



PartnerSHIP 4 Health

October 2013
e-newsletter

PartnerSHIP 4 Health
Charting a course for good health

www.partnerSHIP4Health.org



Dear Keely,

- Clay County Commission adopts FM Metro Cog Food Policy plan
- Teachers creatively integrating physical activity in the classroom
- GreenStep Cities promoting Complete Streets and Local Food movement
- International Walk to School Day a big hit at local schools
- E-cigarettes a growing concern for communities

GreenStep Cities workshop in Detroit Lakes October 24th

Minnesota GreenStep Cities is a voluntary challenge, assistance and recognition program that helps cities achieve sustainability and quality-of-life goals. The initiative is based upon 28 best practices that can be tailored to every Minnesota city, focus on cost savings and energy use reduction, and encourage civic innovation. Local foods and Complete Streets, goals mutual to both GreenStep Cities and PS4H, will be featured

Food Systems plan approved for Fargo/Moorhead area

Clay County Commissioners approved a resolution in support of the greater Fargo/Moorhead Metropolitan Foods Systems Plan on September 24th. The Cass Clay Food System Initiative (CCFSI) was started in 2011, with a goal to increase access to safe, nutritious, and affordable food for our residents by strengthening all aspects of the local food system. After 2 years by engagement, assessment and planning with many community stakeholders and decision makers, a Metropolitan Foods Systems Plan was developed by The Fargo-Moorhead Metropolitan Council of Governments, with guidance by the CCFSI steering committee and support from the NDSU Center for Social Research. This plan will continue to be presented to the two counties. The City of Fargo approved the resolution in support of the plan on October 14th. [Click here to view the plan](#)

Fergus Falls students lead by example

Teachers are being encouraged through school wellness policies to integrate physical activity into the classroom, but that is easier said than done. However, Linda Bowhall, FACS middle school teacher at Kennedy Secondary School, seems to have hit upon a successful recipe to make it happen. Using Fuel Up to Play 60 pedometers, she challenged her middle school students to track their steps during a classroom walk. Then, she went a step further and challenged them to create signage to place on an exercise wall which would ramp up their cardiac output while walking, in addition to making it more fun. The result? See for yourself....

during this workshop.

[Click here for more details about the October workshop in Detroit Lakes](#)

[Click here to view short video of active classrooms](#)

Linda Bowhall and her 7th Grade FACS students also challenged Fergus Falls School District teachers and students to choose healthy snacks and to snap a picture of them enjoying those snacks for inclusion in the Hall of Fame photo gallery!

[Click here to view the photo gallery](#)

E-Cigarettes usage on the rise

A recent CDC report shows that the use of e-cigarettes among MN teens doubled between 2011-2012, making this issue a growing concern for communities.

[Click here to learn more about e-cigarettes](#)

Masterpiece Vapors opens in Perham, MN

This is an example of new businesses selling e-cigarettes.

[Click here to learn more](#)



International Walk to School Day (IWSD) becomes annual celebration

In 2011 PartnerSHIP 4 Health staff helped 4 communities celebrate IWSD. Since that time several more communities have jumped on board to host the annual event, which brings awareness to the benefits of physical activity. Each school district celebrates the day in their own unique way. Some have remote drop offs where adults and students walk to school together, some encourage students to walk along their athletic track or neighborhoods over the lunch hour and some pair older students with younger students for a short walk as a mentoring opportunity. This event has provided additional opportunities for schools to build upon the commitment they are making towards helping students achieve 60 minutes of physical activity/day. Finding creative ways to integrate physical activity into a student's day is beneficial as we know that healthy students make for better learners. This year's event was celebrated by schools in: Breckenridge, DGF, Detroit Lakes, Fergus Falls, Hawley, Rothsay, Moorhead, and Rothsay.