SHIP-Project-Interest) (link: www.co.wright.mn.us/1161/SHIP-Project-Interest) or contact us at 763-335-0280.

Project Type	Potential Partners	Project Goal	SHIP Can Provide
<p>Community Garden</p> <p>Edible Landscape</p>	<p>Community-Based Organizations, Municipalities, Schools, Workplaces, Food Shelves, Churches, Healthcare Organizations</p>	<p>Increase food access by providing opportunities to grow vegetables, herbs, and fruits</p>	<p>Materials:</p> <ul style="list-style-type: none"> • Materials to build the garden • Seeds, plants, and soil • Gardening tools <p>Funding for community engagement to expand participation in gardening activities</p> <p>Support: Assistance from Wright County Public Health and University of Minnesota Extension to support the planning, construction, planting, and harvesting of the garden</p>
<p>Super Shelves</p>	<p>Food Shelves</p>	<p>Increase access to and consumption of healthier foods</p>	<p>Materials:</p> <ul style="list-style-type: none"> • Baskets to display produce • Large equipment, such as coolers and freezers, for healthy items • Signage to promote healthier foods • Changes to physical environment to create more dignified shopping space <p>Funding for:</p> <ul style="list-style-type: none"> • Training to support clients in making healthier choices • Software to improve procurement of fresh produce (with matched funding) <p>Support: Assistance from Wright County Public Health and University of Minnesota Extension to:</p> <ul style="list-style-type: none"> • Implement a client choice model • Develop a healthy donation policy • Implement behavioral economic techniques to promote healthier decisions

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<p>Starting a Farmers Market</p> <p>Power of Produce</p> <p>SNAP/EBT Acceptance</p> <p>Cultural Food Liaison</p>	<p>Farmers Market, Municipalities, Community-Based Organizations</p>	<p>Increase access to and availability of local food in communities</p>	<p>Supplies:</p> <ul style="list-style-type: none"> • Signage to promote the market • Electronic benefits transfer (EBT) startup costs • Power of Produce (PoP) Club startup costs <p>Funding for:</p> <ul style="list-style-type: none"> • Community engagement to increase market interest and participation • Exploring Community Supported Agriculture (CSAs), mobile markets, or alternative market models <p>Support: Assistance from Wright County Public Health to implement EBT or start the Power of Produce (PoP) Club at the market.</p>
<p>Healthy Concessions</p>	<p>Community Centers, Municipalities, Booster Clubs</p>	<p>Support access to healthier food and beverages at concession stands by providing nutritious options</p>	<p>Funding to market healthier options through pricing, promotion, and placement strategies</p> <p>Support: Assistance from Wright County Public Health to:</p> <ul style="list-style-type: none"> • Assess current concession stand options • Determine healthy food and beverage options • Create policy changes
<p>Healthy Vending Machines</p>	<p>Community Centers, Municipalities, Libraries, Workplaces</p>	<p>Support access to healthier food and beverages in vending machines by providing nutritious options</p>	<p>Funding for:</p> <ul style="list-style-type: none"> • Marketing healthier options through pricing, promotion, and placement strategies • Water bottle filling stations (with matched funding) <p>Support: Assistance from Wright County Public Health to:</p> <ul style="list-style-type: none"> • Assess current vending options • Determine healthy food and beverage options • Create policy changes
<p>Lactation Room</p>	<p>Workplaces, Community Centers, Libraries</p>	<p>Reduce barriers to breastfeeding for nursing mothers and provide a clean, safe, private space for mothers to express milk</p>	<p>Materials:</p> <ul style="list-style-type: none"> • Chair and footstool • Side table • Small refrigerator • Wall paint • Door sign and lock <p>Support: Assistance from Wright County Public Health to:</p> <ul style="list-style-type: none"> • Develop or enhance an existing breastfeeding policy • Workplace: training for all supervisors to support breastfeeding • Identifying an adequate space for a lactation room

