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March 2018 E-Newsletter

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In this issue:

[Diabetes Prevention Program Lifestyle Coach Training](#)
[Employers Team up to Encourage Walking](#)
[Barnesville Highway 9 Project Public Input Meeting](#)
[StoneL Wellness Committee Supports Healthy Options](#)
[2018 Healthy Schools Summit](#)
[Youth Tobacco Use on the Rise](#)

Diabetes Prevention Program Lifestyle Coach Training

This training is being sponsored by PartnerSHIP 4 Health and University of MN Extension and is funded by the MN Department of Health and the Centers for Disease Control and Prevention. The Diabetes Prevention Program is a yearlong program. Each Diabetes Prevention class lasts for at least one hour. In addition, Lifestyle Coaches will need time for class preparation, tracker input and data entry. Most Lifestyle Coaches spend 3–4 hours per week on the program. Please make sure that your supervisor is aware of these responsibilities.

Training Dates & Time:

Thursday March 22nd, 2018 from 9:00 am – 4:30 pm

Friday March 23rd, 2018 from 9:00 am – 4:30 pm

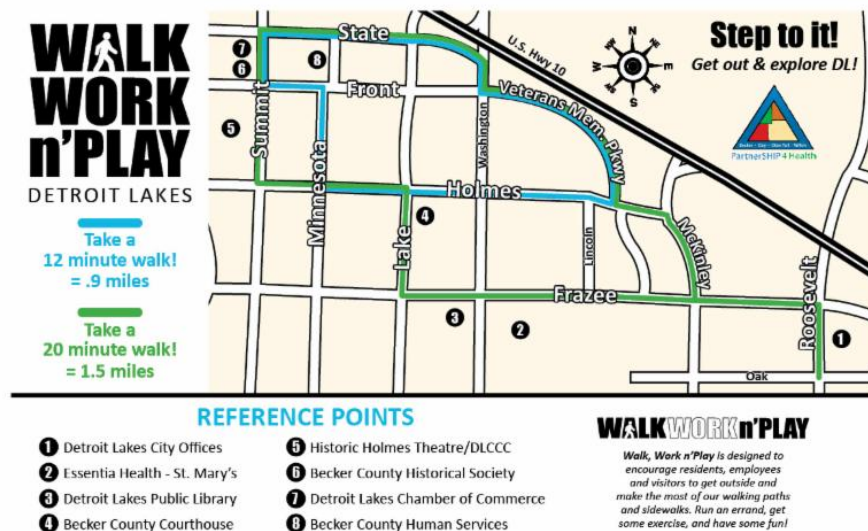
Location:

Family Service Center of Clay County, Room 4
715 11th St. N
Moorhead, MN 56560

Coffee, Water, Lunch, and Snacks will be provided each day. Please register no later than March 14, 2018. There is NO CHARGE to attend. Maximum of 12 participants.

For More information, please contact Kristin Erickson at 218-998-8336 or KErickso@co.ottertail.mn.us

[Click Here to Register](#)



Sample Walking Map from Detroit Lakes

Employers Team up to Encourage Walking

With funding from the CDC's Community Wellness Grant, PartnerSHIP 4 Health (PS4H) facilitated a two year pilot program designed to help businesses increase walking among their employees and customers. The pilot began in 2016 in Fergus Falls and moved to Detroit Lakes in 2017. First, PS4H staff conducted a sidewalk inventory of the downtown area using GPS equipment borrowed through collaboration with the Minnesota Department of Transportation. Next, PS4H recruited businesses and provided guidance to produce both individual and joint action plans for increasing walking among employees and customers. Individual action plans included items such as starting a walking challenge, designing indoor or outdoor walking routes, updating the employee handbook to encourage walking breaks, and providing equipment for employees to track their steps. In both communities, the joint action plan included the creation of walking maps for employee use and distribution across the community.

Becker County Museum Programs Director Emily Buermann shared a few observations from the project: "Our employees reported several positive benefits to our temporary walking changes. Our employees were sleeping better, generally feeling better, reporting better productivity after their walk breaks, feeling positively about our company's concern for their well-being, and drinking more water. Our employees reported that they would like to continue our walking programs after the close of the study, so we made permanent changes to our Employee Handbook. Our employees now have access to 30 minutes of paid time each work day if they use those minutes for walking."

