



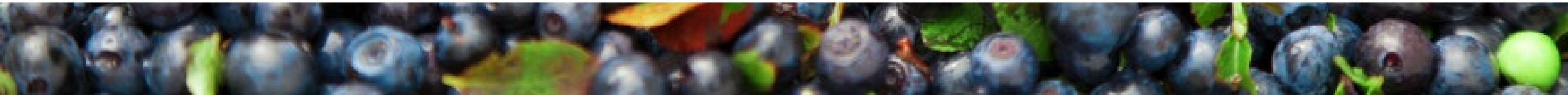
# Maine Shared Community Health Needs Assessment

## Cumberland County Lakes Region

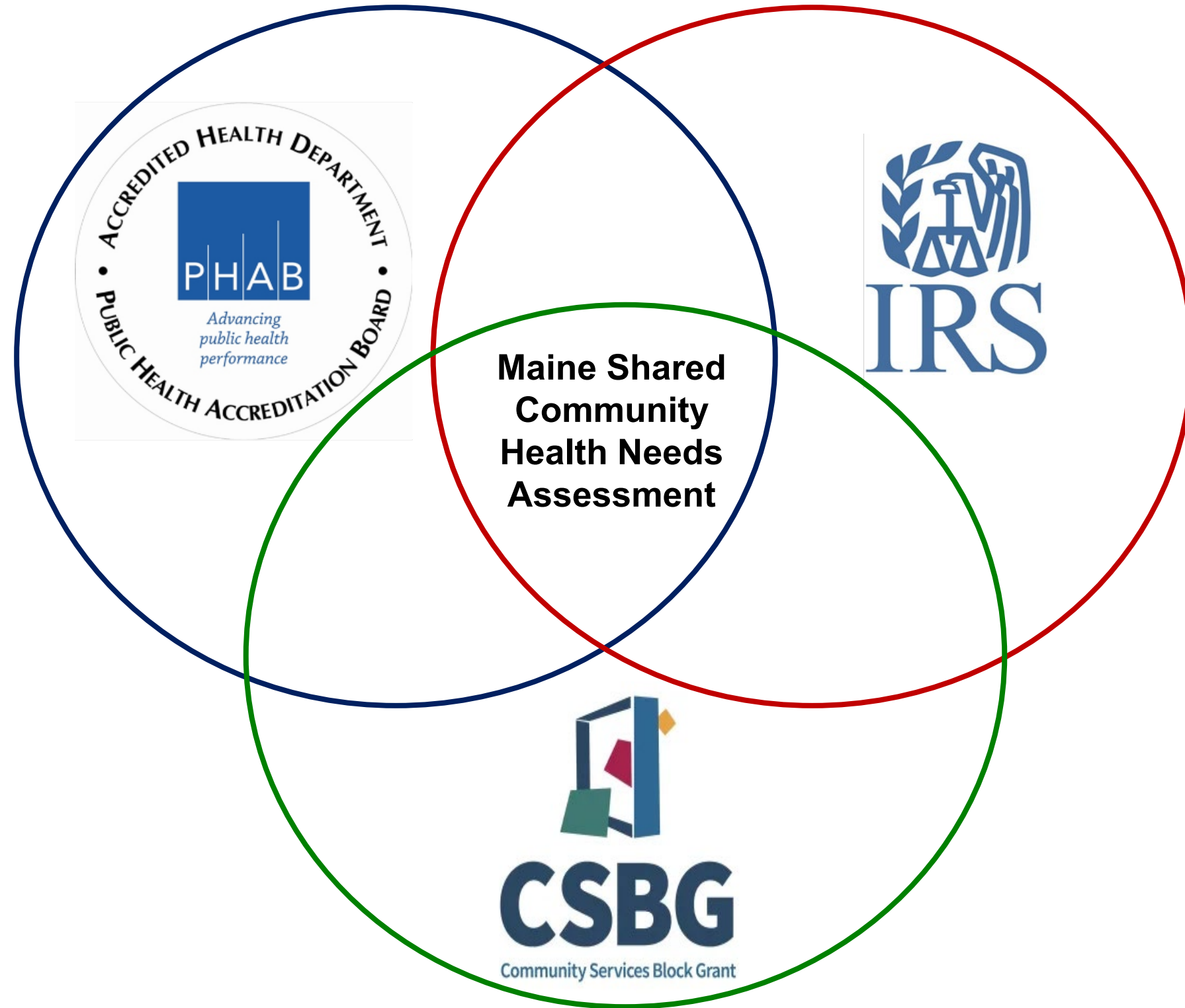
October 1, 2024

# Maine Shared CHNA

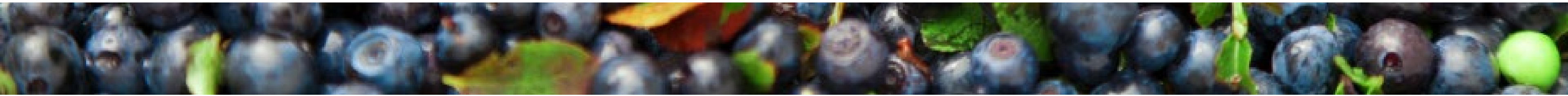
The Maine Shared Community Health Needs Assessment (Maine Shared CHNA) is a collaborative partnership between Central Maine Healthcare, Northern Light Health, MaineGeneral Health, MaineHealth, the Maine Center for Disease Control and Prevention, and the Maine Community Action Partnership. By engaging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

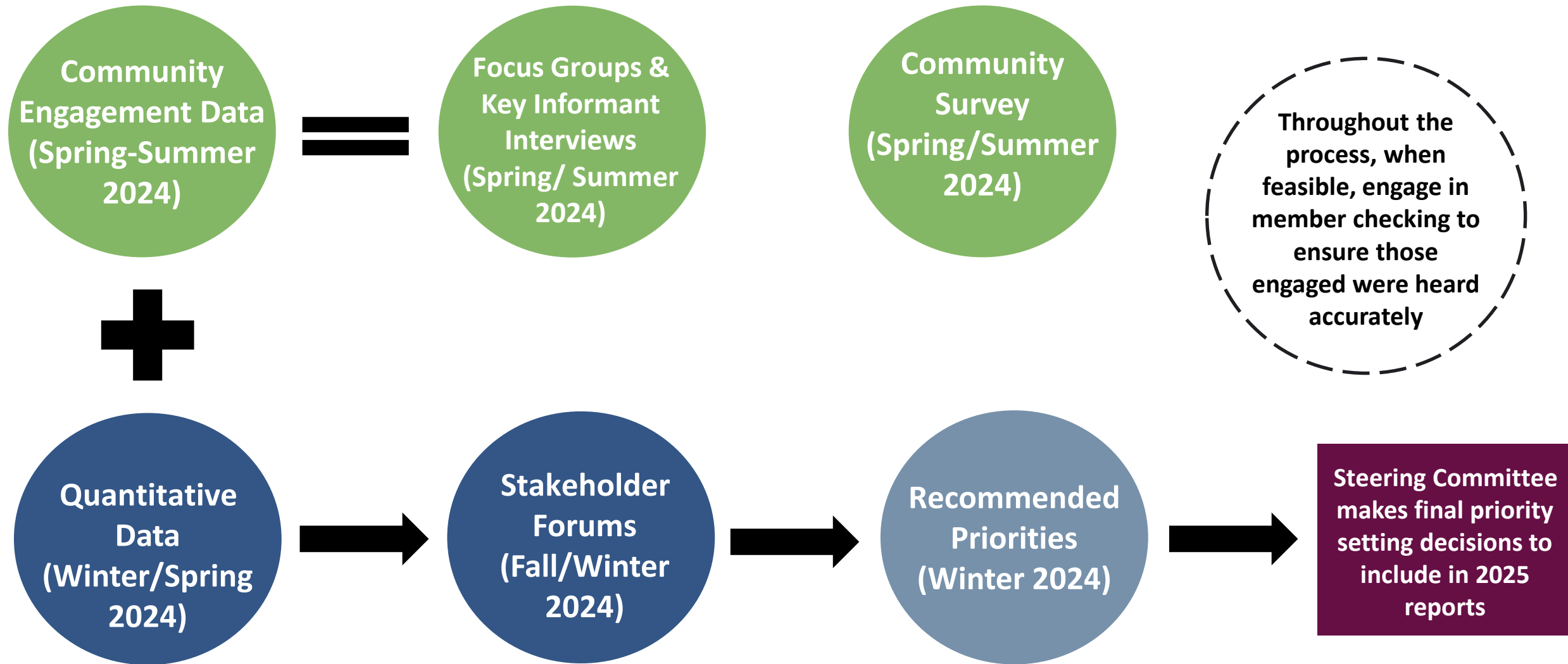


- **Steering Committee**
- **Program Manager**
- **Standing Committees**
  - **Metrics**
  - **Community Engagement**
- **Ad-Hoc Committees**
- **Local Planning Teams**

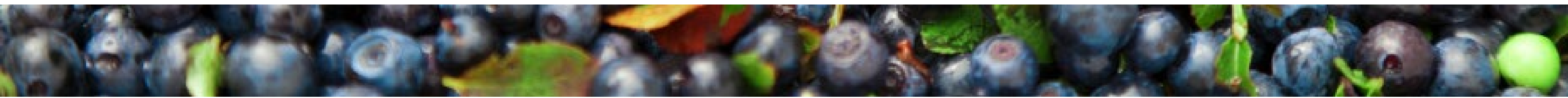


# Maine Shared CHNA

## 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*



# Agenda

Welcome!

Overview of Key Findings & Prioritization Voting

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

Discussion Report Out & Second Round of Voting

**BREAK**

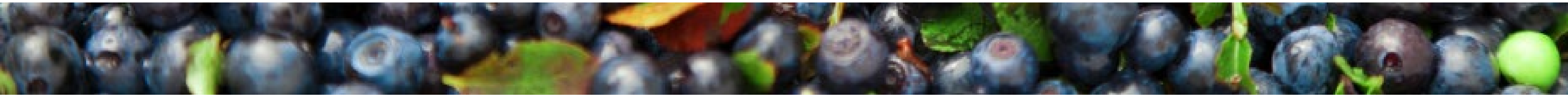
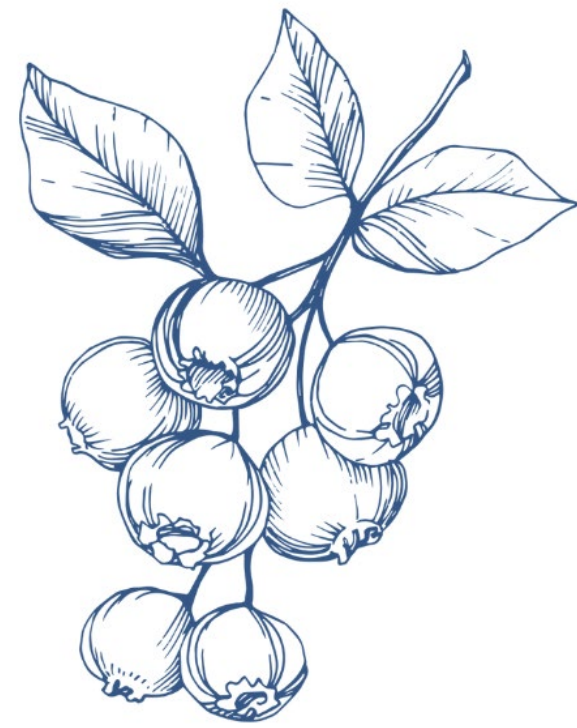
Presentation of Final Priorities

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

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

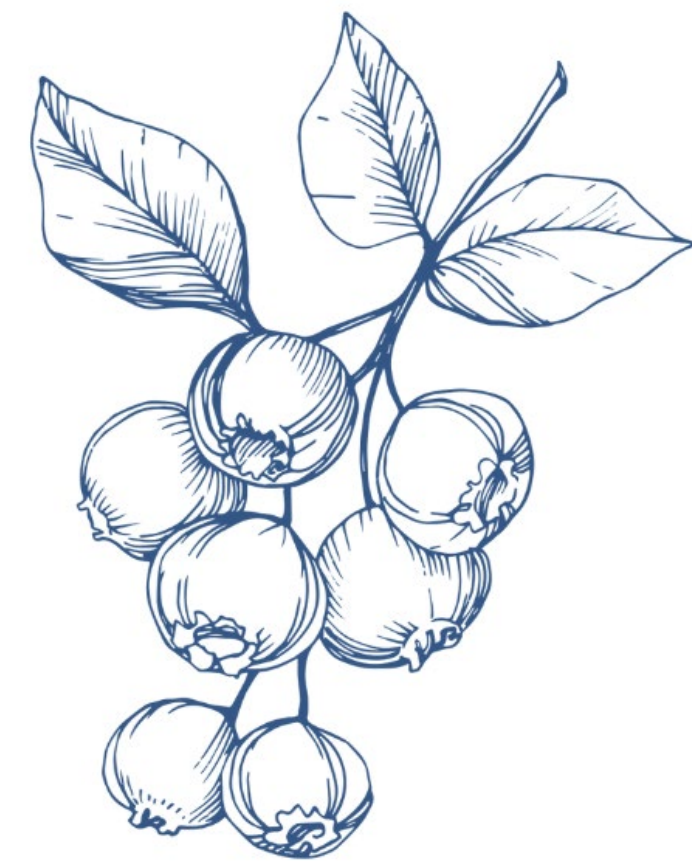
**Breakout:** Deeper Discussion of Priorities, Round 3

Conclusion & Next Steps

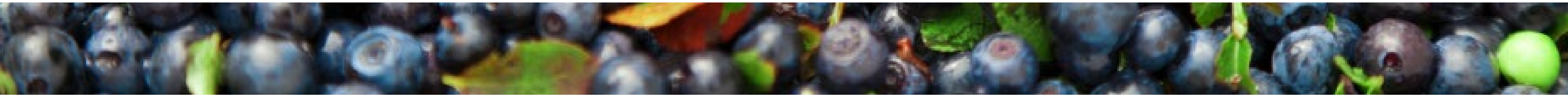


# Housekeeping

- 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)





