



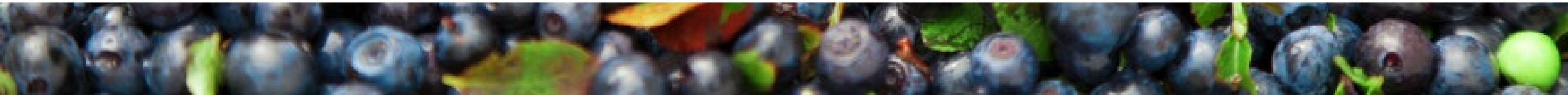
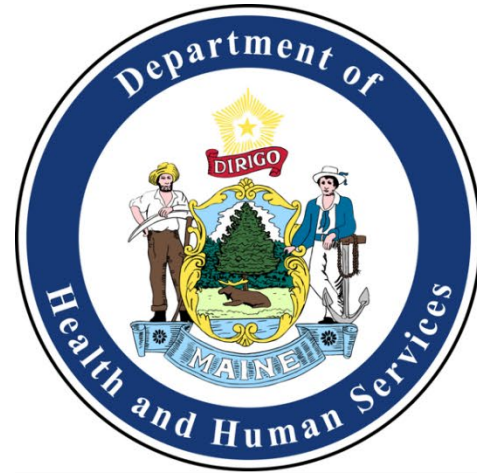
# Maine Shared Community Health Needs Assessment

Cumberland County  
Portland

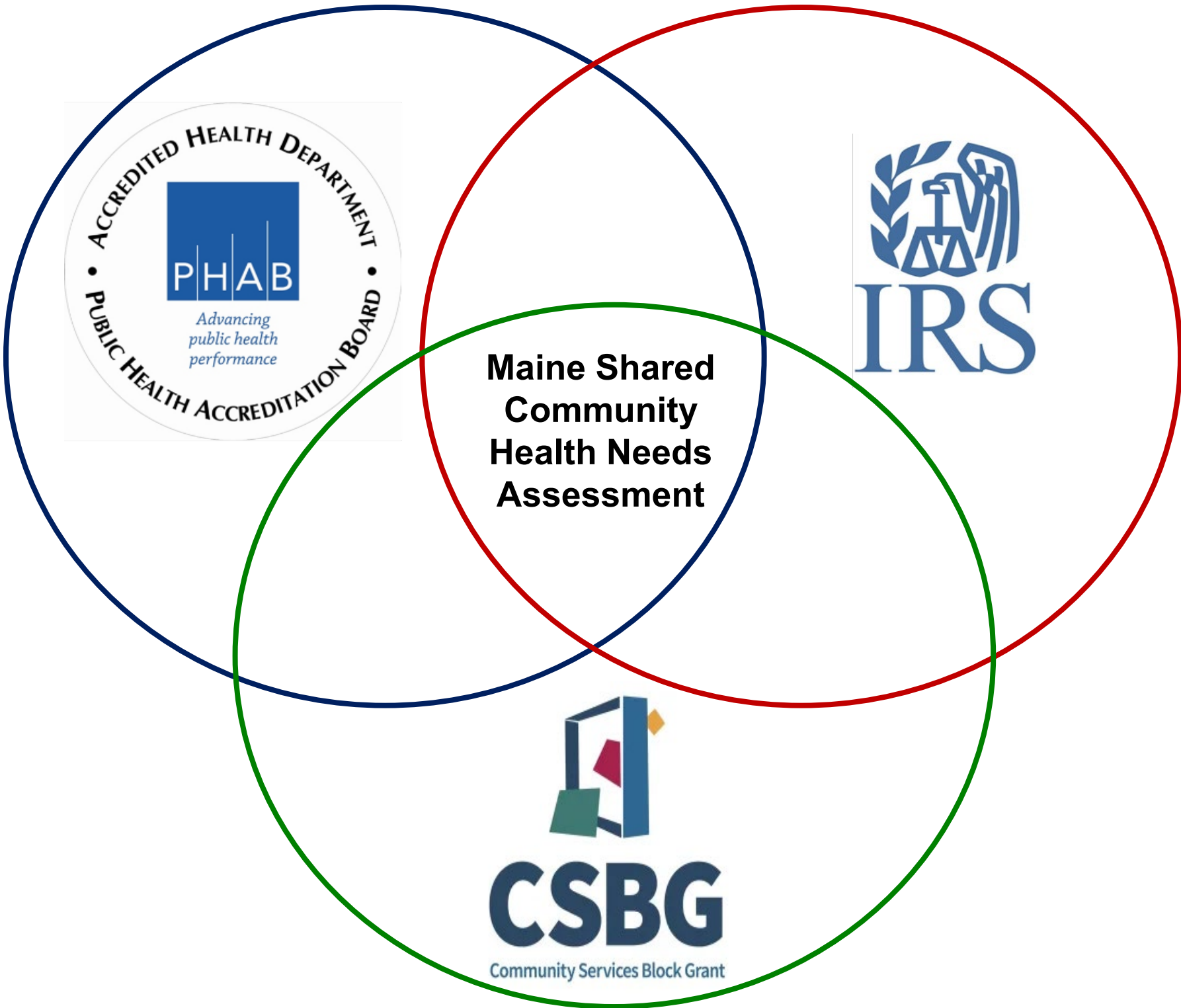
October 22, 2024

# Maine Shared CHNA

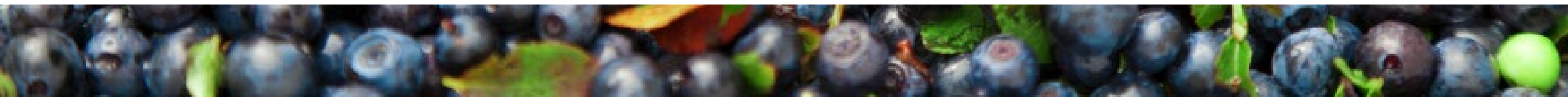
The Maine Shared Community Health Needs Assessment (Maine Shared CHNA) is a collaborative partnership between Central Maine Healthcare, Northern Light Health, MaineGeneral Health, MaineHealth, the Maine Center for Disease Control and Prevention, and the Maine Community Action Partnership. By engaging 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

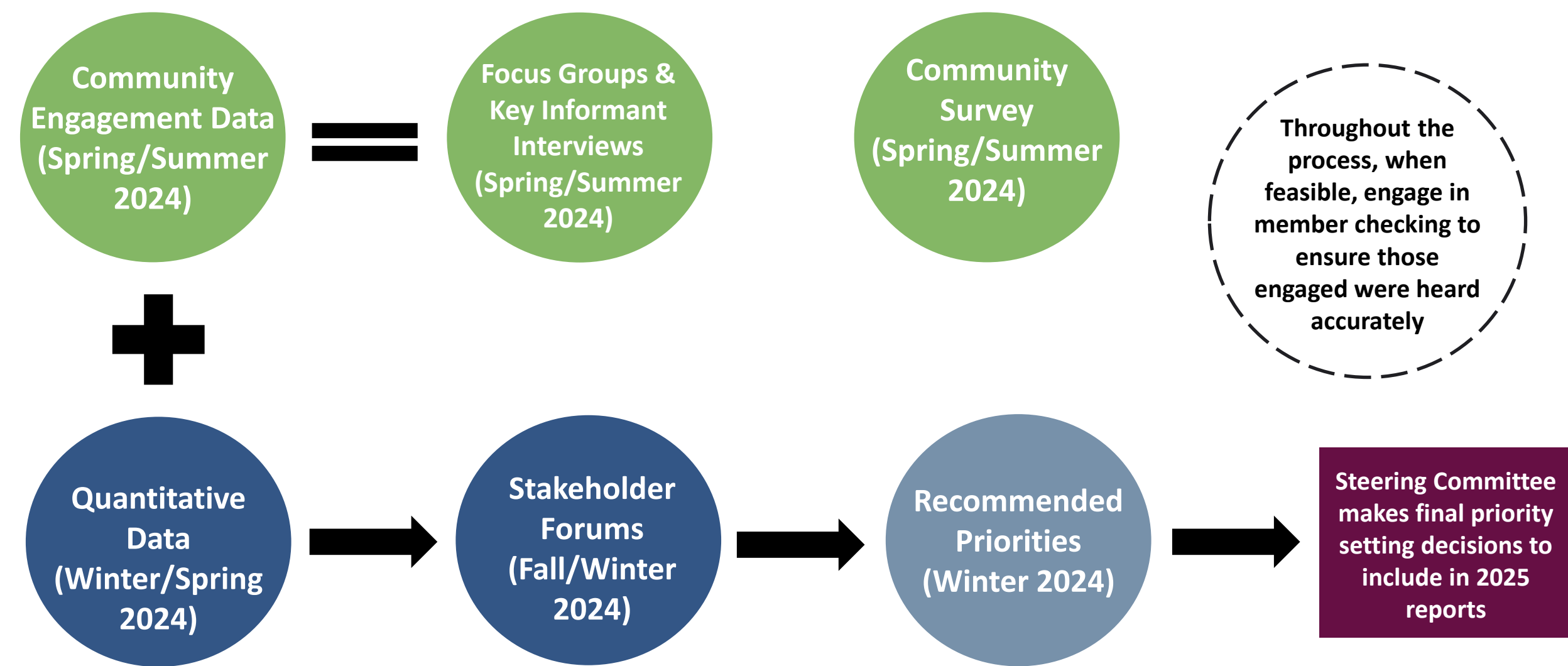


- **Steering Committee**
- **Program Manager**
- **Standing Committees**
  - **Metrics**
  - **Community Engagement**
- **Ad-Hoc Committees**
- **Local Planning Teams**

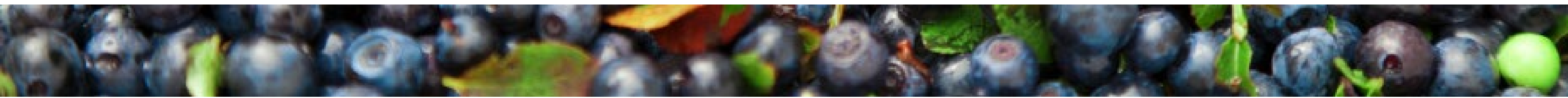


# Maine Shared CHNA

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

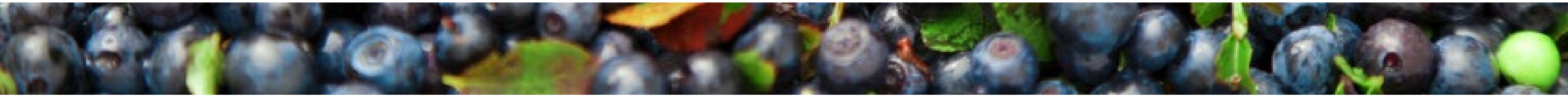
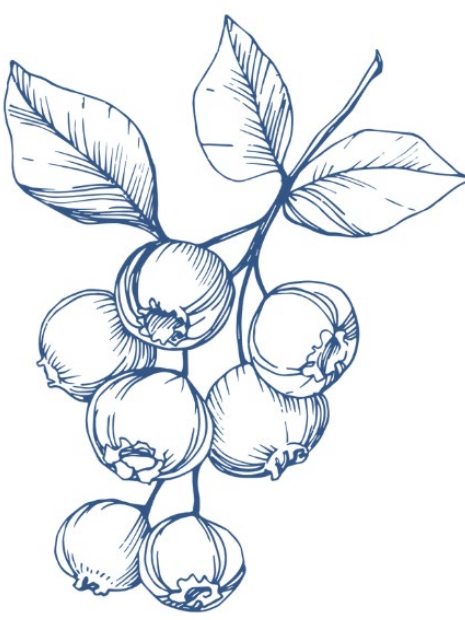


*Surveys conducted statewide, included both general community members and professionals; Focus Groups conducted with community members, both low-income population and health equity groups; Key Informant Interviews conducted when focus groups weren't feasible or to collect more information; Stakeholder 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 each County's priorities to inform the State's final priorities.**
- **Final reports will be released in March 2025.**
- **Health systems use reports for community health improvement planning, the Maine Centers for Disease Control & Prevention (MeCDC) for state health improvement planning, and Community Action Programs (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**

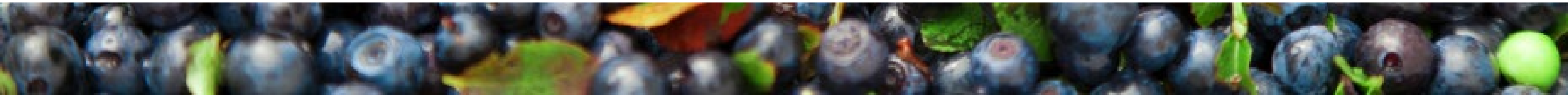
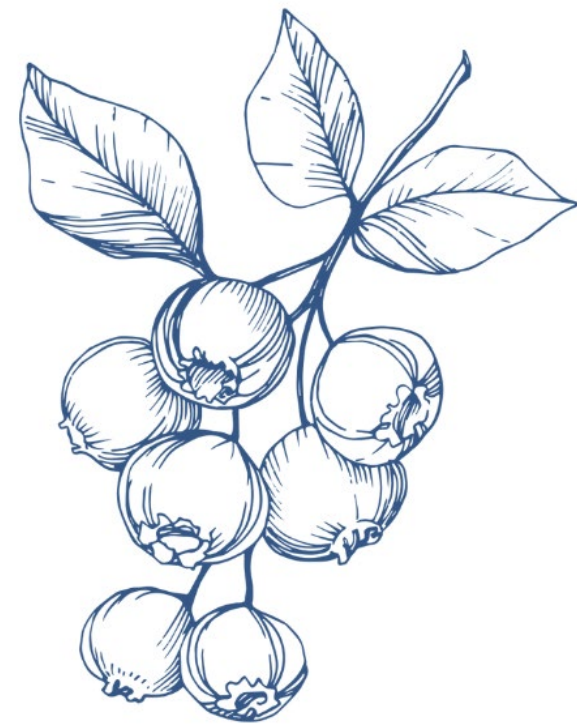
Presentation of Final Priorities

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

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

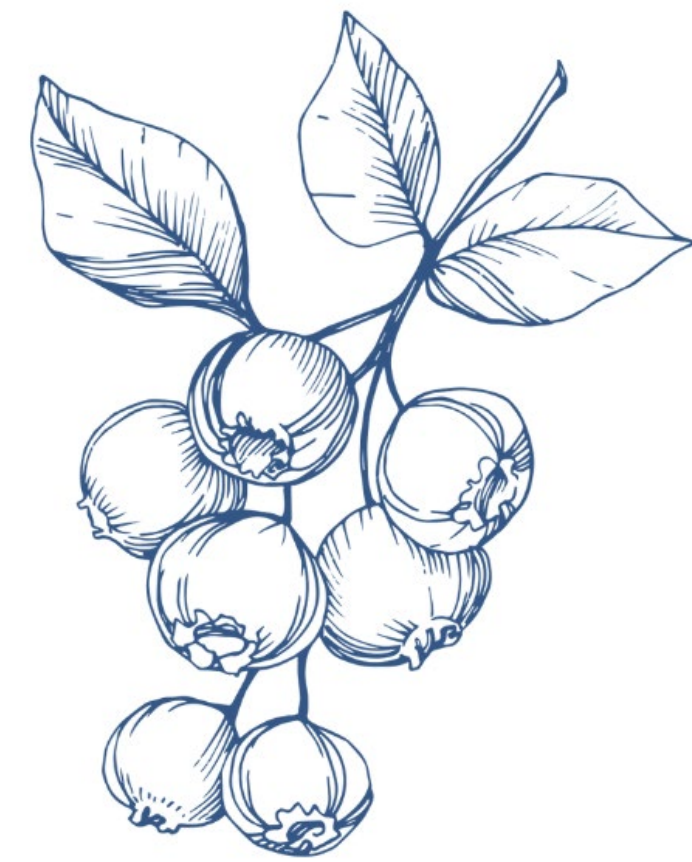
**Breakout:** Deeper Discussion of Priorities, Round 3

