

## PartnerSHIP 4 Health

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# PartnerSHIP 4 Health

December 2017 E-Newsletter

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

## Happy Holidays From PartnerSHIP 4 Health!



On behalf of PartnerSHIP 4 Health, we wish you all a happy and healthy holiday season, and a happy and healthy 2018 for you and your families!

Back Row (Left to Right): Jason McCoy, Jason Bergstrand, Janet Lindberg

Middle Row: Patrick Hollister, Karen Nitzkowski, Krystle McNeal, Maryann Harris

Front Row: Gina Nolte, Kristin Erickson, Karensa Tischer

Not Pictured: Carol Hagel, Austin Hauf

## Breckenridge Creates Active Living Culture

Bike riding offers a healthy, cost-effective and efficient way to move from place to place, and 51 percent of U.S. adults say they would like to ride more often. Of those, 53 percent worry about being hit by a car, and 47 percent would ride more often if bikes and motor vehicles were physically separated.[1] Communities in Minnesota eager to promote health and provide additional transportation options invest in trails and lanes that increase bike safety and promote biking.



Community Members and Friends on the New Trail

In Wilkin County, the Active Living Committee of Breckenridge has existed for over 10 years and leads the charge to make their city a safer place to ride. The largest of their efforts, a newly-completed 1.5-mile bike trail along Highway 75, connects CHI St. Francis Health to the city and multiple destinations in between. In 2011, PartnerSHIP 4 Health (PS4H) helped jump-start the process with funding for the initial engineering study. The Active Living Committee secured additional funding from the Minnesota Department of Transportation, Minnesota Department of Natural Resources, the Otto Bremer Foundation, and an ongoing local fundraising campaign. The city supports the project and agreed to maintain the trail if the committee could successfully fund the local match required by the awarded grants.

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

[1] <http://peopleforbikes.org/resources/u-s-bicycling-participation-benchmarking-report/>

## Worksite Wellness Rocks the Region

In Minnesota, over half of employers with 100 or more employees participate in health promotion programs.[1] Arvig and MnDOT District 4, two members of PartnerSHIP 4 Health's (PS4H) Worksite Wellness Collaborative, used their Wellbeing Committees to coordinate health and wellness efforts for their employees across multiple locations.

Arvig's Wellbeing Committee consists of 11 members, as well as 29 "Wellbeing Champions,"



PS4H's 2017 Worksite Wellness Partners

one for each location, who focus on making changes supporting healthy eating, tobacco-free living, and physical activity. For example, the committee organized access to free fruit in each break room, helped revise and implement a new tobacco-free workplace policy, designated walking paths, and supports walking challenges. Eleven employees have collectively lost 232 pounds as part of the I CAN Prevent Diabetes Program, and a new

class is starting in February.

At MnDOT, representatives from seven of its 17 locations serve on the Wellbeing Committee. The committee secured a dedicated budget of \$3,000 for wellness activities as well as 10 percent of one staff member's time for wellness initiatives. Using a PS4H funding award, the committee purchased three small glass-front fridges for easy access to healthy snack options. To support physical activity, the Detroit Lakes location applied for, and became recognized as, a silver-level Bicycle-Friendly Business by the League of American Bicyclists.

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

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[1] <http://www.health.state.mn.us/divs/oshii/worksite/>

## **BIKE FM Becomes Newest Chapter of BikeMN**

Bicycle Information, Knowledge, and Education Fargo-Moorhead (BIKE FM), which was created with the support of PartnerSHIP 4 Health, has just become the latest official chapter of the Bicycle Alliance of Minnesota (BikeMN)! The group has held bike safety classes, organized public education campaigns, and encourages resource-sharing between people and organizations working to increase bike safety in the FM area. Keep up the good work BIKE FM!

[Click here for more details](#)



BIKE FM Kickoff Meeting

## Tobacco Companies Run Court-Ordered Ads

After nearly 20 years of litigation, tobacco companies are being forced to run ads highlighting information they long fought to keep from the public about the dangers of smoking and secondhand smoke and how they manipulate their products to create and sustain addiction. Philip Morris USA, R.J. Reynolds Tobacco, Lorillard and Altria were found to have committed civil fraud and to have violated the federal Racketeer Influenced and Corrupt Organizations (RICO) Act in 2006. Earlier this year, they exhausted all legal appeals when the U.S. Supreme Court declined to hear their case.



Tobacco Executives Say Cigarettes Aren't Addictive.

The tobacco companies were ordered to pay for the ads, which will run on primetime network television for a year and in select newspapers until March 2018. Most Americans do not know that cigarette makers lied for decades about the dangers they knew about their products, according to a recent national survey from the Oklahoma Tobacco Research Center.

Tobacco companies spend more than \$115 million annually on advertising and marketing in Minnesota, and tobacco use is responsible for the deaths of 6,312 Minnesotans every year. The economic toll is also high: tobacco use costs Minnesotans an estimated \$7 billion every year: \$3.19 billion in excess health care costs and \$4.3 billion in lost productivity. The tobacco industry heavily targets youth, knowing that nearly 95% of currently addicted adult smokers started before age 21.

No one wants today's kids to become tomorrow's tobacco statistics. For more on what we can do to prevent young people from getting hooked on tobacco products and suffering the health consequences, please visit [smokefreegenmn.org](http://smokefreegenmn.org).

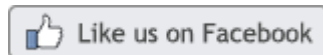
For more information regarding the Minnesota Master Settlement Lawsuit, click [here](#).

[Click here to view the videos with commentary from Minnesotans for a Smoke-Free Generation](#)

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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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