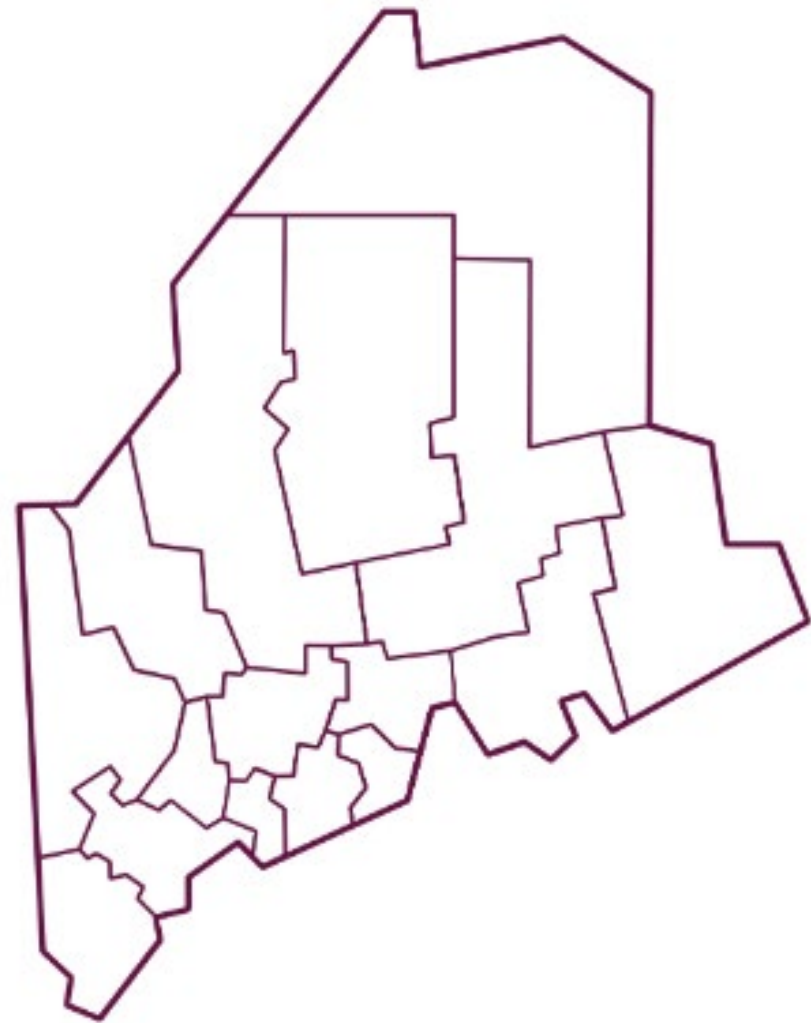
# Key Findings

# 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%**

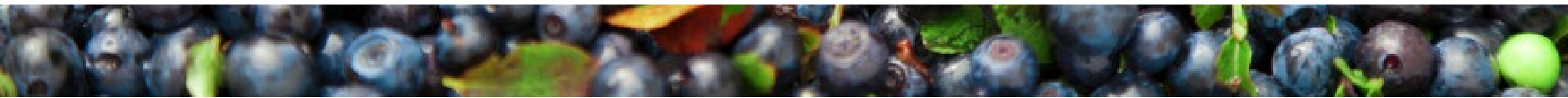
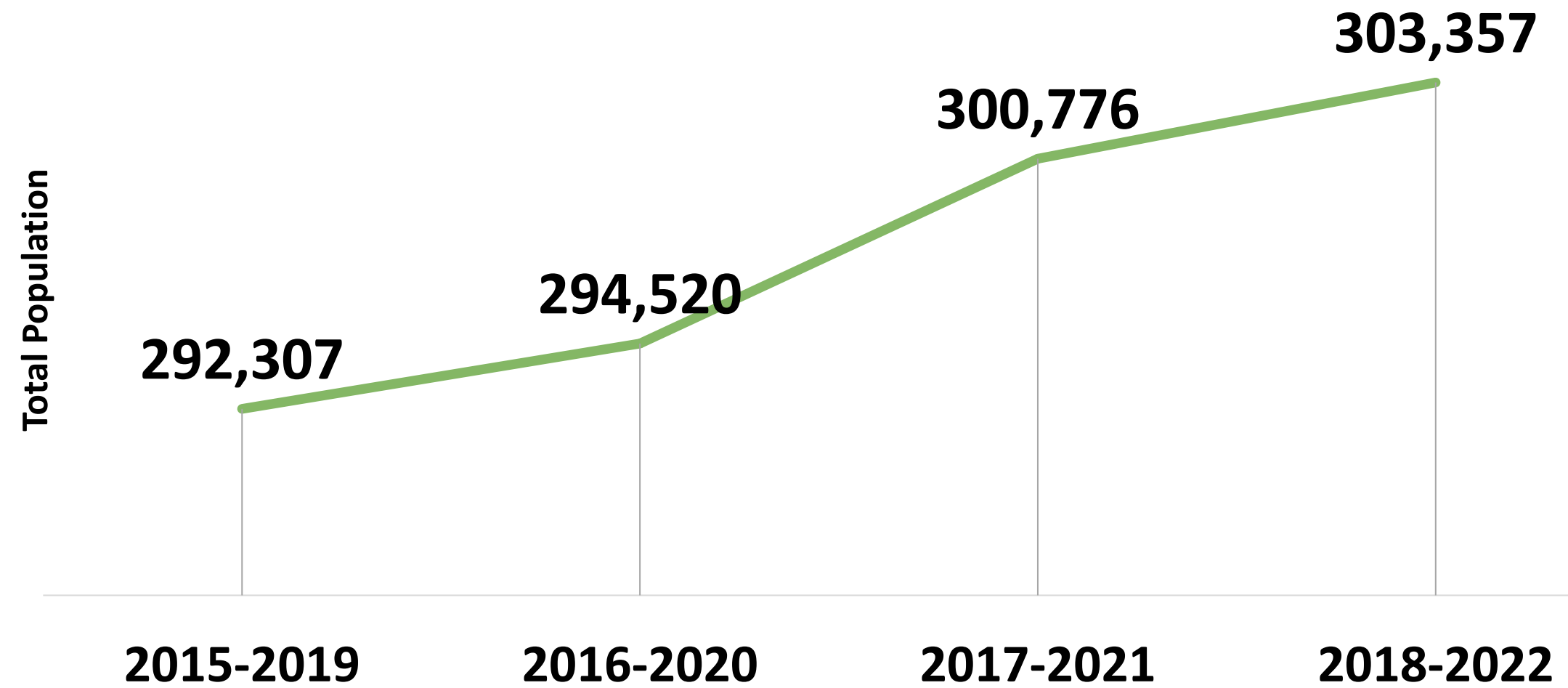


Age 65+

**19.5%**

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

## County Population



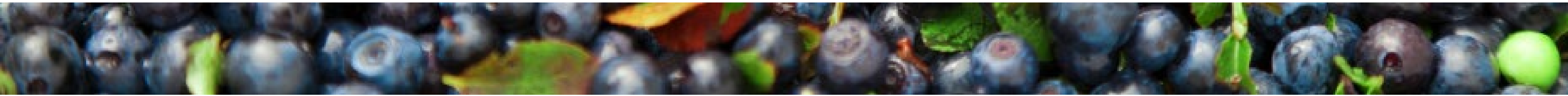
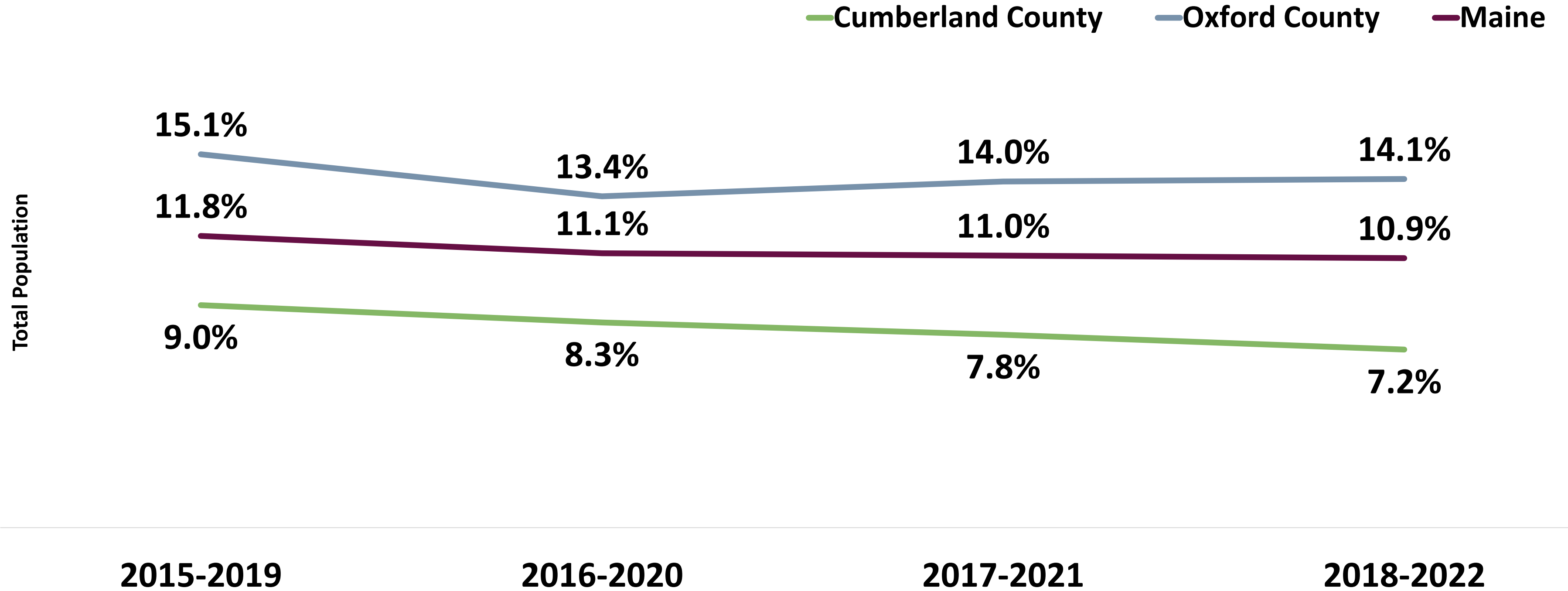


# Demographics



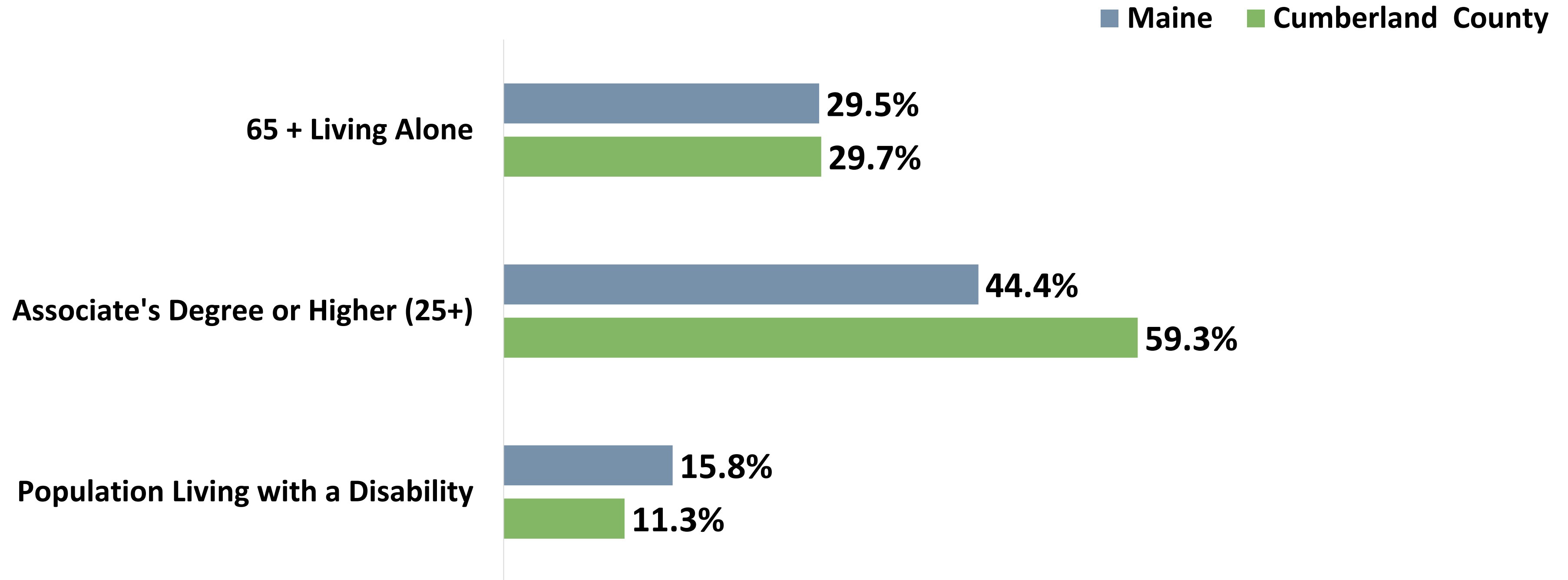
The 2017-2021 poverty rate in Cumberland County is significantly lower compared to Maine.

