

Foreword

Scores of people across Maine were involved in the development of the Maine Physical Activity and Nutrition (PAN) Plan over several years. Key stakeholders participated in two planning processes and deserve acknowledgment. They gave freely of their time and expertise to help ensure that broad perspectives were included, existing plans and structures were utilized, and the Plan reflected the right direction for Maine. The stakeholders are listed in Appendix B.

A leadership team evolved from several key agencies to collaborate on the Plan and provided administrative oversight to the process. These individuals represented the Muskie School of Public Service at the University of Southern Maine; Maine Center for Public Health, Maine-Harvard Prevention Research Center; Department of Education; and Maine Health and Human Services' Public Health. They are invested in this Plan and express their gratitude to all of the partners for their dedication to the implementation of the Plan, knowing that it will benefit the citizens of Maine.

This Plan is intended to provide guidance for improving the health and well-being of Maine people. Nutrition and physical activity are essential ingredients in the recipe for good health. The process of implementing the Plan will need continued evaluation and assessment—a role to which Maine Health and Human Services' Public Health and its partners are committed. The next steps will require the sustained collaboration of all Maine people to move this Plan forward. We ask all of you—health professionals, business leaders, the food industry, policymakers, educators, media, and citizens alike—to join us in this important and exciting endeavor to improve nutrition and physical activity as we strive for a healthier Maine.



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