



Aitkin County Public Health's SHIP Program

PartnerSHIP News!



April 2024

[Aitkin County SHIP Website](#)

[Resources](#)

[Healthy Northland Website](#)



Aitkin, Itasca, Koochiching, Carlton, Cook, Lake, and St. Louis counties make up Healthy Northland.

Supported by the Minnesota Department of Health's Statewide Health Improvement Partnership (SHIP), Healthy Northland strives to make the healthy choice the easy choice for everyone in Northeastern Minnesota through collaborative and community-based policy, systems, and environmental (PSE)

change efforts.

Visit [Healthy Northlands Webpage](#)



New Look BUT Same Addiction

*Editor: Brea Hamdorf, PHN
Aitkin County Public Health*

Every year in the United States (U.S.), more than 448,000 people die from tobacco use and exposure to secondhand smoke, making it the leading cause of death in this county. Tragically, each day thousands of kids still pick up a tobacco product for the first time. The number 1 product of choice is electronic cigarettes, also known as e-cigarettes or vapes.

Commercial tobacco's harm starts at a young age. Tobacco use is started and established primarily during adolescence. The CDC reports that nearly 9 out of 10 adults who smoke daily, first tried smoking by the age of 18. In the 2023 National Youth Tobacco Survey report, 1 out of 10 high school students reported vaping in the past 30 days; and 90% of these students reported vaping a flavored product.

The modern e-cigarette has been available in the U.S. since 2007. Now there are nearly 500 brands and more than 500 different types of devices.

E-cigarettes are battery-powered devices that heat an e-liquid into an aerosol that the user inhales. This e-liquid usually contains nicotine and other toxic chemicals such as propylene glycol, diacetyl, formaldehyde,

heavy metals, cadmium, benzene, and many, many more.

There are currently over 15,000 flavors on the market. These flavors include: blueberry, caramel frappe, cinnamon roll, cotton candy, banana split, watermelon ice, & pina colada, just to name a few. These flavors are appealing to youth and make it easier for them to try and continue to use a vape. It is estimated that 1 in 10 youth who start using vapes, become addicted with a few days of their first puff.

Nicotine is the addictive organic compound in tobacco. It is found in most vapes, include many listed as nicotine or tobacco free. When inhaled, nicotine enters the brain after passing through the lungs. The nicotine then binds to the receptors in the brain, triggering the release of neurotransmitters, such as dopamine and serotonin, into the body. This activates the “reward pathway” and provides the user with a temporary feeling of pleasure. After, the nicotine level in the body drops quickly. The drop in nicotine levels cause the body to have a strong craving for nicotine that is satisfied by bringing more nicotine into the body. Drugs like to hijack and take control of the reward pathway. The brain continues to crave the dopamine release and the user slowly loses control over their choice to use the drug. This is the start of nicotine addiction.

This is particularly concerning for youth. The adolescent brain is still developing. In fact, the brain continues to develop until the age of about 25. As we grow, our brains are learning what is good and what is bad for our survival. When drugs, such as nicotine, marijuana, or alcohol, are used, they fool the brain into thinking they are good by hijacking the reward pathways in the brain. Not only is the adolescent brain more susceptible to becoming addicted, it is also harder to break that addiction. But not impossible.

Tobacco cessation is possible at any age. There are programs available to you quit tobacco. Quit Partner provides free support to anyone 18 and older. My Life, My Quit provides free and confidential help to youth age 13 and older. Visit QuitPartnerMN.com to learn more about both of these programs or to sign up.



**Notice of Public Hearing - Ordinance for the Sale,
Procurement, and Possession of Tobacco Products
in Aitkin County**

Tuesday, May 28, 2024 at 9:15 a.m.

Help promote youth tobacco prevention and healthier communities by sharing your voice. Your opinion matters.

Government Center Board Meeting Room
307 2nd Street NW, Aitkin MN. 56431

2024 COMMUNITY PARTNER AWARDS

APPLY

NOW!

www.aitkincountyship.org

Contact:

Please direct all correspondence to the contact information provided below.

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Health Educator
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**Supported by the Statewide Health Improvement Partnership, Minnesota Department of Health*

2024

Community Partner Funding Application

Section 1: Applicant Information

Date	
Organization Name	
Street Address	
Mailing Address if different	
City, State, Zip Code	
County	

Primary Contact	
Phone	
Email	

Financial Contact	
Phone	
Email	

Information provided in this application may be used for promotional materials. This includes, but is not limited to: fact sheets, Minnesota Department of Health reports, newsletters, social media posts, and media releases. Additional information may be requested by Sherburne County staff; e.g. a release might be requested for individuals in photographs.

By checking this box, you acknowledge and accept the statement above.

Which project area are you applying under? Select only one.
(Your organization may apply for both a MN Well-being grant and one of the following: MN Eats, MN Moves or MN Commercial Tobacco Free grant. If choosing to do so, you must submit a separate application for each project.)

<input type="checkbox"/> MN Eats
<input type="checkbox"/> MN Moves
<input type="checkbox"/> MN Commercial Tobacco Free (CTF)
<input type="checkbox"/> MN Well-Being

Community Partner Awards

Aitkin County Public Health is offering Community Partner Awards for organizations, neighborhoods, and groups within Aitkin County.

Funding aims to promote social connectedness and health through physical activity, healthy eating, mental well-being, and smoke - free living.

Examples of Previously Funded Projects

- Food shelf support to create increased access to fresh, healthy foods through technical assistance and purchase of supplies to transform their space into a Super Shelf. Read success story [here](#). See the results [here](#).
- Community gardens throughout the county in neighborhoods, parks, faith based communities and youth organizations. Read success story in Hill City [here](#).
- City of Aitkin Demonstration Project. Read the results [here](#).
- City of Aitkin Master Plan and Concept Map. Read success story [here](#). See the Aitkin City Park Master Plan and Concept Map [here](#).

2024 SHIP Community Partner Funding Application

2024 SHIP Community Partner Awards Budget and Order Form

SHIP Community Partner Awards Financial Guidance 2024



SHIP STORY MAP

The Statewide Health Improvement Partnership (SHIP) creates wellness across Minnesota's communities through community-driven, evidence-based, and equity-focused programs that tackle the root causes of chronic diseases.

The image above and the link below will take you to the storymap to explore work across Minnesota.

[We are SHIP](#)



Aitkin County Public Health | 204 1st Street NW | Aitkin, MN 56431 US

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