

## *The Maine Physical Activity and Nutrition (PAN) Plan • 2005-2010*

The overarching goal for the Maine PAN Plan is to: *Increase the proportion of Maine people who are at a healthy weight and reduce the health risks associated with overweight and obesity, especially among populations who experience health disparities.* The eight focus areas of the PAN Plan are outlined below with the long-term objectives identified with bullets and intermediate objectives identified with arrows.



- Reduce the proportion of youth who are at risk for overweight or who are overweight.
- Reduce the proportion of adults who are overweight or obese.



### Physical Activity

- ⇒ Increase the proportion of youth who engage in vigorous physical activity that promotes cardio-respiratory fitness.
- ⇒ Increase the proportion of adults who engage in leisure-time physical activity.



### Consumption of Fruits and Vegetables

- ⇒ Increase the proportion of adolescents who consume 5 or more servings of fruits and vegetables per day.
- ⇒ Increase the proportion of adults who consume 5 or more servings of fruits and vegetables a day.



### Caloric Imbalance and Expenditure

- ⇒ Decrease sugar sweetened beverage consumption among Maine youth.
- ⇒ Increase consumption of milk that is 1% fat or less among Maine youth.
- ⇒ Decrease adult consumption of high calorie food choices from menus.



### Television Time

- ⇒ Increase the proportion of youth who view television two or fewer hours a day.



### Breastfeeding

- ⇒ Increase the proportion of mothers who are breastfeeding their babies at 6 months.



### Food Safety

- Reduce the number of food-borne illnesses caused by improper food handling.
- ⇒ Increase the proportion of consumers who follow food safety practices.



### Food Security

- Increase the proportion of Maine people who have enough food for an active, healthy life.
- ⇒ Increase the proportion of households in Maine that are food secure.



### Eating Disorders

- Reduce the proportion of Maine people who use weight loss strategies that endanger their health.
- ⇒ Reduce the number of people with eating disorders including anorexia nervosa and bulimia nervosa.

## Questions about the **Maine Physical Activity and Nutrition (PAN) Plan?**

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