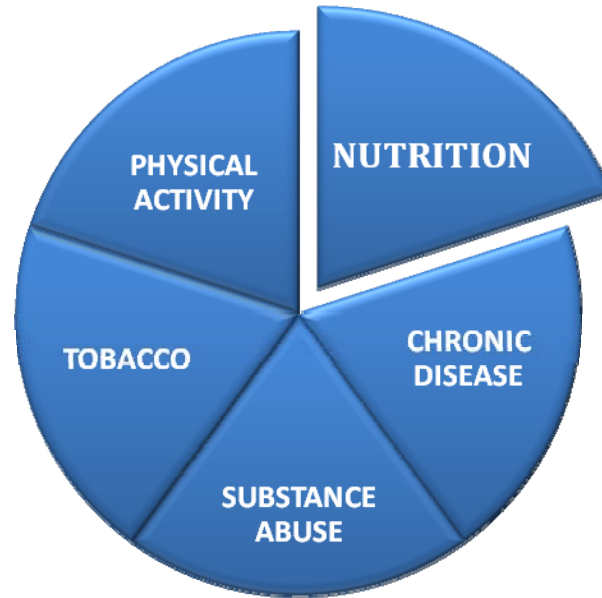




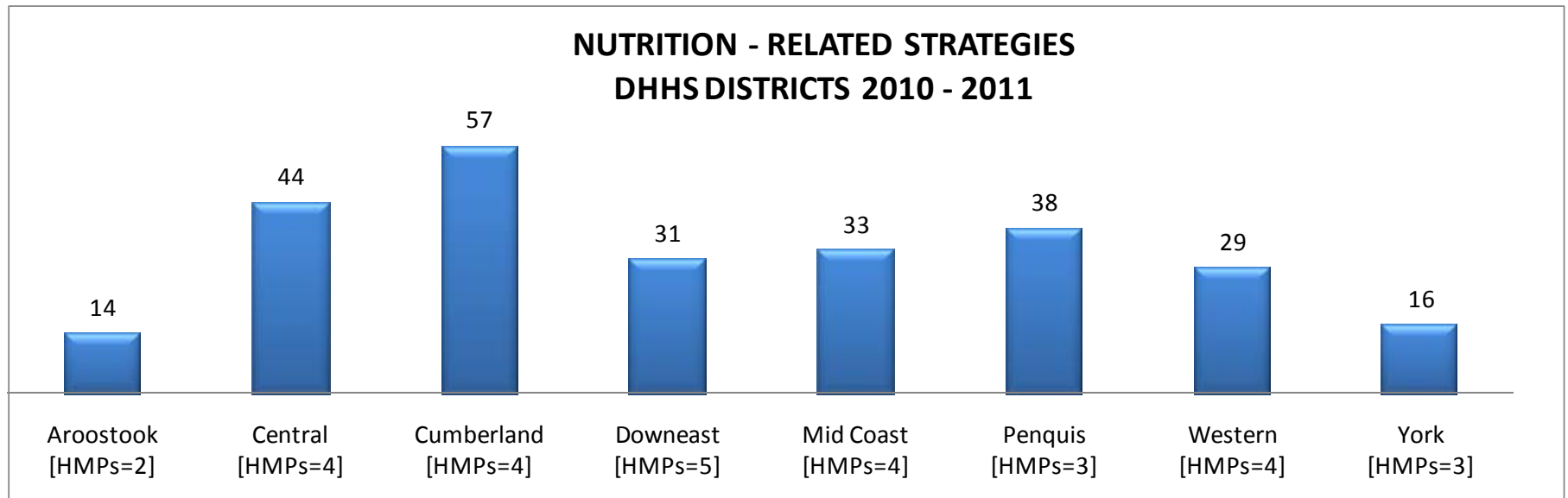
The **Healthy Maine Partnerships Initiative** began in January 2001. Local Healthy Maine Partnerships (HMPs) are funded to implement comprehensive community-level interventions that promote and support a healthier lifestyle. Every HMP subcontracts to fund a School Health Coordinator (SHC) in at least one school district within their service area.

Interventions emphasize developing policies and making changes to the local environment. Specific health outcomes are focused in the areas of tobacco, physical activity, nutrition, chronic disease and substance abuse.



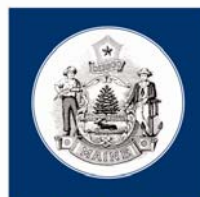
**Nutrition** is a key component in the prevention and treatment of chronic diseases. The **Maine Physical Activity, Nutrition and Healthy Weight Program** coordinates statewide efforts to support Maine people in achieving proper nutrition and healthy weight awareness to prevent and treat chronic diseases. The Program uses a social-ecological approach that considers individuals within the social, organizational, and environmental context in which they live.

