

# PartnerSHIP 4 Health

August 2017 E-Newsletter

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**PartnerSHIP 4 Health**

[www.partnerSHIP4health.org](http://www.partnerSHIP4health.org)



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

## Annual Bike Rodeos Teach Healthy, Lifelong Skills

Biking is often mistakenly assumed to be something that everyone learns and masters at a young age. In fact, many children in our communities have not had this opportunity, and others may not have the skills and knowledge that keep biking safe and enjoyable. PartnerSHIP 4 Health (local public health and community partners in Becker, Clay, Otter Tail, and Wilkin counties), supports community bicycle safety events for kids called "bike rodeos." These events begin with a bike inspection and helmet-fitting, modeling the importance of safety and maintenance to young participants and parents. The rodeo continues with a series of stations with various obstacles that teach specific aspects of bike handling.



Nathan Flaa, one of the 2017 Detroit Lakes bike drawing winners with Detroit Lakes Police Chief Steven Todd.

In 2017, PartnerSHIP 4 Health (PS4H) supported bike rodeos in Fergus Falls, Detroit Lakes, Perham, Ottertail, and Henning. Over 100 volunteers guided 345 children and 190 parents through skills courses and completed minor (and sometimes major) bike repairs. Local businesses and organizations provided funding for 253 helmets to be given to any child who needed one. A total of 42 bikes were given away through drawings at each event.

Starting with Detroit Lakes and Perham in 2011, area residents have helped organized annual bike rodeos for children in their respective communities. These events have reached a total of 4,215 kids, volunteers, and parents across nine local communities. Donations of approximately \$28,000 funded 328 bikes and 1,190 helmets for kids in Becker, Clay, Otter Tail, and Wilkin Counties.

In Detroit Lakes in 2017, the last winner to pick up a bike was a local 5th grader who had only recently learned how to ride. Local organizer Dotz Johnson was present when the winner received his bike. "I want to remember that young man and that moment forever! It made my day to watch him get his bike and be so appreciative and so happy," Johnson said.

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

## Partnering to Prevent Diabetes

Did you know that...?

- Roughly 1 in 3 Minnesota adults or 1.5 million may have prediabetes.
- In 2014, only 7.4 percent of Minnesota adults said their health care team told them they had prediabetes.
- Minnesotans with prediabetes are at higher risk of type 2 diabetes, heart disease and stroke.

Since 2016, PartnerSHIP 4 Health (PS4H), local public health and community partners in west central Minnesota, has offered the Diabetes Prevention Program (DPP) to community members. The DPP uses a group setting to provide support and encouragement weekly for four months and once a month for the duration of the 12 month program (24 sessions). Sessions foster healthy lifestyle changes related to food, stress, physical activity, and sleep.

In 2012, PS4H offered DPP Lifestyle Coach Training, and two Perham Health staff completed the training. Perham Health set multiple start dates, but recruitment efforts failed to enlist eight to 10 participants and the program was put on hold. In 2015 a patient heard about another community offering the program, and asked Perham Health to offer the program. She recruited friends and the pilot class was held in 2016.



According to Colleen Bauck, RN Care Coordinator and DPP Lifestyle Coach, PS4H was instrumental in the success of their local program, "PS4H funded Lifestyle Coach Training, and offered grant dollars for program operation and materials. PS4H came to our clinic to explore our struggles and successes. They observed the class, offered suggestions and feedback, and shared lessons learned from other organizations. PS4H shared our successes with other organizations such as how we electronically communicate with providers about classes and outcomes."

The outstanding success achieved by the pilot group's participants resulted in the formation of a second group, and then in 2017, five additional groups. To sustain the program, Perham Health offers multiple classes giving participants an option to choose

which time works best with their schedules. They also sought a community champion to help with recruitment, trained multiple staff and class alumni as Lifestyle Coaches to prevent instructor burnout and turnover, and asked Bauck, and Gwen Horter, a Perham Health licensed registered dietitian, to facilitate the local program.

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

## #Tobacco21 in Detroit Lakes & Wilkin County

Community support for Raising the Age to Purchase Tobacco Products in Detroit Lakes and throughout our area continues to grow. Supporters have attended the Becker County Fair, Breckenridge's National Night Out, and several other community events.

In Detroit Lakes, members of the Tobacco21 coalition attended the August City Council meeting. A Public Hearing by the city council has been set for September 12.



Coalition Members at National Night Out, Breckenridge.

Community members including youth has the opportunity to share their views at a special meeting hosted by the city council or county board. This provides an excellent opportunity for any community members to engage with their local government.

If you would like to learn more information about the local Tobacco21 movement in Detroit Lakes, Frazee, Perham, or Wilkin County (or when Tobacco21 is coming to your city), please contact Jason McCoy.

# T21

For more information. please contact Jason  
at [jason.mccoy@co.clay.mn.us](mailto:jason.mccoy@co.clay.mn.us) or 218-230-5389.



# Streetsalive!

SUNDAY AUGUST 27



HELP US BRING THE STREETS TO LIFE...  
**VOLUNTEER!**

**WE NEED YOU..**

**...to help us bring the streets ALIVE!**

Have you ever wanted to play in the street? Now is your chance. Bring your friends or co-workers – it's even more fun as a group! Intersection volunteers reinforce the "road closed" signs, cones and barricades along the route to keep cars and people from having any unplanned meetings. Volunteers are equipped with chalk, bubbles and a StreetsAlive T-shirt. You also get a healthy meal after your shift!

We're looking for volunteers!

Sunday, August 27

**Shifts are from 11:30am – 2:30pm and 2:00 – 5:00pm.**

Questions? Contact us!

[alyssa@greatridesfargo.com](mailto:alyssa@greatridesfargo.com) | 701.280.1202

sign up at  
[fmstreetsalive.org](http://fmstreetsalive.org)

Looking for Meal Ideas? Try "Local Eats" from Eat Well



## LOCAL EATS

*Meal boxes with ingredients provided by your local farmers*



Local, Healthy, Delicious

The Eat Well initiative has started a new venture taking local ingredients and creating perfectly portioned meals in a box for 4. Eat Well with Local Food is partnering with farmers to provide high quality and sustainable ingredients for you to cook delicious meals from scratch. Find and purchase a box at the Fergus Falls farmers market and happy cooking!

- ✓ Chef inspired recipes
- ✓ Season fresh ingredients
- ✓ Step by step video instructions
- ✓ Calories and nutrition facts
- ✓ Learn how to cook

Check out some of these great step-by-step instruction videos!

<https://www.youtube.com/watch?v=gedbDuRZhy4>

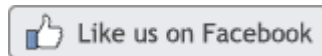
<https://www.youtube.com/watch?v=BpYA1wPDFmk&t>

<https://www.youtube.com/watch?v=ncZ6QD2xgVE&t>

## 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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