



**Communities
Transforming**

To make healthy living easier



Paul R. LePage, Governor

Mary C. Mayhew, Commissioner

*Made possible with funding from the
Centers for Disease Control
and Prevention (CDC).*

Partnering for Success

Maine Community Transformation Grant

Action Institute

April 25-26th, 2013

Making the Healthy Choice the Easy Choice for Maine

Welcome

...



Dr. Jack, US CDC DCH Director



Community Transformation Grant

National Goals

- Investing in Healthier Communities
- The program is expected to improve the health of more than 4 out of 10 U.S. citizens—about 130 million Americans.
- Affordable Care Act Funding
 - CTG 1- 2011, a total of \$103 Million awarded: 61 awards in 36 States
 - CTG 2- 2012, a total of \$70 Million awarded to 40 communities

Community Transformation Grants in Maine

- Maine CDC
- Healthy Acadia
- Maine General Medical Center
- Maine Health
- Maine Development Foundation

Maine CDC

- CTG- 1
- Awarded Sept 30, 2011
- A five year cooperative agreement with CDC
- 1.3 million a year- approx.\$1 per person
- Building on Previous Efforts
- Structure: State and Community
 - CTG State management Team
 - State Level CTG categorical workgroups
 - 9 Public Health Districts

Making the Healthy Choice the Easy Choice in Maine

Strategic Areas

- Tobacco-free living
- Protect people from second hand smoke
- Active living and healthy eating
- Increased use of high impact quality clinical preventive services: Changes in usual clinical care to control high blood pressure, high cholesterol

5 Year Objectives

PPO 1: Increase the number of people with access to physical activity opportunities to 76,000 by September 2016.

PPO 2: Increase the number of people with access to healthy and safe physical environments to 350,000 by September 2016.

PPO 3: Increase the number of people who access smoking cessation services from 0 to 6,000 by September 2016.

PPO 4: Increase the number of people with increased access to environments with healthy foods or beverage options from 0 to 79,000 by September 2016.

PPO 5: Increase the number of people that are protected from exposure to second hand smoke from 0 to 46,332 by September 2016.

PPO 6: Increase the number of people covered by healthcare sites that support the control of high blood pressure and cholesterol to 104,316 by September 2016.



State Level Implementation

- Improve Clinical care to control high blood pressure, high cholesterol: Federally Qualified Health Centers
- Improve Nutrition environments at DHHS worksites
- Reduce Tobacco use and increase smoke free environments: DHHS Contracted Behavioral Health Providers, Licensed Child Care Providers and Lesbian, Gay, Bisexual, and Transgender populations
- Maintain infrastructure to support the district and state level implementation



District Level Implementation

- Improve nutritional environments at Early Care and Education(required) and School settings(required)
- Increase the amount of minutes/opportunities for daily physical activity at ECE and School settings(required)
- Increase the number of recognized Active Community Environment Teams (optional)
- Improve Clinical care to control high blood pressure, high cholesterol (optional)



Progress State

- 376 Behavioral Health sites have been surveyed
- 375 MeCDC employees have been surveyed
- A tobacco brochure has been created for ECE
- LGBT Pilot determined
- 3 FQHC's have agreed to be pilot sites
- Baseline assessments have been done at all three sites

Progress-District

- 302 ECE sites have been enrolled and completed baseline assessments
- 39 Schools have been enrolled and 17 have completed baseline assessments
- 3 ACET teams have been formally recognized
- 5 tribal Health Centers have received training to improve clinical care in regards to BP/Chol



Downeast Community Transformation Grant

Maine Center for Disease Control and Prevention
Action Institute
Sandie Dubay
April 26, 2013

Our Community Transformation Grant Focus Areas

Addresses some of the needs determined by the Community Mobilizing Action through Partnerships and Planning (MAPP) Assessment

- **Healthy Eating – Nutrition – Food Security**
- **Active Living – Physical Activity**
- **Clinical and Community Preventive Services**
- **Social and Emotional Wellness**

CTG Goal - to improve health and wellness and reduce chronic disease

- CTG grants are expected to reach more than 4 out of 10 Americans—approximately 130 million people.

Why Washington and Hancock Counties?

Serve the 87,215 people who live in the rural, two county
Downeast Acadia region

- prevalence of obesity [WC =33%, HC =22%, ME=28%]
- rates of high blood pressure [WC=40%, HC=31 %, ME=30%]
- stroke mortality rates [WC= 58 per 100,000, HC=64, ME=49]
- heart attack mortality rates [WC=92 per 100,000, HC= 66, ME=45]



Community Transformation Implementation Plan (CTIP)

Healthy Eating - Nutrition

- **Project Objective 1: By September 29, 2014 increase the number of people with access to environments with healthy food or beverage options by 12,250.**
 - Increase the number of **farmer's markets** that increase access for low-income populations from 3 to 6.
 - Increase the number of **public schools that incorporate purchases of healthy, locally grown foods** in food procurement contracts by 20.
 - Increase the number of **schools that participate in educational Farm to School activities** by 15
 - Increase the number of **Food Security Organizations that incorporate healthy or locally grown foods** in food procurement practices by 6.

New Bucksport Farmer's Market

Bucksport Bay Area Chamber of Commerce, Downeast Business Alliance, Maine Federation of Farmer's Markets, Healthy Acadia, Farmers and Artisans



Downeast Maine's Directory of Food Producers

Local Food Producer List & Purchasing Guide
for Schools in Hancock and Washington Counties

Spring 2013



A joint project of
Healthy Acadia and Washington County: One Community

Things to Consider

when purchasing locally produced food for schools



COMMUNICATION: Be sure to stay in touch with the producers you work with; they can provide weekly e-mails, faxes or phone calls. Ask them to let you know what is in season and any relevant information about the products.



FLEXIBILITY: Farmers do plan far in advance, but agriculture is never completely predictable! Weather and crop failure can affect what a farmer has available. Be ready to call on another farm if a certain crop is unavailable.

TIMING: Let the producer know when you would like to place and receive food orders. Connecting ahead of time will help - you will have more time to plan your meals.



DELIVERY: Talk to the producer about when and how often they will deliver. Let them know where to bring the product, and if it needs to be delivered during a certain time period. Ask for an invoice for each delivery.

PRODUCT QUALITY and CONSISTENCY: Ask that the products are packaged appropriately and washed for kitchen use. Let the producer know how you will be using their product (e.g. stir-fried vs. stuffed peppers).

PRODUCT DIVERSITY and USE: Buying local produce gives you access to varieties of food that often cannot be purchased in stores. Try new products and ask your producer for recipes.

PRICE: Ask for a price list from the producer. Recognize that local products may be more expensive than food you can buy from a wholesaler. If you are unsure whether or not produce is priced fairly, compare it to the price reports at www.mofga.org.

SEASONALITY: Many local producers are able to sell food during the school year. Find out from producers what products are available when; this will help you to plan ahead and be able to purchase more local food. If you have the capacity, consider purchasing local food at the height of the season and preserving for future use. Also, try to find local foods that are available year round such as milk, meat, and flour.

Keep in mind:

1. Be straightforward about your minimum requirements and desired producer profile
2. Be ready to ask questions to understand their situation
3. Work with your producer to agree upon good communication methods right away

School Greenhouse 101 course provided to teachers Healthy Acadia in collaboration with University of Maine Cooperative Extension



Active Living –Physical Activity

- **Project Objective 2: By September 29, 2014, increase the number of people with access to physical activity opportunities by 13,000.**
- **Increase the number of schools that increase physical activity opportunities through adoption of components of Safe Routes to Schools by 6.**
- **Increase the number of municipalities or tribal regions with expanded opportunities for safe walking, cycling and other forms of physical activities by 4.**

Competitive Requests for Proposals

Request For Proposals Safe Routes to School/Access to Exercise Awards 2013/2014

Providing Opportunities for Safe Travel to School & Physical Activity

OVERVIEW

Healthy Acadia and The Downeast Community Transformation Collaborative (DCTC) are pleased to solicit applications from Hancock & Washington County schools for the implementation of **Safe Routes to Schools and Access to Exercise initiatives.**

Safe Routes to School and Access to Exercise initiatives support lasting improvements to students' health by providing opportunities and experiences related to physical activity, including walking and biking to school and exercise during school. Schools play an important role in promoting the health and wellness of young people, and in helping them to establish lifelong healthy behavior patterns. Safe Routes to School and Access to Exercise initiatives can contribute to these efforts.

Competitive sub-award agreements will be awarded to schools ready to employ Safe Routes to School and Access to Exercise initiatives that lead to long lasting policy, practice and and/or environmental changes that improve students' health and wellbeing. *[See examples pg. 4-5]* [National Center for Safe Routes to School <http://www.saferoutesinfo.org>]

Healthy Acadia, University of New England, Washington County: One Community, Indian Township's Tribal Council, Washington County Council of Governments and Hancock County Planning Commission are partnering as the DCTC, with support from the US CDC's Community Transformation Grant-Small Communities Program.

The DCTC supports evidence-based prevention and community initiatives to reduce and control chronic diseases by promoting healthier lifestyles through policy, environmental, programmatic and infrastructure interventions for individuals living in Washington and Hancock Counties. Evidence-based Safe Routes to School and Access to Exercise initiatives support lasting improvements to children's health and wellness through physical activity.

In this document you will find:

- Overview (pg. 1)
- Proposal Guidance (pg. 2)
- Proposal Application (pg. 3)
- Project Budget (pg. 4)
- Definitions, Allowable Expenses, Resources (pg. 5)

Request For Proposals Farm to School Awards 2013/2014

Transforming School Food for Healthier Generations

Overview

Healthy Acadia and The Downeast Community Transformation Collaborative (DCTC) are pleased to solicit applications from Hancock & Washington County schools for the implementation of **Farm to School activities.**

Farm to School activities support lasting improvements to students' health by providing exposure and experiences related to local food production, procurement, curriculum and consumption. Schools play an important role in promoting good nutrition and healthy eating habits in young people, and in helping them establish lifelong healthy behavior patterns. Farm to School initiatives can contribute to these efforts.

