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June 2012

Issue No. 8

Choose To Be Healthy Funding Update

After many months of your advocacy, Choose To Be Healthy did not experience the elimination of all of our tobacco settlement funding as originally proposed in the Governor's budget. Further, the legislature stipulated that the system of Healthy Maine Partnerships be maintained across the state. The bad news is the that Healthy Maine Partnerships did have 1/3 of their funding cut. We do not yet know how Choose To Be Healthy will absorb the tremendous loss of approximately \$133,000 per year. We expect to receive guidance from the Maine Center for Disease Control and Prevention soon.

I want to reassure our communities, our members, partners, and friends, that the work of Choose To Be Healthy continues! Our work will need to be reorganized, but our mission remains the same: "To provide and promote opportunities for those in Southern York County to choose behaviors that help achieve optimum health." We are fortunate to have diverse funding sources - especially our Drug Free Communities funding - that help sustain the coalition. In addition, we remain grateful for the support of our fiscal agent, York Hospital.

Please join us at our Annual Meeting on June 13, 3:30-5 PM at York County Community College. We will celebrate the successes of the past year and look forward to sustaining our future. Please [RSVP](#). Thanks!

Deborah Eichen-Grave

Summer Fun With Smart Phones!

Visit our page of free or cheap apps to help you have fun outdoors in Maine.



Maine Things To Do App

Safe Graduation Tips

Teens and adults can learn to have a safe graduation season.

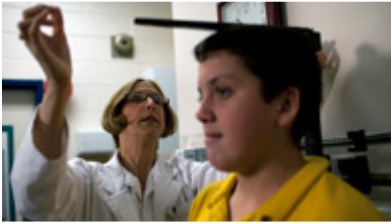
[Check out our list of tips.](#)



Don't Forget, to Visit, Friend, Follow, Tweet!

The Weight of the Nation

The obesity epidemic demands everyone's attention. Obesity contributes to five of the 10 leading causes of death in America, including heart disease, type 2 diabetes, cancer and stroke. In the United States today, more than 3 in 10 children and adolescents, and more than 2 of every 3 adults, are overweight or obese.



The Weight of the Nation is a four-part HBO documentary that offers a look at the severity of the crisis and its effects on health and health care. It is one of the most far-reaching public health campaigns on this epidemic to date. Choose To Be Healthy has a copy of the series you can borrow, or you can watch it at <http://theweightofthenation.hbo.com/>

Preventing Lyme Disease

Lyme disease is the most common vector-borne disease in Maine, so remember to do your tick checks! Lyme disease is a preventable illness. The Maine CDC recommends following the "No Ticks 4 ME" approach which includes:

- Wear protective clothing
- Use an EPA approved repellent
- Perform daily tick checks
- Use caution in tick habitats



Ticks must be attached for at least 24 hours for the bacteria that causes Lyme disease to be transmitted, so prompt removal of ticks is extremely important. The most common early symptom of Lyme disease is an expanding red rash that occurs 3 to 30 days after being bitten. Fever, joint, and muscle pains may also occur. Lyme disease is treatable, and the majority of patients recover after receiving appropriate therapy.

If symptoms develop, call your healthcare provider. Visit the [Division of Infectious Disease](#) for more info!

[Choose To Be Healthy Website](#)

[The Maine Voice on Facebook](#)

[CTBH on Facebook](#)

[CTBH on Twitter](#)

Our Funders

[Fund for a Healthy Maine](#)

[Maine Office of Substance Abuse](#)

[Drug Free Communities](#)

Our Lead Agency



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