## Individuals Living in Poverty



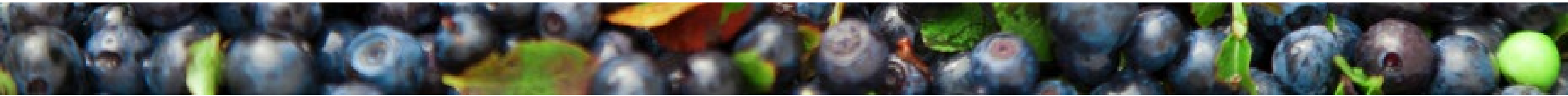
# Demographics

## Social Drivers of Health



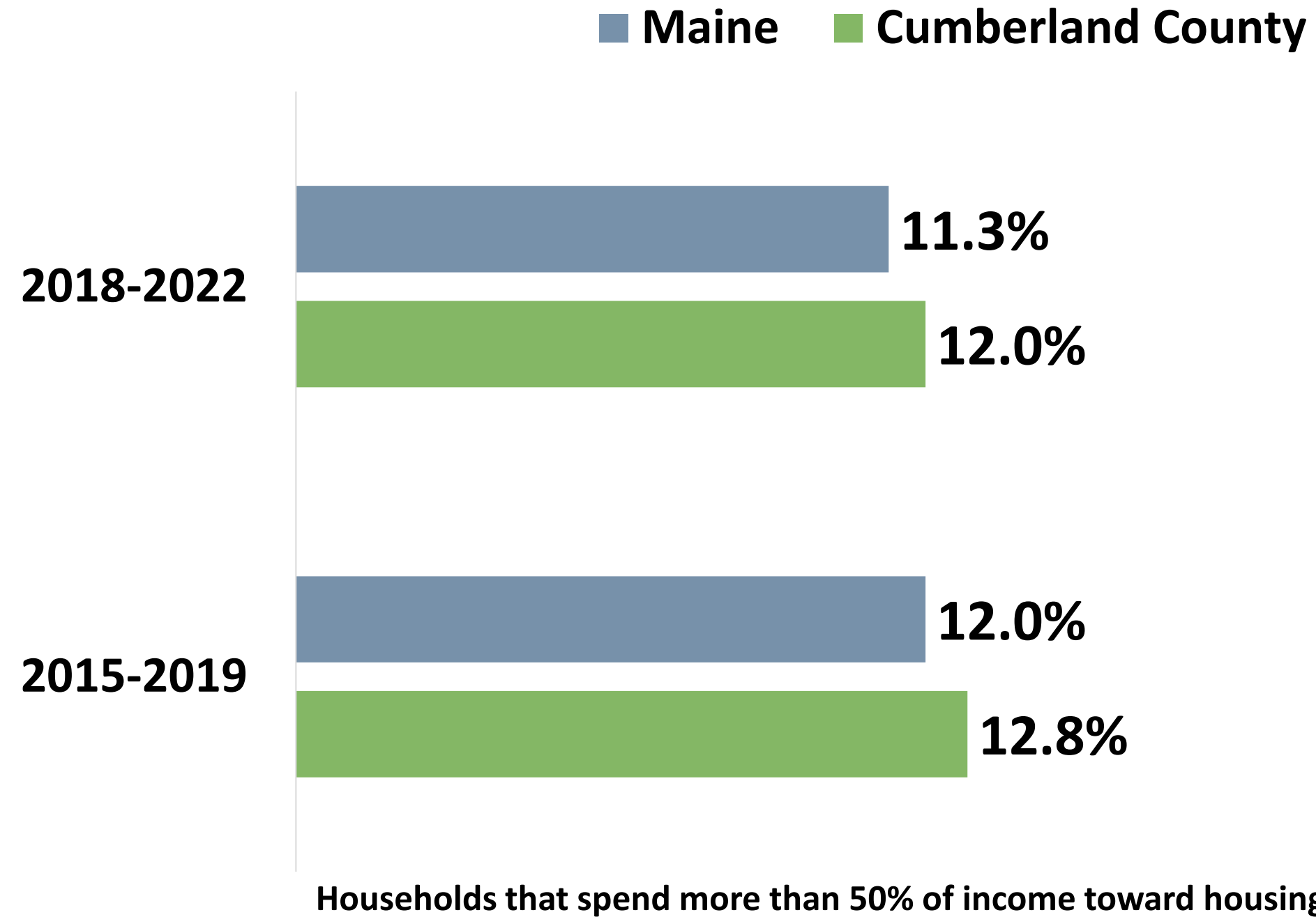
*U.S Census Bureau ACS Five-year Estimates 2018-2022*

*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

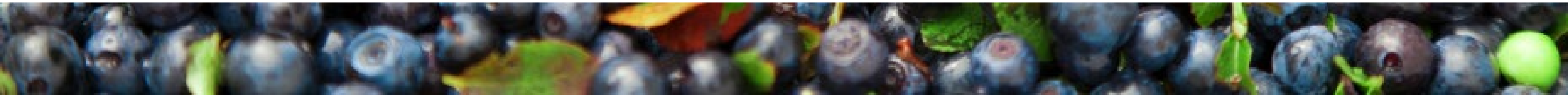


**2.8%**

No vehicle for the household

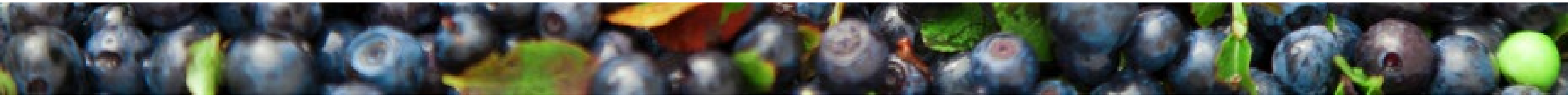
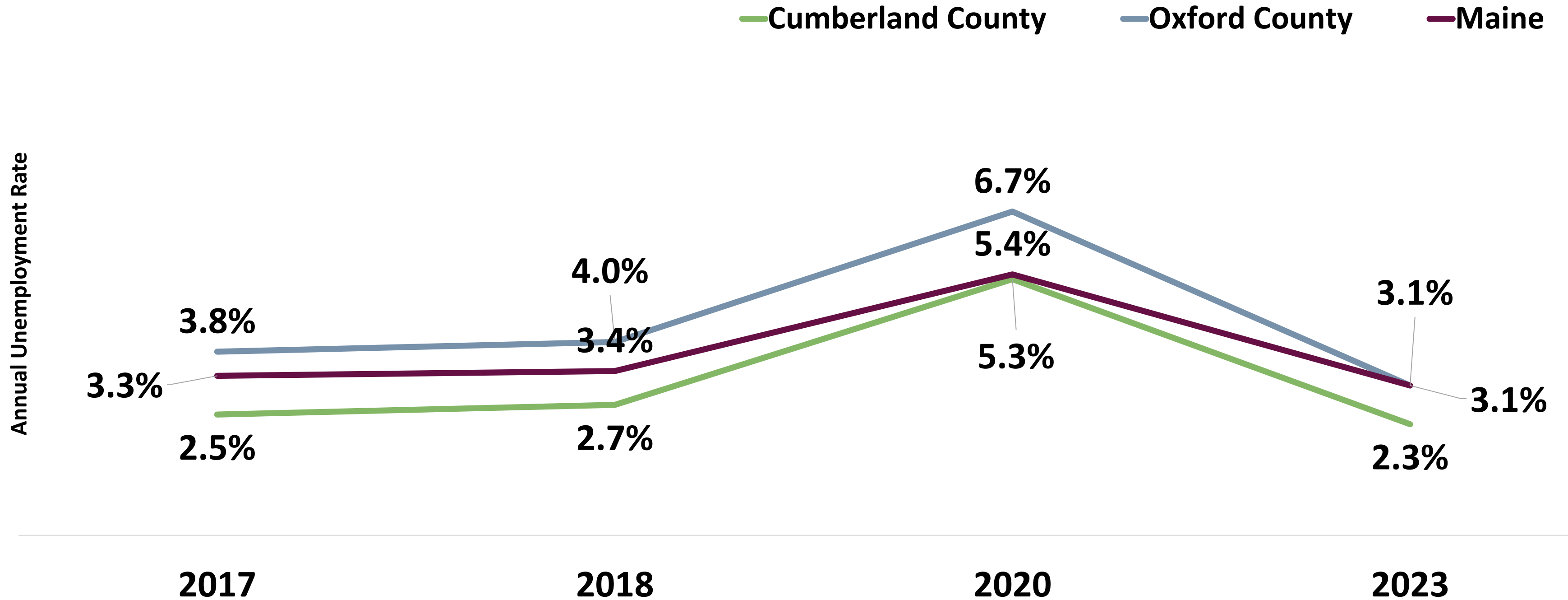
*U.S Census Bureau ACS Five-year Estimates 2018-2022*

*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

Maine: \$63,182

Oxford County: \$51,384

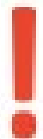
Cumberland County: \$80,679

ACS 2017-2021



The 2017-2021 median household income for Cumberland County is **significantly higher** compared to Maine, while Oxford County's median household income is

**significantly less.**



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

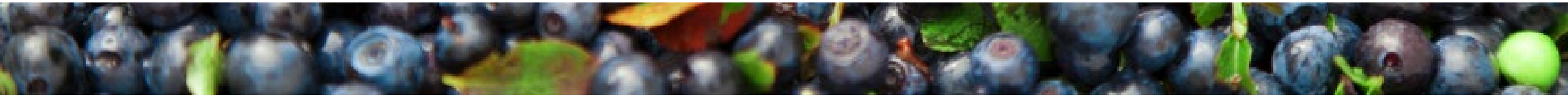
**2019: 28.9%**

**2022: 29.2%**

### **ALICE**

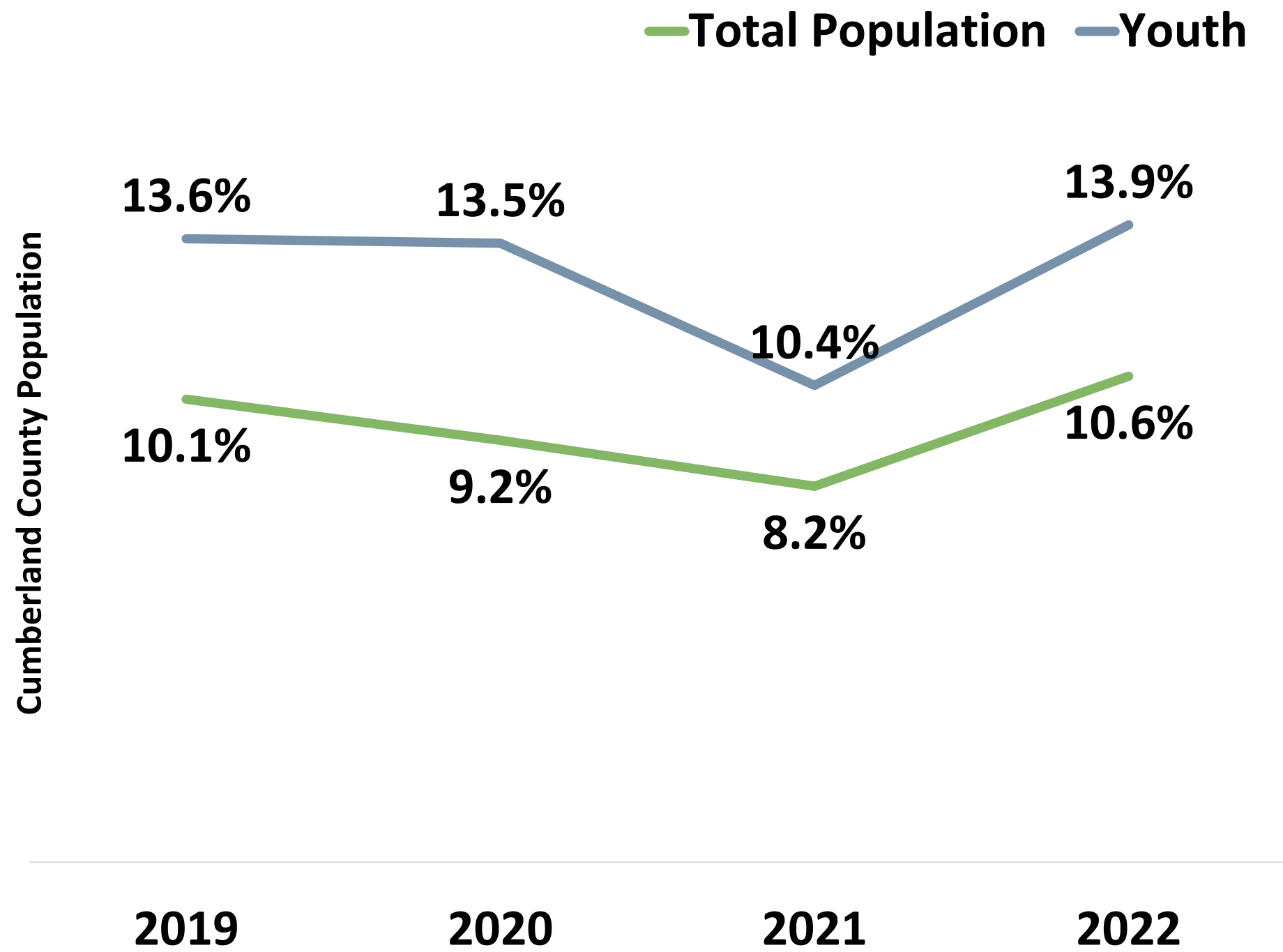
**Working families who are struggling to afford basic necessities like housing, food, and childcare **despite** earning an income technically above the poverty line.**