Conclusion & Next Steps

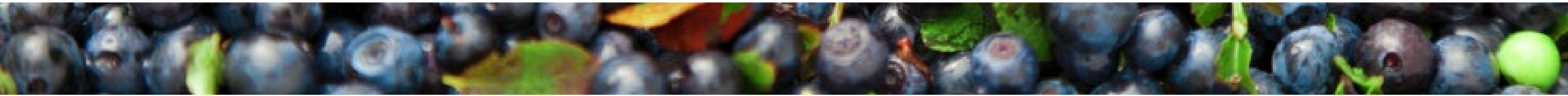


# Housekeeping

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



[2023 Community Agreements.pdf \(mainephilanthropy.org\)](https://mainephilanthropy.org/2023-Community-Agreements.pdf)





# Key Findings

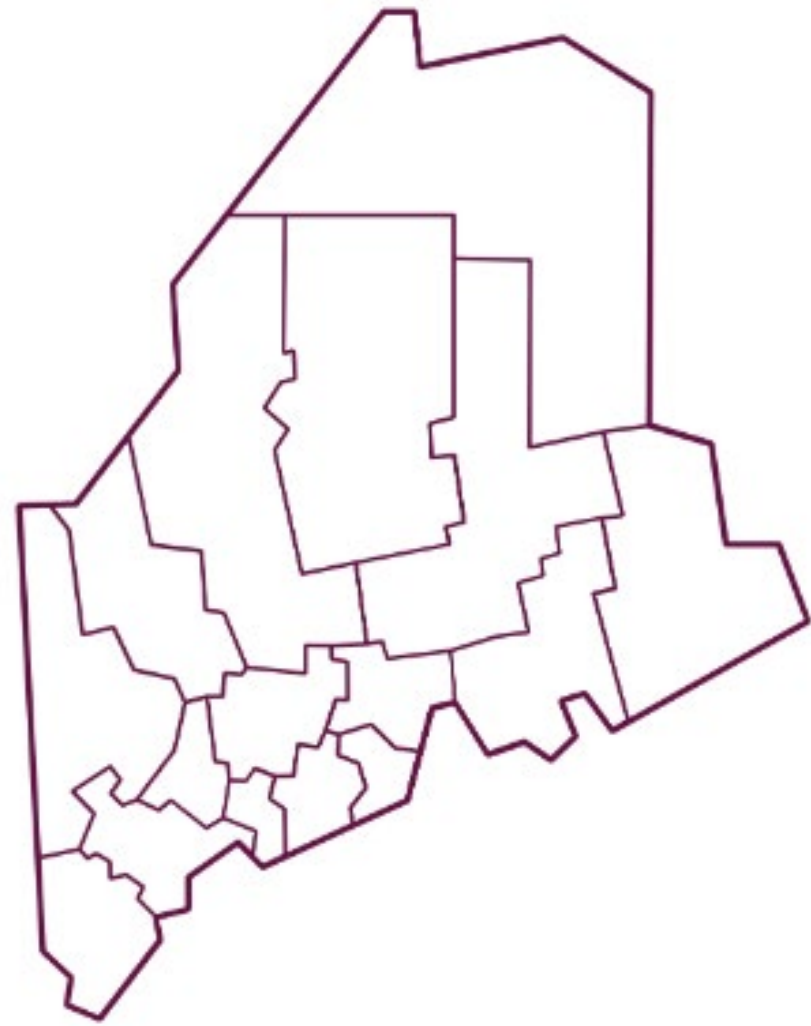


# Demographics

## Total Population

**303,357**

**22.2%** of the total state population



## Population by Age



Age Under 18

**18.2%**



Age 18-64

**62.3%**

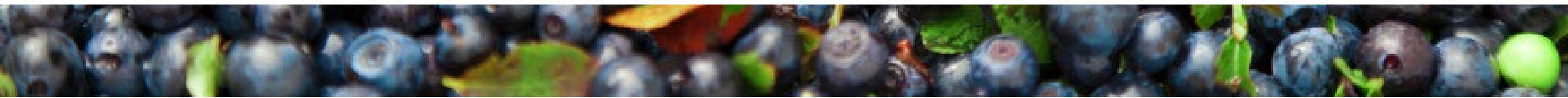
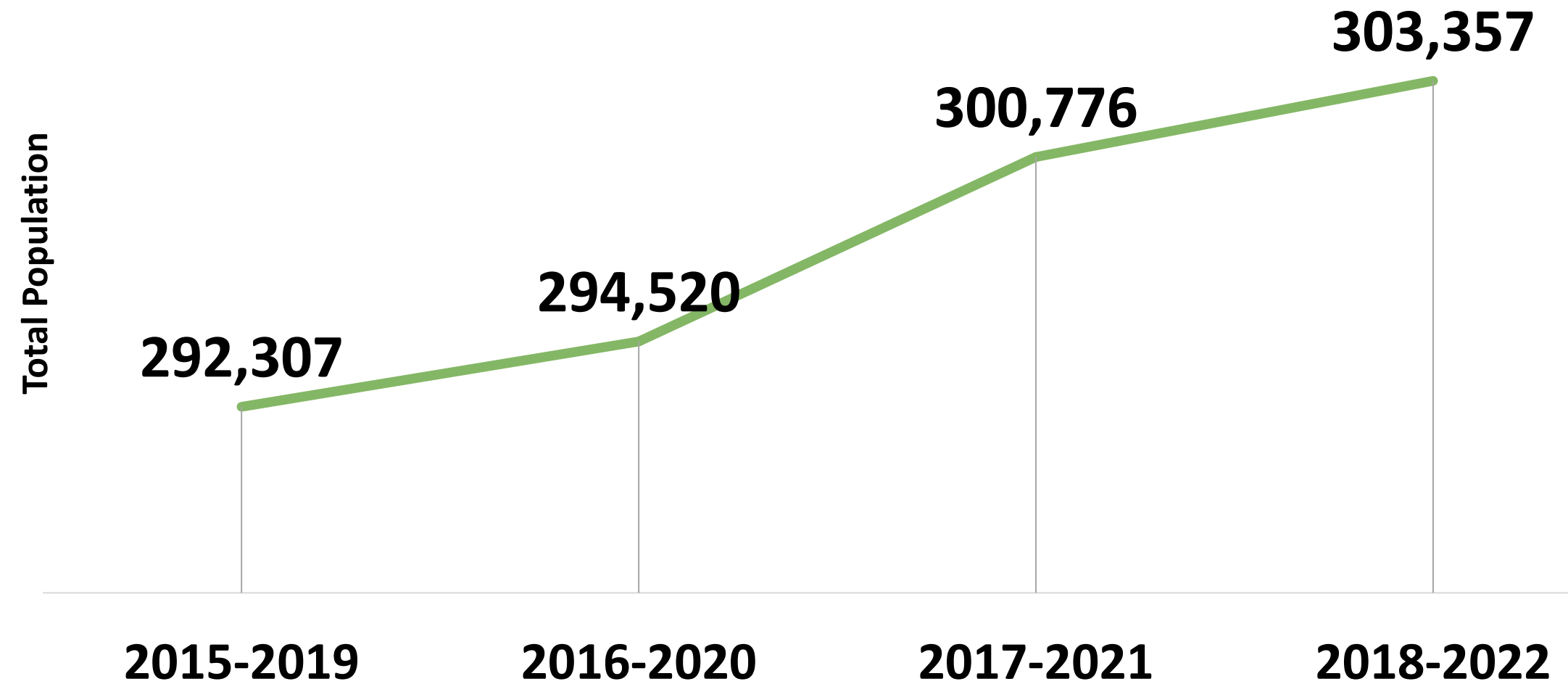


Age 65+

**19.5%**

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

## County Population

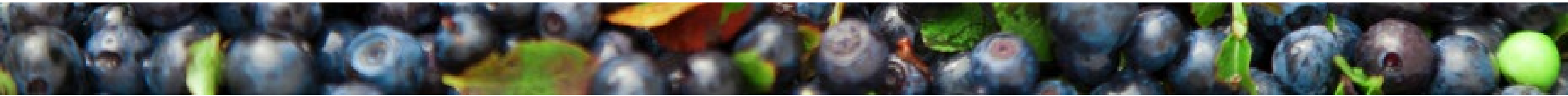
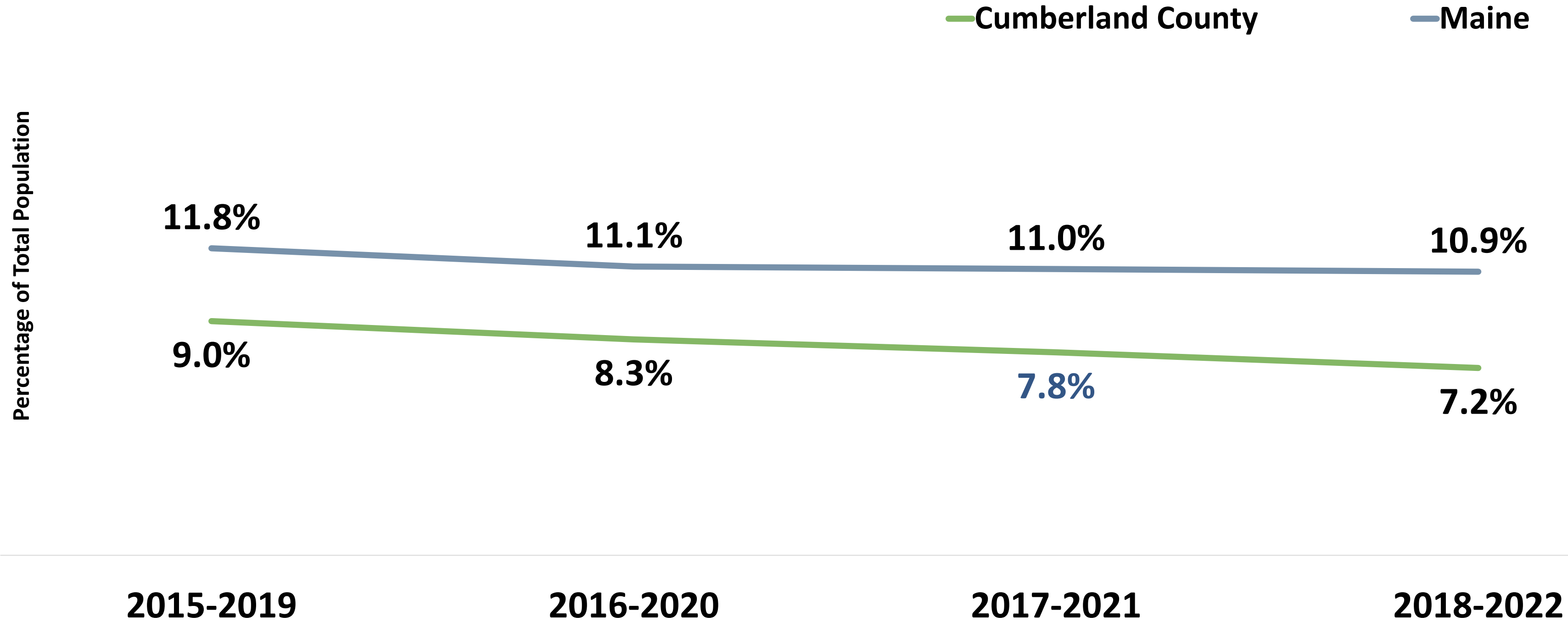


# Demographics



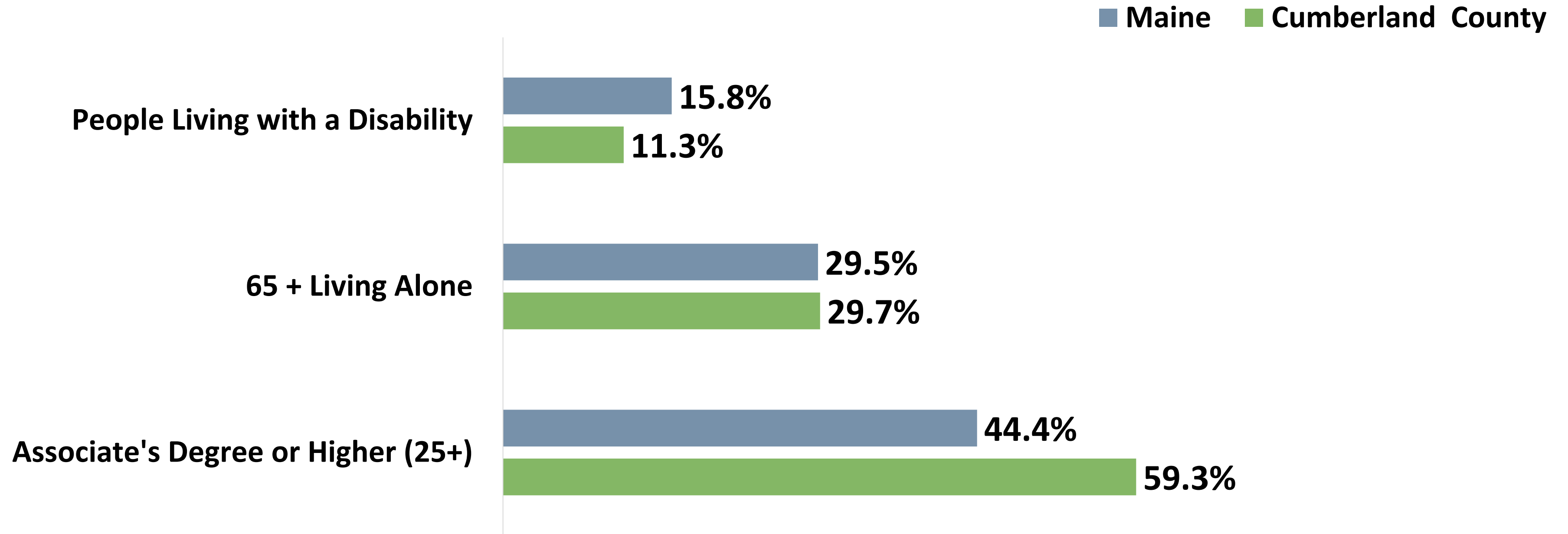
The 2017-2021 poverty rate in Cumberland County was **significantly lower** compared to Maine.