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Breastfeeding Friendly Birth Centers	Hospitals and Birth Centers	Encourage environments, policies and practices conducive to breastfeeding in hospitals and birth centers to better support families.	Support and technical assistance: Assistance from Wright County Public Health to: <ul style="list-style-type: none"> • Assess/review current breastfeeding policies and procedures • Improve or develop new breastfeeding friendly practices • Apply for Breastfeeding Friendly Birth Center recognition • Promote hospital/birth center's breastfeeding friendly practices
Food Rx	Healthcare, Farmers Markets, Food Shelves	Screen for food insecurity and if screened positive, prescribe fresh produce and referred to a food resource to collect the produce prescription.	Support: Assistance from Wright County Public Health <ul style="list-style-type: none"> • Referrals for assistance with the Supplemental Nutrition Assistance Program (SNAP), Community-Based FoodRx partners, Healthcare insurance companies that engaged in FoodRx program. • Assessment and information materials • Create recipe cards and educational materials
Kitchen Fixes	Community-Based Organizations, Municipalities, Workplaces, Senior Dining Facilities	Prepare and serve healthier food options to community members	Supplies: <ul style="list-style-type: none"> • Large equipment, such as refrigerators or cold/hot food tables • Small equipment, such as food processors • Cooking utensils Funding can also be used for: <ul style="list-style-type: none"> • Training for kitchen staff and/or volunteers to increase knowledge and skills related to healthier food preparation • Taste testing of new menu items Support: Assistance from Wright County Public Health to: <ul style="list-style-type: none"> • Create policy or procedural changes within your organization to promote healthier food preparation • Develop and analyze menu options
Farm to School Farm to Childcare Farm to Institution	Schools, Healthcare, Childcares, Municipalities, Workplaces, Senior Dining Facilities	Increase access to healthy, local foods while strengthening the local economy	Funding for: <ul style="list-style-type: none"> • Training for kitchen staff and/or volunteers to increase knowledge and skills related to local food preparation • Taste testing of new menu items Support: Assistance from Wright County Public Health to: <ul style="list-style-type: none"> • Create policy or procedural changes within your organization to promote local food procurement • Develop and analyze menu options

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Community Food Assessments (CFA)	Municipalities, Farmers Markets, Food Shelves	Examine and evaluate specific components of the food system within the community, including collecting and analyzing data relating community-based agricultures, farmer markets, and other food retail.	Materials: <ul style="list-style-type: none"> Community Food Assessment toolkits Support: Assistance from Wright County Public Health to: <ul style="list-style-type: none"> Provide technical assistance and support to conduct the actual assessment Convene community partners if needed
Cafeteria Improvement	Schools, Healthcare, Workplaces, Community-Based Organizations, Childcares, After School Programs	Ensure audiences have nutritious food options throughout the day, thereby reducing food insecurity, obesity, and poor health	Materials/ Supplies <ul style="list-style-type: none"> Equipment such as refrigerators, tables, food processors, cooking utensil etc. Support: Assistance from Wright County Public Health <ul style="list-style-type: none"> Create/ implanting policy or procedural to promote healthier and affordable price food. Develop and analyze menu options
Water Station	Workplaces, Schools, Community-Based Organizations	Increase access to healthy beverages and reduce waste	Funding for: <ul style="list-style-type: none"> Purchase of a hydration station Support: Assistance from Wright County Public Health to determine need for and placement of water stations
Safe Routes to Food	Municipalities, Community-Based Organizations, Farmers Markets, Grocery Stores, Food Shelves	Ensure priority populations, especially those who do not drive or own vehicles, have safe and convenient access by walking, bicycle or taking transit to nutritious affordable food	Support: Assistance from Wright County Public Health to understand and address transportation barriers to food access
Active Spaces	Schools, Childcares, Youth Programs	Create a healthy environment at your organization that supports your community in being active	Materials: <ul style="list-style-type: none"> Small, portable exercise equipment Funding can also be used for: <ul style="list-style-type: none"> Community engagement to assess interest and gather input Support: Assistance from Wright County Public Health to create a policy or procedural change at your organization.
Safe Routes to School (SRTS)	Schools, Municipalities, Community-Based Organizations, Parent Groups	Make community and school settings more safe, convenient, and fun for children to bike, walk and roll to school	Supplies: <ul style="list-style-type: none"> Materials needed to implement Crossing Guard Program Rectangular Rapid-Flashing Beacons Support: Assistance from Wright County Public Health to: <ul style="list-style-type: none"> Convene appropriate partners to facilitate discussions on SRTS

