



The Big Picture Healthy Maine Partnerships 2001-2007

- Thirty-one Healthy Maine Partnerships have successfully formed coalitions dedicated to reducing tobacco use and exposure and promoting more physical activity and healthier eating.
- School systems and community coalitions are working together as equal partners to achieve results.
- Healthy Maine Partnerships reach out to individuals, groups, agencies & organizations to expand the number of people involved in promoting healthier living.
- Policies have been implemented that support the adoption of a tobacco-free lifestyle, as well as supporting increased physical activity, and better nutrition.
- The Healthy Maine Partnerships have leveraged additional funding as a result of their valuable, and valued, work at the local level.

The work has been challenging yet rewarding.

Established in early 2001, the Healthy Maine Partnerships were funded as part of the Campaign for a Healthy Maine. The initiative is designed to address an urgent public health challenge: four tobacco-related chronic diseases, cardiovascular disease, cancer, chronic lung disease, and diabetes, kill 75% of all Maine people.

The three overarching goals are:

Goal #1 Reduce tobacco use and tobacco-related chronic diseases, disability and deaths through state programs and interventions developed and delivered across all community settings.

Goal #2 Ensure the accessibility of coordinated services for the early identification and referral for risk factors leading to tobacco-related chronic diseases with particular attention to disparate populations.

Goal #3 Implement a Coordinated School Health Program that emphasizes comprehensive school health education and incorporates the CDC Division of Adolescent and School Health (DASH) guidelines for tobacco use prevention, physical activity, and healthy eating.

Some of the many outcomes

The Healthy Maine Partnerships have leveraged significant additional funding to support their efforts at the local level. For example, in FY03 they collectively brought in \$2.4 million; in FY04 \$2.6 million; and in FY05 \$5.3 million in additional funding from federal, state, local and other sources.

The number of smoke-free and tobacco-free environments in Maine has increased as the direct result of Healthy Maine Partnership work in policy development at the local level. Unique approaches to policy and environmental change around physical activity have resulted in the establishment of more indoor and outdoor walking paths and trails, expansion of the hours that local school gyms are open to the community, and the development of more opportunities for both youth and adults to be active.

Healthy Maine Partnerships have worked within school systems to improve the nutritional content of the foods served at school lunch and at school-sponsored events, and some have worked with senior congregate meal sites and with food pantries to improve nutrition. School Health Coordinators have developed and maintained a coordinated and comprehensive approach to school health within HMP affiliated school administrative units throughout the state that has benefited both students and faculty.

The Healthy Maine Partnerships have raised awareness, changed attitudes and fostered behavior changes at the individual and the organizational level. There is strong name recognition for the Healthy Maine Partnerships due to the strength of their local work and the resources and media support that has been a significant part of the effort.

The Healthy Maine Partnerships have spearheaded noteworthy and lasting collaborative efforts. In partnership with state health promotion programs, voluntary organizations (such as the American Lung Association of Maine, the American Cancer Society and others) and many non-profit organizations, the Healthy Maine Partnerships have augmented and expanded the work of the Maine Coalition on Smoking Or Health. Some of the results of this collaboration are that there are now smoke-free residence halls in all of Maine's colleges, an increased number of smoke-free apartments in multi-unit housing and a systemic commitment to health promotion in a wider range of community and school settings.

The Healthy Maine Partnerships, through their individual creativity and hard work, have formed a solid foundation. While there is more work ahead, we can take a moment to pause today to recognize the significant achievements to date as we plan for our continued collaboration in the future!