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

Four myths of e-cig vaping

**Myth 1**
Flavoring chemicals, such as diacetyl, used in everyday foods such as microwave popcorn, are also safe to inhale.

**FACT**
There is mounting evidence that inhaling diacetyl causes bronchiolitis obliterans which is an irreversible lung disease found in people who work in popcorn plants. This illness has been nicknamed "popcorn lung."

**Myth 2**
Not all vaping products contain nicotine, and the amount of nicotine can be varied to a desired dose.

**FACT**
There is no regulation, so suppliers and retailers can tell you whatever they want, whether it is true or not.

**Myth 3**
Propylene glycol is a safe inhalant that is found in medical inhalers.

**FACT**
Once heated into the vaporized form, propylene glycol is chemically changed into

---

AmeriCorps VISTA and Minnesota GreenCorps
Advance the Efforts of PS4H

So how does a busy crew like PartnerSHIP 4 Health expand their reach and achieve new heights? They enlist the work of great young talent from the AmeriCorps VISTA and Minnesota GreenCorps programs.

Learn More

---

Integrating Physical Activity into Early Learning

Head Start has always focused on the development, education and socialization of preschool children. In 2014 PartnerSHIP 4 Health developed a relationship with Lakes and Prairies Head Start through the Health Equity Initiative. This partnership helped to bring innovative ideas on
Physical activity and learning opportunities for children around healthy eating.

Learn more

---

**Bike Rodeos Providing Education and Safety to Youth**

For a number of years now PartnerSHIP 4 Health has been an inspiring community to offer bike safety and education to youth in the region. Congratulations to the leadership these communities are providing. 2016 schedule at a glance:

- **Henning, April 21**
- **Fergus Falls, April 29**
- **Detroit Lakes, April 30**
- **Perham, May 4th**
- **Breckenridge, May 4th**

Clay County Public Health, 715 11th Street North, Suite 303, Moorhead, MN 56560

SafeUnsubscribe™ {recipient’s email}
Forward this email | Update Profile | About our service provider
Sent by partnershipfourhealth@gmail.com in collaboration with

Constant Contact
Try it free today