



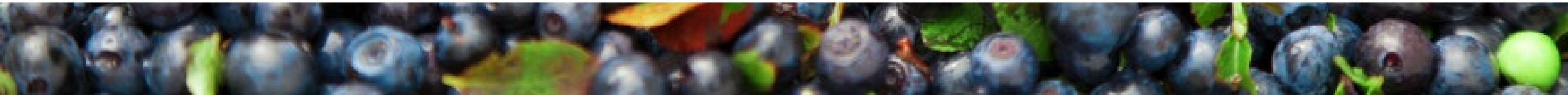
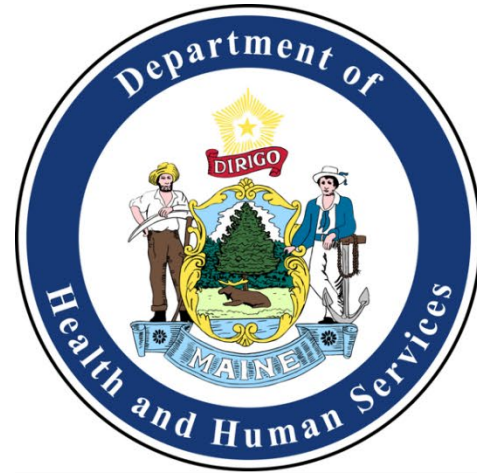
Maine Shared Community Health Needs Assessment

Sagadahoc County

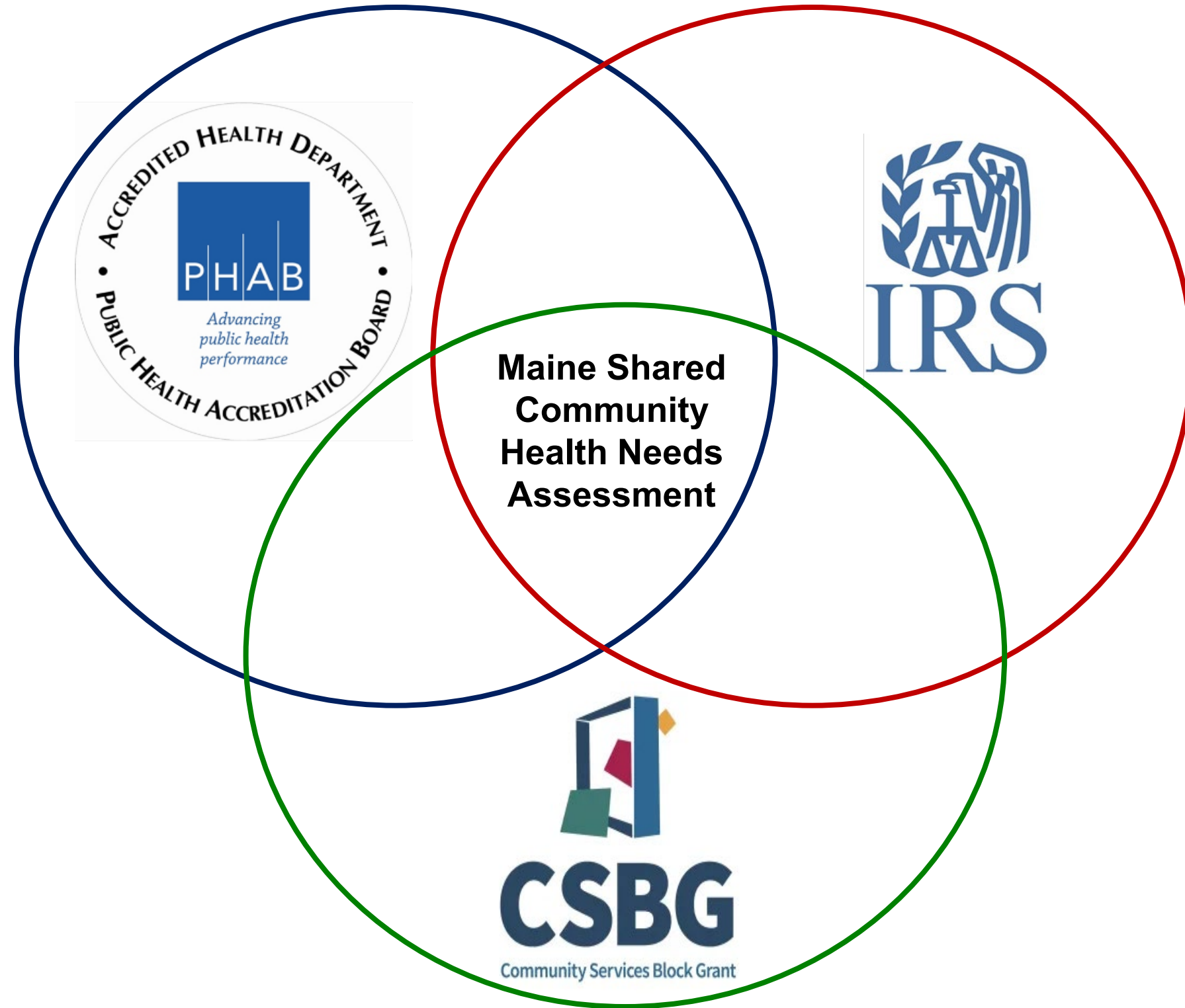
November 1, 2024

Maine Shared CHNA

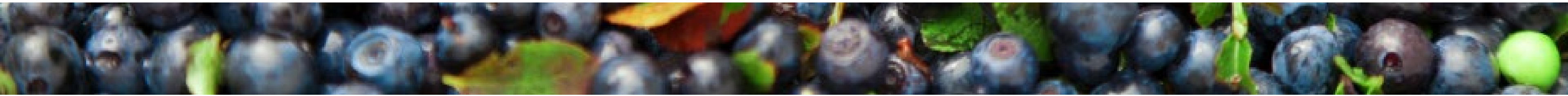
The Maine Shared Community Health Needs Assessment (Maine Shared CHNA) is a collaborative partnership between Central Maine Healthcare, Northern Light Health, MaineGeneral Health, MaineHealth, the Maine Center for Disease Control and Prevention, and the Maine Community Action Partnership. By engaging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

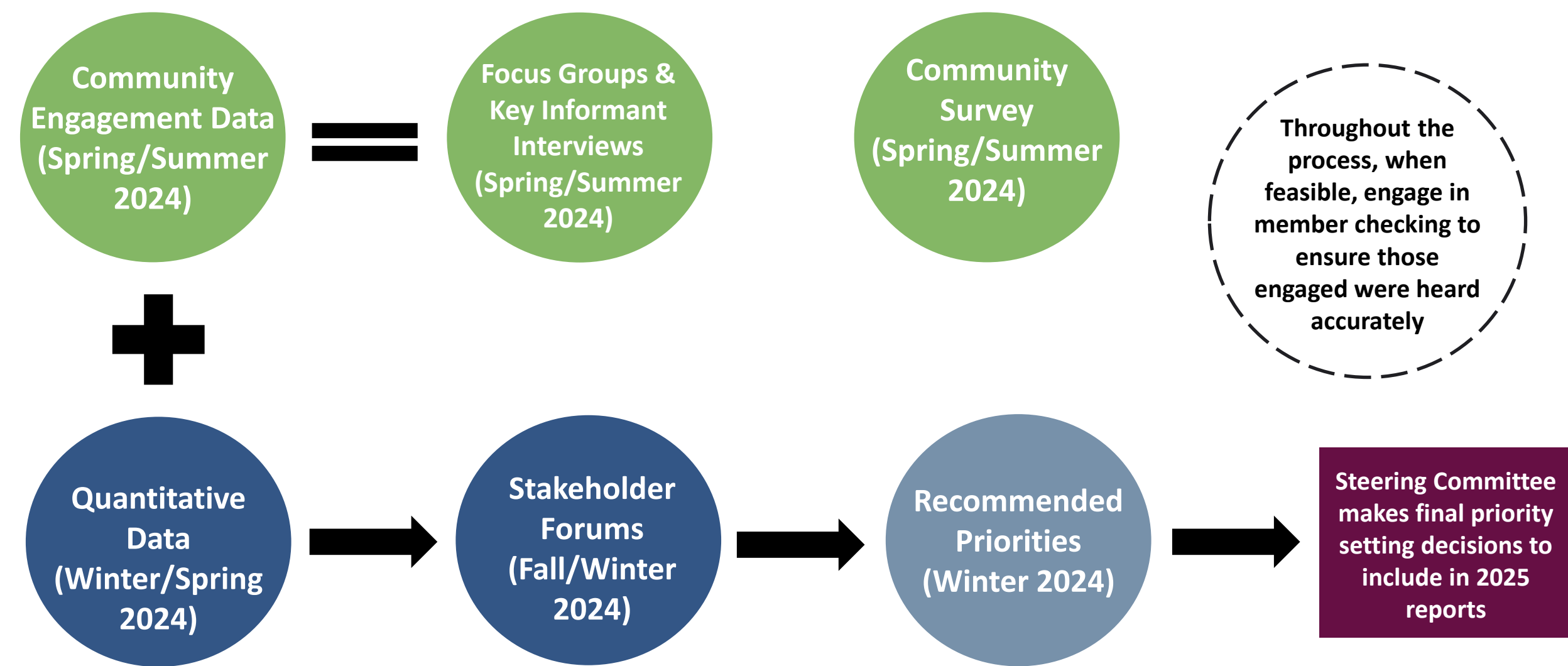


- **Steering Committee**
- **Program Manager**
- **Standing Committees**
 - **Metrics**
 - **Community Engagement**
- **Ad-Hoc Committees**
- **Local Planning Teams**

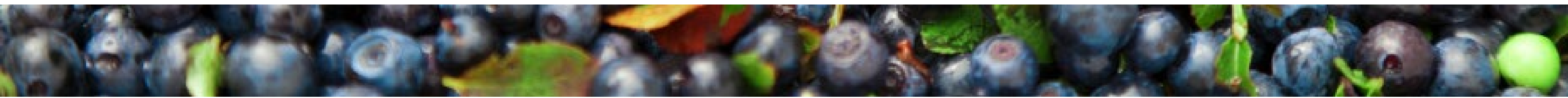


Maine Shared CHNA

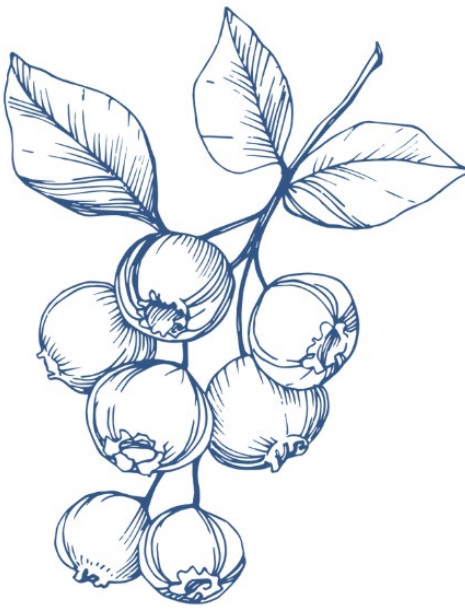
2024 CHNA Data Analysis, Community Engagement, and Prioritization Process & Timeline



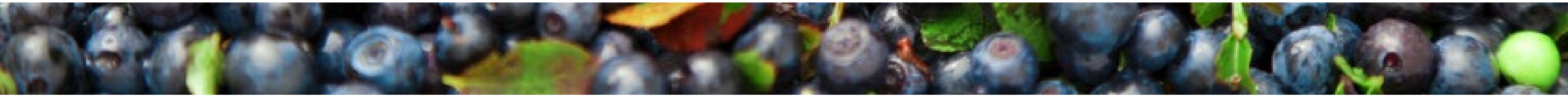
Surveys conducted statewide, included both general community members and professionals; Focus Groups conducted with community members, both low-income population and health equity groups; Key Informant Interviews conducted when focus groups weren't feasible or to collect more information; Stakeholder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

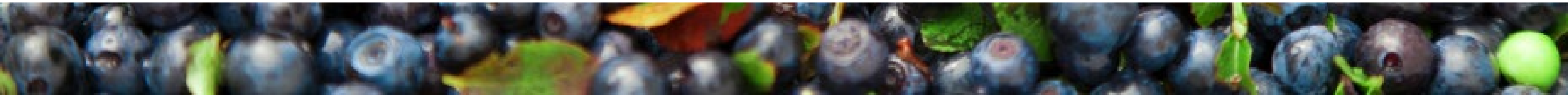
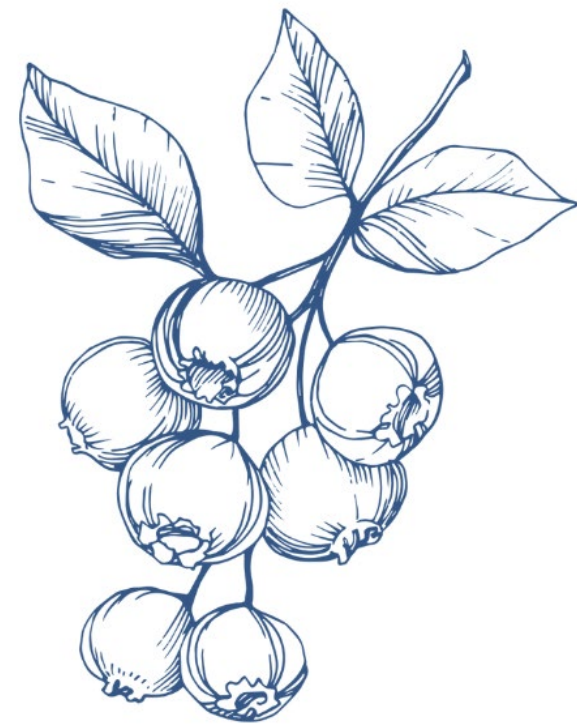
Presentation of Final Priorities

