



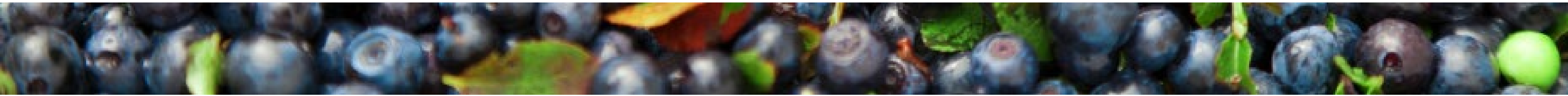
# Maine Shared Community Health Needs Assessment

*Aroostook County*

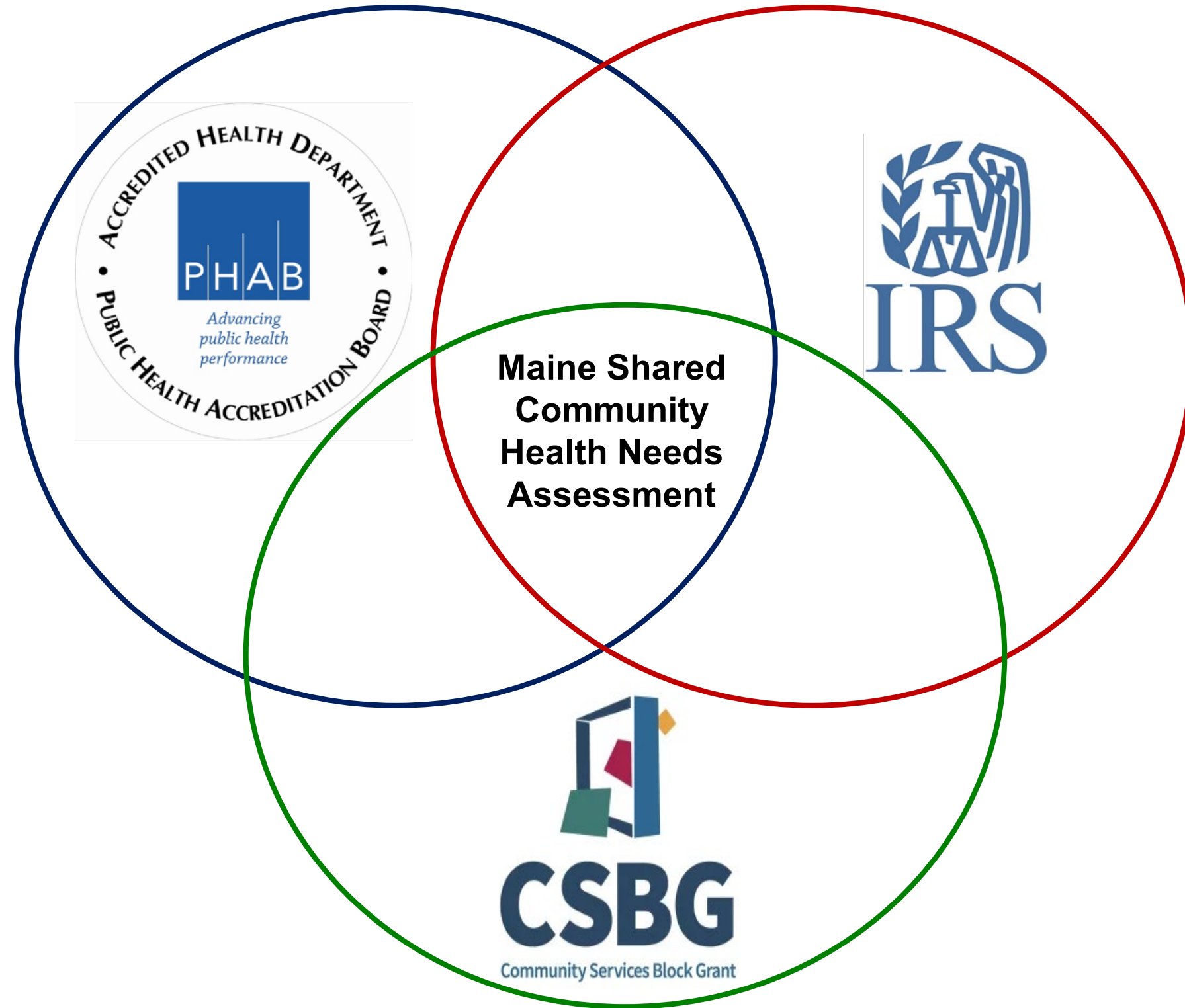
October 8, 2024

# Maine Shared CHNA

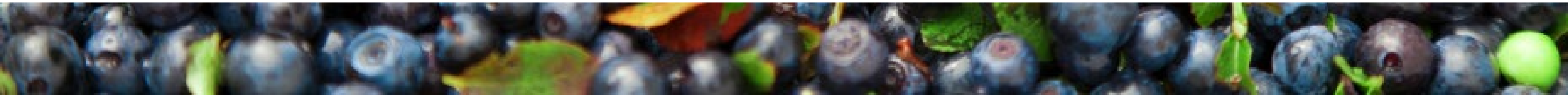
The Maine Shared Community Health Needs Assessment (Maine Shared CHNA) is a collaborative partnership between Central Maine Healthcare, Northern Light Health, MaineGeneral Health, MaineHealth, the Maine Center for Disease Control and Prevention, and the Maine Community Action Partnership. By engaging and learning from people and communities and through data analysis, the partnership aims to improve the health and well-being of all people living in Maine.



# Maine Shared CHNA



- **Steering Committee**
- **Program Manager**
- **Standing Committees**
  - **Metrics**
  - **Community Engagement**
- **Ad-Hoc Committees**
- **Local Planning Teams**

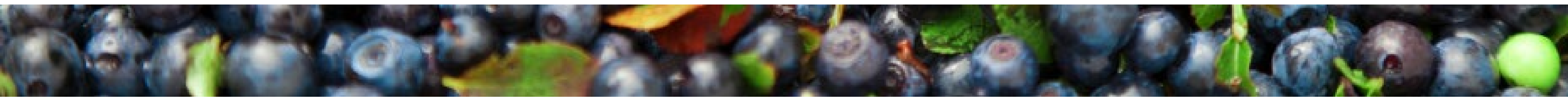


# Maine Shared CHNA

## 2024 CHNA Data Analysis, Community Engagement, and Prioritization Process & Timeline

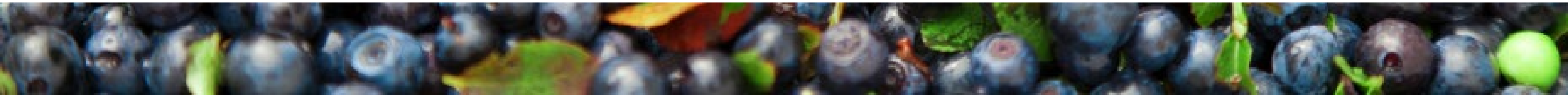
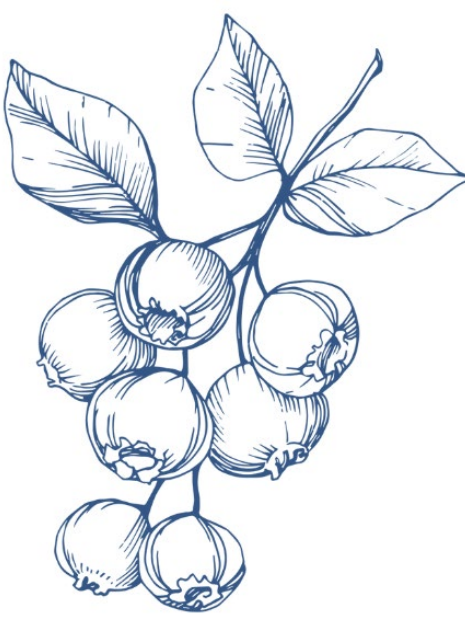


*Surveys conducted statewide, included both general community members and professionals; Focus Groups conducted with community members, both low-income population and health equity groups; Key Informant Interviews conducted when focus groups weren't feasible or to collect more information; Stakeholder forums conducted with professionals and advocates*



# Next Steps

- **County reports will be drafted summarizing the data analysis, community engagement findings, and Forum discussions related to each County's final priorities.**
- **The Steering Committee will review and compile the priorities from each County to inform the final priorities for the State.**
- **Final reports will be released in March 2025.**
- **Reports are used by health systems for community health improvement planning, the MeCDC for state health improvement planning, & the CAPs for strategic and programmatic planning**



# Agenda

Welcome!

Overview of Key Findings & Prioritization Voting

**Breakout:** Discussion of Findings & Prioritization Voting

Discussion Report Out & Second Round of Voting

**BREAK**

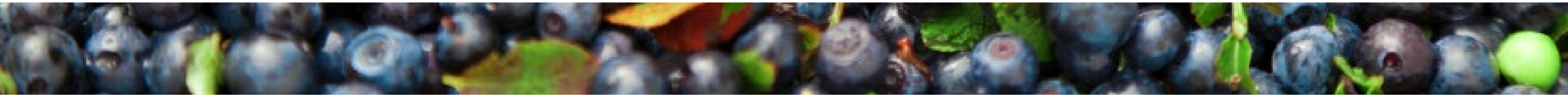
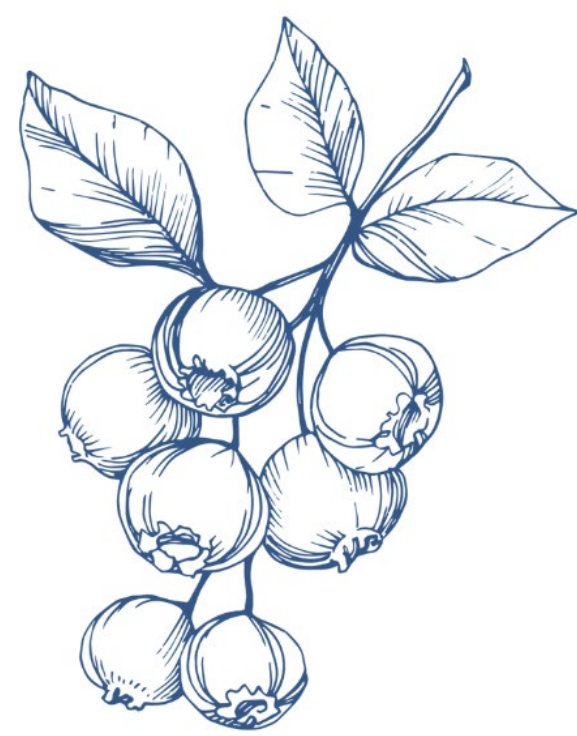
Presentation of Final Priorities

**Breakout:** Deeper Discussion of Priorities, Round 1

**Breakout:** Deeper Discussion of Priorities, Round 2

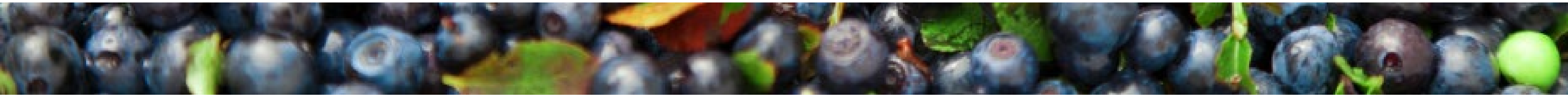
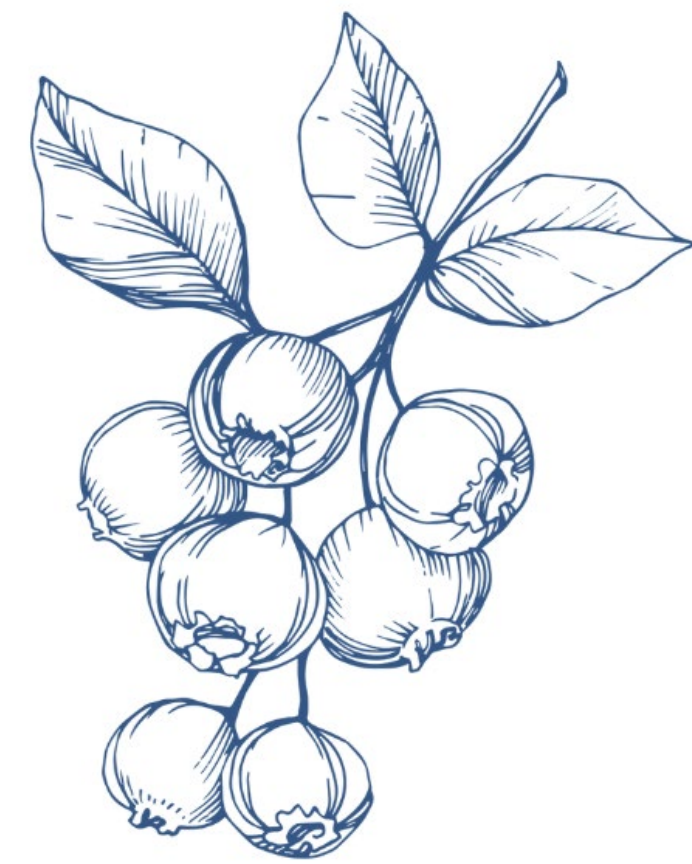
**Breakout:** Deeper Discussion of Priorities, Round 3

Conclusion & Next Steps



# Housekeeping

- Step Up. Step Back.
- Listen Longer. Be Curious. **Be Bold.**
- Take Breaks. Water and De-Water. Move Your Body.
- Maintain Confidentiality.
- Acknowledge Positionality.





