



Community Menu of Options



Resources available for maintaining a healthy lifestyle

Resource	Organization(s)	Target Audience	Description	Stage of Change	Cost of Information	Area Offered	Contact Info	Website	Evaluation
Nutrition									
Real Food, Real Fast, Really Good for You	Sebasticook Valley Healthy Communities Coalition, Healthy Maine Partnership of Greater Waterville	Ages 12-90	This is a curriculum/tool that offers information and classes, presentations, and resources that can be replicated and is available electronically. There are Lay trainers that have been trained in many organizations that can assist in the delivery of this program.	1,2,3,4,5,6	This would be up to organization and trainers	Penquis, Penobscot, Somerset, Kennebec Counties	Sebasticook Valley Hospital Community Partnership 487-3890 xt 110, Healthy Maine Partnership of Greater Waterville (207) 873-0686	www.healthsv.org	Participant perception, knowledge, and behavior change
Medical Nutrition Therapy	Diabetes and Nutrition Wellness at Inland Hospital	All ages	Individualized nutrition counseling with a Registered Dietitian for people of all ages living with diabetes, obesity, hypertension, etc. and their caregivers	4,5,6	call for more information	Kennebec/Somerset County	861-7150	www.inlandhospital.org	Participant knowledge and behavior change
Eat Well Program	University of Maine Cooperative Extension	Throughout lifespan	Trained paraprofessionals throughout Maine visit homes, schools and community groups to provide evidence-based nutrition and physical activity education. An "Eat Well by Mail" program is available for participants who would prefer not to have staff visit their homes. Participants must be eligible for Supplemental Nutrition Assistance Program benefits (Food Stamps). Schools must have at least 50% of students eligible for free and reduced lunch.	2,3,4,5,6	Free	Throughout Maine	Contact local county office of UMaine Extension 1-800-287-0274, or Kate Yerxa, Statewide Nutrition and Physical Activity Educator, at (207) 581-3109, kyexa@umext.maine.edu	http://www.umext.maine.edu/EatWell	Participant perception, knowledge, and behavior change. Please see http://www.fns.usda.gov/fsp/nutrition_education/research.htm
Breastfeeding Support groups	Inland Hospital, Maine General Medical Center	Pregnant women or new mothers	One-on-one support is available to moms while in the hospital and after they go home. Our lactation consultant has a wealth of knowledge about breastfeeding and give new moms the confidence and personal attention they need to get off to a great start.	2,3,4,5,6	Free	Kennebec, Somerset county	Connie Finley, The Birthing Center at Inland Hospital 861-3100 or toll free at 800-967-0087. Maine General Waterville Cheryl Bean-Moody (207) 872-1625, Augusta Janet Sirois (207) 626-1426	http://inlandhospital.org/birthing_center_dynamic.aspx?id=269 and http://www.mainehospital.org/body.cfm?id=384	N/A
Physical Activity									
I am Moving I am Learning	Head Start	Pre-K	I am Moving I am Learning is a program that incorporates physical activity in the classroom.	4,5	Free to implement. Binders and resources are available to purchase.	Various Head Starts statewide	Contact your local Head Start or in southern Kennebec County: Healthy Communities of the Capital Area, Renee Page 207-588-5020 or rpage@mcd.org	N/A	N/A
Take Time!	Maine Nutrition Network. Healthy Communities of the Capital Area supports implementation of the program in the schools within their service area.	K-8	Take Time! is a program designed to increase students' physical activity throughout the school day. The program intent is to incorporate physical activity into the existing curriculum.	4,5	Free	Statewide	Maine Nutrition Network, Amy Root 207-626-5032 or aroot@usm.maine.edu. Healthy Communities of the Capital Area, Renee Page 207-588-5020 or rpage@mcd.org	http://www.maine-nutrition.org/Projects/MNTT.htm	N/A
Move and Improve	Eastern Maine Healthcare Systems	All ages	Move and Improve of Eastern Maine Healthcare Systems is a community-based program designed to encourage and empower individuals to engage in a healthier lifestyle through physical activity. Move and Improve provides a supportive environment focused on promoting the benefits of physical activity as a way to combat health risks linked to chronic disease and obesity. Through individual participation or participation through a work, school or community site, Move and Improve provides structured goals with a flexible framework to allow customization.	1,2,3,4,5,6	Free	Statewide	Nicole Hammar, 207-973-7245 or nhammar@emh.org	www.moveandimprove.org	Participant Behavior Change
Move More	Greater Somerset Public Health Collaborative/ Somerset Heart Health	Adults	Move More is a free 6-week incentivized physical activity program for people that want to be more physically active. Information, resources and a pedometer	1,2,3,4,5	Free	Greater Somerset County	Kristie LeBlanc, Physical Activities Coordinator, Somerset Heart Health (207) 474-7473 ext. 204 and/or kleblanc@rfgh.net	www.somersethearthealth.org	Participant perception, knowledge, and behavior change
Move More Walking Club	Move More	Adults and families	Walking club offered through Adult Ed combining physical activity and education around the benefits of walking, proper technique, area routes and trails, etc.	4,5,6	\$7	Waterville area	873-0686	www.move-more.org	
Move More Kids	Greater Somerset Public Health Collaborative/ Somerset Heart Health, RFGH & the New Balance Foundation	Youth	Move More Kids is a community-based approach to getting kids more active including equipment and facilities expansion, staff training and capacity building & transportation services expansion sponsored by the New Balance Foundation.	1,2,3,4,5	Free	Greater Somerset County	Kristie LeBlanc, Physical Activities Coordinator, Somerset Heart Health (207) 474-7473 ext. 204 and/or kleblanc@rfgh.net	www.somersethearthealth.org/movemorekids/	Participant perception, knowledge, and behavior change
Inside Out Playground	Inside Out Playground	Children 10 and under	Through the combined efforts of community members, dedicated parents and volunteers, Inside Out Playground continues to provide a unique experience that is building a firm foundation for future learning, through the power of play.	N/A	Variable: Free-\$5 per visit, long-term memberships available	Waterville	(207) 877-7707, info@InsideOutPlayground.org, 5 Appleton St. Waterville, ME 04901	www.insideoutplayground.org	N/A

