

Access Health – A Community Resource

Call today: 207-373-6957

Programs * Technical Assistance * Materials

For schools:

- 🍏 **Materials, handouts and speakers** to enhance health related lessons.
- 🍏 Evidence based **curriculum** recommendations and **training** support
- 🍏 **Health Displays** for parents or students - great for open houses, athletic events, prom or other special event
- 🍏 **Staff trainings:** detecting substance use, effects of marijuana on adolescents, implementing healthy snack policies, review of substance abuse, tobacco or wellness policy
- 🍏 **Monthly health tips:** Subscribe to our monthly eNewsletter “Healthy Highlights” to receive tips to include in school newsletters.
- 🍏 Support of **substance abuse, tobacco & wellness policies:** Information and assistance to create, strengthen and implement policy best practices
- 🍏 **Physical activity and healthy eating promotion:** assistance available to create after school bike clubs, walk and bike to school days or other **evidence based strategies** that support healthy behaviors.
- 🍏 **Review of Maine Integrated Youth Health Survey results:** learn how to effectively access and interpret your school or district results.

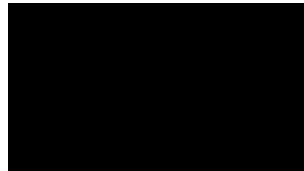
Youth opportunities:

- 🍏 **Sticker Shock:** partner with local stores to place warning stickers on alcohol to educate the public on the alcohol furnishing laws and fines.
- 🍏 **Work with stores** to decrease youth targeted tobacco advertising.
- 🍏 Assist with **walking audits** to identify safety concerns and changes needed to sidewalks, trails, crosswalks, etc. to connect youth and adults to neighborhoods, schools and recreation areas.

For Communities and Worksites:

- 🍏 Low cost **server and seller trainings** for alcohol licensees.
- 🍏 Support to complete **tobacco licensee training** to earn a compliance check credit.
- 🍏 Technical assistance and resources for employee education and **tips to create a healthier worksite.**
- 🍏 **Free healthy cooking demonstrations and classes** for SNAP eligible community members.
- 🍏 Technical assistance to create or promote a **smoke free areas**, free signage included.
- 🍏 Assistance and advice on **tobacco and second hand smoke prevention and cessation.**
- 🍏 **Smoke free pledge packets** to send home to families.
- 🍏 Assistance to identify and implement **ideas to increase healthy eating and physical activity.**
- 🍏 **Free online health assessment** tool and directory of low cost health resources.
- 🍏 Local **Physical Activity and Healthy Food Guide.**
- 🍏 **Active Living Assessments** to identify assets and opportunities for improvement.

Community mini grants: available annually for groups who are making healthy choices easier in their community, school or worksite. Call for details.



Supporting Healthy Choices for All!
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