[Read More](#)

Barnesville Highway 9 Project Public Input Meeting

Wednesday, March 28th, 7:00–9:00pm
Barnesville High School Library



PartnerSHIP 4 Health and SRF Consulting Group are working with the City of Barnesville on the community input process for the Highway 9 streetscape and multi-use trail plans. Highway 9 is currently scheduled for reconstruction in 2023. At the upcoming public meeting on March 28th, consultants will facilitate a group discussion about how the roadway can be improved for walking, biking, and ADA accessibility, and gather ideas on future multi-use trail connections within Barnesville and beyond. All are welcome to attend!

For more information, contact Mike Rietz at 354-2292 or Karen Lauer at 354-2145.



An employee enjoys Stonel's walking path.

StoneL Wellness Committee Supports Healthy Options

At StoneL's campus north of Fergus Falls, a five-member wellness committee is working to identify opportunities to improve employee health. StoneL manufactures controllers for valves used in many industries, from biotech to agri-processing. To provide options for physical activity at work, StoneL designated walking paths both inside and outside. Employees receive two extra breaks per day to allow for regular stretching, which is especially important for those employees working directly with manufacturing. StoneL's wellness committee also worked with PS4H to make changes to encourage breastfeeding. In addition to creating and adopting a lactation policy to support new mothers, the office created a dedicated lactation room for employees to use during the work day. The new lactation room includes a comfortable chair, a small refrigerator, and appropriate signage to maintain employee privacy.

"Working with PartnerSHIP 4 Health provided our team with valuable resources and tools. Their guidance helped us develop the foundation of our wellness program step by step," reported Jackie Hendrickson, StoneL's Accounting & Operations Support Director. "We are now seeing how wellness extends beyond the workplace and towards the families of our employees."

[Read More](#)

Healthy Schools Summit



March 21 2018

Dakota Medical Foundation, Fargo
www.ndseec.com | FREE to attend



Ready, set, let's **ACTIVATE!**

Let's activate with a line-up of ND and MN regional and local success stories and find out how they are making a healthy difference in the lives of students!



Scott Taylor | Dan Nelson
Principal & Behavior Interventionist
Park Brook Elementary
Osseo, MN School District

Julia Dinsmore
Poverty
Storyteller

Tim Lutz
Supt. Kelliher, MN
Public Schools

Breakout Sessions:

Healthy Eating

Alternative breakfast models
Increasing participation
& decreasing waste
Food allergies

Physical Activity

Active classrooms
Recess
Before & after school time

Systems

Healthy fundraising
Wellness policy implementation
Staff Wellness

[Click Here to Register](#)

Youth Tobacco Use Rises for First Time in 17 Years

Over 26 percent of high-school students surveyed reported using tobacco products in past 30 days

What's Driving This Trend?

Explosion of E-Cigarette Use

- Nearly one in five high-school students used e-cigarettes in past 30 days



- Nearly a 50 percent increase since 2014
- E-cigarettes have disrupted a 17-year downward trend in youth tobacco use

Aggressive Marketing 88%

- Most students (88 percent) have seen ads for e-cigarettes – of those who are heavily exposed on social media, nearly 40 percent use e-cigarettes



Changing Landscape

- One in three high-school e-cigarette users reported they had used an e-cigarette to vape marijuana or THC oil/wax

Why the Rise?

Flavors Appeal to Kids

- Over 60 percent of students who use tobacco reported using menthol or other flavored products



Easy Access

- Nearly a third of high school e-cigarette users report they got their e-cigarettes from retail outlets, about one in five got them from vape shops

The Good News: Less Youth Smoking

- Fewer than 10 percent of high-school students now report smoking cigarettes – a 70 percent decrease since 2000. Due to high cigarette prices and decades of tobacco prevention efforts, youth cigarette smoking is at an all-time low – but that progress is threatened by the changing tobacco industry.



Proven Strategies to Decrease Tobacco Use:

- Increase the price of tobacco products
- Increase prevention and cessation funding
- Restrict the sale of flavored and menthol tobacco products
- Raise the minimum legal sale age for tobacco products to 21

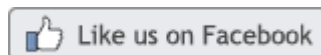


mn DEPARTMENT OF HEALTH

2017 Minnesota Youth Tobacco Survey • www.health.mn.gov/tobacco

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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!



PartnerSHIP 4 Health is supported by the Minnesota Department of Health through the Statewide Health Improvement Partnership (SHIP). To learn more about SHIP and its work across the state, click the logo to the right!



PartnerSHIP 4 Health | www.partnership4health.org

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