

Physical Activity – Nutrition – Healthy Weight Program

Maine Center for Disease Control and Prevention

Maine Department of Health and Human Services

The Problem:

- ❑ 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.
- ❑ Nearly 2/3rds of Maine adults are overweight or obese (38% overweight, 25% obese).
- ❑ More than one in four of Maine's Middle and High School youth are overweight or obese.
- ❑ One of three kindergartners are overweight or obese.



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Program Background:

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 Program focuses on health promotion for the entire population and for the prevention and control of obesity. The Physical Activity and Nutrition 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

Program Activities:

- ❑ Expand the coordinated nutrition and physical activity infrastructure and provide the leadership to integrate physical activity and nutrition programs across State-level programs and coordinate activities of non-governmental entities with interests in physical activity and nutrition.
- ❑ Implement 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.
- ❑ Assist the Healthy Maine Partnerships in supporting the 28 community-school partnerships funded through the Tobacco Settlement to address obesity, physical inactivity, and poor nutrition.

Funding Sources:

Fund for Healthy Maine, CDC – Communities Putting Prevention to Work (ARRA) Funding and USDA.

Staff Count: 5.3 FTE – Program Manager, Physical Activity Coordinator, Nutrition Coordinator., Project Specialist/Priority Populations, ARRA Reporting Coordinator and Project Assistant, Admin Assistant.