

PartnerSHIP 4 Health

October 2017 E-Newsletter

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www.partnerSHIP4health.org



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

CLT Member Recognized as Patient Champion

Consumer Reports has just chosen PartnerSHIP 4 Health Community Leadership Team Member Bill Adams as one of their "Choosing Wisely Patient Champions" for his work encouraging conversations between doctors and patients about medical overuse.

Congratulations Bill!

[Read the story](#)

Detroit Lakes Police Rolling On Two Wheels

What if one simple change could improve the health of our police officers, make them more accessible to the community and help them do their job? For the Detroit Lakes Police Department, that change was to put their officers on two wheels instead of four.

Riding a bike instead of driving a squad car results in increased physical activity for police officers and demonstrates active living to the community. It also provides an opportunity to model safe biking; such as following traffic laws, wearing a helmet and using lights after dusk. Many feel officers on bikes are more approachable than in squad cars, increasing their contact with the public and fostering improved community



Detroit Lakes officers show off their new bikes.

relations. Departments that use patrol bikes also find them more useful than squad cars in dense pedestrian environments such as festivals and other community events.

To fund this simple change, the Detroit Lakes Police Department connected with PartnerSHIP 4 Health (PS4H), local public health and community partners in Becker, Clay, Otter Tail, and Wilkin counties. Grant funds helped purchase two bikes equipped with racks and lights from the DL Bike

Shop, a local supplier in Detroit Lakes. Three officers attended a police bike training session at North Dakota State University and learned how best to utilize the bikes in their day-to-day patrols as well as at community events.

"I think they are a definite asset to our services," said Steven Todd, Detroit Lakes' Chief of Police. "I had an officer use a bike during a large road race where multiple streets were blocked off. He was able to maneuver around really well during the event. He also was involved in helping capture a purse thief right before the race began."

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

MnDOT District 4 Holds Bike Plan Input Sessions

MnDOT District 4 is holding a series of sessions to gather public input on the upcoming District 4 Bike Plan. The goal of this plan is to improve coordination in regional bicycle planning, especially on MnDOT projects.

Wednesday, October 18th / 9:00 am to 11:00 am / Detroit Lakes

Location: MnDOT District 4 office - 1000 Highway 10 W.

RSVP: <http://bit.ly/BikePlanDetroitLakes>

Monday, October 23rd / 10:00 am to 12:00 noon / Morris

Location: MnDOT District 4 office - 51 Minnesota Drive (Near the intersection of Hwy 9 and Hwy 59)

RSVP: <http://bit.ly/BikePlanMorris>



2017-18 Statewide District Bicycle Plans

The Minnesota Department of Transportation (MnDOT) Statewide Bicycle System Plan (adopted in 2016) set an ambitious vision and goals to improve safety, convenience and comfort for local, regional, and statewide bicycle trips in Minnesota. To help reach these goals, the Statewide Bicycle System Plan will improve coordination and planning to better integrate regional and local bicycling needs into MnDOT project delivery.

Project Goal

District bicycle plans will establish:

- Defined local bicycle routes on existing or planned facilities that will develop or connect the corridors identified in the State Bicycle Route Network (pictured)
- Priority routes for improvement and investments; and
- An estimate of the cost of building a statewide bicycle system.



Tasks & Timeline



This project will create eight District level bicycle plans for MnDOT. The District Plans will align with the Statewide Bicycle System Plan and will be individually tailored to each District, and assist Districts in identifying the need and prioritizing bicycle investments on the Trunk Highway system.

1. Establish a process for developing a District level plan and regional Technical Advisory Committees (TACs) within each District.
2. Conduct System analysis of each District
3. Establish regional priorities and identify projects and fill gaps that support local and regional bicycle networks.
 - a. Identify regional priorities and local system needs
 - b. Project prioritization
 - c. Develop reference guide for scoping bicycle projects
4. Develop one to three projects statewide from scoping to preliminary engineering with maintenance and operations considerations included in the design.
5. Eight District Bicycle Plans Development

For more information visit: mndot.gov/bikes Jasna Hadzic-Stanek | 651-366-4170 | jasna.hadzic-stanek@state.mn.us



Perham Health Moves the Needle on Diabetes

What does it take for a person to successfully lose weight and prevent diabetes? In Perham, MN, the journey for one individual began with behind the scenes work at the local clinic four years prior to the weight loss success. In 2012, Perham Health was awarded Community Wellness Grant (CWG) funding to work with PartnerSHIP 4 Health, local public health and community partners in Becker, Clay, Otter Tail and Wilkin counties, to address prediabetes among its patient population.

