CONTROLLING YOUTH ACCESS TO NICOTINE
A statewide Tobacco 21 law would prevent nearly 30,000 MN teens from ever using tobacco.

- Working on local and county T-21 policies to raise the tobacco purchase age to 21, including vaping and e-cigarettes.
- Advocating for flavor restrictions and bans at the local and state level, and adding local licensing restrictions, caps and zoning limits on tobacco retail licenses.

50+ Minnesota communities have already passed Tobacco 21. Nationally AHA just invested $20 Million in vaping research.

HEALTHY EATING & NUTRITION
- Asking local youth sports organizations to adopt formal policies that eliminate sugary drinks, including sports drinks, from events and practices with the “Water, the original sports drink” pledge.
- Advocating for a statewide law that would require restaurants to list water and milk as the default beverage options for kids' meals.
- Working with Mpls. & St. Paul Public Schools to update policy to require water refilling stations be added for all new builds and remodels in the districts.

In 2016, Minn. granted over $8 million to 128 local projects, but nearly $15 million in requests went unfunded.

ACTIVE & SAFE TRANSPORTATION
- Advocating for MN to renew its investment in the Safe Routes to School program, which invests in safety infrastructure improvements for more walking and biking.

In 2016, Minn. granted over $8 million to 128 local projects, but nearly $15 million in requests went unfunded.

INVESTING IN LOCAL SCHOOLS
- Advancing Sciences STEAM event partners local teens with local tech leaders for a day of mentoring and a grant challenge for schools.
- For 40 years, Kids Heart Challenge has taught kids heart health, fun fitness, service learning and a chance to earn school wellness grants.

90,600 MN kids participate annually.

Find additional resources at Heart.org/Minnesota