## Individuals Living in Poverty



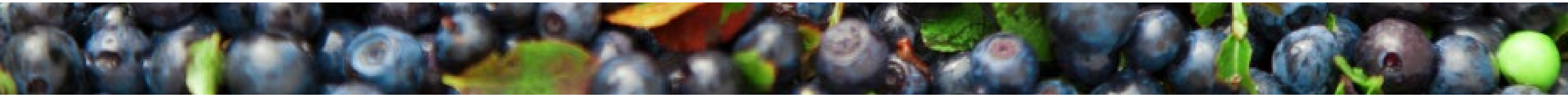
# Demographics

## Social Drivers of Health



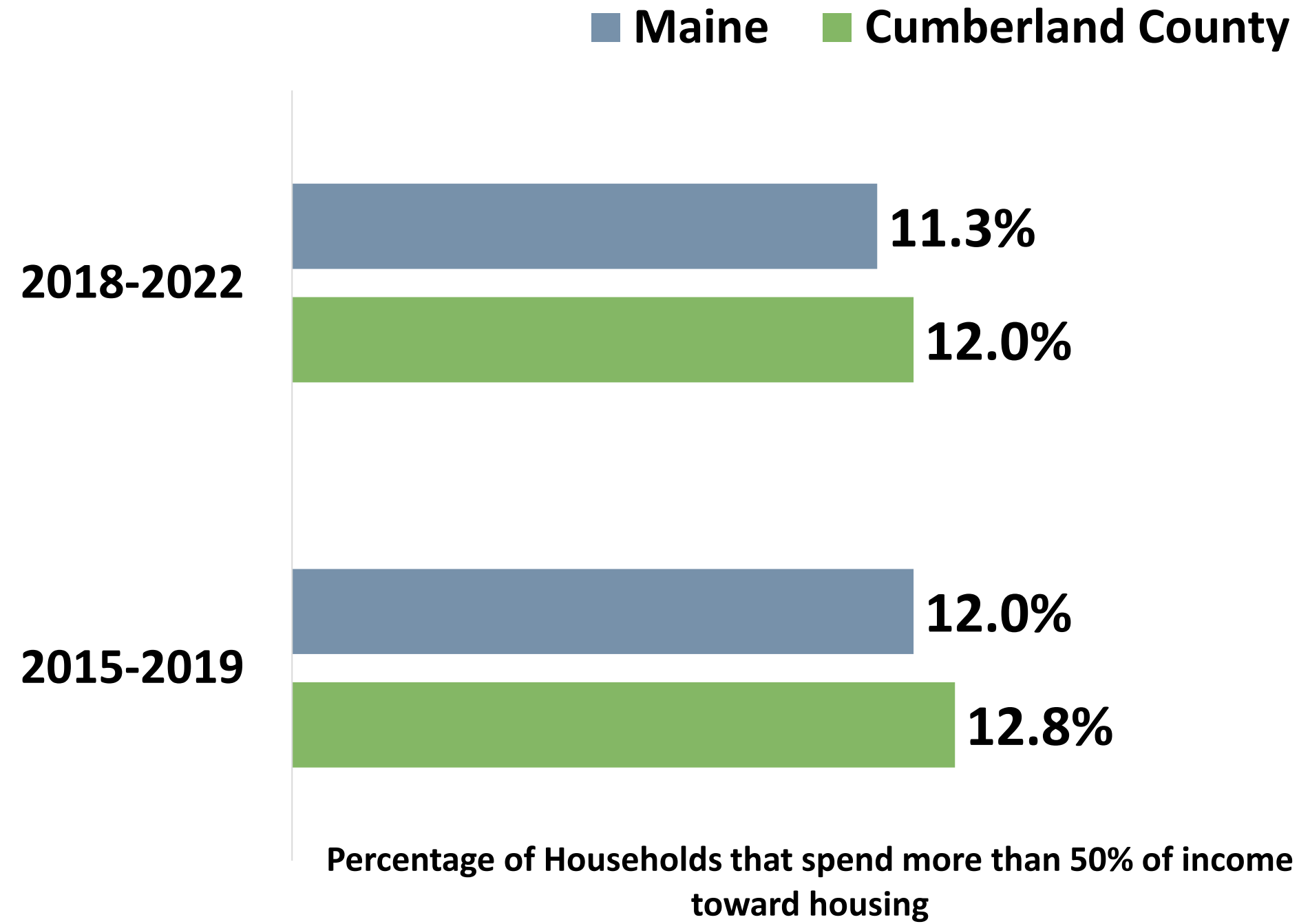
*U.S Census Bureau ACS Five-year Estimates 2018-2022*

*People Living with a Disability, U.S Census Bureau ACS Five-year Estimates 2017-2021*



# Community Conditions

## Cost-burdened Households



## Transportation



**31.5%**

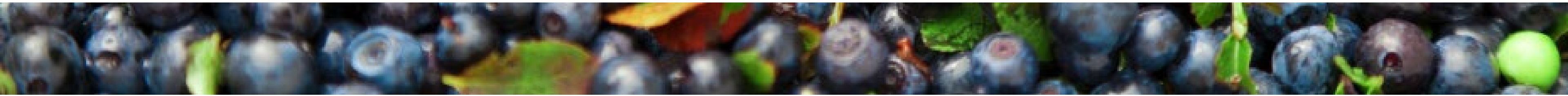
Commute of greater than 30 minutes driving alone



**2.8%**

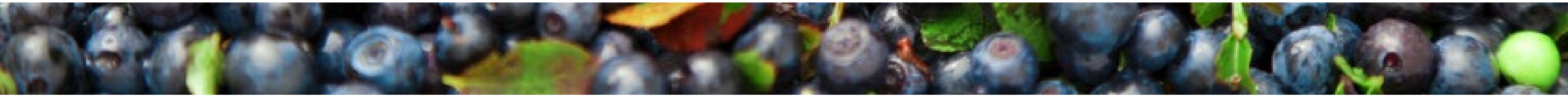
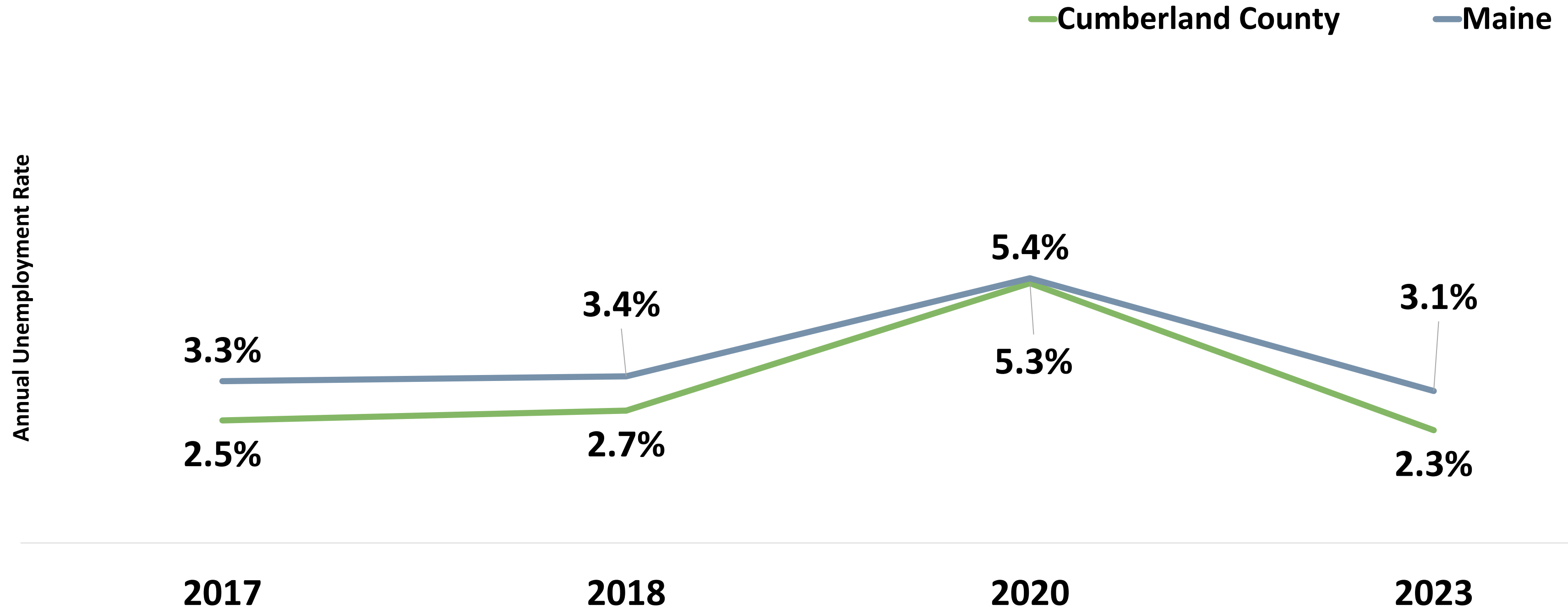
No vehicle for the household

*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



# Community Conditions

## Economic Wellbeing



Median household income

**2015-2019: \$73,072**

**2017-2021: \$80,679**



The 2017-2021 median household income for Cumberland County is **significantly higher** compared to Maine (\$63,182), and **significantly higher** compared to 2015-2019 county data.



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

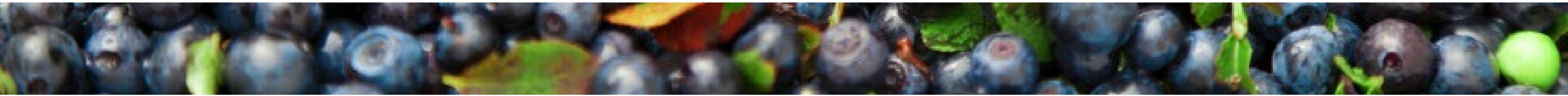
**2019: 28.9%**

**2022: 29.2%**

## **ALICE**

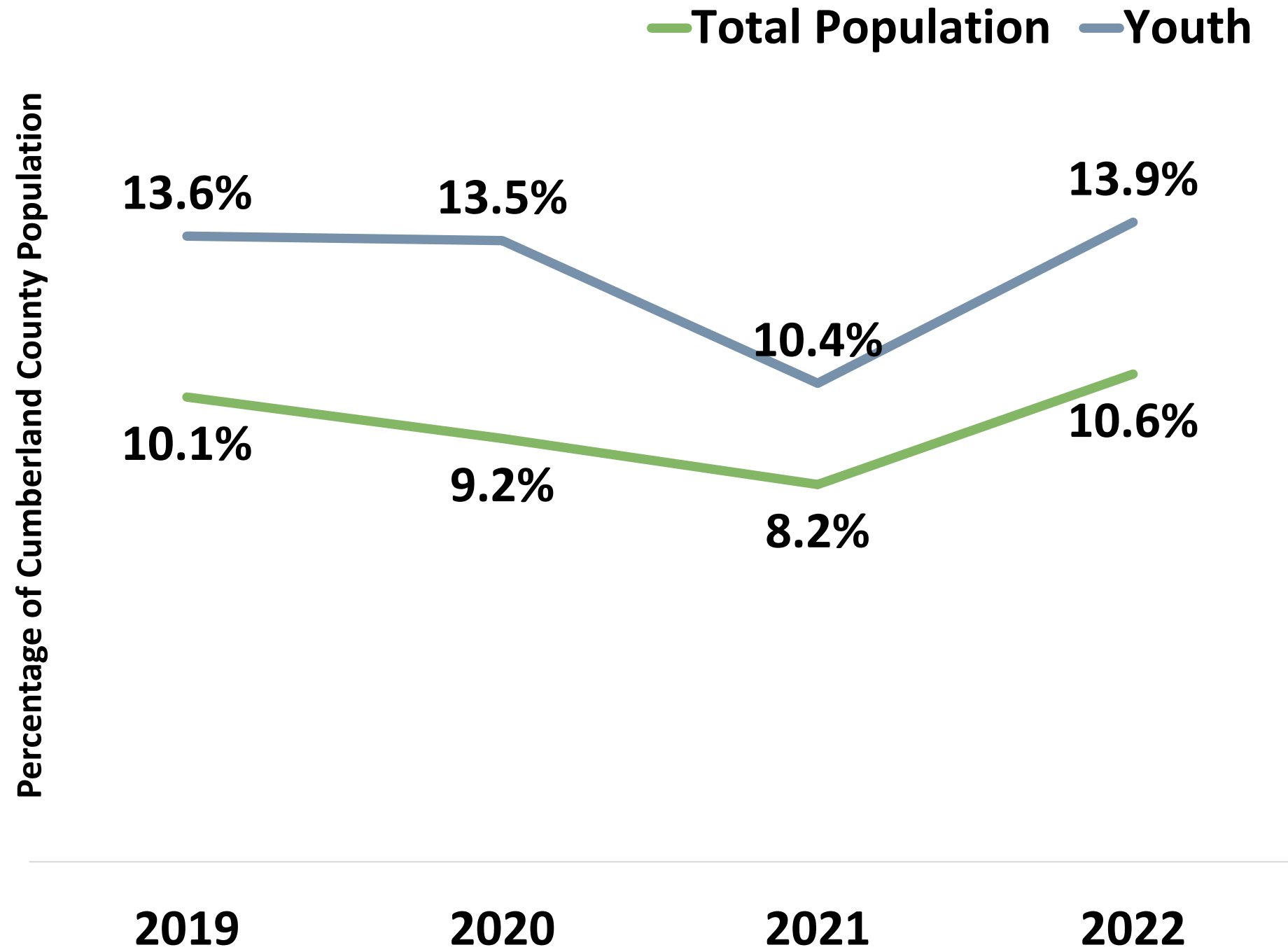
**Working families who are struggling to afford necessities like housing, food, and childcare **despite** earning an income technically above the poverty line.**

