

# SHIP

Bloomington · Edina · Richfield

## Statewide Health Improvement Program



March 10, 2010

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### Community Leadership Team Meeting

March 11, 2009  
2:00-4:00 pm  
Northwestern Health Sciences University  
Holtz Board Room

**Our website is up and running – take a look!**

### All Cities

#### Healthy Eating & Physical Activity in Childcare Centers

**Joan Bulfer and BPH Public Health Nurses** have completed over 90% of the first visits to childcare facilities that participated in the Learning About Nutrition through Activity (LANA) workshop. During these visits we assist facilities in developing an action plan to implement at least three nutrition best practices with one of them being a menu change to improve foods service in the facility. We also provide sites with a nutrition and physical activity policy and procedure manual to assist them in making these changes.

There is tremendous enthusiasm in childcare centers and preschools to work on changes in foods offered to children. As we make these visits, we are hearing a number of success stories: children who are afraid of trying new foods are slowly doing so; staff members who are moving ahead on activities while they work out the details and budgets to make long lasting change are sometimes purchasing fresh fruits and vegetables out of personal funds to serve children; and the take home nutrition activities have been very well received by parents. Families are supportive and appreciative of the changes happening.

In collaboration with Dakota County, BPH is offering two I Am Moving I Am Learning (IMIL) workshops on April 16 & 17, 2010 at the Dakota County Northern Services Center. IMIL is a proactive approach used in Head Start facilities to address childhood obesity. The program seeks to increase moderate to vigorous physical activity every day and promote healthy food choices every day. Childcare and preschool facilities that participated in the LANA workshops are encouraged to attend IMIL.

#### Mini-Grants

**Applications are now open for SHIP mini-grants.** Materials are posted on the SHIP website and have been distributed through a variety of networks to inform organizations in all three cities of this opportunity. Deadline for applications is April 15, 2010. [Please see our website for details.](#)

#### Active Worksites

**Sueling Schardin** will be contacting area worksites soon to share information on our Active Worksites initiatives. Through SHIP, we are able to conduct physical activity assessments of the worksite and provide assistance in creating and implementing action plans that promote physical activity for employees. Please contact us if you would like to learn more or if your worksite is interested in participating.

### Bloomington

#### Bloomington Public Schools (BPS)

Three schools in Bloomington have been identified as pilot schools – **Oak Grove Elementary, Oak Grove Middle, and Westwood Elementary.** **Kate Maher, School Liaison** is busy working with these schools to establish their wellness committees and get started conducting health assessments of their school environments.

### The 86th Street Corridor Multi-Modal Study

The Stakeholders Group met in early February to begin evaluation options for the Central and Eastern segments of the 86th Street Corridor - 35W to east of Nicollet Avenue and east of Nicollet Avenue to East Old Shakopee Road respectively. **Working with Bloomington Traffic Engineering Department, Robyn Wiesman is completing a Rapid Health Impact Assessment of 86th Street.** SHIP staff is gathering information on crashes involving pedestrians and bicyclists, vehicle driving speed on this street, and information on crosswalk painting and signals. This information is being presented to the Stakeholders Group during an HIA Workshop in early March to begin determining the health impacts of the current 86th Street design.

### Bike Racks

**Robyn Wiesman** is working with City Park & Recreation and Public Works Departments to assess bike racks currently in place at the schools, on city properties, and throughout the remainder of the city to determine future needs.

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## Edina

### Edina Public Schools (EPS)

**Normandale Elementary** has been identified as a pilot school in Edina. **Berit Peterson, School Liaison** is busy working with them to get started.

### Bike Racks

**Robyn Wiesman** is working with the City Park and Recreation Department and the Edina Task Force to assess bike racks currently in place at the schools, on city properties, and throughout the remainder of the city to determine future needs.

### Farmers Markets

**Congratulations to John Keprios and the City of Edina** in adopting the ordinance change that will enable Edina to move forward with their Farmers Market at Centennial Lakes Park. The Edina City Council passed the ordinance unanimously on February 16, 2010. **The market will open this summer at:**

Centennial Lakes Farmers Market  
July 1 - September 30, 2010  
Thursdays, 3:00 - 7:00 PM

In other news, **John Keprios was recently inducted into the Minnesota United States Specialty Sports Association Hall of Fame – Congratulations John!!!**

For an audio report on both the Farmers Market and John's induction, check out [March Agenda: Edina](#). Use the drop down arrow to jump ahead to the Farmers Market section.

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## Richfield

### Richfield Public Schools (RPS)

**Robyn Wiesman** worked with the staff and principals at **Richfield Intermediate** to conduct parent surveys during a recent parent/teacher conference day. Over 100 surveys were collected from parents providing information on how far families live from school, current modes of transportation their children use to school, and barriers they see for their children walking or bicycling to school. Survey results will be presented in April to the Parent-Teacher Organization and shared with Richfield Public Works to incorporate in their Safe Routes to Schools planning for RPS.

### Bike Racks

**Robyn Wiesman** is working with students in the Honor Society at Richfield Public Schools as well as the City Park & Recreation and Public Works Departments to assess bike racks currently in place at the schools, on city properties, and throughout the remainder of the city to determine future needs.

### Daycare

**Joan Bulfer** met with parents of children attending **Hope Preschool** to share goals of the Learning About Nutrition through Activity (LANA) program, activities happening at the preschools, and actions parents can take to improve their child's nutrition. Despite snowy weather, twenty parents were able to make it to the session. We will continue to offer these types of opportunities for parents.