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

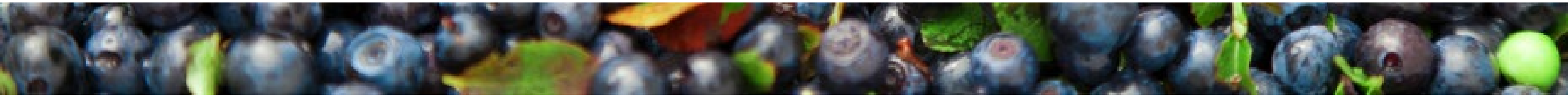
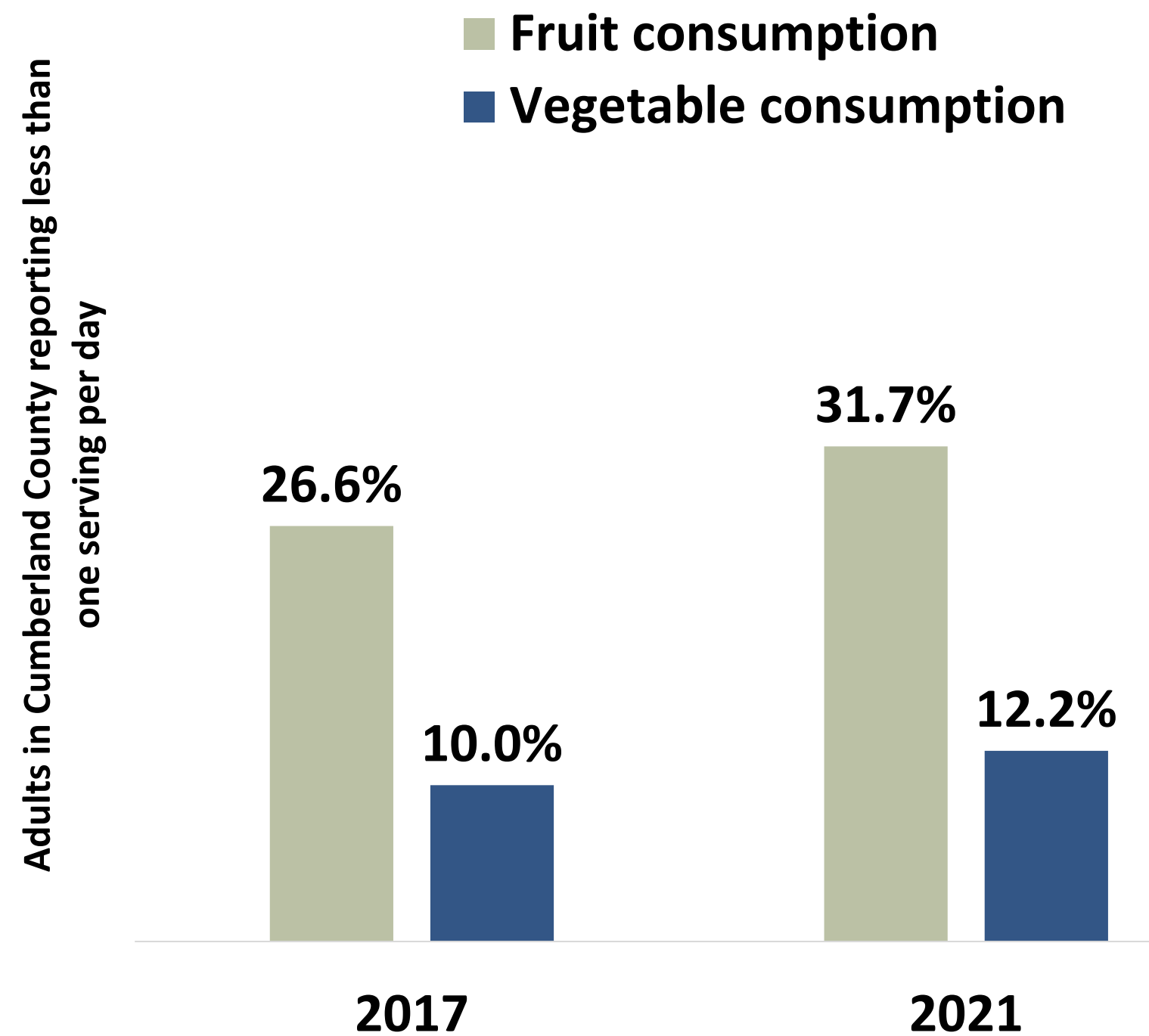


# Community Conditions

## Food Insecurity



## Fruit & Vegetable Consumption



# Community Conditions

## Child Care



Child Care Centers

**2020: 205**

**2024: 197**

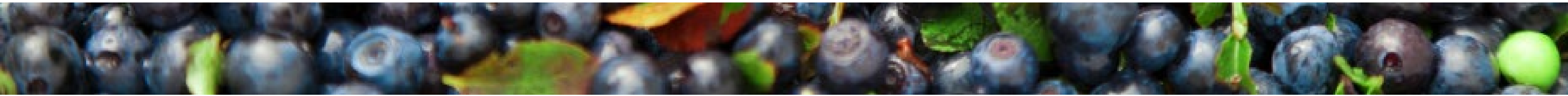
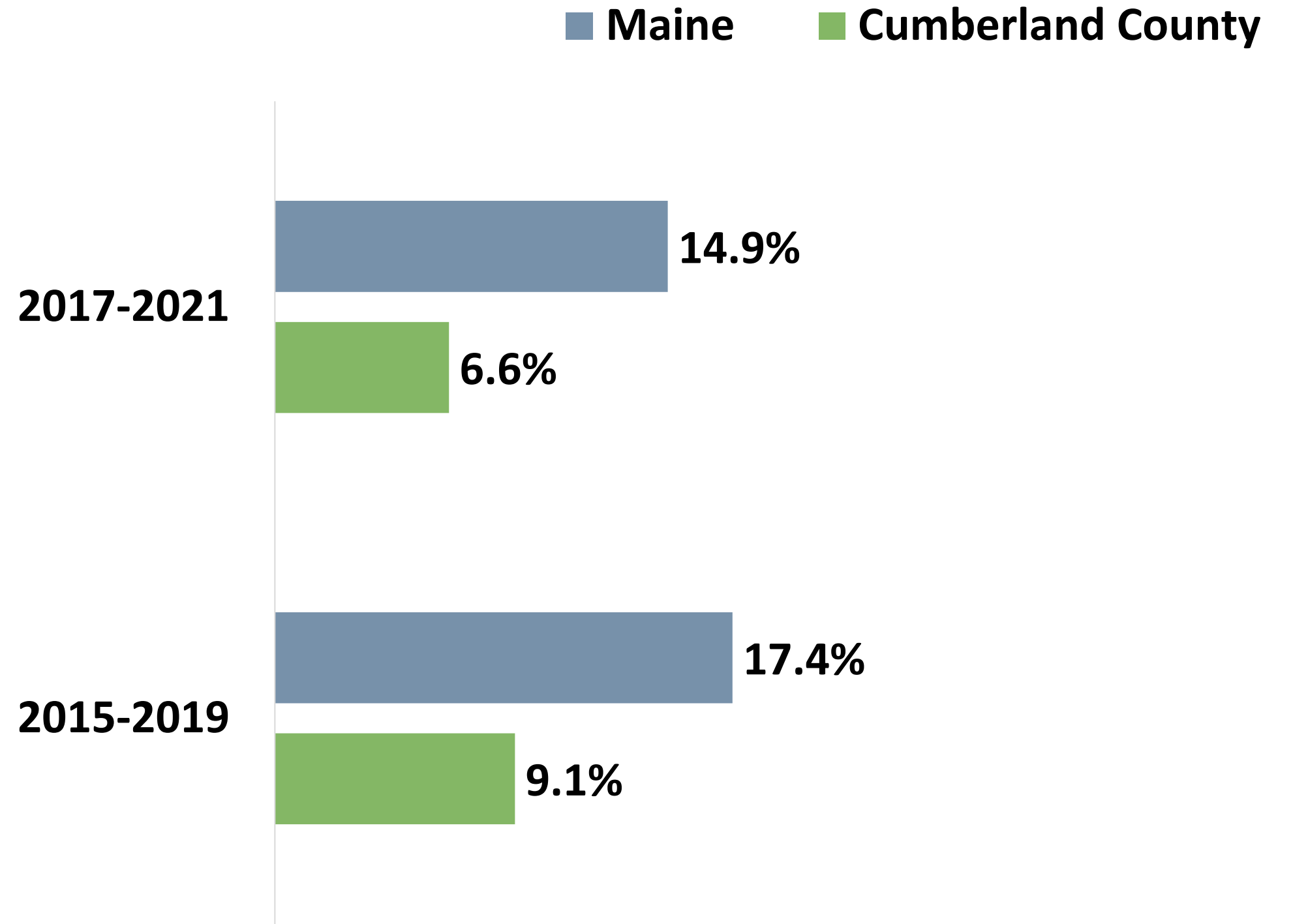