# Key Findings

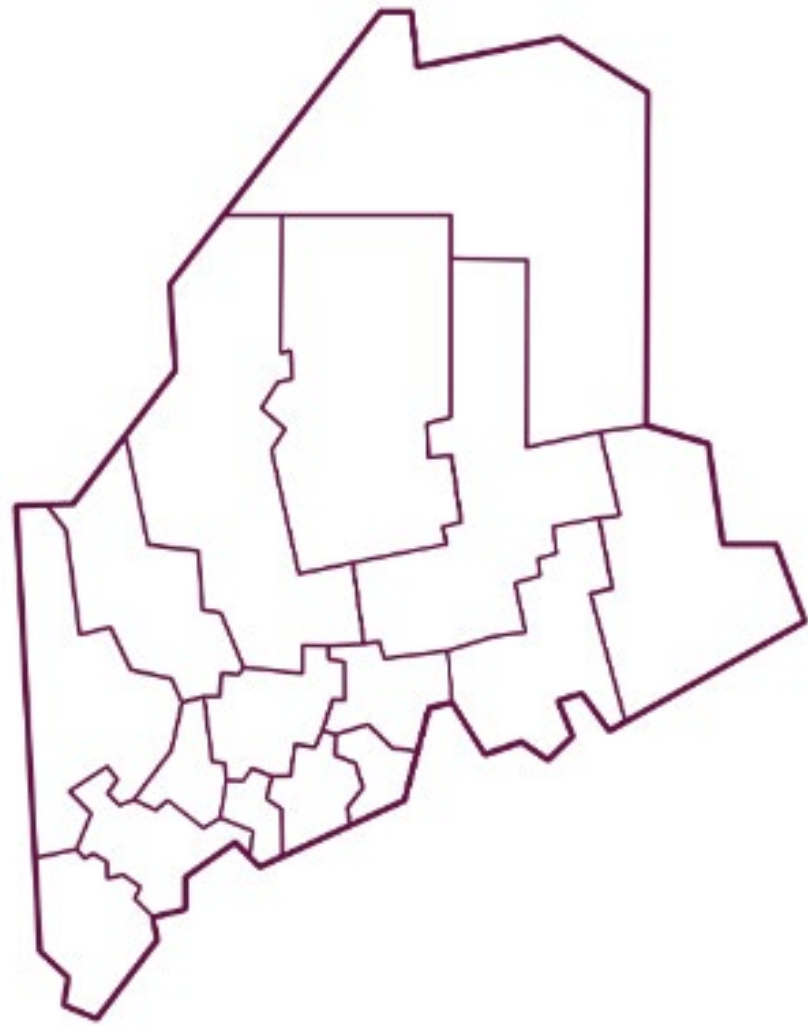


# Demographics

## Total Population

**67,237**

**4.9% of the total state population**

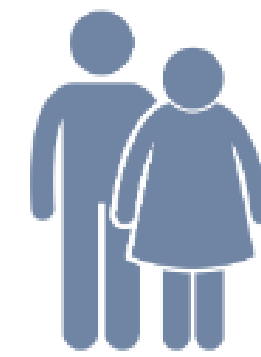


## Population by Age



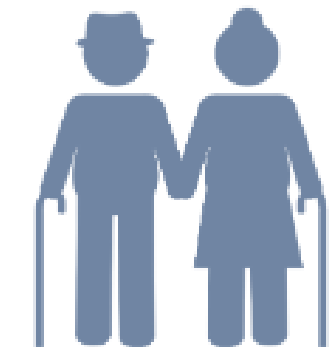
Age Under 18

**18.4%**



Age 18-64

**56.5%**

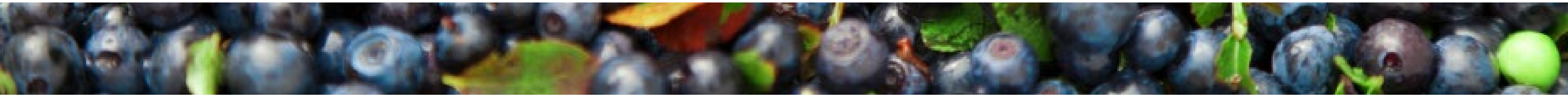
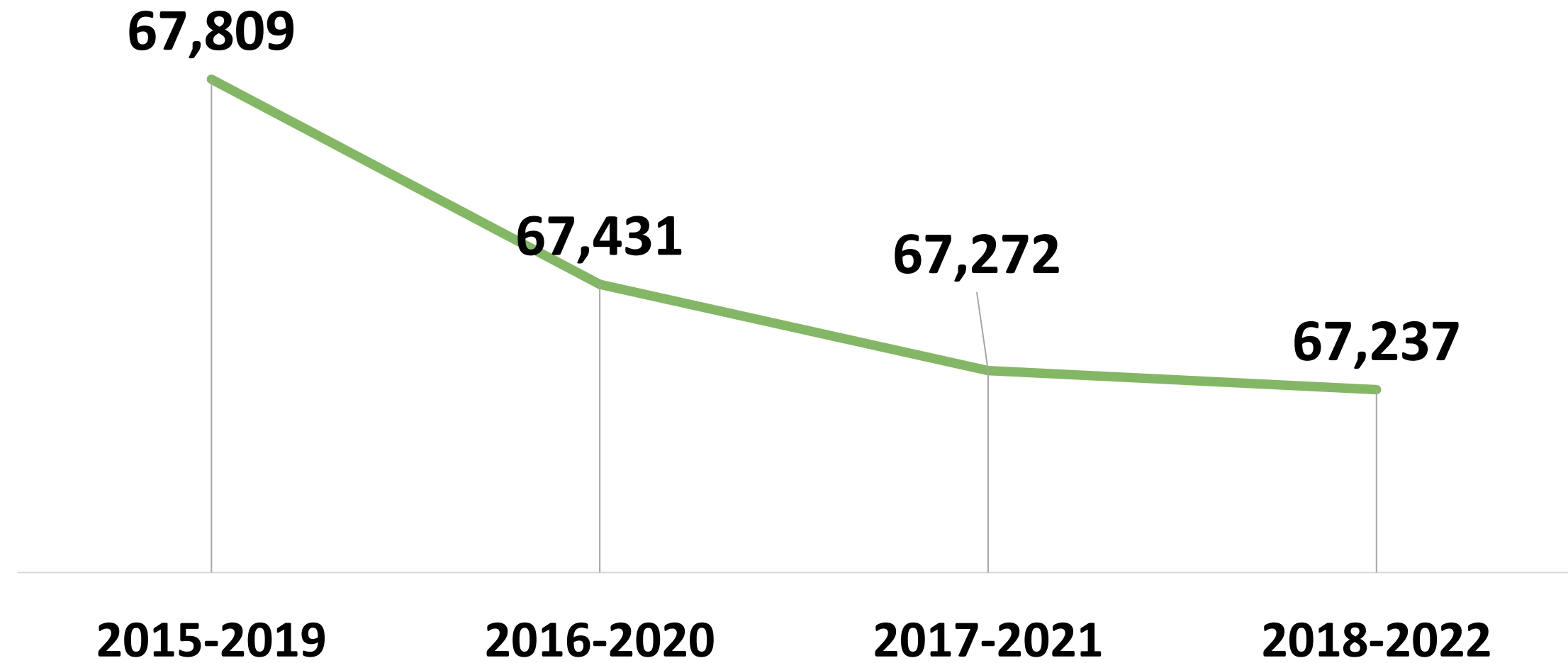


Age 65+

**25.1%**

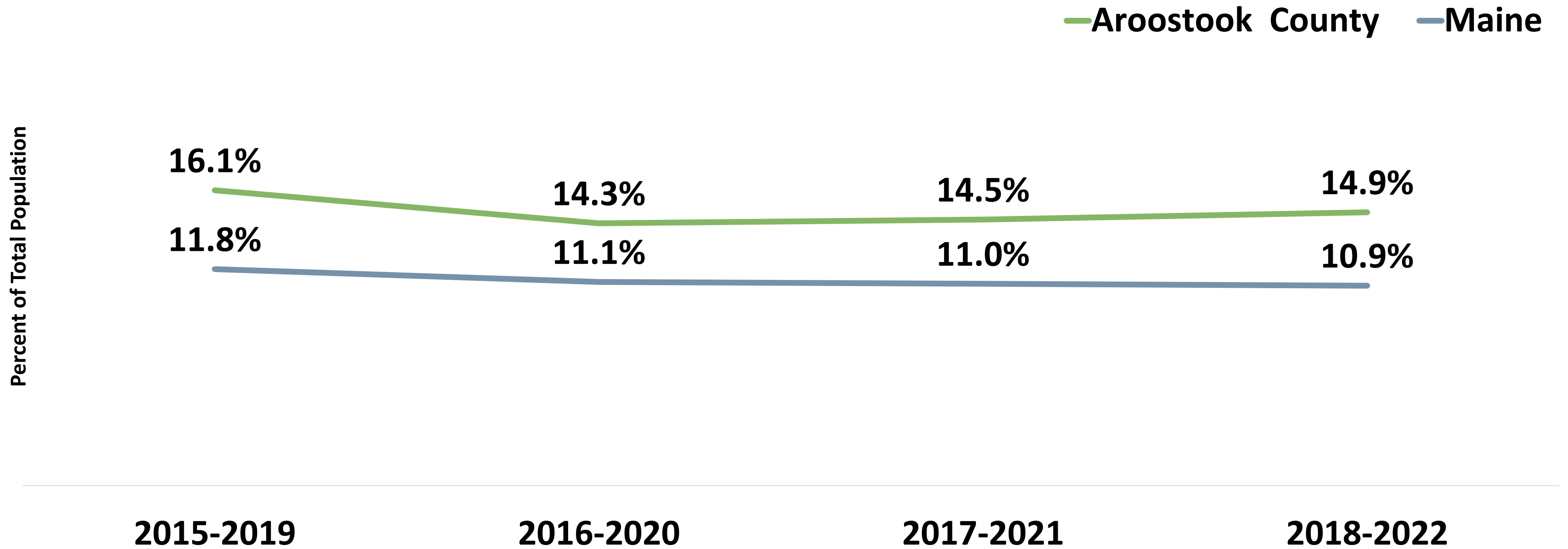
*U.S Census Bureau ACS Five-year Estimates 2018-2022*

## County Population

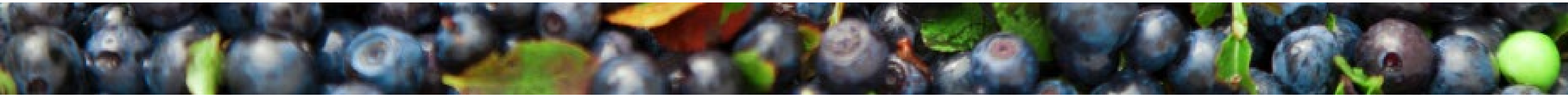


# Demographics

## Individuals Living in Poverty

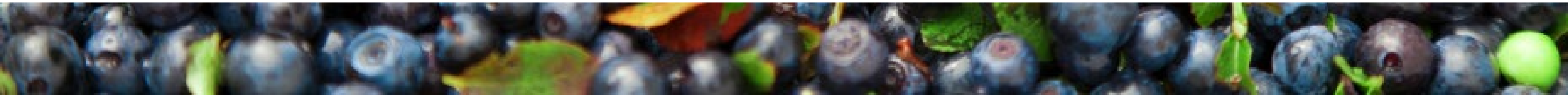
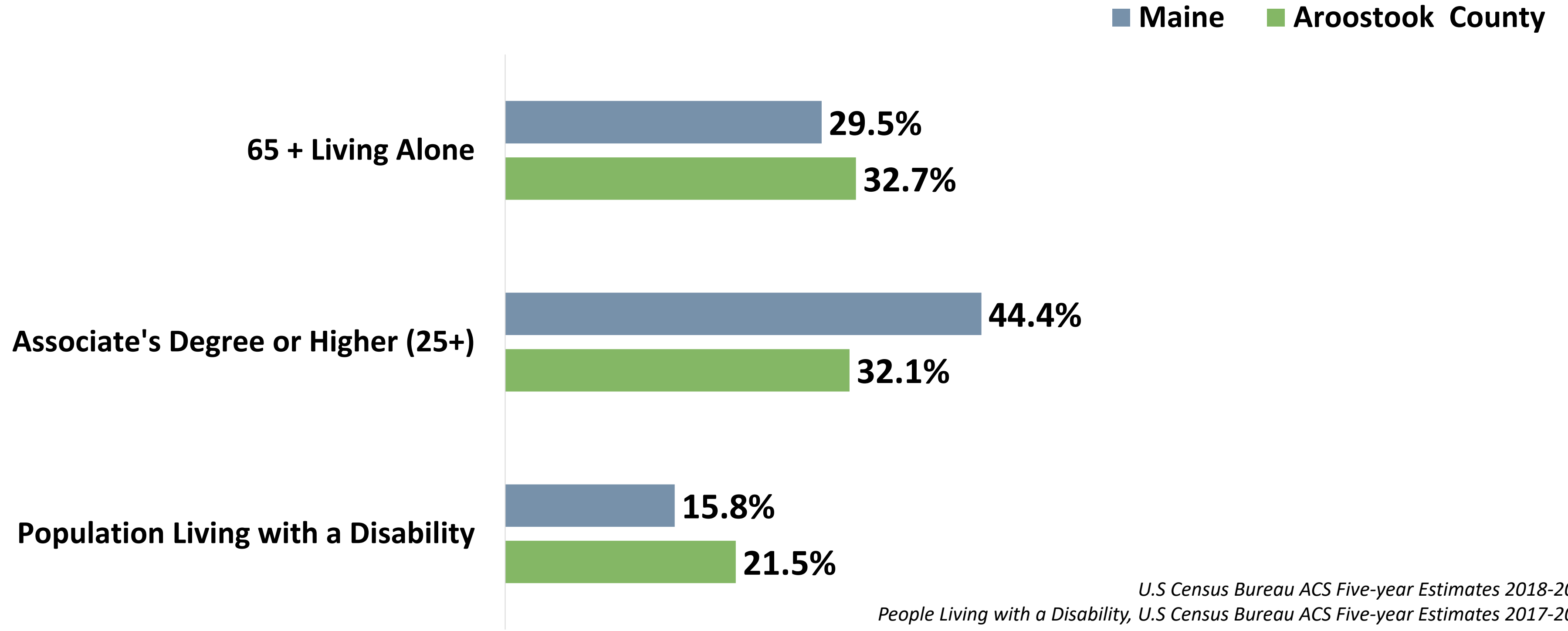


