

Statewide Health Improvement Program (SHIP)

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Overview of SHIP

- SHIP was signed into law in 2008 as an integral component of Health Care Reform.
- Goal is to help Minnesotans live longer, better, healthier lives by reducing the burden of chronic diseases by addressing physical inactivity, poor nutrition, and tobacco use.
- Regionally, \$1 million appropriated for fiscal year 2010 and \$1.7 million for 2011 from the Health Care Access Fund.



Statewide Health Improvement Program

Working Together to Reduce Chronic Diseases

What is the Statewide Health Improvement Program?

The Statewide Health Improvement Plan (SHIP) was signed into law in 2008 as an integral component of Health Care Reform. The goal of SHIP is to help Minnesotans live longer, better, healthier lives by reducing the burden of chronic diseases by addressing physical inactivity, poor nutrition, and tobacco use.

Why do we need SHIP?

- ▶ The current generation of children is the first generation in two centuries that may have a shorter life expectancy than their parents.
- ▶ A strategic investment in chronic disease prevention could result in significant health care cost savings, according to the Trust for America's Health July 2008 report. An investment of \$10 per person per year in proven community-based programs to increase physical activity, improve nutrition, and prevent smoking and other tobacco use could produce annual net savings of \$316 million per year in Minnesota. That is a 6.2 to 1 return on investment.
- ▶ Minnesota slipped from atop the list of healthiest states in the nation in 2008, according to the annual "America's Health Rankings" report from the United Health Foundation. Minnesota has been in the first or second spot atop the rankings since the report's inception in 1990, but this year fell to number four. Minnesota dropped in part because per person public health spending dropped from \$62 to \$45, putting Minnesota's spending at 43rd in the nation. An ongoing increase in obesity was among other factors contributing to Minnesota's declining ranking.
- ▶ "Approximately 95% of the trillion dollars we spend as a nation on health goes to direct medical care services, while just 5% is allocated to population-wide approaches to health improvement. However, some 40% of deaths are caused by behavior patterns that could be modified by preventive interventions." *McGinnis et al, 2002.*



"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

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.
- ▶ Risk factors and behaviors are common in Minnesota.
- ▶ 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):

- ▶ 63% are either overweight or obese;
- ▶ Less than 25% consume the recommended servings of fruits and vegetables;
- ▶ Only 50% meet the recommendations for physical activity; and
- ▶ 18% are current smokers.



