

PartnerSHIP 4 Health

September 2016

e-news

www.partnerSHIP4health.org



PartnerSHIP 4 Health

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



Advocates Needed

Would you like to see the first Smoke-Free Generation in Minnesota? History shows that strong local tobacco ordinances lead to fewer youth smoking and increased quit attempts by current smokers.

Currently Tobacco-Free 4 Health is gathering partners in Becker and Otter Tail Counties who support want to see a reduction in youth smoking and to provide clean air for EVERYONE!

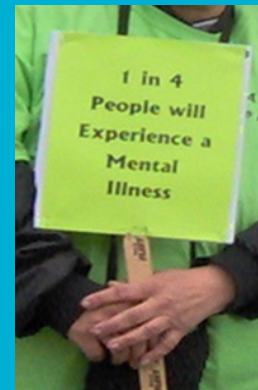
Are you are willing to write an e-mail? Send a letter? Make a phone call? Please contact us Jason at jason.mccoy@co.clay.mn.us or 218-230-5389

Collaboration Plays Key Role for I CAN Prevent Diabetes Class

The Minnesota Department of Health recently released news that the Diabetes Prevention Program has helped Minnesotans at risk for diabetes lose an average of 5% of their body weight. With diabetes at an all time high in Minnesota, PartnerSHIP 4 Health (PS4H) is working to bring this program to the communities that they serve.

Knowing that many mental health consumers are at risk for diabetes, PS4H partnered with Lakeland Mental Health to offer I CAN Prevent Diabetes classes to their clients. The ICPD classes offer prevention education and support for people with pre-diabetes in order to delay Type 2 diabetes by fostering changes in physical activity and nutrition.

Colleen Kennedy, LMHC Mental Health Practitioner and ICPD Lifestyle Coach, states, "Understanding and accepting the interconnection between mental and physical health is necessary in promoting improved well-being. It is an honor to join alongside our community members as they are on their journey towards a stronger, healthier, happier self."



[Click here to read more about how collaboration played a key role in the I CAN Prevent Diabetes class](#)



Area Schools to Celebrate International Walk to School Day on Oct 5th

PartnerSHIP 4 Health is helping area school districts and communities get students from Perham, Detroit Lakes, Dilworth-Glyndon-Felton, Rothsay, Breckenridge, Battle Lake, Parkers Prairie, New York Mills, Barnesville, Hawley and Frazee to plan Walk to School Day events.

Walk to School Day raises awareness of the need to create safer routes for walking and bicycling and emphasize the importance of issues such as increasing physical activity among children, pedestrian safety, traffic congestion and concern for the environment. The events build connections between families, schools and the broader community while improving health and wellness.

For additional information on Walk to School day visit www.walkbiketoschool.org

ChildcareAlive! Fosters Health Foods and Active Play

According to ChildcareAlive! "Children under 5 depend almost entirely upon adults for decision-making about food and physical activity. That's why healthy habits shaped at childcares last a lifetime! Tastes are being set and preferences shaped; kids are absorbing everything around them. It's a formative age in every way."



Because of this, PartnerSHIP 4 Health (PS4H) collaborates with ChildcareAlive! to empower childcare providers to foster environments that support healthy foods and active play. ChildcareAlive! uses fun and engaging activities on-site at childcare settings for providers and children. It

provides entertaining lessons for children, helpful tips and recipes for parents, and valuable resources for providers. ChildcareAlive! guides providers in establishing policy, system, and environmental changes supportive of healthy foods and active play.

[Click here to read about a Breckenridge childcare provider's experience in the ChildcareAlive! Program](#)

DGF Schools Recognized for Excellence in Smarter Lunchrooms, Nutrition Education, and Physical Activity

Schools play an important role in helping to reduce childhood obesity. Kids who have healthy eating patterns and get regular physical activity are also more likely to perform better academically. Because of this, the U.S. Department of Agriculture (USDA) offers the Healthier US School Challenge (HUSSC): Smarter Lunchrooms to support the over 100,000 schools that participate in school meals programs in their efforts to promote nutritious food choices and physical activity.

DGF Food Services applied for the HUSSC for each school this spring and are happy to report that we have been presented with awards for every school! The awards given are below:



- Glyndon-Felton Elementary School - Silver

- Dilworth Elementary School - Silver
- Dilworth-Glyndon Middle School - Silver
- Dilworth-Glyndon-Felton High School - Bronze

Clay County Public Health, 715 11th Street North, Suite 303, Moorhead, MN 56560

[SafeUnsubscribe™ {recipient's email}](#)

[Forward this email](#) | [Update Profile](#) | [About our service provider](#)

Sent by partnershipfourhealth@gmail.com in collaboration with



Try it free today