

Healthy Maine 2010 chronicles the health issues currently faced by our population and, most importantly, outlines changes that will help all of Maine's people to live longer and healthier lives. Created with input from over 500 people from across the State, *Healthy Maine 2010* is a tool available for anyone to learn more about how they can improve the health of Maine people and communities by the end of this decade.

Healthy Maine 2010: Longer and Healthier Lives is a roadmap – providing guidance to improve the health of Maine people.

Healthy Maine 2010: Opportunities for All is a look at the specific health issues faced by the many different groups of people who live in Maine.



Angus S. King, Jr., Governor

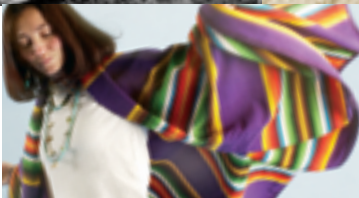
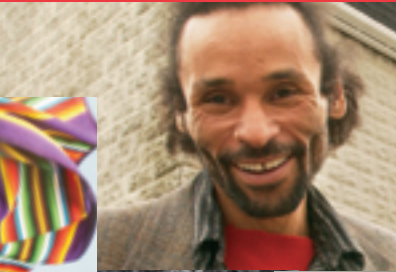
Kevin W. Concannon, Commissioner

In accordance with Federal laws, the Maine Department of Human Services does not discriminate on the basis of sex, age, color, national origin, or disability in admission or access to or treatment or employment in its programs and activities. The Department's Affirmative Action Coordinator has been designated to coordinate our efforts to comply with and implement these Federal laws and can be contacted for further information at: 221 State Street, Augusta, Maine 04333, (207) 287-2567, or Hearing Impaired call 1-800-457-1220.



HEALTHYMAINE2010

Opportunities for All



“Communities, states, and national organizations will need to take a multidisciplinary approach to achieving health equity – an approach that involves improving health, education, housing, labor, justice, transportation, agriculture, and the environment, as well as data collection itself... The greatest opportunities for reducing health disparities are in empowering individuals to make informed health care decisions and in promoting communitywide safety, education, and access to health care.”

—*Healthy People 2010*

(US Department of Health and Human Services,
Healthy People 2010: Understanding and Improving Health. 2nd ed.
Washington, D.C.: US Government Printing Office, November, 2000.)

“All people are born equally free and independent, and have certain natural, inherent and unalienable rights, among which are those of enjoying and defending life and liberty, acquiring, possessing and protecting property, and of pursuing and obtaining safety and happiness.”

—*Constitution of the State of Maine*