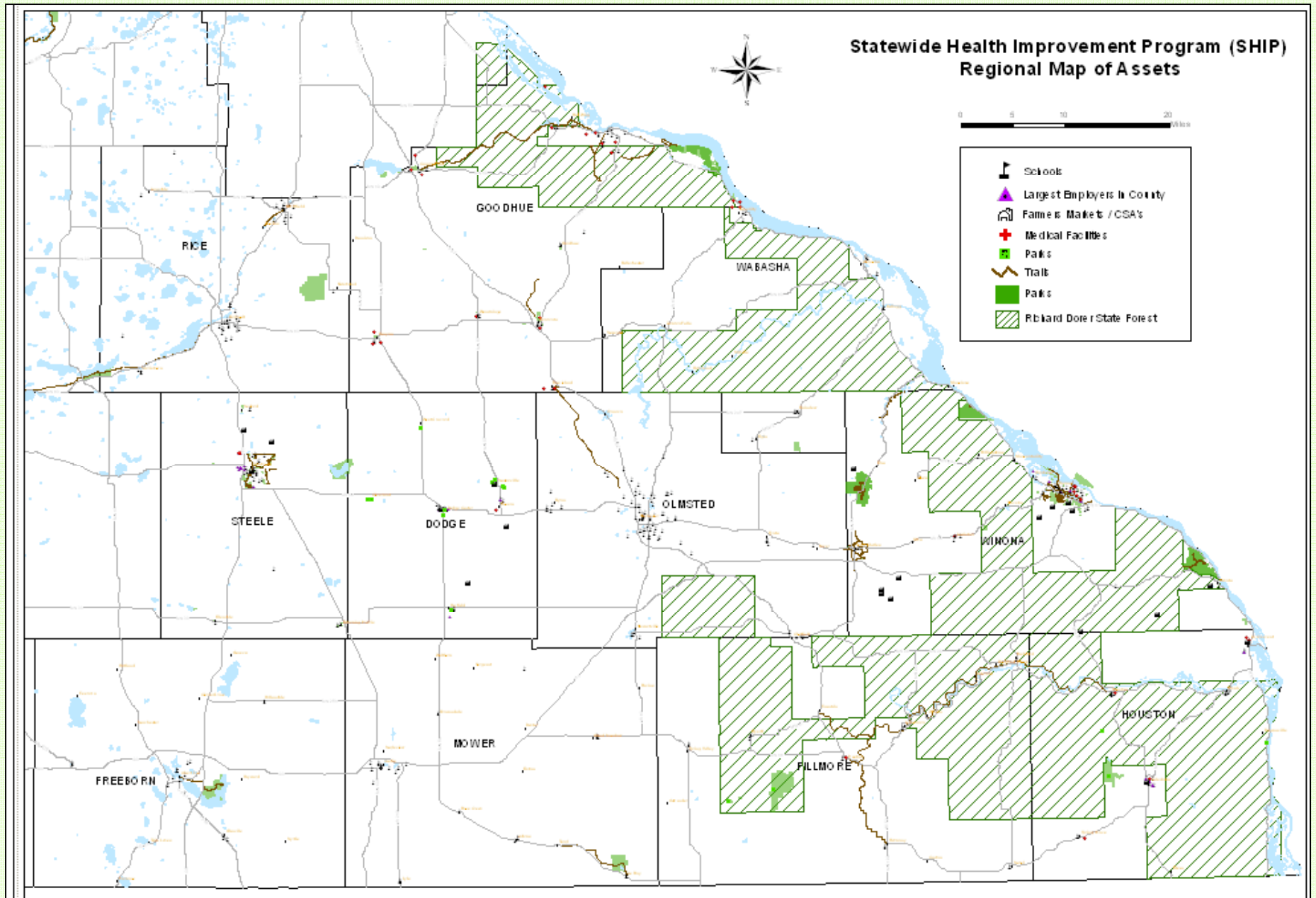
Overview

- Covers 9 counties in Southeast MN 11- county region.
- Each County's staff meets separately & also regional meetings.
- Choose interventions on a regional basis.

Regional SHIP

- All SHIP Initiatives Focused in Four Areas:
 - Schools
 - Community
 - Worksites
 - Health Care
- Planned Regional Interventions:
 - Healthy eating in schools.
 - Active communities.
 - Comprehensive worksite wellness.
 - Health care referrals to local resources.

How is GIS Involved?



SHIP Web Application:

Project Goal: “Create a GIS Application that will allow the public to interact with a map and partake in an active lifestyle”

- Staff from Goodhue, Olmsted and Winona counties have met to discuss this project.
- Data has been collected and an intern is continuing collection for whole region.
- Regional group is communicating with metro counties regarding their project status.
- Funding for project comes from the regional SHIP grant.

SHIP Web Application:

- **Metro counties also currently working on this project:** Anoka, Carver, Scott, and Washington
- **Proposed Consultant** – Houston Engineering
- **Proposed Platform** – ArcGIS Server with the Microsoft Silverlight API

SHIP Web Application:

- **Data:**
 - Base map
 - Imagery
 - Trails
 - Parks
 - Farmer's Markets
 - Water Recreation
 - And others
- **Tools:**
 - Print map
 - Search by trail/park name
 - Hyperlinks to additional information
 - And others

SHIP Web Application:

- **Staff from Goodhue, Olmsted and Winona counties are meeting monthly to discuss the project and which data layers should be included and what tools the region should have included.**
- **Still a lot of work to do to collect information from all 9 participating counties.**

Next Steps

- Looking for feedback:
 - Overall project
 - Which datasets to use in web application.
 - What tools to use in web application.

Additional Information

SHIP website: <http://www.health.state.mn.us/healthreform/ship>

Carver County Web App: <http://www.gocarvergo.org/>