Children served in publicly  
funded state & local preschools

**2019: 17.2%**

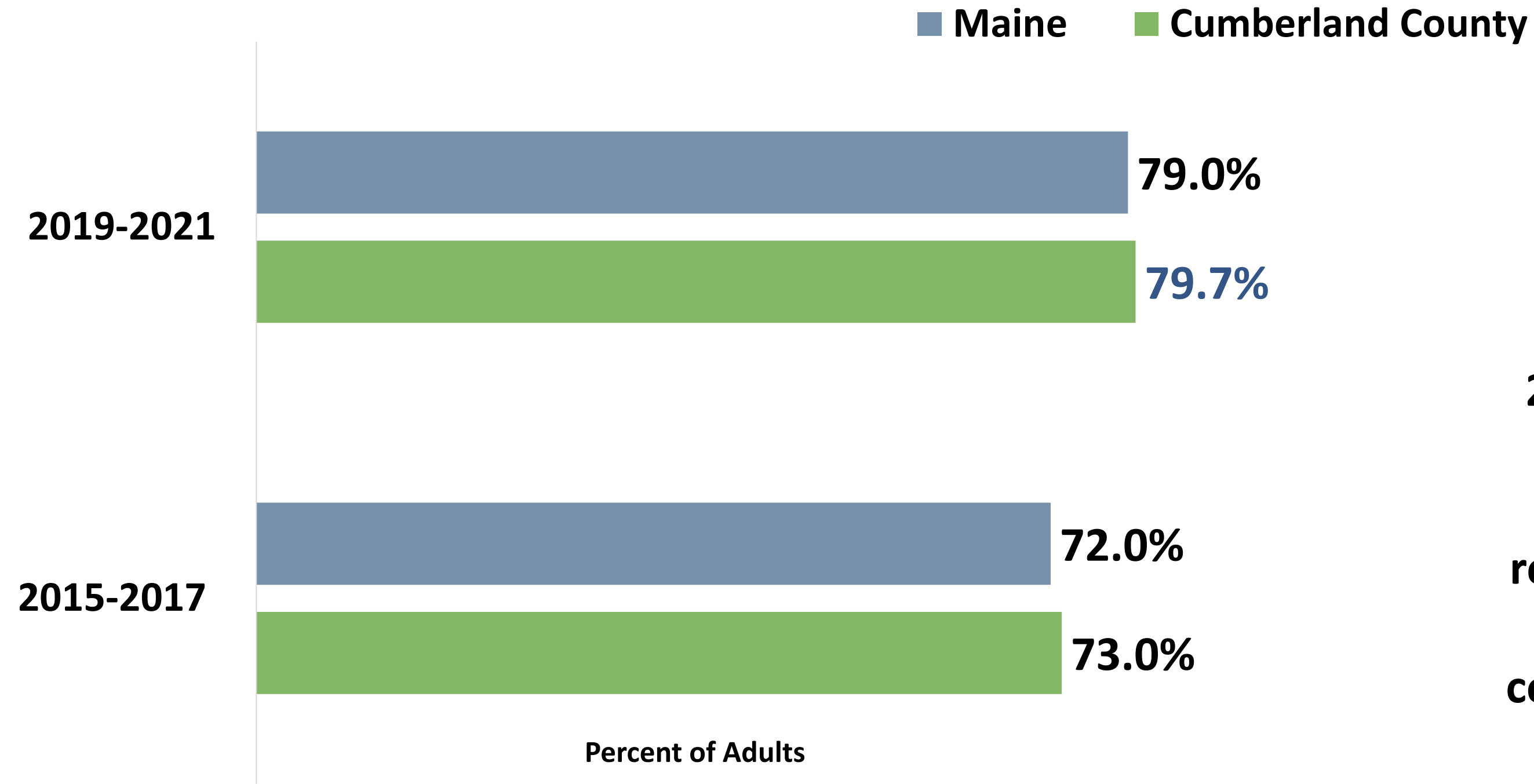
**2023: 26.6%**

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

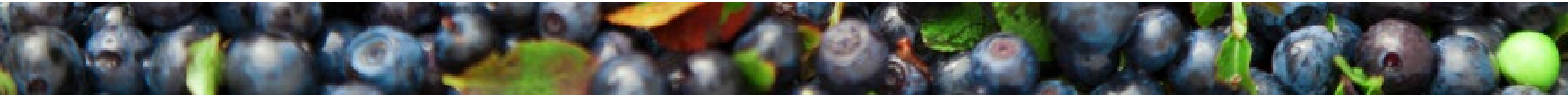


# Protective & Risk Factors

## Access to Care



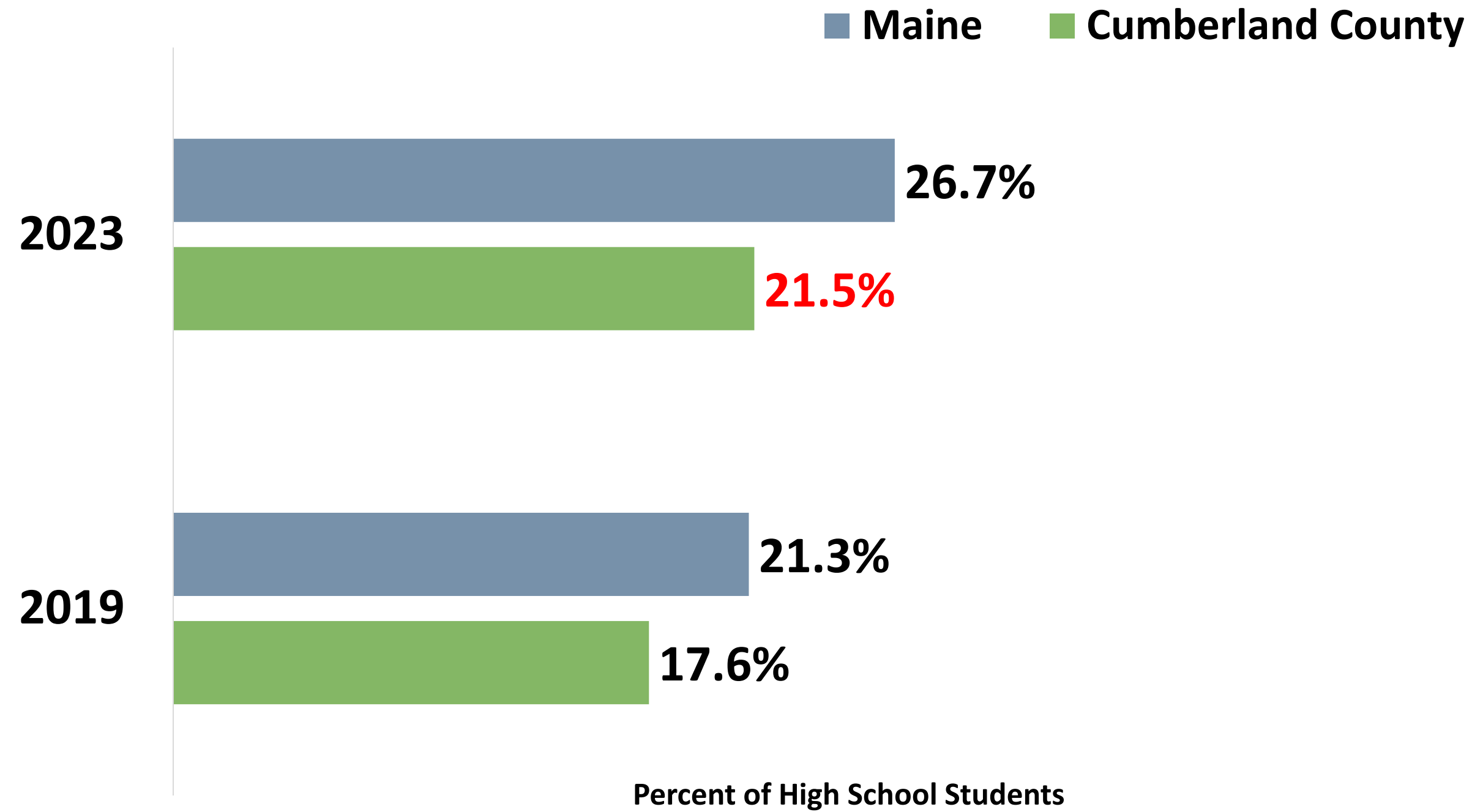
**2019-2021 data reflects that significantly more adults in Cumberland County had a regular physical exam (not for a specific injury, illness, or condition) within the last year compared to 2015-2017.**



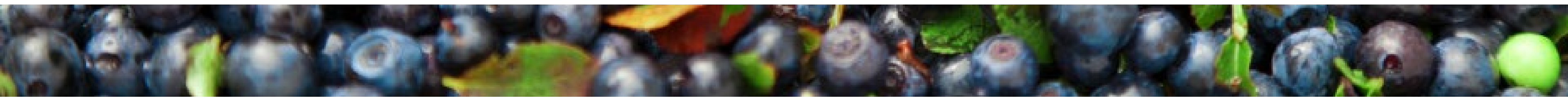


# Protective & Risk Factors

## Adverse Childhood Experiences



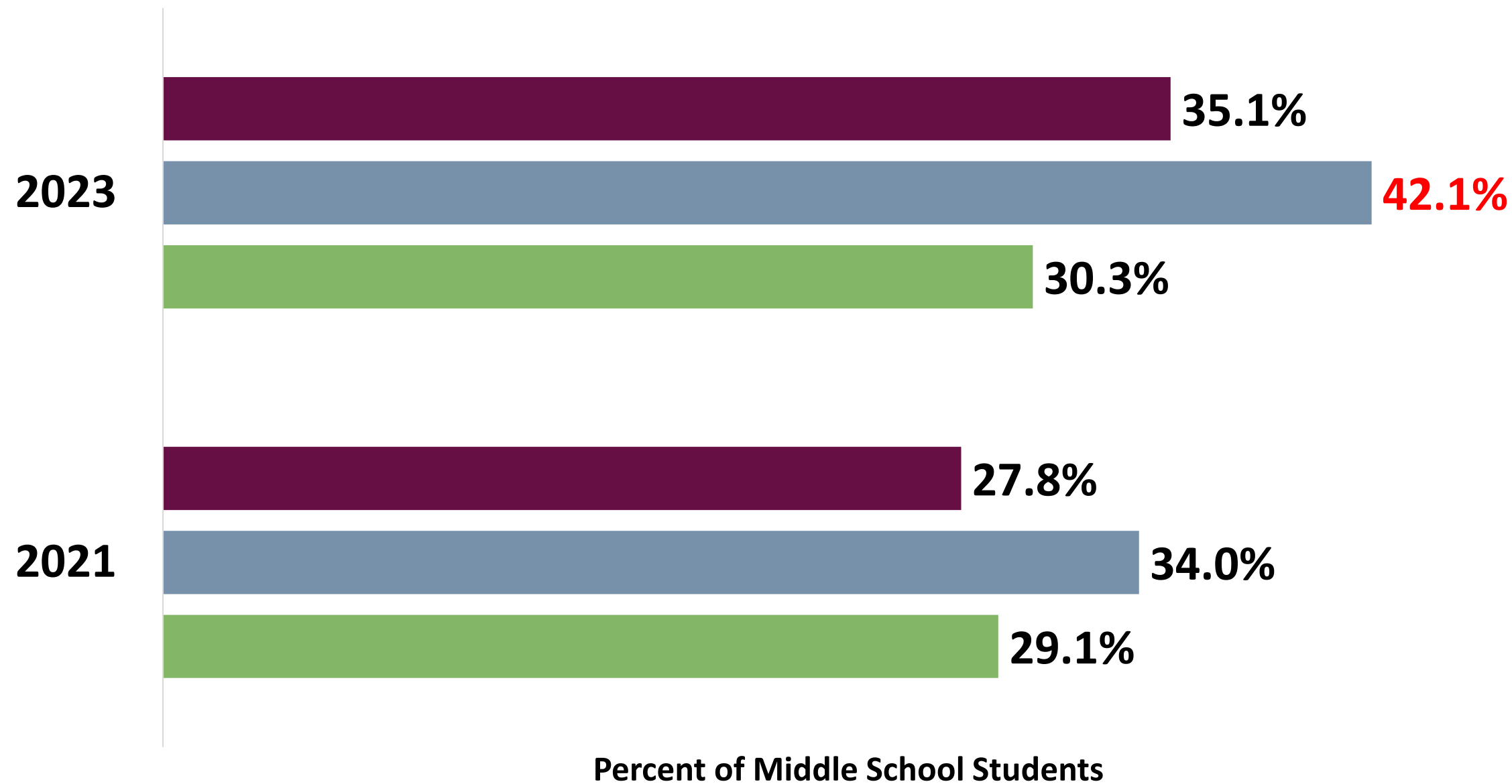
2023 data reflects that Cumberland County high school students are **significantly more likely** to have four or more Adverse Childhood Experiences than in 2019.



# Protective & Risk Factors

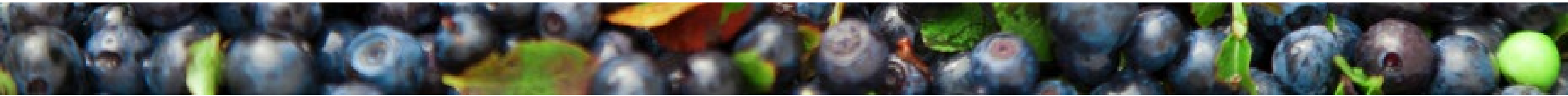
## Electronic Bullying

■ Maine   ■ Oxford County   ■ Cumberland County



!

2023 data reflects that Oxford County middle school students are **significantly more likely** to have experienced electronic bullying compared to Maine.

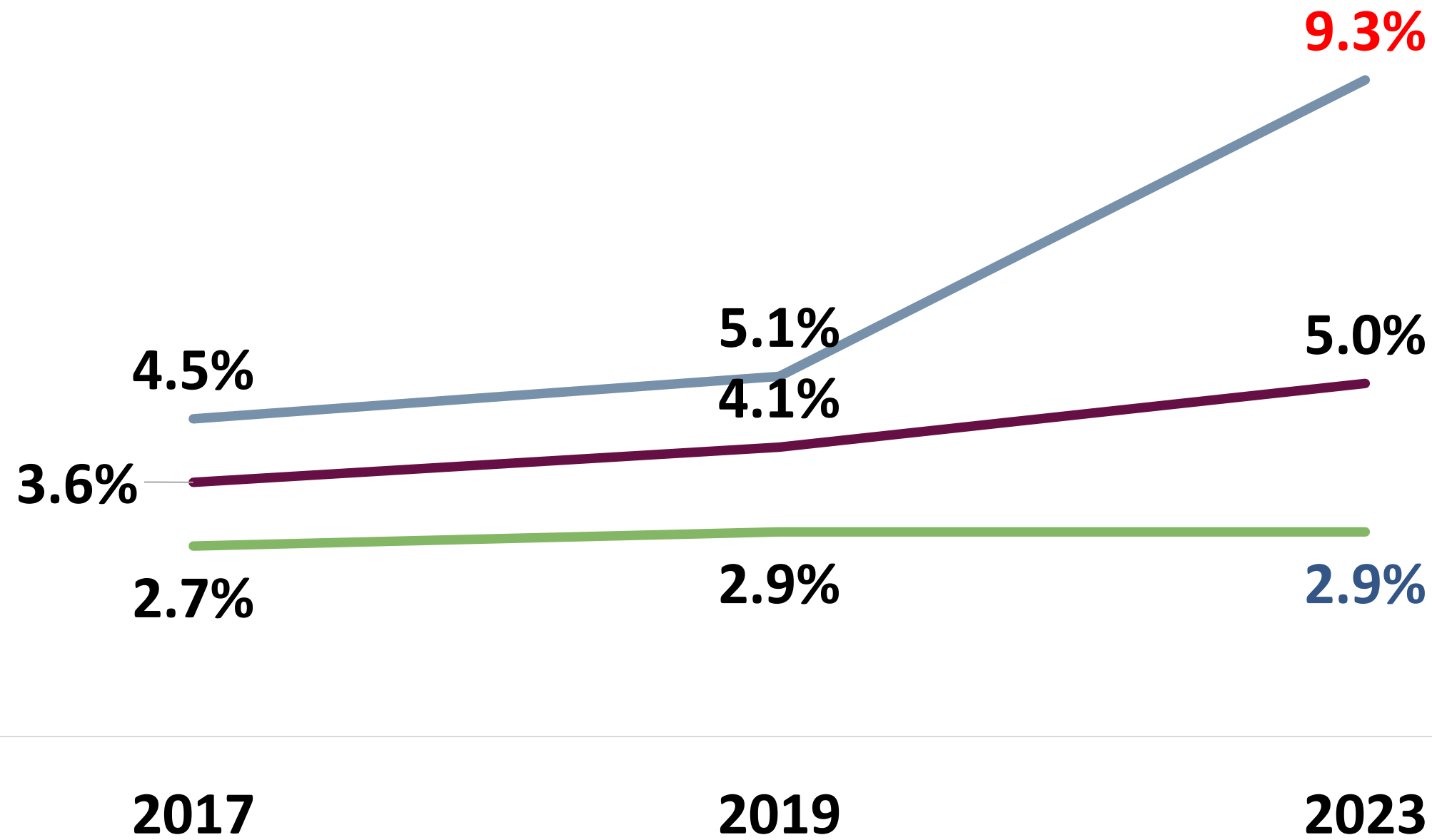


# Protective & Risk Factors

## Past 30-day Marijuana Use

—Cumberland County —Oxford County —Maine

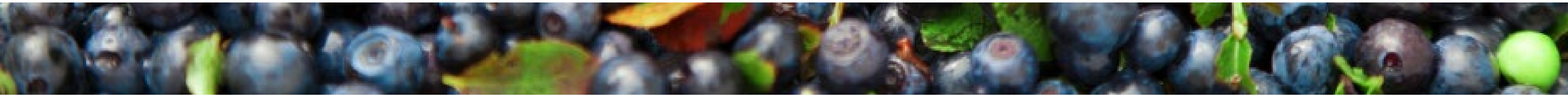
Percent of Middle School Students



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.

