



Key Contact List

John Balicki
 Bicycle/Pedestrian Coordinator
 Maine Department of Transportation/Office of Passenger Transportation
 16 State House Station
 Augusta, ME 04333
 Telephone: (207) 624-3252 E-mail: john.balicki@maine.gov

- Provides information about bicycle and pedestrian projects in Maine, including how to begin a bicycle and pedestrian committee in your community.
- Provides technical assistance regarding bike storage discount purchases.
- Provides information regarding bicycle and pedestrian transportation funding and Maine laws regarding transportation issues.
- Provides bicycle safety education program to schools each spring.

Andy Spaulding
 Worksite Health Coordinator
 Maine Cardiovascular Health Program
 Medical Care Development
 11 Parkwood Drive
 Augusta, ME 04330
 Telephone: (207) 622-7566 x262 E-mail: aspaulding@mcd.org

- Assists employers, employer groups and public health practitioners in developing low- or no-cost strategies to address employee health.
- Provides examples from Maine employers who have modified the work environment to support healthy lifestyles among employees.

Jim Toner
 President
 Maine Recreation and Park Association
 c/o Waterville Parks and Recreation Department
 140 Western Avenue
 Waterville, ME 04901
 Telephone: (207) 877-7520 Fax: (207) 877-7521 E-mail: jtoner@ci.waterville.me.us

- Provides a point of contact for public facilities in various communities throughout the state (i.e., serves as a clearinghouse for information). Note – each municipality offers a diversity of facilities and recreation opportunities.
- Disseminates information on facilities and programs related to physical activity through a quarterly newsletter and/or e-mail database of members.
- Advocates for appropriate legislation, provided it is consistent with our mission.



Key Contact List (continued)

Quenten Clark
Superintendent/Principal MSAD #58
1401 Rangeley Road
Phillips, ME 04966
Telephone: (207) 639-2086 x289 Fax: (207) 639-4139 E-mail: qclark@sad58.k12.me.us

- Provides information on school policies related to indoor walking-related initiatives for community members.
- Works with health coalitions on free indoor walking sites.

Eric Haley
Superintendent
Waterville Public Schools
21 Gilman Street
Waterville, ME 04901
Telephone: (207) 873-4281 Fax: (207) 872-5531 E-mail: ehaley@fc.wtvl.k12.me.us

- Provides information on how schools can be available as a community resource center for healthy lifestyles.



Maine Local Resources

MAINE ASSOCIATION OF PLANNERS

(www.meplan.org)

For more than 20 years, the Maine Association of Planners (MAP) has provided professional and citizen planners with an opportunity to share information, collaborate on projects and provide high quality regional, town and city planning services in the state of Maine. MAP is the largest planning organization in the state. They work closely with the Northern New England Chapter of the American Planning Association and the Maine Municipal Association.

Contact:

Jim Fisher
President
HCPC
395 State Street
Ellsworth, ME 04605
(207) 374-3678
E-mail: jfisher@hpcme.org

THE MAINE MUNICIPAL ASSOCIATION

(www.memun.org)

The Maine Municipal Association is a voluntary membership organization of the state's cities, towns, plantations and organized townships which provides a unified voice for Maine's municipalities to promote and strengthen local government.

Contact:

Chris Lockwood
Executive Director
60 Community Drive
Augusta, ME 04330
(207) 623-8428
FAX: (207) 626-5947
E-mail: clockwood@memun.org

Maine State Resources

MAINE DEPARTMENT OF CONSERVATION, BUREAU OF PARKS & LANDS

(www.maine.gov/doc/parks)

The Bureau of Parks and Lands manages a Grants and Community Recreation Program that distributes grant funds to state agencies and municipalities, including school districts, for the acquisition and development of outdoor recreational areas and facilities and for trail development. The Federal Land and Water Conservation Fund (LWCF) Manuals and handbooks pertaining to trail planning and construction are available upon request.

