

**Maine-Harvard Prevention Research Center
Strategic Plan
2007 through 2009**

Goal: To increase physical activity, improve nutrition and reduce overweight and obesity in Maine.

Vision/Mission: The primary role of the M-HPRC in efforts to reduce morbidity and mortality related to overweight and obesity is to promote evidence based practice and measure outcomes. Efforts will focus on addressing disparities and working to improve and develop collaborations that will lead to systems and policy changes. In developing strategies, the ecological model will be utilized in order to address the problem through multiple channels and at multiple levels that will improve the lives of individuals and families where they work, play and live.

Objective	Strategy	Tasks	Timeline	Evaluation Measures and Products
1. Research dissemination and education	<p>1a. Identify and disseminate research and evidence-based practices, tools and information through electronic and other appropriate means including workshops and conferences</p> <p>1b. Hold a minimum of one obesity workshop/project launch per year</p>	<ul style="list-style-type: none"> • Info Monthly • Presentations 	Annually	<p>At least 12 studies & articles disseminated per year</p> <p>Present to at least 3 groups per year</p> <p>Workshop held and attended by at least 50 people</p> <p>Follow up strategies developed</p>
2. M-HPRC led research initiatives	<p>2a. Develop, expand and evaluate the overweight collaborative to include 30 practices to address children ages 0-18 and their families.</p> <p>2b. Develop and expand the Head Start/early child care pilot to improve PAN policies and environments for staff, children and families</p>	<ul style="list-style-type: none"> • Expand connections to worksites, schools, communities, daycares, etc. • Develop tools that would be useful in a variety of settings including worksites • Collect, analyze and publish results • Identify tools for mental health assessment • Evaluate effectiveness of worksite wellness model in Head Start setting • Evaluate 	<p>By January 1, 2010</p> <p>2007</p> <p>2007</p>	<p>Connections & linkages made between sites</p> <p>Tools developed for families</p> <p>Final report disseminated</p> <p>Assessment tools developed for HeadStart/Daycares</p> <p>Evaluation of York County worksite</p>

	<p>effectiveness of HMP role in sustainability</p> <ul style="list-style-type: none"> • Develop tools that can be used for families 	By 6/2008	<p>wellness model developed and implemented</p> <p>Final York County report developed</p>	
	<p>2c. Evaluate the impact and effectiveness of school wellness policies and offer recommendations for improvement</p>	<ul style="list-style-type: none"> • Partner with MNN and DOE • Develop a plan • Apply for funding if needed 	By 2008	Report completed
	<p>2d. Improve and enhance evaluation of Take Time!</p>	<ul style="list-style-type: none"> • Develop a plan for enhanced Take Time evaluation and support implementation 	2007	Completed evaluation
	<p>2e. Develop student-led research initiatives to support YAP or service learning programs</p>	<ul style="list-style-type: none"> • Create working group • Develop plan 	Begin 2008	Submit a proposal to fund participatory research with students
	<p>2f. Look for opportunities to collaborate with other institutions (i.e. Harvard PRC, USM) or communities on PAN research, including community based participatory research</p>	<ul style="list-style-type: none"> • Monitor release of RFA/RFPs • Make contact with institutions as appropriate 	ongoing	<ul style="list-style-type: none"> • At least one proposal submitted yearly
3. Technical assistance and support for evidence-based strategies (research-to-practice)	<p>3a. Provide evaluation and intervention technical assistance/capacity building to community groups (especially HMPs, School Health Coordinators and school nurses) for specific M-HPRC research-related efforts. (Examples could include 5210 Goes to School, WinterKids, and Let's Go)</p>	<ul style="list-style-type: none"> • Provide TA to at least 3 group per year 	Ongoing	<ul style="list-style-type: none"> • Documented TA
	<p>3b. Assist/support the PAN program's weight management priority</p>	<ul style="list-style-type: none"> • Assist MCDC and partners to identify the research including lessons learned from 	2008	Participation on PAN work group

	<p>3c. Work in collaboration with the PAN program on breast feeding strategies</p> <p>3d. Where possible, enhance the evaluation effort of the PAN program through the HMP Evaluation contract</p> <p>3e. Provide technical assistance and participate in expanded evaluation of Move and Improve.</p> <p>3e. If requested, provide technical assistance on Be Fit For Maine effort which is part of the Maine State Health Plan</p> <p>3g. Look for additional opportunities to support worksite wellness initiatives through the Maine State Wellness Council, by enhancing MYOC to include physician offices as targets for wellness initiatives, and supporting schools as worksites wellness initiatives (i.e. 5210 Goes to School).</p>	<p>MYOC</p> <ul style="list-style-type: none"> • Include breast feeding strategies in MYOC with input from PAN • Meet regularly with PAN evaluators • Identify areas where support is needed • Participate in planning meetings • Provide TA • Participate on planning meeting if requested • Include worksite wellness as part of current and future initiatives through TA, support materials and evaluation 	<p>Ongoing</p> <p>Ongoing</p> <p>Ongoing</p> <p>By 2010</p> <p>ongoing</p>	<p>MYOC evaluation of breastfeeding intervention</p> <p>Evaluation TA or additional support provided</p> <p>Report written</p> <p>TA documented</p> <p>Evaluate MYOC wellness component in Wave 2</p> <p>Evaluate worksite wellness in Head Start project</p>
<p>4. Support quality data and surveillance systems</p>	<p>4a. Advocate and provide support for enhanced obesity surveillance efforts.</p> <p>4b. Support dissemination of surveillance reports</p> <p>4c. Provide technical assistance to communities on use of surveillance data</p>	<ul style="list-style-type: none"> • Support MCSOH efforts to pass legislation • Provide input into surveillance reports • Inform HMPs of available TA and provided support 	<p>Legislative session</p> <p>Ongoing</p> <p>Ongoing</p>	<p>Bill filed and acted on</p> <p>Reports released</p> <p>TA provided</p>

5. Influence research based policy initiatives	5a. Work with the Maine Coalition on Smoking or Health and other advocacy groups to develop and support research based policy initiatives to improve physical activity and nutrition	<ul style="list-style-type: none"> • Keep current on trends across the country • Provide research support to MCSOH 	Ongoing	Legislation filed
	5b. When possible, evaluate the impact of state level policy changes	<ul style="list-style-type: none"> • Identify funding opportunities to evaluate impact of policy change 	Ongoing	Evaluation completed
	5c. With partners, develop fact sheets/tools to support government role in addressing obesity	<ul style="list-style-type: none"> • Contact state and national organizations to find existing materials • Develop and adapt materials 	2009	Fact sheets developed