

# Partners in Healthy Living

Isanti, Kanabec, Mille Lacs, Pine

# Healthy Steps

May 2016

**Mission:** Our mission is to foster healthier communities where all residents live, work, learn, and play. We achieve this by increasing access to nutritious foods, physical activity opportunities, and tobacco-free living.

**Vision:** We envision communities where all members make choices that lead to the highest quality of life.



## Our Community Leadership Team

Brady Buro, U of M Extension  
Tony Buttacavoli, Isanti County Public Health  
Leona Dressel, Lakes and Pines, CAC  
Mary Tramm, Lakes and Pines, CAC  
Katie Everett, City of Isanti  
Jolene Foss, City of Princeton  
Jimmie Johnson, U of M Extension  
Nathan Johnson, City of Pine City  
Sue Lyback, Family Pathways  
Natalie Matthewson, Central MN Council on Aging  
Darcy Rylander, Cambridge Medical Center  
Kam Shroeder, U of M Extension  
Laureen Williams, Pine Technical & Community College  
Lisa Wong, U of M Extension  
Danna Woods, FirstLight Health System  
Deb Wright, FirstLight Health System  
Nicole Klanderud, Cambridge Medical Center  
Amy Maske, Mille Lacs Area Partners in Prevention

## Partners in Healthy Living by the numbers

FY 2016-17 award: **\$630,905**

Partner sites: **26**

Strategies implemented: **6**

Years as SHIP grantee: **7**

**SCHOOLS**  
12 partners

**WORKPLACE**  
8 Partners

**HEALTHCARE**  
1 partner

**COMMUNITY**  
5 partners

## Working together to create healthier communities

Partners in Healthy Living is making impressive steps toward creating healthier communities.

Working together with our partners, we:

- Created seven new partnerships
- Partnered with schools to increase physical activity and healthy eating
- Collaborated with partners to increase access to healthy food in the community
- Raised awareness of tobacco point of sale in our region
- Established evidenced-based programs through our healthcare partners
- Created opportunities for workplaces to make the healthy choice the easy choice
- Used community health assessment to identify specific needs in our region

## Why our work matters

PiHL is investing in the health of schools, worksites, health care, and communities. While we have made great progress through our SHIP efforts, there's more work to do!

- In Mille Lacs County, nearly 30 percent of residents still use some form of tobacco product
- In Isanti County, 1 in 5 residents received no physical activity in the past 30 days
- In Pine County, 78 percent of residents do not consume the recommended daily servings of vegetables
- In Kanabec County, nearly 78 percent of residents are overweight or obese

## Workplace Collaborative: Inspiring our workplaces to make the healthier choice the easier choice!

PiHL is very proud of the workplace wellness collaborative that was implemented in the previous round of SHIP and continues today. We are building a culture of health by hosting collaborative meetings for workplace wellness coordinators in our community to educate and inspire them to incorporate best practices.

Building strong partnerships is essential for meeting, networking, demonstrating, listening, inspiring, sharing successes and barriers, and building the culture of health workplace by workplace. Many partners have adopted healthy snack stations as a way to increase healthy food options in the workplace. They are also increasing healthy food options after listening to what employees want, which builds morale in the workplace. Providing affordable healthy snacks is also a priority for workplace wellness. As county employees or workplaces we should be modeling healthy choices to our community. In addition, employees are happy that there are healthy options available and increased social support because of an environmental change.

*"I notice healthier options for afternoon snacks on not only my own desk, but other people's, too. Walking around and seeing a piece of fruit or some vegetables on so many people's desks helps to remind me that healthy options are available, and that the snack station is being utilized."- Karly F.*

*"The healthy snack station at MLC has provided me with healthy alternatives to choose from. It is great to utilize, especially when I forget to bring my lunch! It is very convenient!"-Shelia M.*



Picture provided by Mille Lacs County Workplace Wellness

Given the considerable time workers spend at their jobs, worksites offer an important venue to reach large numbers of residents in order to provide on-going education as well as healthy food options. (NCBI, 2010)

Research indicates that eating fruits and vegetables throughout the day isn't simply good for the body—it's also beneficial for the mind. (HRB, 2013)

A fascinating paper in the *British Journal of Health Psychology* highlights the extent to which food affects our day-to-day experience. In one study, participants reported their food consumption, mood, and behaviors over 13 days. Afterward, researchers examined the way people's food choices influenced their daily experiences. The conclusion: The more fruits and vegetables people consumed (up to seven portions), the happier, more engaged, and more creative they tended to be. (HRB, 2013)

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3737584/>  
<https://hbr.org/2014/10/what-you-eat-affects-your-productivity/>

## National Diabetes Prevention Program offered locally through SHIP efforts

We all may know someone affected by diabetes through friends or family. Statistics show that one of three adults are at risk of pre-diabetes; that's 86 million people in the United States. Why are so many people at risk? Lifestyle choices of eating habits, limited access to healthy food options, lack of physical activity, and genetics.

How is a rural Minnesota town trying to prevent diabetes? A partnership among Cambridge Medical Center and PiHL has allowed opportunities for six local dietitians and health coaches to be trained in the evidence-based National Diabetes Prevention Program (NDPP).

A key part of the NDPP is a lifestyle change to prevent or delay type 2 diabetes. These efforts teach participants to make lasting lifestyle changes, like eating healthier, adding physical activity into their daily routine, and improving coping skills.

### A local snapshot

Two NDPP classes took place in the past year at Cambridge Medical Center. What has been some of the feedback?

*"Participants have expressed how they were surprised they did not have to track sugar consumption. Participants enjoy the variety of lessons within the program and how it takes a holistic approach to health. Participants enjoy the hands on demonstrations and class engagement."* - Chelsea, Cambridge Medical Center Allina Health

*"It has helped me stop and think what and how to eat. Exercise gives me more energy. I thought didn't have time. Now after exercising I can do more work!"*-NDPP participant



*"I have been made more aware of how what I eat affects my life. That physical activity is very important. I appreciate all that I have learned."* – NDPP participant

*"Blood pressure medications cut in half."* – NDPP participant

*"Off my medication completely."* – NDPP participant

### School partners are building momentum!

PiHL is partnering with four school districts (that include 12 individual buildings) to provide an environment for students where the healthy choice is the easy choice when it comes to healthy eating and physical activity. Schools have organized strong representation for their wellness committees and are meeting on a regular basis to complete the School Health Index (SHI) assessment.



The SHI has helped schools identify strengths and areas for improvement around safety policies, nutrition services, physical activity and education, health education, health promotion for staff, and family and community involvement. The SHI also provides school wellness committees with an action plan to address the areas that need improvement.

Seven of our school partners applied for PiHL mini-grant funds in May to assist them in implementing policy, systems, and environmental changes. These PSE changes include the installation of hydration stations that will provide students with a healthy alternative to drinking sugar sweetened beverages. In addition, the implementation of snack carts will provide breakfast in the classroom and healthy snack options.



## Princeton Public Schools



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### Mini-grants awarded to PiHL partners!

On May 19, the Community Leadership Team awarded 10 mini-grants to PiHL partners.

- City of Isanti – Community-based agriculture
- City of Princeton – Community-based agriculture
- Isanti County – Hydration station
- Kanabec County – Bicycle fleet
- Mora Trailview Elementary – Hydration station
- Mora High School – Hydration station
- Princeton North Elementary – Hydration station
- Princeton South Elementary – Breakfast cart in the classroom
- Princeton Middle School – Hydration station
- Princeton ECFE – Snack cart and smoothie blender



[www.partnersinhealthyliving.us](http://www.partnersinhealthyliving.us)

### Contact us today!

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