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

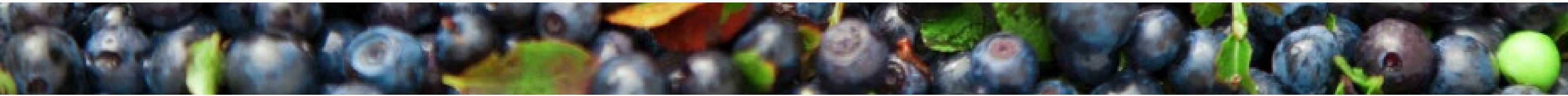
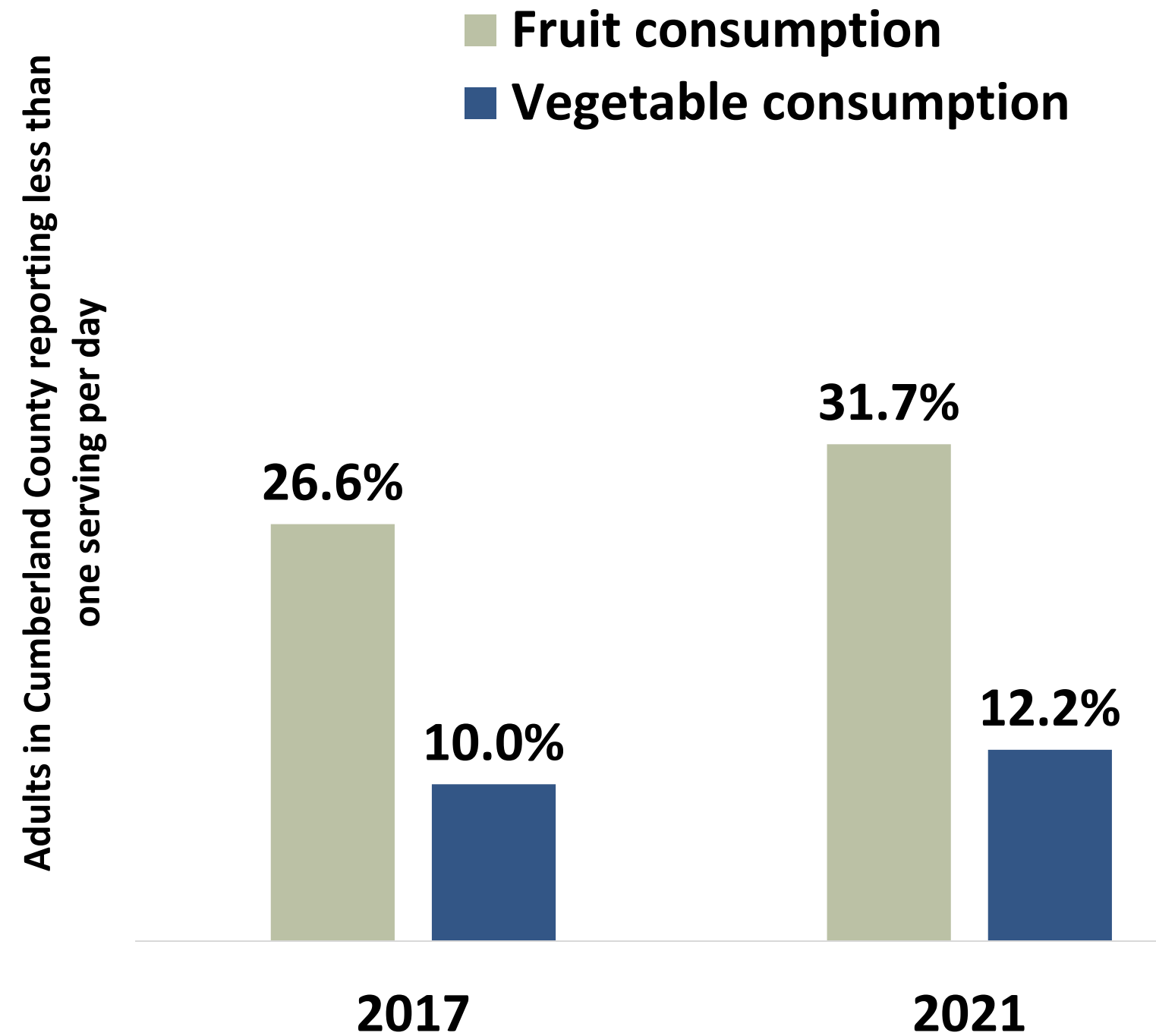


# Community Conditions

## Food Insecurity



## Fruit & Vegetable Consumption



# Community Conditions

## Child Care



Child Care Centers

**2020: 205**

**2024: 197**

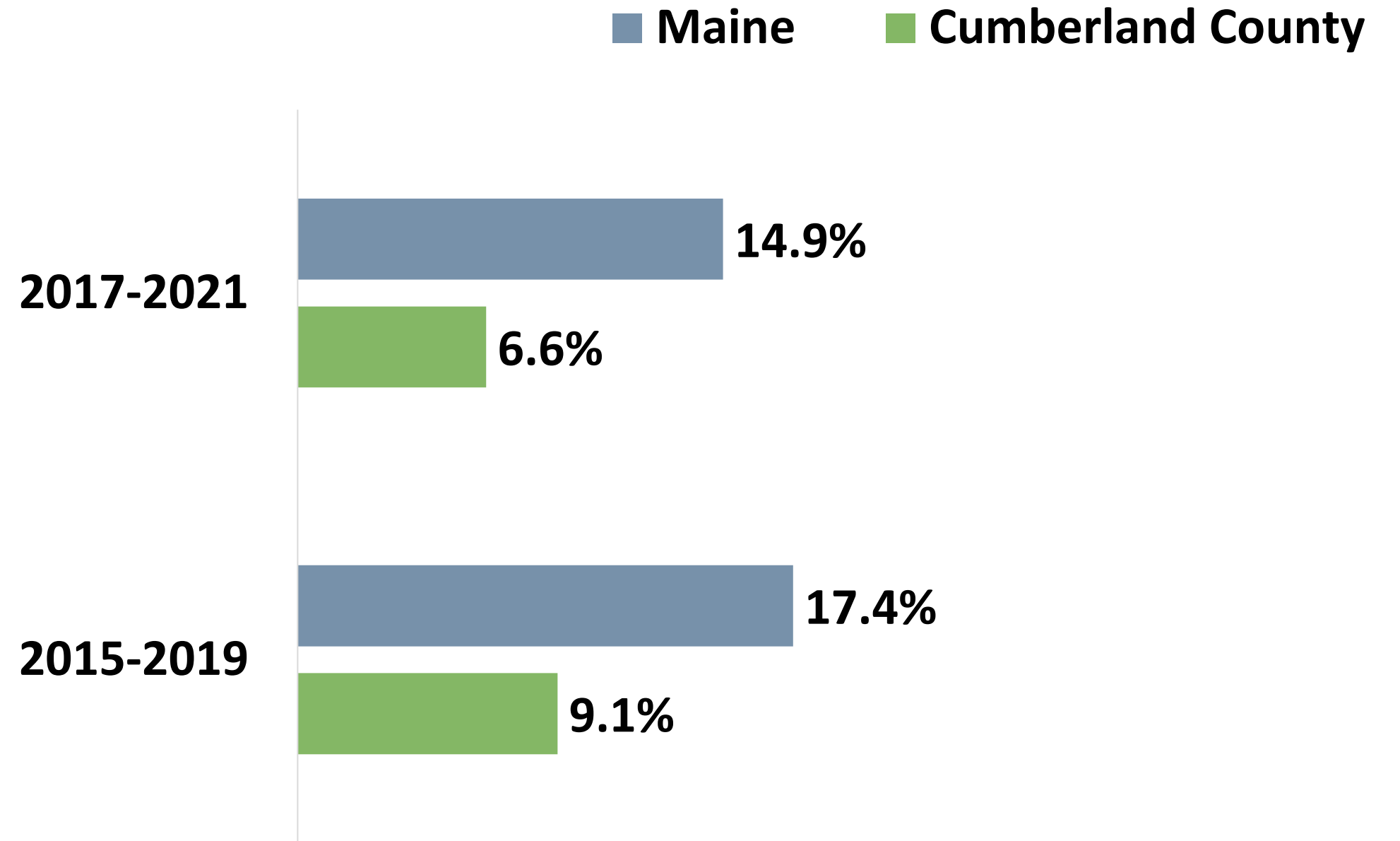


Children served in publicly funded state & local preschools

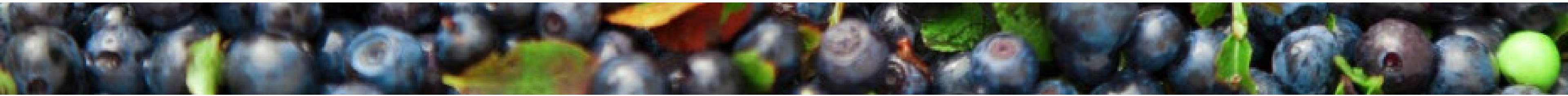
**2019: 17.2%**

**2023: 26.6%**

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



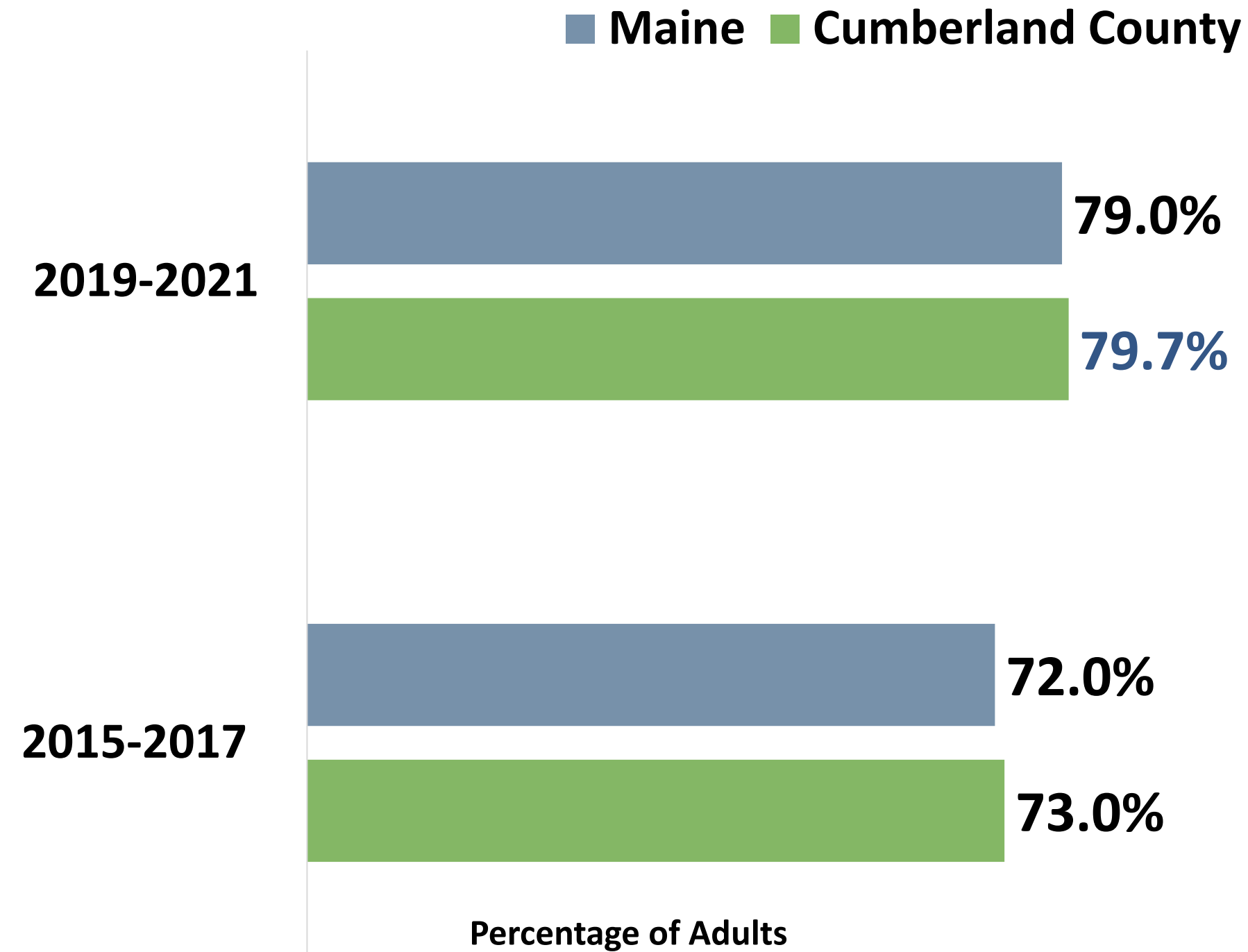
Percentage of children under 6 who live in households where the total income of the householder's family has been below the established federal poverty level in the past year





# Protective & Risk Factors

## Access to Care



Met physical activity recommendations  
(high school students)

**Cumberland County: 23.0%**

**Maine: 47.7%**

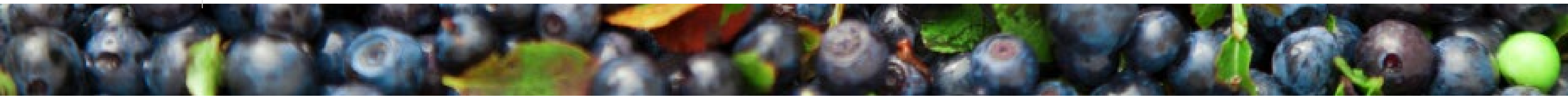
(2023)



2023 data reflects that **significantly fewer** high school students in Cumberland County were physically active for a total of at least 60 minutes per day on seven of the past seven days compared to Maine.

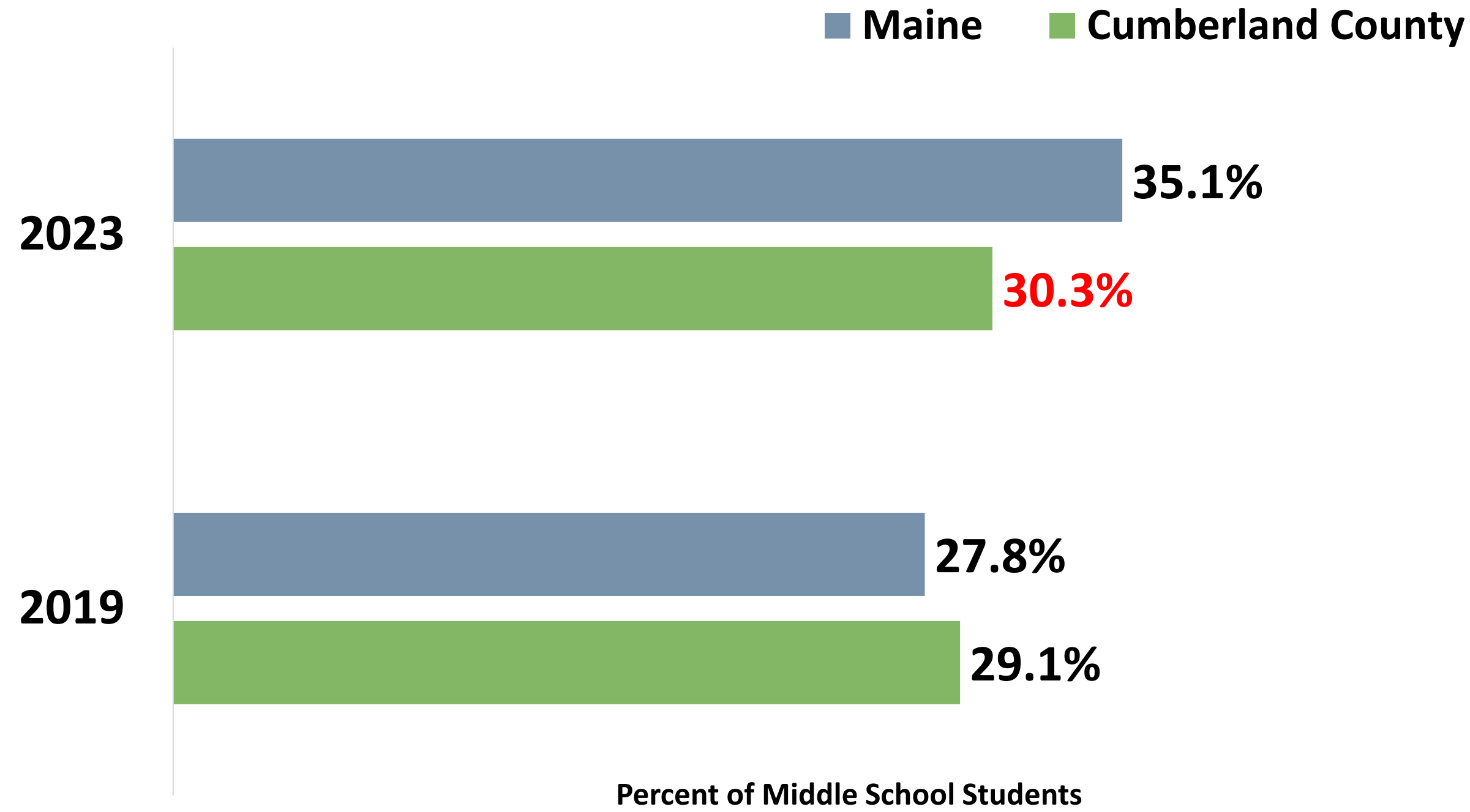


2019-2021 data reflects that **significantly more** adults in Cumberland County had a regular physical exam (not for a specific injury, illness, or condition) within the last year compared to 2015-2017 data.

