



Welcome to the PartnerSHIP 4 Health e-newsletter. In this edition you will discover the following:

- City of Moorhead strengthens local indoor air ordinance
- Perham Health offers new weight management benefit
- Dilworth-Glyndon-Felton (DGF) Schools offer healthy snacks to elementary students
- Glendalough Bike Trail schedules open house
- Lake Region Healthcare awarded Bike Friendly Business Silver Status

Glendalough Bike Trail Open House Friday, September 26th

After a long process of planning and construction, the Glendalough Bike Trail in Battle Lake opened this summer. Popular with tourists and local residents, the bike trail hosts bikers on a daily basis. Consider participating in the open house celebration! Click below for additional information.

[More Information](#)

TOBACCO-FREE 4 HEALTH

ClearWay Minnesota Updates E-cigarette Video!

This updated video highlights current information about e-cigarettes as well as the new Minnesota law.



E-Cigarettes in Minnesota

For more information on e-cigarettes or the Tobacco-Free 4 Health Coalition Please Contact:

Keely Ihry
keely.ihry@co.clay.mn.us
 218-299-718

Lake Region Healthcare Receives Bike Friendly Business Silver Status

According to Lake Region Healthcare President and CEO, Larry Schulz, "The effort to make bicycling an attractive transportation alternative is just one of the many ways we're partnering with employees and the community to focus on wellness and preventive health."

[Read more](#)

For information about how your organization can receive "Bike Friendly" Status contact: patrick.hollister@co.clay.mn.us

City of Moorhead Updates the Local Clean Indoor Air Ordinance!

Congratulations to the City of Moorhead for supporting common sense regulations and adding electronic delivery devices (e-cigarettes) into their local clean indoor air ordinance. This update prohibits the use of electronic delivery devices in indoor public workplaces where conventional cigarettes are prohibited.

For questions regarding this ordinance, contact Keely Ihry at keely.ihry@co.clay.mn.us or 218-299-7182.

- 1 E-cigarettes are battery operated devices that simulate smoking. They contain cartridges filled with nicotine, flavor and other chemicals.
- 2 These devices create a vapor that is inhaled by the user and the use of an e-cigarette is often called "vaping" rather than "smoking".
- 3 There is no evidence that proves vaping is a safe alternative to smoking or that the vapor emitted from them is safe to inhale.
- 4 E-cigarettes are an untested and unregulated product. They are not approved by the Food and Drug Administration (FDA) for safety and have not been proven to help people quit smoking.
- 5 There are several hundred brands of e-cigarettes on the market, and each contain varying amounts of nicotine.
- 6 Unlike traditional cigarettes, e-cigarettes come in candy flavors such as bubble gum, chocolate, vanilla, and fruit punch. Research shows youth are more attracted to flavored products.
- 7 A CDC study found that use of e-cigarettes among middle and high school students more than doubled between 2011 and 2012.
- 8 E-cigarettes are often marketed as a less harmful alternative to smoking, and ads encourage smokers to use them in places where smoking is prohibited. Ads, featuring celebrities, are being featured in magazines, on the radio, and on television.
- 9 The 3 largest tobacco companies (Lorillard, R.J. Reynolds and Phillip Morris) have purchased or developed e-cigarette product lines.
- 10 The FDA has authority to regulate these devices, but has not taken action yet. As a result, many communities in Minnesota have already taken steps to regulate e-cigarettes, making them subject to some of the same laws as cigarettes and other tobacco products.

Minnesota tobacco users who want help quitting have free access to QUITPLAN Services, which provides personalized plans for quitting.
 1-888-354-PLAN (7526) or www.quitplan.com

AMERICAN LUNG ASSOCIATION IN MINNESOTA QUITPLAN

Perham Health Offers New Benefit

"Working with PartnerSHIP 4 Health has enhanced our ability to address obesity. The resource and expertise sharing by PartnerSHIP 4 Health has positively impacted our health care facility as well as our community."

Beth Ulschmid
 Director of Clinic Operations
 Perham Health

[Read more](#)



DGF Schools Offer Healthy Snacks to Elementary Students

According to school board member Cheryl Stetz, DGF Schools have made a commitment to provide a healthy snack to all elementary students. Superintendent Bryan Thygeson, school principals and classroom teachers advocated for this healthy change.



Food Service Director, Chelsey Newton, developed a list of healthy options available through food service and will be ordering the snacks. Parents will be asked to contribute \$25.00 a year to help cover costs, with a limit of \$50.00 per family.

Thygeson led the way in implementing the program. He reported that it would cost the district about \$40,000 per year to implement the program. The food service department will cover up to \$15,000 of the costs. With additional funds generated from parent contributions and the school carnival, DGF Schools are confident that they can successfully fund and implement the program.