Breakout: Deeper Discussion of Priorities, Round 1

Breakout: Deeper Discussion of Priorities, Round 2

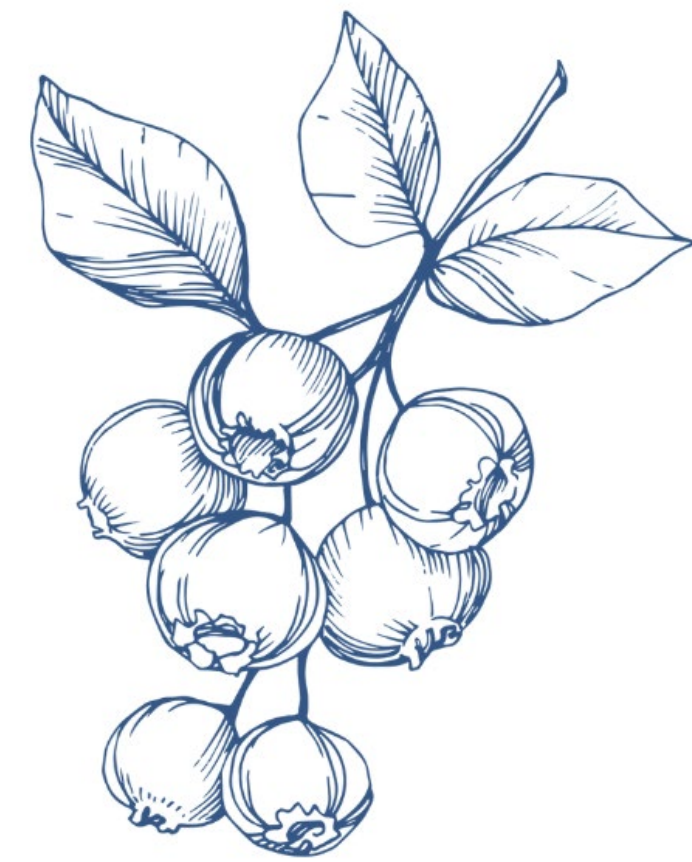
Breakout: Deeper Discussion of Priorities, Round 3

Conclusion & Next Steps

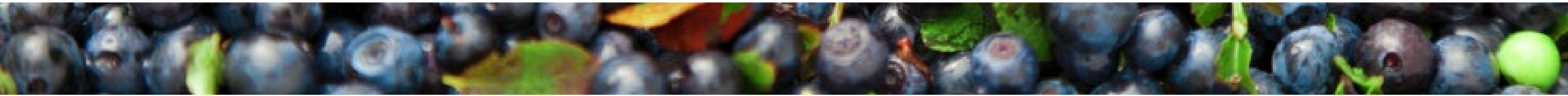


Housekeeping

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



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

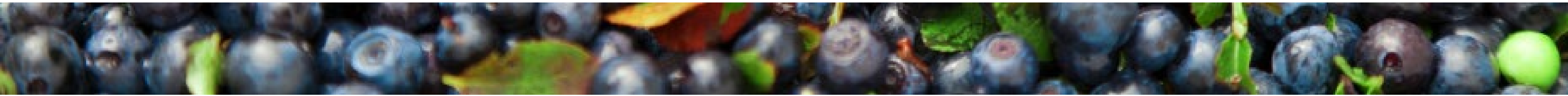
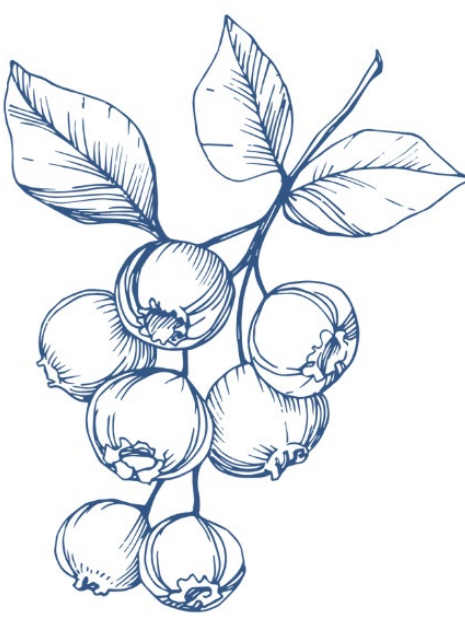




Key Findings

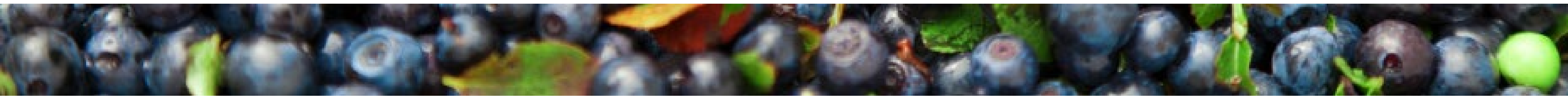
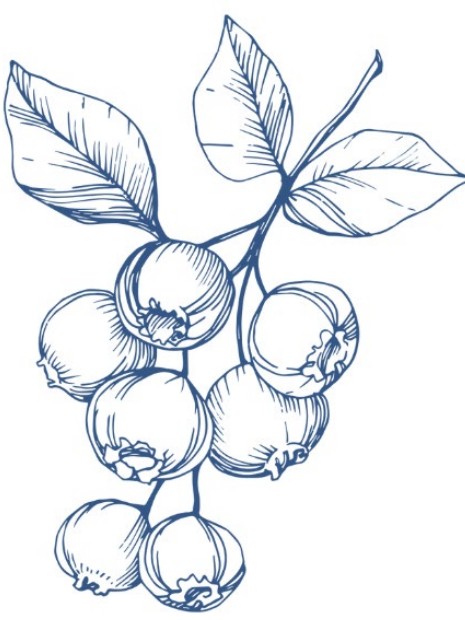
Quantitative Data

- Indicators are reviewed and updated, as needed, by the Metrics Committee using identified criteria
- Data comes from national, state and at times programmatic sources
- Some data is missing or suppressed due to small sample sizes
- Other data may be missing due to complications in collection or errors in analysis on the end of the data source
- The most up to date data profiles can be found on the MeSCHNA website



Qualitative Data

- Community engagement framework and populations to engage are developed by the Community Engagement Committee
- This cycle's engagement included focus groups (state and county wide), key informant interviews, and surveys
- The multiprong engagement is intended to hear from as many people as possible within our capacity and resources
- The qualitative data and quantitative data are meant to complement each other
- The most up to date overviews can be found at the MeSCHNA website.

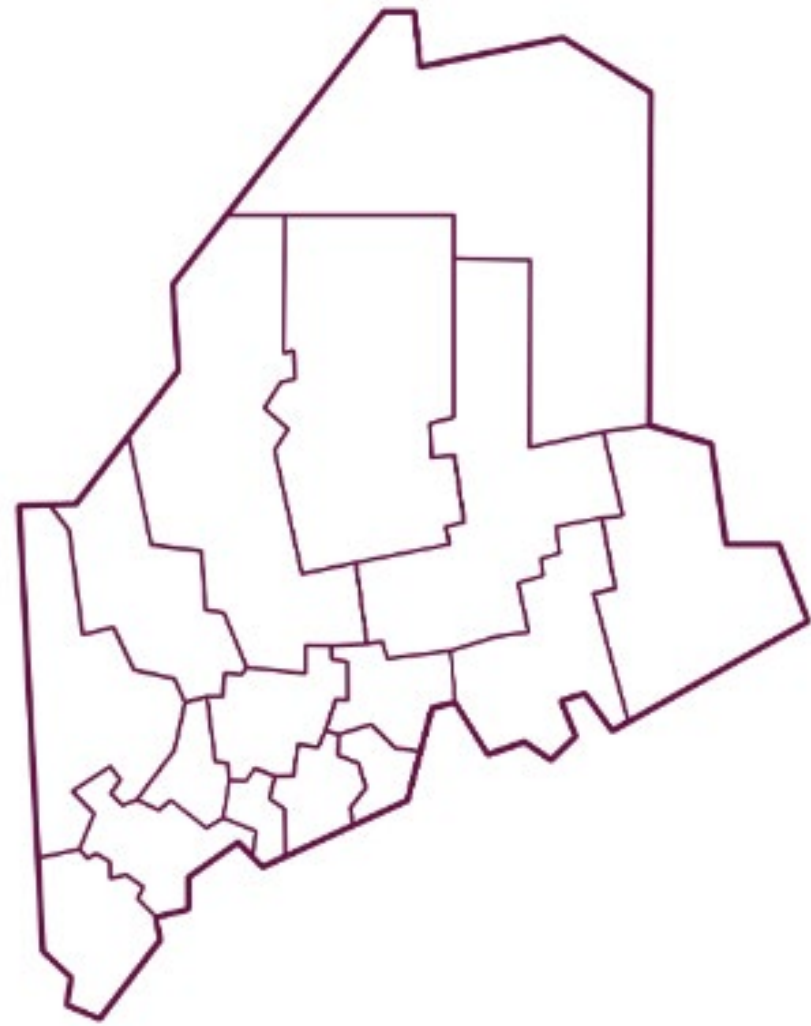


Demographics

Total Population

36,868

2.7% of the total state population

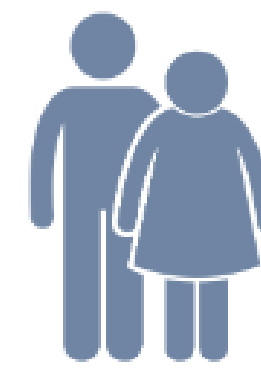


Population by Age



Age Under 18

18.3%



Age 18-64

58.3%

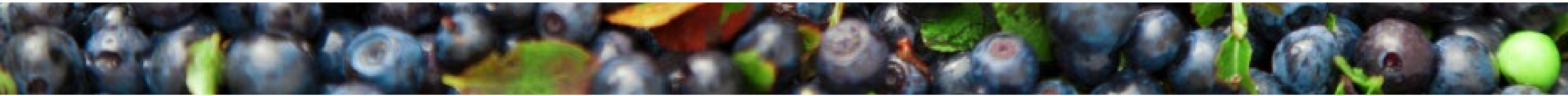
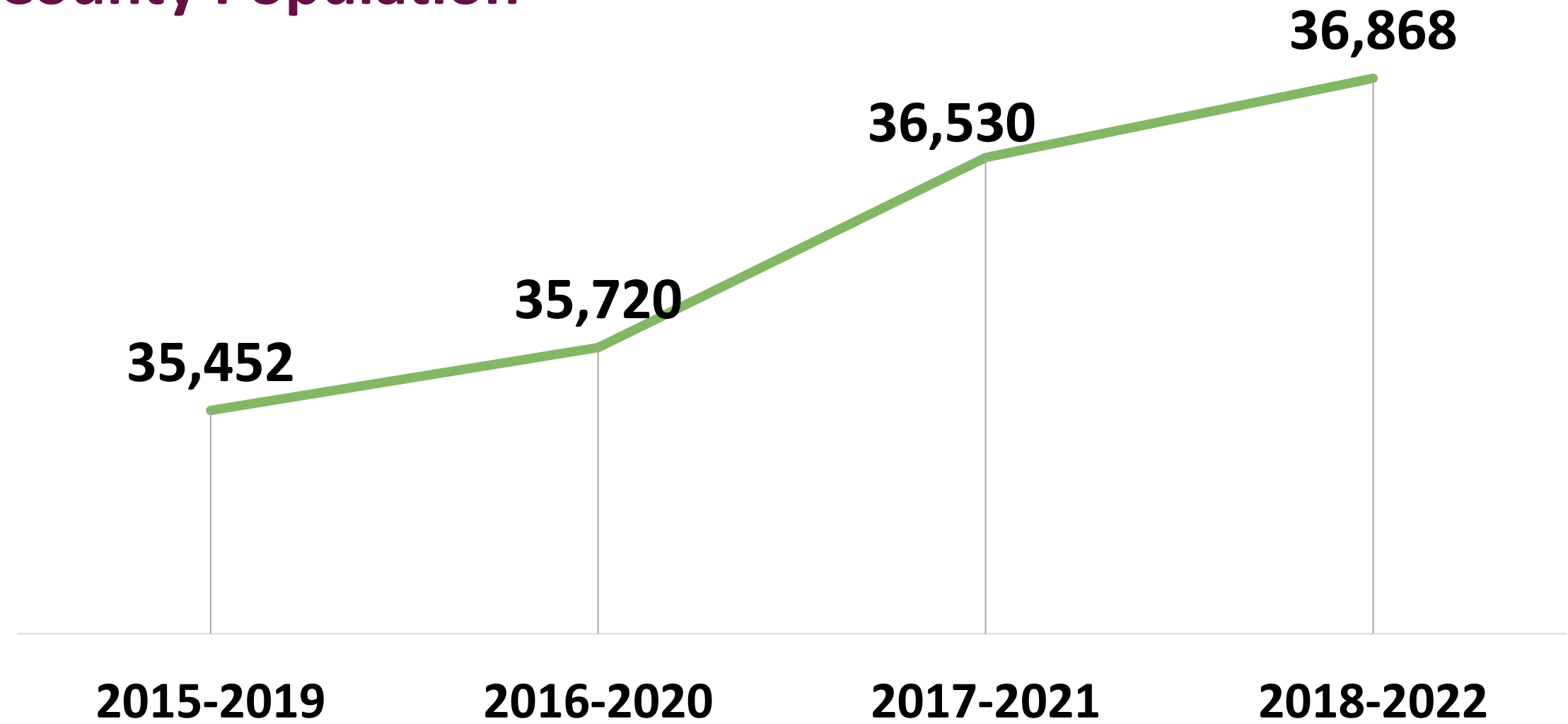


