

PartnerSHIP 4 Health

November 2017 E-Newsletter

In this issue:

[Creating a Lifetime of Health With ChildcareAlive!](#)

[Diabetes Prevention at Lake Region Healthcare](#)

[November 16th is the Great American Smokeout](#)

PartnerSHIP 4 Health

www.partnerSHIP4health.org



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

Creating a Lifetime of Health With ChildcareAlive!

More than 60 percent of children under six years of age are in arranged childcare on a weekly basis. More than 11 million children under age six spend an average of 30 hours a week in childcare, and children of working mothers spend almost 40 hours a week in such care (CDC). What if this time could be used to form healthy eating and physical activity habits? Through an innovative program called ChildcareAlive!, PartnerSHIP 4 Health (PS4H) helps childcare providers across Becker, Clay, Otter Tail and Wilkin counties develop the knowledge and skills to incorporate healthy habits into their work.



Krystle engages providers during the 2017 training

ChildcareAlive! is a partnership between Dakota Medical Foundation, PS4H and Lakes and Prairies Community Action Partnership, and provides services in North Dakota and Minnesota. Since 2013, it has provided coaching and technical assistance to childcare providers in PS4H's service area. Initially,

ChildcareAlive! staff used on-site demonstrations to teach lessons on active play or nutrition. From 2014-2016, over 100 providers were involved, impacting 825 children through age five. Parents report that these children were more likely to try new foods, ask for vegetables as a snack and eat at least 1 cup of vegetables per day.

Krystle McNeal of Lakes & Prairies Community Action Partnership expanded the program in 2017 by creating a curriculum, a two-hour training and a website to host the curriculum and increase reach. During the September 2017 training, local childcare provider Kristi Bradley shared her experience using the curriculum: "These activities really work. I have parents telling me that their kids still talk about 'Go' and 'Whoa' foods and tell them that

they can't say 'yucky' after trying a food. It's not just affecting the kids, the parents are affected by these activities, too," reported Bradley.

To view the *ChildcareAlive!* curriculum, visit <http://www.childcarealive.org>

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

Spotlight on Lake Region Healthcare's Diabetes Prevention Efforts

Since 2016, PartnerSHIP 4 Health (PS4H), local public health and community partners in west central Minnesota, has partnered to offer the Diabetes Prevention Program (DPP) to employees and community members. The DPP provides support and encouragement, with each group meeting weekly for 16 weeks and monthly for 6 months. Sessions foster healthy lifestyle changes related to food, stress, physical activity, and sleep.

Lake Region Healthcare (LRH) collaborated with PS4H to offer the DPP in the Fergus Falls area. According to Natalie Knutson, LRH Director of Wellness /Certified Personal Trainer/NDPP Lifestyle Coach, "PS4H not only funded our Lifestyle Coach training, but also offered grant dollars to get the program off the ground and track how much time this program actually takes. PS4H staff has also been really great in keeping in touch with us and helping out with any questions we have."

For the 2017 class, LRH recruited class members based on physician referral related to A1C results. "This group is off to a great start and it seems the mentality of the group is a little more serious knowing that their physician referred them and said they should do this," Knutson said. The class is 50 percent female and 50 percent male and has lost a total of 67 pounds as of May 2017.

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



Mary Bressler describes her experience with the Diabetes Prevention Program at Lake Region Healthcare

Great American Smokeout

You can quit smoking.

This year we celebrate the Great American Smokeout on November 16. With holidays fast approaching, what a great time to set your quit date.

Quitting smoking can be hard. But you have so much to win by quitting: Lower risk for lung cancer and other diseases, easier breathing, more energy, and cleaner air. Start thinking of all the ways you can win when you begin a healthier, smoke-free life.

Today, there are now more former smokers than current smokers. You have the power to start your quit journey just like many others have already. Each year, The Great American Smokeout encourages all smokers to make a plan to quit, or to plan in advance and quit smoking on a specific day.

Five Ways You Can Prepare to Quit Smoking

You're taking an important step toward creating a healthier life when you set out to quit smoking. A good plan can help you get past symptoms of withdrawal. Take these five steps



Great American Smokeout November 16.

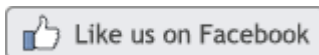
to help improve your success:

- Set a quit date. Choose the Great American Smokeout or another quit day within the next 2 weeks.
- Tell your family and friends about your quit plan. Share your quit date with the important people in your life and ask them for support. A daily phone call, e-mail, or text message can help you stay on course and provide moral support.
- Be prepared for challenges. The urge to smoke is short-usually only 3 to 5 minutes, but those moments can feel intense. Even one puff can feed a craving and make it stronger. Before your quit day, write down healthy ways to help cope:
 - Drink water.
 - Exercise.
 - Listen to a favorite song or play a game.
 - Call or text a friend.
 - Get social support by joining @CDCTobaccoFree on Facebook and Twitter.
 - Sign up for SmokefreeTEXT for 24/7 help on your mobile phone.
- Remove cigarettes and other tobacco from your home, car, and workplace. Throw away your cigarettes, matches, lighters, and ashtrays. Clean and freshen your car, home, and workplace. Old cigarette odors can cause cravings.
- Talk to your doctor, pharmacist, or other health care provider about quit options. Nicotine patches, gum, or other approved quit medication can help.

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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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