

CUMBERLAND DISTRICT PUBLIC HEALTH COUNCIL



2016 – 2017 ANNUAL REPORT



PublicHealth
Prevent. Promote. Protect.

Portland Public Health Division
City of Portland, Health and Human Services Department



*Department of Health
and Human Services*

*Maine People Living
Safe, Healthy and Productive Lives*

Paul R. LePage, Governor

Ricker Hamilton, Acting Commissioner

16 – 17

VISION: THE CUMBERLAND DISTRICT PUBLIC HEALTH COUNCIL'S VISION is that communities in the Cumberland District are among the healthiest in the state.

MISSION: THE COUNCIL'S MISSION is to promote the health of all our communities by providing information, coordination, collaboration and advocacy.

CUMBERLAND DISTRICT PUBLIC HEALTH COUNCIL (CDPHC) RESPONSIBILITIES

- Coordinate public health activities in the District (Cumberland County)
- Identify District Public Health Improvement Plan (DPHIP) priorities and strategies to address them
- Bring needed health services to our communities
- Address health disparities to meet the specific public health needs of our District
- Convene traditional and non-traditional public health partners

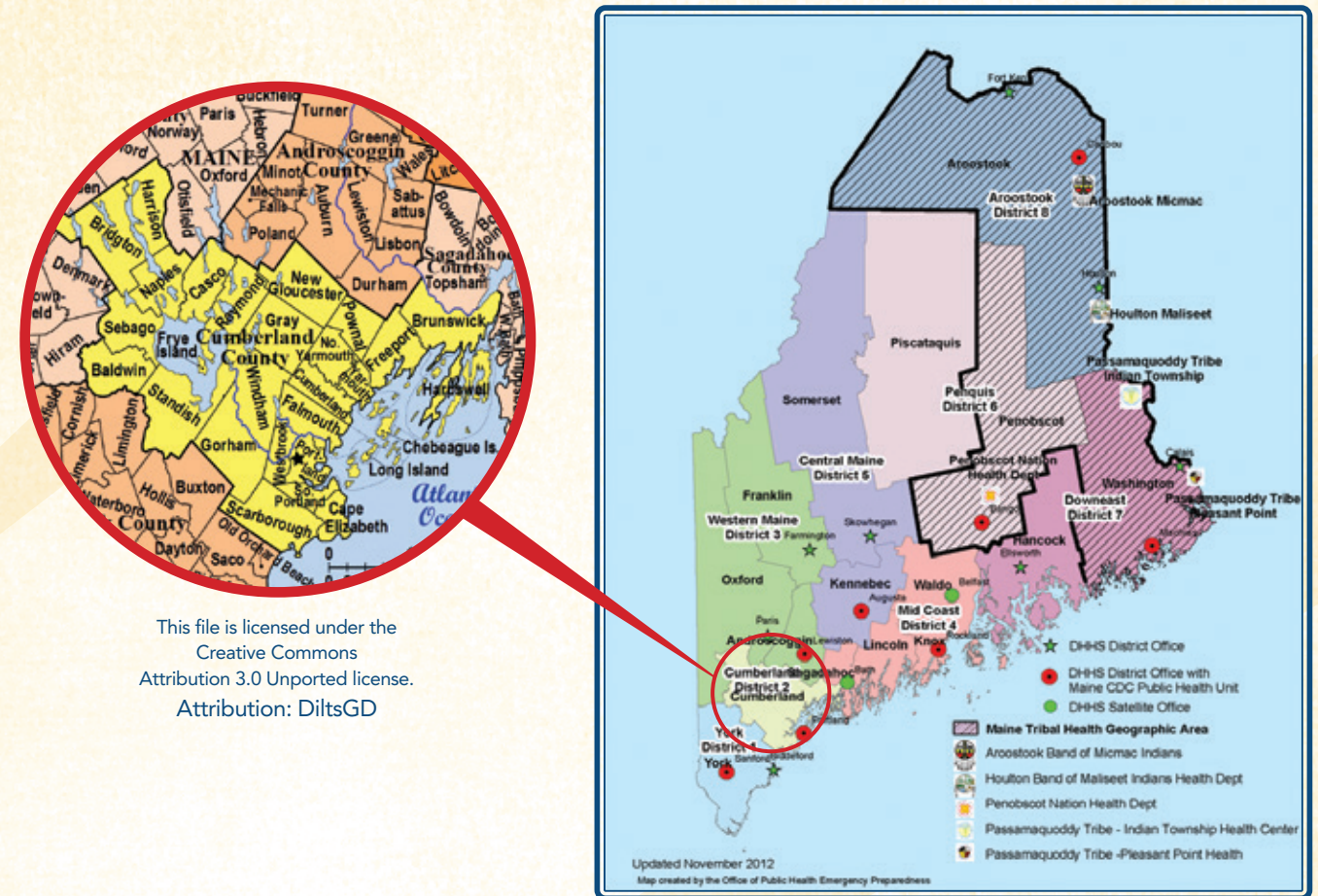
CUMBERLAND PUBLIC HEALTH DISTRICT

CUMBERLAND PUBLIC HEALTH DISTRICT includes **CUMBERLAND COUNTY**, the most populous county in Maine. The district covers **835.4 SQUARE MILES** with a **POPULATION OF 281,674**, giving a population density of 337.2 PEOPLE per square mile. (2010 Census)

