

PartnerSHIP 4 Health

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PartnerSHIP 4 Health

May 2017 E-Newsletter

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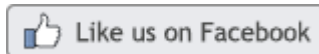
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Dear Gina, welcome to the PartnerSHIP 4 Health e-newsletter. We hope you enjoy these exciting updates!

Like and Review PartnerSHIP 4 Health on Facebook



Have you checked out our Facebook page? It's a great way to learn more about PartnerSHIP 4 Health's work across Becker, Clay, Otter Tail, and Wilkin Counties. Like what we do? Leave a review to help others find out who we are!



Teaching That Engages The BODY, BRAIN & BEING: 2017 Healthy Schools Summit gets GROOVY!

In March, the South East Education Cooperative's Healthy Schools Program combined efforts with PartnerSHIP 4 Health, N.D. Department of Health and Dakota Medical Foundation to do something a bit different for this year's Healthy Schools Summit. With intel from colleagues in the field, a decision was made to bring in a FANTASTIC keynote speaker and instead of just sharing her knowledge with our Summit attendees, we coordinated a SchoolsAlive! Family Fun Night that would allow to connect with kids, families and community partners!



[Read the full blog post about the event from
South East Education Cooperative](#)

Providing Culturally-Sensitive Health Education

Imagine relocating to a place with unfamiliar food, customs, and culture. Would you be able to identify healthy foods at the store? Would you be able to access the local health system to manage your health? New immigrants in the Fargo-Moorhead area find themselves in this exact scenario. A 2017 event coordinated by local organizations addressed this situation and 50 new Americans received free blood pressure, blood glucose, and cholesterol screenings as well as education on immunizations and safe nonprescription medication use.



NDSU pharmacy students provide free health screenings.

After participants were screened, they had access to an onsite nurse and outreach coordinator from Community Health Service Inc. to provide additional education on the screening results and immediately schedule a clinic appointment for those individuals who presented as high risk for diabetes and/or heart disease. In addition to the screenings, participants had access to healthy lifestyle-focused education. For example, one display featured models of healthy produce labelled in multiple languages. "Through this partnership, we were able to serve a group of individuals who are considered underserved in our community," said Elizabeth Skoy, an Associate Professor in the NDSU School of Pharmacy. "We were able to encourage positive changes

in those that were screened and interact with a group that we do not normally get the chance to serve."

[Read the full story](#)

PartnerSHIP 4 Health Receives 2017 MN Bicycling Award from the Bicycle Alliance of Minnesota

On Saturday, April 29th, PartnerSHIP 4 Health was officially recognized as 2017 Educator of the Year in the category of school or organization.

Thanks BikeMN!



It's Bike Rodeo Season!

PS4H works with communities to organize bike rodeos, which are bike safety events for kids. The events are free and give children a chance to develop handling skills in a closed course, get a properly-fitted helmet for free, and enter a drawing for a chance to win a new bike!



You Are Invited!
....
3rd Annual
Henning C.H.A.T.
Bike Rodeo
TUESDAY, MAY 16TH 5PM - 7PM
HENNING LANDMARK CENTER
....



Rider Safety Tips
Helmet Fittings
Bike Inspection
Bike Course
Helmet Giveaway
Picnic Dinner Provided

WIN ONE OF **6** BIKES
TO BE GIVEN AWAY

Thank Our Sponsors:
Henning CHAT Henning Landmark Center
PartnerSHIP 4 Health Henning Lions
Henning PD Henning HOPE
First National Bank



**The 7th Annual
Perham Bicycle Rodeo**



FREE!



Bring your
bike and
helmet

Wednesday, May 10th, 2017
5:00 – 6:00 pm

Boys and Girls Club Parking Lot
(Former Hospital Parking Lot at 320 6th Ave. SW, Perham)
Rain site: Fire Hall (525 W Main St.)

Complete the bicycle rodeo to enter for a chance to
win 1 of 14 new bikes!
Learn safety skills while having fun riding in a bike rodeo course.

This event is free and open to all ages.
Targeting children in grades K-8 with parental participation encouraged.



Bike giveaway will take place at 6:00 pm
*** Need not be present to win***
For more information or special accommodations contact Police Chief Jason Hoaby
218-346-4452 or by email at jason.hoaby@cityofperham.com

Perham

Wednesday, May 10th from 5:00-6:00pm at the Boys & Girls Club of Perham

Breckenridge

Wednesday, May 10th. All elementary and middle school students in Breckenridge and Wahpeton are encouraged to bike or walk to school. The school with the highest percentage of participants will win the traveling trophy!

Congratulations Edina! Could We Be Next?

On May 2, Edina became the first Minnesota city to raise its tobacco sales age to 21. We've heard from many of you that it's high time for our communities to do the same and protect more local kids from a lifetime of addiction and disease.

Widening the gap between young people and those who can legally buy tobacco will help remove products from high schools and teen social circles. In fact, a recent study (1) found that if a Tobacco 21 law was passed in Minnesota, 25% fewer 15-year-olds would start smoking by the time they turn 18, and 15% fewer 18-year-olds would start smoking by the time they turn 21. Because nearly 95 percent of addicted adult smokers started smoking by age 21, further restricting access before age 21 will prevent more young people from ever getting hooked.



Already, California and Hawaii and more than 200 communities across the country have adopted Tobacco 21 ordinances to help prevent tobacco addiction and disease among the next generation. Add Edina to this list of forward-thinking communities. Tell local leaders you want your town and county to be next to make the move to Tobacco 21 and help keep today's kids from becoming tomorrow's tobacco statistics.

(1) <http://www.mnmed.org/MMA/media/Minnesota-Medicine-Magazine/Clinical-BOYLE.pdf>

PartnerSHIP 4 Health supports restricting the sale of tobacco to those 21 and over, 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 or 218-230-5389.



StreetsAlive 2017 is Coming Soon!

Find out how you or your organization can [GET INVOLVED!](#)

Let's work together to bring the streets alive with active play and active transportation!

- [Be an Activity Provider!](#) - Provide family friendly active play opportunities along the route.
- [Be an Exhibitor!](#) - Promote your health-related business while engaging participants in a healthy activity. The exhibitor fee is only \$75/event (\$25/event for nonprofits and free for event sponsors).
- [Volunteer!](#) - Over 100 volunteers are needed to make each event successful. Join the fun; you'll even get a free t-shirt and a healthy meal after your shift.
- [Sell \(healthy\) food!](#) - Showcase your restaurant or food truck at our event in a pop-up fashion. We just ask that you put your best foot forward and feature the healthiest items on your menu!



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