



Aitkin County SHIP Program PartnerSHIP News!



OCTOBER 2023

[Aitkin County SHIP Website](#)

[Resources](#)

[Healthy Northland Website](#)



Aitkin, Itasca, Koochiching, Carlton, Cook, Lake, and St. Louis counties make up Healthy Northland.

Supported by the Minnesota Department of Health's Statewide Health Improvement Partnership (SHIP), Healthy Northland strives to make the healthy choice the easy choice for everyone in Northeastern Minnesota through collaborative and community-based policy, systems, and environmental (PSE) change efforts.

[Visit Healthy Northlands' Webpage!](#)



In October's newsletter read about: Health Equity Minute on Transportation, Good Food Guidelines at Minnesota Discovery Center, Upcoming Events and Resources!

[Read the October Newsletter!](#)

Featured Success Story



Body Confident Workshop to Staff at Hill City School District

- 77% of adolescents experience body distress.*
- 1 in 8 girls & 1 in 16 boys will develop an eating disorder at some point.*
- 1 in 5 people diagnosed with anorexia die from the disease.*
- 50% of adolescents exhibit disordered eating behavior.*
- Teens are on their screen 8.5 hours a day (pre-covid statistic).*
- Incidence of Eating Disorders DOUBLED during the pandemic .*
- 34% of 5 - year - old girls restrict their food.*
- 33% of 3rd grade girls are afraid of being fat (Fatphobia).*

Did you your jaw just drop while reading the statistics mentioned above? We live in a time and place obsessed with appearance. Today's social media - where so many young people edit and curate their own images - has created a culture where **77% of adolescents don't feel comfortable in their own skin** (Milton et al., 2021).

Aitkin County Public Health has a Be Real Ambassador! Their role is to

deliver presentations and workshops on body confidence to the adults in children's lives. Participants learn how to make shifts in thinking and behavior from what our current body - size - focused society sees as "normal" to create mentally healthier, more body - confident environments for children. Educators, teachers, coaches, school wellness professionals, counselors, and parents all have a profound impact in the lives of children beyond your normal "job duties." How we speak about bodies (our own and others), nutrition, health, and wellness play a powerful role in the development of the emotional, psychological, physical, and social facets of health in the next generation. The Body Confident Schools workshops, BodyKind Curriculum, and Body Confident Kids parent presentations will help empower your team/group/families to equip kids to thrive.

Aitkin County Public Health's Registered Dietitian, Hannah Colby BE REAL Ambassador, gave a presentation to staff at Hill City School District in August of 2023. Staff learned about adolescents & body image (what is going on?) including statistics and research. Staff were given the tools to create a body confident school environment. The next step Hill City School District would like to invite Hannah back teach the BodyKind curriculum to high school students and have an opportunity for parents to learn about body confidence as well.

Schools can create a body confident environment for students and staff through consistent education and practices. BE REAL gives schools evidence -based strategies and practices for using the Whole School, Whole Community, Whole Child (WSCC) approach to promote body confidence, prevent eating disorders and disordered eating in schools.

Together we can change a culture that isn't work for any body.

[Be REAL USA Website](#)

[Sign up today to bring this to your community or school!](#)

[Learn more about integrating Body Confident Schools Across the WSCC](#)



BODY CONFIDENT SCHOOLS

In May 2023 the U.S. Surgeon General issued an [advisory](#) about the effects of social media on youth mental health. With regard to body image, the report warns, "Social media may perpetuate body dissatisfaction, disordered eating behaviors, social comparison, and low self-esteem, especially among adolescent girls." Over 75% of today's adolescents report "body image distress." (Milton et al. 2021)

Research ties body dissatisfaction to eating disorders, anxiety, depression, and suicidal ideation (Perkins & Brausch, 2019; McLean et al., 2022). Young people who don't like their bodies often suffer from low self-esteem and are more likely to abuse drugs and alcohol (Borrioli et al., 2019). To help with these mental health issues, BE REAL's created the evidence-based **Body Confident Schools (BCS)** professional development workshop to give tested body confidence tools to the adults in children's lives.



BCS WORKSHOP

- **Part 1:** Discusses body image issues for adolescents today
- **Part 2:** Provides 5 Steps for educators to create a Body Confident School
- **Part 3:** Trains educators on **BodyKind** Be Real's free, evidence-based, **HEALTH**-compliant body image curriculum for high school that teaches students tested skills to combat appearance pressures.

IN-PERSON DELIVERY OPTIONS*

Half-day Workshop

- BCS Parts 1-3, unlimited audience participants, with opportunity for participants to become [Be Real Ambassadors](#) utilizing an online test.

1 Hour Presentation

- BCS Parts 1 - 3 with a more in-depth walk-thru of Body Kind Curriculum.



