



Dear Keely, welcome to the PartnerSHIP 4 Health e-newsletter. Keep reading to learn exciting updates about the following items:

- Battle Lake improves its walking and biking infrastructure
- Worksite Wellness Collaborative celebrates accomplishments
- Area schools receive Active Recess and Active Classroom Training
- U Care Foundation collaborates to increase healthier food options at local food shelves
- Great American Smokeout offers opportunity to become smoke-free

PartnerSHIP 4 Health receives U-Care Foundation Grant

PartnerSHIP 4 Health received funding support from the U-Care Foundation for a healthy food shelf and healthy food donation initiative. The goal is to help food shelves and organizations serving food procure, grow and distribute high quality, healthy food items to their clients. [Learn more](#)



TOBACCO-FREE 4 HEALTH

Thursday, Nov 20th is the Great American Smokeout!

This smokeout, held annually, encourages smokers to use this day as a quit date or to plan a quit date.

The Perham Area Boys and Girls Club are using this date to bring awareness to the number of youth that smoke.



New data reveals that 10% of Minnesota youth smoke, compared to 18% in 2011. This is great news, but 10% is still too many. The tobacco industry continues to create new addictive products that target students and adults, such as e-cigarettes.

The number in the picture below reveals the number of MN public school students who currently smoke.



For more information on the Tobacco-Free 4 Health Coalition Contact Keely Ihry keely.ihry@co.clay.mn.us 218-299-718

Battle Lake: A Bike and Pedestrian Friendly City

If you've been through the City of Battle Lake this past year, did you notice anything new? Wider sidewalks, better ADA accommodations, corner bump outs, the new Glendalough bike trail, and city-scape amenities like planter boxes, benches and bike racks make Battle Lake a fun, safe, and friendly place to be physically active. Read more about how city officials and residents came together to improve their community by transforming the Highway 78 Corridor through downtown Battle Lake.



[Read more](#)

Worksite Wellness Collaborative Celebrates Accomplishments

PS4H recently completed a 13-month worksite wellness collaborative with 14 organizations in the region. Partners learned about best practices while implementing long-term solutions to increase healthy options in the workplace. Click below for the exciting details.



A new collaborative will begin in March 2015. To learn how your organization can participate, contact Karen Nitzkorski at knitzkorski@gmail.com or at 701-371-9644 701-371-96470ff7

[Read more](#)



Active Classroom and Recess Training Offered

On October 27th, area schools and a detention center participated in the Active Classroom and/or Active Recess training: Pelican Rapids, Henning, Rothsay, Sebeka, Hawley, and the West Central Regional Detention Center. Mary Thissen Milder, MN Dept. of Education, provided the training in Pelican Rapids, MN.

The Active Classroom Workshop identifies classroom activities to utilize as physical activity breaks or to integrate as content specific activities. Training participants learned a variety of physical activities to immediately implement, as well as quick and easy ways to insert physical activity breaks into the natural flow of classroom curriculum.

The Active Recess Workshop addresses best practices, game options, and safe play spaces that stimulate movement. The workshop also addresses supervision tips related to behavioral issues.

To learn how your school may receive similar training, contact PartnerSHIP 4 Health staff members Karen Nitzkorski at knitzkorski@gmail.com or Keely Ihry at keely.ihry@co.clay.mn.us.