*U.S. Census Bureau ACS Five-year Estimates*



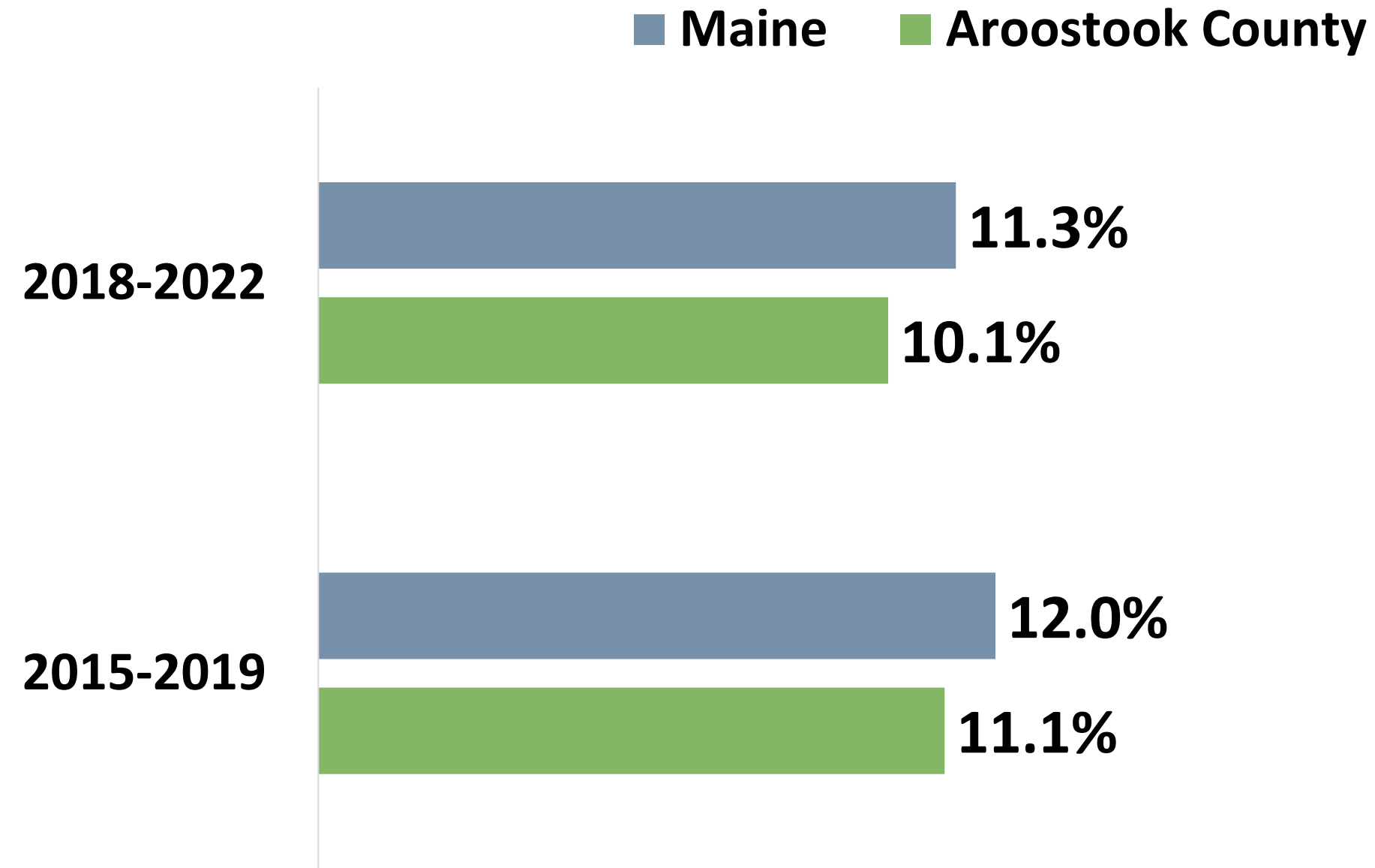
# Demographics

## Social Drivers of Health



# Community Conditions

## Cost-burdened Households



Households that spend more than 50% of income toward housing

## Transportation



**20.7%**

Commute of greater than 30 minutes driving alone

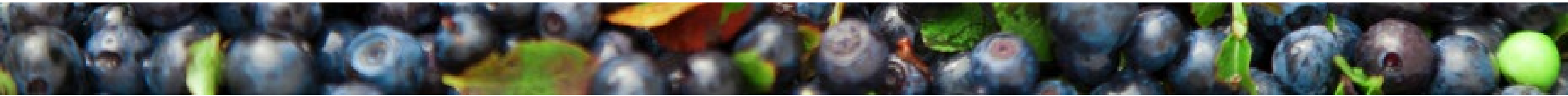


**2.5 %**

No vehicle for the household

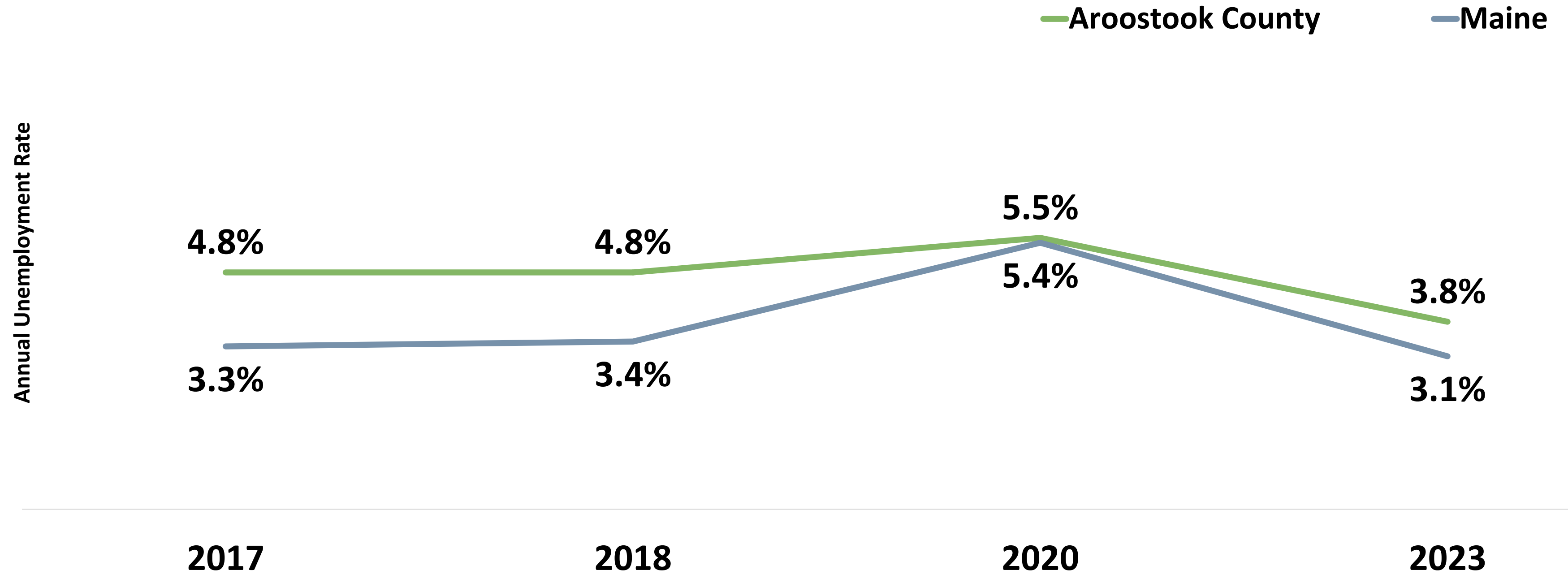
*U.S Census Bureau ACS Five-year Estimates 2018-2022*

*No Vehicle for the Household, U.S Census Bureau ACS Five-year Estimates 2017-2021*

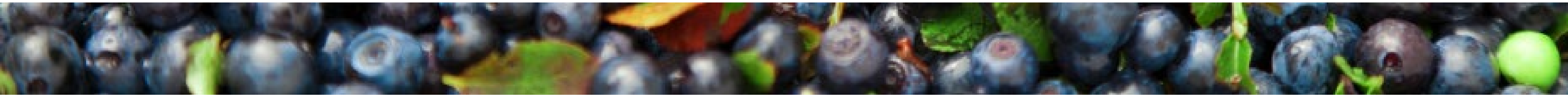


# Community Conditions

## Unemployment



*U.S Bureau of Labor Statistics*



# Community Conditions

## Economic Wellbeing



Median household income

**2015-2019: \$41,123**

**2017-2021: \$47,278**



Households living above the federal poverty level but below the Asset Limited Income Constrained Employed threshold of financial survival

**2019: 48.6%**

**2022: 54.0%**

The 2017-2021 median household income for Aroostook County is **significantly less** compared to Maine (\$63,182) but **significantly higher** compared to 2015-2019

## **ALICE**

Working families who are struggling to afford basic necessities like housing, food, and childcare **despite** earning an income technically above the poverty line.

These families are working but still financially insecure due to the high cost of living in their area.

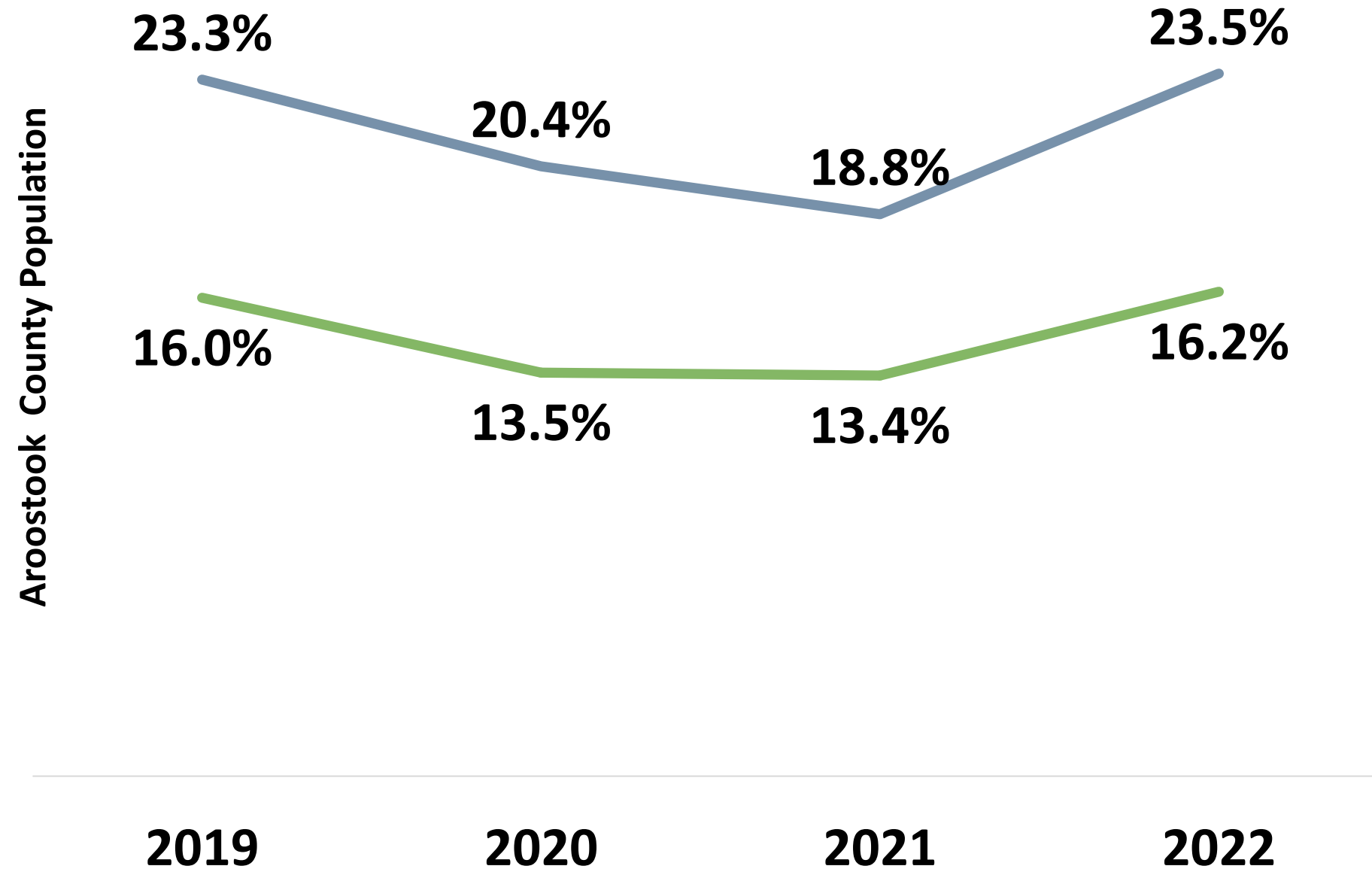
# Community Conditions



2021 data reflects that Aroostook County adults consume significantly less fruits compared to Maine (33.9%)

