



HOW TO CONTACT PHC

If you are interested in finding out more about PHC or are interested in receiving free educational resources related to healthy lifestyles, please call 207 490-7033.



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207 324-4310 goodallhospital.org

Together

Achieving Improved Community Health



Partners for Healthier Communities

a program of Goodall Hospital

WHO WE ARE

Partners for Healthier Communities (PHC), a program of Goodall Hospital, is one of three Healthy Maine Partnerships in York County. Supported by the Fund for Healthy Maine, PHC works with area businesses, organizations and interested community members to promote health and wellness through policy and environmental change. Emphasis is placed on:

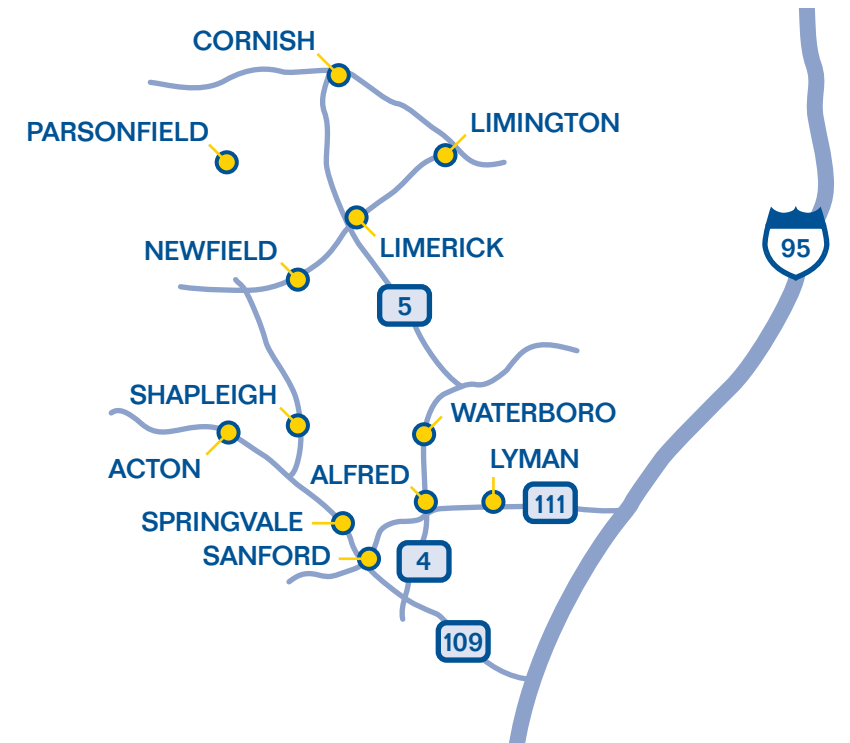
- Tobacco Cessation
- Proper Nutrition
- Physical Activity
- Chronic Disease Management
- Chronic Disease Prevention
- Substance Abuse Prevention

MISSION

To mobilize local organizational representatives and interested community members to promote and improve the health and well-being of the communities we serve.

TOWNS SERVED

- Acton
- Alfred
- Cornish
- Limerick
- Limington
- Lyman
- Newfield
- Parsonsfield
- Sanford-Springvale
- Shapleigh
- Waterboro



COALITION PARTNERS

Thanks to the support of partner organizations, PHC is working on a variety of efforts to encourage community-based changes to improve the health of area residents. A sampling of our coalition partners include:

- ✦ Alliance for Healthy Families
- Childcare Services of York County
- Corner Cupboard
- Curves
- Fitness Forum
- ✦ Goodall Hospital
- Goodall Occupational Health Services
- MSAD 55
- ✦ MSAD 57
- Nasson Community Center
- ✦ Physicians
- Sacopee Valley Health Center
- Sanford Housing Authority
- Sanford News
- Sanford Police Department
- ✦ Sanford School Department
- Sanford-Springvale Chamber of Commerce
- Sanford-Springvale Rotary Club
- ✦ Sanford-Springvale YMCA
- Sanford Trails Committee
- ✦ Strategies for a Stronger Sanford
- ✦ Town of Sanford

- ✦ Town of Waterboro Public Health Dept.
- ✦ United Way of York County
- ✦ WIC
- ✦ York County Commissioners
- ✦ York County Community Healthcare
- ✦ York County Shelter Programs Inc.
- ✦ York County Sheriffs Office

✦ = representatives serve on committees/taskforces

Interested in getting involved? Contact us at 207 490-7033 to hear about current taskforce and committee opportunities. Youth are encouraged to participate.

WHAT WE CAN DO

- Assist in the implementation of tobacco-free zones (*signage included*)
- Reduce involuntary exposure to secondhand smoke by encouraging families to make their homes and cars smoke-free
- Provide information on the Maine Tobacco Helpline and coordinate trainings for physician offices, social service providers, and worksites
- Work with businesses to develop Wellness Teams, implement healthy workplace policies, coordinate Lunch-N-Learn programs, and provide resources on a variety of topics
- Partner with daycare providers to educate staff and parents on the importance of good nutrition and physical activity

- Build a coalition of community members and organizations interested in reducing alcohol use among youth; reducing high risk drinking among young adults; and reducing the misuse of prescription drugs
- Provide community members with resources to assist with making healthy lifestyle changes
- Partner with schools to implement policies and programming that will increase the health of students and staff
- Provide resources to assist with the management of chronic diseases such as diabetes and asthma
- Encourage youth to serve as positive peer role models by advocating for lifestyle changes around tobacco, physical activity, nutrition, and substance abuse
- Collaborate with area businesses, organizations, towns, and area residents to achieve improved health in the communities we serve

PROGRAM RESOURCES

Alcohol and Your Teen

A resource guide containing information on the number of Maine teens who participate in under-age drinking; dangerous effects of alcohol use on the teen's health; and tips on how to talk with your teen about alcohol use. Call 207 490-7711 to receive a kit.

Community Education

Goodall Hospital provides a variety of education programs and support groups throughout the year. Contact 207 490-7547 for information on upcoming classes.

Freshstart: A Quit-Smoking Program

A straightforward four-part series centered on helping individuals quit smoking. Participants will be given resources and the support needed to assist them in their efforts to kick the habit. This is a free American Cancer Society program and typically meets at Goodall Hospital from 6:30 — 8:00 p.m. For information on upcoming sessions, call 207 490-7711.

Physical Activity Challenges

Are you looking for a program to motivate you to increase your level of physical activity? Partners for Healthier Communities can connect you with a variety of programs throughout the year. Call 207 490-7033 for details.

Wellness Guide

This guide includes resources on physical activity, nutrition and overall wellness. To request a copy, contact 207 490-7033.

Worksite Stars of York County

A proactive wellness program targeted at helping businesses establish policies, develop wellness teams, and implement activities to keep employees healthy. This wellness program focuses on nutrition, physical activity, smoking, chronic illness, and safety & injury prevention. For information, call 207 490-7547 or email worksitestars@goodallhospital.org.