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Park Planning	City and County Parks and Recreation Departments, Community-Based Organizations, Healthcare	Improve access to parks, trails, greenways, and open spaces, and opportunities for physical activity	Funding for: <ul style="list-style-type: none"> • Community engagement activities • Parks Comprehensive Plan development • Training cultural liaisons in parks • Signage, particularly in languages besides English • Parks Rx program development Support: Assistance from Wright County Public Health to: <ul style="list-style-type: none"> • Convene local partners • Talk with communities experiencing barriers to park access • Develop a cultural liaison program
Transit Planning and Access Support	Municipalities, Community-Based Organizations, Workplaces, Schools, Community Centers	Increase or expand sustained access to public transit for communities with a focus on prioritized populations	Funding for: <ul style="list-style-type: none"> • Community engagement activities • Environmental changes to increase access Support: Assistance from Wright County Public Health to to: <ul style="list-style-type: none"> • Plan and implement community engagement strategies • Review land use and zoning regulation policies with a health equity lens
Vision Zero Policies	Municipalities, Schools, Community-Based Organizations	Eliminate traffic death and severe injury through a multidisciplinary approach prioritizing the safety of people walking, bicycling, or taking transit	Support: Assistance from Wright County Public Health to plan for, adopt, and implement a local vision zero policy
Bike-Friendly Certification Walk-Friendly Certification	Workplaces, Municipalities, Schools, Healthcare	Address and prioritize pedestrian/ bicyclist needs to create safer, healthier, greener, equitable, and economical communities	Funding for: <ul style="list-style-type: none"> • Community engagement activities • Bike racks Support: Assistance from Wright County Public Health to: <ul style="list-style-type: none"> • Plan and implement community engagement strategies • Perform assessments to identify gaps and opportunities
Bicycle Sharing Programs	School, Workplaces, Community-Based Organization	Provide transportation options and access to bicycles to support shorter trips between places and increase opportunities for physical activity	Funding for: <ul style="list-style-type: none"> • Community engagement activities • Bike racks and bicycles Support: Assistance from Wright County Public Health to: <ul style="list-style-type: none"> • Plan and implement community engagement strategies • Perform assessments to identify gaps and opportunities

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Local Planning (Land Use, Zoning, Comprehensive Planning)	Municipalities, County, Community-Based Organizations	Create plans and policies which guide and shape the social and physical environmental surroundings that impact opportunities for physical activity	Funding for: <ul style="list-style-type: none"> • Community engagement activities • Plan development Support: Assistance from Wright County Public Health to: <ul style="list-style-type: none"> • Plan and implement community engagement strategies • Review land use and zoning regulation policies with a health equity lens
Comprehensive School Physical Activity Program	Schools, Before or After School Programs	Support physical education and physical activity for youth	Support: Assistance from Wright County Public Health to plan for and implement comprehensive school physical activity programs
Outdoor Classrooms	Schools, Before or After School Programs	Create opportunities to learn outdoors, with the evidence that it benefits student and teacher physical health, mental health, social-emotional health, academic success, and community health	Funding for: <ul style="list-style-type: none"> • Seating and shading • Generic classroom materials, such as white boards • Speaker systems Support: Assistance from Wright County Public Health to plan for and implement outdoor classrooms, with special consideration for those with chronic conditions
Active Work Day	Workplaces	Increase opportunities for physical activity throughout the work day	Funding for: <ul style="list-style-type: none"> • Mapping walking/biking trails • Bike racks • Sit/stand desks Support: Assistance from Wright County Public Health to develop policy, systems, and environmental changes
Employee Engagement	Workplace	Build a healthy culture that has benefits for the employer and the employee	Funding for trainers Support: Assistance from Wright County Public Health to connect workplaces to the tools and technical assistance needed to be successful
Falls Prevention	Schools, Healthcare	Identify fall risks and create solutions to mitigate risk	Support: Assistance from Wright County Public Health to: <ul style="list-style-type: none"> • Complete environmental scanning • Promote risk prevention via policy, systems, and environmental changes • Create assessment tools

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Screening, Brief Intervention, Referral to Treatment (SBIRT)	Healthcare	Screen and follow-up with those who are experiencing substance use or suicidal thoughts	Funding for: <ul style="list-style-type: none"> • Send staff to train-the-trainer classes • Provide trainings for healthcare providers • Adapt electronic health records to incorporate SBIRT screenings Support: Assistance from Wright County Public Health to: <ul style="list-style-type: none"> • Expand referral lists to additional community-based resources
Medication/Sharps Disposal	Healthcare, Pharmacies, Schools, Municipalities, Funeral Homes	Provide additional opportunities for clients and community members to dispose of unused, unwanted, or expired medication and sharps	Funding for medication and sharps disposal boxes Support: Assistance from Wright County Public Health to: <ul style="list-style-type: none"> • Identify local safe disposal sites and gaps in access to safe disposal • Educate partners and the community on the purpose and location of safe disposal sites • Coordinate the implementation of additional safe disposal sites
Anti-Stigma Campaigns	Healthcare, Schools, Workplaces, Community Organizations	Save lives by reducing stigma related to opioid use disorder	Support: Assistance from Wright County Public Health to: <ul style="list-style-type: none"> • Assess current policy, curriculum, and communications language as it relates to substance use • Provide educational opportunities to learn about addiction as a disease • Encourage naloxone carrying and provide trainings
Comprehensive Employer-Led Opioid Misuse Strategies	Workplaces	Save lives by providing support systems related to opioid use disorder	Support: Assistance from Wright County Public Health to: <ul style="list-style-type: none"> • Utilize Opioids at Work Employer Toolkit • Provide naloxone access in case of overdose emergency • Implement policies that support supervisors and employees • Provide safety education regarding opioid use
Prescription Drug Monitoring Program (PDMP)	Healthcare (including Oral Health Professionals)	Save lives by reducing unnecessary prescriptions of opioid medications	Support: Assistance from Wright County Public Health to: <ul style="list-style-type: none"> • Implement system to check PDMP <ul style="list-style-type: none"> ◦ Adopt best practices for opioid prescribing
Trauma-informed Principles (TIP)	Schools, Workplaces, Healthcare	Understand trauma and stress, compassion and dependability, and resiliency and recovery	Support: Assistance from Wright County Public Health to: <ul style="list-style-type: none"> • Provide TIP training • Create policy/systems/environmental changes to address and avoid trauma