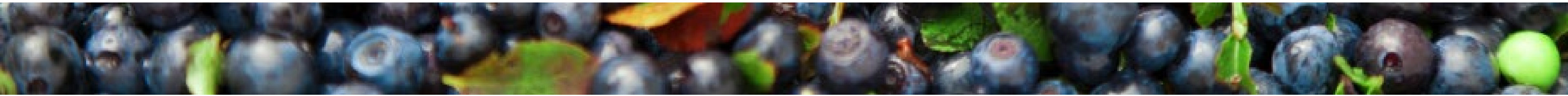
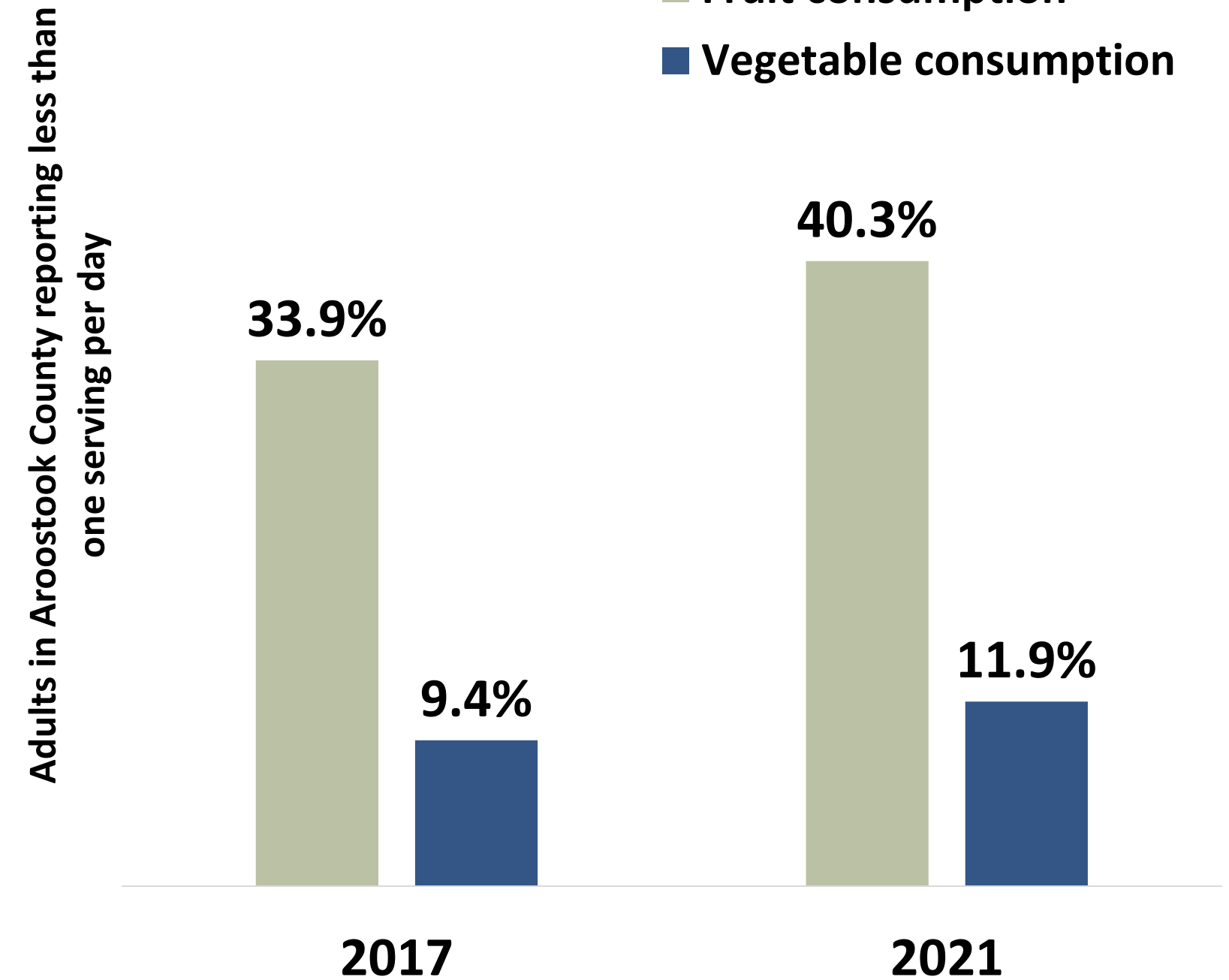
## Food Insecurity

— Total Population — Youth



## Fruit & Vegetable Consumption

■ Fruit consumption ■ Vegetable consumption



# Community Conditions

## Child Care



Child Care Centers

**2020: 30**

**2024: 33**

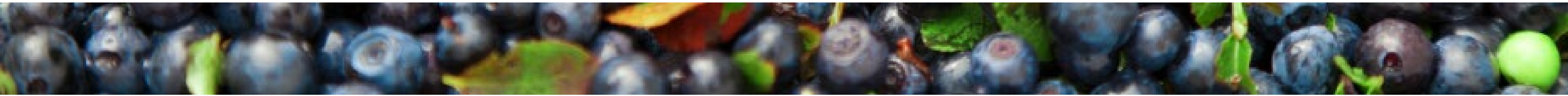
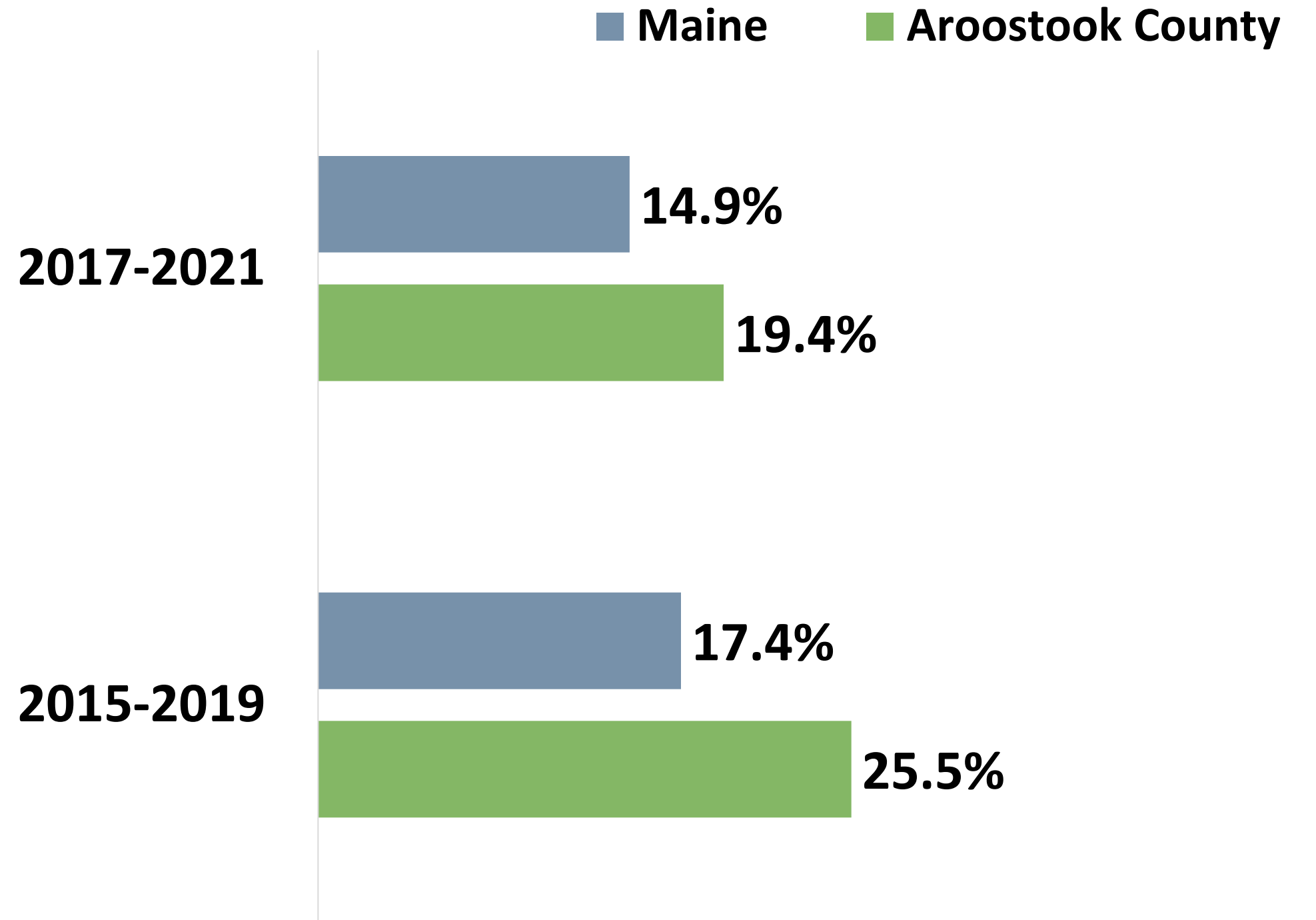


Children served in publicly funded state & local preschools

**2019: 25.5%**

**2023: 19.4%**

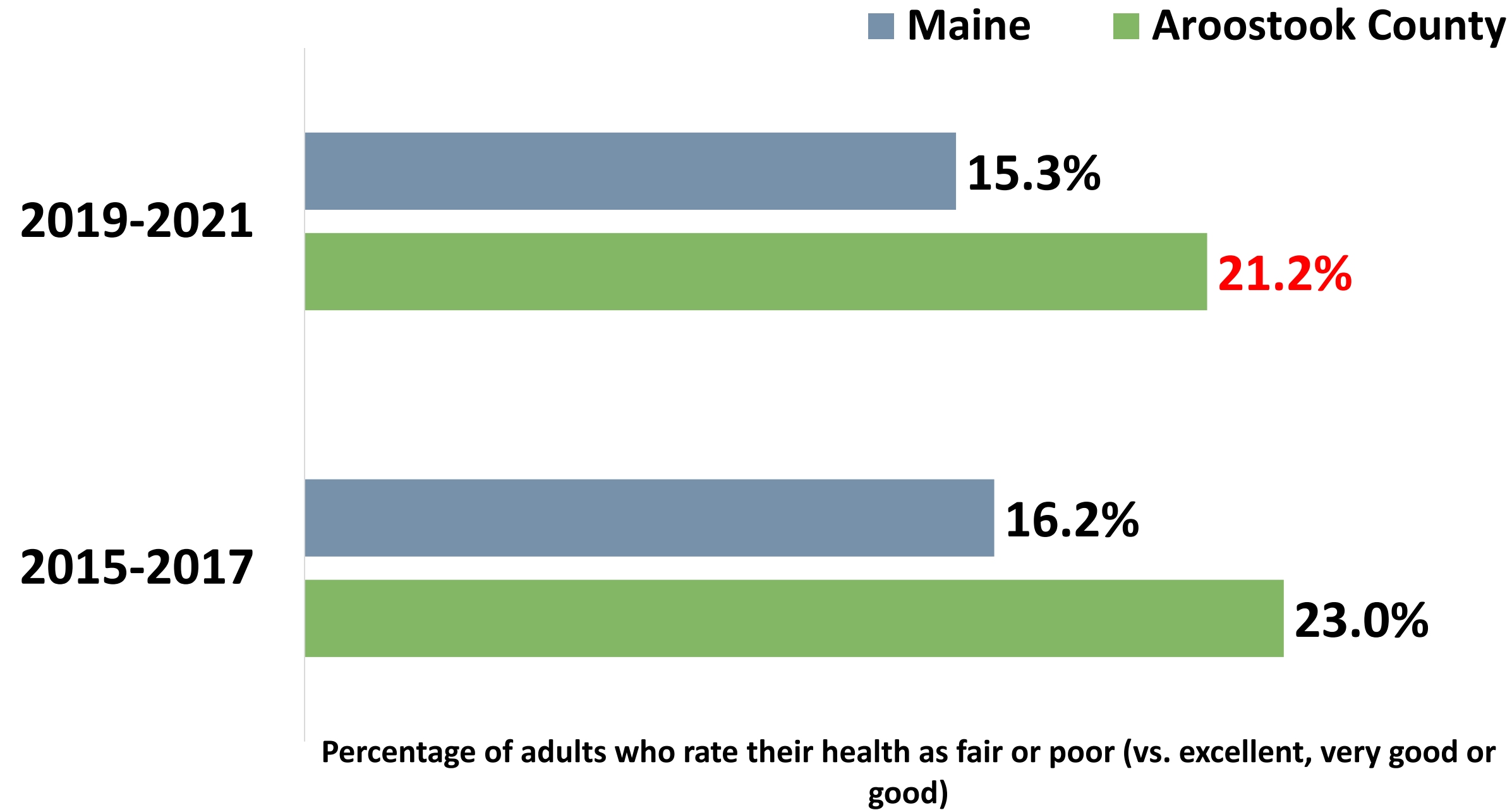
## Head Start eligible infants, toddlers, preschool age children