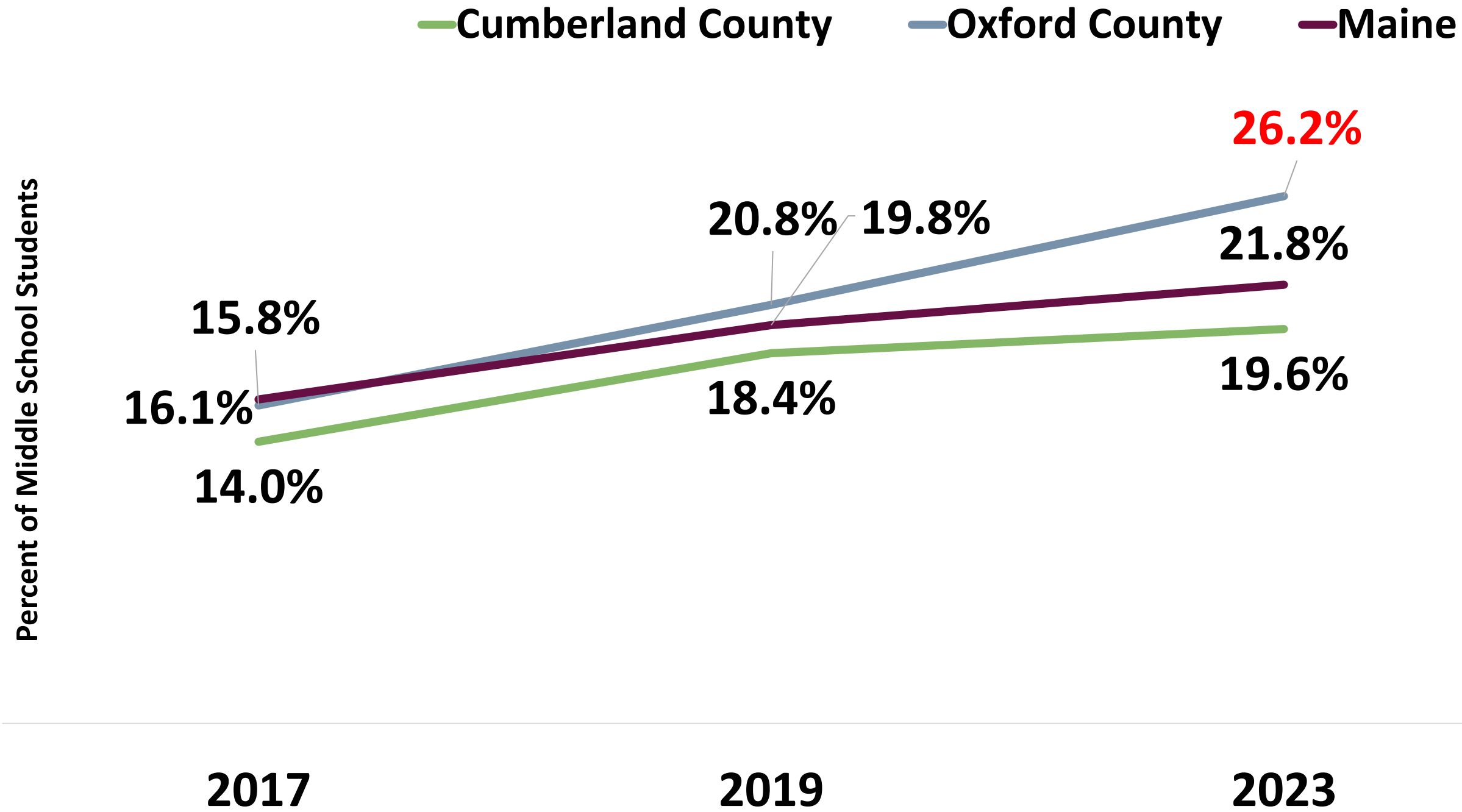


2023 data reflects that the percentage of Oxford County Middle School students who had used marijuana at least once in the past 30 days is **significantly higher** compared to Maine.



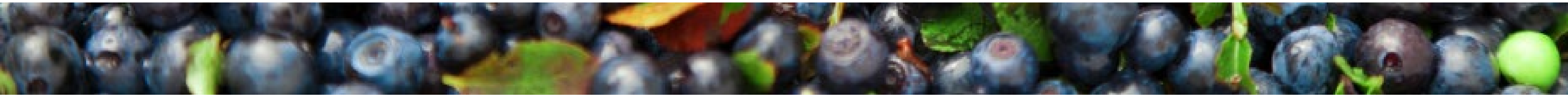
# Protective & Risk Factors

## Ever Seriously Considered Suicide



**!**

2023 data reflects that Oxford County middle school students are **significantly more likely** to have ever considered suicide compared to Maine.



# 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**

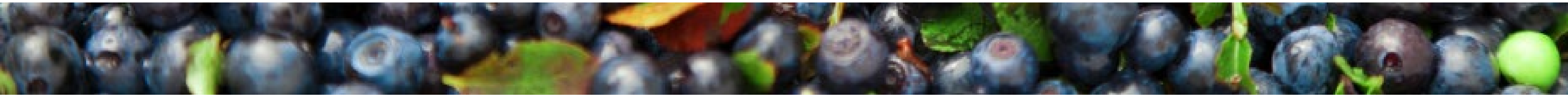


Injury deaths per 100,000 population

**2015-2019: 71.6**

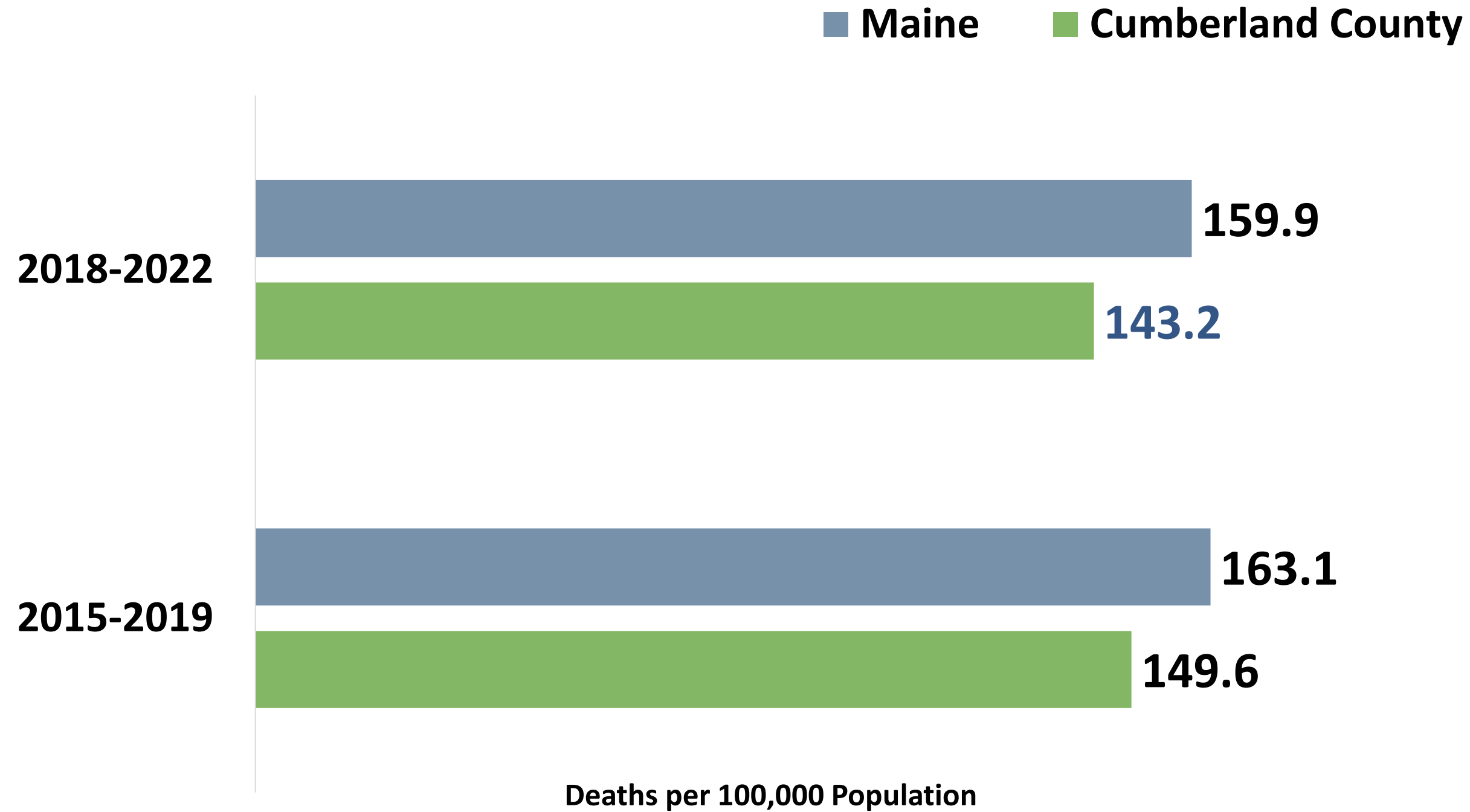
**2018-2022: 80.6**

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

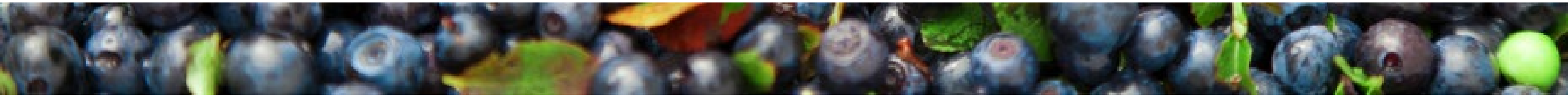


# Health Conditions & Outcomes

## All Cancer Deaths

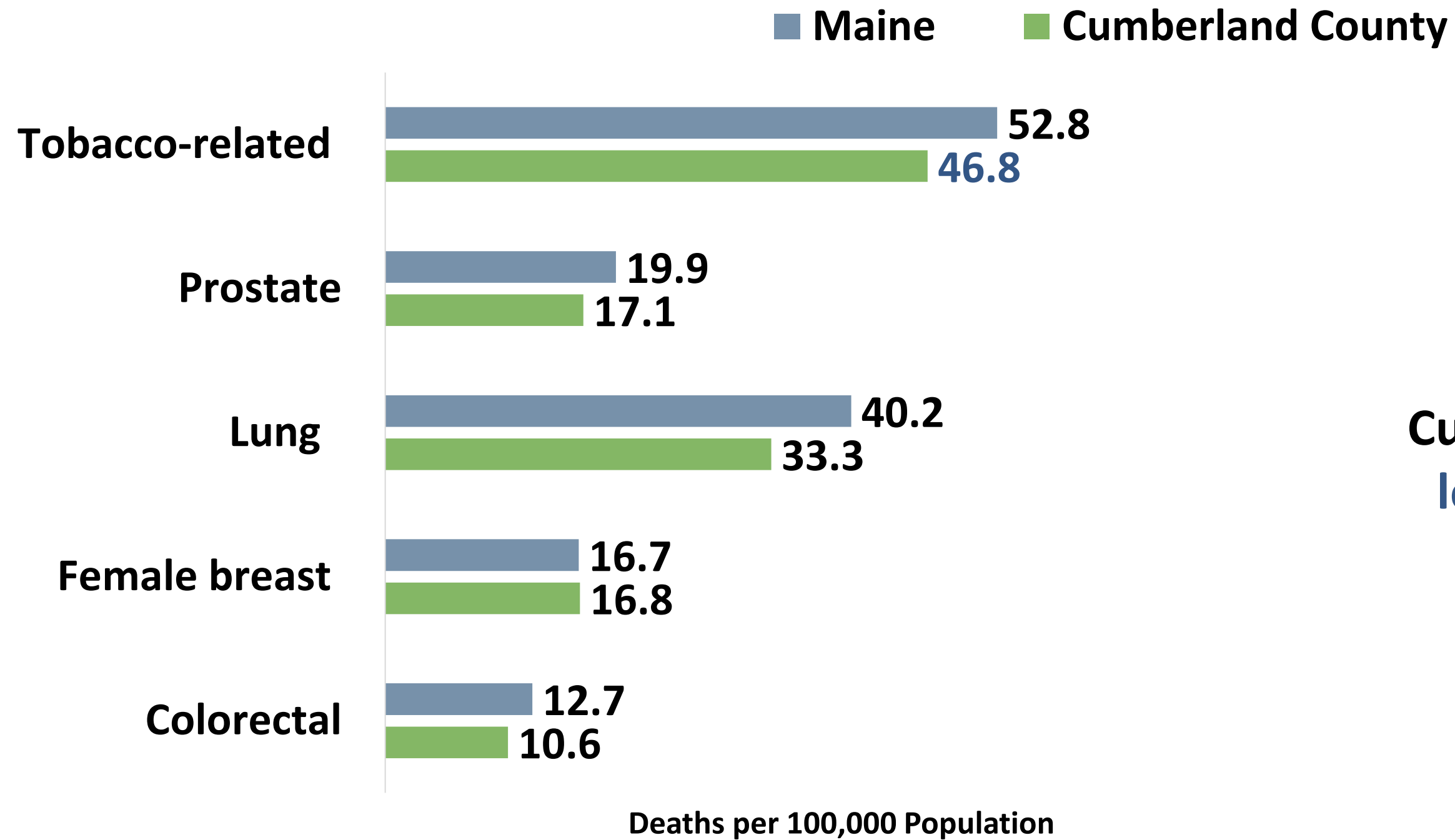


2018-2022 data reflects that Cumberland County has a significantly lower cancer death rate compared to Maine.

