



# PartnerSHIP 4 Health

December 2016

e-news

[www.partnerSHIP4health.org](http://www.partnerSHIP4health.org)



## PartnerSHIP 4 Health

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

### Why Raise the Purchase Age to 21?

Raising the age to purchase tobacco from 18 to 21 is an approach that makes a lot of sense for two big reasons. First, 95 percent of current smokers started smoking by age 21.

This is both a startling number and one that should give us hope. If we can keep young people from starting to smoke before they turn 21, they will likely never start. Second, raising the age to 21 would remove legal purchasers of tobacco from the social circles of younger teens. Older friends at school are a key source of tobacco for younger teens. Research predicts a 25 percent reduction in smoking initiation among 15 to 17-year-olds alone following an increase in legal purchase age to 21.

The public supports raising the age. A 2014 CDC survey shows 75% of adults, including 7 out of 10

### Food Shelves Providing Client Choice and Healthy Food Options

Imagine finding yourself in a tough spot financially and connecting with the local food shelf in order to obtain food to feed yourself and/or your family. It seems like a good idea until you discover that most of the food at the food shelf is highly processed.

PartnerSHIP 4 Health has been working with food shelves since 2014 to improve access to healthy food options.

The following films provide an overview of the work:

[Healthy Food Shelves](#) (4.5 minutes)

[Healthy Food Shelves](#) (9 minutes)

### Partnering For Better Blood Pressure Control

What if your health depended on taking your own blood pressure and interpreting the results but you lacked the knowledge and training? This is a real issue for many people, and community paramedics (CPs) in Fargo-Moorhead are addressing it by teaching patients how to take their own blood pressure with a blood pressure cuff in their own home. [Read more](#)

### Glacial Edge Trail Open House Fergus Falls

December 8th 5:30-7pm

smokers, support raising the age to 21.

Raising the age to purchase tobacco makes sense.

For more information, please contact Jason at [jason.mccoy@co.clay.mn.us](mailto:jason.mccoy@co.clay.mn.us) or 218-230-5389

## Fergus Falls City Hall

The City of Fergus Falls is the beginning stages of planning for the future Glacial Edge Trail. This regional trail is intended to create connections with existing trail systems, such as the Central Lakes State Trail, as well as future county and state trails. The trail will be a paved, multi-use trail accommodating walkers, runners, bicyclists, and inline skaters. The public is welcome to attend this open house. [learn more](#)

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