



MID COAST HEALTH SERVICES

123 Medical Center Drive
Brunswick, Maine 04011
(207) 729-0181
www.midcoasthealth.com

August 27, 2014

Local Health Coalition Launches New Website *New Design Offers Easy Access to Healthy Resources*

Brunswick, ME— Access Health, a local health coalition that supports healthy choices for all, has unveiled a new website at www.accesshealthme.org. A Healthy Maine Partnership coordinated by Mid Coast Hospital, Access Health works with community partners to contribute to the health and well being of the community. The new website reflects the five key focus areas of the coalition: addressing tobacco use, promoting physical activity, encouraging healthy eating, preventing substance abuse, and creating healthy homes.

Among the many features of Access Health's new website is a new "how we can help" section that is geared to various audience groups, offering tools that can be utilized within that sector. Programs that are promoted within local schools are easily identified for school administrators, while tools for parents, youth, retailers, and the community are also grouped so any individual can clearly see what is available to help them make healthier choices.

"The goal of the new website is to provide quick access to all the different ways we can support community members making positive healthy changes in their lives," said Melissa Fochesato, Access Health Partnership Director. "We are all about creating ways for people to become healthier and have a lot of programs, resources, and tools to support local residents."

For each focus area, the website outlines what is currently being done in the community to address the health topic, offers local resources for users to explore, and identifies ways that community members can get involved. Whether providing links to other evidence-based websites or resources that can be printed and shared, the website offers extensive options and tools for users to make healthy decisions.

A large portion of the website is allocated to Access Health's substance abuse work known as Communities Against Substance Abuse (CASA). CASA is a community coalition that works to prevent substance abuse including underage drinking, prescription drugs, marijuana, and problem gambling. A popular feature of the new website is easy access to information about the eTip program which allows community members to anonymously report underage drinking, illegal drug use, and other concerns that endanger youth by either sending a text message or using a convenient online form.

For a lifetime of caring



MID COAST HEALTH SERVICES

123 Medical Center Drive
Brunswick, Maine 04011
(207) 729-0181
www.midcoasthealth.com

“There is so much information coming out every day about the impact of healthy choices on long-term wellness,” said Fochesato. “Our job is to identify the most important health needs of our community, help decrease barriers, and provide access to the best resources in the simplest way. That’s what we’ve done with our new website.”

Visitors to www.accesshealthme.org will also find an archive of past newsletters and editorials, as well as a one-step sign up to receive monthly email communication filled with tips on how to live healthier lives. There is also a list of upcoming trainings and events for multiple different audience groups.

Fochesato summed it up with, “Overall, our goal is to connect every individual living in Sagadahoc County, Brunswick, and Harpswell, with all of the wonderful healthy options that exist right here in our community.”