Under the guidance of PartnerSHIP 4 Health, Perham Health formed an interprofessional team to focus on prediabetes. Beth Ulschmid, Director of Clinic Operations, led the team and recruited Annalise Shippee, Certified Physician Assistant (PA-C), as the provider champion, as well as representatives from administration, management, population health, nursing, pharmacy, physical therapy and respiratory therapy departments. This team reviewed prediabetes facts, evidence-based screening procedures and the clinic's current process. They discovered they needed to revise their process to better identify patients with prediabetes and to offer those patients support. The team drafted an action plan and then met monthly to track progress, address barriers and set goals.



Beth Ulschmid, Director



Annalise Shippee, PA-C

Fast forward to November 2016, when Shippee was removing stitches from a patient's hip incision. She noted that the patient's A1C diabetes blood test was in the prediabetes range, and, using her newly acquired motivational interviewing skills, mentioned she was concerned about his weight. Shippee recommended that he consider a weight loss plan. He asked her for help, and she referred him to a DPP class at Perham Health.

The patient enrolled in the 12-month program. During an August 2017 clinic visit, Shippee saw that the patient had lost 50 pounds, and his A1C was now in the healthy range. "The clinic-level changes supported my work, and, in turn, the work of the patient," Shippee said. "It is a success story on so many levels."

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

MN Celebrates 10th Anniversary of Freedom to Breathe

This month, Minnesotans for a Smoke-Free Generation, a coalition of Minnesota's leading health organizations, marks the 10-year anniversary of the Freedom to Breathe Act, a law that protects Minnesotans from secondhand smoke in public places including restaurants and bars. The positive changes the law has made in people's lives across the state are clear.



Thank you Colton and DL Boys & Girls Club.

Air pollution from secondhand smoke in bars and restaurants decreased by more than 95 percent after the law went into effect, according to a 2010 American Journal of Preventive Medicine report in. University of Minnesota researchers found that exposure to a tobacco-related carcinogen in nonsmoking hospitality workers had fallen by 85 percent within the first

month of the law. Secondhand smoke exposure also decreased dramatically among members of the public, with 31 percent of Minnesotans reporting exposure to secondhand smoke in any location in 2014, down 25 percentage points from 2007, according to the Minnesota Adult Tobacco Survey (MATS). The law also encouraged smokers to quit. MATS showed that adult smoking levels dropped from 17 percent in 2007 to a new low of 14 percent in 2014.

Minnesotans overwhelmingly support the Freedom to Breathe Act. According to a 2014 Blue Cross and Blue Shield public opinion survey, 87 percent of Minnesotans support the law.

The statewide Freedom to Breathe Act was the result of years of effort by health advocates and followed bold action in local communities throughout Minnesota. Moose Lake was the first city in the state to have its bars and restaurants go smoke-free. Other pioneering communities that were among the first in Minnesota to adopt smoke-free workplace laws include Mankato, Duluth and Olmsted County.

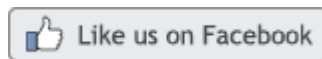
All the organizations that make up Minnesotans for a Smoke-Free Generation celebrate the improvement Freedom to Breathe has made in people's lives. However, tobacco is still the leading cause of preventable death and disease in Minnesota and 55,000 Minnesota students will use tobacco this year. Minnesotans for a Smoke-Free Generation will continue to pursue policies that reduce youth smoking, including keeping tobacco prices high, raising the tobacco age to 21, limiting access to candy-, fruit- and menthol-flavored tobacco and funding future tobacco control programs.

Take a look at a [slide show](#) put together by partners from around the state.

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!



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