Competitive sub-award agreements will be awarded to schools ready to make policy, practice and/or environmental changes that will result in increased Farm to School activities in the school environment. [USDA Farm to School: <http://www.fns.usda.gov/cnd/f2s/>]

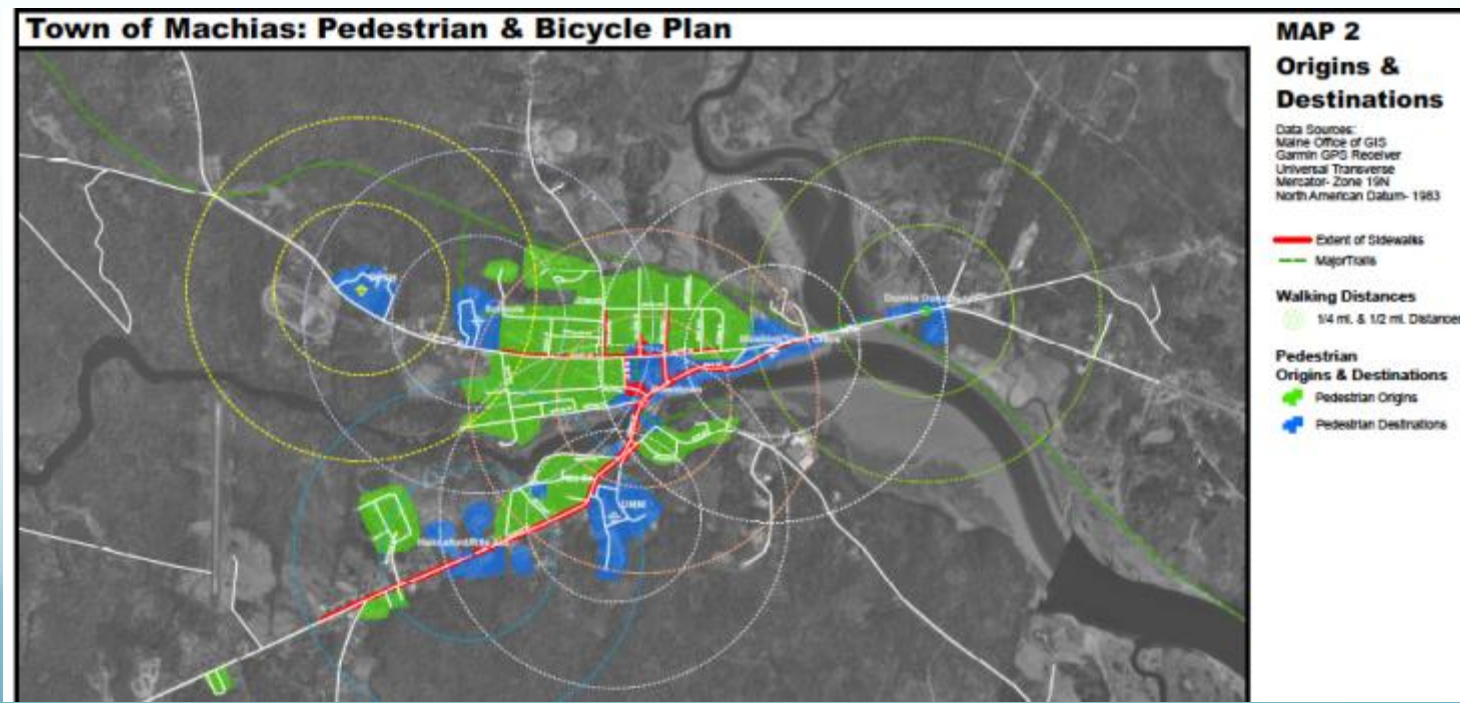
Healthy Acadia, University of New England, Washington County: One Community, Indian Township's Tribal Council, Washington County Council of Governments and Hancock County Planning Commission are partnering as the DCTC, with support from the US CDC's Community Transformation Grant-Small Communities Program.

The DCTC supports evidence-based prevention and community initiatives to reduce and control chronic diseases by promoting healthier lifestyles through policy, environmental, programmatic and infrastructure interventions for individuals living in Washington and Hancock Counties. Evidence-based Farm to School activities support lasting improvements to children's eating habits and health as well as enhance their understanding of locally grown foods.

In this document you will find:

- Overview (pg. 1)
- Proposal Guidance (pg. 2)
- Proposal Application (pg. 3)
- Project Budget (pg. 4)
- Definitions, Allowable Expenditures, Resources (pg. 5)

GIS Layered Map Eastport, Maine



Social and Emotional Wellness

- **Project Objective 3: By September 29, 2014, increase the number of students with increased access to opportunities that support social and emotional wellness by 2500.**
- **By September 29, 2014, increase the number of schools that implement components of CDC's Coordinated School Health Program by 12.**

Cooperative Request for Proposals

! ! ! Request For Cooperative Proposals
Coordinated School Health Program Awards 2013/2014!
Transforming Schools for Healthier Students
+

OVERVIEW

Healthy Acadia and The Downeast Community Transformation Collaborative (DCTC) are pleased to solicit proposal applications from Hancock & Washington County schools for the implementation of the US Centers for Disease Control (CDC) **Coordinated School Health Program (CSHP)**.

Coordinated School Health Programs (CSHP) employ a systematic approach to improving students' health so they can fully participate and succeed in school. Schools play a critical role in promoting the health and safety of young people and helping them establish lifelong healthy behavior patterns. [<http://www.cdc.gov/healthyyouth/schoolhealth/index.htm>]

Non-competitive cooperative sub-award agreements will be made with partnering school districts ready to employ a Coordinated School Health Program Approach [*see pg. 5: How Schools Can Implement A Coordinated School Health Program*], leading to long lasting policy, practice and environmental changes which improve students' health. [*See examples pg. 7*]

Healthy Acadia, University of New England, Washington County: One Community, Indian Township's Tribal Council, Washington County Council of Governments and Hancock County Planning Commission are partnering as the DCTC, with support from the US CDC's Community Transformation Grant-Small Communities Program.

The DCTC supports evidence-based prevention and community initiatives to reduce and control chronic diseases by promoting healthier lifestyles through policy, environmental, programmatic and infrastructure interventions for individuals living in Washington and Hancock Counties. To expand and promote health among students, social & emotional well being, as well as healthy & safe physical environments, we will work with partnering school districts to implement a CSHP program component.

In this document you will find:

- Overview (pg.1)
- Proposal Guidance (pg. 2)
- Proposal Application (pg. 3)
- How Schools Can Implement Coordinated School Health Synopsis (pg. 5)
- Eight Components of a Coordinated School Health Program (pg. 6)
- Definitions; Allowable Expenses, Resources (pg. 7)

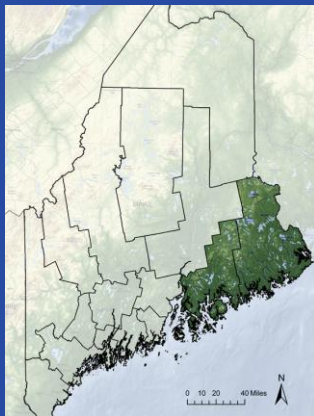
Clinical and Community Preventive Services- Transportation

- **Project Objective 4: By September 29, 2014, increase the number of people covered by systems or opportunities that support control of high blood pressure and of high cholesterol by 500.**
- **Increase the number of rural primary care providers who adopt systems to increase access to recommended clinical preventive services for patients with high blood pressure or high cholesterol by 10.**

Transportation Resources



A Guide to Transportation Services Hancock & Washington Counties



This guide is brought to you by

The Downeast Acadia Transportation Access Team

A collaborative group of regional organizations and volunteers working to increase access to transportation for all people in Washington and Hancock Counties.



For questions or more information contact:

Healthy Acadia

Elsie: 207-288-5331

elsie@healthyacadia.org

www.healthyacadia.org

Washington County: One Community

Angela: 207-255-3741

afochesato@wc-oc.org

www.wc-oc.org



 Healthy Maine Partnerships

Supported by The U.S. Centers for Disease Control and Prevention, Community Transformation Grant.

Friends*in*Action

Contact: Jo Cooper, Director
Phone: 207-664-6016

Email: /

info@friendsinactionellsworth.org

Site: /www.friendsinactionellsworth.org



Friends in Action volunteers provide free transportation services **throughout Hancock* County** for older and/or disabled adults; individuals must be able to get in and out of the vehicle with minimal arm assistance. Volunteers can escort "door through door" to and from medical appointments, grocery shopping, social destinations, etc. Individuals must pre-register and advance notice is requested.



C.A.R.E.

Phone: /469-6682

Community Action Resource Exchange (C.A.R.E.) provides free transportation services **in the Bucksport* area* and up to 20 miles to surrounding communities*** according to the availability of volunteers. Services include: transportation to medical appointments, church services and shopping. In return, those who receive services from C.A.R.E. are asked to help another person in the future however possible.

Island*Connections

Contact: /Carrie Limeburner,
Director

Phone: /288-4457

Email: /

director@islconnections.org

Site: www.islconnections.org



Island Connections volunteers provide free transportation services to elderly and/or disabled residents **throughout Mount*Desert*Island.** Services include: transportation to medical appointments, pharmacies, food stores, pantries, banks, salons, community centers, along with "Meals on Wheels" deliveries. In addition, Island Connections can transport wheelchair-bound residents with a wheelchair accessible minivan.

Washington*Hancock*Community* Agency*(WHCA)

Phone: (Ellsworth)

207-664-0012

Phone: (Machias)

207-546-7547

Phone: (Toll-free)

877-374-8396

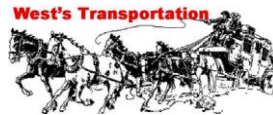
Email:

tripnumber@WHCAcap.org

Site: /www.whcacap.org



WHCA provides various transportation services to residents **in Washington*and*Hancock*Counties.** WHCA provides transportation via volunteers and agency vehicles. Transportation is provided at no charge, for a small fee, or on a sliding scale. Call for more information about the variety of transportation opportunities available.



West's*

Transportation

Phone: 207-546-2823

or: 800-596-2823

Email: /

westbus@ymail.com

Site: /www.westbusservice.com

Provides fixed-route and demand response public transportation service for a modest fare to communities **within Washington*County*and* eastern*portions*of Hancock*County.** Intercity bus service is provided seven days a week between Calais and Bangor through Ellsworth with stops in Washington and Hancock Counties along the way.

Printed*April,*2013

For updates, visit:

healthyacadia.org/initiatives/healthful_services.html

*This brochure may not be all inclusive. To share/
resources, contact /elsie@healthyacadia.org*

****Call transportation providers ahead of time** if possible. Some require advance notice, and many can better meet your needs with more notice.**

Downeast*

Transportation

Contact: Paul Murphy,

General Manager

Phone: 207-667-5796

Site: /www.downeasttrans.org



A private non-profit operating fixed-route bus service for a modest fare **in Hancock*, Washington* and Penobscot*Counties.** Services include twice weekly service between Bar Harbor, Ellsworth and Bangor, and Monday through Friday commuter service between Bar Harbor and Bangor, Cherryfield, Franklin, Ellsworth. Service also includes a once-a-week shuttle bus in and around Bucksport.