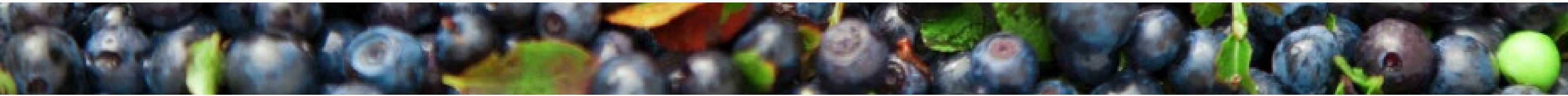


# Health Conditions & Outcomes

## Cancer Mortality by Type



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

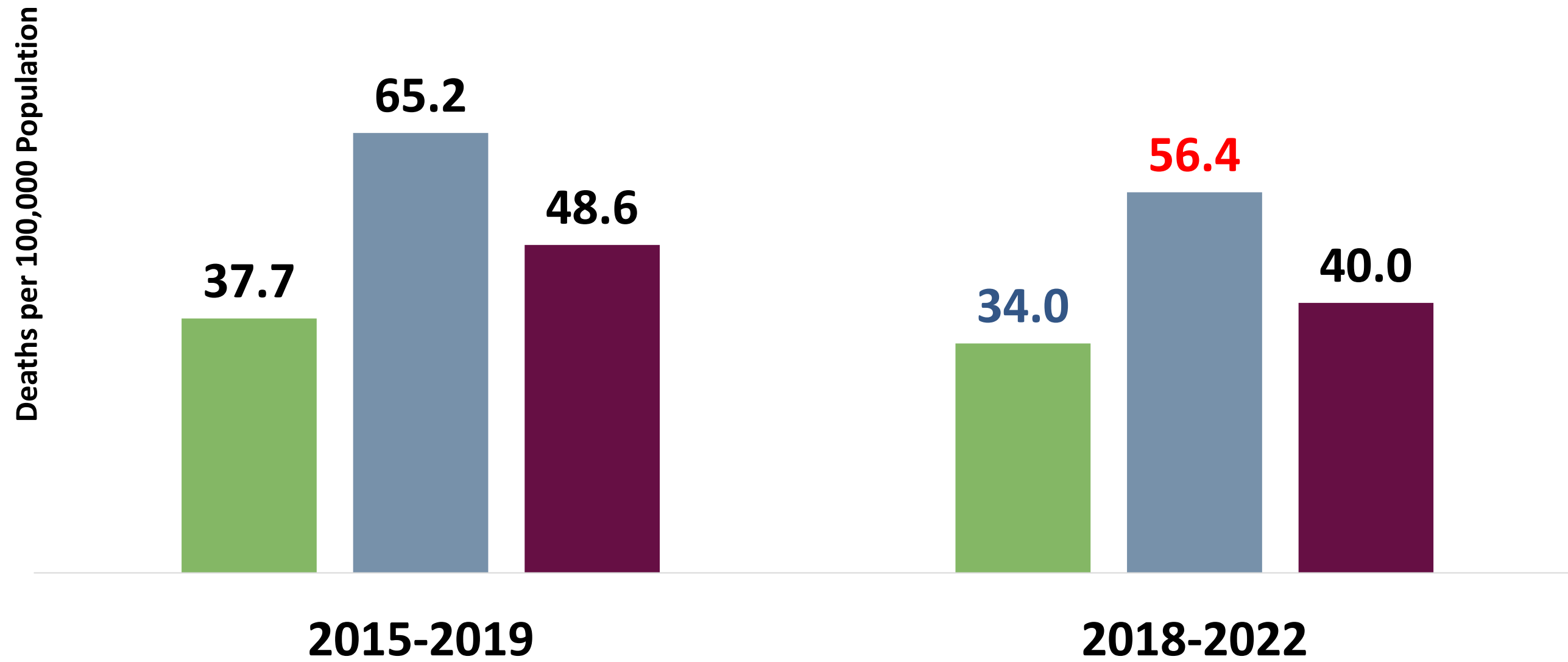


# Health Conditions & Outcomes

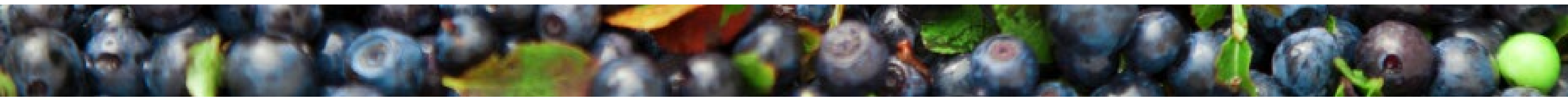


## Chronic Lower Respiratory Disease Deaths

■ Cumberland County   ■ Oxford County   ■ Maine



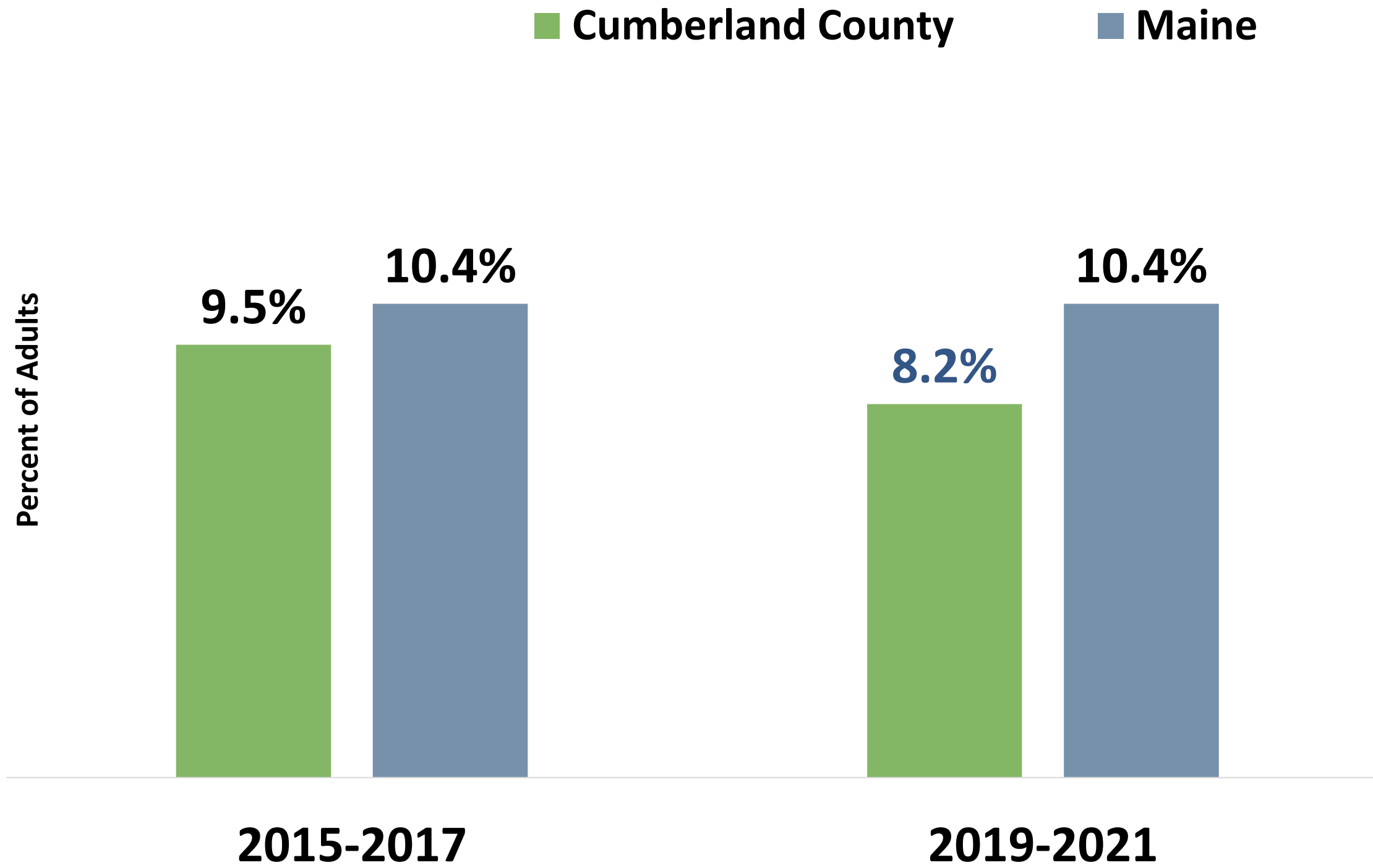
2018-2022 data reflects that Cumberland County had a **significantly lower** COPD death rate compared to Maine, while Oxford County had a **significantly higher** COPD death rate compared to Maine.



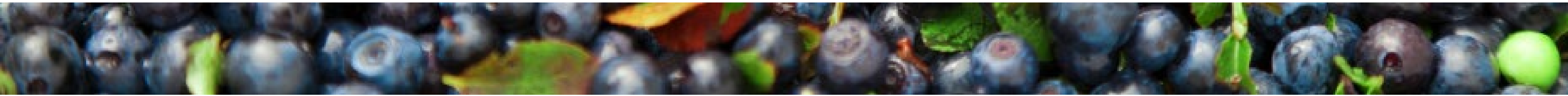


# Health Conditions & Outcomes

## Diabetes

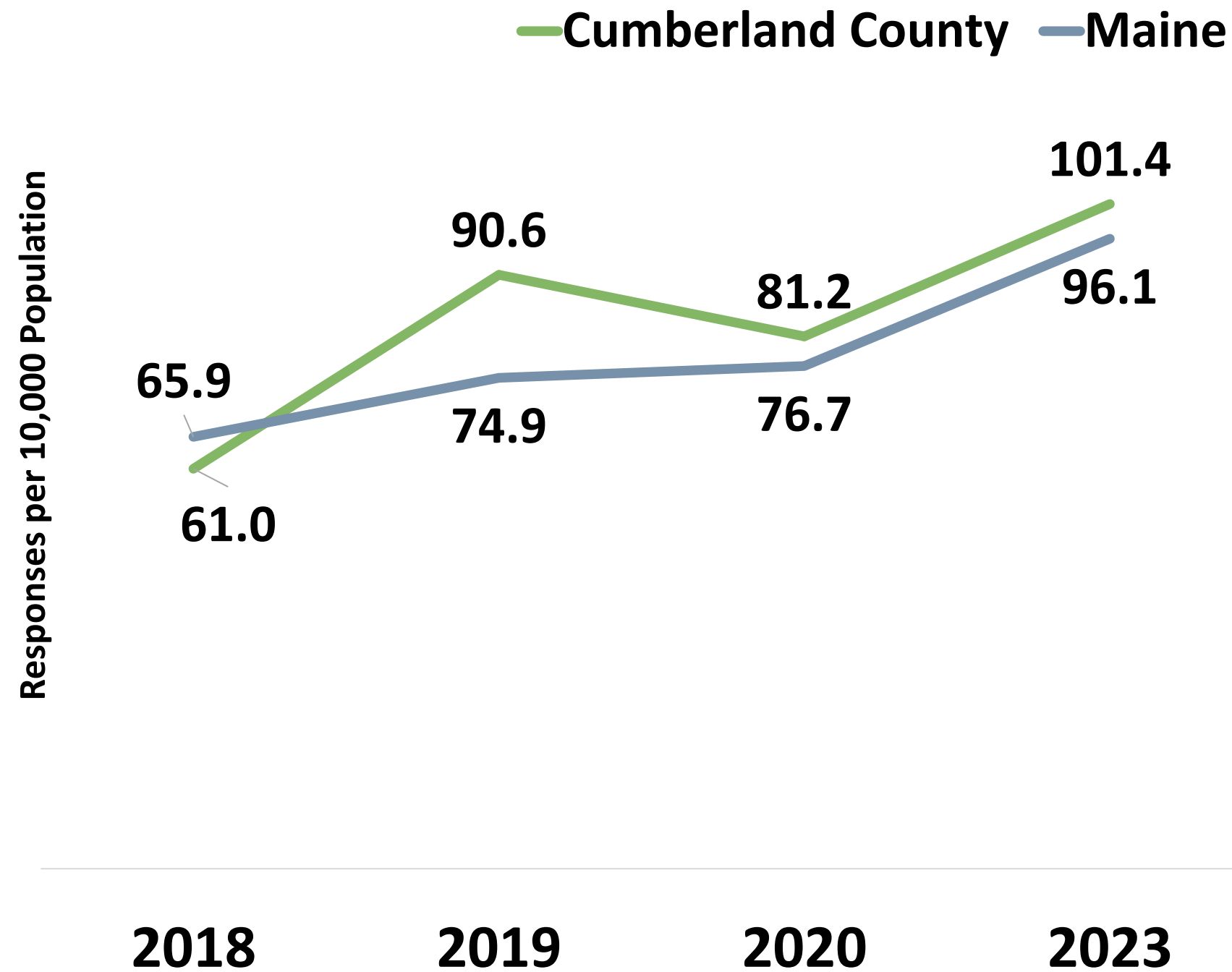


2018-2022 data reflects that Cumberland County has a **significantly lower** rate of adult diabetes compared to Maine.