Age 65+

23.4%

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

County Population

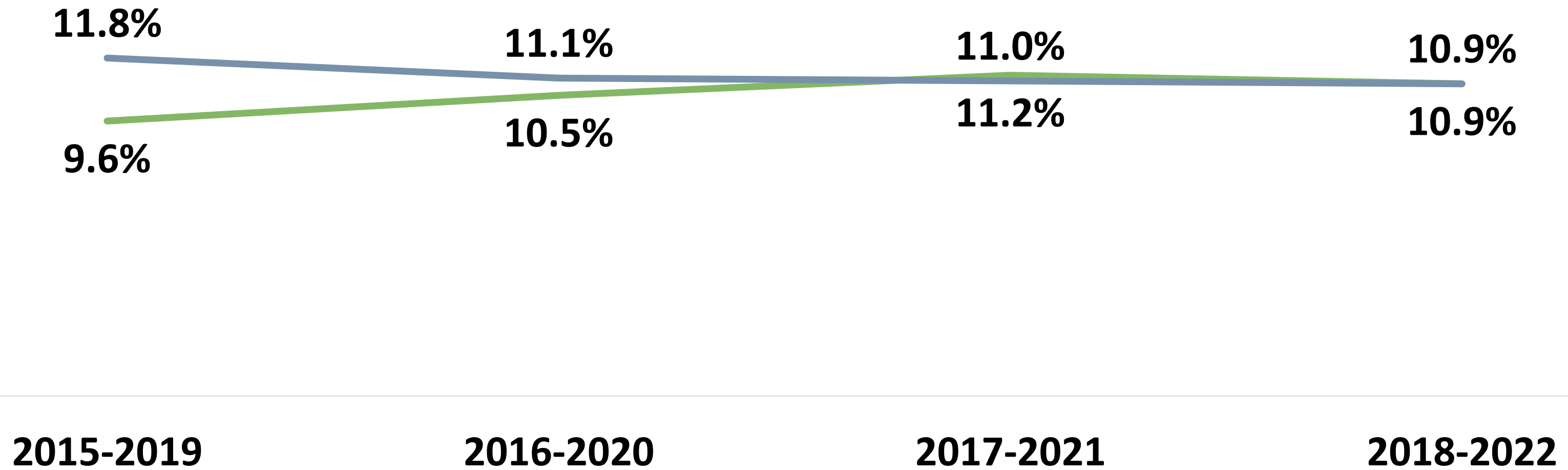


Demographics

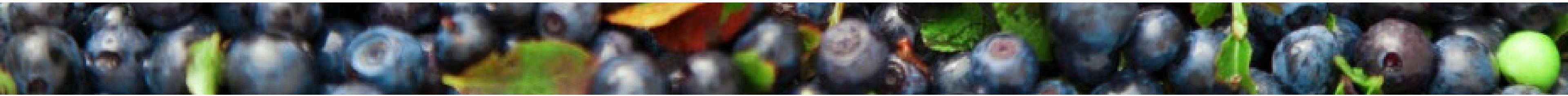
Individuals Living in Poverty

—Sagadahoc County —Maine

Percentage of Total Population

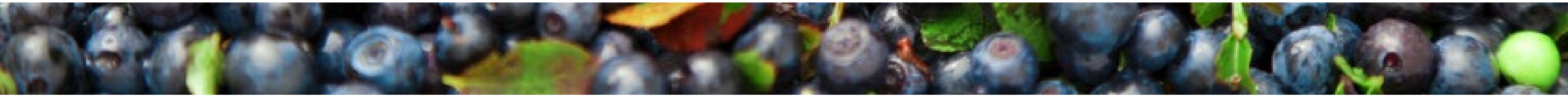
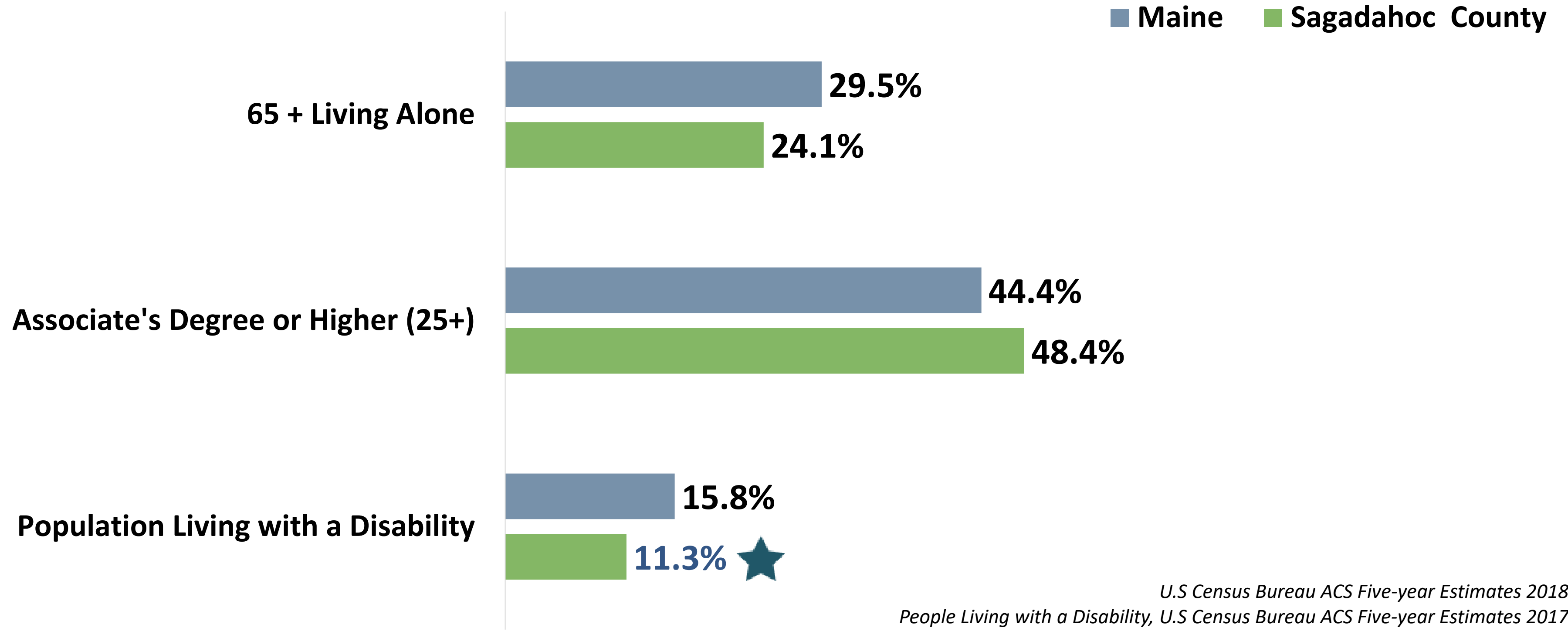


U.S. Census Bureau ACS Five-year Estimates



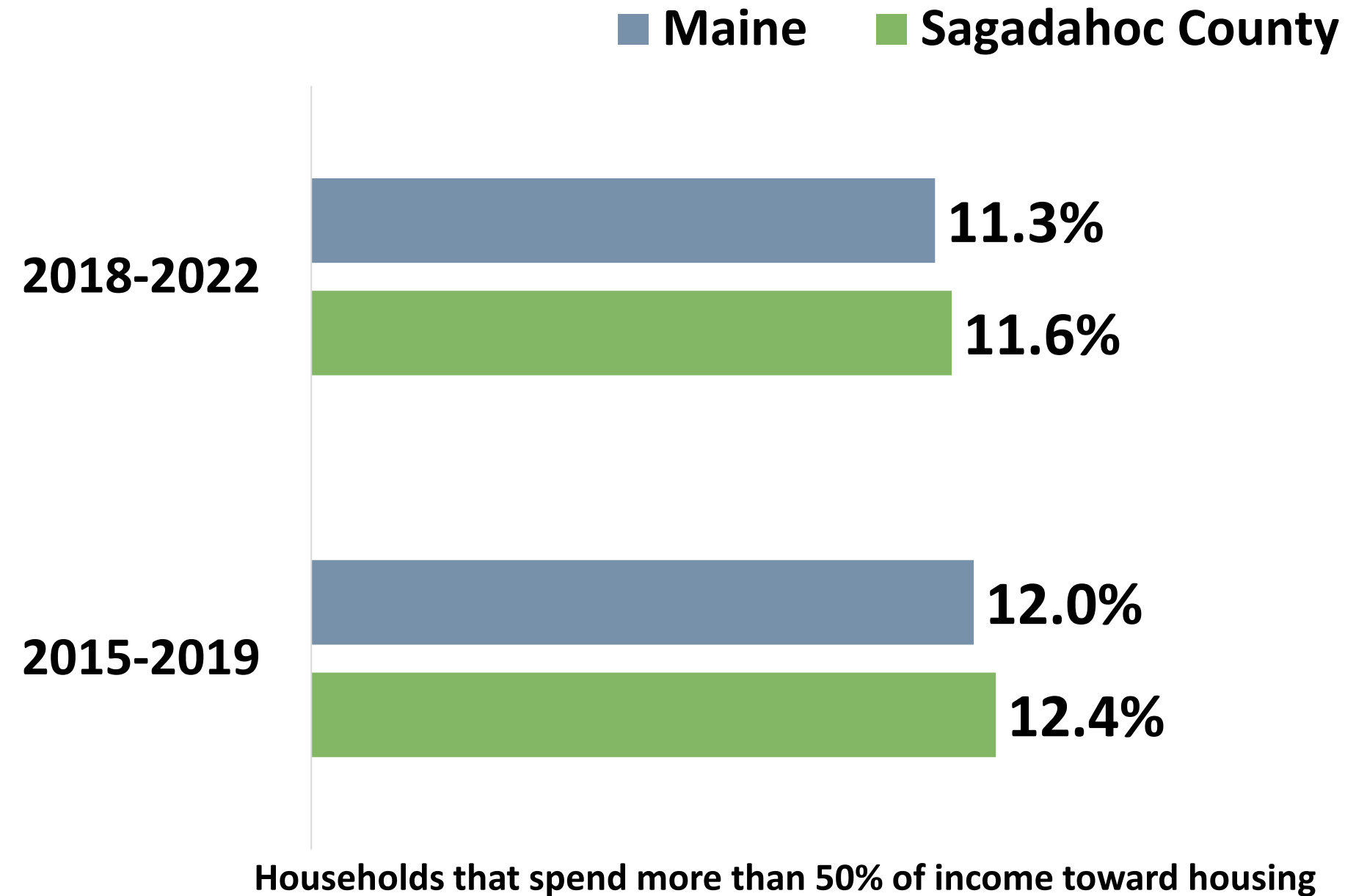
Demographics

Social Drivers of Health



Community Conditions

Cost-burdened Households



Transportation



35.8%

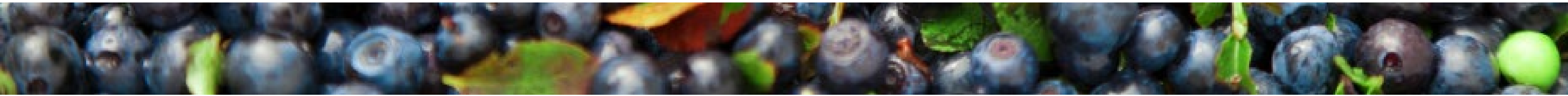
Commute of greater than 30 minutes driving alone



