

## PartnerSHIP 4 Health

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July 2017 E-Newsletter

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

**Thank you for supporting SHIP and PartnerSHIP 4 Health!**



Thanks to your emails, letters, and phone calls to Minnesota legislators, the Statewide Health Improvement Partnership was funded for the next two years. This means that PartnerSHIP 4 Health will continue to work with our partners in Becker, Clay, Otter Tail, and Wilkin Counties to promote healthy eating and active, tobacco-free living, helping our citizens lead longer, healthier lives.

Thank you!

### Partnering to Prevent Diabetes

Did you know that...?

- Roughly 1 in 3 Minnesota adults or 1.5 million may have prediabetes.
- In 2014, only 7.4 percent of Minnesota adults said their health care team told them they had prediabetes.
- Minnesotans with prediabetes are at higher risk of type 2 diabetes, heart disease and stroke.



**Lakeland Mental Health Center**

Since 2016, PartnerSHIP 4 Health (PS4H), local public health and community partners in west central Minnesota, offer the Diabetes Prevention Program (DPP) to 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.

Lakeland Mental Health Center (LMHC) collaborated with PS4H, University of Minnesota (MN) Extension, and A Place to Belong (a social club for mental health consumers), to adapt and offer a DPP program that matched the needs and preferences of adults with severe and persistent mental illness in the Fergus Falls community. According to Colleen Kennedy, MSW, LGSW, LMHC Mental Health Practitioner and DPP Lifestyle Coach, "The collaborative effort between the organizations was critical. The work behind the scenes to prepare for the classes and contact other organization to donate incentives for the participants was very helpful and greatly appreciated."

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

## Game Changer: Motivational Interviewing

Imagine having a conversation with your medical team that empowers you to consider a healthy lifestyle change, and supports you in making that change. Now, you don't have to imagine-this can happen with a conversational skill known as "Motivational Interviewing (MI)."



Motivational Interviewing Interactive Exercise

"MI is a way to connect with another person on their change journey," said Scott Nyegaard, certified MI Network Trainer. "It is not about fixing or changing people because I see the need or want, instead it is about recognizing and embracing their personal reasons to change and helping them walk that path. Unfortunately, the

more common approach taken is the 'Expert Role', a very ineffective way to help someone change. We spend years teaching healthcare providers medical knowledge and technical information, yet often miss teaching about the very human side of the interaction. MI includes that human side of change and gives practical and effective tools to empower the person to embrace their own change."

Lynn Halmrast, LP, LPCC, LMFT, ICPS, a consultant with Summit Guidance, received his MI training through PS4H in 2016 and is spreading the word about his experience: "I appreciate the excellent manner in which this valuable mental health intervention tool was presented for participants. I have shared my enhanced knowledge and skills gained through the MI training opportunity with a number of my mental health professional colleagues." PartnerSHIP 4 Health's support of MI training is funded by the Centers for Disease Control and Prevention.

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

## #Tobacco21 in Detroit Lakes & Frazee

The cities of Detroit Lakes and Frazee have begun exploring raising the age to purchase tobacco products to 21. Local supporters want to raise awareness of the need to prevent tobacco from entering our schools and reaching the hands (and lungs) of our teens. Outreach to the community has brought many to the table seeking the best way to lower our teen smoking and vaping rates. A coalition is growing rapidly, with doctors, teachers, counselors, veterans, and youth all coming together around this idea.



Coalition Members at Detroit Lakes City Council Meeting

"Every day I see my classmates giving cash to a senior... that's how easy it is to get cigarettes or vapes (e-cigarettes) for us," reported Megan Gilsdorf of Detroit Lakes. While some students will get cigarettes from other means, teens report that the majority of tobacco use in their own schools is supplied through seniors.

An all too familiar story comes from Angie Horner, Chemical Health Coordinator for the Detroit Lakes Schools: "I was having a conversation with a 16-year-old student about smoking. He smokes and started at the age of 14. I thought I would visit with him about the Tobacco 21 ordinance and he was quite informative. He told me that if something like that had been in place when he was 14, he would never have started. This student knew 18-year-olds at that time, but not 21-year-olds, so it would have been very difficult for him to find someone to buy him tobacco. Today he regrets ever starting and wishes he could quit, but it is too hard. He has come to accept that he will forever be a tobacco user. If our goal is to curtail tobacco dependency, we as a community need to tackle this issue together. Tobacco 21 will be controversial, but the fight is worth it... these are our kids and they're worth it. Doing nothing is not an option."