FREE ACADIA SHUTTLES

Island*Explorer

Phone: 207-288-4573

A fare-free bus system operating **in Acadia* National Park*and* surrounding*communities.**

Ferry*Services:*

• Bar Harbor Ferry

//////207-288-4585 or 207-288-2984

• Beal & Bunker Ferry

//////207-244-3575

• Cranberry Cove Ferry

//////207-244-5882; Boat/Cell: 207-460-1981

• Eastport-Lubec Ferry (Downeast

Windjammer)

207-546-2927

• Frenchboro Ferry

//////207-244-3254

• Isle au Haut Boat Services

//////207-367-5193

• Swan's Island Ferry

//////207-244-3254 or 207-526-4273

Transportation Access Script

For Health and Social Service Providers

This script is to be used after scheduling an appointment with a patient, or at any other time that is useful (feel free to modify as appropriate).

Service Provider: "We've found that getting transportation here can be a challenge for people, and we have some resources that can help. **Could transportation be a challenge for you?**"

OR: "Could transportation getting to your appointment be a challenge for you?"

If patient answers "yes"

If patient answers "no"

Service Provider: "I have some phone numbers you can call to connect with transportation providers. For example, _____ is a good resource in our region [refer to brochure]. Can I give you their phone number?"

Service Provider: "Great, we'll see you at your appointment. If you do find that transportation is a challenge, please feel free to call us back."

If client answers "yes"

If client answers "no"

Service Provider: "Great! The number for _____ is: _____. If they don't meet your needs, they'll be able to help direct you to other transportation services."

Service Provider: "Alright, well if you're still having trouble getting transportation to your next appointment, please call us back and we can connect you with transportation services that can help you get here. Or you can visit this website _____ for more information about transportation opportunities."

"It is a good idea to call them as soon as possible, because some transportation providers require advance notice, and many can better meet your needs with more notice."

[give website that has transportation brochure listed: either your website, or www.wc-oc.org, or www.healthyacadia.org.]

"Would you like any other information?"

If client answers "yes"

If client answers "no"

Service Provider: [Refer to the transportation brochure to answer any questions/provide more information. If there are any questions you can't answer, feel free to call either of the contact people listed below.]

Service Provider: "Great. And feel free to call us back if you still have trouble finding transportation for your appointment."

For more information or for questions, contact:

Elsie at Healthy Acadia - 207-288-5331, elsie@healthyacadia.org

Angela at Washington County: One Community - 207-255-3741, afochesato@wc-oc.org



ORGANIZATION: _____

THANK YOU for your help in tracking the transportation information you give to your patients. This significantly improves the ability to understand the positive impact you are having on improving access to care and reducing missed appointments.

1. **Please enter a tally mark in the left column** for each time you ask a patient about transportation needs.
2. **Please enter a tally mark in the right column** for each time you give transportation service contact information to a patient (only one tally mark per patient, even if you give them more than one number.)

Dates of tracking referrals: From _____ to _____
(e.g.: From April 15, 2013 - June 15, 2013)

If you are able to collect this data for at least 2-3 months, that would very helpful.

	Number of times you ask about patients' transportation needs	Number of times you give transportation contact info. to patients
Week 1		
Week 2		
Week 3		
Week 4		
Week 5		
Week 6		
Week 7		
Week 8		
Week 9		
Week 10		
Week 11		
Week 12		
Add'l		

To return this document, to give feedback, or for questions, contact:

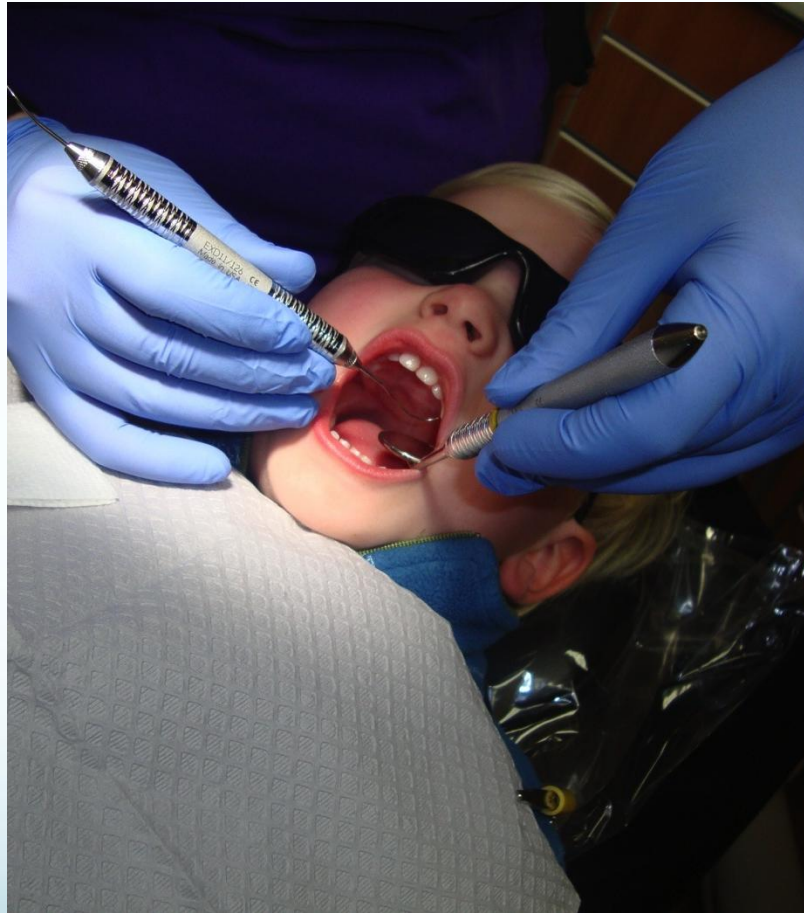
Elsie at Healthy Acadia - 207-288-5331, elsie@healthyacadia.org

Angela at Washington County: One Community - 207-255-3741, afochesato@wc-oc.org

Clinical and Community Preventive Services- Dental Access

- **Project Objective 5: By September 29, 2014 increase the number of children who receive dental sealants by 500 through school-based or school-linked sealant delivery programs.**
- **Increase the number of children who are connected with opportunities to receive dental sealants by 500.**

Dental Access for Children



Infrastructure Components

- **Project Objective 6: By September 29, 2014, increase the number of infrastructure components supporting CTG activities from 0 to 3.**
- Increase the **number of leadership team members** that support development and implementation of CTG strategies from baseline (11) to target (14).
- Increase the **number of public exposed to messages** about community needs and CTG planned efforts and achievements from baseline (0) to target (12,250).
- Increase the **number of partners exposed to messages** about community needs and CTG planned efforts and achievements from baseline (11) to target (100).

Public and partners exposed to CTG messages

Mount Desert Islander

THURSDAY, APRIL 18, 2013

Thursday, October 11, 2012

The Ellsworth American

Healthy Acadia Lands \$1.3M Grant

By Cyndi Wood

ELLSWORTH — A local health coalition is receiving a healthy boost to its bottom line thanks to a \$1.3-million grant.

Healthy Acadia, in partnership with the Passamaquoddy Tribal Council, Washington County-One Community and the University of New England, has been awarded a \$1.3-million U.S. Department of Health and Human Services, Centers for Disease Control and Prevention (CDC) Community Transformation Grant. The organizations will use the two-year grant to improve health throughout Hancock and Washington counties.

"We are honored to have this opportunity to work in collaboration with our partners to make healthy living more accessible to all throughout Downeast Maine," said Doug Michael, executive director of Healthy Acadia.

Grant funding will promote healthy eating, physical activity, access to preventive health services and social and

emotional wellness — all continuing priorities for Bar Harbor-based Healthy Acadia.

"Our mission is basically to empower people to build healthy communities across the Downeast and Acadia regions," Michael said.

Part of the nonprofit's work is fulfilling responsibilities as Hancock County's only Healthy Maine Partnership.

Last spring, in an effort to consolidate partnerships statewide, the state CDC awarded a single Healthy Maine Partnership grant in Hancock County. Healthy Acadia received the award and three other Hancock County partnerships were out of luck.

Healthy Acadia has been working off-island for years, so becoming Hancock County's only Healthy Maine Partnership was an easy adjustment, Michael said.

This year, Healthy Acadia became the lead agency in charge of administering Healthy Maine funds in Hancock and Washington counties.

There is increasingly less money to go around.

"We're operating with about one-third of the [Healthy Maine Partnership] funding that we did in the two-county region 12 years ago," Michael explained.

The Fund for a Healthy Maine supports the Healthy Maine Partnership program. The fund is sustained by the state's share of tobacco settlement payments. A \$2.7-million budget cut this year resulted in the elimination of the coordinated school health component of the program.

Locally, school health coordinator positions in Bucksport-based Regional School Unit 25 and the Mount Desert Island Alternative Organizational Structure 91 were cut.

About 25 percent of Healthy Acadia's operational budget is supported by Healthy Maine Partnership funding. Overall, the health coalition receives funding from more than two dozen sources, including state and federal agencies, local, regional and national founda-

tions and individual donors.

Healthy Acadia recently received a \$50,000 grant for its food gleaning program, a \$20,000 grant to offer subsidized farm shares to about 100 families next growing season and a grant for \$125,000 a year over five years from the U.S. Substance Abuse and Mental Health Services Administration.

The partnership serves many of the roles of a local health department, Michael said.

"I think we really look to the community to define [health] with us and for us," he said. "The community really tells us what's of most concern."

Current efforts include connecting local schools with farmers, supporting area food pantries, promoting workplace wellness and preventing substance abuse.

"We are most efficient when we can respond by helping a community help itself," Michael said.

news.fenceviewer.com

School health, food awards are offered

BAR HARBOR — Healthy Acadia and the Downeast Community Transformation Collaborative are offering competitive awards to Hancock and Washington County schools to develop or improve Farm to School and Safe Routes to School/Access to Exercise policies and programs.

The Downeast Community Transformation Collaborative is coordinated by Healthy Acadia, in partnership with the Passamaquoddy Tribal Council at Indian Township, Washington County-One Community, the University of New England, Hancock County Planning Commission and Washington County Council of Governments. The collaborative was awarded a two-year Community Transportation Grant from the U.S. Centers for Disease Control and Prevention to improve health and reduce chronic disease throughout Hancock and Washington Counties.

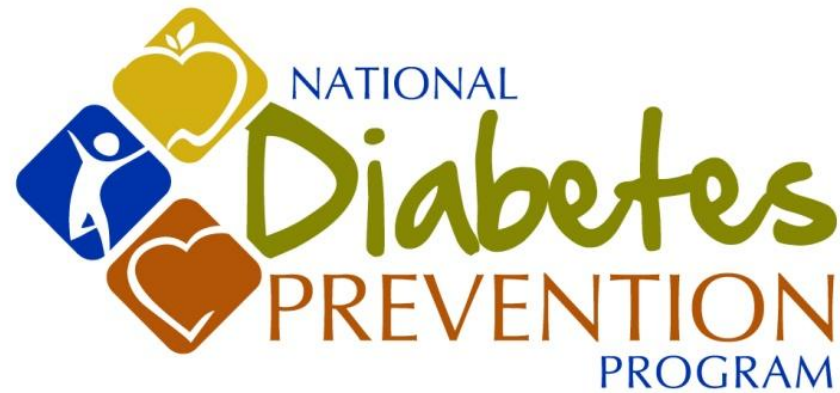
Farm to School proposals must lead to lasting changes in the school that support healthy eating and nutrition. Project proposals may include enhancing local food procurement systems, growing or raising school food, including gardens, greenhouses and aquaculture, and/or education on food systems, nutrition and gardening.

