

PartnerSHIP 4 Health

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June 2017 E-Newsletter

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

Say Hello to Our New Community Health Worker, Aline Muhimpundu!

Aline is from Burundi, Central Eastern Africa and speaks French, Kirundi, and Swahili, among other languages. Aline is a graduate student studying counseling at the University of Mary and her goal is to apply what she's learned to her community. She developed a passion for health equity at a young age while helping her mother provide health education to women living with HIV, teen mothers, and battered women. Aline is certified in basic Medical and Court translation and has worked with New Americans with various concerns. With Aline's help, we hope to conduct evidence-based lifestyle-change programs in community settings for New Americans with pre-diabetes or who are at risk for diabetes, focusing primarily on Moorhead and Pelican Rapids. This will involve improving patient care by partnering with community providers to screen for cardiovascular disease (e.g., high blood pressure), provide health education, make appointment reminder calls, and refer patients to support services.



This activity is made possible by a grant from the Eliminating Health Disparities Initiative (EHDI) of the Minnesota Department of Health's Center for Health Equity.

**Eat Well Initiative Brings "Fresh on the Go"
to Service Food in Fergus Falls**

Sometimes our busy lives can make it challenging to make healthy choices when it comes to eating. Fortunately, community partners in Fergus Falls are collaborating on an initiative to help make the healthy choice the easy choice. "Eat Well," a project funded by a Centers for Disease Control Community Wellness Grant through PartnerSHIP 4 Health, is designed to increase the number of healthy choices available to area residents by offering locally-owned, non-chain restaurants with professional assistance tailored to their needs.

As the first grocery store partner, Service Food has been a great test case. As part of a new line of grab-and-go foods inspired by Eat Well called "Fresh on the Go," dietitian Katrina Mouser helped them gather a variety of snacks, parfaits, deli salads, and green lettuce salads featuring homemade dressings. Kevin King, Store Manager at Service Food, was impressed by her ability to suggest simple modifications to existing recipes that made them healthier. "There's lots of tricks she knew on how to keep everything down and keep it healthy that we weren't necessarily aware of, and it really worked out well."



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

Wellness Committee Makes Strides at Lakeshirts

The average American adult spends a significant amount of time at work. What if the workplace encouraged healthy choices during all those hours on the job? With support from PartnerSHIP 4 Health (PS4H), Lakeshirts in Detroit Lakes created an active and engaged wellness committee tasked with developing a healthy workplace.

In 2017 the wellness committee boosted employee participation in "Resolution Restart," a community fitness challenge sponsored by the Detroit Lakes Community and Cultural Center. This challenge encourages improvements in physical activity, healthy eating, drinking water, and sleep habits. As of May 2017, 64 employees have lost 73 pounds.

The impact of the Lakeshirts wellness committee goes beyond employee weight loss. Employee health insurance rates have dropped 12.6% while rates at other businesses have remained steady or risen. "We want to keep our employees healthy, and PartnerSHIP 4 Health has supported us as we move in that



Employees are incentivized to participate in community events like the Dick Beardsley Marathon and the Corporate Clash.

direction by providing resources, offering classes, and guiding us along the way," said Alma Alaniz, a Human Resources Assistant at Lakeshirts. To further reduce employee healthcare costs, the company offers health insurance discounts to employees that volunteer at community wellness and community engagement events, such as the Detroit Lakes Bike Rodeo, a bicycle safety event for children.

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

What's the Big Deal About Vaping?

Lately there has been much conversation around raising the age to smoke & vape (the use of electronic cigarettes or personal vaporizers) to 21. Today let's discuss why we include vape products in a discussion that includes smoking, the leading cause of preventable death in Minnesota and in the entire United States (1). Ask any teen and they will tell you that smoking is bad for them. Ask the same teens what they know about vaping and you will hear an entirely different story: "Vapes" are nothing but water vapor or flavored air. Vaping is safer



than smoking, and they help people quit smoking. Moreover, they will tell you that **right here in Greater Minnesota many teens they know are vaping**. The 2016 MN Student Survey supports this claim. While 11th grade smoking is down to 8.4%, Teen vaping is up to 17.1% (2). Electronic cigarettes, personal vaporizers, and their kind provide a special kind of attraction to youth. E-juice, refillable liquid that comes in over 7,000 flavors, includes many flavors which are youth-centric, like cotton candy and fruit flavors. This provides us with pause, but what really causes concern was best stated in the 2016 Surgeon General Report on e-cigarettes which concluded that, "**E-cigarettes are marketed by promoting flavors and using a wide variety of media channels and approaches that have been used in the past for marketing conventional tobacco products to youth and young adults**" (3). This marketing has and

continues to work extremely well. Here are a few more reasons why we include vaping in any conversation that involves preventing youth tobacco use:

1. Vaping is not safe for youth. Nearly all e-cigarettes contain nicotine. Nicotine is highly addictive and can harm the developing adolescent brain. Because the brain is still developing until about age 25, youth and young adult exposure to nicotine can lead to addiction and disrupt attention and learning. No amount of nicotine is safe for youth (4).