Nutrition & Physical Activity

Resource	Organization(s)	Target Audience	Description	Stage of Change	Cost of Information	Area Offered	Contact Info	Website	Evaluation
KVCAP Healthy Families	KVCAP	Prenatal through age 5	A Free Home Visiting Program for First Time Parents. A trained professional visits at the home of the child and the family, and offers a range of services depending upon the needs, strengths and interests of the parents. Benefits of participation include developmental education, healthy parenting education, links to additional resources and information on the health and medical care of the child.	N/A	Free	Kennebec and Somerset Counties	Kennebec County - 1-800-542-8227 ext. 8517 Somerset County - 1-800-542-8227 ext. 2537	www.kvcap.org	Participant perception, knowledge, and behavior change
Starting Young	Maine Center for Public Health, Head Start, and Local Healthy Maine Partnerships statewide.	Pre-K, Head Start Staff & Families	The Starting Young initiative is a collaboration among the Maine Center for Public Health and select Head Starts and Local Healthy Maine Partnerships across the state. The initiative surveyed Head Start staff and families about various physical activity and nutrition topics. Head Starts then implemented interventions based upon survey results.	2,3,4	Free	Select Head Start locations statewide	Head Start	N/A	N/A
Eight Weeks to Wellness	Inland Hospital	Adults and teens who are at risk for overweight/chronic disease	Personal wellness/healthy lifestyle course offered through Adult Ed	3,4,5,6	call for info	Waterville area	861-3292	www.inlandhospital.org	Participant perception, knowledge, and behavior change
Men's Maintenance health fair	Inland Hospital	All ages	annual event held in July offering wellness exhibits, talks, demos, and free health screenings	1,2,3,4,5,6	Free	Kennebec County	861-3292	www.inlandhospital.org	Participant perception, knowledge, and behavior change
World of Women's Wellness	Inland Hospital	All ages	Annual event held in May offering wellness exhibits, talks, demos, pampering, and free health screenings	1,2,3,4,5,6	Free	Kennebec County	861-3292	www.inlandhospital.org	Participant perception, knowledge, and behavior change
The Growing Years: Just-in-time parenting advice	University of Maine Cooperative Extension	Pregnancy through age 5	A series of fact sheets that help parents and caregivers learn how children grow and develop over time. Once a parent signs up, they will receive fact sheets based on the child's current age, from prenatal through age 5.	2,3,4,5,6	Free	Throughout Maine	(207) 581-3445 or thegrowingyears@umext.maine.edu	http://www.umext.maine.edu/TheGrowingYears/	Participant perception, knowledge, and behavior change
Steps to a Healthier ME	University of Maine Copoerative Extension	5 to 100	Dietary Guidelines for Americans and MyPyramid Food Guidance System provide science-based expert consensus advice to reduce the risk for major chronic diseases through diet and physical activity. However, MyPyramid: Steps To A Healthier You relies heavily on highly literate consumers independently accessing the internet website. The Steps To A Healthier ME program was developed to positively influence the dietary and physical activity behavior of people in Maine. The program includes a variety of innovative teaching methods, tools and printed materials for audiences of diverse ages and abilities. The visual learning style, favored by the vast majority of learners, and active engagement are maximized.	2,3,4,5,6	Free	Many counties throughout Maine	Contact local county office of University of Maine Cooperative Extension or Alan Majka, Assistant Extension Professor, 207-622-7546 or amajka@umext.maine.edu	http://www.healthymaine.org/StepstoAHealthierME.pdf	Participant Behavior Change
