

Healthy Living Initiative

Overview

The Minneapolis Health Department's Healthy Living Initiative is committed to preventing chronic conditions through long-lasting changes in the community. Our work focuses on cultivating partnerships to make nutritious foods and beverages more accessible, increase physical activity opportunities, reduce commercial tobacco exposure, and improve community wellbeing so that everyone in Minneapolis can live longer, healthier lives.

The five pillars of our work

Our team supports health for everyone in Minneapolis.
The five pillars of our healthy living initiative include:

Active Communities

Promoting physical activity and active transportation by making it safe and accessible for all to walk, bike, roll and ride transit to everyday destinations

Community Health Care Connections

Connecting people to healthcare and community resources to prevent or manage chronic conditions

Community Nutrition

Increasing nutritious and culturally appropriate foods and beverages that are affordable and accessible to all

Commercial Tobacco-Free Communities

Reducing exposure to commercial tobacco products

Community Wellbeing

Supporting mental and physical health so all people feel safe, accepted, connected and valued



The impact of our community-focused approach

The Healthy Living Initiative strives to improve policies, practices, systems, and environments to support longer and healthier lives for all people in Minneapolis.

Active Communities

Promoting physical activity and active transportation by making it safe and accessible for all to walk, bike, roll and ride transit to everyday destinations

Success-at-a-glance

- Minneapolis Public Schools expanded bike fleets, bike education, and safety around schools. During the 2022-2023 school year, 3,000 elementary school students biked >20,000 miles.
- Camden Cycles bike shop in North Minneapolis engaged community members in >50 events in summers 2022 and 2023 where people learned to fix and ride their own bikes.
- City of Minneapolis Public Works, Health Department and Our Streets Minneapolis engaged residents in seven Walk Bike Roll events in 2021-2023 to get input and influence future street design.

Community Wellbeing

Supporting mental and physical health so all people feel safe, accepted, connected and valued

Success-at-a-glance

- Since 2017, Minneapolis Regional Chamber supported 82 employers to implement workplace wellness initiatives improving health for >4,500 employees.
- Fourteen community organizations led wellbeing projects in 2023 reaching >2,600 residents and implementing 25+ changes to policies, practices, systems, and/or physical and social environments.

Commercial Tobacco-Free Communities

Reducing exposure to commercial tobacco products

Success-at-a-glance

- Live Smoke Free assisted 142 properties in 2022 to adopt, implement or maintain equitable smoke-free housing policies, reducing exposure to secondhand smoke.
- WellShare International created a vaping prevention campaign in 2021 for Somali youth and families:
 - 150 people participated in workshops
 - 10 youth influencers shared stories, photos and messages on social media reaching 2,800 viewers.
- WellShare staff were interviewed and shared resources on KALY Somali Radio reaching 30,000 listeners.

Community Health Care Connections

Connecting people to healthcare and community resources to prevent or manage chronic conditions

Success-at-a-glance

- Three Neighborhood HealthSource community clinics improved patient care for people with diabetes. Over five years, 742 patients received health education from Certified Diabetes Care and Education Specialists, Community Health Workers, and through grocery store tours.
- Over three years, St. Mary's Health Clinic Community Health Workers completed 884 patient visits, providing education and resources to patients with high blood pressure and cholesterol.
- In 2022-2023 a produce prescription pilot program at four community clinics provided fresh fruits and veggies to 180+ patients who were food insecure or managing a chronic condition.

Community Nutrition

Food: Increasing nutritious and culturally appropriate foods that are affordable and accessible to all

Beverages: Promoting consumption of tap water and non-sugary drinks

Success-at-a-glance

- Since 2022, 60 Tap Water Ambassadors conducted culturally tailored outreach to increase trust in Minneapolis tap water and promote water over sugary drinks among 5,000+ people.
- During a 5-month pilot in 2023, BrightSide Produce and Minneapolis Public Housing Authority established a weekly home delivery system providing fresh fruits and vegetables to 70 residents at three properties.
- Since November 2022, Eastside Neighborhood Services and Volunteers of America partnered to offer a mobile food shelf serving 75 people per month at Nicollet Towers, a low-income high-rise building.

Advancing Health Equity

The City of Minneapolis recognizes racism as a public health emergency. Systemic and historical injustices have led to Black, Indigenous and People of Color communities experiencing higher rates of chronic health conditions. The Healthy Living Initiative works to increase opportunities for everyone to be healthy, no matter their race, religion, gender identity, sexual orientation, economic status or the neighborhood where they live.



Cultivating and collaborating with an average of 90 community partners per year

Improving community health starts with building trust and sustaining partnerships with organizations and people. Through these partnerships we strive to:

- Listen to community leaders
- Value lived experience and cultural wisdom
- Respond to community needs and solutions
- Collaborate with community leaders, coalitions and elected officials to create and improve policies that support health and wellbeing
- Connect organizations to funding, information, resources, and technical assistance

We actively participate in community coalitions and advisory groups to learn about community priorities that will shape our work together.

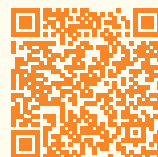
Current participation includes:

- Homegrown Minneapolis Food Council
- Minneapolis Highrise Health Alliance
- Minneapolis Bicycle and Pedestrian Advisory Committees
- Minnesota Breastfeeding Coalition
- Minnesotans for a Smoke-Free Generation
- Statewide Health Improvement Partnership (SHIP) Community Leadership Team

For more information contact:

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create healthier communities
together in Minneapolis.



Building Healthier
Communities



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