

## PartnerSHIP 4 Health

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# PartnerSHIP 4 Health

February 2017 E-Newsletter

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

## New Effort Aims to Eliminate Health Disparities

The Eliminating Health Disparities Initiative (EHDI), a partnership with the New American Consortium for Wellness and Empowerment, is a targeted effort to start narrowing the health disparities gap by funding culturally appropriate programs to communities most impacted by health disparities.



*Maryann Harris*

Some strategies to achieve the health equity goal for this project will be delivering culturally responsive health promotion and prevention programs that contribute to eliminating health disparities, building and strengthening cross-sector partnerships and community collaborations to improve health outcomes, and strengthening leadership and community capacity to impact social and economic factors that contribute to health disparities. The priority populations for the grant are Africans and African-Americans in Moorhead and Pelican Rapids with a primary focus on reducing the risk factors that lead to diabetes, heart disease, and stroke.

Maryann Harris, a graduate of NDSU's Public Health program, has worked with different New American groups in Fargo-Moorhead through the New American Consortium and is excited to continue her work as the Multicultural Health Equity Coordinator for this new grant. She has a passion for promoting health in disparate populations and creating opportunities for everyone to have better health. Maryann can be reached at [Mharris@aipinitatives.org](mailto:Mharris@aipinitatives.org) or 701-478-9732.

Follow Maryann's work on Facebook using the links below:

[Our Culture, Our Health](#)  
[New American Consortium for Wellness and Empowerment](#)

## Blood Pressure Program Empowers Patients

What if you were told that you might have high blood pressure (BP), and there was a way for you to track it at home to make sure that this was the case? Home Blood Pressure monitoring supports an accurate diagnosis, as well as medication and lifestyle management. However, many patients do not have access to a home blood pressure monitoring device.



High Blood Pressure is common among patients at Family HealthCare (Fargo, ND). In order to help with accurate diagnosis of hypertension for our providers, and to empower patients to monitor their blood pressure at home, Family Healthcare Clinical Pharmacist Brody Maack partnered with PartnerSHIP 4 Health (PS4H) to offer a Self-Measured Blood Pressure Monitoring Loaner program.

Maack reports that the loaner program has already had an impact on Family Healthcare's patients.

"Since the implementation of the program, we have identified several patients previously undiagnosed with hypertension, and were able to help them receive the appropriate treatment to reach their blood pressure goals. In addition, we have helped patients identify additional lifestyle methods to lower their blood pressure, and connect them with services like FMACP to receive in-home education and support."

[Click Here to Read More](#)

## Why is HUD Housing Going Smoke-Free?

All public housing nationwide is going smoke-free. This is great news for public health. The U.S. Department of Housing and Urban Development, or HUD as it's commonly known, has announced that all units and common indoor areas in public housing must be smoke-free within the next 18 months.

While residents in publicly-owned housing in most Minnesota communities have some protections from secondhand smoke, this new rule means all Minnesota public housing residents will be protected from the dangers of secondhand smoke in their homes.



Children make up about one-third of public housing residents—that's 760,000 children across the U.S. These kids will finally be protected from secondhand smoke where they live.

Secondhand smoke is dangerous and can be deadly. It kills nearly 55,000 Americans every year. It causes cancer, heart, and lung diseases. It also increases the likelihood of Sudden Infant Death Syndrome, asthma attacks, ear infections, and other health problems in

children, resulting in missed school days, hospital visits and even death. No amount of exposure to secondhand smoke is safe.

The new HUD rule will likely reduce smoking rates among public housing residents, who smoke at much higher rates than other Americans. The rule is also projected to reduce secondhand smoke related health costs by nearly \$100 million dollars nationwide.

Let's applaud this commonsense and long awaited move toward better public health and protection of some of our most vulnerable fellow citizens, especially children.

