



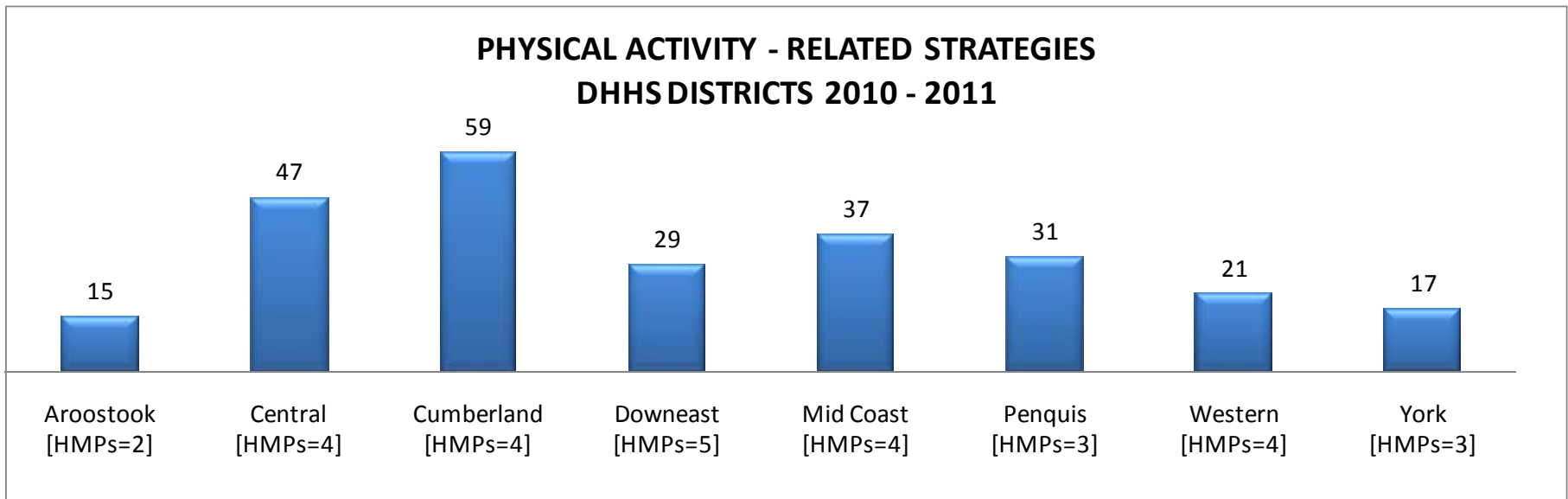
The **Healthy Maine Partnerships Initiative** began in January 2001. Local Healthy Maine Partnerships (HMPs) are funded to implement comprehensive community-level interventions that promote and support a healthier lifestyle. Every HMP subcontracts to fund a School Health Coordinator (SHC) in at least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



**Physical Activity** 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 recommended levels of physical activity 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 **256 physical activity-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

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## HIGHLIGHTS OF STATEWIDE HMP EFFORTS BY DHHS DISTRICT 2010 – 2011

These highlights represent validated data from the local HMP Validation Strategies Logs.<sup>1</sup> Many more physical activity 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
<b>IN THE COMMUNITY</b>									
<b>What we know ...</b> Adults overweight or obese.	<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>
	Percentage of adults overweight or obese [Data source: 2010 ME BRFSS].								
<b>What HMPs have done ...</b> Provided resources and assistance to <b>148</b> community organizations to help increase opportunities for family-based physical activity.	<b>na</b>	<b>620</b>	<b>8</b>	<b>na</b>	<b>1,159</b>	<b>6,023</b>	<b>1,155</b>	<b>1,565</b>	<b>10,530</b>
	Number of parents and families impacted by new physical activity opportunities [Data source: HMP Validation Strategies Logs, 2011].								
<b>What HMPs have done ...</b> Trained <b>32</b> community members to provide evidence-based programs such as Enhance Fitness to aging adults.	<b>24</b>	<b>na</b>	<b>27</b>	<b>na</b>	<b>222</b>	<b>65</b>	<b>13</b>	<b>na</b>	<b>351</b>
	Number of adults participating in the evidence-based fitness programs provided [Data source: HMP Validation Strategies Logs, 2011].								
<b>What HMPs have done ...</b> Provided <b>47</b> community organizations serving youth with marketing tools and resources to help increase participation in after school activities.	<b>4</b>	<b>7</b>	<b>4</b>	<b>na</b>	<b>21</b>	<b>3</b>	<b>na</b>	<b>na</b>	<b>39</b>
	Number of community organizations serving youth using materials to promote after school activities [Data source: HMP Validation Strategies Logs, 2011].								
<b>IN THE SCHOOL</b>									
<b>What we know...</b> Youth meeting national physical activity recommendations in the past 7 days.	<b>44.2</b>	<b>41.4</b>	<b>45.0</b>	<b>43.1</b>	<b>43.8</b>	<b>41.7</b>	<b>41.5</b>	<b>39.9</b>	<b>42.5</b>
	Percentage of 5 <sup>th</sup> - 12 <sup>th</sup> grade youth meeting national physical activity recommendations in the past 7 days [Data source: 2009 MIYHS].								
<b>What SHCs have done ...</b> Provided <b>285</b> trainings /resources to staff about ways for students to participate in physical activity before, during and after school.	<b>355</b>	<b>1,496</b>	<b>260</b>	<b>672</b>	<b>1,483</b>	<b>129</b>	<b>407</b>	<b>1,231</b>	<b>6,033</b>
	Number of staff trained about ways to help students participate in physical activity before, during and after school [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 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.