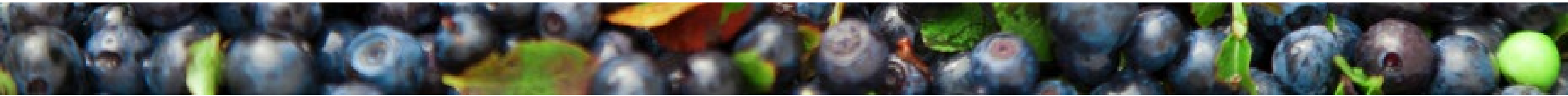


# Protective & Risk Factors

## Adverse Childhood Experiences

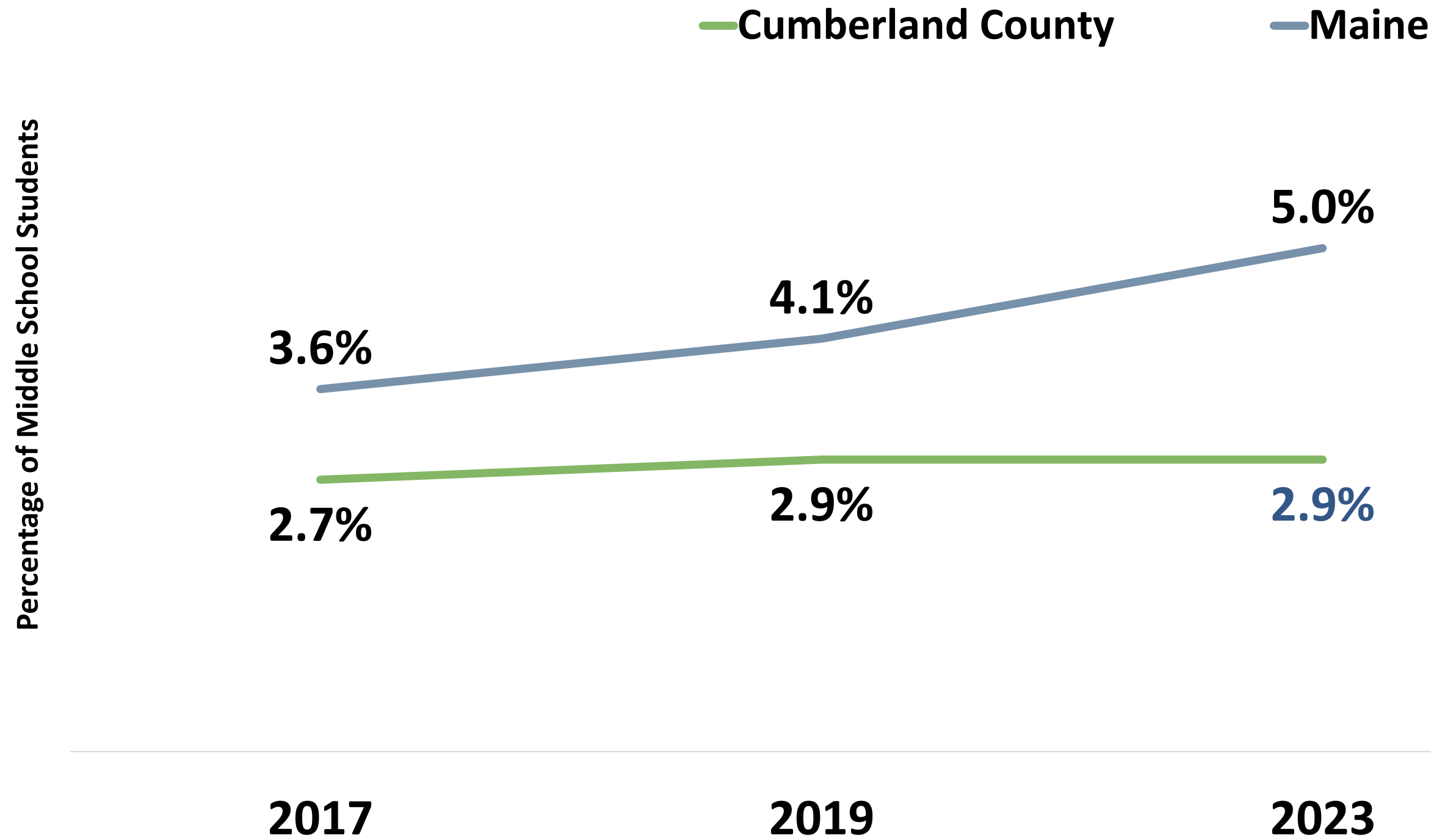


2023 data reflects that Cumberland County middle school students are **significantly more likely** to have four or more Adverse Childhood Experiences than in 2019.

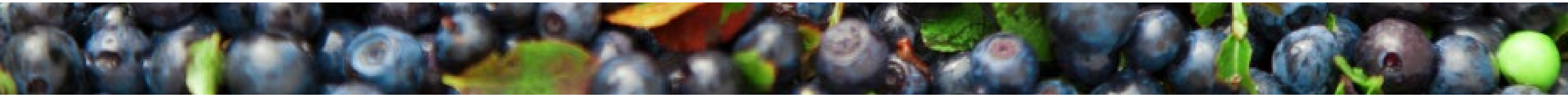


# Protective & Risk Factors

## Past 30-day Marijuana Use

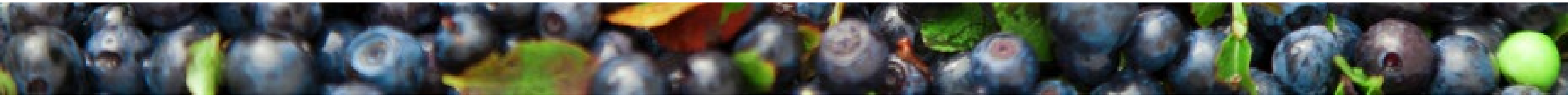
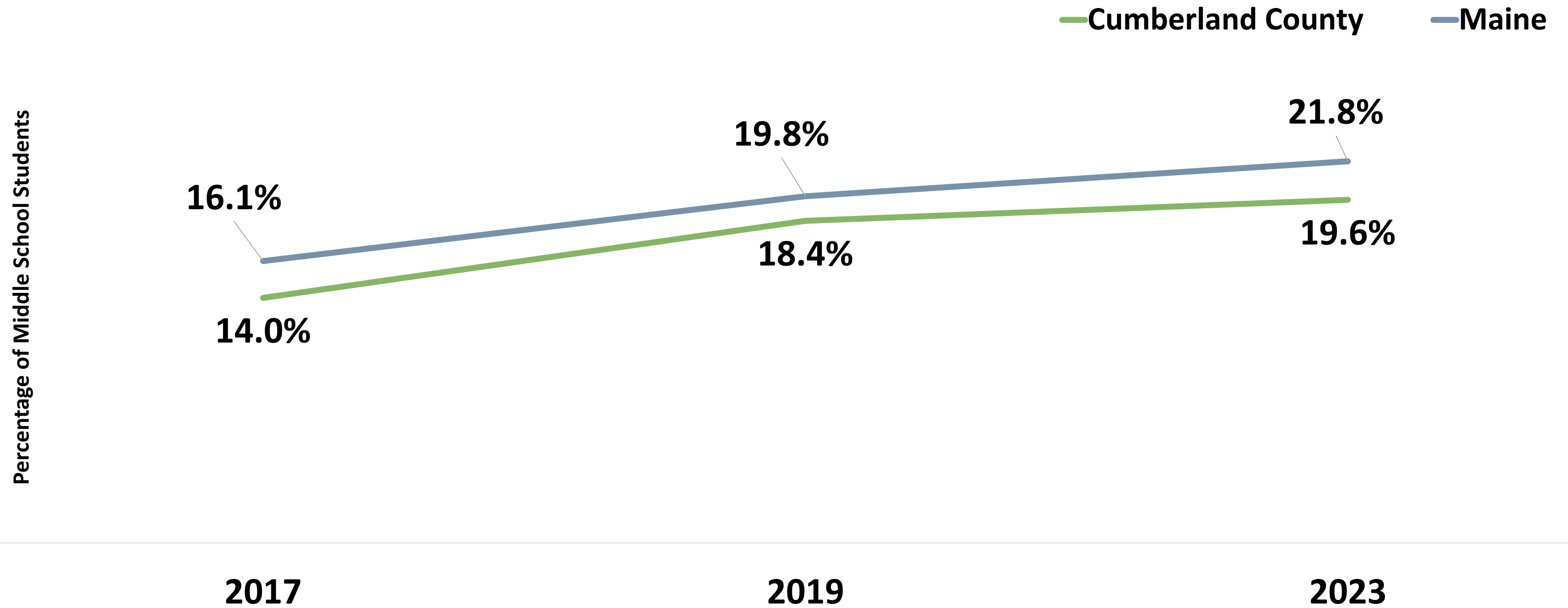


2023 data reflects that the percentage of Cumberland County Middle School students who had used marijuana at least once in the past 30 days is **significantly less** compared to Maine.



# Protective & Risk Factors

## Ever Seriously Considered Suicide



# Health Conditions & Outcomes

## Leading Causes of Death

Rank	United States	Maine	Cumberland County
1	Heart Disease	Heart Disease	Cancer
2	Cancer	Cancer	Heart Disease
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	Alzheimer's Disease
6	Alzheimer's Disease	Cerebrovascular Diseases	COVID 19
7	Diabetes	Diabetes	Cerebrovascular Diseases
8	Influenza & Pneumonia	Alzheimer's Disease	Diabetes
9	Liver Disease	Liver Disease	Parkinson's Disease
10	Suicide	Influenza & Pneumonia	Chronic Liver Disease and Cirrhosis



