

Carver County Public Health is using Statewide Health Improvement Partnership (SHIP) funds to support healthy eating, active living, and tobacco reduction initiatives in the community. SHIP seeks to create sustainable, systemic changes in schools, child care, worksites, communities and health care organizations to *make the healthy choice the easy choice* for all.

Funding and additional resources are available for organizations that want to improve the health of those who live, work, learn, and play in Carver County. SHIP especially focuses on communities experiencing health inequities. Health inequity is 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, and tobacco reduction.

- 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 prohibits selling unhealthy foods at school fundraisers.
- 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 offering healthier options at restaurants.

Potential partners include, but are not limited to: healthcare centers, worksites, community organizations, community centers, booster clubs, cities and towns, churches and faith-based institutions, and after-school programs. The table below provides examples of SHIP projects and funding opportunities but note that projects are not limited to what is listed. To discuss funding and resources in more detail, please contact SHIP@co.carver.mn.us.

Questions to get you started	Type of project	What will be accomplished?	What can SHIP funding provide?
Does your organization want to create a lactation room to support breastfeeding mothers?	Outfitting a Lactation Room	Reduce barriers to breastfeeding for nursing mothers returning to work and provide a safe, clean, private space for mothers to express milk.	Materials: <ul style="list-style-type: none"> • Chair and footstool • Side table • Small refrigerator • Wall paint • Door sign and lock Support: Assistance from Carver County Public Health to: <ul style="list-style-type: none"> • Develop or enhance an existing breastfeeding policy • Training for all supervisors to support breastfeeding • Identifying an adequate space for a lactation room

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Does your organization offer a comfortable and functional space for employees to relax and eat a meal during their work day/shift?	Break Room Improvements	Making the breakroom work for employees helps build a positive workplace culture and can improve morale and productivity.	<p>Funding can be used for:</p> <ul style="list-style-type: none"> • Wall paint • Small and large appliances • Other materials identified by partner <p>Support: Assistance from Carver County Public Health to:</p> <ul style="list-style-type: none"> • Create break room guidelines • Identify materials to enhance space
Does your clinic want support enhancing screen, counsel, refer, and follow-up protocols for evidence-based programs?	Clinic-Community Partnership	Increase clinic-community linkages to prevention services	<p>Funding can be used to:</p> <ul style="list-style-type: none"> • Evaluate current screening protocols • Integrate or enhance overweight/obesity prevention and reduction programs • Promote/advertise prevention or smoking cessation programs • Train health care staff on evidence-based tobacco cessation techniques <p>Approved evidence-based programs:</p> <ul style="list-style-type: none"> • National Diabetes Prevention Program • Call it Quits Tobacco Referral Program • A Matter of Balance • Chronic Disease Self-Management Program • Tai Ji Quan Moving for Better Balance • Dementia-Friendly Communities • MDH Breastfeeding-Friendly Maternity Center • Other specific needs <p>Support: Assistance from Carver County Public Health to:</p> <ul style="list-style-type: none"> • Facilitate meetings between clinics and community partners • Promote healthy eating and physical activity in the workplace
What healthy food and beverage options are available in your vending machines?	Vending Revamp	Support access to healthier food and beverages in vending machines by providing nutritious options.	<p>Funding can be used to:</p> <ul style="list-style-type: none"> • Market healthier options through pricing, promotion, and placement strategies • Purchase a water filling station (with matched funding) <p>Support: Assistance from Carver County Public Health to:</p> <ul style="list-style-type: none"> • Assess current vending options • Determine healthy food and beverage options • Create policy changes

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<p>Is your organization interested in creating or enhancing a workplace wellness initiative to support employee health?</p>	<p>Workplace Wellness</p>	<p>Support employee health and encourage positive lifestyle behaviors, such as adequate physical activity, healthful eating, tobacco-free environments and support for nursing mothers.</p>	<p>Funding can also be used for:</p> <ul style="list-style-type: none"> • Outfitting a lactation room • Increasing access to healthy foods in vending and cafeterias • Increasing opportunities for physical activity during the workday • Support for and promotion of tobacco cessation treatment <p>Support: Assistance from Carver County Public Health to:</p> <ul style="list-style-type: none"> • Gain leadership support, create a wellness committee, assess the workplace environment and develop a wellness brand • Set goals and create an action plan • Develop or enhance policies to support worksite wellness • Network with other organizations working on wellness in the community
<p>Is your community or organization interested in starting a garden on site? Produce can be taken home by the gardeners or donated to a local food shelf.</p>	<p>Community Agriculture</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 and plants • Soil • Gardening tools <p>Funding can also be used for:</p> <ul style="list-style-type: none"> • Community engagement activities to expand participation in gardening activities <p>Support: Assistance from Carver County Public Health and the University of Minnesota Extension to support the construction, planting, and harvesting of the garden.</p>
<p>Does your organization serve food for large groups of people, but your equipment holds you back from serving healthier food/meals?</p>	<p>Kitchen Fix</p>	<p>Prepare and serve healthier food options to community members.</p>	<p>Supplies:</p> <ul style="list-style-type: none"> • Large equipment, such as refrigerators • Small equipment, such as food processors • Cooking utensils <p>Funding can also be used for:</p> <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 <p>Support: Assistance from Carver County Public Health to:</p> <ul style="list-style-type: none"> • Create policy or procedural changes within your organization to promote healthier food preparation • Develop and analyze menu options

