

This product was developed by the Move More program at MaineGeneral Health in Waterville, ME. Support for this product was provided by a grant from the Robert Wood Johnson Foundation® in Princeton, New Jersey.



**"Move More"**

**[www.movemore.org](http://www.movemore.org)**

Move More: Connecting the Clinic to the Community with  
Lay Health Educators

2005 CHPP Community Health Institute  
May 2, 2005

# "Move More"

## ***What is Move More?***

- Physical activity and healthy weight workgroup of Greater Waterville PATCH (Planned Approach to Community Health)
- Community-based physical activity initiative
- Volunteers: Movers and Lay Health Educators
- Lay Health Educators funded by The Robert Wood Johnson Foundation



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## *What are key elements of the project for people with diabetes?*

- Evidence-based peer support
- Physical activity goal of 150 minutes/week
- Increase referrals to diabetes self-management resources
- Lay Health Educators linked to key clinical settings, worksites and faith communities
- Social Marketing techniques

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- ***Who can enroll?***
- Adults between the ages of 30 and 70 who
- Have type 2 diabetes.
- Live in the Kennebec Valley Region.
- Are already doing some physical activity.
- Are in the Preparation, Action, or Maintenance stage for a physical activity level of 150 minutes of exercise per week.

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## *Why use Lay Health Educators?*

- CDC Best Practice
- "Natural Support"
- Low cost
- Sustainable



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## ***What to Lay Health Educators Do?***

- Give “natural” peer support to enrollees by walking with them, telling them about places to exercise, and giving them with free tools such as pedometers, weekly emails and information that helps motivate them.
- Give information to enrollees about other diabetes self-management education and support resources that are available in the Kennebec Valley Region.

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## *Where are Lay Health Educators located?*

- Key clinical settings
- Worksites
- Faith Communities
- Other Community settings





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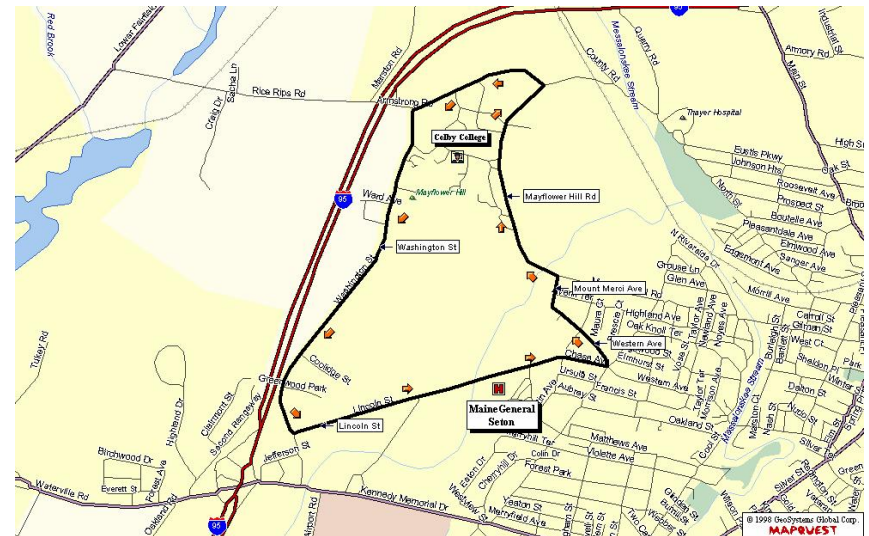
## ***What about Chronic Disease Self-Management skills?***

- Some Lay Health Educators will be trained to provide the Stanford University Chronic Disease Self-Management Course to all individuals in the community with a chronic disease.
- This program helps enrollees develop key problem solving skills, so they can more effectively manage their disease.
- Evidence has shown that this course is more effective when delivered by peers, instead of by health professionals.

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## ***What resources are available?***

- Lay Health Educators peer support
- Maps of outdoor walking trails and indoor walking spaces
- Pedometers
- Physical activity logs
- Walking groups and walking partners
- Incentives and awards
- Motivational and informational weekly emails
- Information about diabetes and physical activity
- [www.movemore.org](http://www.movemore.org)





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***To enroll in Move More, call 872-1830,  
624-4325 or 474-7473.***

***Questions about the project should be directed to  
Alison Webb, Project Coordinator, at 872-2157.***