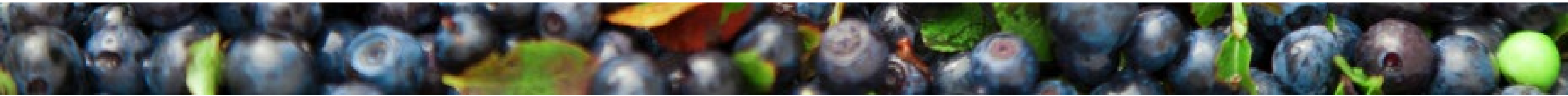


# Protective & Risk Factors

## Fair or Poor Health (self-rated)

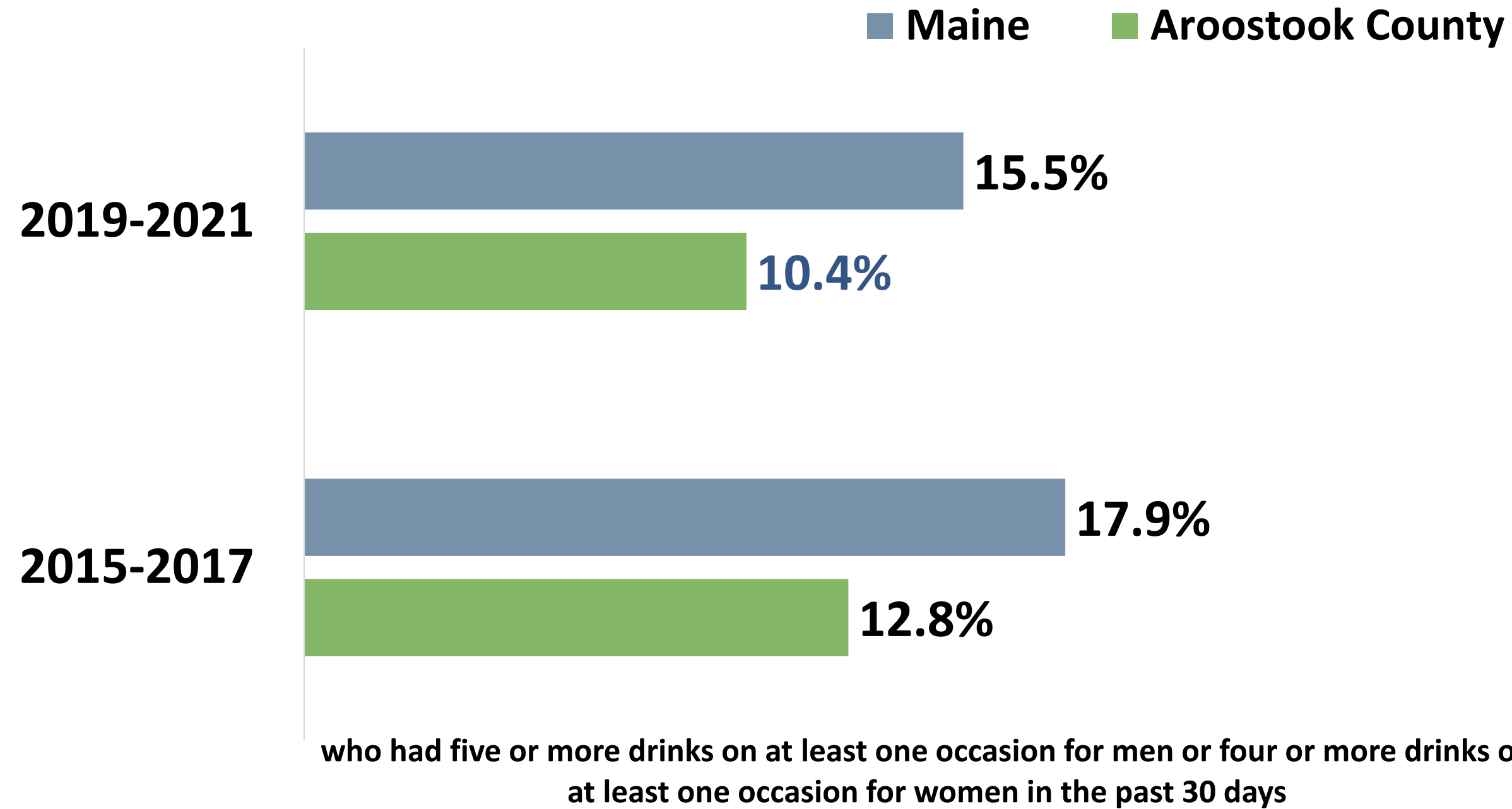


The 2019-2021 data reflects that **significantly more** adults in Aroostook County self-report that their health as fair or poor (vs. excellent, very good or good) compared to Maine.

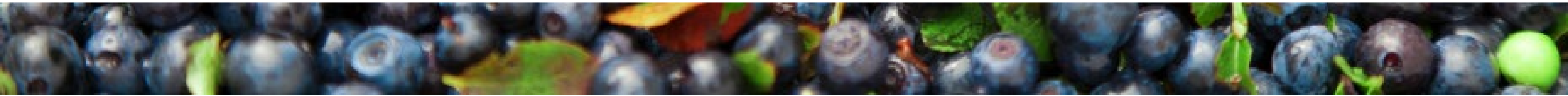


# Protective & Risk Factors

## Binge Drinking



The 2019-2021 data reflects that **significantly fewer** adults in Aroostook County self-report binge drinking compared to Maine.



# Health Conditions & Outcomes

## Leading Causes of Death

Rank	United States	Maine	Aroostook County
1	Heart Disease	Heart Disease	Heart Disease
2	Cancer	Cancer	Cancer
3	Unintentional Injury	Unintentional Injury	Unintentional Injury
4	Chronic Lower Respiratory Disease	Chronic Lower Respiratory Disease	Chronic Lower Respiratory Disease
5	Cerebrovascular Diseases	COVID-19	COVID-19
6	Alzheimer's Disease	Cerebrovascular Diseases	Cerebrovascular Diseases
7	Diabetes	Diabetes	Diabetes
8	Influenza & Pneumonia	Alzheimer's Disease	Chronic Liver Disease and Cirrhosis
9	Liver Disease	Liver Disease	Influenza & Pneumonia
10	Suicide	Influenza & Pneumonia	Alzheimer's Disease

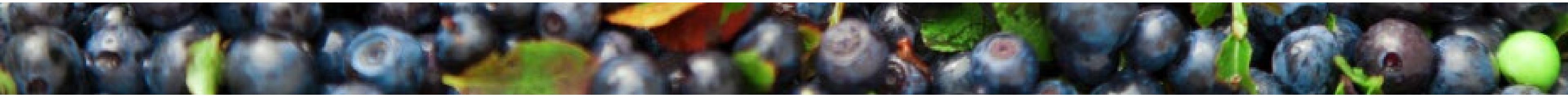


Cardiovascular disease deaths per 100,000 population  
**2015-2019: 200.7**  
**2018-2022: 220.1**



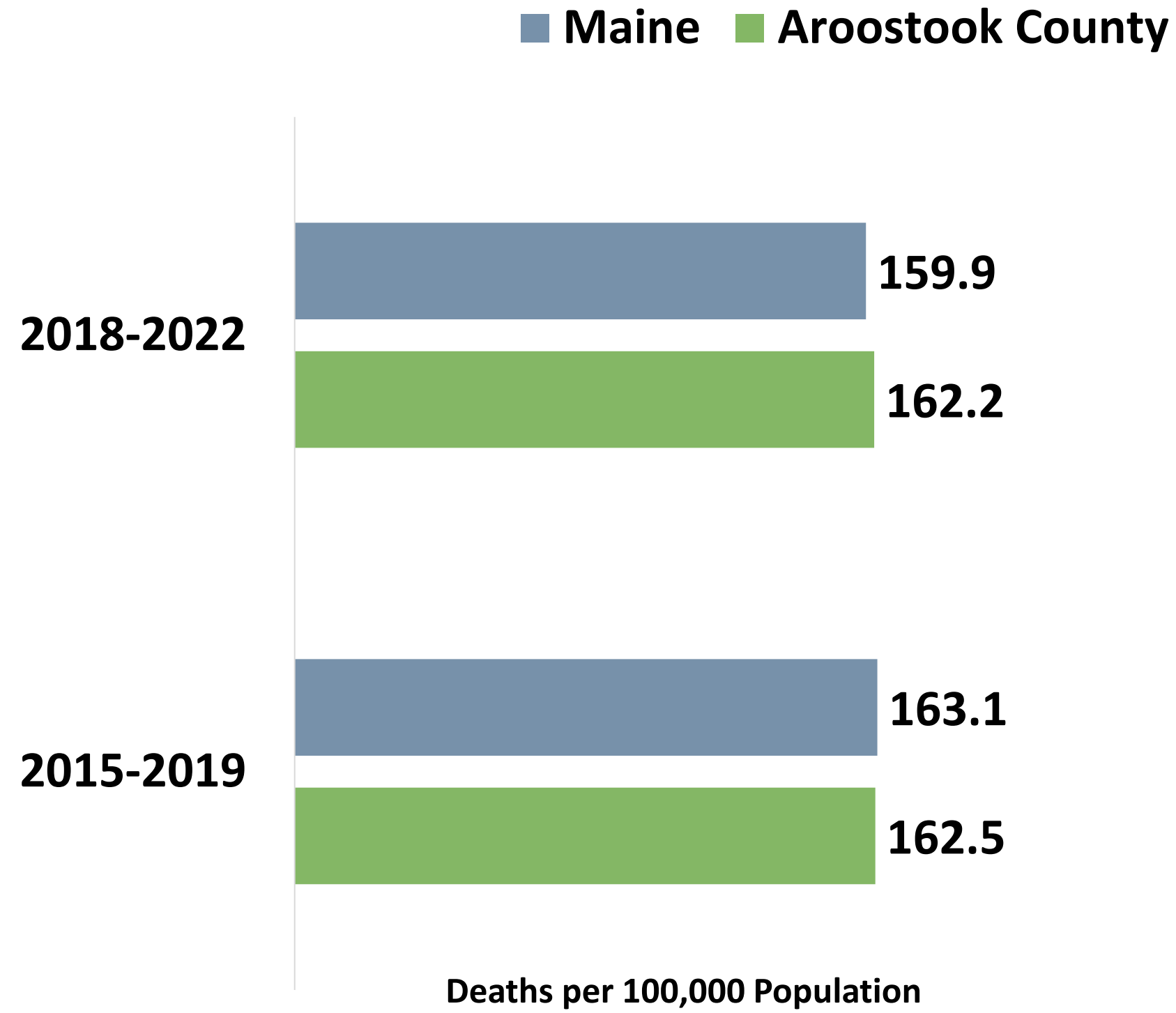
Injury deaths per 100,000 population  
**2015-2019: 70.4**  
**2018-2022: 198.7**

*\*Drug overdose deaths are included in unintentional injury deaths for ranking causes of death.*

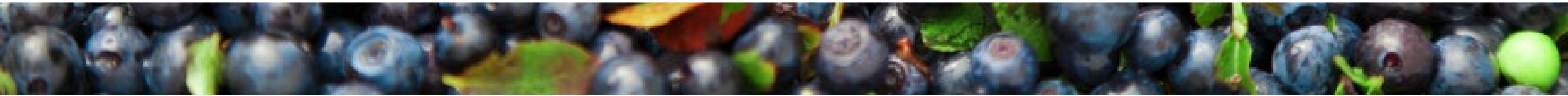
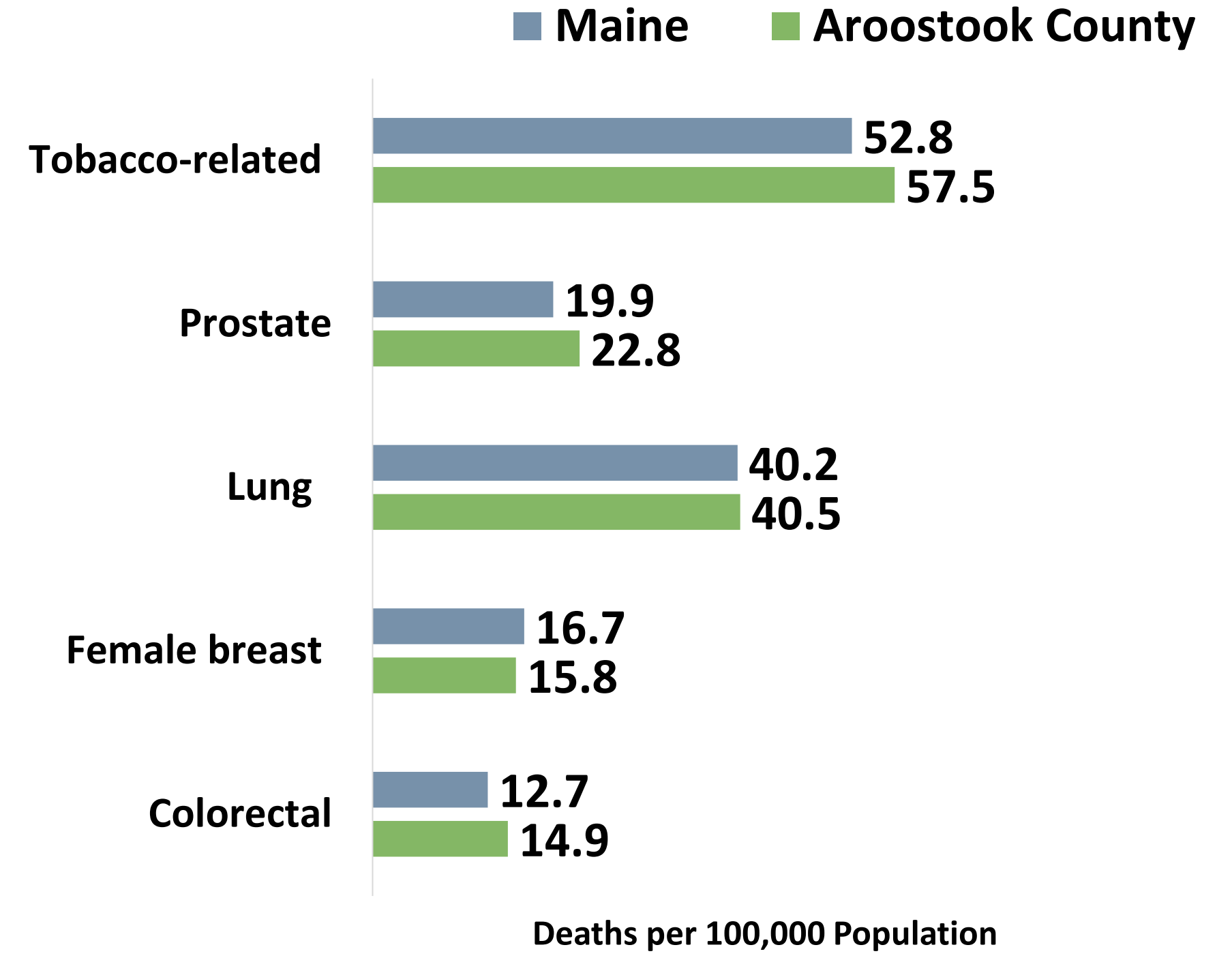