Safe Routes to School and Access to Exercise project proposals must target lasting changes in the school that support walking and biking to and from school and/or access to exercise. Some examples of lasting change include: enactment of new school policies — such as setting greater expectations and support for students walking or biking to school; hosting bicycle and walking safety programs; and/or creation or expansion of school walking paths and physical activity opportunities.

Schools may apply for one of both of these award opportunities. Awards of up to \$2000 per school are available for each category. All applications will be reviewed and scored by a panel of advisors. If schools are interested in receiving an application or for more information, they may contact Sandie Dubai at Healthy Acadia 667-7171 or 288-5331. Applications are also available on Healthy Acadia's website at www.healthy-acadia.org. Proposals from schools must be received by May 10.



Through close collaboration with volunteers and partners, we are implementing these strategies to reduce chronic disease and improve the health of our communities across Hancock and Washington Counties.

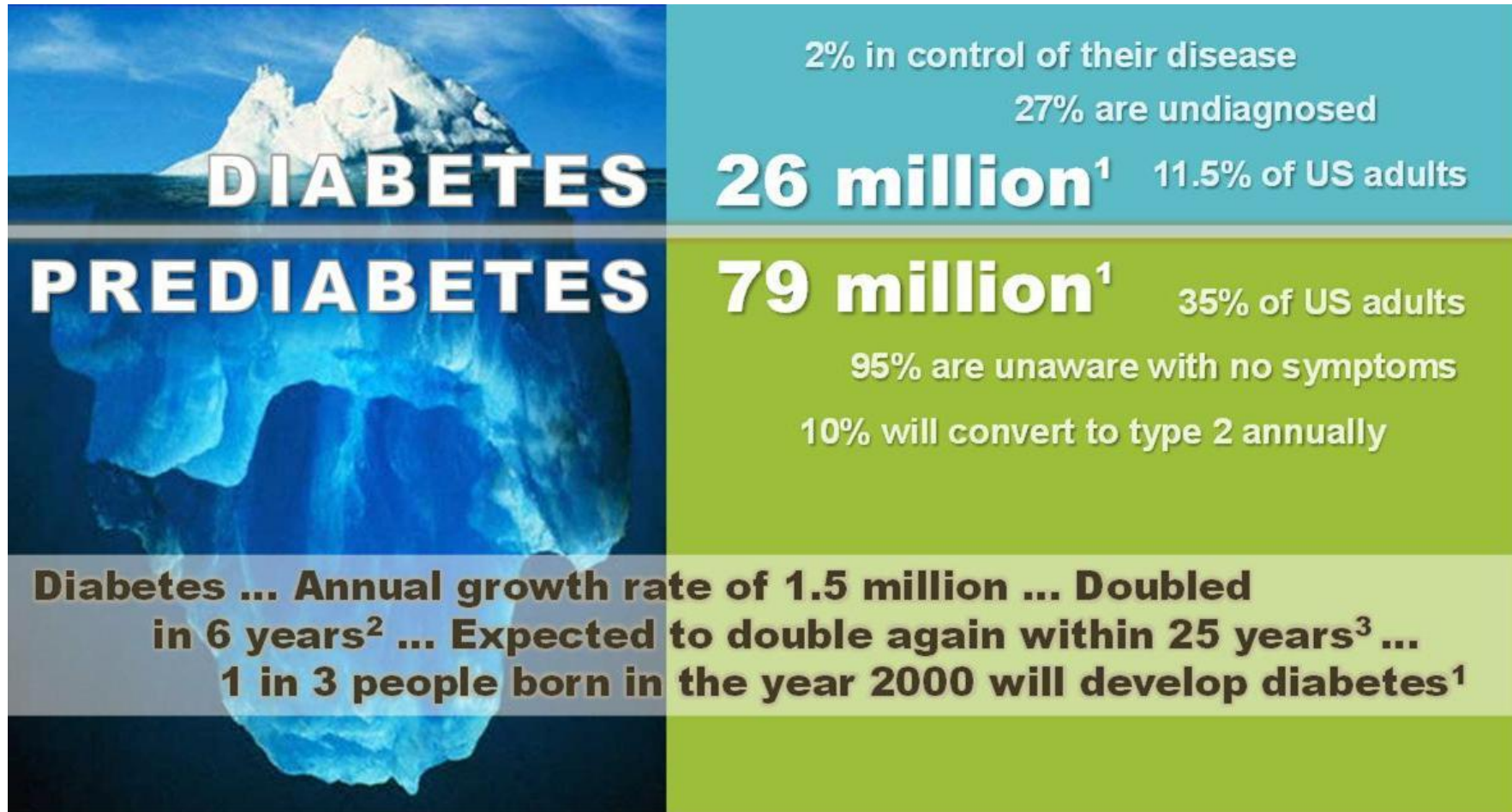


NATIONAL DIABETES PREVENTION PROGRAM

KENNEBEC & SOMERSET COUNTIES

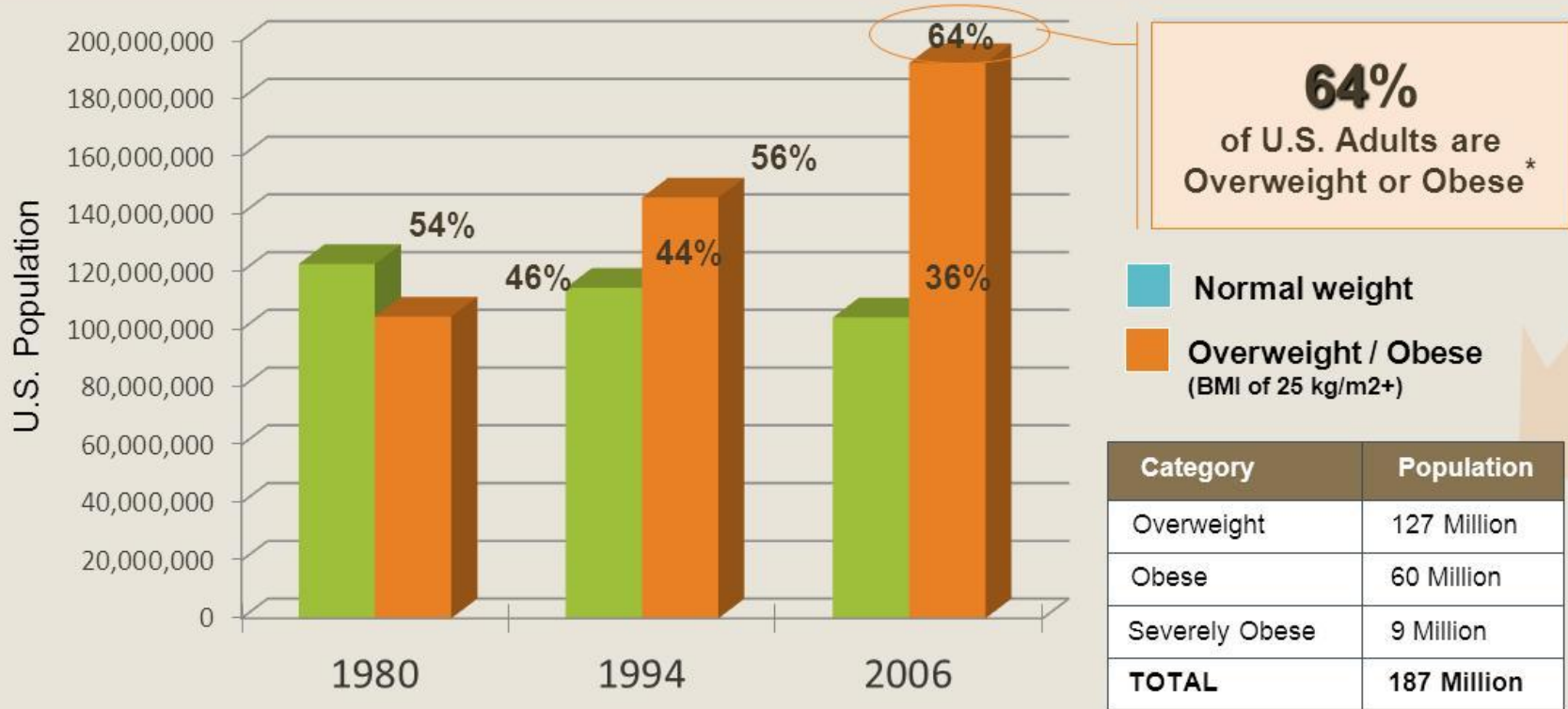
Laura Holweger, CHES
Grant Program Manager

The Numbers



Contributing Factors

The number and percent of overweight or obese adults continues to increase



Building Capacity

- Community Capacity
 - ▣ Outreach
 - ▣ Lifestyle Coach
 - ▣ Workshop locations



Building Capacity Cont.

- Clinical Capacity
 - ▣ Prior to CTG
 - ▣ Algorithm
 - ▣ Engaging practices
 - ▣ On site workshops



Pre Diabetes Algorithm

Reference Card for Detection, Evaluation, Treatment and Referral for Pre-Diabetes and Diabetes

Reference card developed based on the American Diabetes Association: Standards of Medical Care in Diabetes; Diabetes Care, Volume 36, Supplement 1, January 2013

SCREENING GUIDELINES

- Testing should be considered in all adults who are **Overweight** (BMI \geq 25) **AND** have any of these additional risk factors:
 - Physical inactivity
 - First degree relative with diabetes
 - High-risk ethnicity (African American, Latino, Native American, Asian American, Pacific Islander)
 - A woman who delivered a baby weighing > 9 pounds or was diagnosed with gestational diabetes
 - Hypertension (\geq 140/90 or on therapy for hypertension)
 - HDL cholesterol level < 35 and/or a triglyceride level > 250
 - A woman with polycystic ovarian syndrome
 - A1C > 5.7%, IGT or IFG on previous testing
 - Other clinical conditions associated with insulin resistance
 - History of CVD
- In those without these risk factors, testing should begin at **age 45**

