

PartnerSHIP 4 Health

April 2016

e-news

PartnerSHIP 4 Health

Charting a course for good health

www.partnerSHIP4health.org



Dear Gina, welcome to the PartnerSHIP 4 Health e-newsletter. We hope you enjoy these exciting updates!

Four myths of e-cig vaping

Myth 1

Flavoring chemicals, such as diacetyl, used in everyday foods such as microwave popcorn, are also safe to inhale.

FACT

There is mounting evidence that inhaling diacetyl causes bronchiolitis obliterans which is an irreversible lung disease found in people who work in popcorn plants. This illness has been nicknamed "popcorn lung."

Myth 2

Not all vaping products contain nicotine, and the amount of nicotine can be varied to a desired dose.

FACT

There is no regulation, so suppliers and retailers can tell you whatever they want, whether it is true or not.

Myth 3

Propylene glycol is a safe inhalant that is found in medical inhalers.

FACT

Once heated into the vaporized form, propylene glycol is chemically changed into

AmeriCorps VISTA and Minnesota GreenCorps Advance the Efforts of PS4H

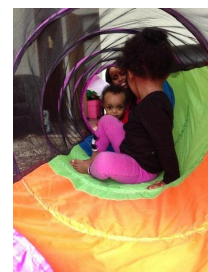
So how does a busy crew like PartnerSHIP 4 Health expand their reach and achieve new heights? They enlist the work of great young talent from the AmeriCorps VISTA and Minnesota GreenCorps programs.

[Learn More](#)



Integrating Physical Activity into Early Learning

Head Start has always focused on the development, education and socialization of preschool children. In 2014 PartnerSHIP 4 Health developed a relationship with Lakes and Prairies Head Start through the Health Equity Initiative. This partnership helped to bring innovative ideas on



propylene oxide, which is a class 2B carcinogen as rated by the International Agency for Research.

Myth 4

Nanoparticles in vaping are of no concern.

FACT

Nanoparticles cause inflammation and lead to inflammatory changes which contribute to heart disease, asthma and diabetes.

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physical activity and learning opportunities for children around healthy eating.

[Learn more](#)

Bike Rodeos Providing Education and Safety to Youth

For a number of years now PartnerSHIP 4 Health has been a inspiring communities to offer bike safety and education to youth in the region. Congratulations to the leadership these communities are providing. 2016 schedule at a glance:



[Henning, April 21](#)
[Fergus Falls, April 29](#)
[Detroit Lakes, April 30](#)
[Perham, May 4th](#)
[Breckenridge, May 4th](#)

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