[View Flyer](#)

BODY CONFIDENT SCHOOLS

MEET AITKIN COUNTY PUBLIC HEALTH'S AMBASSADOR

The COVID-19 pandemic has had a significant impact on youth mental health. Recent reports show increases in mental health symptoms for depression, anxiety, eating disorders, and suicidal ideation. Body dissatisfaction, felt by 70% of girls and 40% of boys, contributes to a host of adolescent mental health problems, including eating disorders, low self-esteem, depression, isolation, substance abuse, and suicidal ideation. However, school personnel can support their students by integrating multi-tiered policies and practices around body confidence that will support students' social, emotional and behavioral health. **We invite you to join a free, evidence-based training to create a Body Confident School!**

Who Should Attend the Training: School Health Professionals, Teachers, Administrators, and Coaches.

What You Will Learn: (1) body image research, (2) practical strategies to create a body confident school environment, and (3) a tested, evidence-based body image curriculum to use in health classes.

SPEAKER

HANNAH COLBY, RD, LD, CLS
 Hannah Colby is a Registered Dietitian & Health Educator who works with Aitkin County Public Health.





Hannah has a passion to teach everyone how to live a fulfilling & healthy life outside of diet culture. She is excited to bring this to the communities in Aitkin County as an upstream preventative to combat the silent epidemic of eating disorders.



RAVE REVIEWS FROM PAST WORKSHOPS

"Just wanted to thank you for your presentation on Body Confident Schools this morning. Heard lots of great things from staff about it."

Adam Johnson
 Hill City School District
 Superintendent

[View Flyer](#)

MN Well-being

We are all part of a community, living in a shared environment. Well-being encompasses the physical, mental, and social dimensions of these interactions. To build and sustain optimal well-being for everyone, SHIP supports projects where people can feel that they belong, that they are safe, seen, and valued.

What does your community need?

Connect with your local SHIP coordinator.
 Health.OSHI1@state.mn.us

Social Connection

More opportunities to connect means resiliency throughout our lives

Trauma Informed Practice

Understanding each other's background stories and community challenges leads to positive interactions



Addressing Social Connection in Aitkin County

“Aitkin County in its entirety is considered rural, with fewer services available; collaborative efforts are crucial to improve the health and well-being of our older adults. Examples of such collaboration include: Bringing dementia awareness and education where discussion are minimal. Demonstrating healthy eating habits for healthy brains. Strategies have been put into place to increase socialization through a community garden, while also encouraging healthy eating. Partnering with the local schools builds intergenerational connections in the garden. SHIP collaborations are strong in Aitkin County with partnerships continually growing to include tough subjects like suicide prevention, working with the hospital on Food Rx and more.”

—Lynne Jacobs, Director of Aitkin County CARE



SHIP intentionally invests in creating opportunities in partnership with

communities to create equitable, healthy, and positive conditions that promote well-being and resiliency for all Minnesotans.

[Read more on MN Well-being strategies](#)

Interested in a MN Well-Being strategy? Contact your local [SHIP Coordinator Hannah Colby](#) to learn more on how to get started!



SHIP STORY MAP

The Statewide Health Improvement Partnership (SHIP) creates wellness across Minnesota's communities through community-driven, evidence-based, and equity-focused programs that tackle the root causes of chronic diseases.

To see SHIP work across the state of Minnesota, click on the image above or the link below. From the We Are SHIP page, scroll down to the map. At the far right, you will see a box that includes the state total (2,172 in dark blue print), and below that the Search the Map selection tool. You can now choose Topic Areas, Settings, or County.

[We are SHIP](#)

Upcoming Educational Trainings



Understanding 21st Century Cannabis

November 20th (1 hour)
10:00 - 11:00 AM

This online session will explore commercial marijuana as it exists in America today and our guest speaker will be Mr. Ben Cort, from HIDTA's National Marijuana Initiative. Mr. Cort is a published author (Weed Inc.), TED Talk speaker ("Surprising Truths about Legalizing Cannabis") and member of several organizations focused on prevention, treatment and recovery. Ben's passion for recovery, prevention and harm reduction comes from his own struggle with substance abuse. Sober since 6/15/96, Ben has been a part of the recovery movement in almost every way imaginable and is now CEO of "The Foundry" in Steamboat Springs, Colorado an inpatient treatment program for men. Ben spends considerable time working with Labor groups as well as professional and collegiate sports leagues dealing with marijuana and substance use issues.

[Register Today!](#)



The Dangerous Truth About Today's Marijuana: Johnny Stack's Life and Death Story

December 15th (1 hour)
11:00 AM - 12:00 PM

Prepare yourself for a moving story about a son (Johnny) and his journey into cannabis dependency, cannabis-induced psychosis, and the end of his own life by suicide. Johnny Stack's story is told by the person that knew him best, his mother Laura Stack. Laura will share his story with you and emerging research findings that support the inherent risks of the use of high potency THC products. This informative presentation will most likely gain a smile, and perhaps a tear, as Laura shares with you a story

[Register Today!](#)

Quit Partner Materials Updated!



Quit Partner recently updated the number of printed promotional materials available to order online. [Materials for Quit Partner, the American Indian Quitline, and My Life, My Quit are free to order from the Quit Partner website.](#)

In addition, a larger selection of flyers, palm cards, logos, and promotional resources is still available on the downloadable materials page for you to download and print individually.



Public Health
Prevent. Promote. Protect.
Aitkin County

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