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Piscataquis Public Health Council  
HMP Action Team  
January 23, 2008  
Mayo Regional Hospital, Dover-Foxcroft

Attending: Robin Mayo, PPHC Community Partnership Director; Tom Lizotte, Mayo liaison; Judy Gerrish, Heartwise; David McDermott, M.D.; Sharon Foster, RN, SAD 4; Jeff Keene, SAD 68 principal; Jen McNulty, SHC, SAD 64; Dawna Blackstone, Union 60 School Health Coordinator; Judy Gilbert, RN, Foxcroft Academy; Jay Robinson, SAD 68 principal; Jane Beres, SAD 41; Lynne Nelson, SAD 68 food service; Jane Conroy, UMaine Cooperative Extension; Wesley Neff, Penquis; Michelle Janes, SAD 68; Kristen Brooks, City of Bangor; Dawn Littlefield, Sebasticook Valley CCHC; Sherry Gaudet, RN, SAD 68; Bonnie Irwin, regional tobacco coordinator.

The Action Team assembled for a presentation by Anna Moorman, Program Coordinator, and Victoria Rogers, M.D., Program Director, from the Barbara Bush Children's Hospital at Maine Medical Center in Portland. Let's Go! Takes 5-2-1-0 to School is a community-based initiative in the Portland region to increase healthy eating and physical activity among youth and families, and is working in four areas: communities, workplaces, healthcare and schools.

Part of the continuing effort to address childhood obesity, the program has 10 key strategies for change. Moorman and Dr. Rogers explained how other communities can get started; and offered support with resources and program evaluation. They also shared toolkits that included a teacher's desktop flipchart, classroom flipchart, strategies and handouts binder, and champion's resource binder.

Next meeting, March 11, 2008.

Submitted by Tom Lizotte