

Physical Activity and Nutrition

Maine Center for Disease Control and Prevention

Maine Department of Health and Human Services

- ❑ Obesity is a chronic disease. It is arguably one of the most serious public health threats in the United States today.
- ❑ Overweight and obesity increase the risk of disease from high blood pressure, high blood cholesterol, heart disease, stroke, type 2 diabetes, gall bladder disease, osteoarthritis, sleep apnea and respiratory problems, and some cancers.
- ❑ The prevalence of obesity in Maine has nearly doubled since 1992.
- ❑ In 2005, 60% of Maine adults were overweight or obese (37% overweight, 23% obese).
- ❑ In 2005, approximately 25% of Maine's middle and high School youth were overweight or at risk of overweight.
- ❑ In 2004, 33% of kindergartners were overweight or at risk of overweight.



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In 2003, Maine was awarded a five-year Cooperative Agreement from the Centers for Disease Control and Prevention to address obesity prevention. The Physical Activity and Nutrition (PAN) Program focuses on health promotion for the entire population and for the prevention and control of obesity. The PAN Program provides the needed resources to coordinate program efforts with cardiovascular health, cancer, diabetes, oral health, maternal and child health, and coordinated school health. Interventions target individual behaviors and skills, social networks, organizations, and social and physical environments.

Program Goals:

- ❑ To increase the proportion of Maine citizens who are at a healthy weight and reduce the health risks associated with overweight and obesity;
- ❑ To identify and eliminate health disparities related to overweight and obesity among priority populations.

Priority Populations:

Those residents with low socioeconomic status and Native American residents.

Program Activities:

- ❑ Expanding the coordinated nutrition and physical activity infrastructure and providing the leadership to integrate physical activity and nutrition programs across State-level programs and coordinating activities of non-governmental entities with interests in physical activity and nutrition;
- ❑ Implementing the Physical Activity and Nutrition Plan 2005 - 2010, including nutrition and physical activity strategies that address caloric imbalance and expenditure, increased physical activity, reduced television time, increased breastfeeding, and increased consumption of fruits and vegetables;
- ❑ Assisting the Healthy Maine Partnerships in supporting the 31 community-school partnerships funded through the Tobacco Settlement to address obesity, physical inactivity, and poor nutrition.

Funding Source:

Centers for Disease Control and Prevention Cooperative Agreement

Budget: FY 2007 - \$450,000

Staff Count: 3