



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/>]

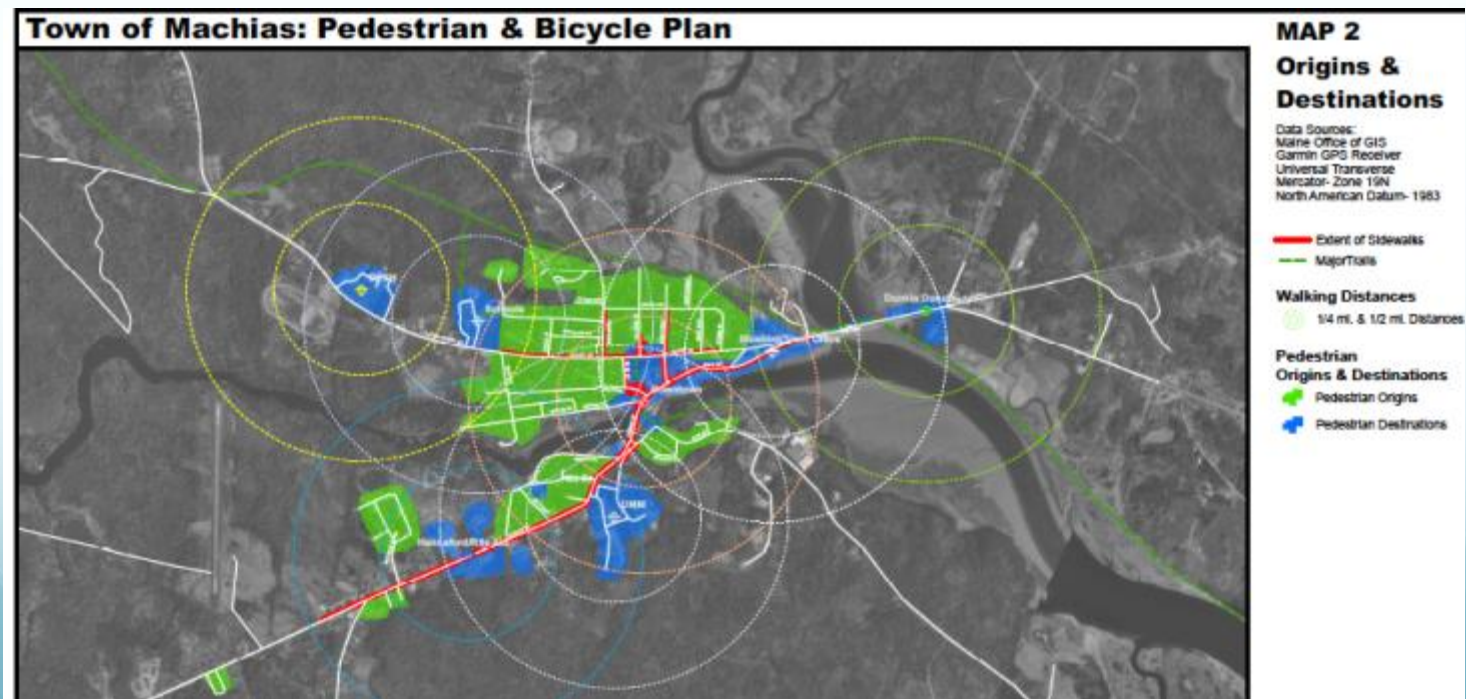
Healthy Acadia, University of New England, Washington County: One Community, Indian Township's Tribal Council, Washington County Council of Governments and Hancock County Planning Commission are partnering as the DCTC, with support from the US CDC's Community Transformation Grant-Small Communities Program.

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

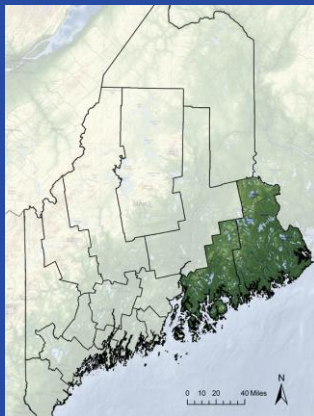
- **Project Objective 4: By September 29, 2014, increase the number of people covered by systems or opportunities that support control of high blood pressure and of high cholesterol by 500.**
- **Increase the number of rural primary care providers who adopt systems to increase access to recommended clinical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

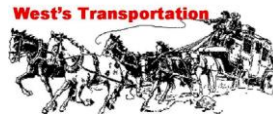
Washington*Hancock*Community* Agency*(WHCA)

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.



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."

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

"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."

"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:

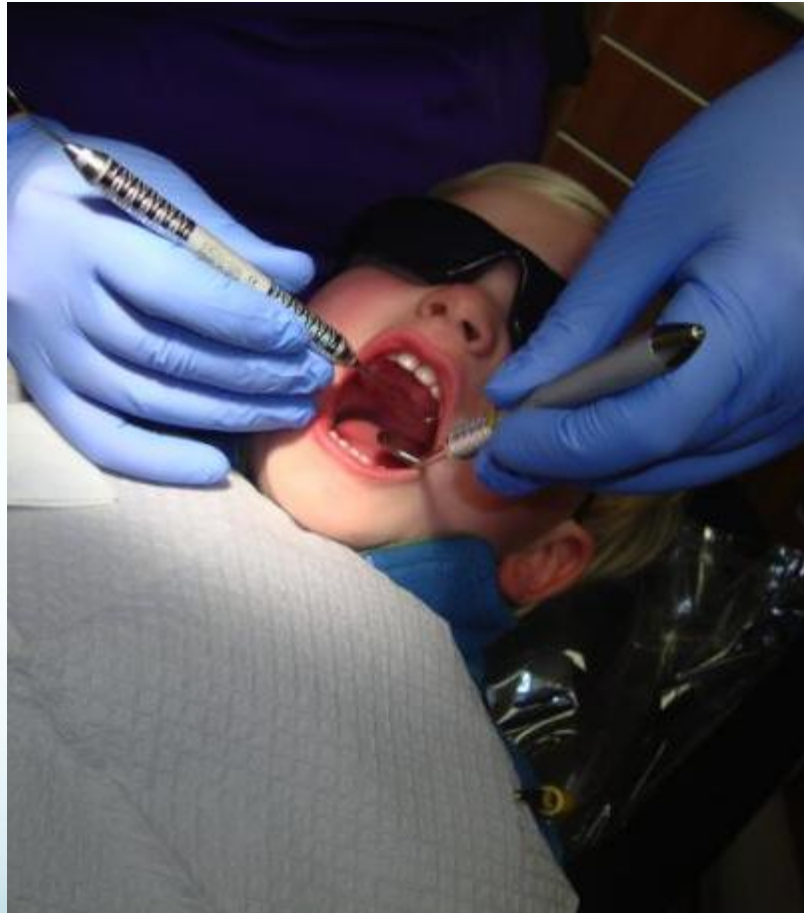
Elsie at Healthy Acadia - 207-288-5331, elsie@healthyacadia.org

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.