



## PartnerSHIP 4 Health

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March 2017 E-Newsletter

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[www.partnerSHIP4health.org](http://www.partnerSHIP4health.org)



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

## Students + Snowshoes = Outdoor Fun

Minnesota's notorious winters make it difficult for residents to engage in outdoor physical activity. This is especially true for school-age children, who often rely on limited indoor physical education (PE) time to get their daily dose of exercise. But sometimes all it takes is



Three 6th Graders venture out on the new snowshoes.

a chance to try a fun new outdoor activity to get students moving again, even when it's cold.

Jeff Rimpila, a New York Mills elementary PE teacher, discovered this after working with PartnerSHIP 4 Health (PS4H) to acquire snowshoes for his 5th and 6th grade physical education classes. With the help of Karen Nitzkowski he was able to secure 36 pairs, and used the opportunity to organize 50-minute extended recess periods for the big debut. Over the course of four days, roughly 30 students per day had the chance to try snowshoeing, many for the first time.

The verdict? Rimpila reports that it was an instant hit, with students commenting on how cool and fun it was to get around by snowshoe. They were amazed at how easily they could stay on top of the snow, and viewed it as a team effort, helping one another get set up with the unfamiliar equipment. One group of 6th grade students even organized their own impromptu snowshoe race.

[Click here to read the full story](#)

## Get Up & Move!

### 2017 Healthy Schools Summit to be held March 30th

PartnerSHIP 4 Health, Dakota Medical Foundation, and South East Education Cooperative have teamed up to offer the 2017 Healthy Schools Summit to both MN and ND school districts. Check out the flyer above to learn more about the sessions being offered at this year's Summit. The event is being made available at no cost and features critical information for teachers, administrators, school nurses, wellness committee members, and school board members.

[Click Here to Register](#)

The excitement kicks off with a community-wide family fun night from 6-7:30pm on March 29th at Concordia College's Olson Forum. Check out the event on Facebook:

<https://www.facebook.com/events/255984984842208/>

[Healthy Schools Summit Flyer](#)

[Family Fun Night Flyer](#)

For questions and assistance with registration, please contact Keely or Karen:

Keely Ihry: [ihryk@ndseec.com](mailto:ihryk@ndseec.com) or 701-446-3168

Karen Nitzkowski: [knitzkowski@gmail.com](mailto:knitzkowski@gmail.com) or 701-371-9644

## Postcard From Summer:

### CCRI Helps People With Disabilities Get Rolling Safely

Biking is a great way to get physical activity. But for people with disabilities, riding a traditional bicycle can be difficult or impossible. "Adaptive" bikes serve to overcome such difficulties, but can be cost prohibitive. Creative Care for Reaching Independence (CCRI) in Moorhead received funding and training from PartnerSHIP 4 Health (PS4H) to incorporate five adaptive bikes into their organization. This allows CCRI to offer the people they support, some for the first time, a chance to ride a bicycle.

Anna Larson, CCRI Development Associate and Volunteer Coordinator, encapsulated the challenge and the benefits of the new bikes and related training: "The adaptive bikes have given the people we support the opportunity to ride a bike. That sounds simple, but for people with various physical abilities, bike riding isn't that simple. It has been amazing to watch people experience that opportunity for the first time and gain a new sense of independence. The bike rodeo was great for everyone to learn what each of the bikes does. Some people

didn't think they could ride a bike, but thanks to the Duet bikes, staff could help them power it and they were able to have that experience."

[Click here to read the full story](#)



Jackie and her caregiver enjoying one of the new adaptive bikes

## BikeMN Releases "The Minnesota Bicycling Handbook"

The Bicycle Alliance of Minnesota has just released the first ever comprehensive guide to biking in Minnesota. Topics covered in the guide include everything from safety equipment and rules of the road to bicycle road markings and how to prevent bike theft.

[Browse the guide or download a PDF copy here](#)

*The Minnesota*  
**BICYCLING HANDBOOK**  
Tips for Riding Legally and Safely



## Moorhead Community Ed to Offer Bike Safety Classes

PartnerSHIP 4 Health participates in BIKE FM, a local bike education network. This April, BIKE FM will be offering a series of Bike Basics and Traffic Skills 101 bike safety classes through Moorhead Community Education. Use the link below to access the spring catalog for all the details!

[Moorhead Community Education](#)

## Why Should We Restrict the Sale

## of Flavored Tobacco Products?

Minnesotans agree that kids shouldn't use tobacco products, and that there is more we can do to prevent kids from becoming addicted.

The tobacco industry uses menthol, candy and fruit-flavored tobacco products to attract the next generation of smokers. These products mask the harsh taste of tobacco and have packaging that is hard to distinguish from candy or gum. Young people also believe that flavored products are less dangerous or addictive, but they are just as deadly as other tobacco products. An increasing number of young people are using menthol, candy and fruit-flavored products:

- **80 percent of youth tobacco users use flavored products.**
- **Menthol cigarette use by Minnesota high school smokers increased from 20 percent to 44 percent from 2000 to 2014.**
- **More than 35 percent of Minnesota students have tried flavored cigars.**
- **Nearly 17 percent of Minnesota 11th graders have used e-cigarettes, which come in kid-friendly flavors like gummy bear and cotton candy.**

All tobacco products contain nicotine, a highly addictive chemical that can lead to addiction and disruption of attention and learning. Once kids start using one tobacco product, they are more likely to experiment with others. This can lead to a lifetime of tobacco addiction and disease. In fact, almost 95 percent of addicted adult smokers start before age 21.

The tobacco industry knows the power of these products, and uses them to target young people, African Americans and LGBTQ communities. According to internal tobacco industry documents, executives have said that "the base of [their] business is the high school student."

PartnerSHIP 4 Health supports restricting the sale of flavored tobacco products, to protect kids from a lifetime of tobacco addiction and disease.

If you would like to help prevent youth from smoking, please contact Jason at [jason.mccoy@co.clay.mn.us](mailto:jason.mccoy@co.clay.mn.us) or 218-230-5389.

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