



OFFICE OF GOVERNOR MARK DAYTON

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Statewide Health Improvement Program (SHIP) Better Health for Every Dollar

Obesity and tobacco use cost our state nearly \$6 billion every year. Governor Dayton's budget invests \$40 million in the Statewide Health Improvement Program (SHIP) to reduce health care costs, fight chronic disease, and help people live healthier lives.

Background: The Statewide Health Improvement Program (SHIP)

The SHIP program partners with communities, businesses, schools, and health care providers to reduce key risk factors that contribute to chronic diseases such as cancer, diabetes, and heart disease. These efforts help improve people's health and reduce health care costs in Minnesota.

» **Improving the Health of Minnesotans.** The goal of SHIP is to increase Minnesota's proportion of healthy weight adults by 9 percent (from 38 to 47 percent), and to reduce young adult tobacco use by 9 percent (from 27.8 to 18.6 percent) by 2020.

» **Reducing Health Care Costs.** A recent study showed Minnesota could save \$4.2 billion by 2020 if the average Minnesotan's Body Mass Index (BMI) decreased by 5 percent.

» **Deep Budget Cuts.** Last biennium, SHIP was cut by 70 percent. To make a significant statewide impact on health care costs, restoration of SHIP funding is imperative.

The Governor's Budget Proposal

Governor Dayton's budget invests \$40 million SHIP, helping communities, workplaces, and schools fight obesity and chronic disease. Making healthy choices easier for people will help address the key risk factors of poor nutrition, physical inactivity, and tobacco use and exposure – improving the overall health of Minnesotans and reducing health care costs.

SHIP Success Stories

» **Healthy, Happy Kids in Cass County.** Four Cass County schools have created programs to increase students' physical activity, including a new walking program that helped one 11th grade student lose 60 pounds. Another 7th grade student said, "When I didn't walk, I didn't feel so good in the afternoon. But now that I walk, I feel better; and I am losing weight!"

» **Getting Active.** Cities that have complete streets policies and promote cycling can increase physical activity by 50 percent over 20 years. Even a five percent increase in neighborhood walkability means a 32 percent increase in walking and biking. SHIP has already helped 255 cities to improve walkability and bikeability in their communities.

» **Reducing Second-Hand Smoke.** More than 3,800 residents of Dakota County are now free of second-hand smoke in their homes. Through SHIP, over 1,100 landlords and 40,000 community members have been educated about the benefits of smoke-free multi-unit housing. Now, 31 multi-unit buildings have a smoke-free policy; many of these buildings serve low-income and senior residents.