



I love the collaboration and support during the implementation of the SHIP grant. It takes a community to get things moving and Living Healthy Washington County is vital in brainstorming solutions to the implementation of the work.

– School Partner

This SHIP project provided a lasting impact for the employees of our site. Not only has it increased morale among workers, but it also impacts their physical health. Employees spend so much time at work, the SHIP project shifts changes to benefit our community health in a positive and sustainable way.

– Worksite Partner

This grant will help provide greater bicycle and pedestrian access in the city ... through future infrastructure at a shopping center, which will provide a designated route from the city trail network for pedestrian access to a major shopping destination in the community. This grant also provided funding for the planning efforts required to construct a new trail Safe Route to School for neighboring residents.

– City Partner

The SHIP partnership slowly but surely is providing [our school] an opportunity to enhance the staff lounge and lunch area for the purpose of promoting healthier lifestyles for both students and staff.

– School Partner

We learned a great deal about resources available to serve aging residents and we developed some new partnerships both within Washington County and around the County.

– Healthy Aging Partner

Although very slowly, I do believe that the SHIP partnership is helping us move forward with policy, systems, and environments that will improve the health and well-being of our students. It is an organizing force that creates some urgency, accountability, and representation.

– School Partner

Because of the drastic increase in sales [our farm saw this year we will be able to reinvest into the farm more than ever, increasing the amount of produce we grow and the amount of resources we have to promote in distribute our produce. This years grant will have long-term, positive effects on both the farm's financial viability and it's social impact on the surrounding community.

– Healthy Foods Partner

SHIP grants allow our school, a charter-school, to enhance our work spaces for staff members and facilities for our students, staff and community members. Without SHIP funding grants, these projects would be delayed or potentially not attempted.

– School Partner

I have a private, comfortable, bright space to pump. I am better able to balance life and work. I can provide enough milk for my baby while I'm away due to the calming and private environment. It also creates community among the moms using the room. I feel supported and have all I need to successfully continue breastfeeding my baby while working full time.

– Worksite Partner

This community garden helped to destigmatize what it means to live in a group home and to create more understanding about who people are who need a bit of extra support. Neighbors had the chance to meet and spend time with each other. The garden project provided a place for neighbors to convene and participate in a shared experience—pillars of building a strong and healthy community.

– Healthy Foods Partner

## Partner Voices



# Our Work in 2019

Living Healthy Washington County works with community leaders, employers, schools, and health care professionals to create policies and resources that make it easier for residents to be healthy. From better nutrition in schools, child care facilities, and homes to more physical activity and reduced tobacco exposure, we strive to make a positive difference across the community.



LivingHealthy | Washington County

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## SCHOOLS

Healthy students are better learners and thinkers. Living Healthy Washington County supports school wellness initiatives and best practices to increase access to quality physical education, active classrooms, and healthy eating throughout the school day.

**8 Partners**  
5 districts, 3 public charter schools

**38,659**  
students

**56**  
school sites

**5 Partners**  
4 cities, 1 countywide collaboration

**261,512**  
residents

## ACTIVE LIVING

Living Healthy Washington County partners with communities to create more options for residents of all ages and abilities to be more active. Through strategic city planning and community involvement, we can make it easier for residents to walk and bike, whether it's for transportation or recreation. We also support the countywide bike and pedestrian plan, which engages community members, cities, and other partners in developing a common vision to support active living through a connected network of sidewalks, trails, roadways, and facilities.



## HEALTHY EATING

Eating right is easier with healthy food options close at hand. Living Healthy Washington County works to make fresh, affordable, healthy foods readily available to all residents. Good nutrition helps prevent a wide variety of chronic conditions including obesity, diabetes, heart disease, and stroke.

**6 Partners**  
1 farmers market, 2 food shelves,  
2 community organizations,  
1 school

**36,433**  
residents

**19 Partners**  
9 libraries, 5 community organizations,  
2 health care systems, 2 mental health  
systems, 1 community coalition

**261,512**  
residents

## HEALTH CARE

Living Healthy Washington County works with health systems and community partners to implement tobacco cessation and healthy aging strategies. We also work with local health care partners and the community to promote, support, and protect breastfeeding as the preferred way to feed babies during the first year of life.



## WORKSITES

Healthy employees are more productive! Living Healthy Washington County helps local employers create a culture of wellness where healthy choices are the norm. A worksite wellness program helps educate and motivate employees in positive lifestyle behaviors.

**12 Partners**  
6 employers, 6 school partners

**4,039**  
employees

**30 Partners**  
26 housing sites, 2 cities,  
2 school districts

**4,990**  
residents

## TOBACCO-FREE LIVING

Everyone deserves to breathe clean air. With tobacco-free policies, adults and families have more choices about where they live, with reduced exposure to secondhand smoke. Living Healthy Washington County works with owners and managers of multi-unit housing to provide smoke-free units to all tenants. We also support cities and schools with tobacco ordinance development and best practices to reduce youth access to tobacco.



## CHILD CARE

Living Healthy Washington County helps child care providers and preschools give young children a healthy start. Children who are active and eat well have healthier growth and development, are ready for learning, and feel better. Child care providers and preschools can help build lifelong wellness habits by teaching healthy behaviors, offering opportunities to be active, and demonstrating good nutrition.

**40 Partners**

**301**  
children