



SUSTAINING A HEALTHIER DAKOTA COUNTY

Evaluation Summary, October 2017 Statewide Health Improvement Partnership (SHIP 4)

Physical inactivity, poor nutrition, and tobacco use and exposure are the top three preventable causes of illness in the U.S. – leading to 35% of all deaths each year. In Minnesota, these are also the leading drivers of health care expenses, leading to annual medical costs of nearly \$6 billion.

In Minnesota, the need for changes is clear: just 37% of Minnesota adults are at a healthy weight, short of the 2020 target of 46%. Nearly one-fifth of Minnesota nonsmokers living in multi-housing units are exposed to tobacco smoke over time. As a result, SHIP was created by the Minnesota Legislature in 2008 to reduce chronic diseases and their impact on the economy.

The Dakota County Public Health Department received \$1.5 million in SHIP 4 funding from the Minnesota Department of Health to implement evidence-based strategies from November 1, 2015 to October 31, 2017. SHIP 4 partners made sustainable changes that improved health outcomes for Dakota County residents.

\$3.39 million additional funds leveraged by SHIP 4

- \$3,288,560 in state and federal grants for active living construction projects
- \$71,746 to support healthy eating in schools
- \$25,497 to support active living in schools
- \$3,000 in local grant funding to support community food systems

Over 90% of changes are sustainable

Overall, 33 of 36 partner organizations made sustainable changes, implementing at least five of seven identified best practices. The seven criteria reviewed were:

- ☑ Ability to meet needs of target audience
- ☑ Staff participation in sustaining interventions
- ☑ Alignment with organization's strategic plan
- ☑ Leadership support
- ☑ Potential for partnership with other organizations
- ☑ Identification of potential funding sources
- ☑ Written plan to ensure sustainability



Healthy Eating:

Dakota County residents from infants through older adults have increased options to healthy food. This includes more than 13,000 Dakota County students and 12,000 worksite employees impacted by improved nutrition policies and environmental changes.

"Learning About Nutrition Through Activities (LANA) Preschool Program is one of the best in-services I've ever had... walked away thinking we could totally do this!"

- child care worker



Active Living:

All Dakota residents will benefit from eight city and county led projects that will improve walking and biking paths that connect homes, jobs, shopping, schools, and transit.

"SHIP grant dollars have been instrumental in the City being able to develop plans for pedestrian and bicycling improvements in our community. This funding has allowed us to develop new methods for community engagement, active living, and healthy eating by reaching people that have not typically participated in our public processes."

-City Parks and Recreation Director



Tobacco-Free Living:

Over 6,000 Dakota County residents living in multi-unit housing complexes are now protected from secondhand smoke through smoke-free policies. Half of all new policies developed through SHIP 4 impacted older adults and those receiving subsidized funding.

"I really like the idea of the building moving smoke-free, it really bothered me, I don't want to be [a] 2nd hand smoker."
- South St. Paul resident

Reaching Dakota County residents in all stages of life

Dakota County SHIP 4 strategies addressed core challenges faced by people of all ages - from infancy through older adulthood.

Setting a foundation for infants and children to live healthy lives



Helping students develop life-long healthy habits



Supporting adult wellness



Protecting older adults from falling



Setting a foundation for infants and children to live healthy lives	Helping students develop life-long healthy habits	Supporting adult wellness	Protecting older adults from falling
<p>1,712 children have increased access to fruits and vegetables, fewer high sodium foods, and structured physical activities at 21 child care centers.</p> <p>Short-term outcomes:</p> <ul style="list-style-type: none"> • 88% of child care centers reported improvements to support healthy eating; 67% reported improvements to promote physical activity • 200 childcare staff received trainings to promote healthy eating and physical activity <p>374 women of child bearing age have increased support for breastfeeding in four worksites. Two child care centers also made policy enhancements.</p> <p>Short-term outcomes:</p> <ul style="list-style-type: none"> • 100% of worksites strengthened policies and systems to support breastfeeding with three establishing lactation rooms • 27 childcare staff received trainings to promote breastfeeding support 	<p>23,844 students in six school districts now have:</p> <ul style="list-style-type: none"> • More fresh fruits and vegetables, less sodium available during lunch • Increased access to water consumption and availability of healthier items at concessions and events • Improved visibility and marketing for healthy cafeteria options • Increased physical activity and intensity in classrooms, at recess, and before and after school <p>Short-term outcomes:</p> <ul style="list-style-type: none"> • 100% of participating schools implemented changes to increase healthy consumption with one reaching the top standard for incorporating nearly all no- or low-cost strategies • 100% of schools implementing active recess made at least one policy or environmental change, including playground maps, schedule changes, and playground staffing 	<p>13,768 adults at 12 worksites now have (one or more):</p> <ul style="list-style-type: none"> • Access to healthier vending options • Healthier food options at meetings • Increased opportunities for physical activity at and after work <p>Short-term outcomes:</p> <ul style="list-style-type: none"> • 90% of partners now have work site wellness incorporated in their strategic plan (up from 40%) • 100% of partners now have a communication plan to engage employees in work site wellness (up from 40%) 	<p>57 older adults participated in <i>A Matter of Balance</i> workshop leading to:</p> <ul style="list-style-type: none"> • Setting goals to increase activity • Exercising to increase strength and balance • Making environmental changes at home to prevent falls <p>Short-term outcomes:</p> <ul style="list-style-type: none"> • 92% of older adults completed exercising they learned at home and 100% had plans to continue exercising post workshops. • Pre- and post-assessments showed older adults were more confident in knowing how to get up from a fall, protect themselves after a fall, and prevent future falls.