Contact:

Ben Newell
Manager
Community Recreation & Grants
Bureau of Parks & Lands
286 Water Street
Key Plaza, 3rd Floor
Augusta, ME 04330
(207) 287-2163
E-mail: bud.newell@maine.gov

MAINE BUREAU OF ELDER AND ADULT SERVICES (BEAS)

(www.maine.gov/dhs/beas/)

BEAS provides information for older people and their families about state and federal programs. They work with Maine's five area agencies on aging and other organizations to provide community dining sites that offer nutrition, nutrition education and social support; health insurance counseling and assistance to access health insurance benefits; local resources to enhance physical activity and other healthy-aging programs.

Contact:

Mary Walsh
Manager of Community Programs
11 State House Station
442 Civic Center Drive
Augusta, ME 04333
(207) 287-9200
E-mail: mary.walsh@maine.gov



Maine State Resources (continued)

MAINE DEPARTMENT OF TRANSPORTATION (DOT)

(www.maine.gov/mdot/opt/bike/homepage.htm)

The DOT provides information about bicycle and pedestrian projects in Maine. Here you will find information about on-road bicycle routes, trails and grant programs for building trails.

Contact:

John Balicki
Bicycle/Pedestrian Coordinator
MDOT/Office of Passenger Transportation
16 State House Station
Augusta, ME 04333
(207) 624-3252
E-mail: john.balicki@maine.gov

BICYCLE COALITION OF MAINE

(www.bikemaine.org)

This organization advocates for bicycling safety, education and access in Maine. Their vision is that as a result of the Bicycle Coalition of Maine's work, people living in and visiting Maine will have accessible and safe conditions where they may comfortably and responsibly bicycle.

Contact:

Jeff Miller
Executive Director
Bicycle Coalition of Maine
P.O. Box 5275
Augusta, ME 04332-5275
(207) 623-4511
E-mail: BCM@Bikemaine.org

MAINE RECREATION AND PARK ASSOCIATION

(www.merpa.org)

This association is comprised of parks and recreation professionals, students, commercial businesses and citizen volunteers who are dedicated to the promotion of quality parks, recreation and open spaces for the people of Maine.

Contact:

Jim Toner
President
Maine Recreation and Park Association
c/o Waterville Parks and Recreation Department
140 Western Avenue
Waterville ME 04901
(207) 877-7520
Fax: (207) 877-7521
E-mail: jtoner@ci.waterville.me.us

THE NATIONAL PARK SERVICE'S RIVERS, TRAILS AND CONSERVATION ASSISTANCE PROGRAM (RTCA)

(www.nps.gov/rtca)

This program works with community groups and local and state governments to conserve rivers, preserve open space and develop trails and greenways.

Contact:

Burnham Martin
National Park Service
14 Maine Street
Suite 302
Brunswick, ME 04011
(207) 725-4934
E-mail: burnham_martin@nps.gov



Maine State Resources (continued)

MAINEHEALTH'S PARTNERSHIP FOR HEALTHY AGING (PFHA)

The Partnership for Healthy Aging is a nonprofit organization dedicated to helping older adults remain active, healthy and live independently. PFHA works in collaboration with other organizations and resources for older adults throughout the community to provide a continuum of care and services to promote successful aging. PFHA also offers information and educational workshops for people providing care to older family members and friends.

Contact:
Partnership for Healthy Aging
465 Congress Street, Suite 301
Portland, ME 04101
(207) 775-1095
Fax: (207) 541-7540
E-mail: PFHA@mmc.org

MAINE GOVERNOR'S COUNCIL ON PHYSICAL FITNESS, SPORTS, HEALTH AND WELLNESS (www.mainephysicalactivity.org)

This group works to improve the quality of life for all individuals in Maine by promoting healthy lifestyles through increased levels of physical activity, sports and leisure activities and by supporting the cooperative efforts of schools, communities, businesses and health institutions.

Contact:
Chairperson
Medical Care Development, Inc.
11 Parkwood Drive
Augusta, ME 04330
(207) 622-7566, ext. 220 or 230
E-mail: gcdfs@mcd.org

HEALTHY MAINE WALKS (www.healthymainewalks.org)

This program provides information on finding an indoor/outdoor walking route in Maine, how to create a community walking route and how to register your route.