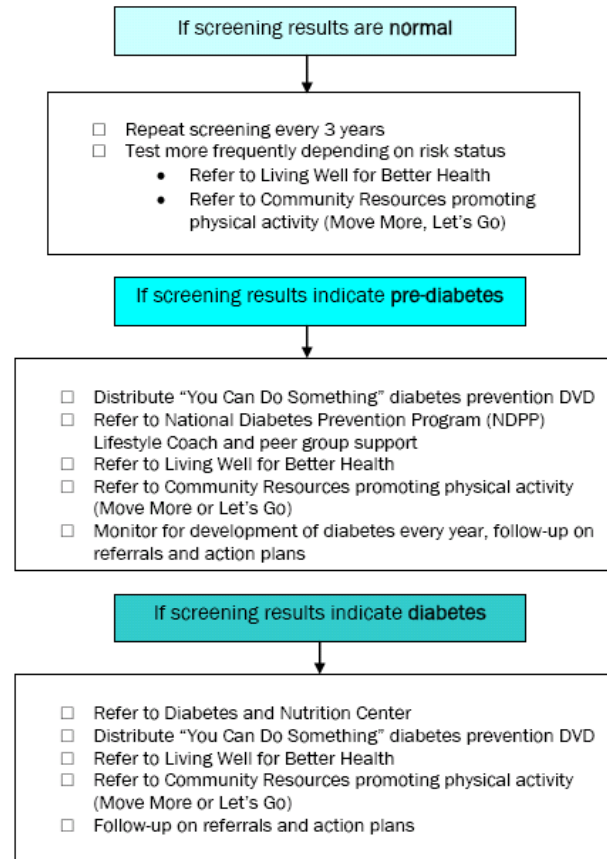
EVALUATION

Classification of Pre-Diabetes and Diabetes
(repeat testing on subsequent day to confirm)

	Fasting plasma glucose mg/dl	A1C	OGTT 2 hour
Normal	< 100	< 5.7	< 140
Pre-diabetes	100-125	5.7-6.4	140-199
Diabetes	\geq 126	\geq 6.5	> 200

The committee chose to present the guidelines from the American Diabetes Association in an effort to better identify, treat and refer people with pre-diabetes or diabetes. The committee realizes that some physicians may follow other guidelines and hopes that some of this information will be useful to all physicians.

TREATMENT



A Change for Life Video



<http://www.cdc.gov/CDCTV/ChangeForLife/index.html>

<http://www.cdc.gov/diabetes/prevention/features.htm>

In this video, class participants, lifestyle coaches and healthcare professionals talk about how type 2 diabetes can be prevented or delayed by making lifestyle changes that include modest weight loss and increasing physical activity.

People with prediabetes share their experience as participants in group lifestyle change classes and their journey to learn and keep healthy habits

Take the Test – Know Your Score!



Prediabetes Screening Test	Yes	No
Are you a woman who had a baby weighing > 9 pounds?	1	0
Do you have a sister or brother with diabetes?	1	0
Do you have a parent with diabetes?	1	0
Find your height on the chart on the back page. Do you weigh as much as or more than the weight listed for your height?	5	0
Are you < 65 and get little or no exercise in a typical day?	5	0
Are you between 45 and 64 years of age?	5	0
Are you 65 years of age or older?	9	0
Total points for all “yes” responses		

If you scored 9 or more points, you are at high risk for having prediabetes and would benefit from this program.

CDC-led National Diabetes Prevention Program



- Designed to bring to communities evidence-based lifestyle change programs for preventing type 2 diabetes.
- NDPP is based on the Diabetes Prevention Program research study led by the National Institutes of Health and supported by Centers for Disease Control and Prevention.

Studies show...

- The NDPP lifestyle change program showed making modest behavior changes, such as improving food choices and increasing physical activity to at least 150 minutes per week, helped participants lose 5% to 7% of their body weight
- These lifestyle changes reduced the risk of developing type 2 diabetes by 58% in people at high risk for diabetes
- In adults age 60+, the reduction is 70%



Questions?



Thank you!

Laura Holweger, CHES
Grant Program Manager

Phone: 861-5274

Email: laura.holweger@mainegeneral.org

HOMETOWNS PARTNERSHIP

Health of Maine Towns

Community Transformation Grant: Small Communities Project

Naomi Schucker, MPH, Program Director
Andrea Fletcher, MS, Program Manager

April 26, 2013

MaineHealth



Communities
Transforming

To make healthy living easier

Overview

- **Our Project by the Numbers**
- **Our Communities and Partners**
- **Overview of County Projects, Objectives, Partners and Successes To-Date**
- **Overview of Learning Collaborative**
- **Questions?**

Our Project by the Numbers

- **\$2.4 Million**
- **344,000 People**
- **10 Projects**
- **7 Counties**
- **2 Years**
- **1 Learning and Dissemination Collaborative**

Our Communities and Partners

- Western Public Health District

Androscoggin

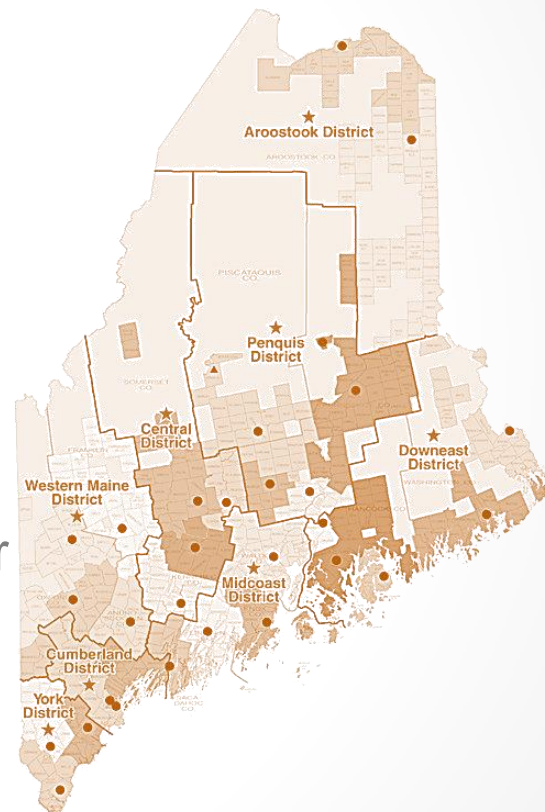
Healthy Androscoggin and
St. Mary's Regional Medical Center

Franklin

Franklin Community Health Network,
Healthy Community Coalition of Greater
Franklin County

Oxford

Stephens Memorial Hospital,
Healthy Oxford Hills



Our Communities and Partners

- Midcoast Public Health District

Sagadahoc

Mid Coast Hospital & Access Health

Waldo

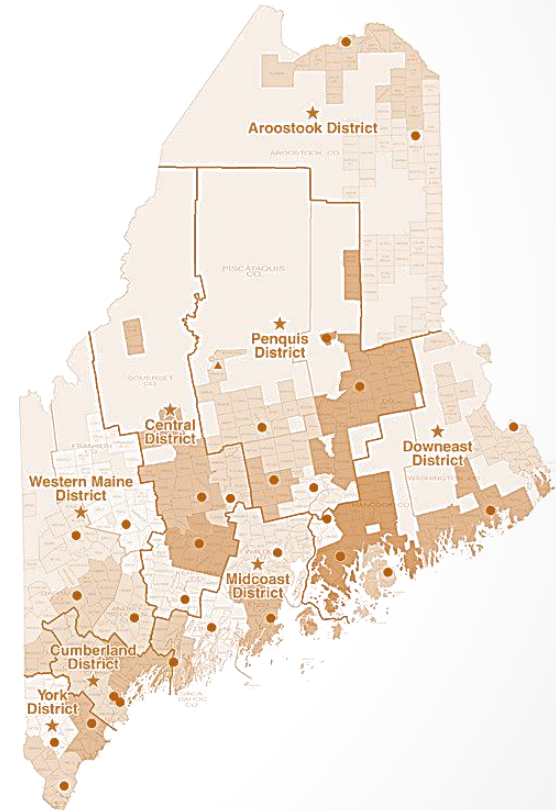
Waldo County General Hospital

Knox

Pen Bay Health Care

Lincoln

Lincoln County Healthcare



Our Communities and Partners

- MaineHealth
- Let's Go! Home Office at Maine Medical Center
- Center for Tobacco Independence
- PERCH Design (Marketing)
- Hart Consulting (Evaluation)
- Market Decisions (Evaluation)



County Teams and Projects



HOMETOWNS PARTNERSHIP

Health of Maine Towns

Knox County Team:

Pen Bay Healthcare, Picker Family Resource Center

Linda Zeigler, Wendelanne Agunas, Adrienne Gallant, Marcie Kyle, Vikki Swan, Megan Richardson




Pen Bay Medical Center
MaineHealth

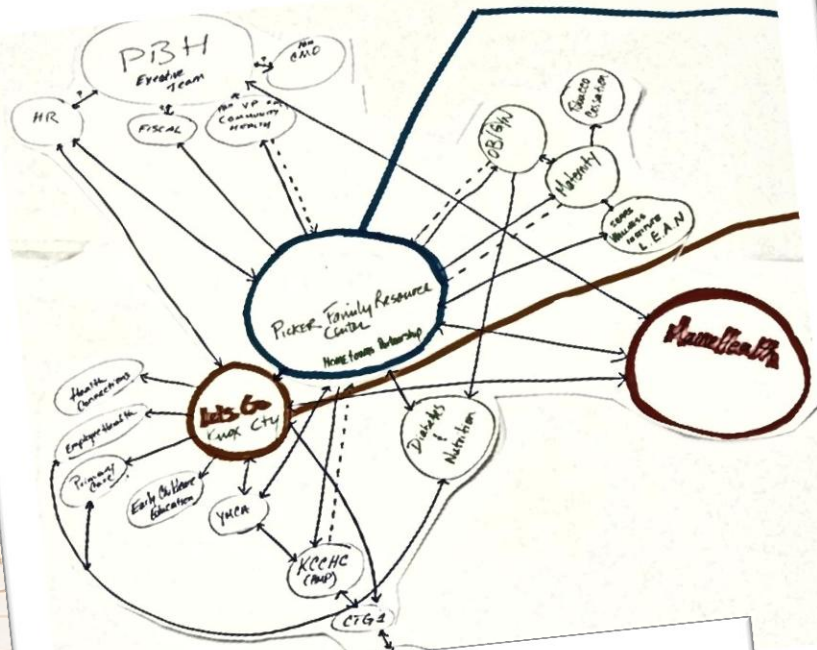
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Knox County Project Objectives

- 2.4: Increase the number of organizations in Knox County that **actively promote the use of physical activity opportunities** among employees and clients from 0 to 15 by September 29, 2014.
- 3.4: Increase the number of organizations in Knox County that **actively promote healthy food and beverage options** among employees and clients from 0 to 15 by September 29, 2014.
- 4.1: Increase the number of healthcare practices within Knox County that establish referral systems for at-risk patients to programs that meet the standards of the **CDC's Diabetes Prevention Recognition Program** from 0 to 5 by September 29, 2014.
- 4.2: Increase the number of healthcare practices within Knox County that establish **referral systems to community prenatal resources** from 0 to 1 by September 29, 2014.



