



Overview of Access Health

About Access Health

- Access Health was founded in 1994 and is one of 27 Healthy Maine Partnerships (HMP).
- Funding comes from the Fund for a Healthy Maine and several federal grants
- Our mission is to work with partners to create healthier communities through:
 - Tobacco prevention and reduction of secondhand smoke
 - Physical activity & healthy eating
 - Lead Poisoning Prevention
 - Substance abuse prevention, with a focus on youth

Our Partners

Access Health collaborates with many partners to accomplish our mission:

- Mid Coast Hospital: has been the lead agency for our coalition since 1998.
- Sagadahoc County Board of Health: Our coalition works with the Board of Health to provide the Ten Essential Public Health Services necessary to support healthy communities.
- Local Schools: Access Health partners with schools to promote and provide curricula, policies and programs that have been proven to promote healthy behaviors.
- Municipalities: Access Health partners with our local towns to update tobacco policies, assess walk and bikeability, create walking or biking maps, or other initiatives that support healthy, active lifestyles.
- Other partners include colleges, hospitals, libraries, businesses, non-profit organizations, parent groups, police departments, recreation departments, child care providers, youth and more.

The Big Picture—a growing statewide public health infrastructure

- In 2007, the Maine Department of Health and Human Services launched a new initiative to build a comprehensive public health infrastructure in the state of Maine. The infrastructure consists of:
 - The statewide network of Healthy Maine Partnerships
 - Eight Public Health Districts that consist of clusters of counties
 - An enhanced Local Health Officer system

Our Public Health District

- Access Health is part of the Mid Coast Public Health District that includes Sagadahoc, Knox, Lincoln and Waldo Counties.

Our Local Service Area

- Includes all of Sagadahoc County, Brunswick and Harpswell.

Access Health Staff

Director – Melissa Fochesato, mfochesato@midcoasthealth.com, 373-6957

Tobacco & Worksite Wellness- Linda Christie, lchristie@midcoasthealth.com, 373-6926

Physical Activity & Healthy Eating – Colleen Fuller, cfuller@midcoasthealth.com 373-6925

SNAP Nutrition Education – Rebecca Farnham, rfarnham@midcoasthealth.com, 373-6927

Lead Poisoning Prevention – Terry Sherman, tsherman@midcoasthealth.com, 373-6995

Substance Abuse Prevention – Heidi Tucker, htucker@midcoasthealth.com, 373-6958 or
Andrea Gove, agove@midcoasthealth.com, 373-6973

School Health – Jennah Godo, jgodo@midcoasthealth.com, 373-6970

Access Health Committees

and their missions

Access Health Community Advisory Board

Coordination and oversight of all Access Health activities to ensure healthy choices for all

Public Outreach and Advocacy

Increasing community and legislative awareness of Access Health

Communities Against Substance Abuse

Keeping kids safe from underage drinking and substance abuse

Tackling Tobacco

Preventing tobacco use and exposure to secondhand smoke

Physical Activity

Creating communities where physical activity is accessible and safe

Healthy Eating

Ensuring ALL community members have access to healthy food