

The Networker

A quarterly publication of the Maine Network of Healthy Communities

Spring 2003

Issue 2

Governor Baldacci Proclaims February 3, 2003 Healthy Communities Day

On February 3, 2003, Governor Baldacci proclaimed February 3, 2003 as Healthy Communities Day. The proclamation, issued in conjunction with The Network's reception in the Hall of Flags, highlighted the importance of healthy community and PATCH coalitions to the health and quality of life of Maine citizens. Networkers were pleased to welcome the Governor and the many legislators who visited our displays and asked questions about the work that we do. (See page 3 for the full text of the Governor's proclamation.)

**Thanks to Governor Baldacci
and to our Legislators for your continued support!**

The MNHC Mentoring Program is Underway!

We are now accepting applications from community health coalition leaders who would like to be mentored by an experienced MNHC member. An application is enclosed in this newsletter. For more information, contact Alison Webb, MNHC Coordinator, at 872-2157.

Two MNHC Members Collaborate in the Kennebec Valley Region

In the spirit of regional collaboration, Greater Waterville PATCH and Southern Kennebec Healthy Communities are working together on projects that address health problems the groups have identified in the Kennebec Valley Region. Together, the two groups have leveraged over \$125,000 in non-state funds for projects in the next year.

The *Move More Diabetes Project* is a result of the Kennebec Valley Diabetes Care Initiative's work toward reducing morbidity and mortality due to diabetes in the Kennebec Valley Region. The Diabetes Care Initiative is a

collaborative of health care providers, insurers, patients, legislators, pharmaceutical representatives and business representatives from the region. Funded by the Robert Wood Johnson Foundation, the *Move More Diabetes Project* targets adults who are at risk for or who have pre-diabetes or Type II diabetes. The funds will be used to establish a pilot project that provides support to 50 adults in the Kennebec Valley Region to engage in sustained physical activity.

The Move More Diabetes Project will introduce the concept of peer support to 20 communities and will rely on existing opportunities to be physically active, such as indoor walking tracks and outdoor walking trails. Volunteers providing peer support, *Community Movers*, will be key to the success of the project.

“This is a grassroots, community based project that will use our existing resources to change health behaviors in the adult population,” said Andy Kane, President of Greater Waterville PATCH. “This is one of the ways we are addressing the alarming increase in diabetes in our region.”

Other initiatives of the Diabetes Care Initiative include developing patient education materials at various literacy levels to be used in the inpatient, outpatient and community setting; making presentations to community groups on pre-diabetes; and developing clinical guidelines for MaineGeneral Medical Centers and Inland Hospital for patients with a secondary diagnosis of Type II diabetes.

**Your Heart
Needs Exercise.
Use the Stairs!**

Move More, a physical activity and healthy weight collaborative in the Kennebec Valley Region, has worked closely with the Diabetes Care Initiative and has identified, mapped, and is promoting the use of, indoor and outdoor walking spaces in north Kennebec. This is recognized as a best practice for increasing physical activity by the Centers for Disease Control. The organization recently received a grant to print and distribute over 190 sets of 25 walking trail maps to physician offices, libraries, churches, schools and town offices. Efforts are underway to do the same in south Kennebec. Move More works closely with Getting Healthy and Healthy Horizons, the two Healthy Maine Partnerships in the Kennebec Valley Region, on physical activity and nutrition projects.

**Improve your
waistline.
Use the Stairs!**

This year, Move More received a mini grant from the Maine Center for Public Health to produce “point of decision” prompts (signs), also a Centers for Disease Control best practice, to be installed used near elevators at State of Maine and MaineGeneral Medical Center buildings in north and south Kennebec.

**Taking the Stairs
Improves Health and
Fitness!**

In addition, the two Healthy Maine Partnerships were instrumental in obtaining 2 mini grants from the Maine Coalition on Smoking or Health. The funds will be used to conduct focus groups among the behavioral health population and behavioral health providers to determine what types of interventions would be successful in providing smoking cessation services to this underserved population.

State of Maine

Proclamation

WHEREAS, the health and quality of life of Maine citizens is the most important indicator of a healthy state; and

WHEREAS, Maine citizens have formed the Healthy Communities/PATCH Coalitions across the state to improve the health of their communities; and

WHEREAS, these citizens have rallied families, businesses, schools, churches, health care providers, government, and others to enlist all available community assets in building healthy and vital communities; and

WHEREAS, Maine is a leader in establishing a Network of Healthy Communities; and

WHEREAS, the efforts of these citizen volunteers deserve our highest support and encouragement,

NOW THEREFORE, I, John E. Baldacci, Governor of the State of Maine, do hereby proclaim February 3, 2003, as

HEALTHY COMMUNITIES DAY

throughout the State of Maine, and urge all citizens to join their efforts in improving the health and quality of life of Maine citizens.



In testimony whereof, I have caused the Great Seal of the State to be hereunto affixed GIVEN under my hand at Augusta this twenty-ninth day of January in the Year of our Lord Two Thousand and Three.

John Baldacci
Governor



Maine Network of Healthy Communities

MNHC Mentoring Program Application

Maine Network of Healthy Communities offers a mentoring program designed to develop skills of community health coalition leaders in Maine. The program will enable experienced coalition leaders to mentor leaders who are new to Maine community development efforts, or leaders who are seeking to expand their skills. MNHC members will participate in a one-to-one mentoring relationship that is intended to meet the needs of coalition leaders that are not otherwise met in existing training, workshops or other educational programs. Each mentoring relationship will be individually tailored to meet the needs of the applicant, which will be reflected in a Memorandum of Agreement with the mentor. The mentoring relationship will last one year.

Coalition board members, committee members and staff are invited to apply. Preference will be given to coalitions that are members of MNHC. Otherwise, mentoring opportunities are available on a first come, first served basis as mentor assets are matched with the needs of applicants. A total of 10 mentoring relationships will be developed in 2003.

Please complete this application and return to:

**MNHC
P.O. Box 2039
Waterville, ME 04903-2039**

If you have questions about the MNHC Mentoring Program or you would like to learn more about MNHC, please contact the MNHC Coordinator, Alison Webb, at 872-2157.

This program is made possible through a grant from the Maine Center for Public Health.

MNHC Mentoring Program Application Form

NAME:

COALITION NAME:

ADDRESS:

PHONE: _____ **FAX:** _____ **EMAIL:**

Please provide a brief description of your coalition. Please feel free to attach a brochure or other documentation about your coalition.

Please describe your own training and experience in coalition work. Please attach a resume.

Please describe your goals for this mentoring relationship:

Please specify topic areas where you feel you would like a mentor's assistance. You may include these topic areas: convening a community forum, building a partnership, developing community structure, leadership development, community health and quality of life assessment, community-wide planning, community action for health and quality of life, providing data-based information to policy makers, monitoring and evaluation. Please be as specific as possible.

Are there others in your coalition who may be interested in a mentoring relationship? If so, please list.



Resources on the Web

To find out more about the Healthy Communities model, check out these great websites!

www.healthycommunities.org -- the website of the Coalition for Healthier Cities and Communities, a national network of partnerships and organizations working toward healthier people in healthier communities.

www.fchn.org/hcc/ -- the website of Maine's own Healthy Community Coalition, Greater Franklin County.

www.healthypeople.gov/publications/healthycommunities2001
This website contains the US Department of Health and Human Services' publication, *Healthy People in Healthy Communities: A Community Planning Guide Using Healthy People 2010*.