

2.9 Company Profiles



Company: Maine Machine Products

Description/Location:

Maine Machine Products Co. (MMPCo.) is located in the Oxford Hills town of South Paris and employs roughly 150 associates. The company manufactures precision machine components for various industries, including telecommunications, defense, and computer equipment. Approximately two-thirds of employees are machine operators and support staff, while office staff and management make up the remaining third.

Size of Organization:

Approximately 150 full-time associates residing in a 75,000 square-foot facility.

Description of Wellness Program:

MMPCo. formed a Wellness Committee in 2001, specifically to create a healthier work environment for associates. The Health and Wellness Committee is made up of employees from a variety of positions within the company, including management, machine operators, and office staff.

Supportive Environment and Programs:

- Healthy food basket
- “Fitness Fanatic” recognition program
- Scrabble tournament
- Health & Wellness bulletin board
- Gym/workout area
- Cold vending machine with healthy choices available
- *Commute Another Way* participation
- Group activities (bike rides, hikes, relay walk)
- Community “concerns” (food baskets, Christmas for kids/teens)
- Fresh fruit is available daily as an alternative to the snack machine
- Shop perimeter is open for walking during breaks and lunch



Education/Awareness:

- Stop smoking campaign
- Biweekly newsletter

Risk Assessment and Management:

- Planned health screenings

Participation:

MMPCo. participation varies by the activity. Our fruit program is enjoyed by 80%. Our weight room sees 30-40%. Our food baskets have 95% participation.

Priority Populations:

Our priority or target group is every MMPCo. associate and their families.

Outcomes:

- Work Healthy Award winner from Healthy Androscoggin
- Increased participation in all the Health and Wellness Programs, resulting in more activity and weight loss
- Feeling better about yourself as a person
- Health also comes from within by giving and helping others

Contact(s):

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