2. E-cigarettes are not proven to help people quit smoking. E-cigarettes are not FDA-approved smoking quitting aids, and they are not proved to help people quit. Free quitting medications and counseling are available to all Minnesotans by visiting QUITPLAN® Services at www.quitplan.com or by calling 1-888-354-PLAN (7526).

3. E-cigarettes/Vapes are a tobacco product. Since their introduction to the U.S. in 2007, vape products have sought to separate themselves from the tobacco industry. However, we know that the nicotine used in e-juice is derived from the same tobacco as used in cigarettes. According to the 2016 FDA Deeming Regulation, all e-cigarettes and other vaping materials are now officially recognized as tobacco products (5).

(1) https://www.cdc.gov/tobacco/data_statistics/fact_sheets/fast_facts/index.htm

(2) http://www.health.state.mn.us/divs/hpcd/tpc/topics/ecig_docs/ecigarettes.pdf

(3) <https://www.tobaccofreekids.org/research/factsheets/pdf/0383.pdf>

(4) U.S. Department of Health and Human Services, E-Cigarette Use Among Youth and Young Adults. A Report of the Surgeon General. 2016, U. S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health: Atlanta, GA.

(5) <https://www.fda.gov/tobaccoproducts/labeling/rulesregulationsguidance/ucm394909.htm>



PartnerSHIP 4 Health supports restricting the sale of tobacco to those 21 and over, to protect kids from a lifetime of tobacco addiction and disease.

If you would like to help prevent youth from smoking, please contact Jason at jason.mccoy@co.clay.mn.us or 218-230-5389.

Would You Like to See Center Avenue in Moorhead Become a Better Place to Walk and Bike? Here's Your Chance!

Public Input Meeting for Moorhead Center Avenue

ABOUT CENTER AVENUE

The City of Moorhead recently initiated a planning and preliminary engineering study of the Center Ave Corridor from the Red River to 8 St. The City has a project programmed to rehabilitate this Corridor in 2019.

WHY THIS STUDY?

The City previously completed a study of the project corridor cooperatively with Metro COG and MnDOT in 2013. The 2013 Corridor Study included multiple corridors including Highway 10, Highway 75, and Center Ave. At this time, the City would like to re-evaluate the alternatives included within the 2013 Corridor Study along with some additional alternatives to ensure the corridor is examined with a complete streets approach. This approach studies all modes of transportation, existing and proposed development, the overall safety of the corridor for all users, and options to improve the corridor aesthetics.

SHARE YOUR IDEAS

This public information meeting will introduce the project and allow for the public to engage, share their ideas about the project, and learn more about the project. **Your input will help to guide the study and development of roadway alternatives.**

MEETING DETAILS

Where:

Hjemkomst Center Auditorium
202 1st Avenue North
Moorhead, MN 56560

When:

June 27th, 2017 5:00 PM - 7:00 PM
(presentation at 5:30)

Comments:

Send your comments via phone, mail, or email until July 11, 2017.

Peggy Harter, Stantec
3453 Interstate Boulevard South
Fargo, ND 58103 | 701-566-6020
peggy.harter@stantec.com

View the project website:

www.cityofmoorhead.com/departments/engineering/current-projects/center-ave-project

THE PLANNING AREA



CENTER AVENUE



City of
Moorhead

CENTER AVENUE

Planning + Preliminary Engineering Study



06.27.2017 #193803913

Streets **alive!**

SUNDAYS JUNE 25 & AUGUST 27



Find out how you or your organization can [GET INVOLVED!](#)

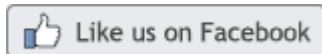
Let's work together to bring the streets alive with active play and active transportation!

- [Be an Activity Provider!](#) - Provide family friendly active play opportunities along the route.
- [Be an Exhibitor!](#) - Promote your health-related business while engaging participants in a healthy activity. The exhibitor fee is only \$75/event (\$25/event for nonprofits and free for event sponsors).
- [Volunteer!](#) - Over 100 volunteers are needed to make each event successful. Join the fun; you'll even get a free t-shirt and a healthy meal after your shift.
- [Sell \(healthy\) food!](#) - Showcase your restaurant or food truck at our event in a pop-up fashion. We just ask that you put your best foot forward and feature the healthiest items on your menu!

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!



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

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