1.8%

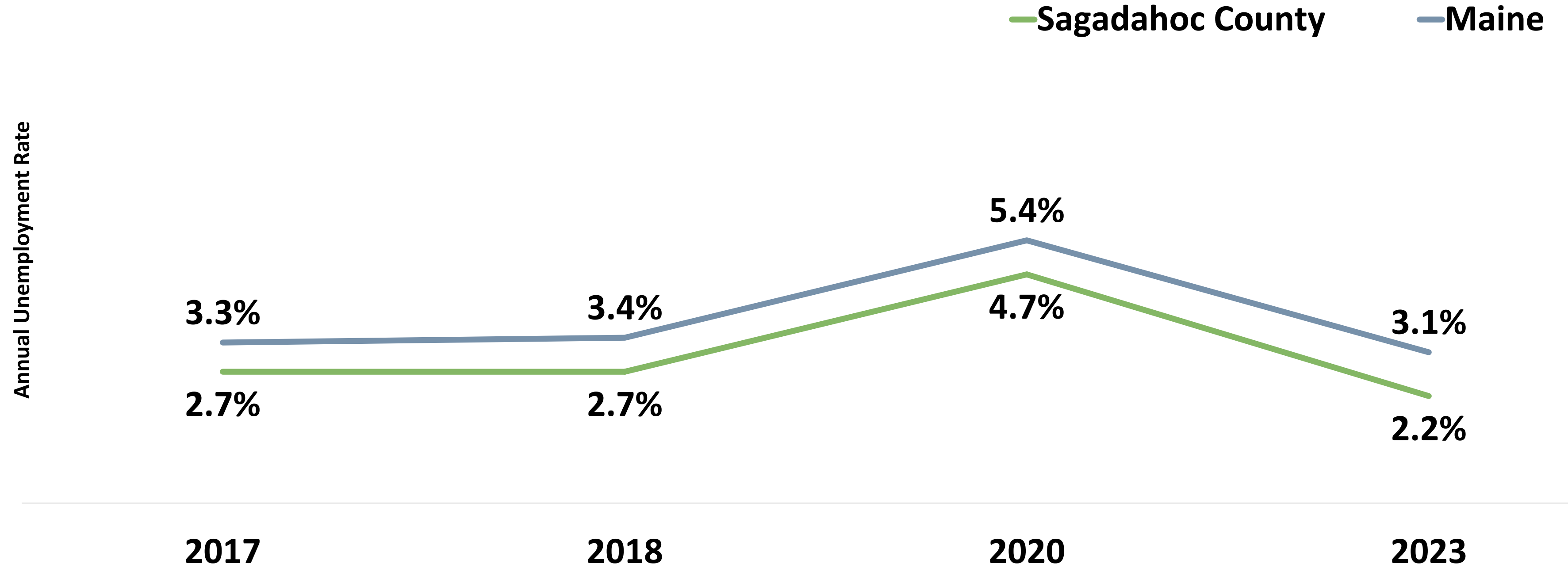
No vehicle for the household

*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*

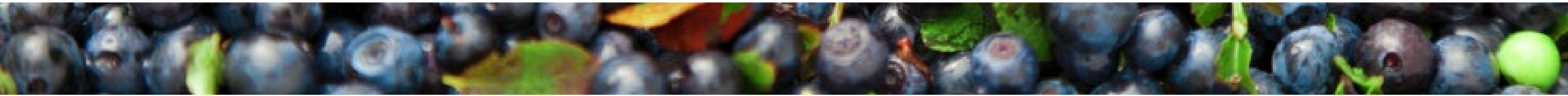


Community Conditions

Unemployment



U.S. Bureau of Labor Statistics



Community Conditions

Economic Wellbeing



Median household income

2015-2019: \$63,694

2017-2021: \$73,343



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

2019: 28.9%

2022: 25.9%

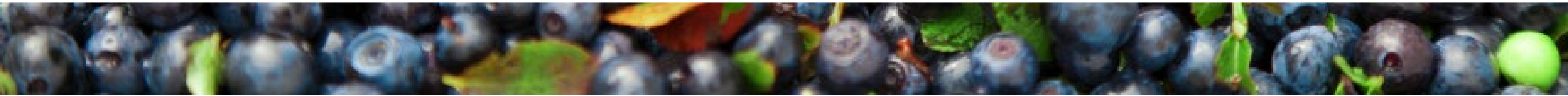


The 2017-2021 median household income in Sagadahoc County was **significantly higher** compared to Maine (\$63,182), as well as the 2015-2019 county median.

ALICE

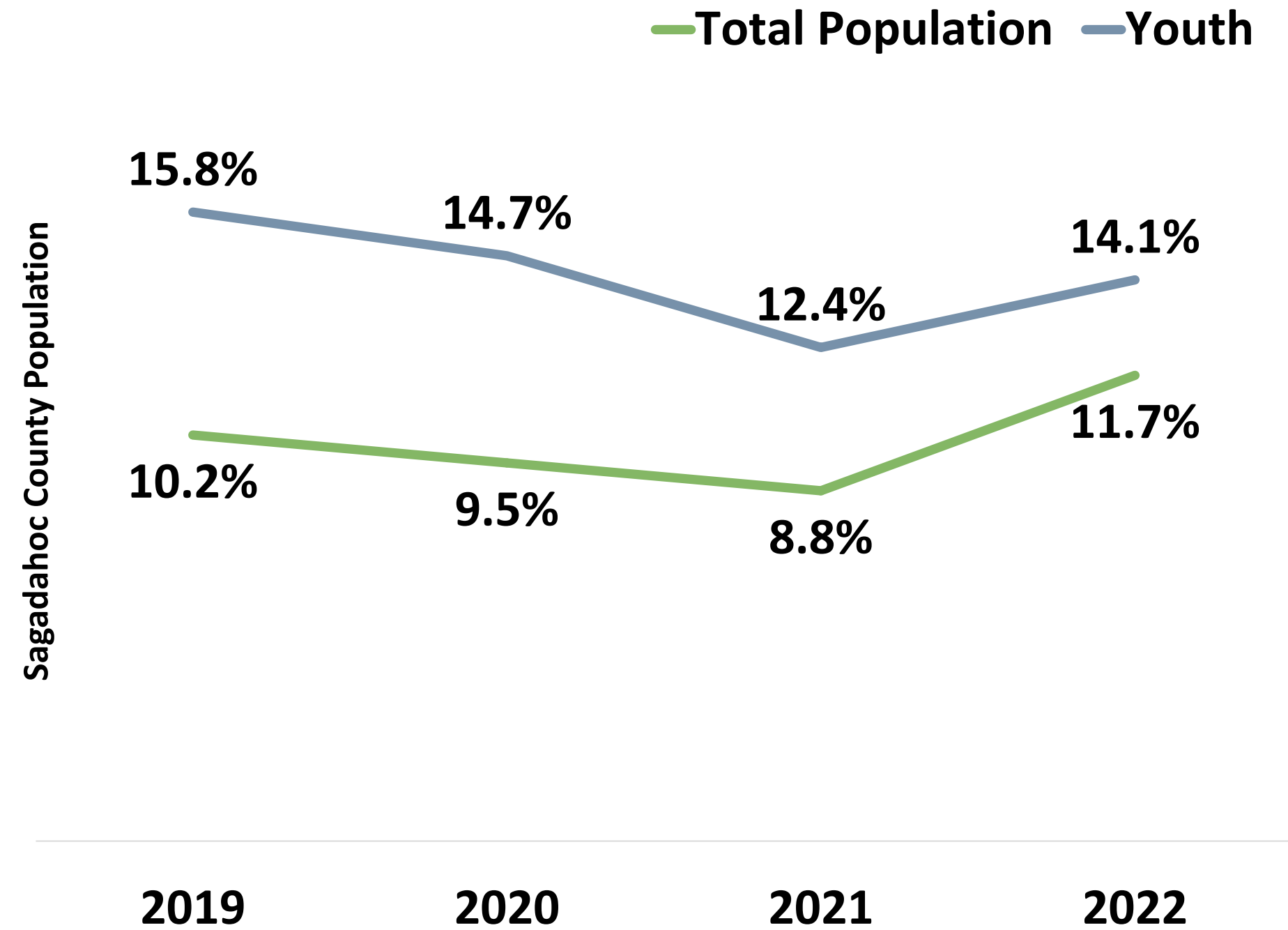
Working families who are struggling to afford basic necessities like housing, food, and childcare **despite** earning an income technically above the poverty line.

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

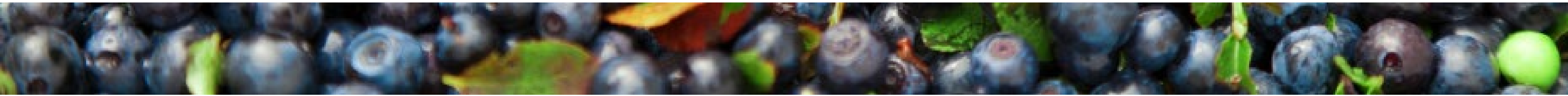
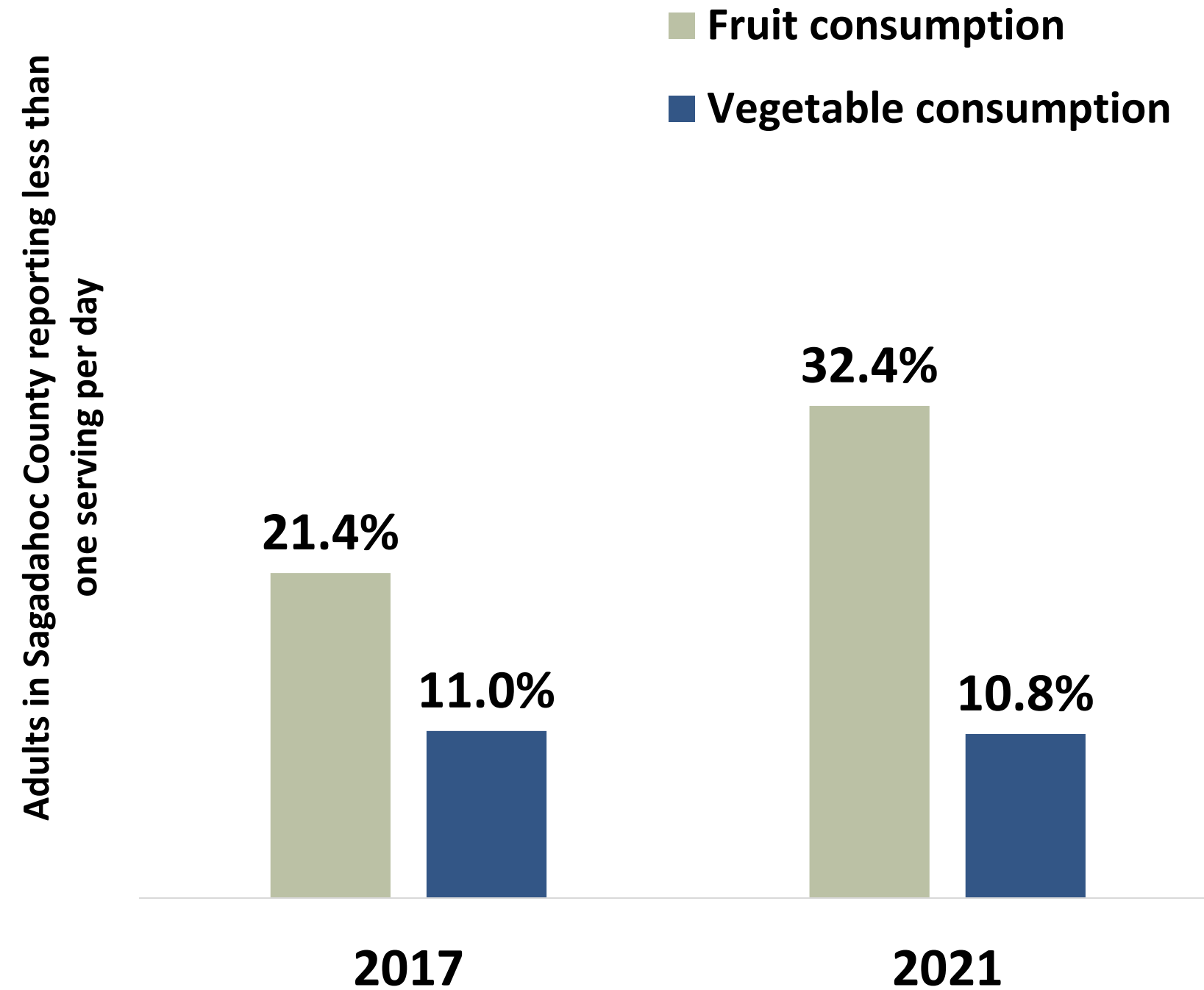