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What healthy food and beverage options are available at your concession stands?	Build a Healthy Concession Stand	Support access to healthier food and beverages at concession stands by providing nutritious options.	<p>Funding can be used to:</p> <ul style="list-style-type: none"> • Market healthier options through pricing, promotion, and placement strategies <p>Support: Assistance from Carver 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
Do you want to improve your food shelf offerings to help guide clients toward healthy options?	Food Shelf Fix	Create policy, systems or environmental changes at your food shelf in order to increase access to and consumption of healthier foods.	<p>Supplies:</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 can also be used for:</p> <ul style="list-style-type: none"> • Training for volunteers to support clients in making healthier choices • Software to improve procurement of fresh produce (with matched funding) <p>Support: Assistance from Carver County Public Health and/or 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
Is your community interested in starting a farmers market? Is your farmers market interested in accepting EBT or starting the Power of Produce (PoP) Club?	Farmers Market	Increase access to and availability of farmers markets in communities.	<p>Supplies:</p> <ul style="list-style-type: none"> • Signage to promote the market • Electronic benefits transfer (EBT) startup and machine costs • Power of Produce (PoP) Club startup costs <p>Funding can also be used 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 Carver County Public Health to implement EBT or start the Power of Produce (PoP) Club at the market.</p>

Questions and thoughts to get you started	Type of Project	What will be accomplished?	What can SHIP funding provide?
Does your organization want to transform outdoor space into an area to grow edible plants?	Edible Landscape	Increase access to and availability of vegetables and fruits.	<p>Supplies:</p> <ul style="list-style-type: none"> • Plants • Soil • Seeds • Signage to identify and promote the edible landscape <p>Support: Assistance from Carver County Public Health and/or University of Minnesota Extension to plan the edible landscape.</p>
Do you want to increase access to non-motorized transportation?	Alternative Transportation Support	Create systems, policy and environmental changes supporting infrastructure change in the community to increase alternative transportation (such as walking or biking) for active living.	<p>Supplies:</p> <ul style="list-style-type: none"> • Equipment, such as bike fixit stations, bike racks or other bicycle supplies for community members to use • Benches along trails and in parks • Paint to mark pedestrian crossing or bike lanes <p>Funding can also be used for:</p> <ul style="list-style-type: none"> • Temporary demonstration projects to illustrate how small changes to streets, sidewalks, curbs, etc. can increase active transport • Engaging community members, especially youth or diverse voices, in advocacy and leadership through attending community advisory meetings, transportation meetings, and/or training opportunities • The use of Walk! Bike! Fun! (or other curricula or programs) to promote bicycle and pedestrian safety <p>Support: Assistance from Carver County Public Health and consultants to incorporate health in comprehensive plans.</p>
Do you have an active and engaged community group ready to start being more active?	Active Spaces	Create a healthy environment at your organization that supports your community in being active.	<p>Supplies:</p> <ul style="list-style-type: none"> • Small, portable exercise equipment <p>Funding can also be used for:</p> <ul style="list-style-type: none"> • Engagement to assess interest and gather input <p>Support: Assistance from Carver County Public Health to create a policy or procedural change at your organization.</p>

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Does your organization or event want to be designated as tobacco-free?	Tobacco-Free Signage	Create a healthy environment at your organization or event by eliminating tobacco and exposure to secondhand smoke.	<p>Funding can be used for:</p> <ul style="list-style-type: none"> • Various types and sizes of signage <p>Support: Assistance from Carver County Public Health to develop and implement a tobacco-free policy.</p>
Do you want to do community engagement around healthy eating, active living, or tobacco use for a community group, neighborhood, city, or other group?	Community Engagement	Use authentic community engagement to reveal community needs.	<p>Funding can be used for:</p> <ul style="list-style-type: none"> • Providing food for community engagement events to encourage participation • Renting meeting space <p>Support: Assistance from Carver County Public Health to get the process started and to do authentic engagement.</p>
Do you have a different idea to increase healthy food access, active living opportunities or tobacco-free living?	Other Idea	Create a policy and system or environmental change related to healthy eating, active living and/or tobacco-free living.	Send us your idea that features a policy, systems or environmental change and we can work with you to help reach your population and create sustainable change.



CARVER COUNTY



Public Health

Healthy Carver for a Lifetime

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