5-2-1-0	Eastern Maine Healthcare Systems	Targeted to youth 0-18, but inclusive of decision makers and environments.	5-2-1-0 is a message that increases awareness of some healthy choices and provides appropriate toolkits to schools, daycares, and healthcare providers. Includes a website to promote healthy lifestyle choices - providing resources and information for families, healthcare providers, schools, after-school programs, worksites, community sites and day cares.	3,4,5,6	Free	Statewide	874-1000, info@lets-go.org, EMHS Contact: Erin Whitehouse, (207) 973-9646, ewhitehouse@emh.org	N/A	Participant perception, knowledge, and behavior change
Let's Go!	Eastern Maine Healthcare Systems	Targeted to youth 0-18, but inclusive of decision makers and environments.	Let's Go! is a social marketing campaign that allows champions within a community to partner in providing consistent messaging that encourages healthy weight through healthy lifestyle choices.	3,4,5,6	Free	Statewide	874-1000, info@lets-go.org, EMHS Contact: Erin Whitehouse, (207) 973-9646, ewhitehouse@emh.org	www.lets-go.org	Participant perception, knowledge, and behavior change
Women Infants and Children (WIC)	Maine CDC/DHS	Parents and children under 5	Provides supplemental foods, monitoring of growth & development and nutrition education for income eligible families .	2,3,4,5,6	Free	Statewide	800-437-9300 or 207-287-3991, wic.maine@maine.gov, 11 State House Station, Augusta, ME 04333	www.WICforME.com	N/A
Kid Power	Alfond Youth Center	Children ages 6-12	12 week session; Mondays, Wednesday and Friday for 45 minutes. Youth will complete 3 sets of 12 repetitions on eight pieces of youth size resistance training equipment and two youth size cardio machines. Youth will learn about nutrition, healthy menu choices, and portion control. Body Mass Index (BMI), Waist Girth, and Fitness Assessment will be measured.	4,5,6	Free to members of Alfond Youth Center, \$15/yr for ages 6-12	Greater Waterville area	Jayne Martin, 207 873 0684 ext 203, jmartin@alfondyouthcenter.org	www.alfondyouthcenter.org	N/A
Body and Mind (BAM!)	CDC	All ages	Interactive website providing valuable information for youth and families focusing on physical activity and nutrition.	1,2,3,4,5,6	Free	Nationwide	www.bam.gov	www.bam.gov	N/A

Resource	Organization(s)	Target Audience	Description	Stage of Change	Cost of Information	Area Offered	Contact Info	Website	Evaluation
Running Club	Alfond Youth Center	Children ages 6-12	8 week session, Tuesday & Thursday for 30 minutes. Youth will complete a mile run outside (weather permitting), and learn about nutrition. During a rainy day youth will participate in plyometrics and endurance exercises in the New Balance Foundation Youth Fitness Center. Body Mass Index (BMI), Waist Girth and Fitness Assessment will be measured.	4,5,6	Free to members of Alfond Youth Center, \$15/yr for ages 6-12	Greater Waterville area	Jayne Martin, 207 873 0684 ext 203, jmartin@alfondyouthcenter.org	www.alfondyouthcenter.org	N/A

Stage of Change Key

- 1=Precontemplation
- 2=Contemplation
- 3=Preparing for Change
- 4=Action
- 5=Maintenance
- 6=Adoption of Change

Prepared by the Move More Start Fit Stay Fit Committee
www.movemore.org/startfitstayfit