Community Conditions

Food Insecurity



Fruit & Vegetable Consumption



Community Conditions

Child Care



Child Care Centers

2020: 27

2024: 18

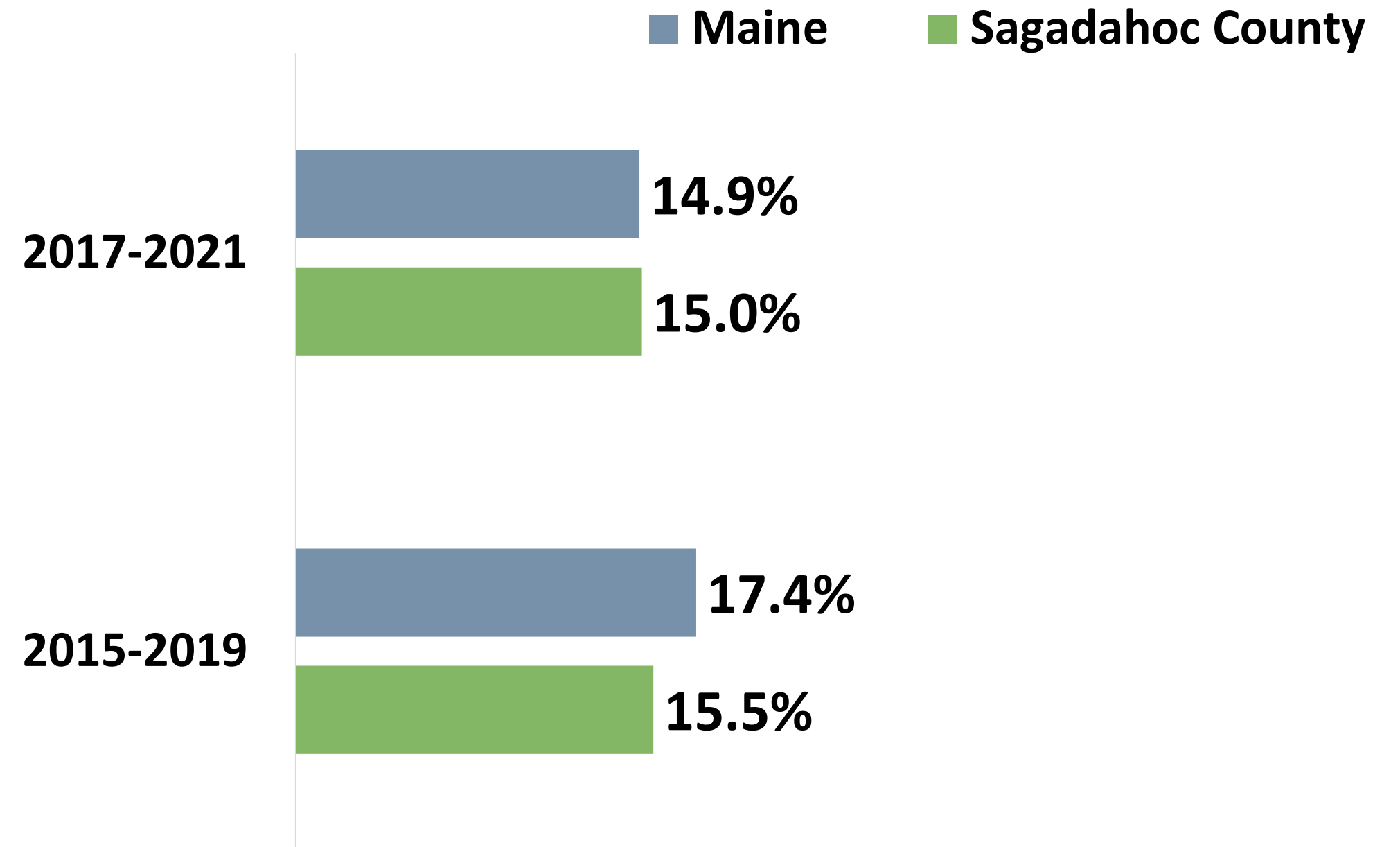


Children served in publicly funded state & local preschools

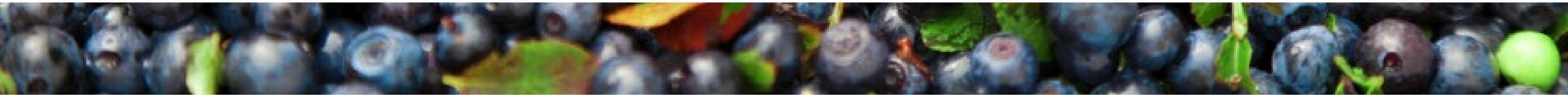
2019: 40.0%

2023: 38.1%

Head Start eligible infants, toddlers & preschool age children

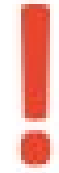
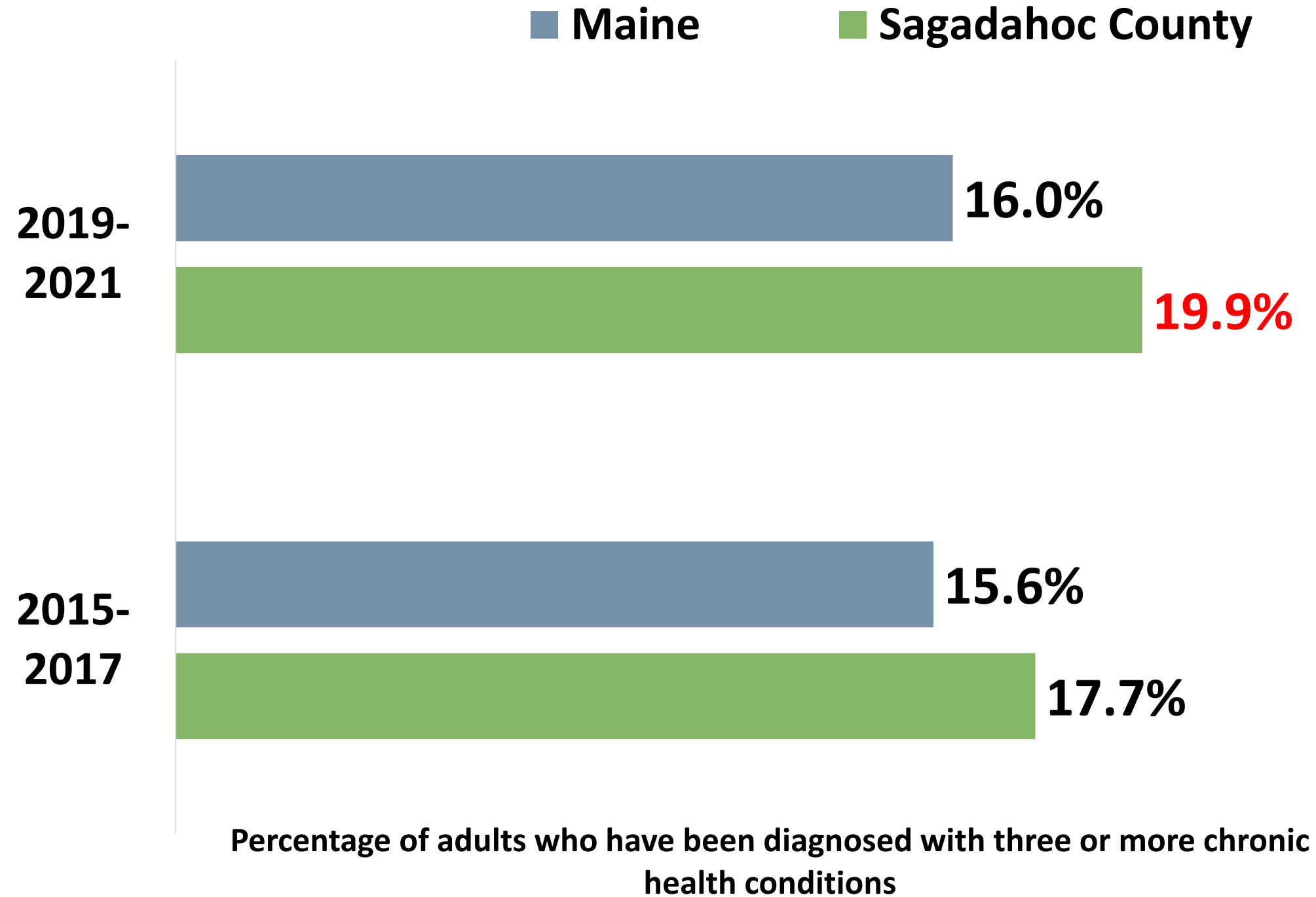


Percentage of children under 6 who live in households where the total income of the householder's family has been below the established federal poverty level in the past year



Protective & Risk Factors

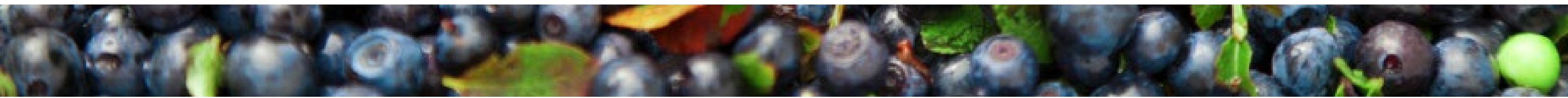
Chronic Conditions



2019-2021 data indicates that Sagadahoc County has a **significantly higher** rate of adults diagnosed with three or more chronic health conditions compared to Maine.

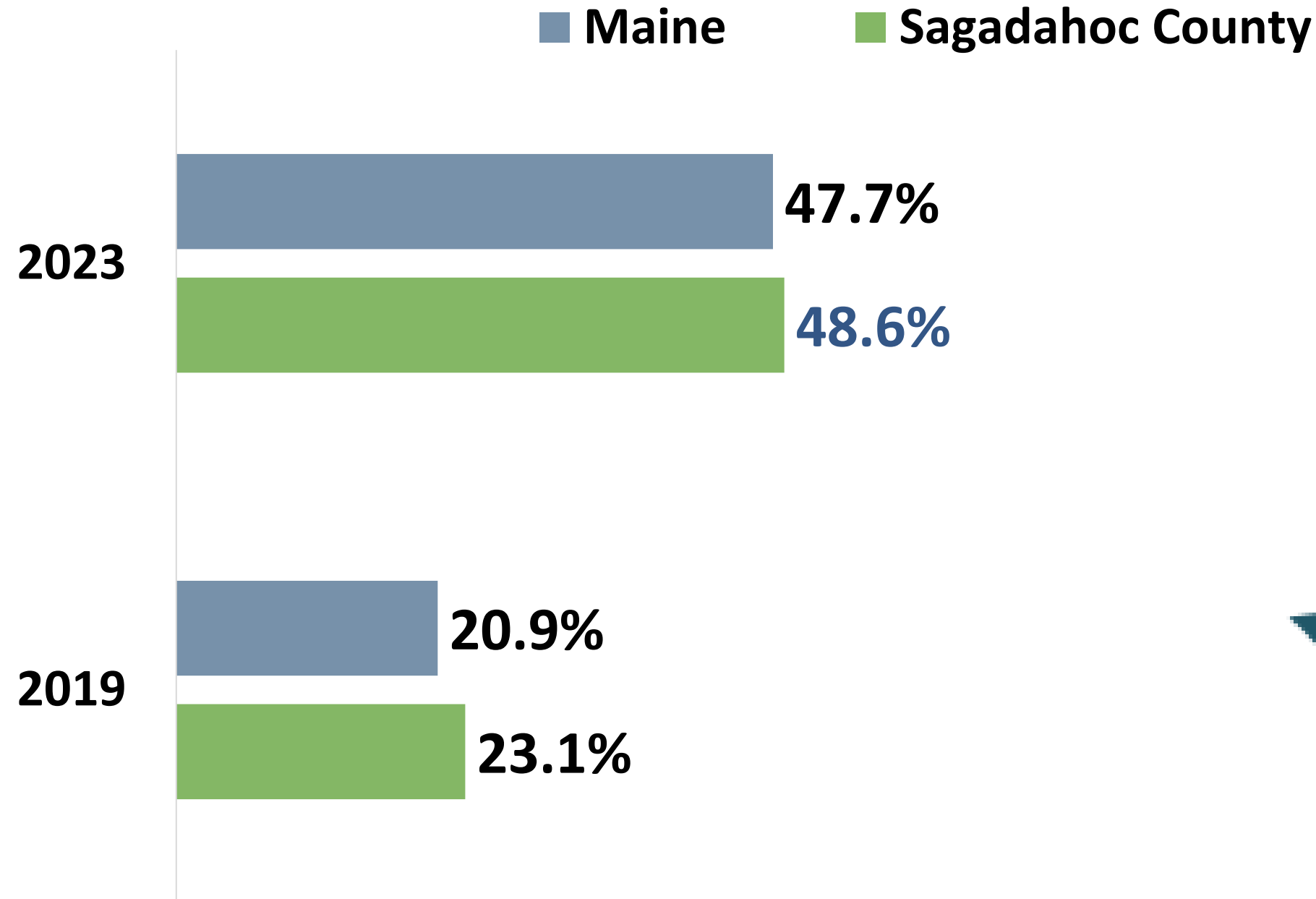


Sagadahoc County Population Age 65 & Older
2018-2022: 23.4%



Protective & Risk Factors

Physical Activity



Percentage of high school students who were physically active for a total of at least 60 minutes per day in the past week



Soda/sports drink consumption
(one or more a day)
Sagadahoc County High School Students

2019: 19.3%

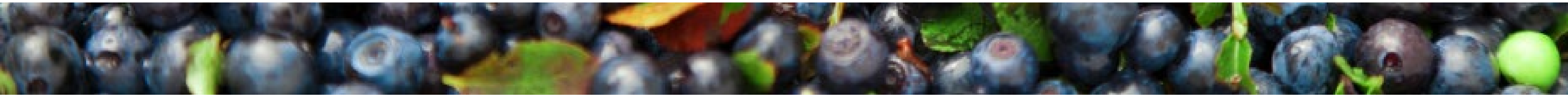
2023: 27.4%



Significantly more Sagadahoc County high school students drank soda or a sports drink at least once during the past week.