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Social Emotional Learning (SEL) Curriculum	Schools, Childcare, Youth Programs	Implement an evidence-based curriculum on educational method that aims to foster social and emotional skills	<p>Materials</p> <ul style="list-style-type: none"> • Curriculum materials • Assessment and planning materials <p>Support: Assistance from Wright County Public Health to explore and implement an SEL curriculum</p>
Social Connection	Communities, Workplaces, Healthcare, Schools, Childcare	Incorporate social connection within activities through reframing policies and systems to ensure belonging	<p>Funding for activities to boost social connections</p> <p>Support: Assistance from Wright County Public Health to increase social connections within current activities and settings</p>
Meditation Gardens	Communities, Workplaces, Healthcare, Municipalities, Schools, Childcare	Build a meditation garden where people can experience the calm of nature, reflect through a labyrinth, and take refuge from life's challenges	<p>Materials</p> <ul style="list-style-type: none"> • Benches • Fountains • Seeds and plants • Soil • Gardening tools <p>Funding can also be used for community engagement to create a calming experience well-suited to the specific population served</p> <p>Support: Assistance from Wright County Public Health to gain professional connections on building meditation gardens, including planning, planting, and sustainability</p>
Mental Health Policy Promotion	Communities, Workplaces, Healthcare, Schools, Childcare, Youth Programs	Create and implement mental health policy and procedures, such as steps to care for a mental health crisis and red flag policies	Support: Assistance from Wright County Public Health to explore ways to create and implement policies that promote mental well-being
Tobacco Point-of-Sale	Municipalities, Community-Based Organizations, Youth Groups, Local Legislators	Reduce youth and other targeted groups' exposure to commercial tobacco products and marketing through local ordinance changes	<p>Support: Assistance from Wright County Public Health to:</p> <ul style="list-style-type: none"> • Conduct community-based assessments • Advocate for raising the price of tobacco products, restricting sale of certain products, reducing density of retail outlets, establish content-neutral sign regulations, and clean indoor air laws • Offer cessation services • Implement mass media campaigns
Smoke-Free Housing	Multi-Unit Housing Complexes, Property Managers/Owners, Tenant Groups, Community-Based Organizations	Decrease exposure to secondhand smoke in homes by increasing access to smoke-free housing options	<p>Support: Assistance from Wright County Public Health to:</p> <ul style="list-style-type: none"> • Conduct assessments • Educate on the benefits of smoke-free housing • Develop smoke-free strategies and policies • Implement and evaluate protections

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Commercial Tobacco-Free Community Spaces	City and County Parks and Recreations Departments, Community-Based Organizations, Youth Groups	Provide health protection from commercial tobacco product use and exposure	Support: Assistance from Wright County Public Health to develop policy, systems, and environment changes
Quit Partner Referral	Healthcare, Schools, Workplaces	Assist those who want to quit using commercial tobacco products	Support: Assistance from Wright County Public Health to: <ul style="list-style-type: none"> • Conduct assessments • Develop referral systems • Implement communications campaigns
Comprehensive Commercial Tobacco-Free Schools	Schools, Before and After School Programs, Parent Groups	Prevent initiation of commercial tobacco and nicotine products for youth and young adults, as well as school employees	Funding for signage Support: Assistance from Wright County Public Health to: <ul style="list-style-type: none"> • Conduct assessments • Include oral health/tobacco-free messaging in school spaces • Develop counseling and referral systems to promote tobacco-free living
Commercial Tobacco-Free Workplaces	Workplaces	Prevent initiation and eliminate use of commercial tobacco and nicotine products	Funding for signage Support: Assistance from Wright County Public Health to <ul style="list-style-type: none"> • Provide cessation aids • Provide on-site cessation classes • Promote Quit Line • Enact a tobacco-free policy that includes vaping • Update current tobacco free policy