

MAINEHEALTH HEALTHY EATING, ACTIVE LIVING STRATEGIC PLAN 2021-2025

VISION

MaineHealth Working together so our communities are the healthiest in America.

MISSION

Using an equity and systems lens we work to increase access and improve opportunities that impact healthy eating and active living behaviors in the communities we serve.

GOALS

- 1 Increase access to and consumption of healthier food and beverages
- 2 Decrease consumption of less healthy food and beverages
- 3 Increase physical activity and decrease sedentary time
- 4 Increase cross sector coordination and collaboration
- 5 Increase adherence to current standards of care for prevention, assessment, management, and treatment of metabolic disease

STRATEGIES

- CREATE** environments that support healthy behaviors
- EDUCATE** using evidence-based information
- COLLABORATE** for greater impact
- ADVOCATE** for policy and systems change

METRICS

- Implementation of site level environmental changes
- Implementation of clinical strategies
- Number of Let's Go! Multi-Setting Communities
- Knowledge and skills of community and clinical site staff
- Parent/caregiver awareness and knowledge of Let's Go! and 5-2-1-0
- Number of state and national organizations collaborating with Let's Go!
- Implementation of clinical/ community linkages
- Implementation of site level policy changes
- Adoption of school district and state policies to support healthy eating and active living

LONG-TERM OUTCOMES

Increase healthy eating and active living behaviors for children/youth/adults and decrease obesity.