# Health Conditions & Outcomes

## All Cancer Deaths

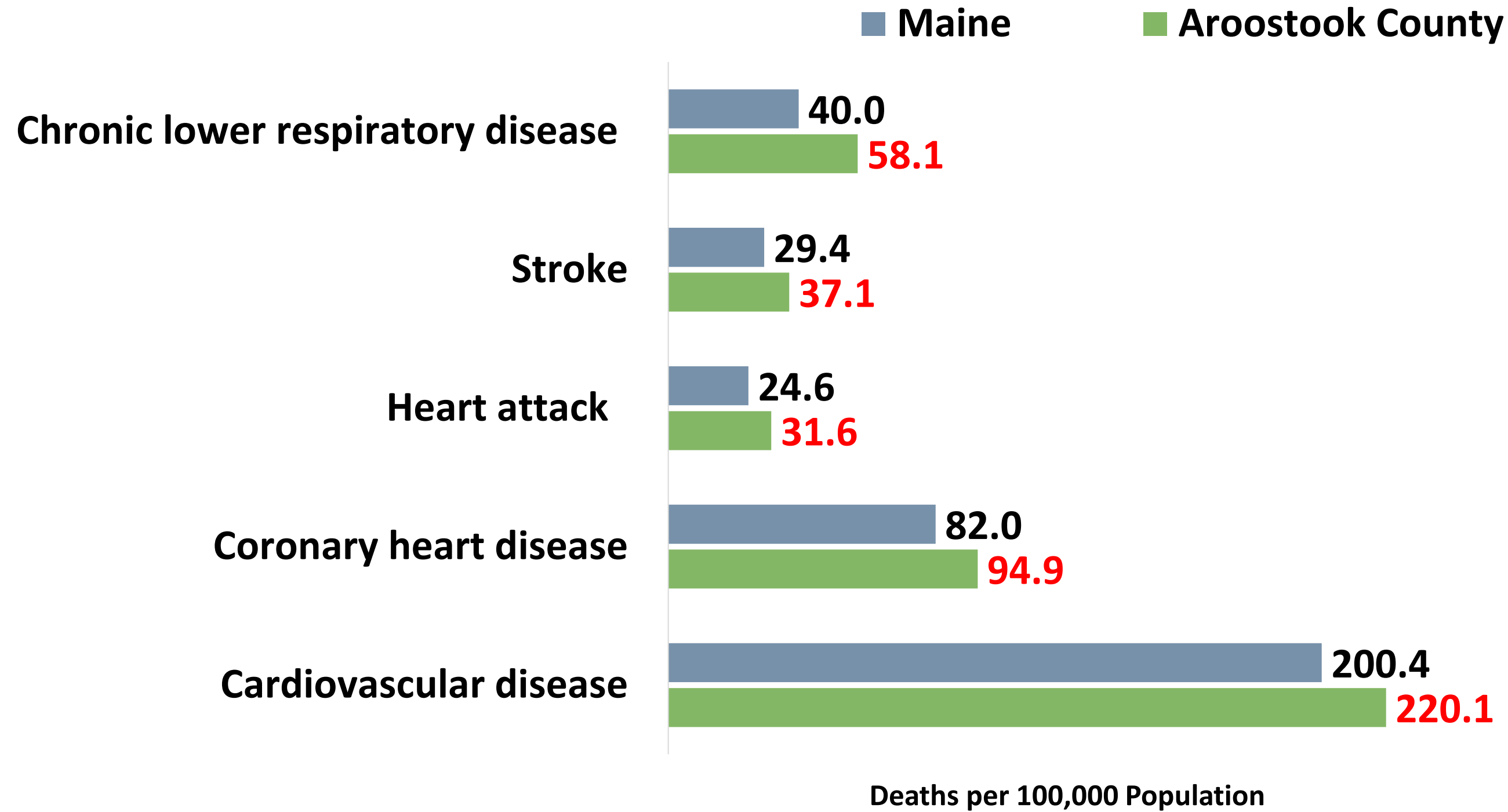


## Cancer Mortality by Type

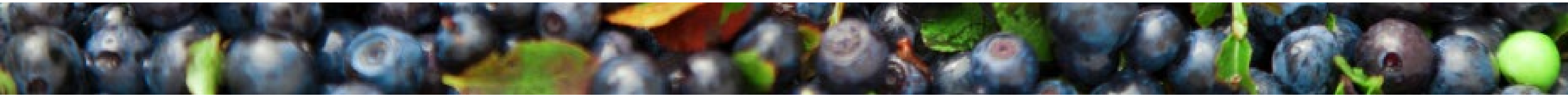


# Health Conditions & Outcomes

## Chronic Disease Deaths

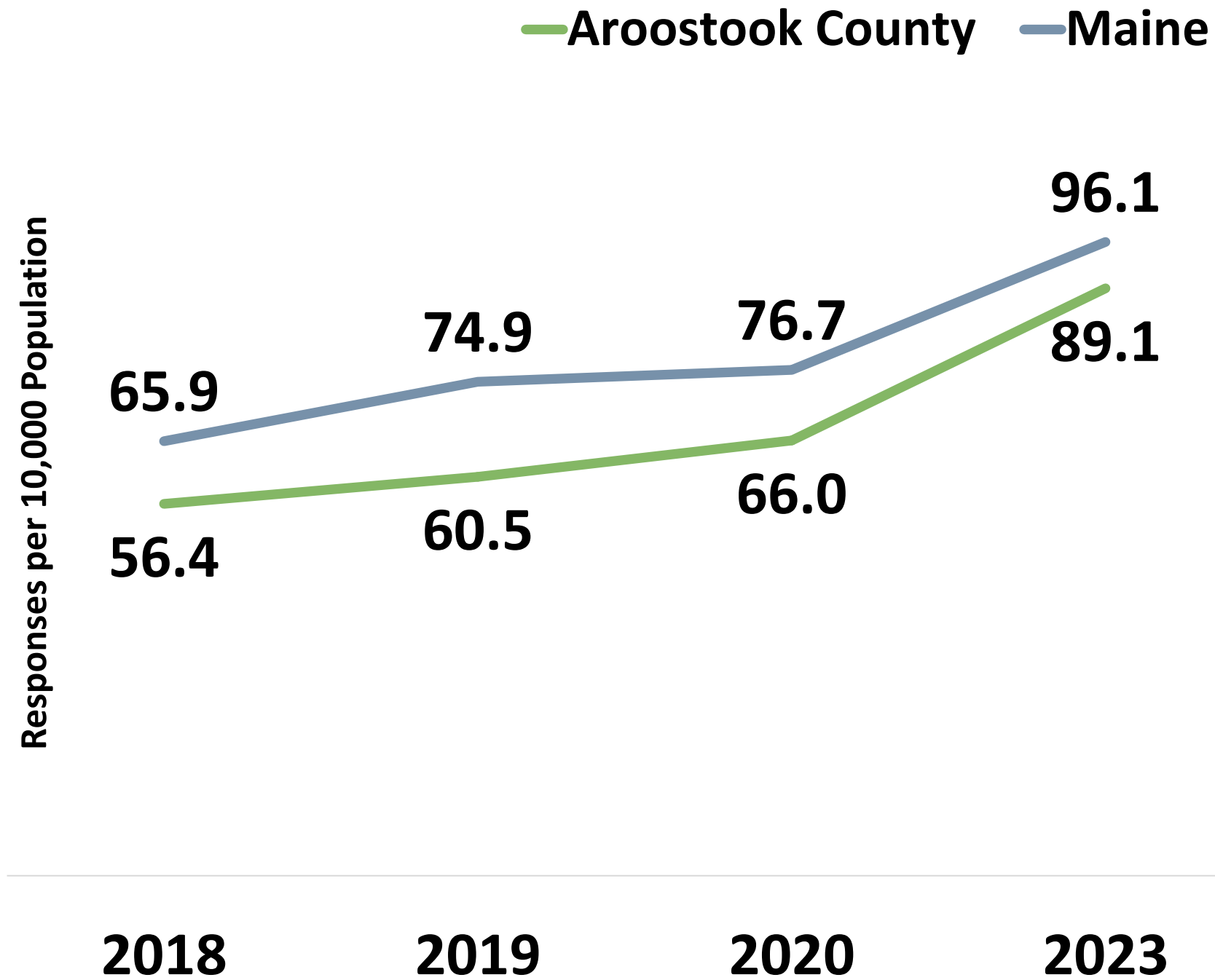


2018-2022 data reflects that Aroostook County has a **significantly higher** death rate for all chronic diseases listed in the chart compared to the state of Maine.

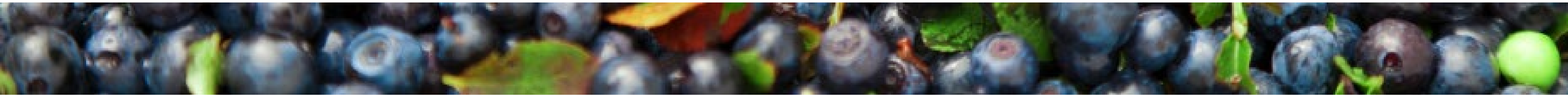
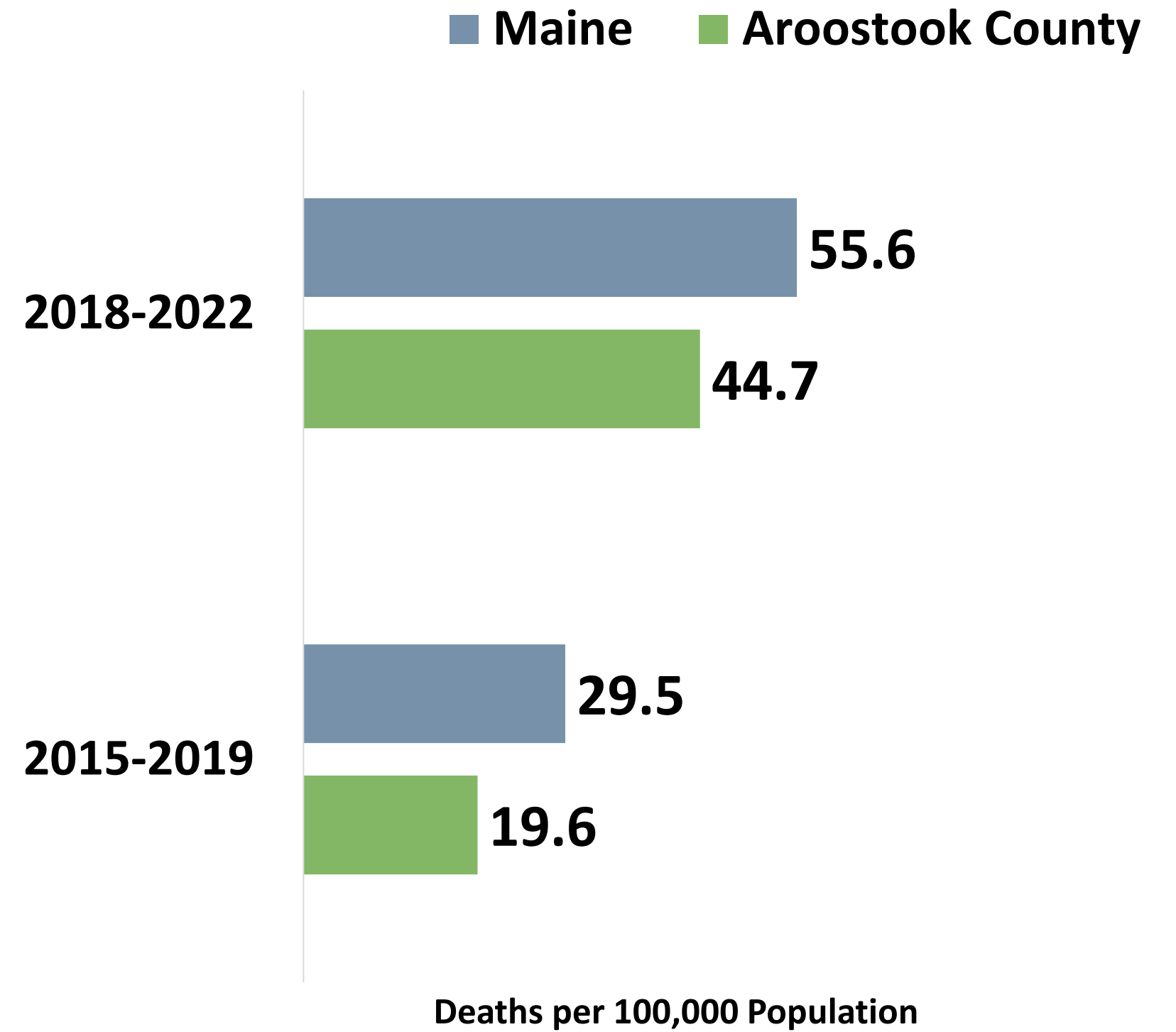