# T21

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

## Otter Tail County Community Health Worker Pilot Project

A Community Health Worker (CHW) is a healthcare professional able to connect people and communities with health or human services resources. The community health worker

model reduces health disparities by reaching underserved communities to promote health, prevent disease, and increase access to health services. This summer, Otter Tail County Public Health (OTCPH), in collaboration with PartnerSHIP 4 Health (PS4H) and Community Wellness Grant (CWG) funds, is piloting the position of a Community Health Worker. Since the first week of June, Megan Curran de Nieto, Certificate-holding CHW, drives from St. Paul to spend two days a week in Otter Tail County, meeting people, introducing CHW services, and offering

to screen for prediabetes and hypertension related risk factors. She is also available to meet with people to support them in eating healthier, becoming more physically active, and/or reducing or quitting tobacco use. Your healthcare provider or public health nurse can refer you to the CHW services. As the services are grant-funded, they are currently offered free of charge.

Nieto spent her first day in the waiting room at Otter Tail County Public Health in Fergus Falls, greeting those in the waiting room, and offering the screening and information. On her second day Nieto could be found at the Women, Infant, and Child (WIC) appointments in Pelican Rapids, again offering the screening and information, communicating with clients in either English or Spanish. During her second week Nieto interacted with people in the Sanford Health Pelican Rapids Clinic, again offering the screening tool and resources in both English and Spanish.



Nieto is also spreading the news that Otter Tail County has posted a position for two part-time CHWs. The posting is located on the Otter Tail County Website, and closes on 6/30/2017. Applicants must be fluent in English, and also speak either Spanish or Somali. Nieto is paving the way for future CHWs to impact Otter Tail County residents and create a healthier Otter Tail County.

**Looking for Meal Ideas? Try "Local Eats" from Eat Well**





# LOCAL EATS

*Meal boxes with ingredients provided by your local farmers*



## Local, Healthy, Delicious

The Eat Well initiative has started a new venture taking local ingredients and creating perfectly portioned meals in a box for 4. Eat Well with Local Food is partnering with farmers to provide high quality and sustainable ingredients for you to cook delicious meals from scratch. Find and purchase a box at the Fergus Falls farmers market and happy cooking!

- ✓ Chef inspired recipes
- ✓ Season fresh ingredients
- ✓ Step by step video instructions
- ✓ Calories and nutrition facts
- ✓ Learn how to cook

# COMMUNITY DESIGN WORKSHOP



The City of Fergus Falls needs your help

...to develop a plan for the revitalization and re-design of Wright Park in downtown Fergus Falls. Come share your ideas for the future of Wright Park.

Everyone is welcome!

Refreshments will be provided.



Wednesday, July 19th at 5:30 PM



The Spot Panini and Wine  
220 W Lincoln Avenue, Fergus Falls



[Click here to view the Facebook event](#)

**Join PartnerSHIP 4 Health for the Otterfest Bike Rodeo!**

# Otterfest Bicycle Rodeo



## FREE!

Bring your  
bike and  
helmet  
(a few bikes will  
be available to  
use for those  
who don't have  
bikes).



**Saturday, August 12, 2017**  
**3:00 – 4:00 pm**



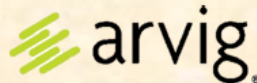
Location:

Ottertail Lions Club

**Otterfest in front of the Community Center**

Complete the bike rodeo to enter for a chance to win 1 of 10 new bikes!  
Learn safety skills while having fun riding in a bike rodeo course.  
Bike helmets will also be given out.

This event is free and open to all ages,  
Targeting children in grades K-8 with parental participation encouraged.



Bike giveaway will take place immediately following the rodeo.

\*\*\* Need not be present to win\*\*\*

For more information, please contact Gordon Bradbury: 218-367-6907 or [gbradbury@arvig.net](mailto:gbradbury@arvig.net)

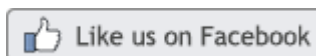
**Contributing Donor: Ottertail Auction Committee**

**Volunteers:** Ottertail City Fireman's Relief Association

## Like and Review PartnerSHIP 4 Health on Facebook



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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