



# Skating to Better Health

“The Statewide Health Improvement Program (SHIP) gave our community an opportunity that wouldn’t have had otherwise. Staying active in the winter can be a challenge. There were many children that had never been on ice skates before this. SHIP helped the Dilworth Park Board realize the critical role we serve in the health of our community.”

*-Cheryl Stetz  
City of Dilworth  
Park Board Member*



## Small town with big skates to fill

It all started with improving the cities winter activities but the collaboration that Dilworth has created with SHIP has taken them to new heights.

“Once we joined the efforts with SHIP, we were able to recognize the wants and needs of the community better and identify new ways we could improve the physical activity and nutrition for our area residents,” says Cheryl Stetz, City of Dilworth Park Board member.

PartnerSHIP 4 Health was able to help the Park Board evaluate our community needs in terms of broader wellness issues,” she added.

The Dilworth Park Board purchased 35 pairs of ice skates with funding from SHIP. The skates are available to community members at no charge. Many children and adults are learning to skate for the first time and afforded an opportunity they would not had if it weren’t for the efforts of SHIP.

“We had over 500 people use the skates last winter,” says Stetz. The park board promoted the service through signage at the park as well as through the school district.

City officials are confident that this season will be even a greater success as more people become acquainted with the service.

“Thankfully we have the good fortune to work with community partners that have sharpened the skates free of charge to maintain them. This helps keep the project sustainable”, says Stetz.

In addition to the enhancements at the winter skate park the Park Board is looking at ways to improve safety across Highway 10 to allow better access to the parks, support Open Street events and develop a possible youth skateboard park,” said Stetz.

“SHIP funding was used to increase promotion of the public swimming pool, Whistle Stop Farmer’s Market, walking trails and city parks. The opportunities for growth are endless. We recognize the actions of the Park Board can serve to improve opportunities for both physical activity and healthy eating which leads to improved health the quality of life for our residents”, added Stetz.

For more information on PartnerSHIP 4 Health contact Corey Ernst at [corey.ernst@co.clay.mn.us](mailto:corey.ernst@co.clay.mn.us)