

Healthy Brunswick

5x2



Brunswick Downtown Association

Debora King

729-4439

director@brunswickdowntown.org

HEALTHY MAINE STREETS

Where wellness works

Brunswick Menu Labeling Project

- The concept:
 - Provide easy to understand nutrition information on select menu items on restaurant menus in downtown restaurants.



Accomplishments

- Hired Registered Dietician for menu analysis.
- Determined course of action.
 - Analyze up to 20% of menu items
 - Focus on calorie counts
- Recruited restaurants. Six so far!
- Year Two
 - Promote program to downtown Brunswick employees.
 - Develop sustainability plan.

Tobacco Prevention and Cessation

- Materials Distribution
 - Great American Smoke-Out
 - World No Tobacco Day
- Tobacco Helper's Training
 - Provided by Access Health



**Quit
Tobacco
Once and for all!**

Let us help you quit tobacco
FOREVER.

1-800-207-1230

THE MAINE TOBACCO HELPLINE

Thinking of quitting tobacco?
Good for you!
Calling the HelpLine is the first step
to making your life better.

Get Moving on the Mall



- Monthly group physical activity opportunity
- Downtown Brunswick mall
- April-September

Wellness Committee

- Has met monthly since June 2013
- Three subcommittees implement the workplan (PA, N, T)
- Sharing of worksite workplan implementation stories
- Visits from Access Health
 - Presentation of resources