Contact:
Keith Whalen
Public Health Educator
Maine Cardiovascular Health Program
Key Plaza, 4th Floor
11 State House Station
Augusta, ME 04333
(207) 287-4298
Fax: (207) 287-4631
E-mail: keith.whelen@maine.gov

HEALTHY MAINE PARTNERSHIPS (HMP) (www.healthymainepartnerships.com)

Healthy Maine Partnerships facilitates the coordination of the state and local intervention activities funded by the tobacco settlement and assures linkages with related program activities. Healthy Maine Partnerships supports four levels of partnering: 1) across the four BOH programs and the Department of Education, 2) between all state programs and the 31 local Partnerships, 3) within each of the 31 Partnerships, collaborations between a local lead agency and a participating School Administrative Unit (SAU), 4) among the 31 local Partnerships.

Contact:
Healthy Maine Partnerships
Key Plaza, 4th Floor
11 State House Station
Augusta, ME 04333
(207) 287-5388
Fax: (207) 287-4631
TTY: (207) 287-8015



Maine State Resources (continued)

WINTERKIDS

(www.winterkids.org)

WinterKids is a 501(c)(3) nonprofit organization committed to helping Maine children develop life-long habits of health, education and physical fitness through participation in outdoor winter activities.

Contact:

Carla Marcus
Executive Director
120 Exchange Street
P.O. Box 7566
Portland, ME 04112
(207) 761-3774
Passport Hotline: (207) 771-7975
Fax: (207) 879-9483

COMMUNITY HEALTH PROMOTION PROGRAM (CHPP)

(www.healthymainepartnerships.com/communityhealth2.html)

CHPP uses a broad definition of health and understands that different groups experience disparities in health status. CHPP provides training, technical assistance, resources and some funding to local community health initiatives that (a) use recognized models and best practices in community-based health promotion and planning, (b) use a collaborative approach to problem-solving, (c) address several topics and populations using multiple types of interventions, (d) monitor and evaluate for results. CHPP works with Healthy Communities coalitions, Healthy Maine Partnerships and state programs that wish to apply a community development approach.

Contact:

Christine Lyman, MSW
Community Health Specialist
Key Plaza, 4th Floor
11 State House Station
Augusta, ME 04333
(207) 287-2901
Fax: (207) 287-4631
E-mail: christine.b.lyman@Maine.gov

MAINE STATE PLANNING OFFICE

(www.maine.gov/spo/landuse)

The State Planning Office provides information to communities and citizens about comprehensive and land use planning in Maine, including strategies for implementing community programs and local priorities across a wide variety of subject areas. This office also provides planning grants to communities and multi-town regions.

Contact:

Fred Landa
Senior Planner
Land Use Team
State Planning Office
38 State House Station
Augusta, Maine 04333-0038
(207) 287-3860
E-mail: fred.landa@maine.gov

MAINE DEPARTMENT OF EDUCATION (DOE)

(www.maine.gov/education)

Superintendents of school systems are often the contacts for accessing physical activity facilities through local schools. For a listing of superintendents within the state, click on the following link:
www.maine.gov/education/eddir/supcontact.htm.

Contact:

Maine Department of Education
23 State House Station
Augusta, ME 04333



National Resources

CENTERS FOR DISEASE CONTROL (CDC) NATIONAL CENTER FOR CHRONIC DISEASE PREVENTION AND HEALTH PROMOTION/ DIVISION OF NUTRITION AND PHYSICAL ACTIVITY

(www.cdc.gov/nccdphp/dnpa/physical/recommendations.htm)

This division of the CDC provides information and resources to create a physical environment that is conducive to physical activity, such that places where people can be physically active are readily available, accessible and acceptable. Examples include attractive sidewalks, stairwells, walking or biking trails and exercise facilities in communities or in the workplace.

Contact:

Division of Nutrition and Physical Activity
National Center for Chronic Disease Prevention
and Health Promotion
4770 Buford Highway, NE, Mailstop/K-24
Atlanta, GA 30341
(770) 488-5820
Fax: (770) 488-5473
E-mail: ccdinfo@cdc.gov

GUIDE TO COMMUNITY PREVENTIVE SERVICES (COMMUNITY GUIDE) (www.thecommunityguide.org/pa/default.htm)

The Community Guide's systematic review of the effectiveness of selected population-based interventions is designed to increase levels of physical activity focused on interventions in three areas: 1) informational approaches to increasing physical activity, 2) behavioral and social approaches to increasing physical activity and 3) environmental and policy changes to increasing physical activity.