Cardiovascular disease deaths per 100,000 population

**2015-2019: 169.2**

**2018-2022: 171.4**

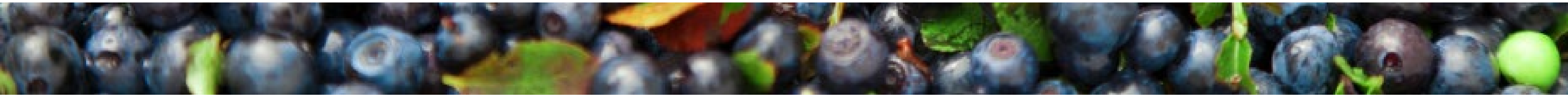


Injury deaths per 100,000 population

**2015-2019: 71.6**

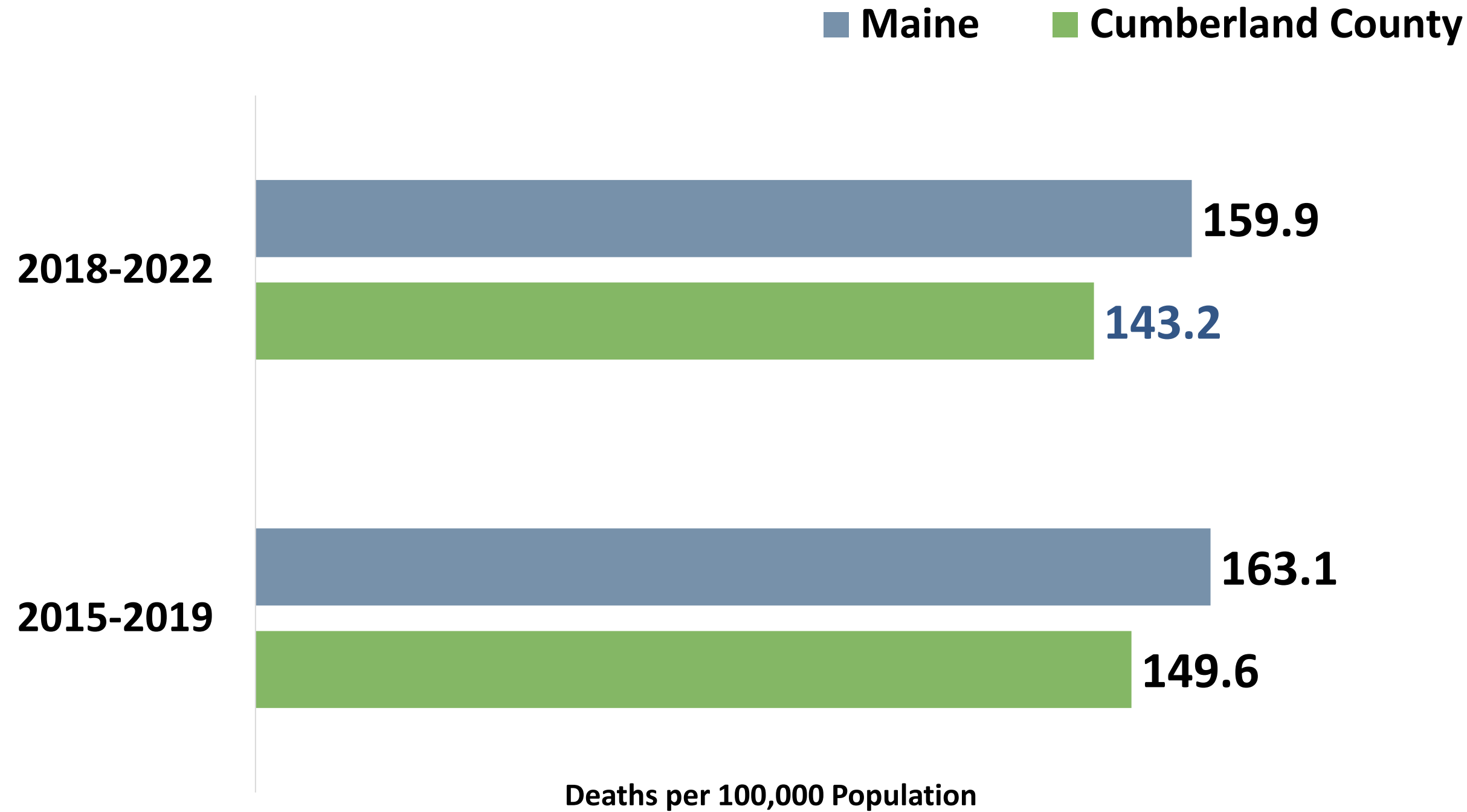
**2018-2022: 80.6**

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

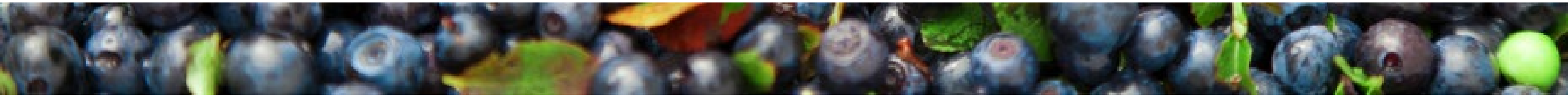


# Health Conditions & Outcomes

## All Cancer Deaths

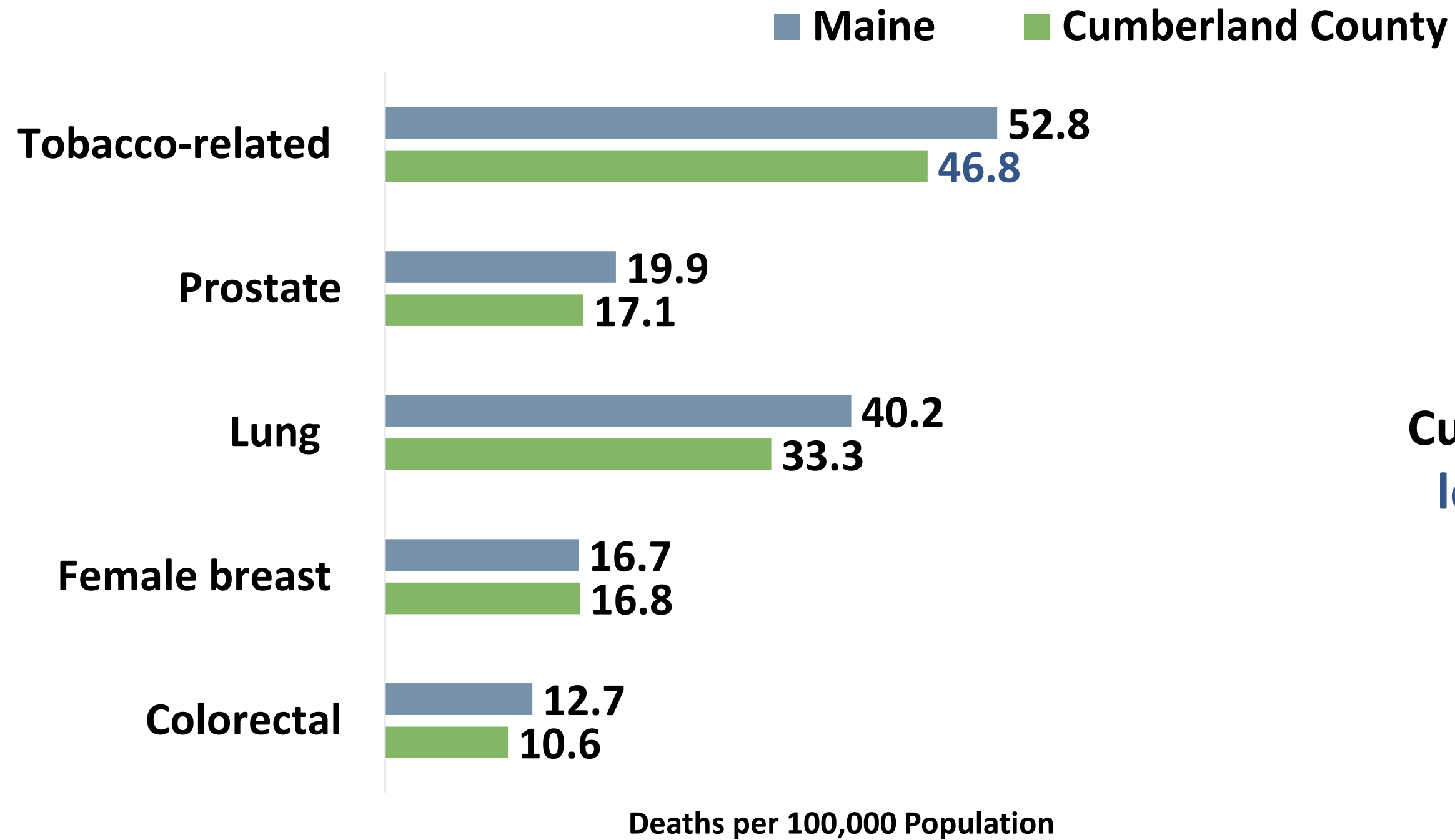


2018-2022 data reflects that Cumberland County has a significantly lower cancer death rate compared to Maine.

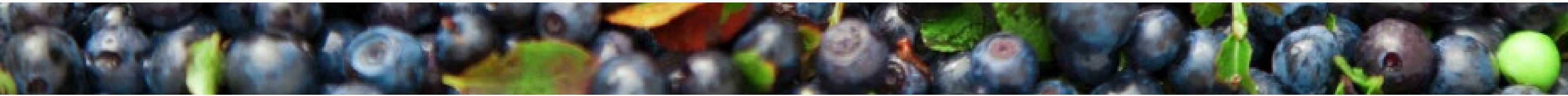


# Health Conditions & Outcomes

## Cancer Mortality by Type



2018-2022 data reflects that Cumberland County has a **significantly lower** tobacco-related cancer death rate compared to Maine.



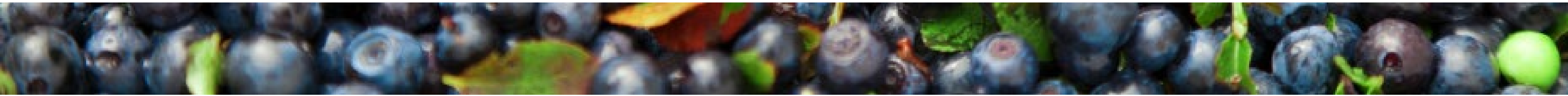
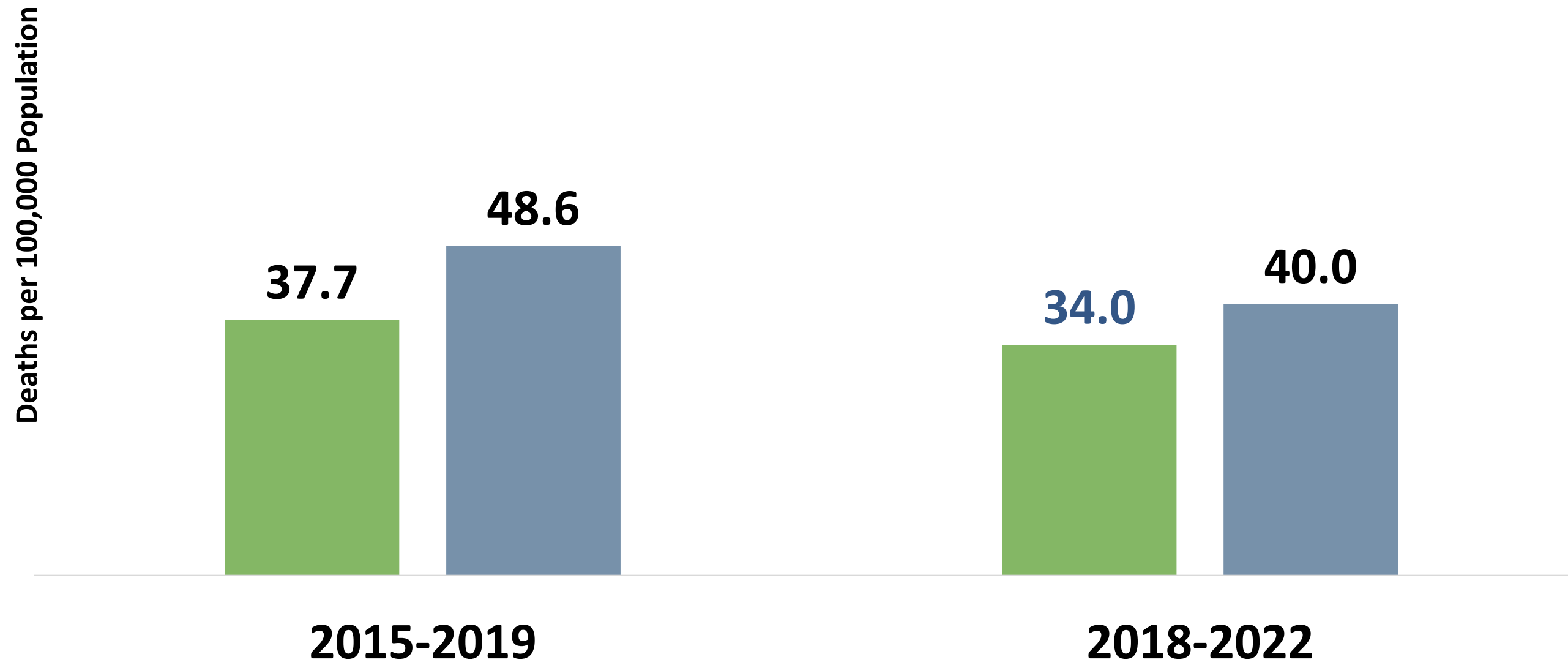
# Health Conditions & Outcomes



## Chronic Lower Respiratory Disease Deaths

■ Cumberland County      ■ Maine

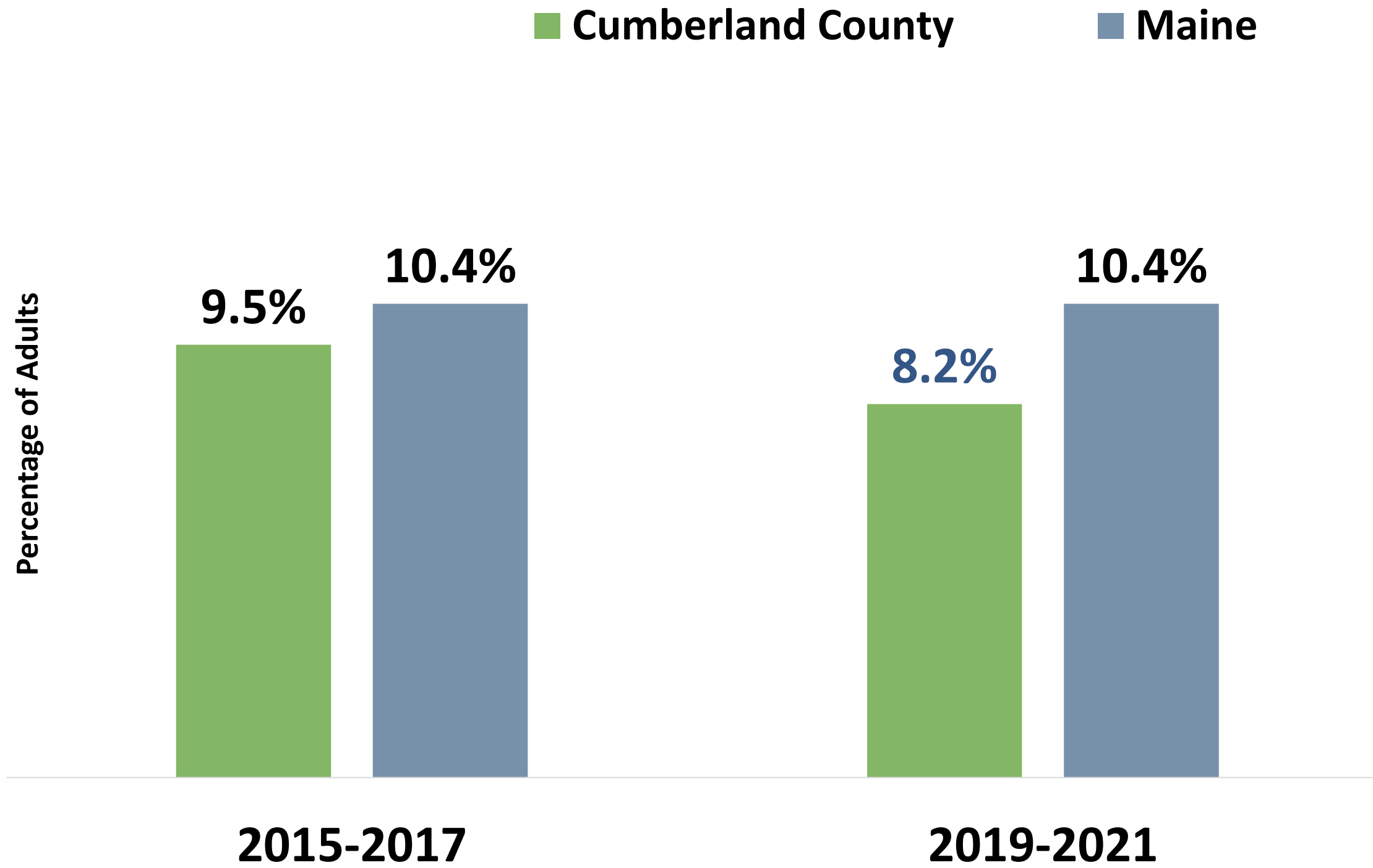
2018-2022 data reflects that Cumberland County had a **significantly lower** COPD death rate compared to Maine.