Statewide, local HMPs selected a total of **262 nutrition-related strategies** to work on within a community setting for the year 2010 – 2011 (ME KIT Prevention System).



Prepared by the UNE Center for Community & Public Health for the Healthy Maine Partnerships Initiative

HMP is a collaborative effort among local coalitions, the Maine DHHS (Maine CDC and Office of Substance Abuse) and DOE, supported primarily by the Fund for Healthy Maine with federal grants from US CDC, SAMSHA, and DOE.



Paul R. LePage, Governor

Department of Health and Human Services  
Maine People Living Safe, Healthy and Productive Lives

Mary C. Mayhew, Commissioner

The Department of Health and Human Services (DHHS) does not discriminate on the basis of disability, race, color, creed, gender, age, sexual orientation, or national origin, in admission to, access to or operation of its programs, services, activities or its hiring or employment practices. This notice is provided as required by Title II of the Americans with Disabilities Act of 1990 and in accordance with the Civil Rights Acts of 1964 as amended, Section 504 of the Rehabilitation Act of 1973 as amended, the Age Discrimination Act of 1975, Title IX of the Education Amendments of 1972 and the Maine Human Rights Act. Questions, concerns, complaints, or requests for additional information regarding civil rights may be forwarded to the DHHS' ADA Compliance/EEO Coordinator, State House Station #11, Augusta, Maine 04333, 207-287-4289 (V) or 207-287 3488 (V), TTY: 800-606-0215. Individuals who need auxiliary aids for effective communication in programs and services of DHHS are invited to make their needs and preferences known to the ADA Compliance/EEO Coordinator. This notice is available in alternate formats, upon request.

## HIGHLIGHTS OF STATEWIDE HMP EFFORTS BY DISTRICT 2010 - 2011

These highlights represent validated data from the local HMP Validation Strategies Logs.<sup>1</sup> Many more nutrition strategies were implemented across the HMPs, but were not subjected to the data validation process and are therefore not shown.

AROOSTOOK	CENTRAL	CUMBERLAND	DOWNEAST	MIDCOAST	PENQUIS	WESTERN	YORK	STATEWIDE
-----------	---------	------------	----------	----------	---------	---------	------	-----------

### IN THE COMMUNITY

<b>What we know ...</b>	<b>65.9</b>	<b>64.8</b>	<b>60.6</b>	<b>61.4</b>	<b>64.2</b>	<b>69.5</b>	<b>61.0</b>	<b>64.1</b>	<b>63.7</b>
Adults overweight or obese.	Percent of adults overweight or obese [Data source: 2010 ME BRFSS].								
<b>What HMPs have done ...</b>									
Educated or assisted <b>141</b> food security organizations in improving nutrition and healthy weight management.	<b>na</b>	<b>10</b>	<b>17</b>	<b>18</b>	<b>27</b>	<b>14</b>	<b>34</b>	<b>8</b>	<b>128</b>
	Number of food security organizations distributing nutritional education and / or having new nutritional educational opportunities and resources available [Data source: HMP Validation Strategies Logs, 2011].								
<b>What HMPs have done ...</b>									
Partnered with <b>133</b> childcare centers to provide nutrition materials and resources to parents and families.	<b>28</b>	<b>8</b>	<b>na</b>	<b>15</b>	<b>71</b>	<b>7</b>	<b>na</b>	<b>na</b>	<b>129</b>
	Number of childcare centers distributing materials and resources [Data source: HMP Validation Strategies Logs, 2011].								

### IN THE SCHOOL

<b>What we know ...</b>									
Youth drinking 1 can, bottle, or glass of soda/sports drink/Kool Aid/ or sweetened iced tea per day in the past 7 days.	<b>34.6</b>	<b>31.8</b>	<b>25.1</b>	<b>34.5</b>	<b>30.2</b>	<b>32.2</b>	<b>32.3</b>	<b>29.8</b>	<b>30.4</b>
	Percent of youth drinking 1 can, bottle, or glass of soda/sports drink/Kool Aid/ or sweetened iced tea per day in the past 7 days [Data source: 2009 MIYHS].								
<b>What SHCs have done ...</b>									
Strengthened school nutrition policies by offering <b>380</b> additional healthy choices on a la carte menus and at school events.	<b>887</b>	<b>1,460</b>	<b>4,368</b>	<b>6,732</b>	<b>3,091</b>	<b>2,343</b>	<b>1,500</b>	<b>9,384</b>	<b>29,765</b>
	Number of students impacted by strengthened school nutrition policies [Data source: HMP Validation Strategies Logs, 2011].								

<sup>1</sup> Substance abuse strategies were not included in the data validation process.

Note: Numbers on left hand side reflect the work of HMPs and numbers in the table reflect the results of this work and existing survey data so these numbers are not equal. Extreme values have been omitted from strategy counts. NA indicates that no HMPs in the district worked on this strategy in this fiscal year.