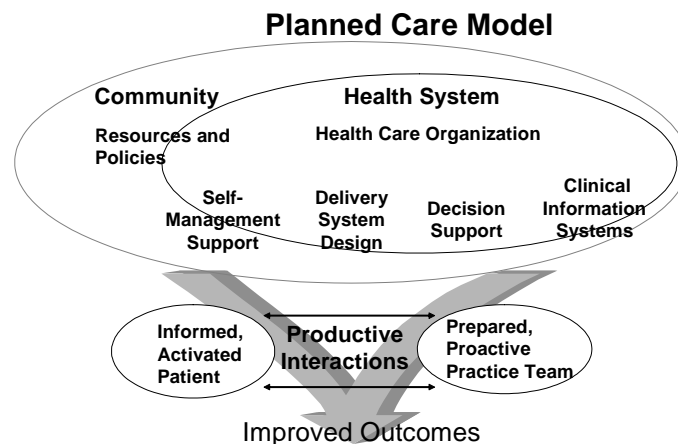




The Maine Youth Overweight Collaborative (MYOC) uses the Planned Care Model as a framework for clinical improvement. We have asked each clinical site participating in MYOC to identify a community / school partner to join their team and help mobilize community resources to meet needs of patients and their families.



### **Make Time for Your Community / School Partner—Schedule an appointment to meet face to face:**

By looking outside of itself, the health care system can enhance care for its patients and avoid duplicating effort. Community and school programs can support or expand a health system's care for its patients, but systems often don't make the most of such resources. A health system might form a partnership with a fitness center that provides exercise classes as an option for patients. The Healthy Maine Partnerships among other agencies and organizations have a wealth of helpful material available for the asking –portion control fact sheets, and prompt cards to access the Healthy Maine Walks website for example. Take time to review available materials together and utilize them with patients / families.

Community and school resources are vital to health care systems and to the management of overweight because people spend the vast majority of their time outside the walls of a health care clinic, living within their communities or in the case of children at school. Community and school resources can also fill an important gap in services that are not provided by the health care organization. Together as a member of your team you will work to:

- encourage patients to participate in effective community programs,
- support and develop interventions that fill gaps in needed services,
- advocate for policies to that help support change in schools and other programs,
- provide public and community education.

### **Community / School Partner Commitment:**

- Work with the clinical team to create awareness of existing resources, develop linkages and additional opportunities for physical activity and nutrition.
- Participate in team meetings, Learning Sessions, goal setting and other MYOC activities as appropriate.



**Any representative from a community group, school or program you already work closely with can be your team member. If nothing comes to mind we suggest you contact your local Healthy Maine Partnership or Healthy Communities organization. They are broad in reach and have an intimate understanding of what is available in their local area.**

### **A Few Ideas for Strategies & Activities:**

Examples of issues you might work on together include:

- Become members of the school wellness team and encourage other clinicians to join.
- Be an advocate for change and work toward healthy school environments including increased access to:
  - fresh fruits & vegetables
  - quality physical activity programs that promote life-long healthy behaviors
  - after-school programs
  - comprehensive community sport and recreation programs that allow for community and school facilities to be open after hours
- Work to increase access to quality daycare programs
- Enlist policy maker and offer testimony or joint presentations to community groups, school boards, PTA's or others
- Establish blind referrals and sponsorships to local fitness centers, Y's or other programs for patients / families on MaineCare (Medicaid)
- Link up with schools or school-based health centers who are conducting BMI assessments and provide support, training or expertise on the issue of pediatric obesity
- Designate a parent as a member of your team and utilize their expertise and relationships to help develop needed resources and then actively refer patients / families
- Work in your comfort area with groups & organizations you are already familiar with like the local hockey rink manager or soccer team coach to promote healthy behaviors, policies and environments (snacks, policies for building vending machines or fund-raising ideas etc)
- Do you belong to any boards or advisory groups that could benefit from healthier components to their programs?
- Get to know the facts, demographics and cultural diversity characteristics about your local community. (See MYOC web resource list in your team toolkit for links to Kids Count & Census data). Share this information with others at hospital grand rounds or appropriate health systems meetings.
- Host a community event together to promote healthy behaviors around nutrition choices & physical activity
- Provide an education bulleting display in your waiting room and highlight appropriate community events
- Engage local grocery stores in providing store prompts regarding healthy choices
- Develop a local walking program or connect to Maine in Motion or other established initiative