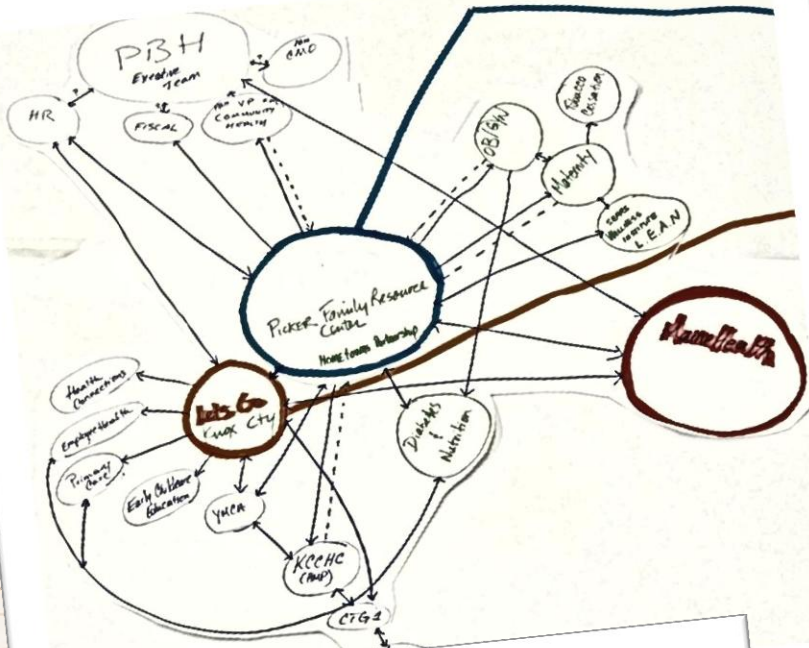
Knox County Project

Key Partners

- Let's Go!
- Diabetes and Nutrition Center
- Sears Wellness Institute
- Diabetes Prevention and Control Program

3 Key Successes To-Date

- Worked with the fiscal department on creating a separate department for the two year grant.
- Certified 8 people in L.E.A.N. Expectations course, the foundational course for the development of Nurture Me.
- Began implementation strategy for Electronic Medical Records referral process for Nurture Me and Healthy Lifestyles program.



HOMETOWNS PARTNERSHIP

Health of Maine Towns

Lincoln County Team:

Lincoln County Healthcare

Cathy Cole, Orion Breen, Trent Giles



Lincoln County Healthcare
MaineHealth

MaineHealth



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Lincoln County Project Objective

- 1.2: Increase the number of school and community settings within Lincoln County that implement **tobacco prevention and control programs for youth** from 0 to 5 by September 29, 2014.

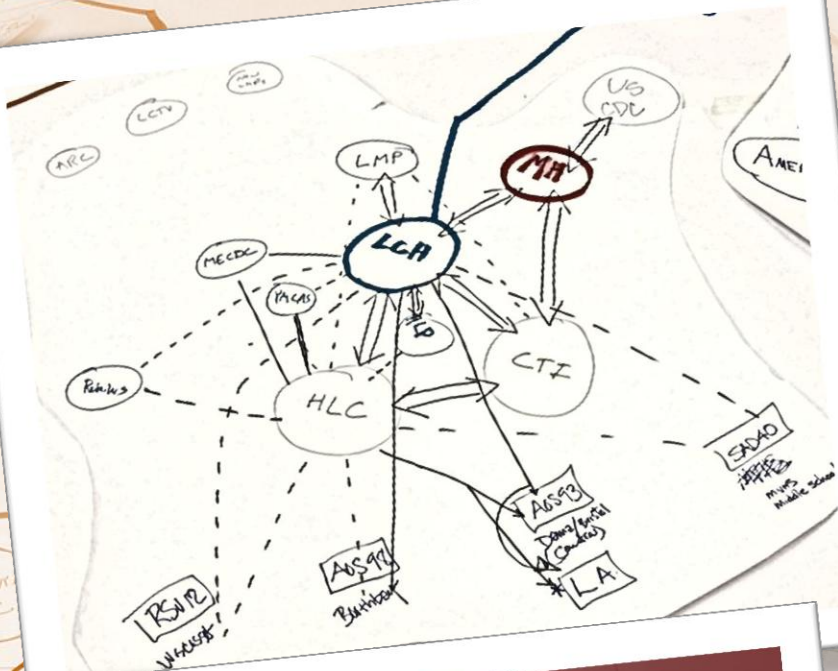
Key Partners

Center for Tobacco Independence

- Healthy Lincoln County

3 Key Successes To-Date

- Building on strong relationships with high schools to address teen tobacco use.
- Conducted teen tobacco focus groups providing valuable information to guide intervention.
- Worked with evaluators to finalize Logic Model/Evaluation requirements as a CDC innovative strategy.



HOMETOWNS PARTNERSHIP

Health of Maine Towns

Sagadahoc County Team:

Mid Coast Hospital and Access Health

Melissa Fochesato, Colleen Fuller, Stacy Musica



For a lifetime of caring



MID COAST HEALTH SERVICES

www.midcoasthealth.com

MaineHealth



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Sagadahoc County Project Objective

- 3.3: Increase the number of **Farmers Markets** within Sagadahoc County that promote the purchase of fruits, vegetables and other healthy foods through incentives associated with food assistance programs (SNAP) from 0 to 3 by September 29, 2014.

Key Partners

- Maine Federation of Farmer's Markets
- St. Mary's Nutrition Center

3 Key Successes To-Date

- The Bath Farmers' Market voted to implement electronic benefit transfer (EBT).
- Main Street Bath's Executive Committee/Board approved the plan to act as the sponsoring organization and employ a staff person to operate the EBT terminal at the market.
- Gathered LOS from Maine Federation of Farmers' Markets and Main Street Bath.



HOMETOWNS PARTNERSHIP

Health of Maine Towns

Waldo County Team:

Waldo County General Hospital

Andrea Walker, Barbara Crowley, Sarah O'Blenes, Sumer Higgins



Waldo County General Hospital
MaineHealth

MaineHealth



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HOMETOWNS PARTNERSHIP

Health of Maine Towns

Franklin County Team:

Healthy Community Coalition of Greater Franklin County

Jennifer McCormack, Laurie Soucy, Janis Walker



HEALTHY
COMMUNITY
COALITION

of Greater Franklin County

MaineHealth



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Franklin County Project

Objective

- 2.2: Increase the number of organizations within Franklin County that provide **no-cost or low-cost physical activity programming to youth** residents from 2 to 4 by September 29, 2014.

Key Partners

- Rangeley Health and Wellness
- Let's Go!

3 Key Successes To-Date

- Planned and held successful youth Free Ski day at Spruce Mountain Ski Area (approximately 100 attendees).
- Facilitated Youth Personal Training pilot where six area youth signed up and attend the AntiGravity Center in Carrabassett Valley.
- Introduced WinterKids pilot after school (approximately 55 kids attending regularly).



HOMETOWNS PARTNERSHIP

Health of Maine Towns

Androscoggin County Team:

Central Maine Healthcare, Healthy Androscoggin and St. Mary's Regional Medical Center

Steve Johndro, Jana Thompson, Erin Guay, Jamel Torres, Lorrie Marquis Potvin, Cindy Cronkhite, Maria Peto, Emily Dooling, Jennifer Smith

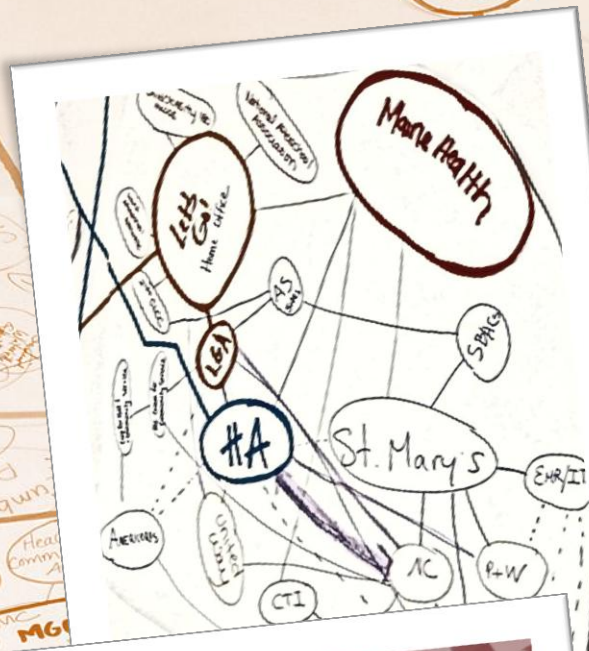


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Androscoggin County Project Objectives

- 1.1: Increase the number of family practice, internal medicine and Federally Qualified Health Centers (FQHCs) within Androscoggin County that **implement the CDC's Clinical Practice Guideline, Treating Tobacco Use and Dependence: 2008 Update** from 0 to 6 by September 29, 2014.
- 2.1: Increase the number of **after school organizations in Androscoggin County that increase opportunities for physical activity** (by implementing 5210 Goes After School) from 5 to 15 by September 29, 2014.
- 3.1: Increase the number of **after school organizations in Androscoggin County that increase opportunities for healthy eating** (by implementing 5210 Goes After School) from 5 to 15 by September 29, 2014.



Androscoggin County Project Key Partners

- St. Mary's Regional Medical Center
- St. Mary's Nutrition Center
- Center for Tobacco Independence
- Let's Go!

3 Key Successes To-Date

- Oriented new CTG Health Promotion Coordinator with the 5210 Let's Go Program.
- Created a list of questions to help assess the current After School Toolkit and interviewed an After School site using these questions.
- Introduced tobacco Electronic Medical Record system wide in late February and in a very short amount of time, 28 St. Mary's patients have been referred to tobacco treatment.



