

<b>Title of Intervention</b>	<b>Move &amp; Improve - a worksite wellness initiative</b>	
<b>Website</b>	<a href="http://www.moveandimprove.com/">http://www.moveandimprove.com/</a>	
<b>Intervention Strategies</b>	Campaigns and Promotions	
<b>Purpose</b>	Encourage and empower individuals to engage in a healthier lifestyle through physical activity.	
<b>Populations</b>	Employees in Maine	
<b>Settings</b>	Work-site, community-based	
<b>Partners</b>	Eastern Maine Medical Center, Maine–Harvard Prevention Research Center	
<b>Intervention Description</b>	<p>A community-based program designed to encourage and empower individuals to engage in a healthier lifestyle through physical activity. Move and Improve provides a supportive environment focused on promoting the benefits of physical activity as a way to combat health risks linked to chronic disease and obesity. Move and Improve is a 12-week program design, repeated annually in March, to encourage participants to increase the amount of physical activity that is engaged in on a daily/weekly basis. This program is primarily conducted in work-site environments but has also been utilized in communities and other organizations.</p>	
<b>Theory</b>	Stages of Change	
<b>Resources required</b>	<b>Staff/Volunteers:</b>	Not mentioned
	<b>Training:</b>	None
	<b>Technology:</b>	Website
	<b>Space:</b>	None
	<b>Budget:</b>	Not mentioned
	<b>Intervention:</b>	Website, newsletters, promotional materials, advertisements.
	<b>Evaluation</b>	Post program survey.
<b>Evaluation</b>	<b>Design:</b>	Cross-sectional
	<b>Methods and Measures:</b>	<p>The evaluation process was based on the Centers for Disease Control and Prevention’s Framework for Program Evaluation in Public Health and community-based participatory research principles. A post-test survey was developed to assess participant demographics, level of physical activity, physical activity stage of change before and after participation, change in other lifestyle factors, absenteeism, and years of participation. Post-program surveys are collected on all participants; data from the 2003 and 2004 program year were evaluated. Both years’ evaluation efforts included nonparticipant comparison groups.</p>

<b>Outcomes</b>	<b>Short term impact:</b>	Evaluation "data indicate that Move & Improve has a significant impact on participants' lifestyle and risk behaviors, and that longer participation in the program may also be associated with greater chronic disease risk reduction. Participants significantly increased their physical activity stage of change compared with nonparticipants during the same time period. Improved lifestyle factors were also significantly associated with forward movement in stage of change."
	<b>Long term impact:</b>	The longer participation the greater the reduction in chronic disease risks.
<b>Maintenance</b>	Newsletters, promotion.	
<b>Lessons Learned</b>	Longevity of the program increases participation and positive outcomes.	
<b>Citation(s)</b>	Polacsek M, O'Brien LM, Lagasse W, Hammar N. (2006) Move & Improve: a worksite wellness program in Maine. Prev Chronic Disease. 2006 Jul. Available from: URL: <a href="http://www.cdc.gov/pcd/issues/2006/jul/05_0123.htm">http://www.cdc.gov/pcd/issues/2006/jul/05_0123.htm</a> .	
<b>Current Program Status</b>	This program is currently run by EMHS (East Maine Health Systems). The participant website includes useful resources such as weekly newsletters for each of the programs 12 weeks. <a href="http://www.moveandimprove.com/">www.moveandimprove.com/</a>	