# Health Conditions & Outcomes

## Overdose Emergency Medical Service Responses



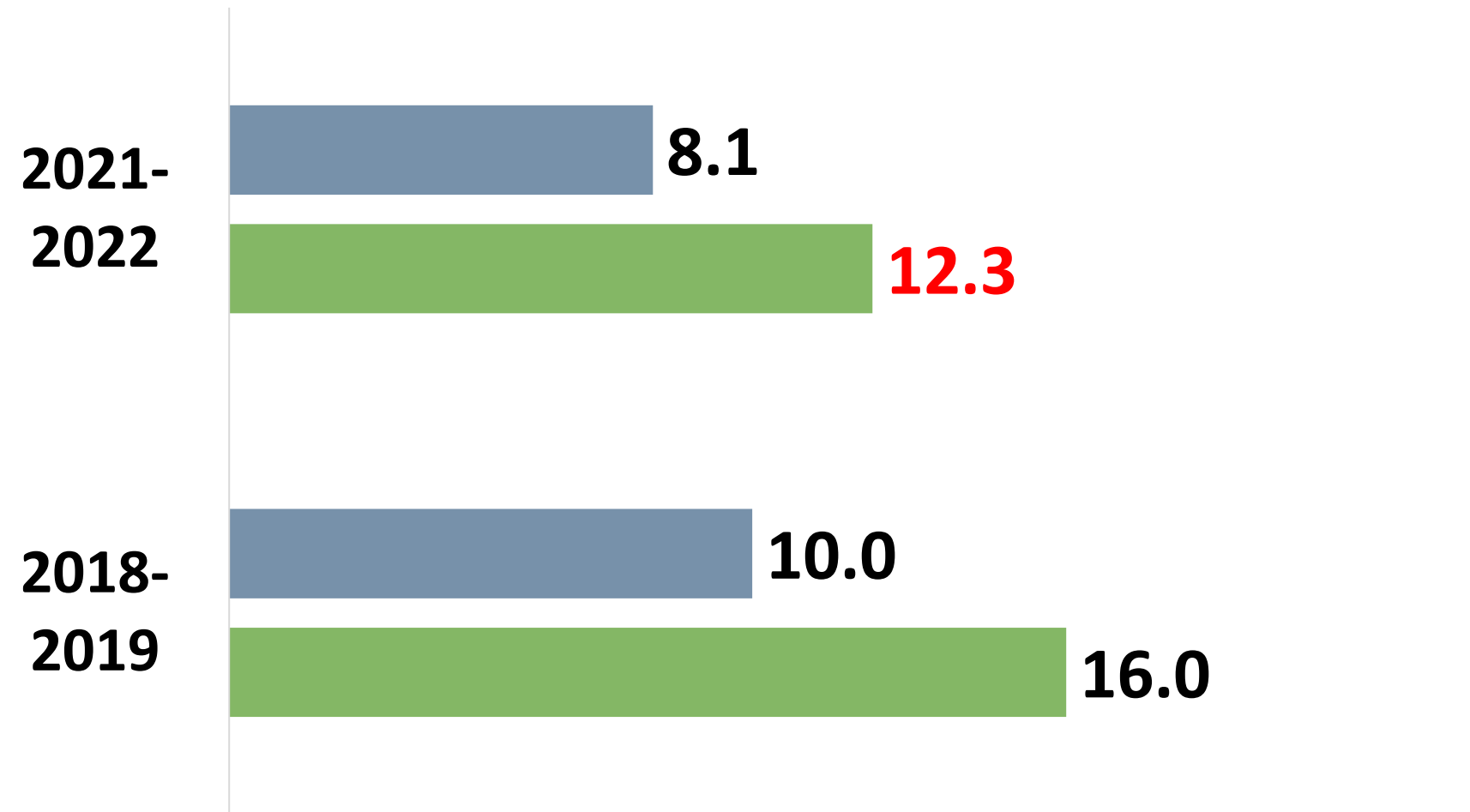
## Drug-induced Deaths



# Health Conditions & Outcomes

## Teen Births

■ Maine ■ Aroostook County



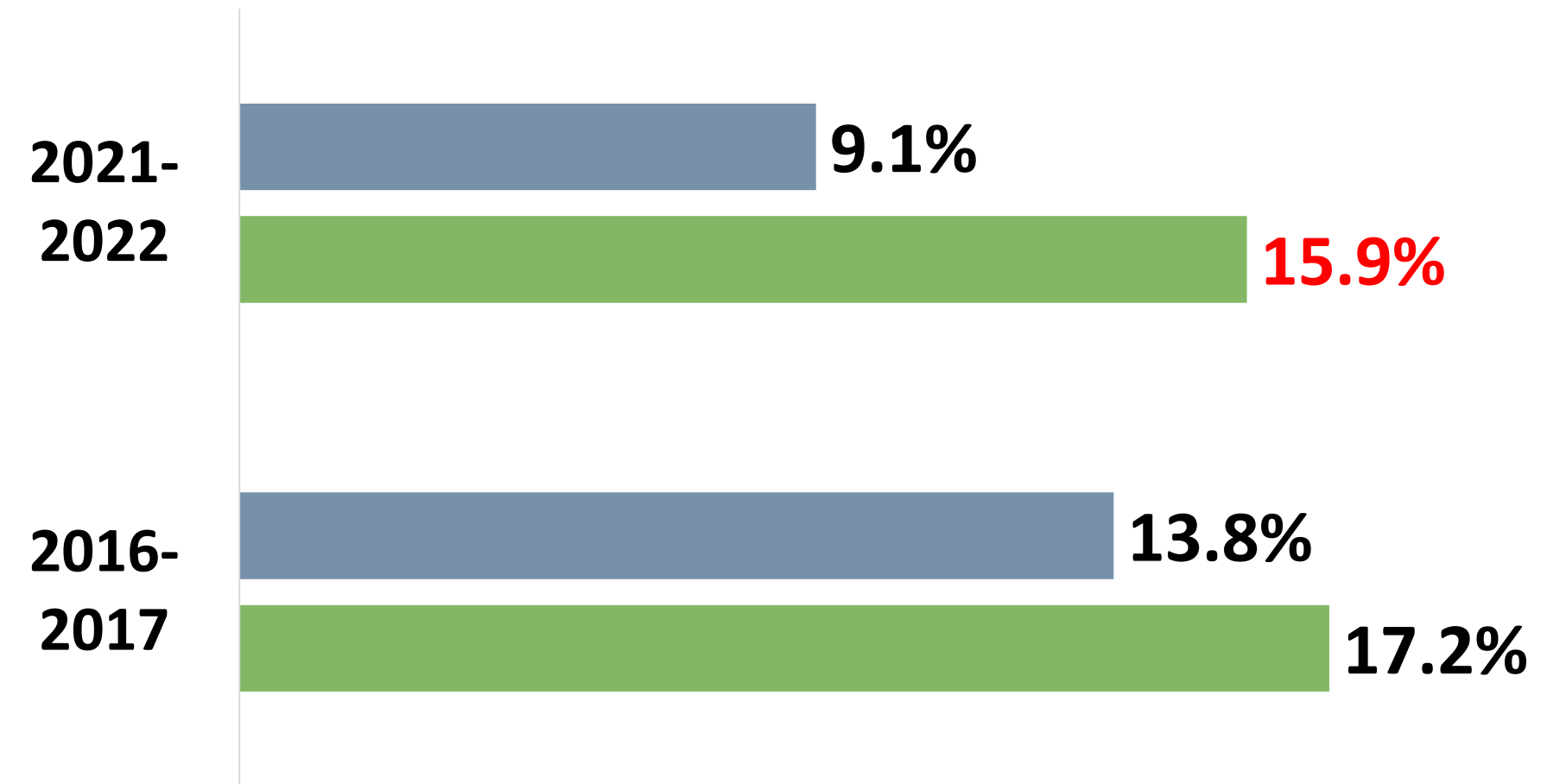
Births to 15-19 year olds per 1,000 population



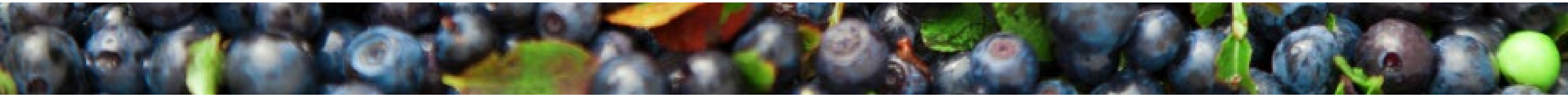
2021-2022 data reflects a **significantly higher** rate of teen births compared to Maine.

## Smoked During Pregnancy

■ Maine ■ Aroostook County



2021-2022 data reflects a **significantly higher** percentage of women who reported smoking during pregnancy compared to Maine.





# Community Engagement



# Community Engagement

## Focus Group Top Themes

**Affordable housing**

**Available resources**

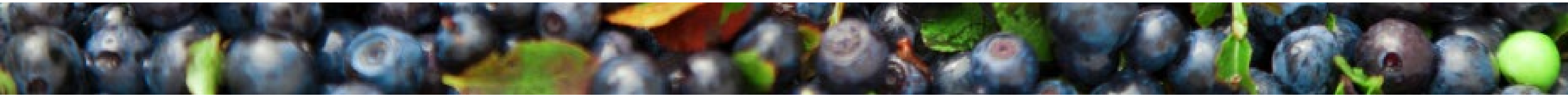
**Provider shortages**

**Timely and affordable care**

**Transportation**

## Select Quotes From Participants

- **“There aren’t enough providers, especially mental health and substance use treatment.”**
- **“Specialists – if you want to see one quickly, you have to go as far as Bangor.”**
- **“[Someone I know] is disabled vet. He's able to use telehealth for his appointments, otherwise he has to go down to Augusta, Bangor, Caribou. Some people can't travel all over to get the care they need.”**
- **“Wages have not kept up. You need 30% of your paycheck in order to get housing.”**
- **“People have wants and needs that are totally different from the homeless population.... Doctors ask, “Do you have enough to eat? Do you feel safe at home?” But it’s just to check a box. What are they prepared to offer?”**

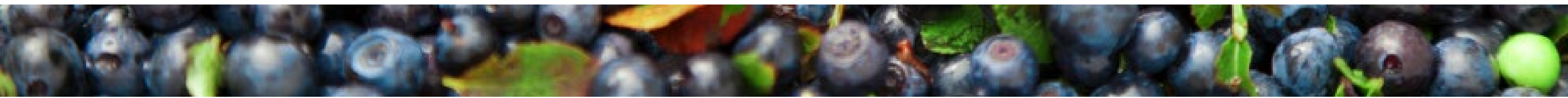
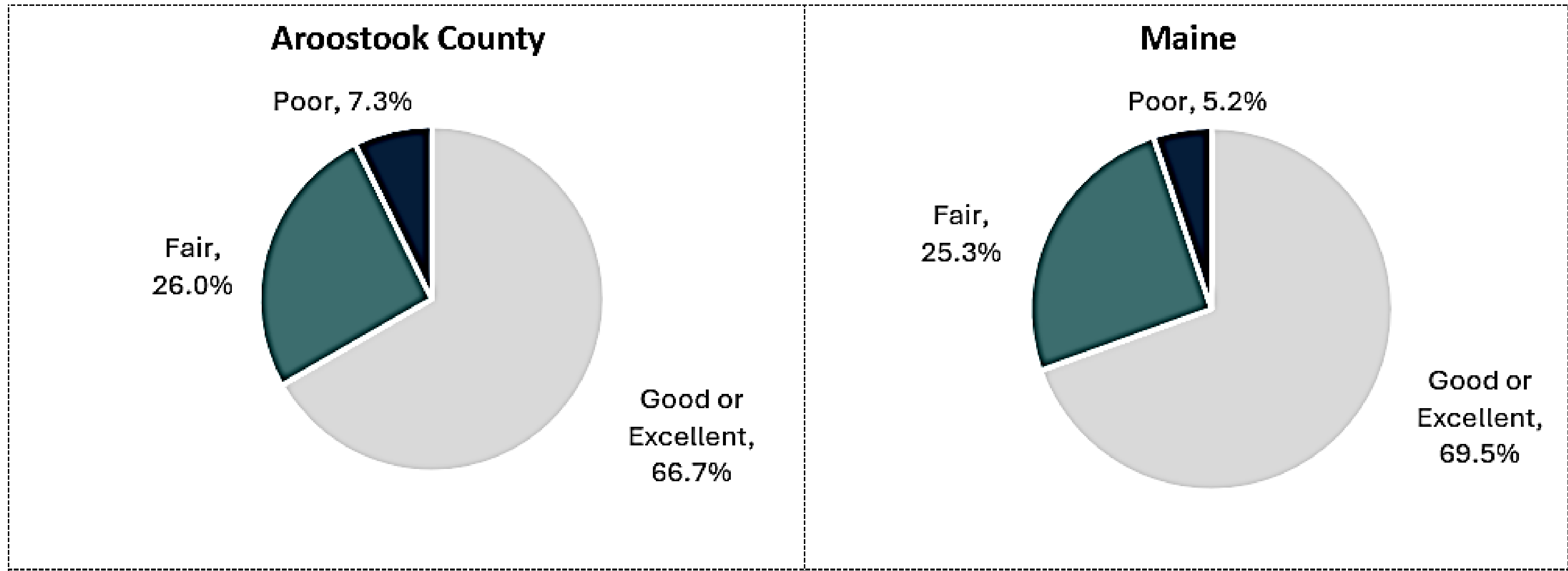


# Community Engagement

## Community Survey: Physical Health Status

Total Participants	
Aroostook County	Maine
495	3,967

How would you rate your own physical health?