Contact:

Community Guide Branch
Centers for Disease Control and Prevention
4770 Buford Highway, Mailstop/K-73
Atlanta, GA 30341
(770) 488-8189
Fax: (770) 488-8462
E-mail: CommunityGuide@cdc.gov

CENTERS FOR DISEASE CONTROL AND PREVENTION, NATIONAL CENTER FOR CHRONIC DISEASE PREVENTION AND HEALTH PROMOTION, HEALTHY AGING

(www.cdc.gov/aging/)

This program provides concise, lay-oriented information on the health and economic impact of an aging society and CDC strategies to improve the health and quality of life for older Americans.

Contact:

Centers for Disease Control and Prevention
1600 Clifton Road
Atlanta, GA 30333
(800) 311-3435
E-mail: ccdinfo@cdc.gov

RAILS-TO-TRAILS CONSERVANCY (www.railtrails.org)

The Rails-to-Trails project supports local efforts to transform the dream of a trail into a tangible community asset by providing information about designing, building and managing multi-use trails. This site includes studies, reports, fact sheets and free downloadable trail development books. *The Trails for the 21st Century, Planning, Design and Management Manual for Multi-Use Trails* is also available here.

Contact:

Craig Della Penna or Betsy Goodrich
Field Representatives
2 Washington Square
Suite 200
Union Station
Worcester, MA 01604
(508) 755-3300
E-mail: rtccraig@transact.org or
rtcbetsy@transact.org



National Resources (continued)

CENTER FOR LIVABLE COMMUNITIES (www.lgc.org/center/index.html)

This group helps local governments and community leaders be proactive in their land use and transportation planning and adopts programs and policies that lead to more livable and resource-efficient land use patterns.

Contact:
Center for Livable Communities
1414 K Street
Suite 600
Sacramento, CA 95814
(916) 448-1198
E-mail: center@lgc.org

NATIONAL CENTER FOR BICYCLING AND WALKING (NCBW) (www.bikewalk.org)

The NCBW has been working for more bicycle-friendly and walkable communities. The NCBW offers information support, training, consultation services and resources to public agencies, nongovernmental organizations and advocates; maintains the NCBW Resource Center; publishes the eNewsletter, *CenterLines*, and a quarterly journal, *NCBW Forum*, and organizes the biennial Pro Bike/Pro Walk Conference and other special meetings.

Contact:
Bruce Burgess
National Center for Bicycling & Walking
1394 Munger Street
Middlebury, VT 05753
(802) 388-2453
Fax: (802) 388-3299
E-mail: bikefedvt@aol.com

WALKABLE COMMUNITIES, INC. (www.walkable.org)

Walkable Communities is a nonprofit corporation organized for the express purpose of helping whole communities, whether they are large cities or small towns, or parts of communities, i.e., neighborhoods, business districts, parks, school districts, subdivisions, specific roadway corridors, etc., become more walkable and pedestrian-friendly.

Contact:
Walkable Communities, Inc.
320 South Main Street
High Springs, FL 32643
(386) 454-3304
Fax: (386) 454-3306
E-mail: Walkable@aol.com



References

Brownson, R.C., Baker, E.A., Housemann, R.A., Brennan, L.K., Bacak, S.J. Environmental and Policy Determinants of Physical Activity in the United States. *American Journal of Public Health*. 2001; 91: 1995-2003.

Catlin, T.K., Simoes, E.J., Brownson, R.C. Environmental and Policy Factors Associated with Overweight Among Adults in Missouri. *American Journal of Health Promotion*. March/April 2003; 17 (4) 249-258.

Kirtland, K., Porter, D., Addy, C., Neet, M., Williams, J., Sharpe, P., Neff, L., Kimsey Jr., D., Ainsworth, B., Environmental Measures of Physical Activity Supports: Perception Versus Reality. *American Journal of Preventive Medicine*. May 2003; 24 (4); 323-331.