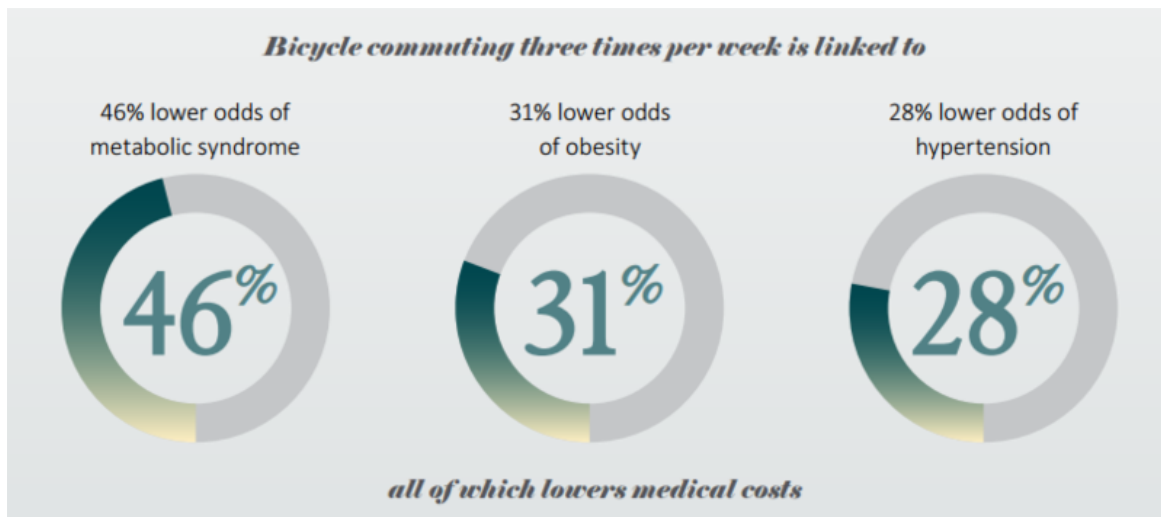
PartnerSHIP 4 Health is ready to help all housing managers make the transition to smoke-free buildings and we're here to help connect all local residents with free tools to help them quit smoking. If you need help, please contact Jason at [jason.mccoy@co.clay.mn.us](mailto:jason.mccoy@co.clay.mn.us) or 218-230-5389.

## MnDOT Releases Report on the Economic and Health Impacts of Bicycling in Minnesota

The 2016 20-year Statewide Multimodal Transportation Plan and Statewide Bicycle System Plan identified bicycling as an integral part of Minnesota's transportation system. MnDOT contracted with the University of Minnesota to complete a project to better understand the economic and health impacts of bicycling in Minnesota.

PartnerSHIP 4 Health's work in Becker, Clay, Otter Tail, and Wilkin counties brings economic activity and better health to our communities by making them more bike-friendly through encouragement, education, and infrastructure.

[Click here to read the full Minnesota Department of Transportation report](#)



*In 2015, bicycle event visitors supported*  
**\$14.3 MILLION** of economic activity, including  
**\$4.6 MILLION** in labor income and **150** jobs

Bicycling industry supported an estimated \$777.9 million of economic activity in the state in 2014



## Artfully Promoting Health

Did you know that art that integrates physical activity promotes physical and mental health? Art4Health, a collaborative effort between PartnerSHIP 4 Health and Springboard for the Arts, aims to do just that by engaging artists and community leaders across Becker, Clay, Otter Tail, and Wilkin counties.

The St. Francis Nursing Home (Catholic Health Initiatives) in Breckenridge was the site of one creative placemaking project. Residents had the opportunity to learn barn quilting. Artist Mary Jo Schmid of Crooked Lane Farms taught residents to paint pieces of wood to resemble quilt squares. The completed squares were placed along the campus' outdoor walking path. Residents, visitors, and staff follow the outdoor path to view the artwork, and at the same time engage in physical activity. The art pieces will be interchanged periodically with new pieces to keep the public engaged. "Once St. Francis created permanent installation sites along the walking path they took barn quilting to a new level," said Michele Anderson, Springboard for the Arts Rural Program Director.



[Click here to read more about the Art4Health projects happening in Becker, Clay, Otter Tail, and Wilkin Counties](#)

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