



PartnerSHIP 4 Health

July 2016
e-news

www.partnerSHIP4health.org



PartnerSHIP 4 Health

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

Moorhead Makes Clean Air a Priority

The Moorhead City Council recently passed an updated tobacco ordinance! Some of the great wins include: raising the price of single cigars (the flavored ones highly attractive to youth) from \$0.79 to \$2.60, banning the sampling of all tobacco/vape products, creating a 20' "setback" from all public doorways and windows for smoking or vaping, and also bringing other parts of the ordinance up to date.

Congratulations to the Moorhead City Staff and Council for all their hard work to get this ordinance passed! They are helping to create the first Smoke-Free Generation in MN!!!

Healthier Food Shelves = Healthier Communities

PartnerSHIP 4 Health's Healthy Food Shelf Initiative is made possible through support from the U-Care Foundation

Imagine finding yourself in a tough spot financially and connecting with the local food shelf in order to obtain food to feed yourself and/or your family. It seems like a good idea until you discover that most of the food at the food shelf is highly processed, sugary, and/or salty.

A food shelf is a place where people in need receive food as a result of the generous donations from people in the community. Those accessing food shelves experience obesity, pre-diabetes, diabetes, and related chronic diseases at a higher rate than the general population, and would benefit from healthy fresh foods. However, more often than not, people donate unhealthy foods. In 2014, in an effort to increase access to healthy, fresh foods at food shelves in Becker, Clay, Otter Tail, and Wilkin counties, PartnerSHIP 4 Health (PS4H) developed the Healthy Food Shelves Initiative.



[Click here to read more about the Healthy Food Shelves Initiative](#)



Physical Activity Skills Build a Brighter Future

Join us
at **StreetsAlive!**
on Sunday, July 10th.
Three miles of streets
will be closed to
motorized vehicles to
encourage walking,
running, biking,
rollerblading, dancing
and other non-
motorized activities.

Consider checking out
the following on July
10th between noon
and 5:00pm:

Bicycle Rodeo:

A free bicycle rodeo
will be held from
12:30-2:30pm at
Participation Parkway
(Davy Memorial Park).
Enter for a chance to
win 1 of 4 bikes! There
will also be a free
helmet giveaway (limit
of 50).

Pop-up Bike

Lanes! This year the
Moorhead segment of
the StreetsAlive! route
will include some extra
excitement. Center
Avenue between 7th
Street North and 4th
Street North will
feature a pop-up
protected bike lane
created with planter
boxes.

Healthy Food
Donation Drive:

Participants are
encouraged to bring a
non-perishable food
item for the healthy
food drive. Donations
will be collected by
Josie's Corner Cafe.

NDSU Pole Vaulters
on Broadway, Tumble
on Broadway with
TNT Kids Fitness,
Activity Area for kids,
AND SO MUCH
MORE!!

As children get older, those who used to be bundles of nonstop energy sometimes lose interest in physical activity. Between school, studying, friends, and extracurricular activities, they're juggling a lot of interests and responsibilities.

When children and adolescents participate in the recommended level of physical activity—at least 60 minutes daily—multiple health benefits accrue. Most youth, however, do not engage in recommended levels and fail to reap not just the health benefits, but also academic benefits such as improved concentration, memory, mood, attendance, standardized test scores, and graduation rates.

PartnerSHIP 4 Health collaborates with schools and other organizations to create environments that encourage physical activity. For example, during the school day, PartnerSHIP 4 Health partner schools offer quality physical education, active classrooms, and active recess. In addition, partner schools and organizations embed physical activity opportunities into before and after-school programs.

[Click here to read more about how PartnerSHIP 4 Health worked with two organizations to offer a "Before/After School Physical Activity Training."](#)



Bike Rodeo Comes to the Otterfest

Families are invited to attend a free bike rodeo during the Otterfest on Saturday, August 13 from 3:00- 4:00 pm at the Community Center in Ottertail. No pre-registration is required for the bike rodeo.

Children ages K-8 and their parents will have fun learning bike safety skills at a variety of bike rodeo learning stations. The engaging stations will consist of Helmet Fitting, Bicycle Safety Checklist, Driveway Rideout, Crazy Crossroads, Cones, Brake Dancing, Staying Between the Lines, and Testing the Hand signals. As participants complete the bike rodeo course, they become eligible to enter a drawing for one of ten new bikes provided by the Ottertail Auction Committee and Ottertail Lions Club.



Participants are asked to bring a bike and helmet. If a child does not have a bicycle and/or a helmet, there will be some available for use. Event sponsors include the Ottertail Auction Committee, Ottertail Lions Club, Arvig, East Otter Tail 4-H, Ottertail City Fireman's Relief Association, and PartnerSHIP 4 Health.

[Click here for the route map](#)

[Click here to see the Otterfest Bike Rodeo Flyer](#)

Otter Tail County Master Trail Plan Open House Set

The public is invited to attend an open house to hear about trail plans in Otter Tail County, while sharing your input.

Meetings will be held in Fergus Falls, Pelican Rapids, Perham and Parkers Prairie

[Learn More](#)

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