



Maine Network of Healthy Communities

Healthy Futures

Our mission: Healthy Futures will partner with individuals, families, and communities in the promotion of health and the prevention of illness and injury.

Chair: H. Burt Richardson, Jr., Chair; Paula Cutter, Executive Director

Geographical area: Winthrop, Monmouth, Manchester, Readfield, Wayne, and Mount Vernon. These six towns, plus Vienna and Fayette comprise the Western Cluster of Southern Kennebec Healthy Communities.

Our accomplishments:

- *Convening a Community Forum:* The first community forum for all Healthy Future towns was convened in April 1994, with approximately 100 people in attendance representing a broad cross section of people from the six Healthy Futures towns. Each year there is an Annual Meeting of Healthy Futures with a focus on health. All residents of the Healthy Futures towns are invited to attend.
- *Building the Partnership:* Healthy Futures is a pilot program that demonstrates three distinct areas of effective partnerships: 1) between Health Advocates (Community based Nurses), participants in the program, and participants' primary care providers, 2) a Board of Directors representing the six Healthy Futures towns, and 3) a "partnership" between Healthy Futures and third party payers to demonstrate effectiveness in improving health status and reducing the cost of medical care.
- *Developing Community Structure:* Healthy Futures is designed to empower each town to organize and sustain its own "Healthy Communities" coalition, maintain local control, select Health Advocates, set priorities in partnership with the Health Advocates, conduct town health assessments, develop programs, and collaborate with other coalitions in the cluster as appropriate.
- *Community Health and Quality of Life Assessments:* A recent grant from the Bureau of Health is a catalyst for Healthy Futures towns to update their own community health data in collaboration with Southern Kennebec Healthy Communities, and to address quality of life issues.
- *Leadership Development:* Healthy Futures, since its inception, has been represented at many of the Bureau of Health's Healthy Community institutes and training workshops.
- *Community-wide Planning:* Healthy Futures will introduce Comprehensive Town Health Planning to all towns in the Western Cluster of Southern Kennebec County

during community forums organized as part of the Bureau of Health Community Health Assessment grant.

- *Community Action for Health and Quality of Life:* Healthy Futures hosted a Southern Kennebec Healthy Communities Community Assessment Data/Quality of Life presentation for all 8 towns in our Western Cluster on Feb. 11, 2003, and will host a follow-up Forum in April. These efforts are all tied together to build infrastructure in our Cluster, and lay the groundwork for Comprehensive Town Health Planning.
- *Monitoring and Evaluation:* Healthy Futures monitors health behavioral changes among all its 1700 participants every 6 months. Evaluation is essential to the long term sustainability of Healthy Futures.