HOMETOWNS PARTNERSHIP

Health of Maine Towns

Oxford County Team:

Western Maine Healthcare, Healthy Oxford Hills

Brendan Schauffler, Jim Douglas, Carl Costanzi



Western Maine Health
MaineHealth

MaineHealth



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Oxford County Project Objective

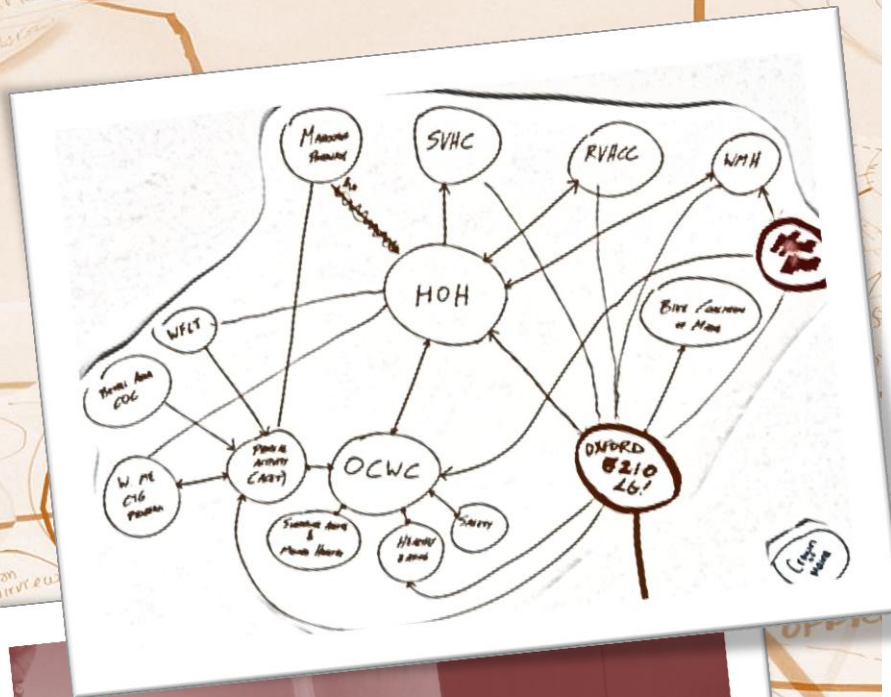
- 2.3: Increase the number of communities in Oxford County with **bicycle and pedestrian way-finding and awareness programs** and Share the Road signage from 0 to 4 communities by September 29, 2014.

Key Partners

- Bike Coalition of Maine
- River Valley Healthy Community Coalition
- Mahoosuc Pathways
- Sacopee Valley Health Center

3 Key Successes To-Date

- Hosted the Western Maine Active Communities Conference on March 22nd (102 attendees)
- Facilitated the Oxford County ACET in meeting bi-weekly, demonstrating strong commitment to making Oxford County a place where it is easier to enjoy an active, healthy lifestyle
- Coordinated planning and volunteer efforts to get project kicked-off locally and regionally





Learning and Dissemination Collaborative



Learning & Dissemination Collaborative

- Accelerate adoption and diffusion of evidence-based public health interventions

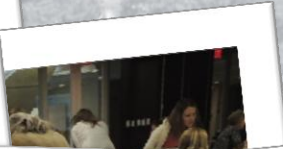
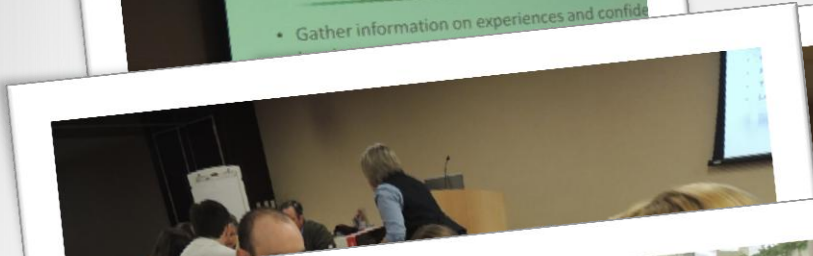
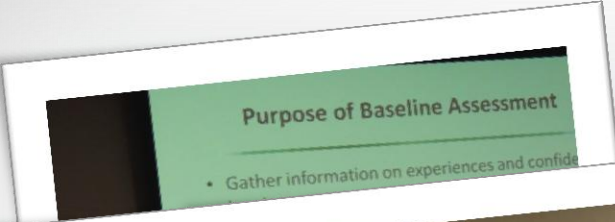
- **Components:**



Community
Transformation

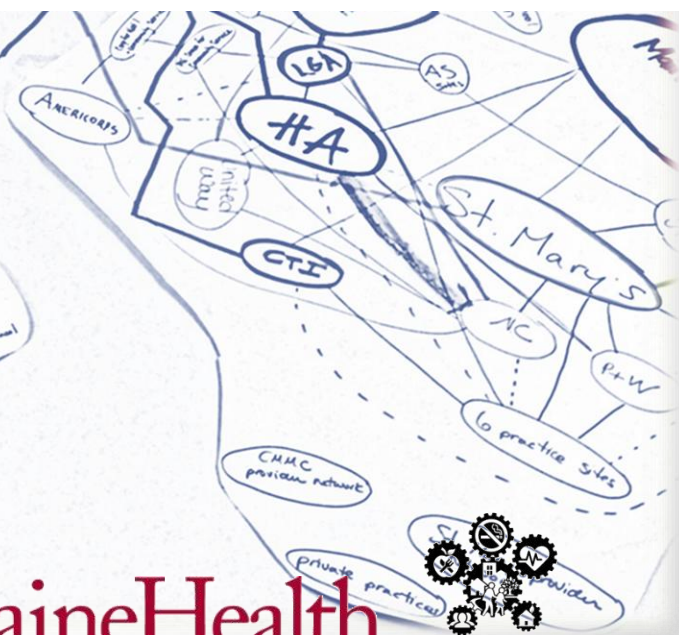
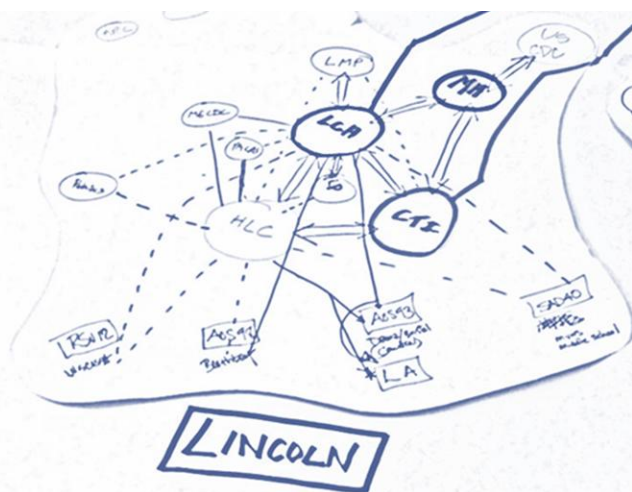
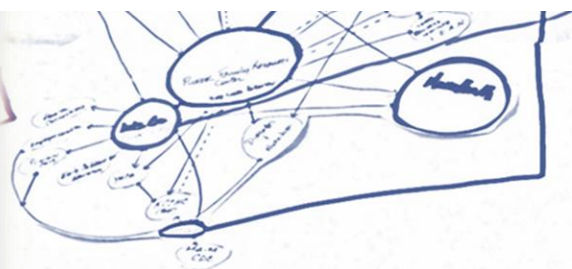
MaineHealth

Learning and Dissemination Collaborative
Session 1
April 5, 2013





Questions?



HEALTH
owns Partnership
SMALL COMMUNITIES
SEPTEMBER 2012

MaineHealth

Communities
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Maine Development Foundation/MCD

...



Islands



Me CDC-Hula Dancers

Maine General-The Monkey

Maine Health-Palm Tree Sway

Healthy Acadia- The Swim

Maine Development Foundation-Surfing



- Each table is an island with a unique health Goal that the island is attempting to reach.
- Members of the island will develop 3 strategies that they feel will move them toward meeting their goal.
- At the bell each island will combine with the island that is adjacent to them.
- The inhabitants of the combined islands will take their separate strategies and develop three strategies that work towards both goals through coordinated approaches.
- Once again the islands will combine with the adjacent island and repeat the process.
- After once again coordinating strategies, each island will report out the goals they were addressing and the coordinated strategies they are planning on using to work towards them.



David Guthrie, CTG Project Officer

• • •

*Putting it all together to Transform Maine and
Make the Healthy Choice the Easy Choice in
Maine!*

To the Maine Land

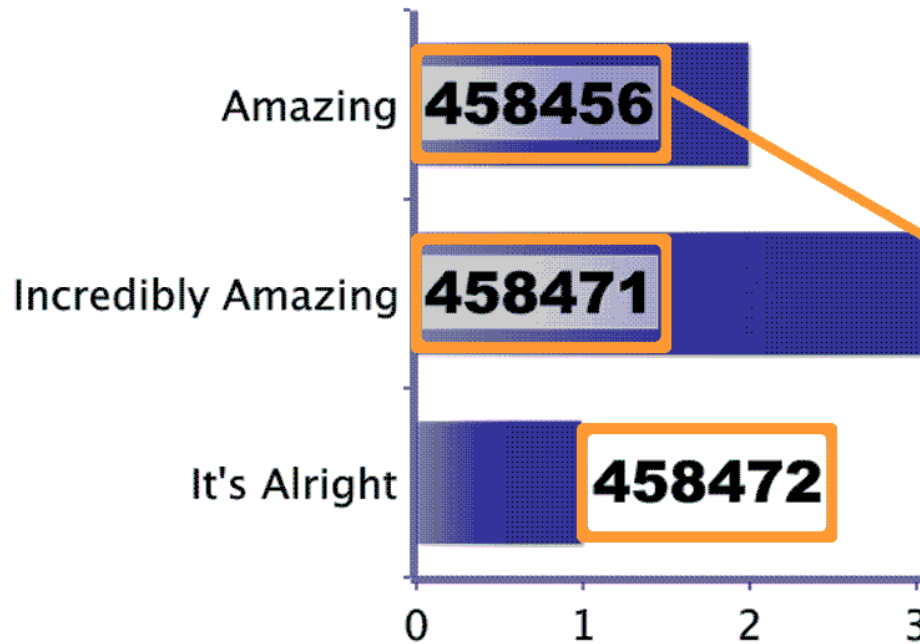
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How To Vote via Texting

EXAMPLE

How do you like my presentation so far?

Text a **CODE** to **37607**



TIPS

1. Standard texting rates only (worst case US \$0.20)
2. We have no access to your phone number
3. Capitalization doesn't matter, but spaces and spelling do

How to use PollEv.com

How do you like my presentation so far?