There are **28 MUNICIPALITIES** (incorporated local governments) including cities and towns. Cumberland's largest municipalities by population include the cities of Portland, South Portland and Westbrook. Cumberland District covers both urban and rural areas, and provides ample access to lakes, rivers and the ocean. Several towns and villages are ocean island communities.

MAINE PUBLIC HEALTH DISTRICTS

Maine Department of Health & Human Services District Offices and Maine Tribal Health Geographic Area



EXECUTIVE COMMITTEE:

- Chair: Kristen Dow
(City of Portland Public Health Division)
- Vice Chair: Zoe Miller
(Greater Portland Council of Governments)
- Treasurer: Naomi Schucker (MaineHealth)
- Secretary: Liz Blackwell-Moore (Consultant)
- Advocacy Chair: Carol Zechman
(CarePartners/MedAccess)
- State Coordinating Council Representative:
Courtney Kennedy (Good Shepherd Food Bank)
- Graduate Student Seat: Hannah Ruhl and Catie Peranzi, USM Muskie School, Public Health Program
- Maine CDC Staff: Kristine Jenkins,
Cumberland District Public Health Liaison, Maine CDC
- Council Coordinator: Robin Hetzler
(City of Portland Public Health Division)

LEAD FISCAL AGENT:

- City of Portland Public Health Division

DISTRICT FUNDING:

- Maine Center for Disease Control (Maine CDC)

DATA SOURCES

Maine Shared Community Health Needs Assessment
County Summary: 2015

Cumberland County
Updated: October 2015

QUALITATIVE STAKEHOLDER INPUT

A survey of 176 health professionals and community stakeholders in Cumberland County provided insight into the most critical health issues and determinants impacting the lives of those living in the area. According to these stakeholders, the following five health issues and health factors have the most impact on Cumberland County resulting in poor health outcomes for residents:

TOP FIVE HEALTH ISSUES:

- Mental health
- Drug and alcohol abuse
- Obesity
- Diabetes
- Depression

TOP FIVE HEALTH FACTORS:

- Access to behavioral care/mental health care
- Poverty
- Health care insurance
- Health literacy
- Access to oral health

DATA SOURCES (continued)

CUMBERLAND COUNTY FY 17 HEALTH IMPROVEMENT PRIORITIES MATRIX

DPHIP (# VOTES)	UNITED WAY THRIVE 2027	CHNA PRIORITIES	BRIDGTON HOSPITAL	MAINE MEDICAL CENTER	MERCY HOSPITAL	SPRING HARBOR HOSPITAL
SA Prevention / Treatment--All Ages (36)	SA prevention / Treatment--All Ages	Substance / Opioid Misuse				
Comp school health / nutrition, SBHCs (31)						
Child Care up to 15yo and after school (25)						
Dental/Oral Health Care for Low-Income / Underinsured (23)	Dental Services					
Obesity--All Ages (21)	Obesity--Youth	Obesity				
Prenatal / Young Children's Care (20)						
Tobacco--All Ages (16)		Tobacco				
Health Care for Children/Adults (13)	Provide Basic Health Care Access	Access to Care				
Rx for seniors and disabled (4)	Senior Safety / Independence	Elder / Senior Health				
Mental Health--All Ages (2)	Mental Health--All Ages	Mental Health and Health--Youth				
Transportation (1)						
	Mental Health--All Ages	Mental Health				
	Housing	Affordable Housing				
	Food Insecurity	Food Insecurity				
	Home Nursing Care					
	Domestic Violence					
		Adverse Childhood Experiences (ACEs)				
		Mental Health (Early ID)				
		Preventive Care				
		Enrollment Activities				

DISTRICT PUBLIC HEALTH IMPROVEMENT PLAN (DPHIP) PURPOSE

1: Improve health of district residents

2: Improve the district public health system

3: Inform the State Health Improvement Plan

DPHIP GUIDING PRINCIPLES/CRITERIA:

- Maximize impact and use of limited resources
- Use evidence-based strategies and population-based interventions
- Focus on issues best addressed at the district level
- Good faith effort to ensure the entire county is served
- Involve multiple sectors
- Seek to ensure health equity
- Address district disparities
- Strengthen and assure accountability (measurable outcomes)
- Focus on prevention
- Data driven

Survey people and organizations working on the opiate problem. Create an initial list of the efforts being done, including prevention, harm reduction, enforcement, treatment and recovery. Work with municipal leaders to build a solid understanding of all efforts being done across the county, identify gaps in the efforts to address the problem and begin to create a more coordinated response. Work with municipal leaders to provide education about and increase access to the overdose reversal drug, Naloxone (Narcan®), and to raise public awareness of secure prescription drug disposal.