Significantly more Sagadahoc County high school students met physical activity recommendations compared to 2019 county data.



Health Conditions & Outcomes

Leading Causes of Death

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



Cardiovascular disease deaths per 100,000 population

2015-2019: 204.2

2018-2022: 176.2

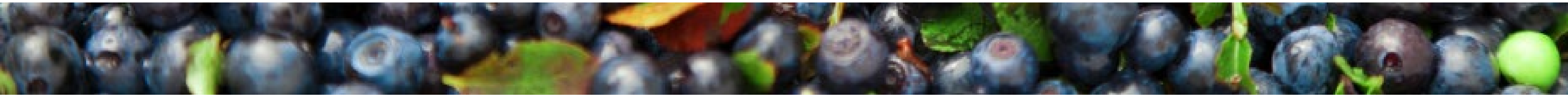


Chronic lower respiratory disease deaths per 100,000 population

2015-2019: 38.1

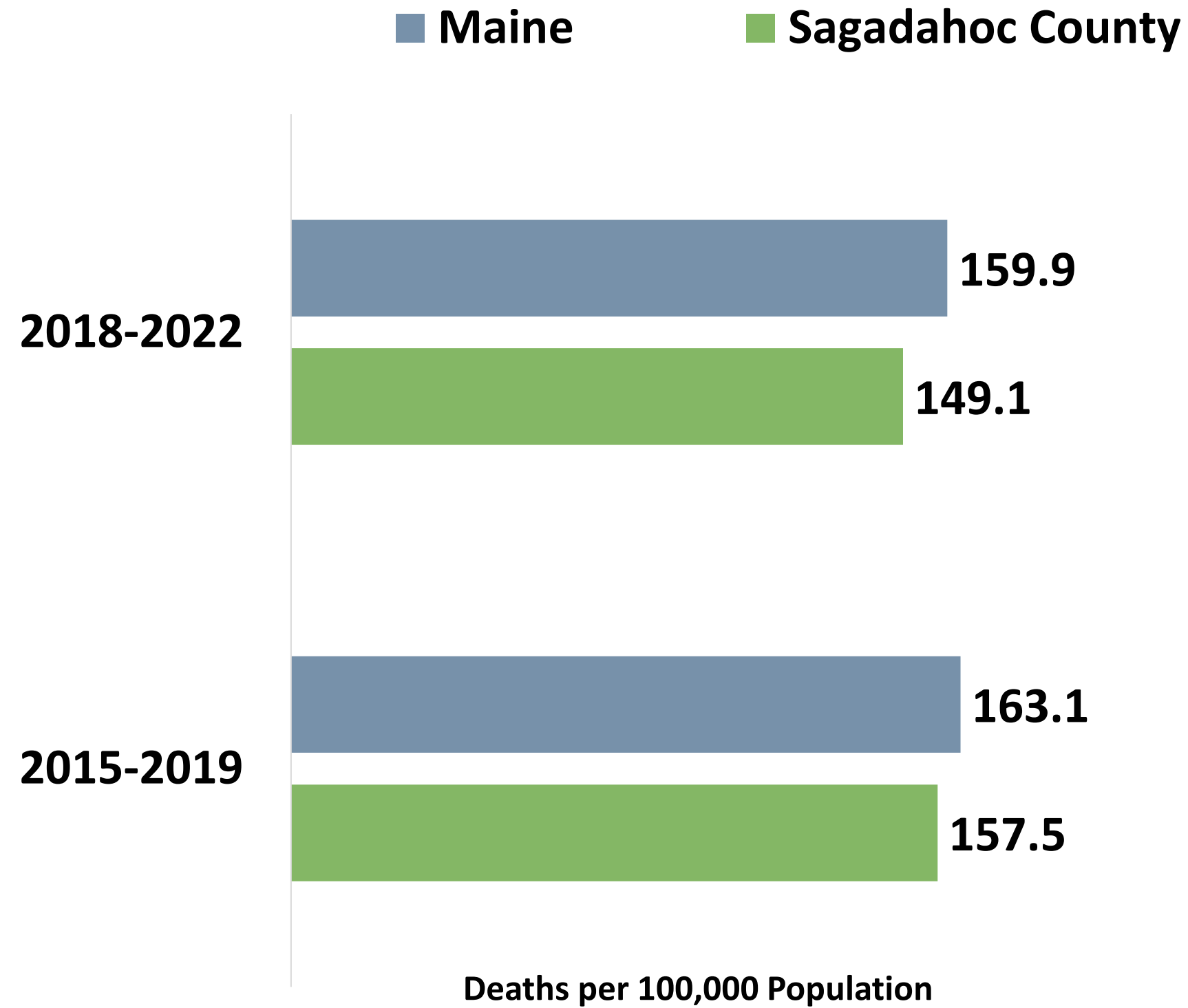
2018-2022: 35.5

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

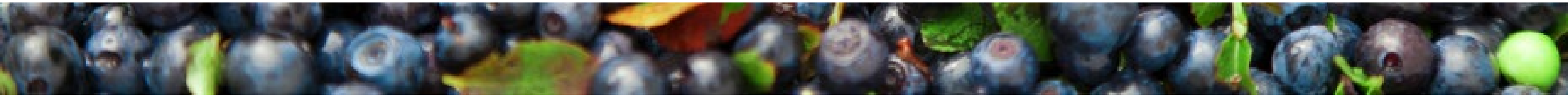
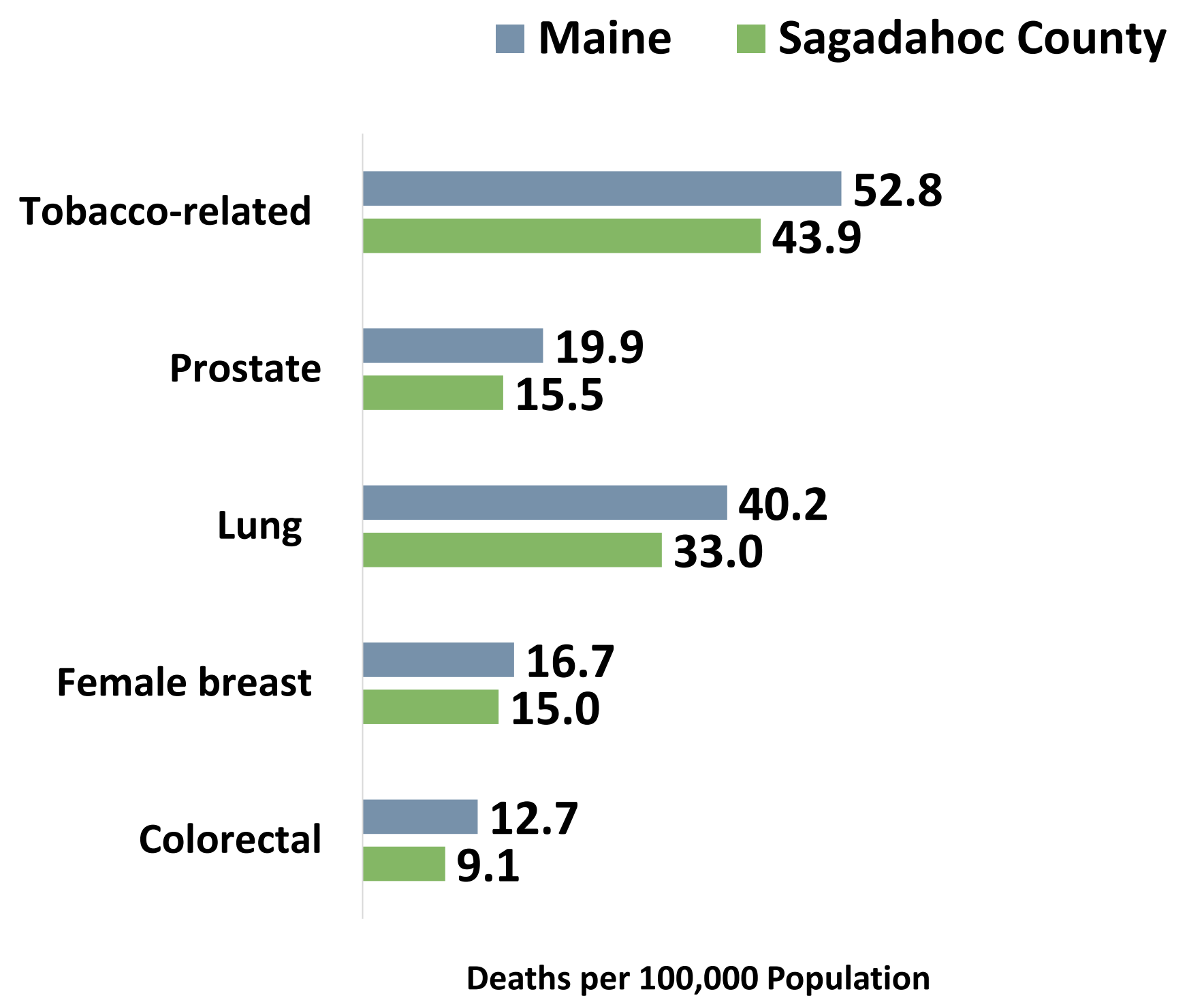


Health Conditions & Outcomes

All Cancer Deaths

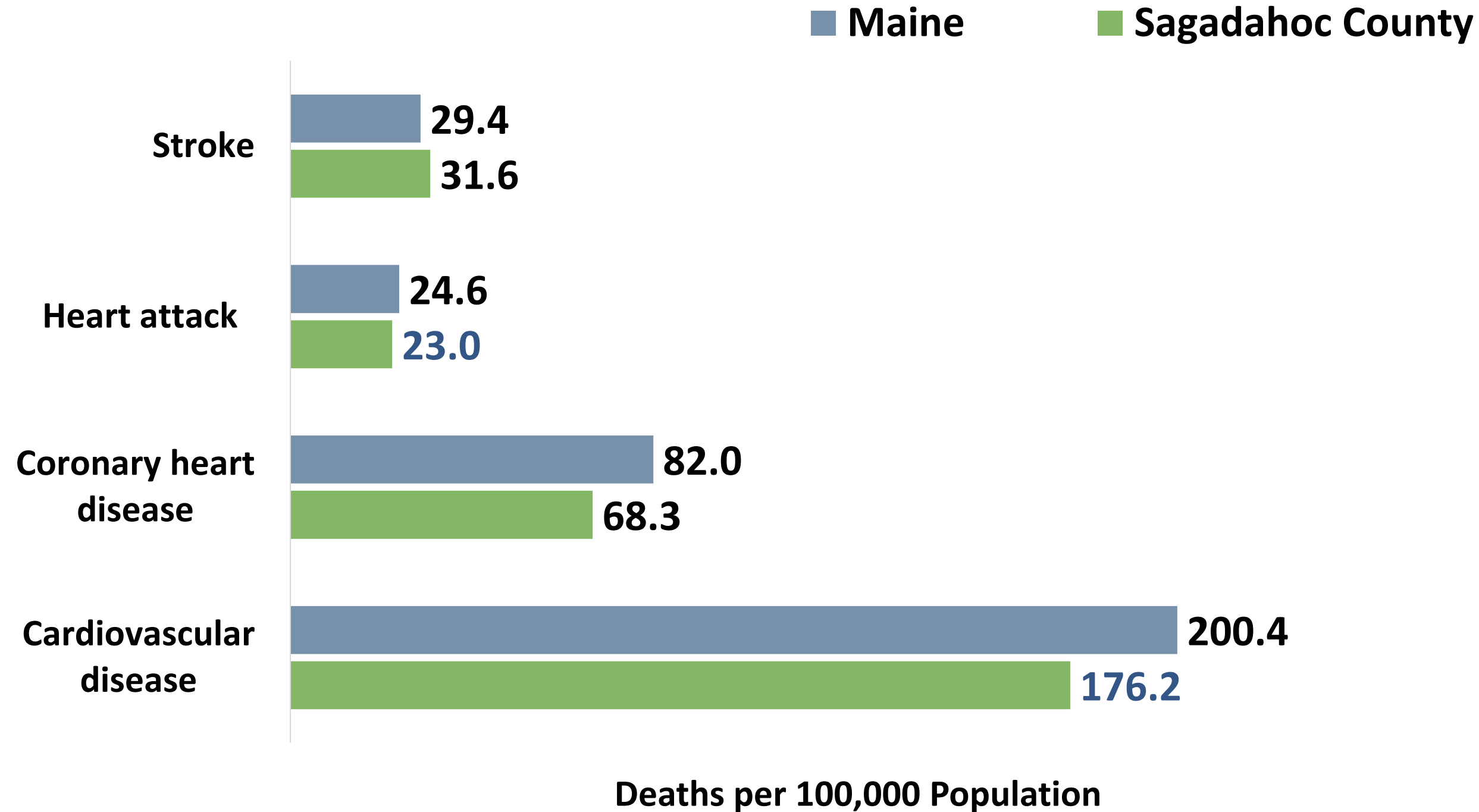


Cancer Mortality by Type

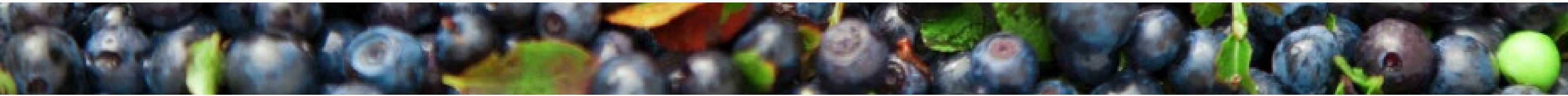


Health Conditions & Outcomes

Chronic Disease Deaths



2018-2022 data reflects that Sagadahoc County has a **significantly lower** heart attack death rate compared to Maine (as well as 2015-2019 data, 31.2)