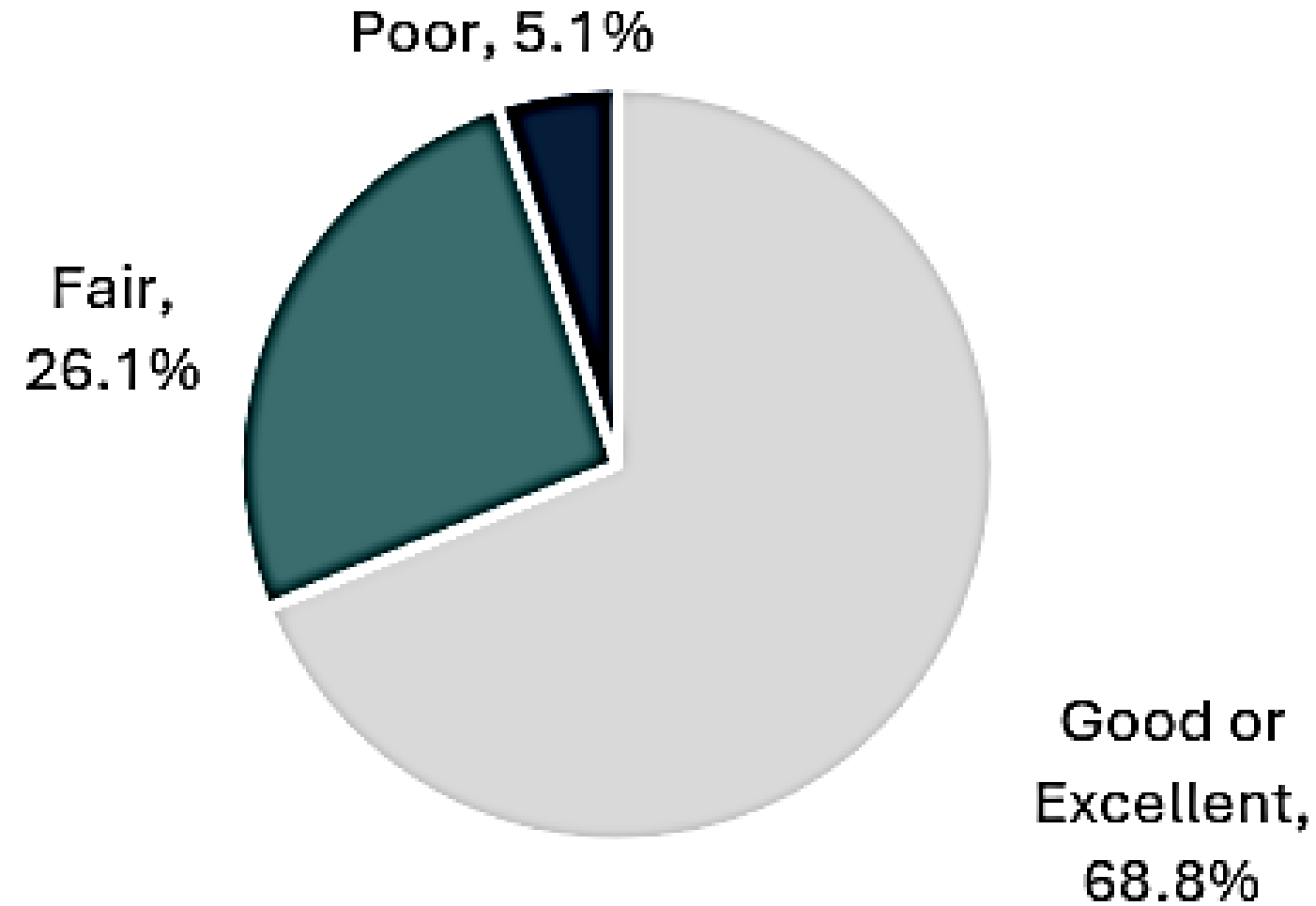


# Community Engagement

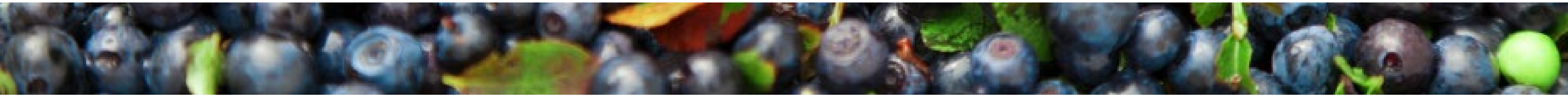
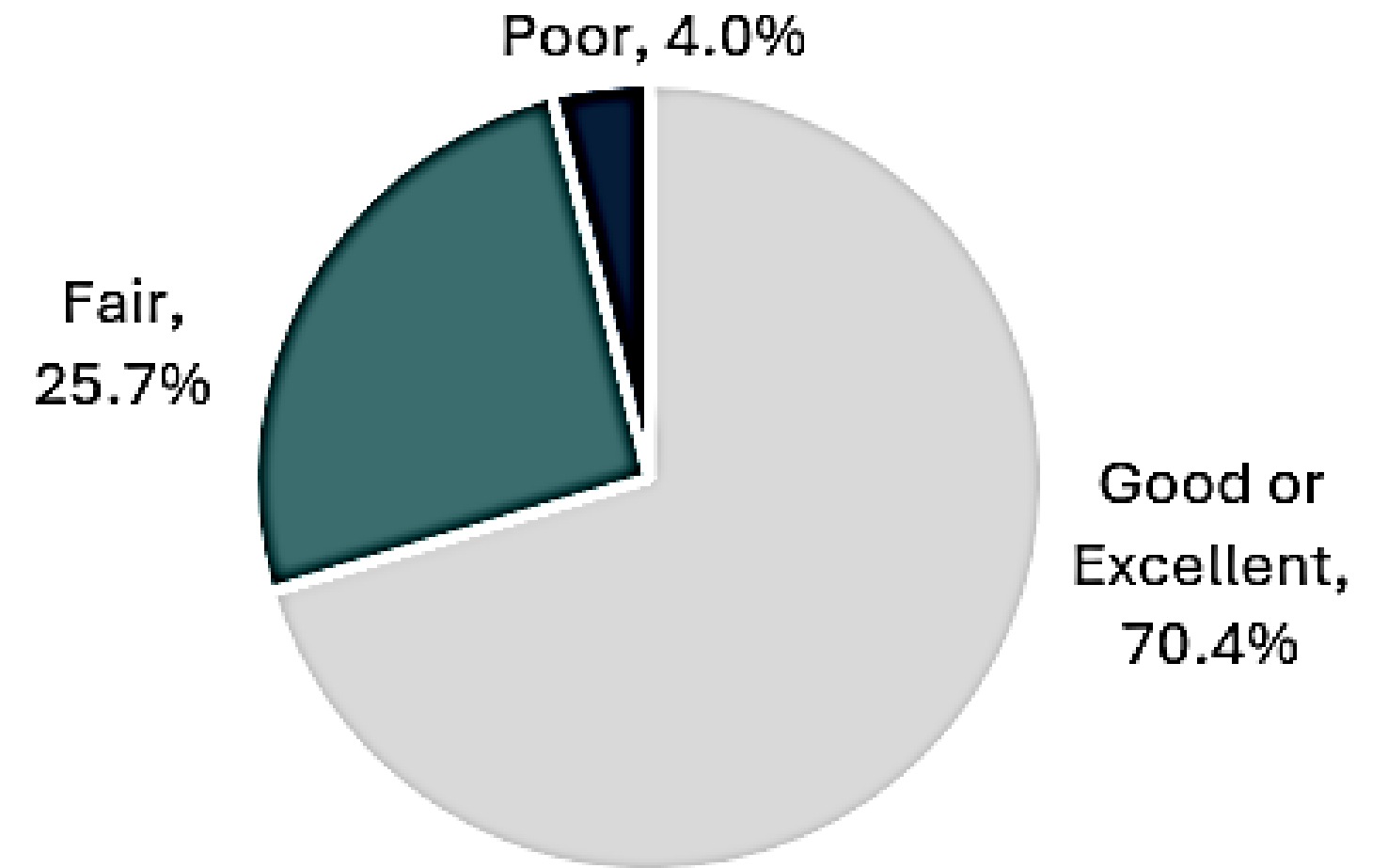
## Community Survey: Mental Health Status

**How would you rate your own mental health?**

**Aroostook County**



**Maine**

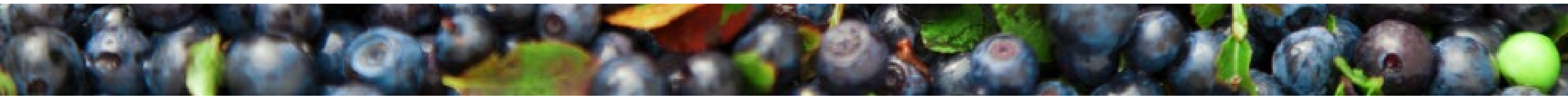


# Community Engagement

## Community Survey: Community Health Status

### Top 5 social concerns that negatively impact your community

Aroostook County		Maine	
1)	Substance use (alcohol, cannabis, prescription drugs, illicit drugs, etc.)	1)	Mental health issues (anxiety, depression, suicide, etc.)
2)	Mental health issues (anxiety, depression, suicide, etc.)	2)	Substance use (alcohol, cannabis, prescription drugs, illicit drugs, etc.)
3)	Low incomes and poverty	3)	Low incomes and poverty
4)	Childcare	4)	Housing insecurity
5)	Lack of transportation	5)	Obesity



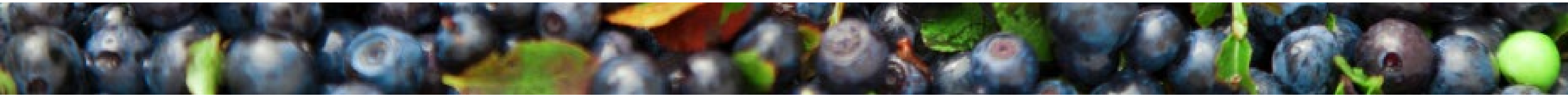
# Community Engagement

## Community Survey: Community Health Needs

Please indicate if \_\_\_\_\_ negatively impacts you, a loved one, and/or the community where you live.

*Percentage of respondents who answered 'Impacts me, a loved one, and/or my community'*

Aroostook County		Maine	
Chronic health conditions (cancer, high blood pressure, heart disease, high cholesterol, etc.)	76.8%	Economic needs	76.1%
Economic needs	76.6%	Chronic health conditions (cancer, high blood pressure, heart disease, high cholesterol, etc.)	75.7%
Mental health needs	73.6%	Mental health needs	73.6%
Substance use	73.1%	Substance use	68.5%
Transportation needs	63.6%	Housing needs	68.5%
Housing needs	63.2%	Transportation needs	60.9%
Public safety needs	54.6%	Environmental needs	58.4%
Environmental needs	52.8%	Public safety needs	53.7%





# Prioritization Voting Results



# Results

## Community Conditions

1. Transportation (81.3%)
2. Housing (68.8%)
3. Childcare (56.3%)
4. Aging Related Services (56.3%)
5. Provider Availability (50.0%)

## Protective & Risk Factors

1. Illicit Drug Use (56.3%)
2. Physical Activity (43.8%)
3. Cancer Prevention (43.8%)
4. Alcohol Use (43.8%)
5. Nutrition (37.5%)

## Health Conditions & Outcomes

1. Cardiovascular Disease (81.3%)
2. Mental Health (81.3%)
3. Cancer (68.8%)
4. Substance Use Related Injury & Death (50.0%)
5. Obesity/ Weight Status (43.8%)



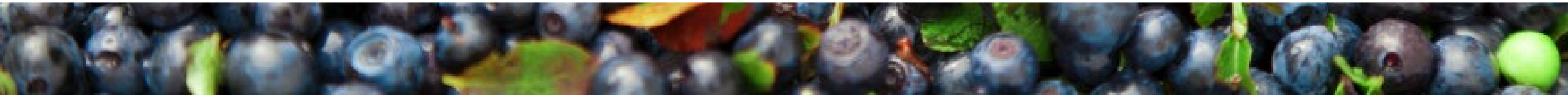
# Breakout Discussions



# Breakout Discussion #1

**Please discuss the results of the community needs assessment and the results of the first round of priority voting:**

- **Was anything surprising or new?**
- **Did the findings confirm anything for you?**
- **Are any priorities missing from the initial round of voting that should be included in a second round of voting?**





# Voting Tool

**Based on the presentation, discussions in your breakout, materials, and your knowledge, expertise, and experiences, please vote for the top THREE health and well-being priorities for each of the topic areas:**

<https://www.surveymonkey.com/r/aroostookcountyme>

**Community Conditions  
Protective & Risk Factors  
Health Conditions & Outcomes**

**as they relate to your County.**



# Results

## Community Conditions

1. Transportation (66.7%)
2. Housing (62.5%)
3. Provider Availability (62.5%)

## Protective & Risk Factors

1. Illicit Drug Use (58.3%)
2. Nutrition (54.2%)
3. Cancer Prevention (50.0%)

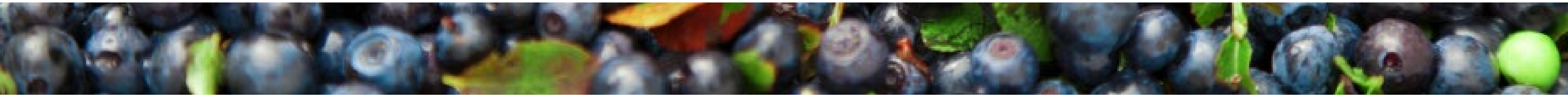
## Health Conditions & Outcomes

1. Mental Health (91.7%)
2. Cardiovascular Disease (66.7%)
3. Obesity/ Weight Status (50.0%)

# Breakout Discussion #2

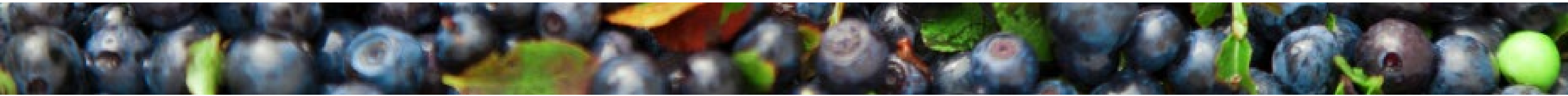
**Please discuss the following questions as they relate to the priorities in your topic area:**

- **Are there other specific populations to focus on within these priorities?**
- **What do you see as the root causes and/or contributing factors to these priorities?**
- **Which sectors are working on these priorities? Where is there potential for collaboration?**
- **What community assets and resources are missing from the pre-populated list to address these priorities?**



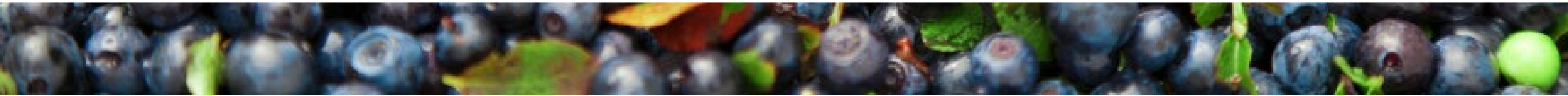
# Breakout Discussion #3

**Review the responses from the group prior to you. As a group, add comments and additional information and suggest edits, as applicable.**



# Breakout Discussion #4

**Review the responses from the group prior to you. As a group, add comments and additional information and suggest edits, as applicable.**





# Final Remarks