EXAMPLE



Text a **CODE** to **37607**



Submit a **CODE** to <http://PollEv.com>



Web Response

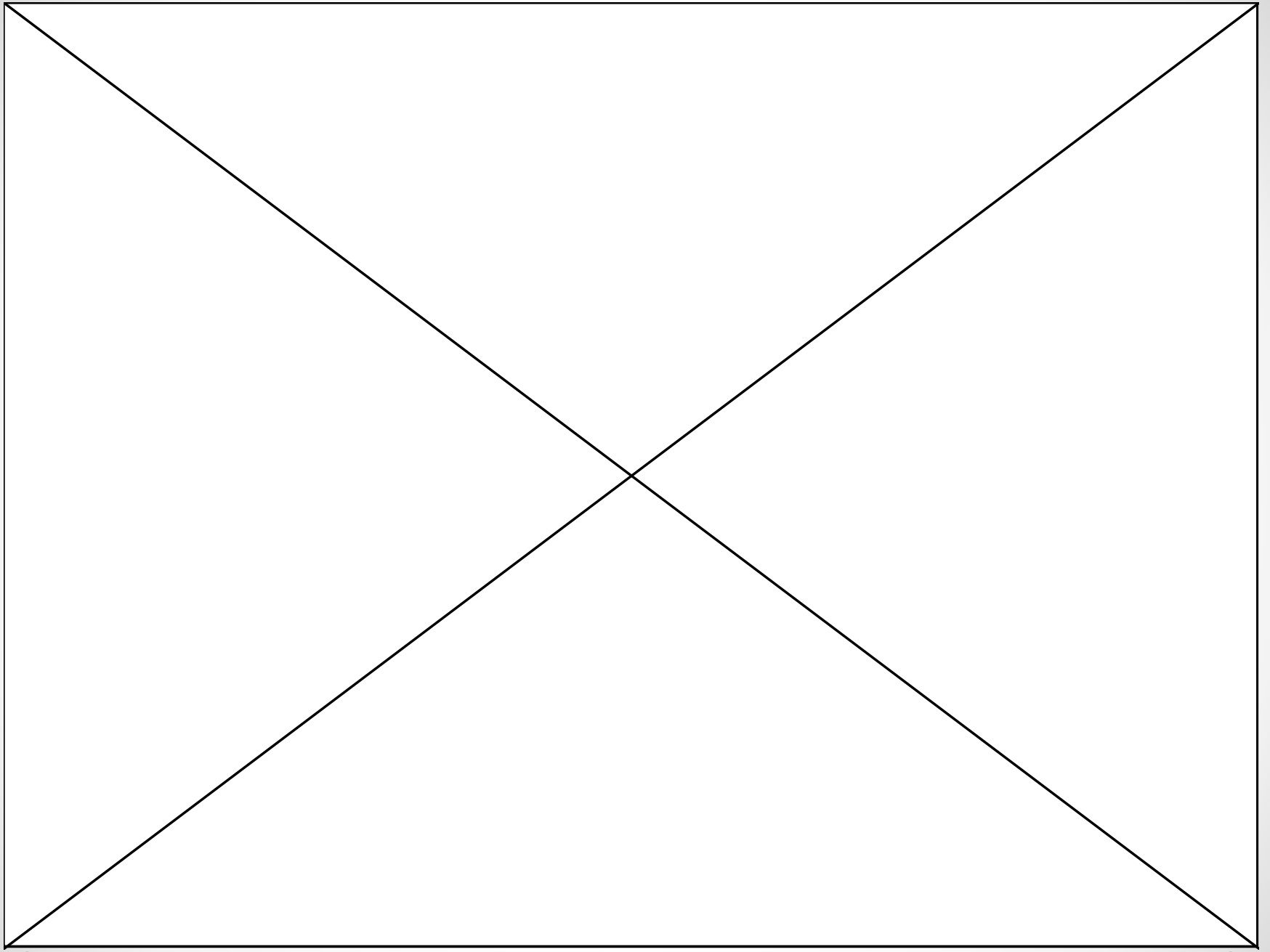
458456

Submit response

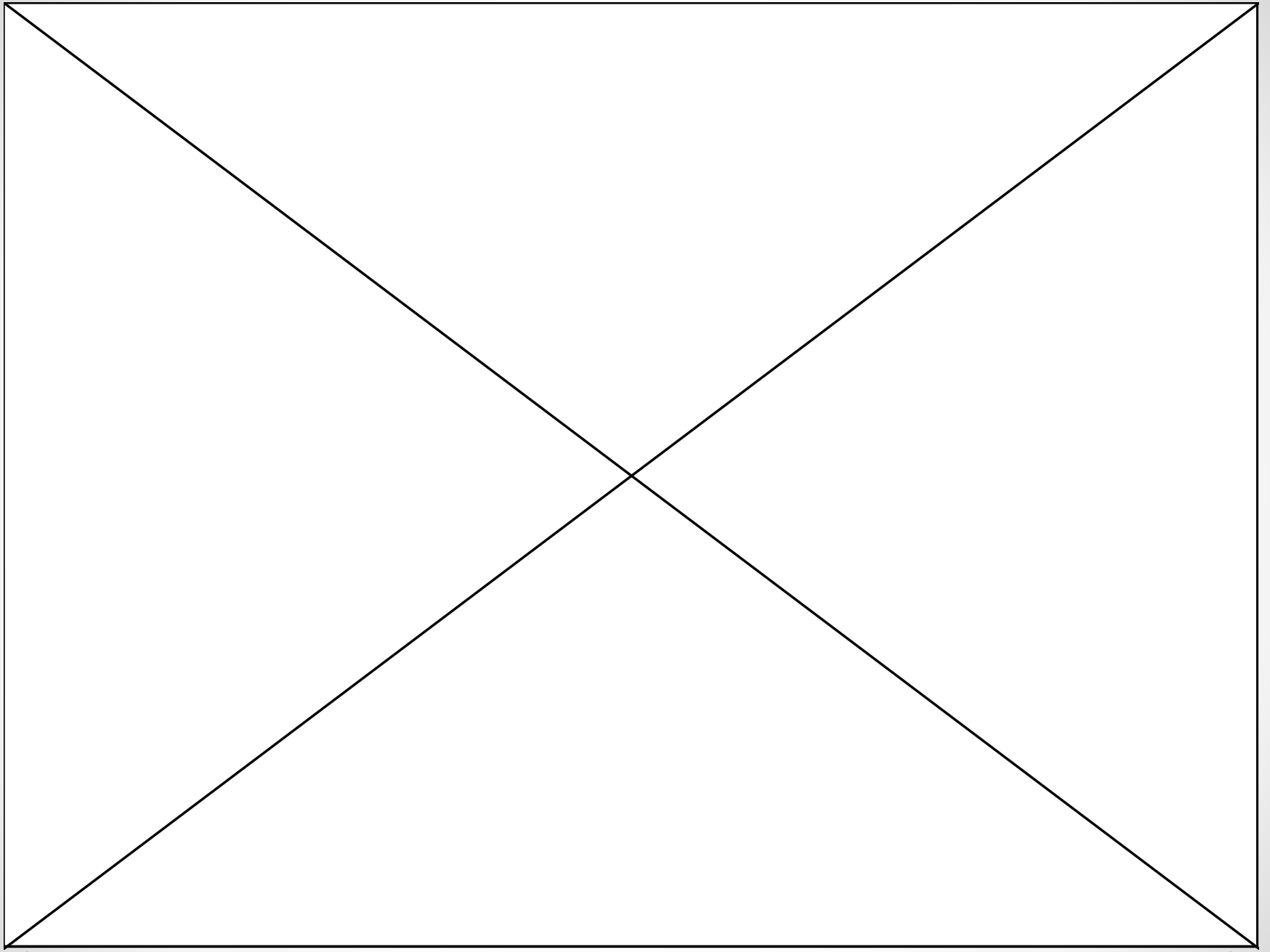
Login if you're a registered participant.

TIP

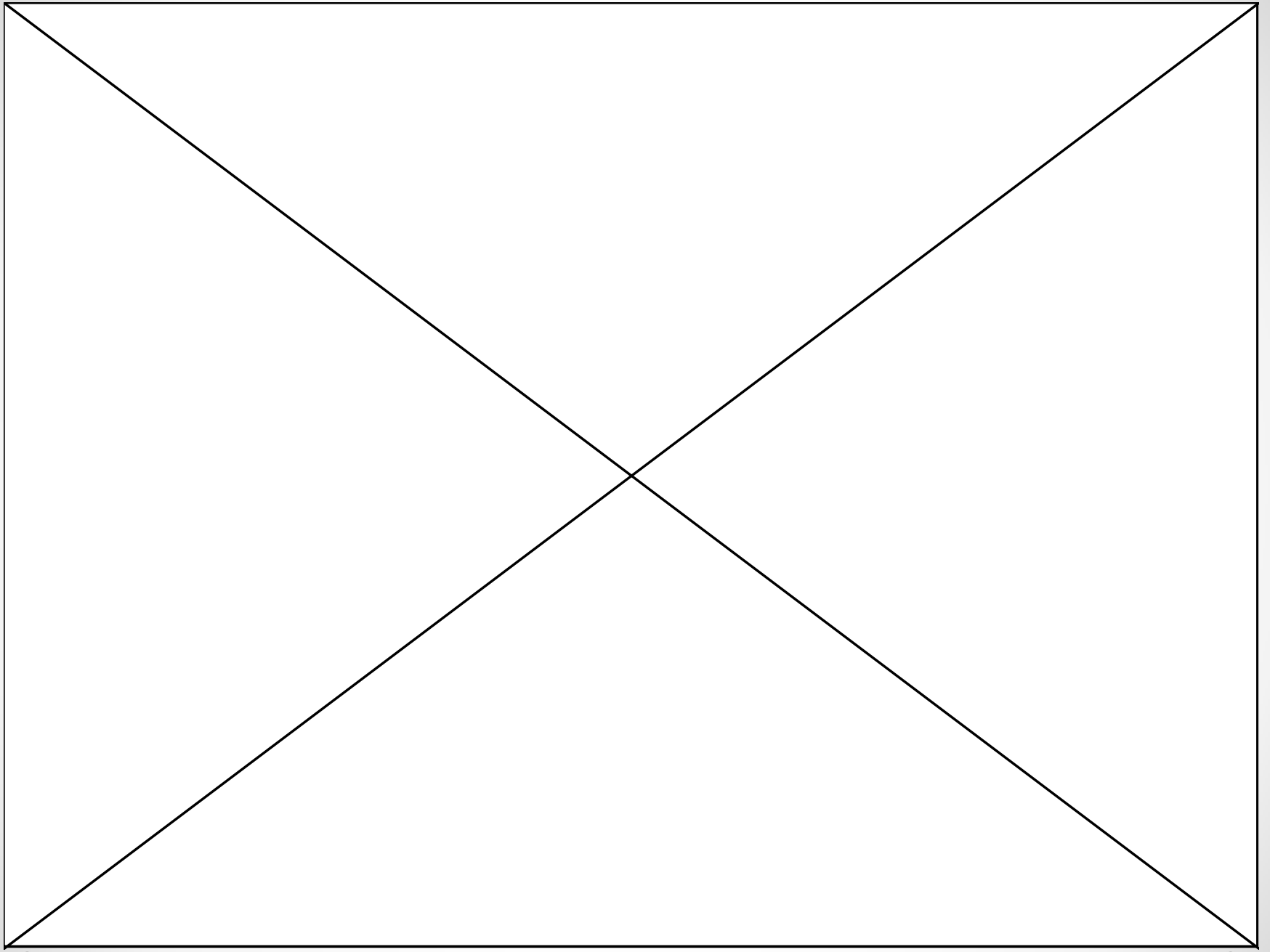
Capitalization doesn't matter, but spaces and spelling do



Poll: What's your favorite color?



Poll: Thinking about partnering and the presen...



Poll: How will you use what you learned yester...

Wrap up and Lunch
...

Thank-you!

...