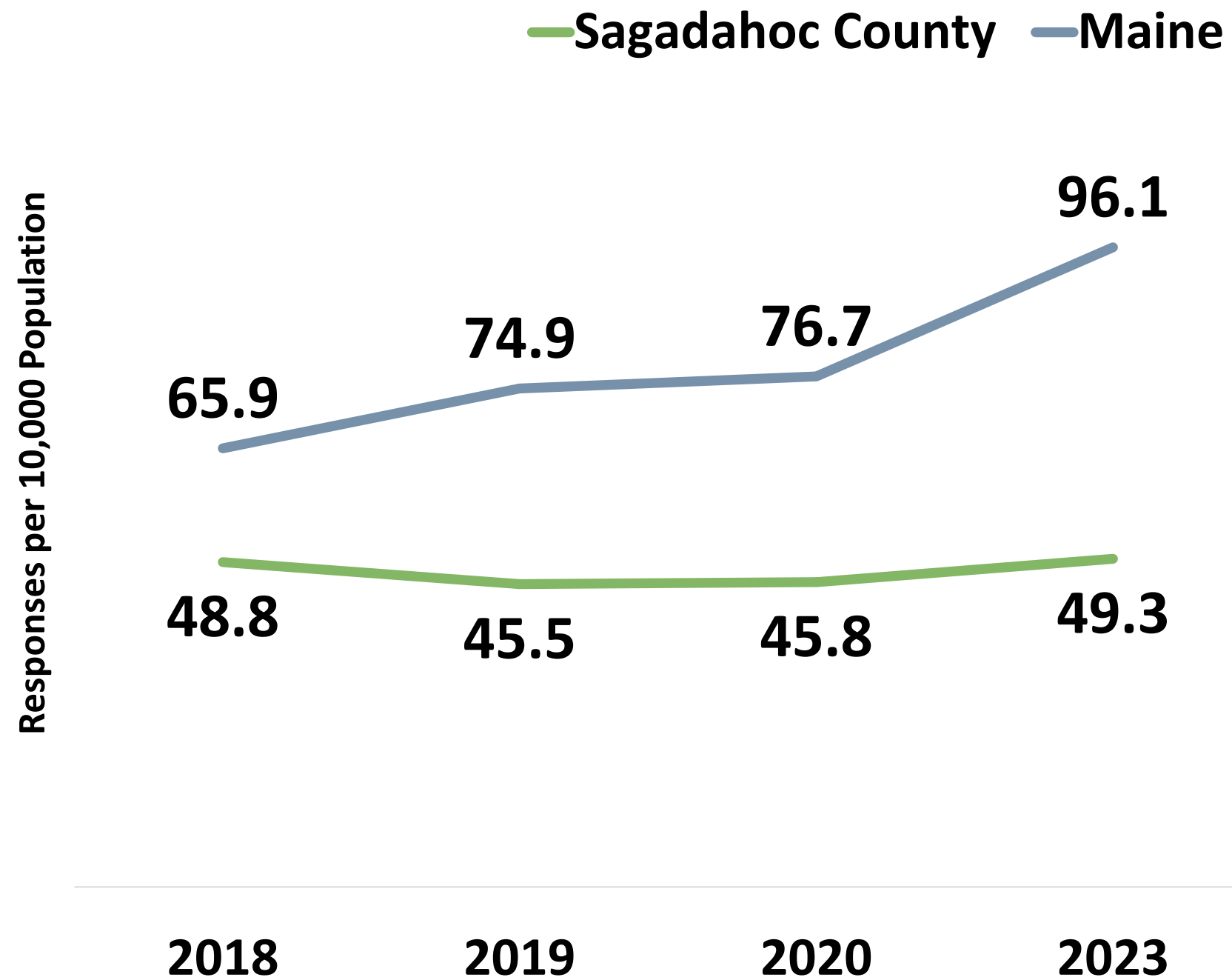


Health Conditions & Outcomes

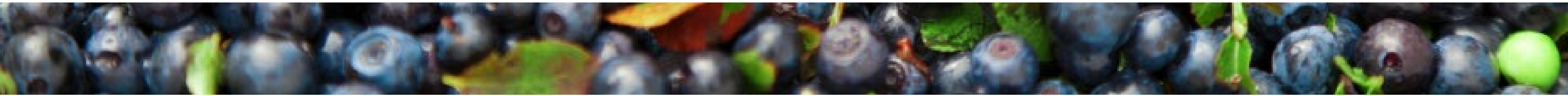
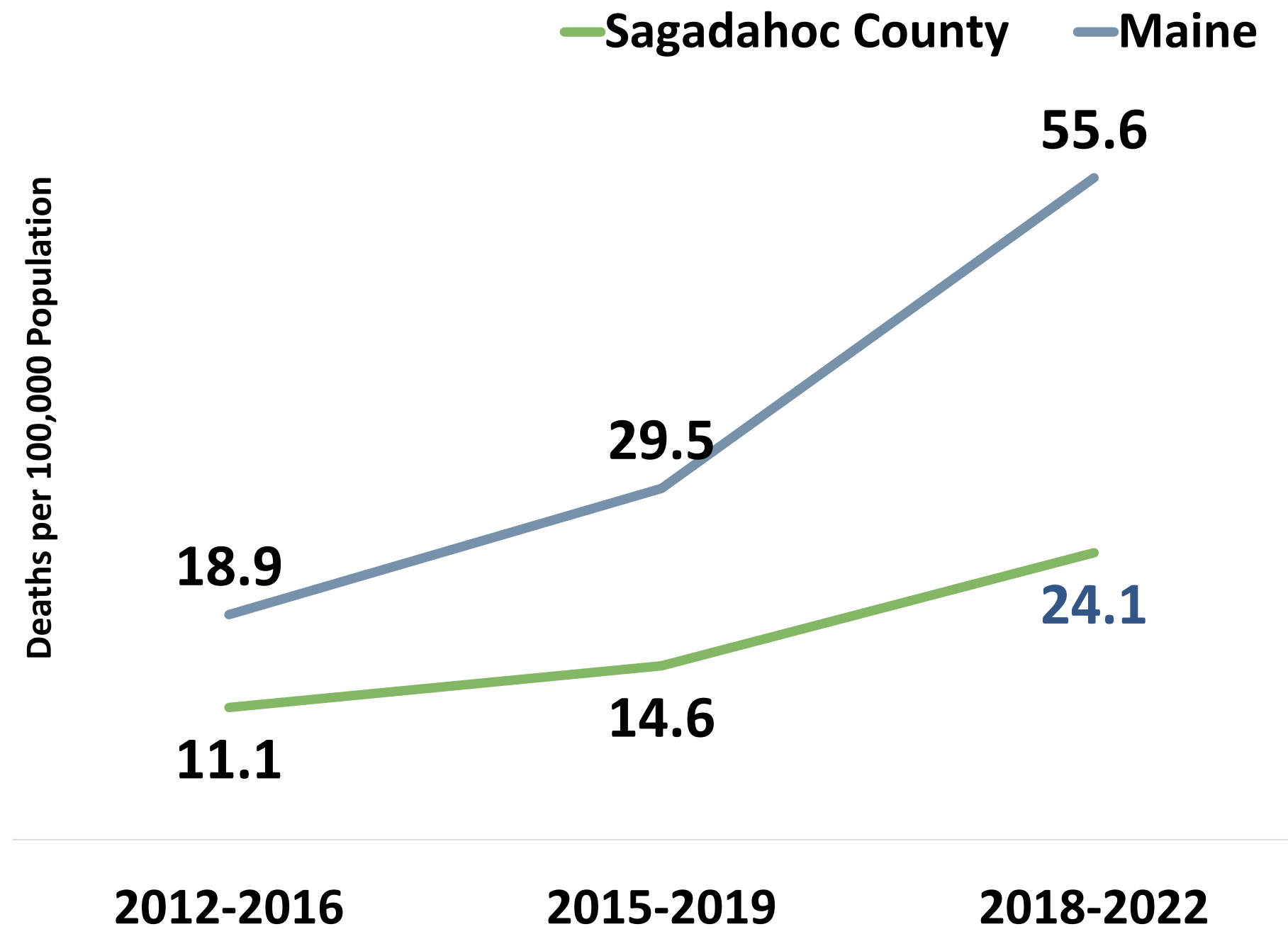


2018-2022 data reflects that Sagadahoc County had a **significantly lower** rate of drug-induced deaths compared to Maine.

Overdose Emergency Medical Service Responses



Drug-induced Deaths



Health Conditions & Outcomes



Infants who are ever breast fed

2018-2019: 94.6%

2021-2022: 89.4%

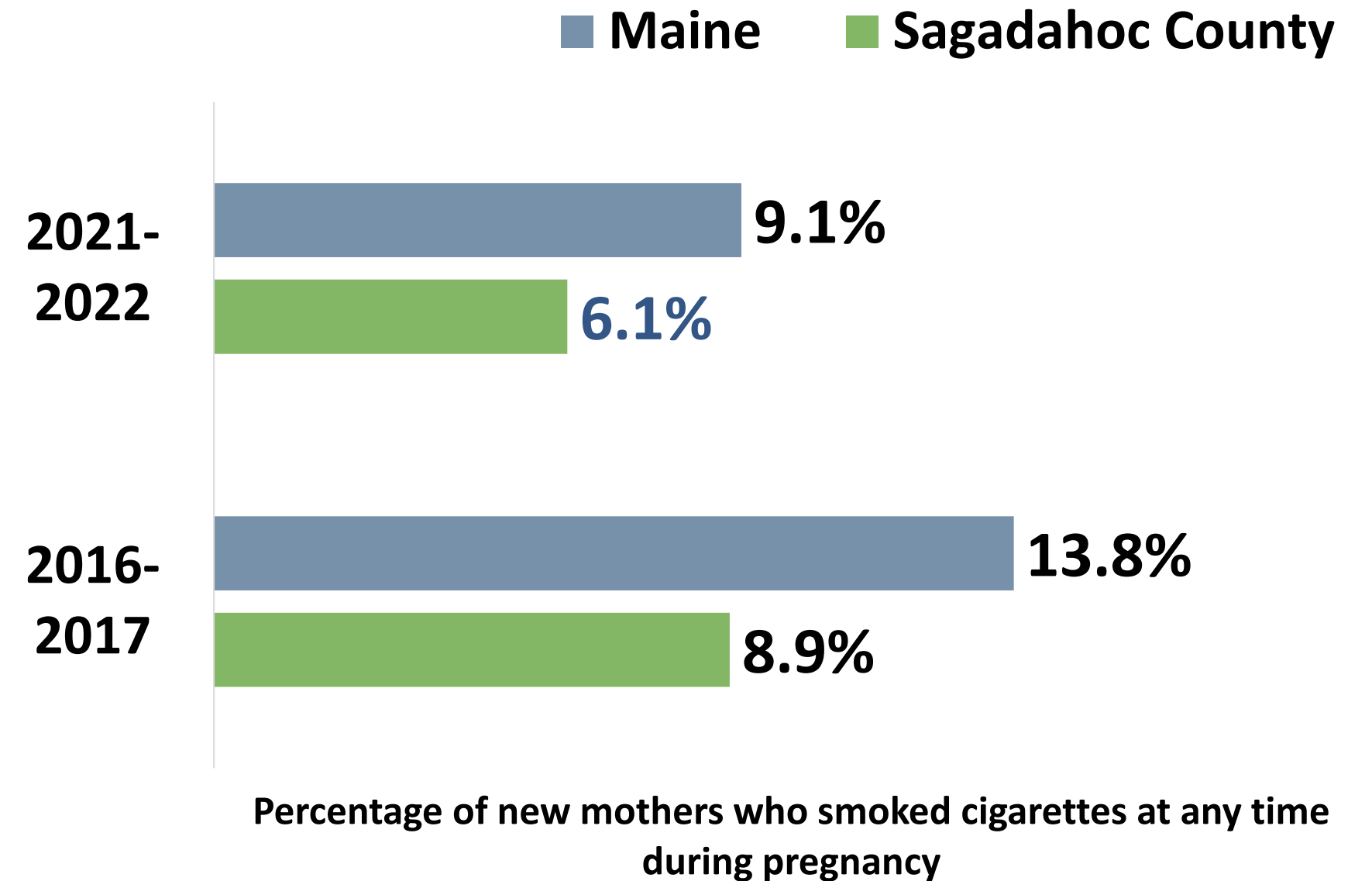


Sagadahoc County has a **significantly lower** rate of infants who are ever breastfed as of 2021-2022 compared to 2018-2019 county data, but a **significantly higher** rate compared to Maine (87.6%).