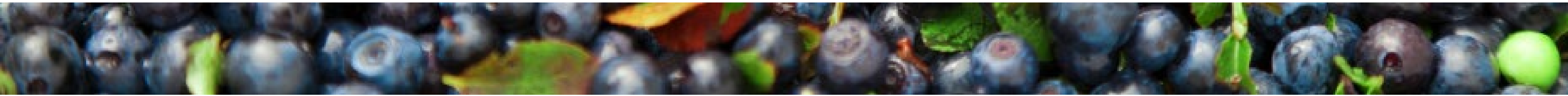


# Health Conditions & Outcomes

## Diabetes

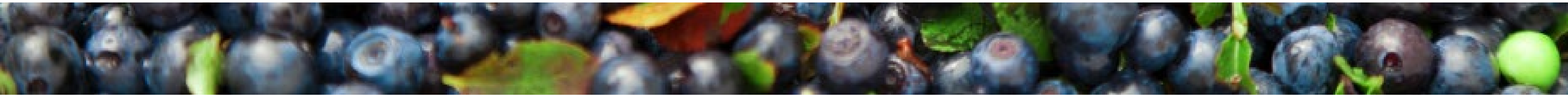
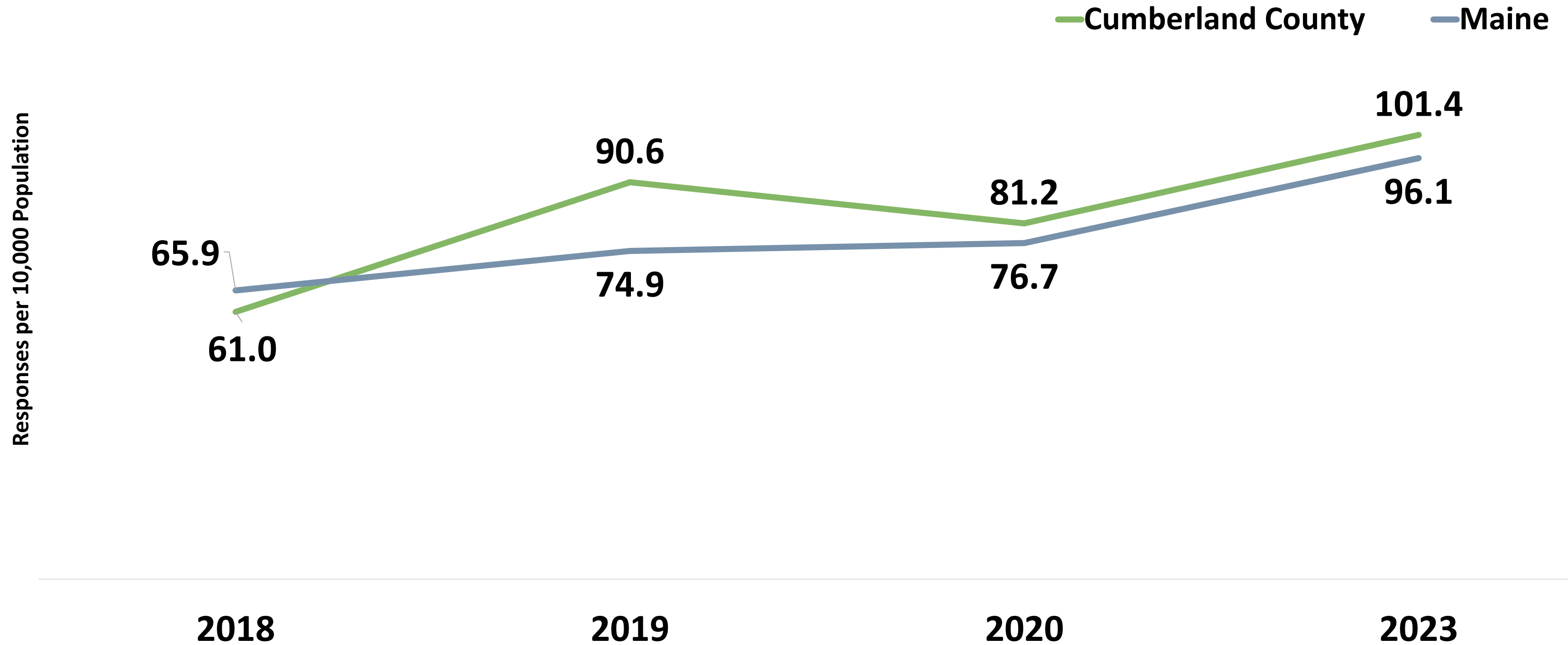


2018-2022 data reflects that Cumberland County has a **significantly lower** rate of adult diabetes compared to Maine.



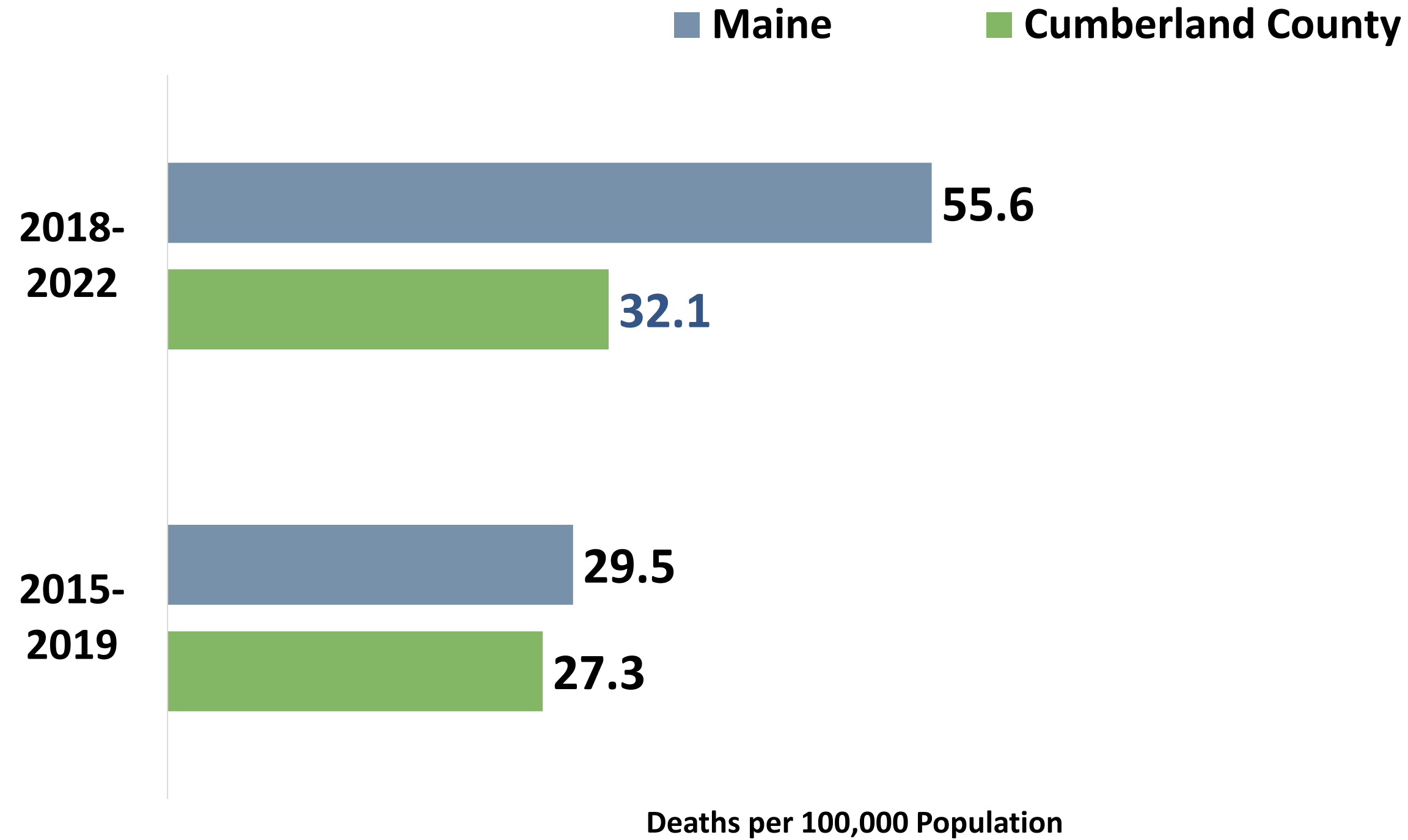
# Health Conditions & Outcomes

## Overdose Emergency Medical Service Responses

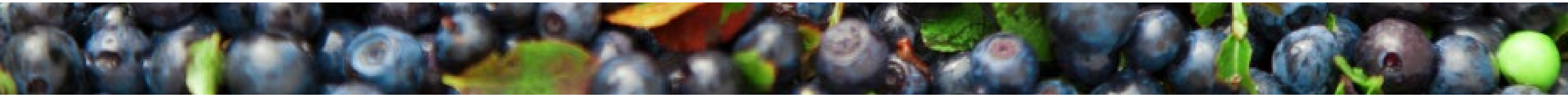


# Health Conditions & Outcomes

## Drug-induced Deaths



**2018-2022 data reflects a significantly lower rate of drug-induced deaths compared to Maine.**



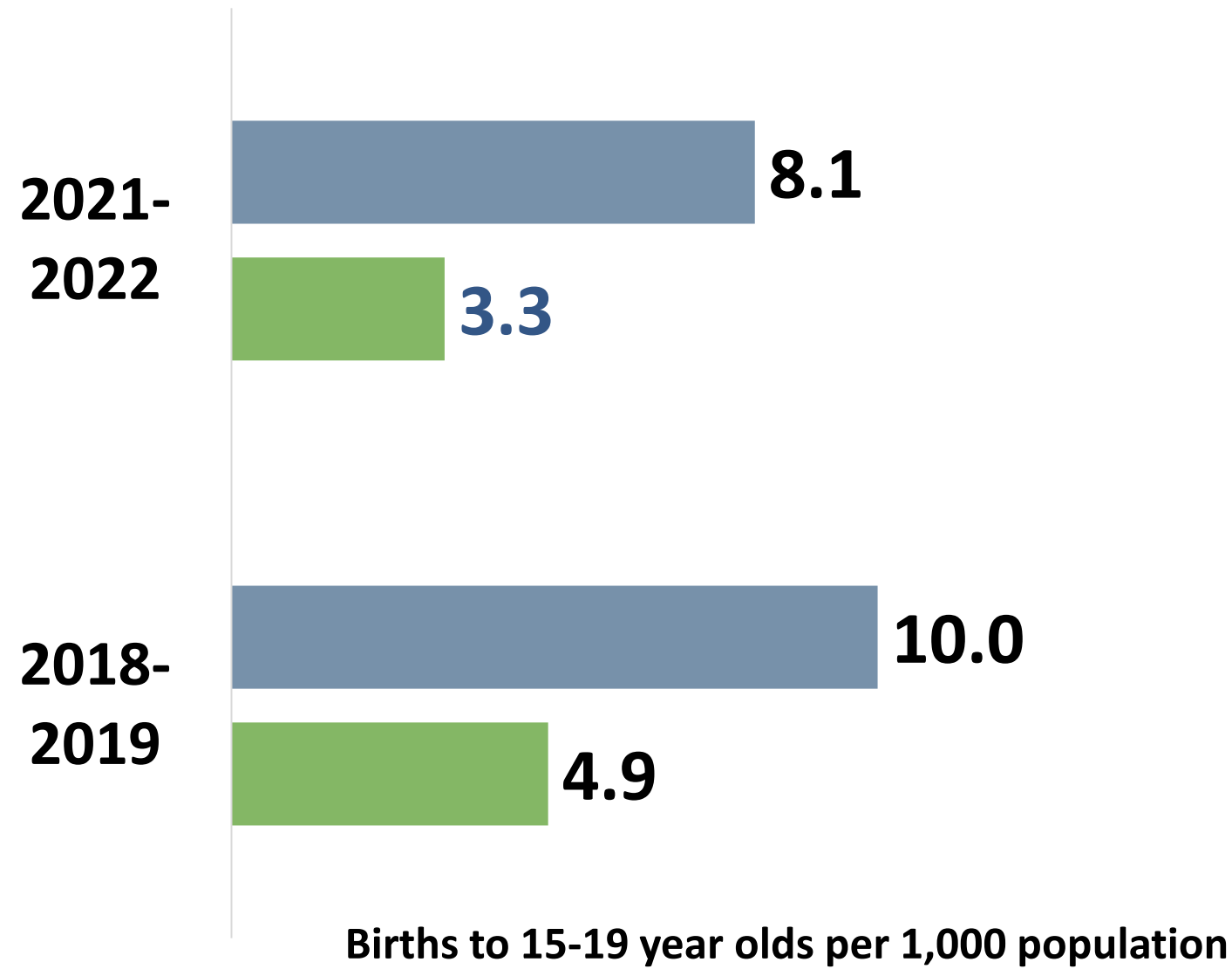
# Health Conditions & Outcomes



2021-2022 data reflects that Cumberland County had a **significantly lower** percentage of women who reported smoking during pregnancy compared to Maine as well as a lower rate of teen births.

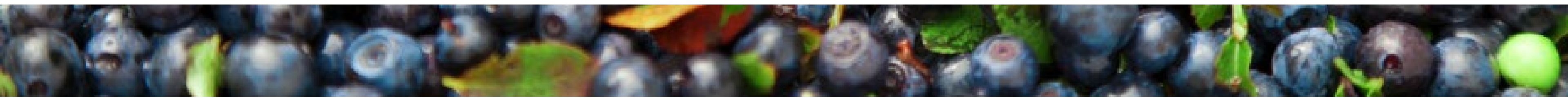
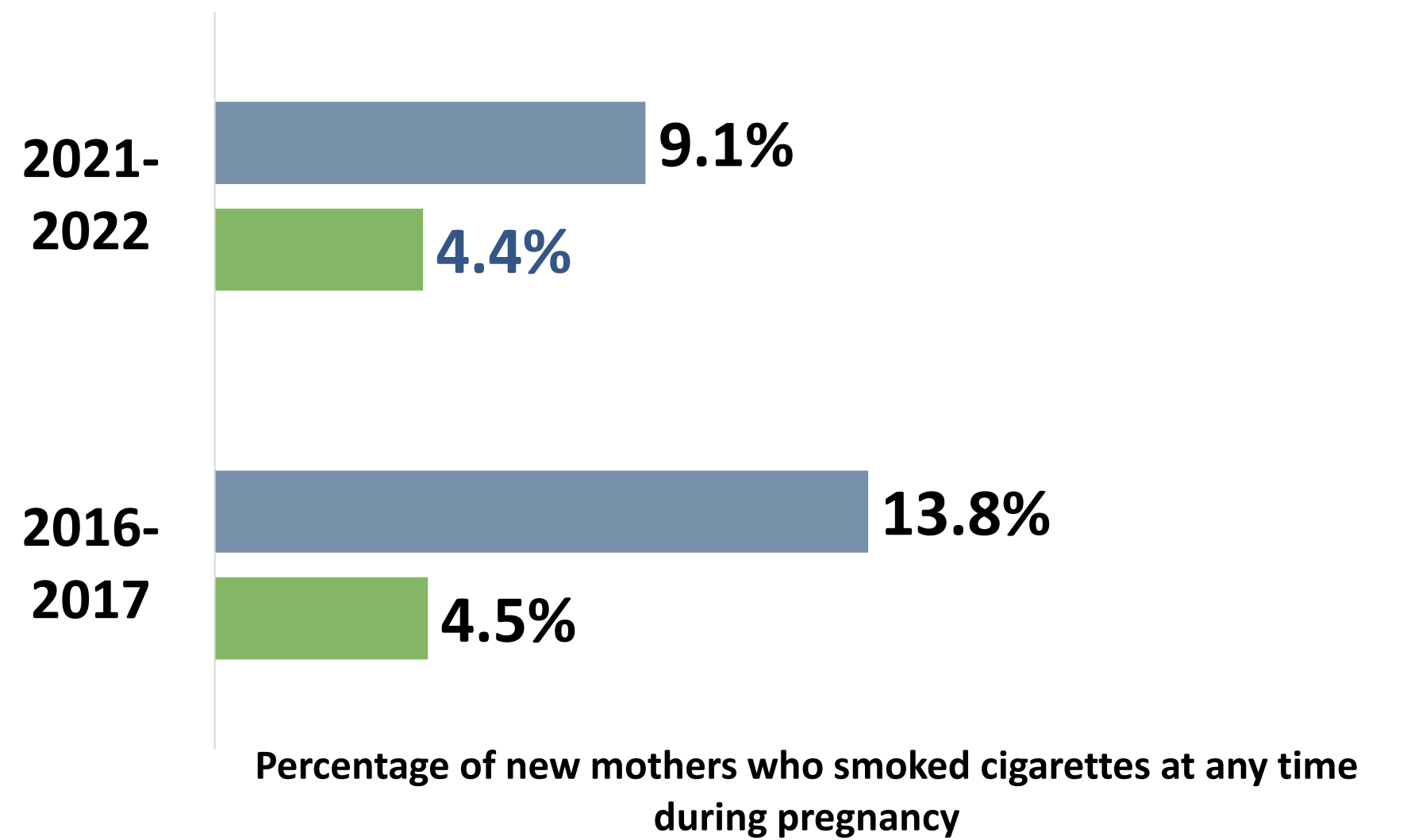
## Teen Births

