

PartnerSHIP 4 Health

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September 2017 E-Newsletter

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www.partnerSHIP4health.org



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

Mobile Food Pantry Meets Needs of Hungry Neighbors

Picture yourself as a resident of a small Minnesota town that is too small to support a food shelf. If you needed emergency food assistance for your family, where would you go? Could you afford to drive to a nearby town? What if you didn't have access to a car or couldn't drive? What if the food shelf was only open while you were at work? This service gap exists for many food insecure Minnesotans, especially those that have mobility challenges. An aging population and the rising cost of fuel make the problem even more acute. The Bridge Food Pantry in Perham, MN identified similar needs in their own service area. They noticed that roughly 50 percent of the people they served lived outside of Perham, making it challenging for some clients to make it to the food pantry during hours of operation, and for others to make the journey at all.



In 2016, The Bridge Food Pantry received a \$49,000 grant from Hunger Solutions Minnesota to develop a Mobile Food Pantry. They chose to purchase and modify a hydraulic-equipped trailer called an ice castle, which can be lowered to within 8 inches from the ground. This feature, combined with ramps and extra-wide doors, make the mobile food pantry fully accessible to people using wheelchairs or other mobility devices.

The Bridge Mobile Food Pantry officially launched on Jan. 3, 2017. It makes monthly stops in four communities: Richville, Ottertail, Vergas and Dent. Four volunteers staff the mobile pantry at each site. Over the months of June and July, the Bridge served 26 families on 44 visits. According to John Leikness, The Bridge's Executive Director, 17 of these families were first-time clients. He expects this number to increase as people become more aware of the mobile pantry. "PartnerSHIP 4 Health was instrumental in helping us get launched as quickly as we did," said Leikness. "The partnership has been very beneficial to us."

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

Clay County Public Health Takes a Bike Break

On Thursday, August 24th, Clay County Public Health staff joined friends from Great Rides and Great Northern Bicycle Company for a short movement break to get the blood flowing and enjoy the fresh air. What can your workplace do to encourage physical activity and healthy work habits?



**Coming Soon to the Fergus Falls Farmers Market:
Your Local Eats Box for October!**

ON THE MENU:

Garlic & Herb Chicken Skewers

with roasted broccoli and Farro, spinach & strawberry salad with mint, green onion & feta



Available for Pick-Up at the Farmers Market on
Wednesday, October 18th when you Pre-Order!

**\$30 for a box that
serves 4!**

To order, please contact Janet Lindberg
at jlindberg@co.ottetail.mn.us or 218-998-8334.



**Area Schools to Celebrate
International Walk to School
Day on October 4th**

Area schools will join students from around the world to celebrate International Walk to School Day on October 4th, 2017.

Students from these communities are planning Walk to School Day events: Perham, Detroit Lakes, Dilworth-Glyndon-Felton, Rothsay, Breckenridge, Battle Lake, Parkers Prairie, New York Mills, Barnesville, Hawley, Lake Park-Audubon, and Frazee.

Walk to School Day events raise awareness of the need to create safer routes for walking and bicycling and emphasize the importance of issues such as increasing physical activity among children, pedestrian safety, traffic congestion and concern for the environment. The events build connections between families, schools and the broader community while improving wellness.

This year's events are organized by area school districts and communities with help from PartnerSHIP 4 Health.

PartnerSHIP 4 Health seeks to create sustainable, systemic changes in schools, worksites, communities and health care organizations that make it easier for Minnesotans to incorporate healthy behaviors into their daily lives.



For additional local information, please contact your local school.

For additional information about International Walk to School Day and Safe Routes to School, please visit these websites:

Walk to School Day in the USA

www.walkbiketoschool.org

National Center for Safe Routes to School

www.saferoutesinfo.org

International Walk to School Day

www.iwalktoschool.org

"Healthy Choices Start Now"

Be a Champ youth camp in Detroit Lakes just held its 4th annual summer camp for teens, entitled "Healthy Choices Start Now!" Community partners including DLCCC, Becker County 4H, Essentia Health, Midwest Bank, and Becker County Energize joined PartnerSHIP 4 Health to deliver a multi-disciplinary health promotion camp for teens in Detroit Lakes.

Each morning started with yoga, followed by stimulating conversations



on topics that included harms of tobacco, industry advertising to youth, and how tobacco products are changing, taking care of ourselves, both physically and mentally to ensure lasting health, including healthy snacking and food that can fuel our bodies for greatness! Attendees also talked through the wonders of social media and how to be safe in the digital world. In addition Midwest Bank worked with the "Champs" on saving money and planning to help achieve goals.

Teens attending the 2017 youth camp.

Thank you to all of our speakers: Heidi Mason & Kim Betcher from DLCCC, Tracy Baker from Essentia Health, St. Mary's, Anna Schumacher, Jessica Burhans with Midwest Bank, & Keith Bennett and Jason McCoy, PartnerSHIP 4 Health. Thank you too, to Grace Lutheran Church for allowing use of their facilities, Schearers for providing snacks, Lakeshirts for our awesome camp shirts, and to the wonderful "Champ" campers!

Partnering to Prevent Diabetes: ComDel Innovation

Did you know?

In the workforce, diabetes:

- **Increases the number of workdays lost to illness or disability**
- **Raises health care costs by more than \$15,000 per person per year**

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



ComDel Innovation, in collaboration with PartnerSHIP 4 Health, Essentia Health, and NDSU Extension - Richland County, offer the DPP in the bordering towns of Wahpeton, North Dakota and Breckenridge, Minnesota. According to Karen Viger, RN, ComDel Innovation/Essentia Health employee and DPP Lifestyle Coach, "Each partnering organization has a long term commitment to the DPP Program and see the need for it in our community, which is wonderful."

One DPP participant said, "As a nurse of 33 years, I signed up for the DPP Program wondering if I would learn anything new. I was pleasantly surprised and pleased with the course content. Not only did I learn new information from the awesome lifestyle coaches, I also learned tips and tricks from my fellow classmates on their eating and activity habits. The weekly weighin and food diary made me accountable and helped me stay on track. The calorie counter book and binder with educational material were invaluable! I would recommend this program to anyone. It is simple, easy to follow, and presented in a manner which is easy to understand."

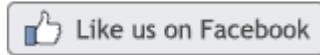
As of spring 2017, four DPP groups have been offered. In the first group, 10 participants lost a total of 138 pounds. Subsequent classes have seen similar results.

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

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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