



## February 2020 E-Newsletter

**In This Issue:** Success story on Local Tobacco 21 Policy Work, Healthy Schools Summit registration information, announcement of BCBSMN sponsorship in Pelican Rapids, CookWell Series dates, Good Food Guidelines and GreenStep Cities updates!

Visit our Website

### Local Tobacco 21 Policy Work

The tobacco industry has long been known for its predatory marketing tactics to hooking youth to their deadly products. Unfortunately, the vaping industry is using that same playbook to influence youth to use addictive vaping devices at epidemic proportions. PartnerSHIP 4 Health's Tobacco Prevention Coordinator, Jason McCoy, MPH, has been leading tobacco reduction efforts in Becker, Clay, Otter Tail, and Wilkin Counties since 2015. McCoy's work is funded by ClearWay Minnesota, a nonprofit looking to reduce tobacco use through research, action, and collaboration.



In November 2018, Otter Tail County became the first Minnesota county to pass a Tobacco 21 (T21) ordinance. Wilkin County followed in June 2019, as well as the Fergus Falls Municipality in October 2019. To date, 60 municipalities in Minnesota have adopted a T21 policy. With the national adoption of T21 in December 2019, reducing tobacco use in our youth is of clear importance.

[Read the entire success story HERE!](#)



### Healthy Schools Summit: SAVE THE DATE!

Save the date for the 2020 Healthy Schools Summit:

Wednesday, April 8 from 8:30 am to 3:30 pm  
at the NDSU Alumni Center!

# Healthy Schools Summit

April 8, 2020 | NDSU Alumni Center |  
8:30-3:30pm

**FREE!**

Registration is required  
and will be opening soon

## BREAKOUT SESSIONS

- Family Engagement
- Ending Childhood Hunger
- Vaping: What Schools Can do to Combat the Epidemic
- Trauma Sensitive Schools
- Healthy Cooking in the Classroom Train the Trainer
- health.move.minds
- School Improvement Alignment
- Stand to Protect
- Taking School Meals to the Next Level
- Breckenridge 1-2 Crew

## KEYNOTES

### Innovating Healthy Schools

*Scott Meyer, Ozbun Executive  
Director of Entrepreneurship at NDSU*

### Whole School, Whole Community, Whole Child: Every Child Healthy!

*Rob Bisceglie, CEO of Action for  
Healthy Kids*

### Educator Self-Care

*Heather Simonich, Operations  
Director PATH ND*



## BCBSMN Sponsorship Announcement

PartnerSHIP 4 Health is a proud recipient of Catalyst funding from Blue Cross Blue Shield's Center for Prevention in 2020! The funding is being used to create a Bicycle and Pedestrian Plan for the City of Pelican Rapids. Last year, PartnerSHIP 4 Health facilitated a planning process in Pelican

Rapids for bicycle and pedestrian improvements to Highways 59 and 108 within city limits, in anticipation of MnDOT's reconstruction of 59 and 108 in 2024. This year, we are focusing on the rest of the city of Pelican Rapids. We are planning our first public meeting for the Bicycle and Pedestrian Plan in May; the date, time, and venue are still to be determined. Stay tuned!

<https://www.centerforpreventionmn.com/catalyst-funding-initiative/>

## CookWell: SAVE THE DATES!



### Join us for Healthy Cooking Classes!

Come and learn healthy cooking tips and techniques from our local experts! These are hands-on classes led by chefs from local restaurants and delis who are partners with Eat Well, a healthy restaurant initiative led by PartnerSHIP 4 Health. Participants will work side by side with the chef, sample the dishes, and take home recipes!

**Cost: \$10 YMCA Members \$15 Potential Members**

**Pre-registration Required by calling the YMCA at 218-739-4489.**

**Classes held from 5:30-7pm at the YMCA.**

**May 11- Union Pizza**

**October 19- Chef Jan Werkau**

**September 21- The Fabled  
Farmer**

**November 16- The Williams  
Company Store and Deli**



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**Fergus Falls Area Family YMCA**

1164 N. Friberg Ave. Fergus Falls, MN 56537  
218-739-4489 | [www.FergusFallsYMCA.org](http://www.FergusFallsYMCA.org)

**Update: Good Food Guidelines**

As previously announced in our December 2019 newsletter, PartnerSHIP 4 Health received a CDC State Physical Activity and Nutrition (SPAN) Program grant. Our registered dietitians, Karensa Tischer and Katrina Mouser are leading the work of implementing Good Food Guidelines within public facilities. They are beginning to meet with interested partners in Becker, Clay, Otter Tail, and Wilkin counties. One of the goals of Good Food Guidelines is to assess the current food environment, looking for opportunities to increase or more easily identify the healthy foods. Eligible partners might include health care organizations, long term care facilities, school concession stands, or community centers.

Why should employers consider implementing Good Food Guidelines? Simply put, to avoid double standards regarding food, and to make the healthy choice the easy choice. "States and localities across the country are realizing that serving and selling unhealthy food contradicts their obesity and chronic disease prevention efforts." -- Center for Science in the Public Interest

Please contact either Karensa at [ktischer@lsc.org](mailto:ktischer@lsc.org) or Katrina at [katmouser@gmail.com](mailto:katmouser@gmail.com) for more information.

## Update: GreenStep Cities

Dilworth and Moorhead have been working on GreenStep Cities, a voluntary sustainability program with five steps. Cities start at Step 1 by joining the program, then implement sustainability best practices for Steps 2 and 3, compile data and report city performance metrics for Step 4, and show measured improvement for Step 5. Katie, our Minnesota GreenCorps Member, is seen in the photos below presenting information about the GreenStep Cities program to the Dilworth City Council. She has been helping Dilworth in their efforts to reach Step 2 and Moorhead in their efforts to reach Step 4.

For more information about the GreenStep Cities program, visit <https://greenstep.pca.state.mn.us/>



PartnerSHIP 4 Health (PS4H) is part of Becker, Clay, Otter Tail, and Wilkin County public health and 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 below.

