

# Statewide Health Improvement Program

# Making the HEALTHY Choice the EASY Choice!



**"The best way to begin slowing the growth of health care costs is to promote wellness and prevent disease."**

*State Official's Guide to Wellness*

## What is the Statewide Health Improvement Program?

The Statewide Health Improvement Program (SHIP) is a roadmap to a healthier Minnesota.

Signed into law in 2008, SHIP is an integral component of Minnesota's nation-leading health care reform legislation to improve health and decrease health care costs. SHIP strives to help Minnesotans live longer, better, healthier lives by preventing the chronic disease risk factors of physical inactivity, poor nutrition and tobacco use and exposure.

The SHIP funds 41 grantees across Minnesota. These grantees cover all 87 counties in Minnesota as well as 9 of 11 tribal governments. City, county and tribal governments are working in partnership with schools, community groups, businesses and health care providers to implement proven strategies throughout Minnesota.



**SHIP operates across settings where people live, work, learn, play and receive health care.**

## How Does SHIP Work?

Local public health departments and tribal governments are eligible for this competitive grant program. Grantees work in partnership with schools, businesses, health care providers and community groups to decide their focus. Then they select from a list of proven strategies developed by the Minnesota Department of Health to reduce obesity and tobacco use in their communities.

## Return on Investment

► **Investment:** Minnesota invested \$47 million in SHIP in 2010-2011.

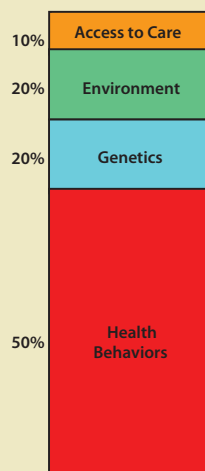
SHIP is an investment "upstream" to increase healthy behaviors and prevent the leading causes of illness and death: tobacco, poor nutrition and physical inactivity.

► **Projected Savings:** \$1.9 billion in health care costs in Minnesota by 2015.

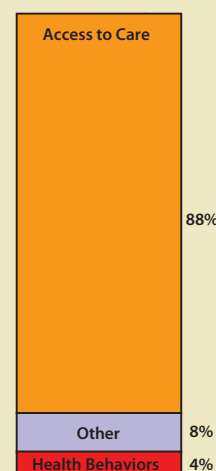
With sustained funding, SHIP could move as much as 10 percent of the adult population into a normal weight category and as much as 6 percent of the adult population into a non-smoking category by 2015. Reductions in risk factors could result in an estimated potential savings of \$1.9 billion, or 3.8 percent of projected health care spending without reform. *Source: Minnesota Department of Health*

## Investment Disconnect

What influences our health status?



Where do we spend money? National Health Expenditures



*SOURCE: Centers for Disease Control and Prevention, University of California at San Francisco, Institute for the Future*

## Chronic diseases are widespread...

- ▶ Approximately 70 Minnesotans die each day from chronic diseases.
- ▶ Chronic diseases are among the most prevalent, costly and preventable of all health problems.
- ▶ U.S. healthcare expenditures increased from \$245 million (or \$1,066 per person) in 1980 to \$2 trillion (or \$6,697 per person) in 2005.

## Unhealthy behaviors are common...

*According to a survey of adults in Minnesota called the Behavioral Risk Factor Surveillance System (BRFSS):*

- ▶ Almost 63% are either overweight or obese;
- ▶ Fewer than 25% consume the recommended five servings of fruits and vegetables;
- ▶ Only 50% meet the recommendations for physical activity; and
- ▶ 16.8% are current smokers.



*According to the Minnesota Student Survey:*

- ▶ Only 61% of high school boys and 45% of high school girls participate in enough vigorous physical activity.
- ▶ Fewer than 22% of all elementary, middle and high school students surveyed eat the recommended five servings a day of fruits and vegetables.
- ▶ 10% of middle school students and 29% of high school students currently use tobacco.



## To reduce obesity and tobacco use and exposure, SHIP communities across the state are:

- ▶ Addressing nutrition, physical activity and tobacco use and exposure in small to large businesses through worksite wellness.
- ▶ Implementing physical activity and healthy eating practices in child care settings.
- ▶ Bringing fresh produce to schools through Farm-to-School efforts and school gardens.
- ▶ Increasing access to fresh fruits and vegetables in the community by creating new farmers' markets, improving existing markets, and creating or expanding community gardens.
- ▶ Increasing opportunities and support for youth to walk or bike to school by implementing Safe Routes to School policies, practices, and systems changes.
- ▶ Increasing opportunities for physical activity in the community by implementing active living strategies (complete streets, increasing access to parks, trails and recreational activities, and more).
- ▶ Creating tobacco-free campuses at post-secondary institutions.
- ▶ Connecting health care clients to community resources that support healthy behaviors by working with health care providers and community organizations.

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