■ Maine ■ Cumberland County



## Smoked During Pregnancy

■ Maine ■ Cumberland County





# Community Engagement

# Community Engagement

## Focus Group Top Themes

**Affordable care**

**Affordable housing**

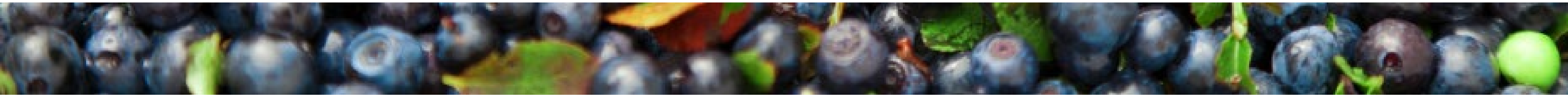
**Healthy options**

**Reliable community resources**

**Safe community**

## Select Quotes From Participants

- “There are so many families **living in hotels or even campgrounds** because housing just isn’t available.”
- “In order to get a hold of **community programs** you need a case worker. In order to get a case worker, you need a medical or mental challenge or something which includes the hospital or administration getting involved.”
- “SNAP benefits can be important. However, **many families do not financially qualify** for them are still in need of that support.”
- “No place for free gym or swimming pool or other **free things for family to socialize**. There are some things, but you have to pay.” “

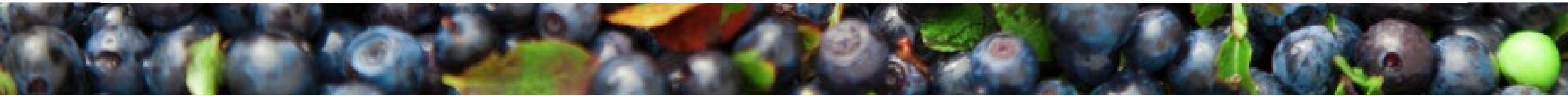
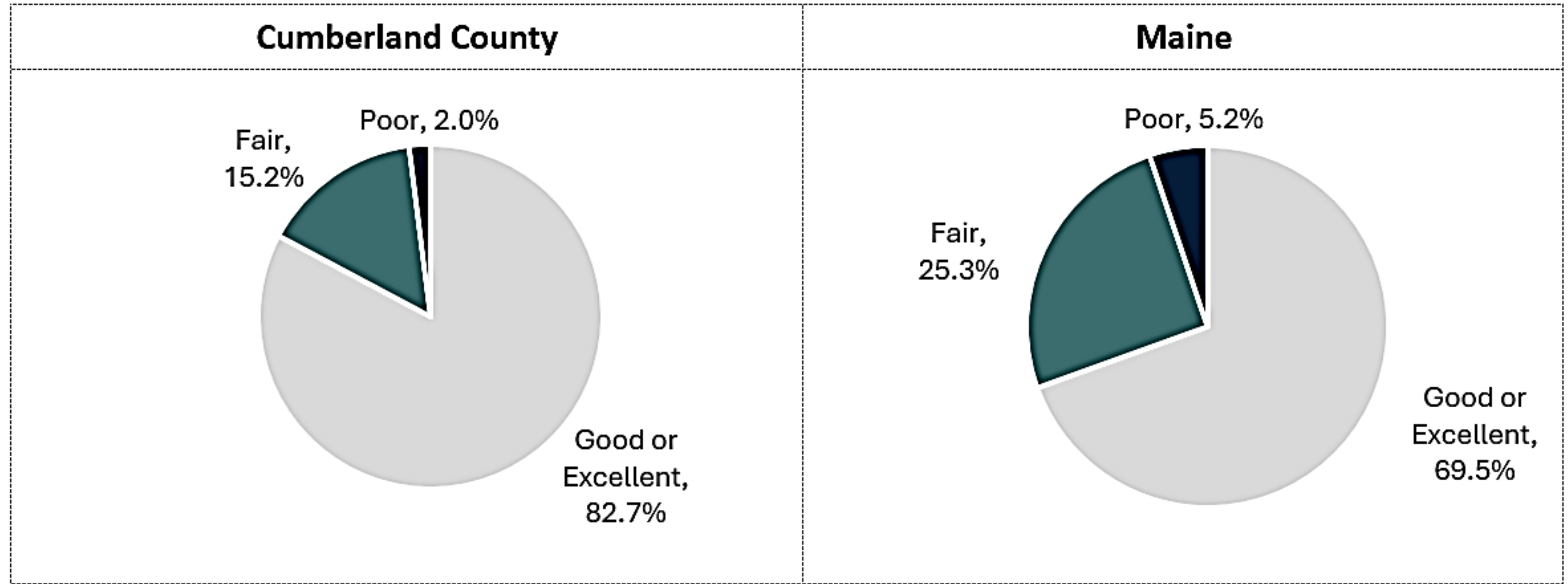


# Community Engagement

## Community Survey: Physical Health Status

How would you rate your own physical health?

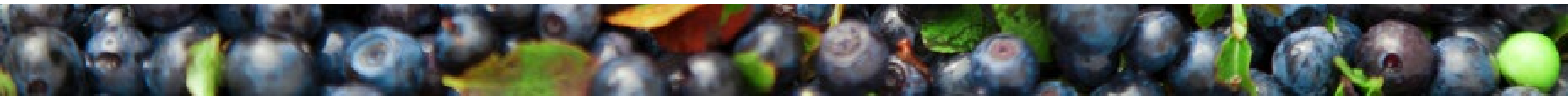
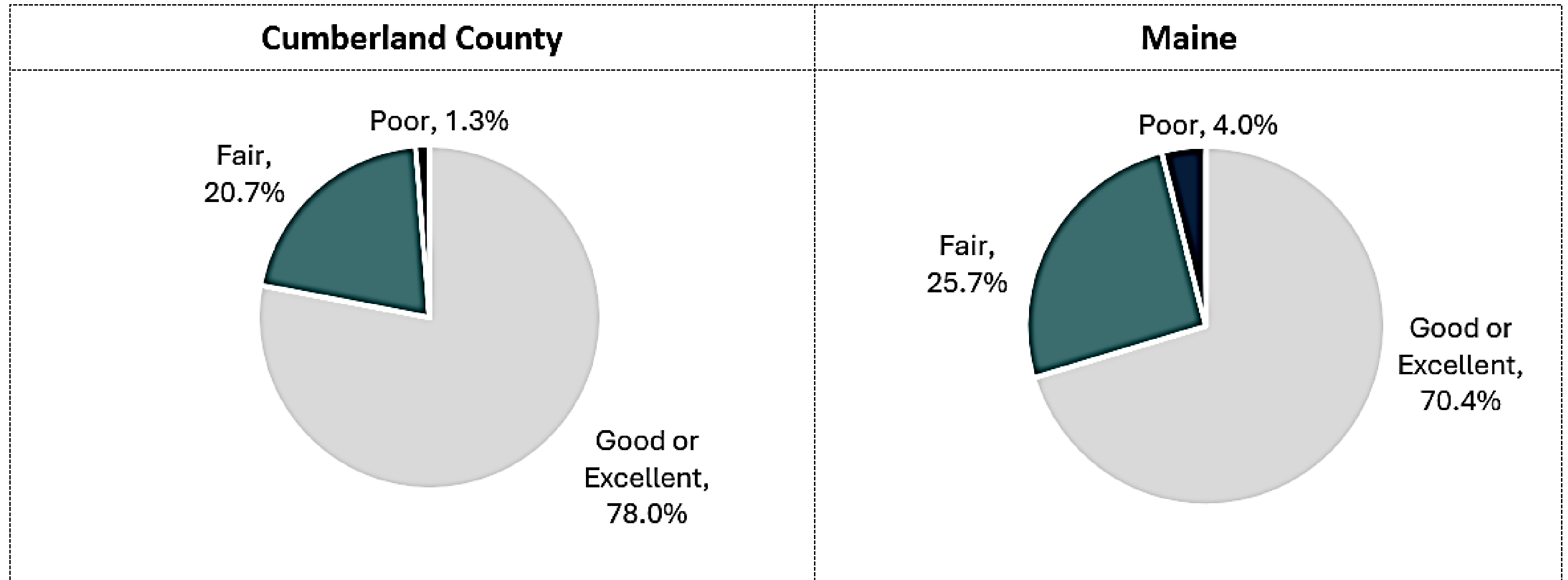
Total Participants	
Cumberland County	Maine
447	3,967



# Community Engagement

## Community Survey: Mental Health Status

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



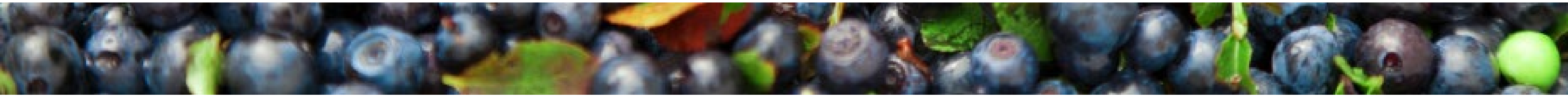


# Community Engagement

## Community Survey: Community Health Status

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

Cumberland County		Maine	
1)	Mental health issues (anxiety, depression, suicide, etc.)	1)	Mental health issues (anxiety, depression, suicide, etc.)
2)	Substance use (alcohol, cannabis, prescription drugs, illicit drugs, etc.)	2)	Substance use (alcohol, cannabis, prescription drugs, illicit drugs, etc.)
3)	Housing insecurity	3)	Low incomes and poverty
4)	Aging health concerns (arthritis, osteoporosis, dementia, Alzheimer's, etc.)	4)	Housing insecurity
5)	Low incomes and poverty	5)	Obesity



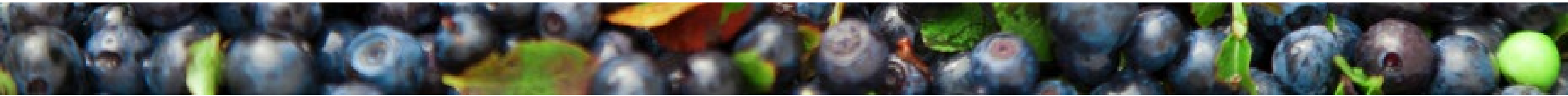
# Community Engagement

## 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'*

Cumberland County		Maine	
Economic needs	77.7%	Economic needs	76.1%
Mental health needs	77.4%	Chronic health conditions (cancer, high blood pressure, heart disease, high cholesterol, etc.)	75.7%
Housing needs	75.7%	Mental health needs	73.6%
Chronic health conditions (cancer, high blood pressure, heart disease, high cholesterol, etc.)	71.0%	Substance use	68.5%
Substance use	68.9%	Housing needs	68.5%
Environmental needs	66.3%	Transportation needs	60.9%
Transportation needs	57.6%	Environmental needs	58.4%
Public safety needs	53.4%	Public safety needs	53.7%





# Prioritization Voting Results



# Results

## Community Conditions

1. Housing (95.8%)
2. Poverty (45.8%)
3. Timeliness of Healthcare and Social Services (41.7%)
4. Provider Availability (37.5%)
5. Transportation (33.3%)

## Protective & Risk Factors

1. Nutrition (58.3%)
2. Adult Screening & Preventative Visits (50.0%)
3. Illicit Drug Use (41.7%)
4. Physical Activity (37.5%)
5. Child/ Youth Screening & Preventative Visits (37.5%)

## Health Conditions & Outcomes

1. Mental Health (83.3%)
2. Substance Use Related Injury & Death (70.8%)
3. Cardiovascular Disease (54.2%)
4. Obesity/ Weight Status (41.7%)
5. Cancer (33.3%)

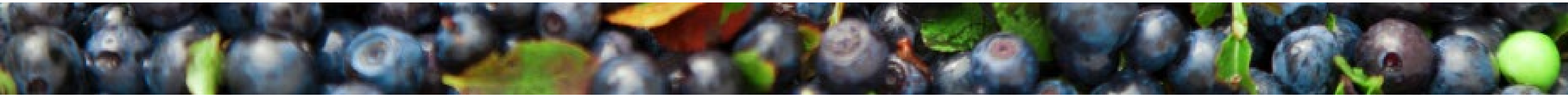


# Breakout Discussions

# 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:**

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

**as they relate to your County.**





# Results

## Community Conditions

1. Housing (69.7%)
2. Poverty (54.6%)
3. Transportation (42.4%)

## Protective & Risk Factors

1. Adverse Childhood Experiences (69.7%)
2. Nutrition (57.6%)
3. Illicit Drug Use (51.5%)

## Health Conditions & Outcomes

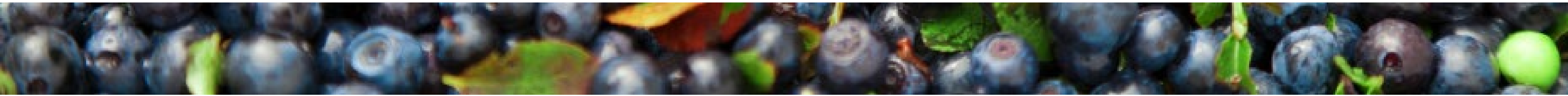
1. Mental Health (81.8%)
2. Substance Use Related Injury & Death (69.7%)
3. Cardiovascular Disease (30.3%)



# Breakout Discussion #2

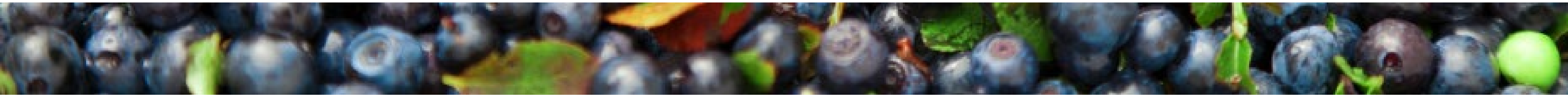
**Please discuss the following questions as they relate to the priorities in your topic area:**

- **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?**



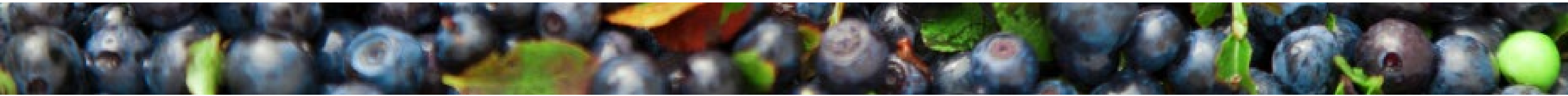
# Breakout Discussion #3

**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