Maine has a Weight Problem: 
Child and Adult Care Food Programs (CACFP) are helping

Introduction

Maine has a weight problem. The majority of Maine adults are either overweight or obese.\(^1\) Preschool children in Maine also have a weight problem; about one third of them are overweight or obese.\(^1\) If we do not help preschool children become more active and make healthier food choices, there will be another generation of overweight adults in Maine with consequent health problems. Research has indicated that the most promising strategy for reducing obesity is early interventions.\(^2\) This means that childcare facilities are an ideal environment in which to make an effort to improve childhood physical activity and eating behaviors. Maine received a CACFP Wellness Grant in 2010. Half of the money was to be distributed to CACFP sponsors and individual facilities to improve their PAN environments. An initial CACFP conference was held to explain to participants how to apply for funding, what resources were recommended, and how to use existing resources. Maine has a very integrated way of connecting physical activity and nutrition (PAN) resources throughout the state. Programs such as 5210 Let’s Go Childcare, the state’s Community Transformation Grant (CTG), WinterKids, and SNAP-Ed, coordinate efforts to bring PAN to the childcare setting. The following are some of our success stories.