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

Smoked During Pregnancy





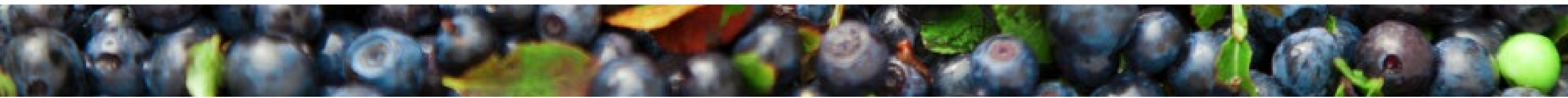
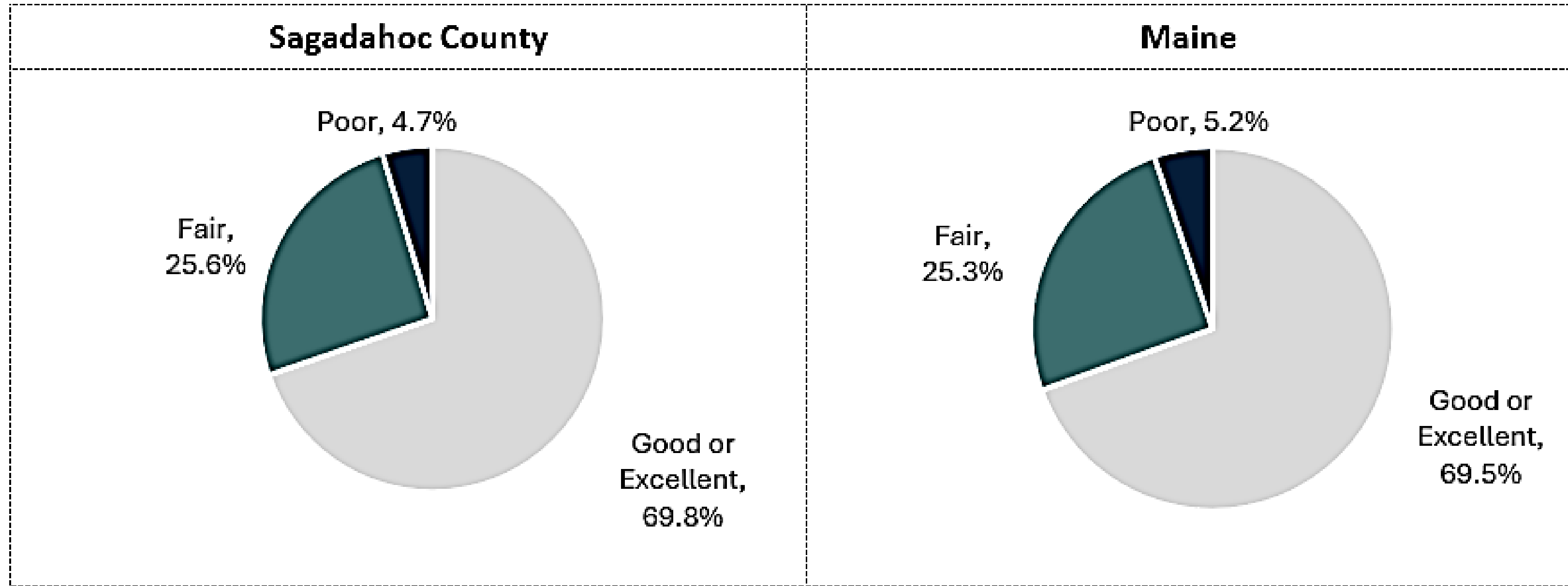
Community Engagement

Community Engagement

Total Participants	
Sagadahoc County	Maine
43	3,967

Community Survey: Physical Health Status

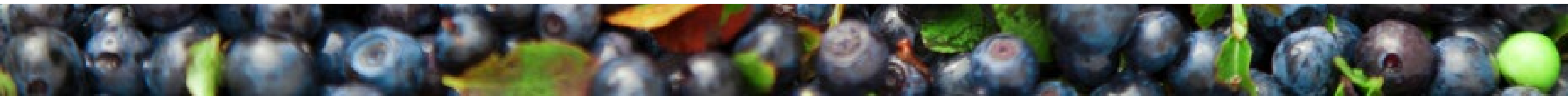
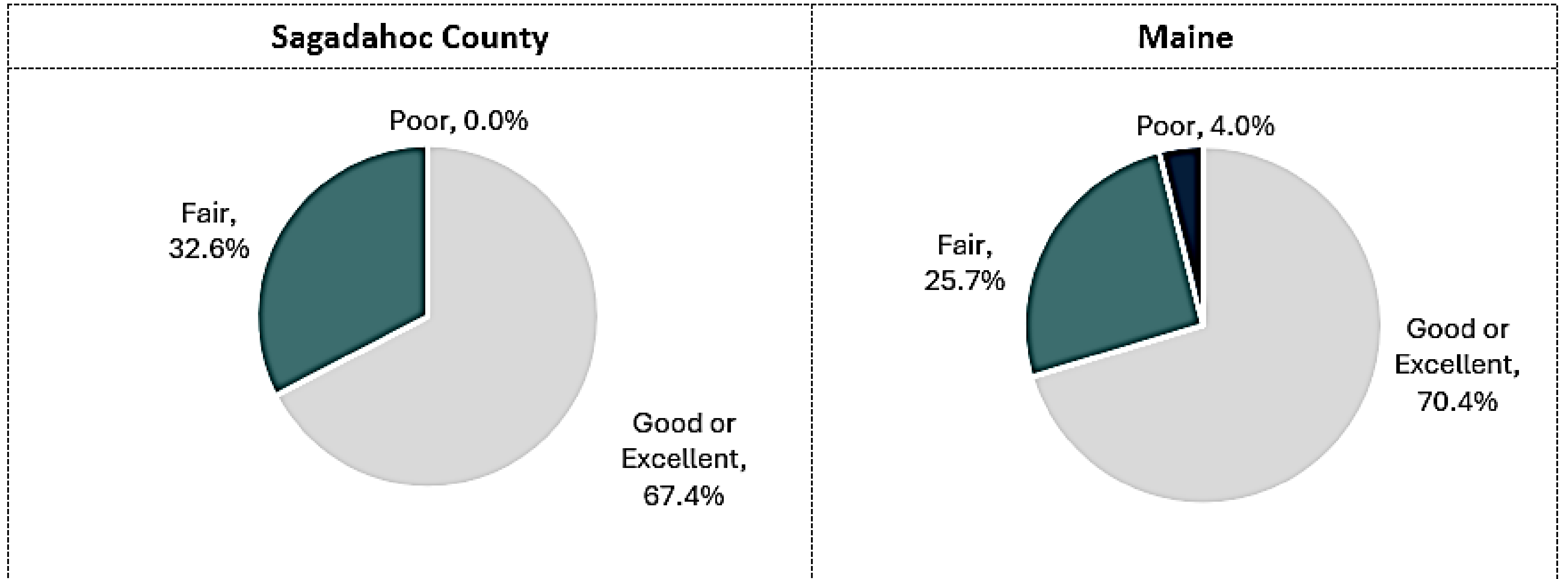
How would you rate your own physical health?



Community Engagement

Community Survey: Mental Health Status

How would you rate your own mental health?

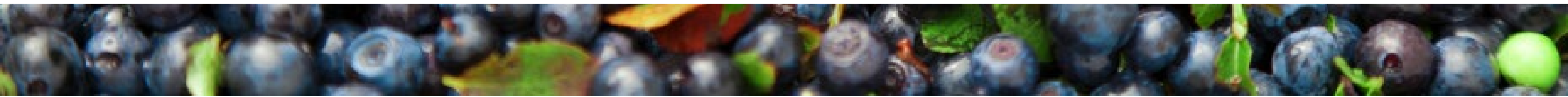


Community Engagement

Community Survey: Community Health Status

Top 5 social concerns that negatively impact your community

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



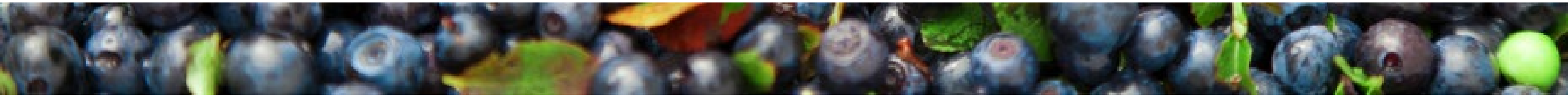
Community Engagement

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'

Sagadahoc County		Maine	
Chronic health conditions (cancer, high blood pressure, heart disease, high cholesterol, etc.)	76.7%	Economic needs	76.1%
Economic needs	74.4%	Chronic health conditions (cancer, high blood pressure, heart disease, high cholesterol, etc.)	75.7%
Housing needs	69.7%	Mental health needs	73.6%
Substance use	69.7%	Substance use	68.5%
Mental health needs	69.7%	Housing needs	68.5%
Environmental needs	67.4%	Transportation needs	60.9%
Transportation needs	67.4%	Environmental needs	58.4%
Public safety needs	55.8%	Public safety needs	53.7%





Prioritization Voting Results



Results

Community Conditions

1. Housing (87.5%)
2. Transportation (56.3%)
3. Provider Availability (56.3%)
4. Timeliness of Healthcare and Social Services (56.3%)
5. Childcare (43.8%)

Protective & Risk Factors

1. Adverse Childhood Experiences (50.0%)
2. Cannabis Use (43.8%)
3. Physical Activity (37.5%)
4. Youth Matterering (37.5%)
5. Nutrition (31.3%)

Health Conditions & Outcomes

1. Mental Health (81.3%)
2. Substance Use (50.0%)
3. Intentional Injury & Death (43.8%)
4. Unintentional Injury & Death (37.5%)
5. Cardiovascular Disease (37.5%)

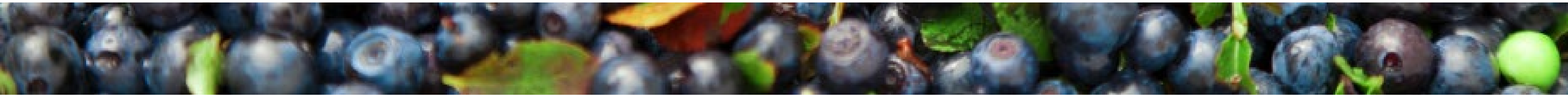


Breakout Discussions

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 (94.3%)
2. Provider Availability (62.3%)
3. Childcare (37.1%)

Protective & Risk Factors

1. Adverse Childhood Experiences (88.6%)
2. Youth Matterering (71.4%)
3. Cannabis Use (62.9%)

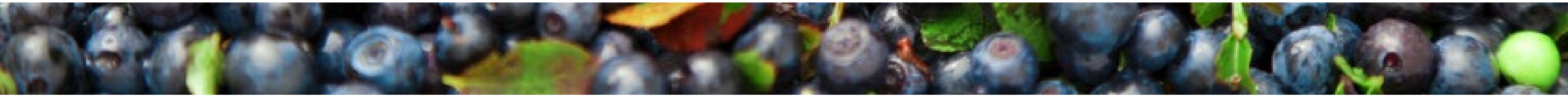
Health Conditions & Outcomes

1. Mental Health (100.0%)
2. Substance Use (80.0%)
3. Obesity (31.4%)

Breakout Discussion #2

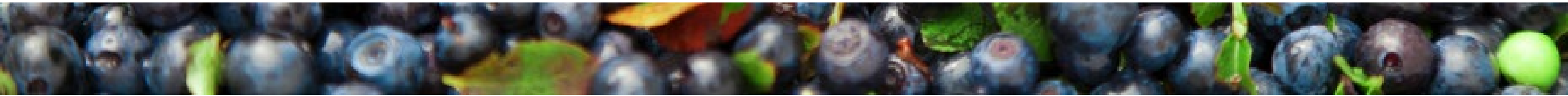
Please discuss the following questions as they relate to the priorities in your topic area:

- **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?**



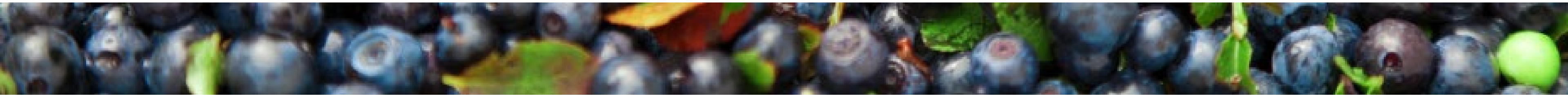
Breakout Discussion #3

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