

WHAT'S HAPPENING

A newsletter for the Maine Medical Center family

MMC/MMP Practices Recognized For Their Commitment To Obesity Prevention

Let's Go! has announced that 12 Maine Medical Center and Maine Medical Partner's health care practices are being recognized for childhood obesity prevention efforts. In a strategic effort to tackle this disease, which now affects 1 in 6 children, physicians and office staff are engaging patients and families in conversation about lifestyle, specifically around food choices and activity levels. By starting the conversation, practices play an active role in establishing healthy

habits at a young age. The program honored more than 100 practices in Maine.

The 173 practices currently served by *Let's Go!* pledge to follow three evidence-based steps to combat childhood obesity:

1. Displaying a 5-2-1-0 *Let's Go!* poster in the waiting room and all exam rooms where pediatric patients are seen.
2. Determining BMI for all patients age two

years and older at well-child visits.

3. Having a respectful conversation about weight using the 5-2-1-0 Healthy Habits Questionnaire at all well-child visits.

"I know how busy providers and their teams are, so rather than ask them to do more, we offer ideas and tools to help them be as effective as possible," says Victoria Rogers, M.D., Director, *Let's Go!* "And

thanks to efforts like these, we're starting to see Maine's childhood obesity rates level off."

Established in 2012, the *Let's Go!* Recognition Program honors health care practices and recognizes schools, out-of-school programs, and child-care centers for their dedication to creating healthy environments wherever kids live, learn, work, and play.

Blue Angels Land At The Barbara Bush Children's Hospital

Members of the Blue Angels, a U.S. Navy Flight Demonstration Squadron, visited patients at The Barbara Bush Children's Hospital last week on their way to the Great State of Maine Air Show in Brunswick.

The crew signed autographs, handed out pictures and posters, and shared stories of their high-flying acrobatics with an eager and engaged audience.

Pictured: Blue Angels Lieutenant Commander Joe Schwartz, Flight Surgeon, signs the leg cast of BBCH patient Jordan.



PEOPLE NEWS



Edward Tumavicus, M.D., has joined Maine Medical Partners - Family

Medicine in Portland. He comes to MMP from InterMed, where he established and staffed an urgent care clinic. He previously worked in Windham, Maine, as a primary care physician. After receiving his medical degree from the University of Massachusetts Medical School, Dr. Tumavicus completed his residency and chief residency at Maine Medical Center. He lives in

Portland with his wife and two daughters, where he serves on the Board of Directors of the Center For Grieving Children and volunteers in the Portland Public Schools.

Dr. Tumavicus has a particular medical interest in preventive medicine, including promoting active healthy lifestyles and combating obesity.

Clean Neighborhood, Healthy Community: First MMC Butt Blitz A Huge Success

More than 50 MMC employees lent a helping hand to the first ever MMC Butt Blitz on September 1. The volunteers collected thousands of discarded cigarette butts and other trash from the sidewalks and streets surrounding the Bramhall Campus.

Wendy Osgood, V.P., Adult Medicine Service Line, led the event with help from MMC's Tobacco-Free Sustainability Committee.

"The tremendous turnout to clean up our neighborhood shows that our employees are committed to our tobacco-free policy and really care about the impact



Louis Lisotto, Supervisor, NorDx Lab, Jason Morin, Supervisor, EVS, and Steve Hobart, Director, Security and Parking, clean up the corner of Brackett and Bramhall Streets.

of tobacco on our neighbors," Osgood says. "We expect that employees, patients, and visitors will continue to support our neighbors and our tobacco-free policy moving forward."

Osgood also reminds everyone, "If you choose to smoke off campus, please respect our neighbors: keep moving and safely dispose of your trash."

COMING UP AT MMC

2015 Nutrition Symposium
Wednesday, September 9
7:30 a.m. - 3:30 p.m.
Dana Center

Annual MCCC WALK
Saturday, September 19
9 a.m.
Multiple Locations

Nursing Grand Rounds
Wednesday, September 16
2 - 3 p.m.
Dana Auditorium

Let's Go! Childhood Obesity Conference
September 17 and 18
MaineHealth Conference Rooms, 110 Free Street

Fall Into Fashion With Friends
Sunday, September 27
1 - 4 p.m.
The Woodlands, Falmouth

For details on these and all upcoming events, check out the Calendar on the MMC Intranet.



Maine Medical Center
MaineHealth

WHAT'S HAPPENING IS PUBLISHED WEEKLY BY THE COMMUNICATIONS AND MARKETING DEPARTMENT

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