SUBSTANCE USE PREVENTION

REDUCE substance use rates and prescription drug misuse rates in adults ages 25+

Contract held by Greater Portland Council of Governments

Research options for low-cost dental care for uninsured people. Share these options with people who are looking for dental care. Bring partners together to expand the SmilePartners program. SmilePartners helps people without insurance get started with dental care at an affordable cost, and helps people start saving money for preventive care in the future. Translate educational materials into four languages.

ORAL HEALTH IMPROVEMENT

INCREASE the use of preventative oral health services, especially in vulnerable populations

Contract held by University of Southern Maine Muskie School

Support towns to adopt "Complete Streets" policies, which help ensure the safety and convenience of all users. Work with major employers to encourage employees to commute by walking, biking, and using transit. Promote positive attitudes about walking, biking, wheeling, and transit use for daily travel. Identify transportation solutions to improve access to grocery stores, food pantries, and community gardens. Map existing food rescue programs and nutrition education opportunities, and identify new strategies to increase fruit and vegetable consumption.

HEALTHY WEIGHT PROMOTION

INCREASE physical activity and fruit and vegetable consumption in children and adults

Contracts held by Greater Portland Council of Governments and Good Shepherd Food Bank

Inventory and identify gaps in medical and mental health services for children aged 0-6. Inventory and identify gaps in trainings for mother-child nurses. Provide trainings on working with people from different cultures and backgrounds. Create a one-page handout on why breastfeeding is beneficial. Promote awareness of the benefits of breastfeeding among diverse groups. Work with employers to increase support for breastfeeding mothers in the workplace.

CARE FOR CHILDREN AGED 0-6 YEARS

IMPROVE the health and wellbeing of children aged 0-6 years

Contract held by City of Portland Public Health Division Family Health Program

COUNCIL MEMBERS:

Kolawole Bankole	City of Portland Public Health Division
Cathy Bean	VNA Home Health & Hospice
Liz Blackwell-Moore*	Public Health Consultant
Beth Blakeman-Pohl	Casco Bay Create Awareness Now
Jim Budway	Cumberland County Emergency Management Agency
Brandie Burrows	Portland Public Library
Deqa Dhalac	The Opportunity Alliance
Kristen Dow*	City of Portland Public Health Division
Rachel Gallo	Institute for Health Policy, Muskie School, University of Southern Maine
Susie Hanley	Gorham Middle School
Jim Hanna	Cumberland County Food Security Council
Robin Hetzler*	Cumberland District Public Health Council Coordinator
Alex Hughes	Westbrook Communities That Care
Amanda Hutchins	City of Portland Public Health Division
Kristine Jenkins*	Maine Center for Disease Control (Maine CDC)
Courtney Kennedy*	Good Shepherd Food Bank
Mike Koza	Portland Water District
Anne Lang	City of Portland Public Health Division
Chelsea Mancini	Maine Youth Action Network
Nicole Manganello	Maine Youth Action Network
Debra McGill	Maine Medical Partners
Zoe Miller*	Greater Portland Council of Governments
Zakia Nelson	Epidemiology Consultant
Paul Niehoff	Portland Area Comprehensive Transportation System
Karen O'Rourke	University of New England
Catie Peranzi*	Public Health Graduate Program, Muskie School, University of Southern Maine
Nicole Petit	Southern Maine Agency on Aging
Bridget Rauscher	Substance Abuse Prevention Program, City of Portland Public Health Division
Emily Rines	United Way of Greater Portland
Hannah Ruhl*	Public Health Graduate Program, Muskie School, University of Southern Maine
Naomi Schucker*	MaineHealth
Kaileigh Sloan	Casco Bay Create Awareness Now
Peter Stuckey	Maine State Legislature
Paul Weiss	Southern Maine Regional Resource Center for Public Health Emergency Preparedness
Carol Zechman*	CarePartners/Med Access

*Executive Committee Member

TO GET INVOLVED OR FOR MORE INFORMATION, CONTACT:

Robin Hetzler
Council Coordinator
rhetzler@portlandmaine.gov
482.5029

Kristine Jenkins
Cumberland District Public Health Liaison, Maine CDC
kristine.l.jenkins@maine.gov
485.0541

CHECK OUT OUR WEBSITE:

<http://www.portlandmaine.gov/218/Cumberland-District-Public-Health-Council>

ATTEND OUR MEETINGS:

All interested parties are welcome to attend Council meetings:
Always the 3rd Friday of January, March, May, July, September and November
10:00 am – 12:00 pm (contact Robin for location)

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