



healthy northland

STATEWIDE HEALTH IMPROVEMENT PARTNERSHIP

Newsletter

November | 2022

Partner Spotlight

SNAP-Ed Health & Nutrition / University of MN Extension

SNAP-Ed is Supplemental Nutrition Assistance Program Education.

University of Minnesota SNAP-Ed Educators use evidenced-based practices to teach about health and nutrition and offer hands-on learning experiences for students to grow and prepare food.



Fresh produce, Grand Rapids Farmers' Market.

Jodi Nordlund
SNAP-Ed Educator
Itasca County

This year Jodi worked with the Grand Rapids Farmers' Market to pilot a Market Share program, with the aim of getting boxes of local produce into the kitchens of community members. Ten participants started and finished the pilot. "After our first box, no participants dropped out," Jodi reports, "which was so exciting, and showed just how much they valued the fresh, locally grown food." Strong community partnerships



*Pop-up garden beds, Boys and Girls club,
Lincoln Park.*

Abby DeVita
SNAP-Ed Educator
St. Louis County

Abby's work is concentrated in the Duluth area, focusing on neighborhoods with the greatest barriers to food access. She started teaching health & nutrition classes to Myers-Wilkins Elementary 3rd graders using the Go Wild curriculum,

were key, including Second Harvest North Central Food Bank, Get Fit Itasca, Grand Itasca Health Coordinator, and Grand Rapids Farmers' Market vendors. Itasca County Public Health procured a grant to purchase kitchen tools for the market box pilot participants, and the Blandin Foundation provided gift cards for participants who completed pre- and post-surveys.

Jodi's work with Itasca and Aitkin County schools was **recently featured** on the University of Minnesota Extension's website. She has led students at Vandyke Elementary in hands-on learning experiences including planting and tending a garden, harvesting vegetables, and taste-testing a dozen varieties of apples. The excitement Jodi generates around growing and eating nutritious, local food will continue to impact these kids and the community for years to come.

which aims to teach young learners about the benefits of nutrition, and animals and food sources native to Minnesota.

In the summer of 2022 Abby taught a gardening curriculum called Children's Garden in Residence at Myers-Wilkins & the Boys & Girls Club in Lincoln Park. Children learned about growing food, caring for a garden and harvesting the food grown through a pop-up garden project. One exciting part of the program was taste tasting opportunities that provided positive fruit & vegetable experiences. With Abby's health & nutrition teaching she has impacted approximately 130 elementary aged children in the Duluth community! We are encouraged by Abby's enthusiasm to share health education where it is needed the most.



Jodi Nordlund and 5th graders in the Greenway School District crunch into local apples.

Source: **"Local food makes for core learning in Minnesota schools,"** University of Minnesota Extension

Success Story

LNKP 165

by Joshua Gorham, Program Coordinator, St. Louis County Community Health Unit

In the fall of 2021 St. Louis County Public Health, in partnership with Ecolibrium3, was awarded a Social Determinants of Health (SDOH) Accelerator Planning grant by the Centers for Disease Control and Prevention. Named LNPK 156 for the Duluth neighborhood (Lincoln Park) where the project is centered, the purpose was to develop a multi-sector action plan that addresses the SDOH by accelerating action that leads to improved chronic disease outcomes among persons experiencing health disparities and inequities. The community was selected because there was opportunity for a hyper-local, all-hands-on-deck effort that will build on years of planning across multiple sectors. One hope for the project was that it would add capacity and open doors to doing work around social connectedness and well-being in the Lincoln Park neighborhood and the broader region.

Development of the LNPk 156 SDOH plan involved layers of partnership and community involvement. The structure included a Project Management Team, a Community Leadership Team, sector specific consultations, and multiple methods of community engagement. The LNPk Community Leadership Team was composed of neighborhood-based organizations, healthcare professionals, and government representatives. Healthy Northland's own Regional SHIP Coordinator also played a role on the leadership team.

The LNPk Community Leadership Team participated in one-on-one conversations, group planning sessions, and community engagement activities focusing on four main efforts:

- Review of past and concurrent community engagement processes.
- Neighborhood organizations on the leadership team were partnered to design a community engagement activity.
- One-on-one interviews of residents to discuss challenges, opportunities, hopes, and prioritization of actions.
- The final engagement activity was vetting of the LNPk 156 approaches at a celebratory neighborhood block party with over 300 residents in attendance. During the final celebration residents were able to add input into street design, social connectedness activities, food access, and the launch of the Duluth Age-Friendly Initiative.

In August 2022, the LNPk 156 project team submitted a completed accelerator plan for LNPk 156. Informed by data, research, community engagement, and vetted best practices, the LNPk 156 action plan spans the built environment, food access, tobacco-free policies, community-clinic linkages, and social connectedness. The LNPk 156 planning process involved more than 17 organizations and 500 residents and has already acquired over \$27 million in implementation funding. While there is much to celebrate about the work accomplished so far, full success will come with the implementation of the LNPk 156 plan.

Some of the opportunities resulting from funding secured during the planning process:

- Complete rebuild of W. Superior Street through Lincoln Park.
- Planning for development of a bus rapid transit corridor through Lincoln Park.
- Development of a small foot-print grocery store in Lincoln Park (made possible in part by SHIP funding).
- Development of a community hub in Lincoln Park.

Staff Spotlight **Farewell Brian**

Brian Bluhm has been the Healthy Northland Regional SHIP Coordinator since 2018 and has enjoyed getting to know each unique community and the different strengths, energy, and priorities that drive them. When asked what he's most proud of from the last four years he said, "Well, it's the local coordinators who do the all the work." Anyone who knows him probably isn't surprised by his willingness to give all the credit to others.



But we also know that he is not without his own accomplishments. His work with the SHIP planning process contributed to the redesign of

Other farewells
from this year:

Betsy Blume
Cook County SHIP

Katie Schmitz
*American Indian
Community Housing
Organization*

Joe Murphy
Arrowhead Economic

where SHIP works in communities, leading to the addition of well-being as a context area. When that process was interrupted by the pandemic, he jumped into on-the-ground emergency response and enjoyed the challenge of a new way to contribute.

We are grateful for his leadership and will miss the encouragement and support he has provided. But this isn't the last you'll hear from Brian. He is moving on to work with MDH as the Technical Assistance and Training Coordinator for OSHII (Office of Statewide Health Improvement Initiatives). In this role Brian will support SHIP initiatives across the state and will continue to be motivated by the knowledge of the many people out there working towards the shared goal of health for all.

Opportunity Agency

Betsy, Katie, & Joe,
Thank you for your time and dedication to SHIP work and good luck with your future endeavors!

Upcoming Events & Resources

- The CCLS Community Health Board is recruiting for the [Northeast Minnesota Regional Statewide Health Improvement Partnership \(SHIP\) Coordinator](#) position. Applications accepted through Nov. 13.
- The American Lung Association is recruiting youth participants to share stories on their mental health and vape experience. Compensation provided. [More information here](#) or connect via email: Taylor.Blakeman@lung.org
- The University of Kentucky is looking for 15-24yo participants for an [Attitudes Towards Tobacco Study](#). Compensation provided.
- [Farm to School Grants](#) – First Bite Mini Grants & Full Tray Grants due Nov. 17
- [Safe Routes to School Grants](#) – Boost Grants due Nov. 30, 2022; Planning Assistance due Jan. 11, 2023
- If you have an event, update, or success story to share in future newsletters, email Jenna at olsonj1@communityhealthboard.org



The Statewide Health Improvement Partnership (SHIP) supports community-driven solutions to expand opportunities for active living, healthy eating, commercial tobacco-free living, and well-being.

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