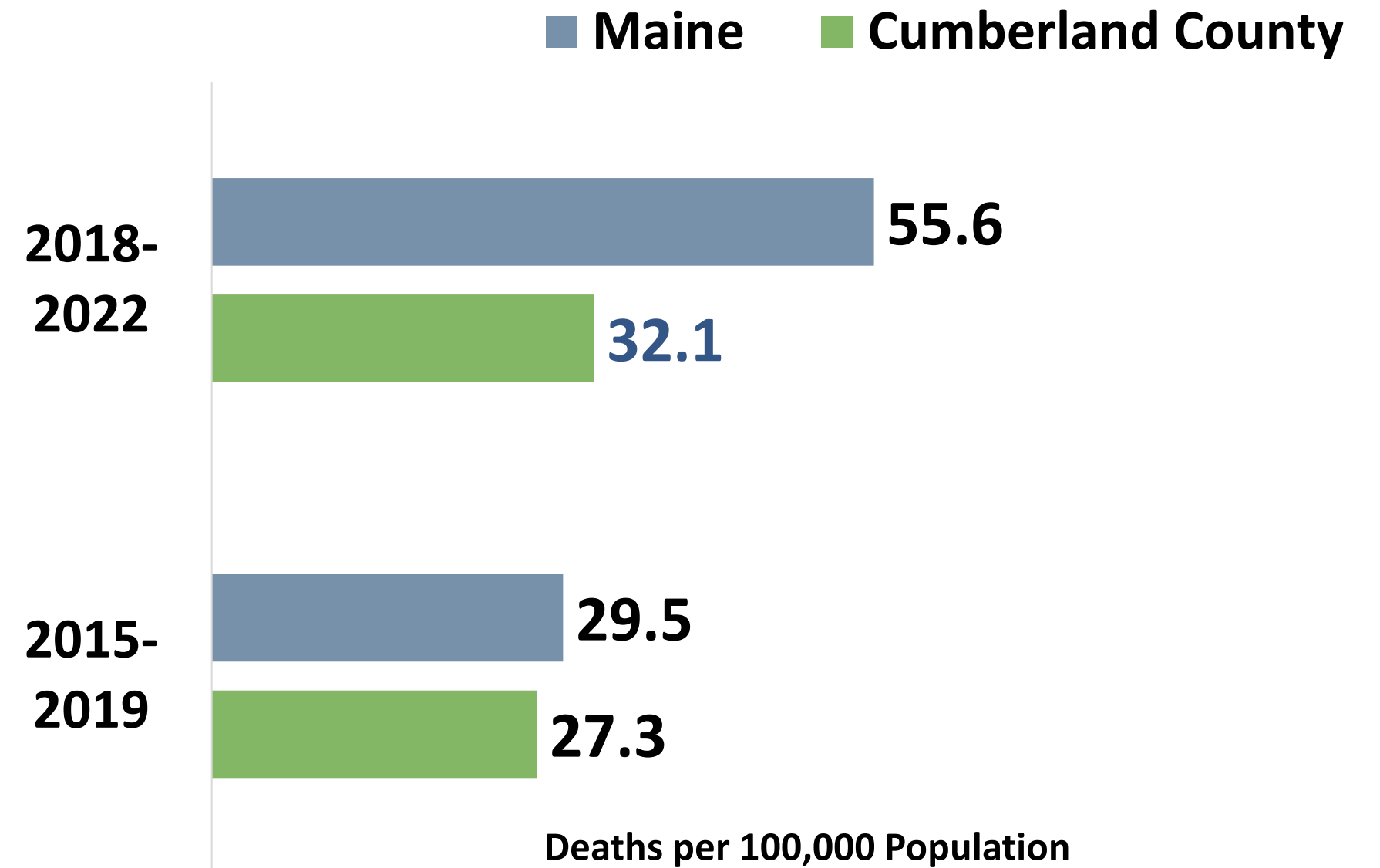


# Health Conditions & Outcomes

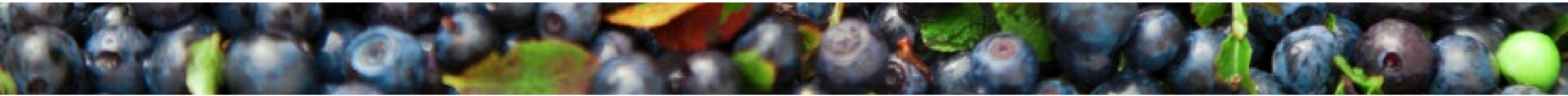
## Overdose Emergency Medical Service Responses



## Drug-induced Deaths

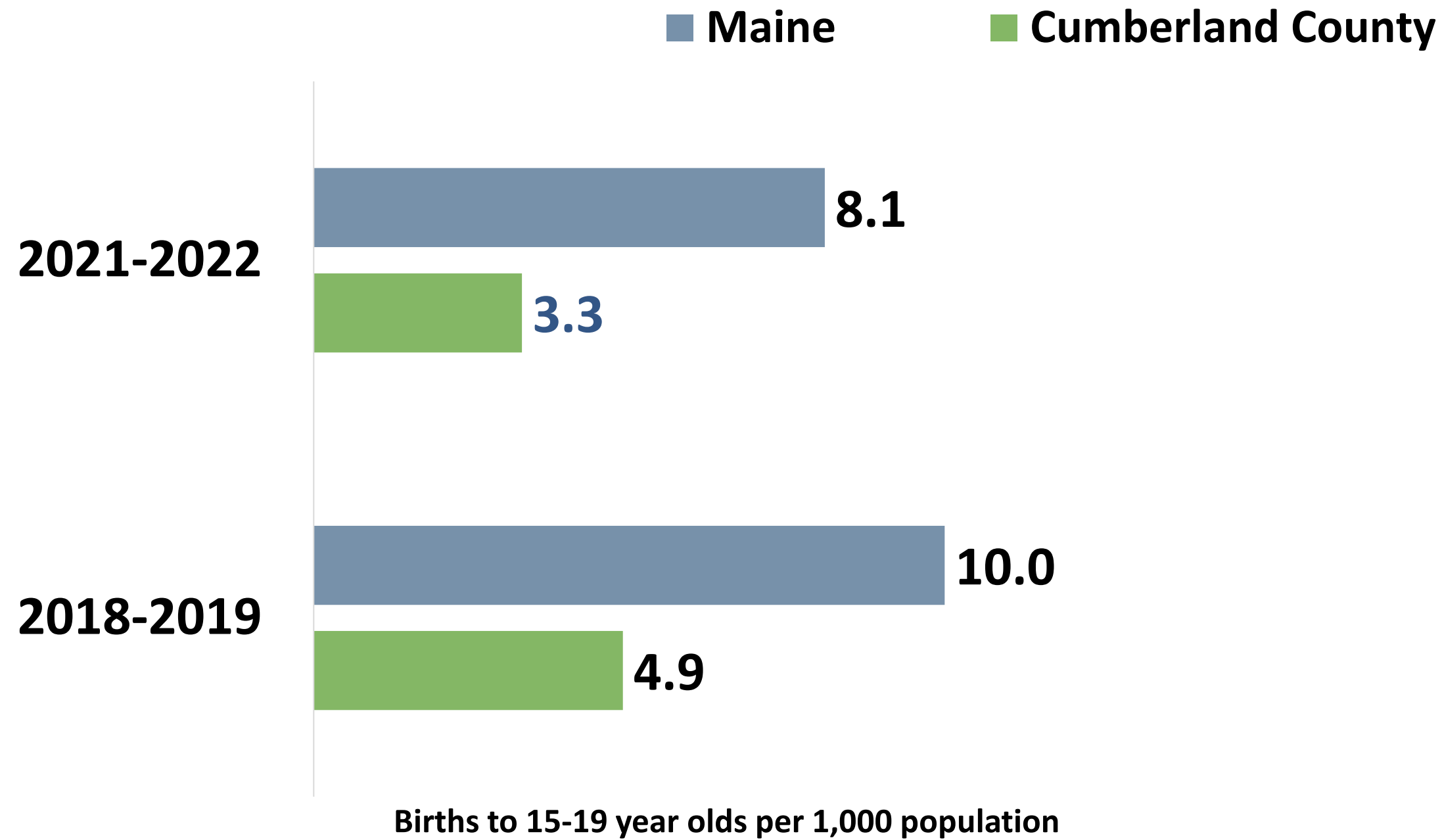


★ 2018-2022 data reflects a **significantly lower** rate of drug-induced deaths compared to Maine.

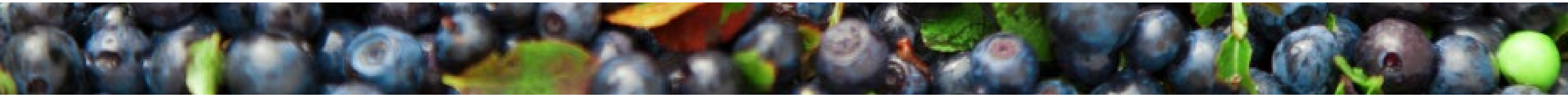


# Health Conditions & Outcomes

## Teen Births



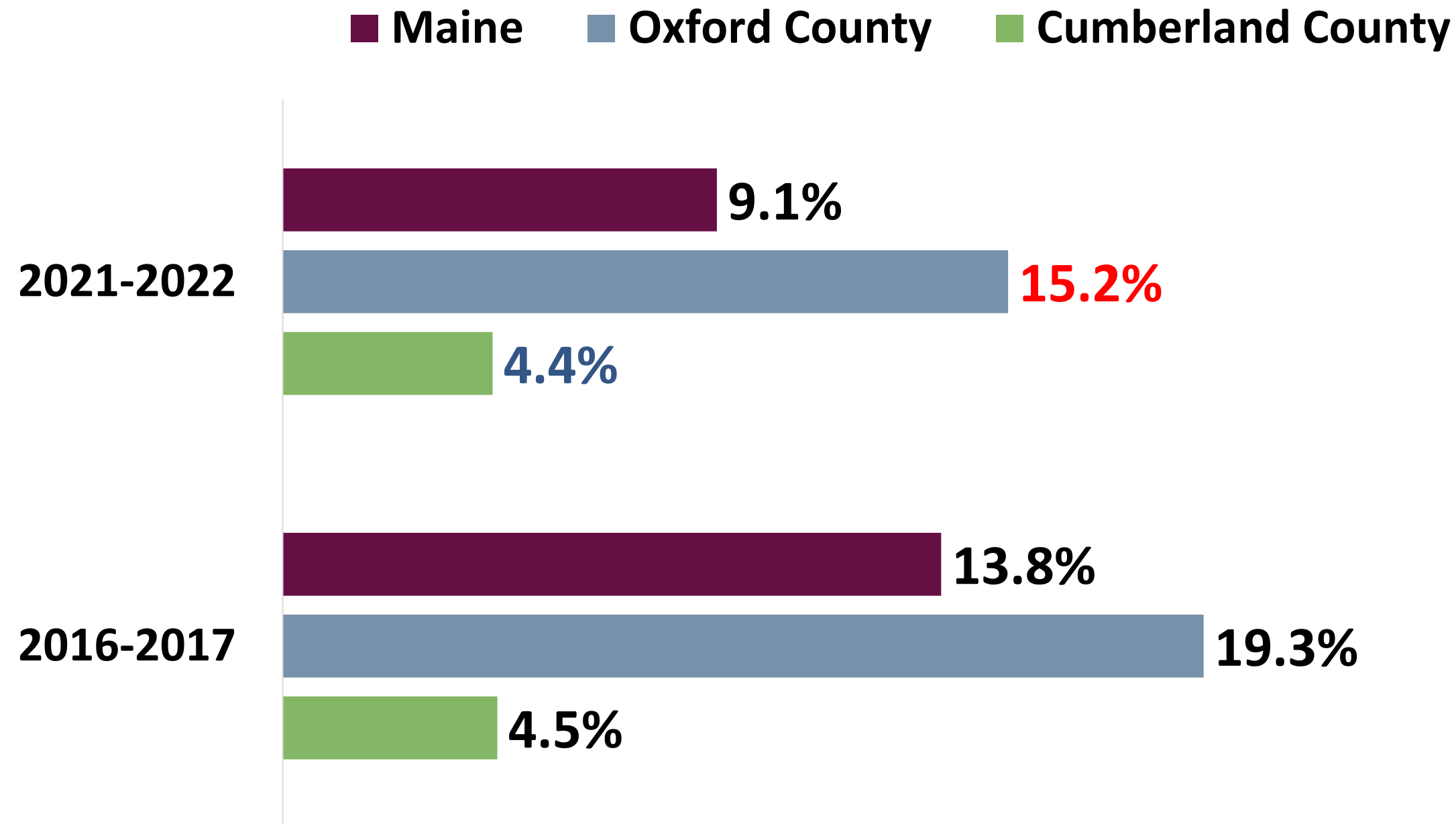
**2021-2022 data reflects a significantly lower rate of teen births compared to Maine.**



# Health Conditions & Outcomes



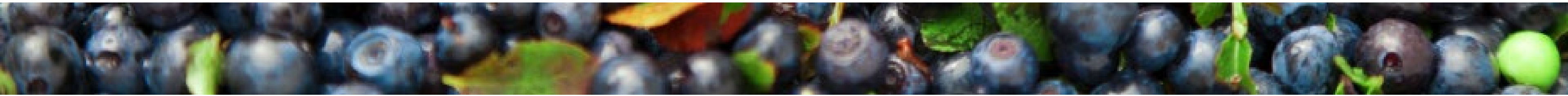
## Smoked During Pregnancy



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



2021-2022 data reflects that **significantly more** pregnant women in Oxford County smoked during pregnancy compared to the state of Maine.





# Community Engagement

# Community Engagement

## Focus Group Top Themes

**Reliable transportation**

**Accessible and quality care**

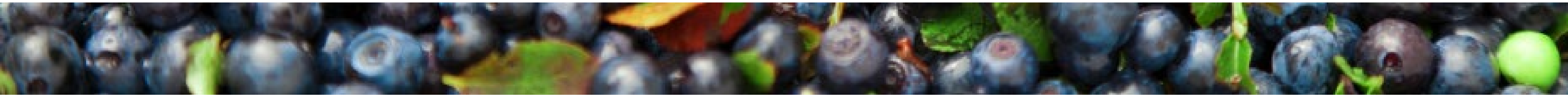
**Community cohesion**

**Affordable and reliable housing**

**Availability of resources**

### Select Quotes From Participants

- “The providers in Bridgton and Waterford are just **revolving doors**. They haven’t had consistent providers in years.”
- “At our center, we have kids that have approved IEPs and are approved for services, but **there are no providers**. They’ve been approved for years and there’s no one to give them the services.”
- “We have a recovery center; we have AA meetings. But **if you don’t have a license, you can’t get the help you need.**”
- “[**Services for older adults**] If you’re on MaineCare or on a fixed income, that’s not going to be available here unless you have a good chunk of change to be able to pay for it.”
- “How does a single mom of three sustain a household of four? **She has a \$1,600 budget but that doesn’t cover everything you need:** housing, food, car, childcare, and more.”

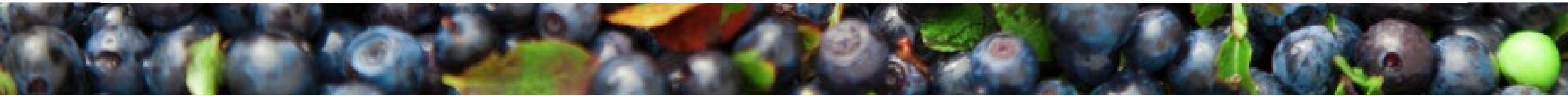
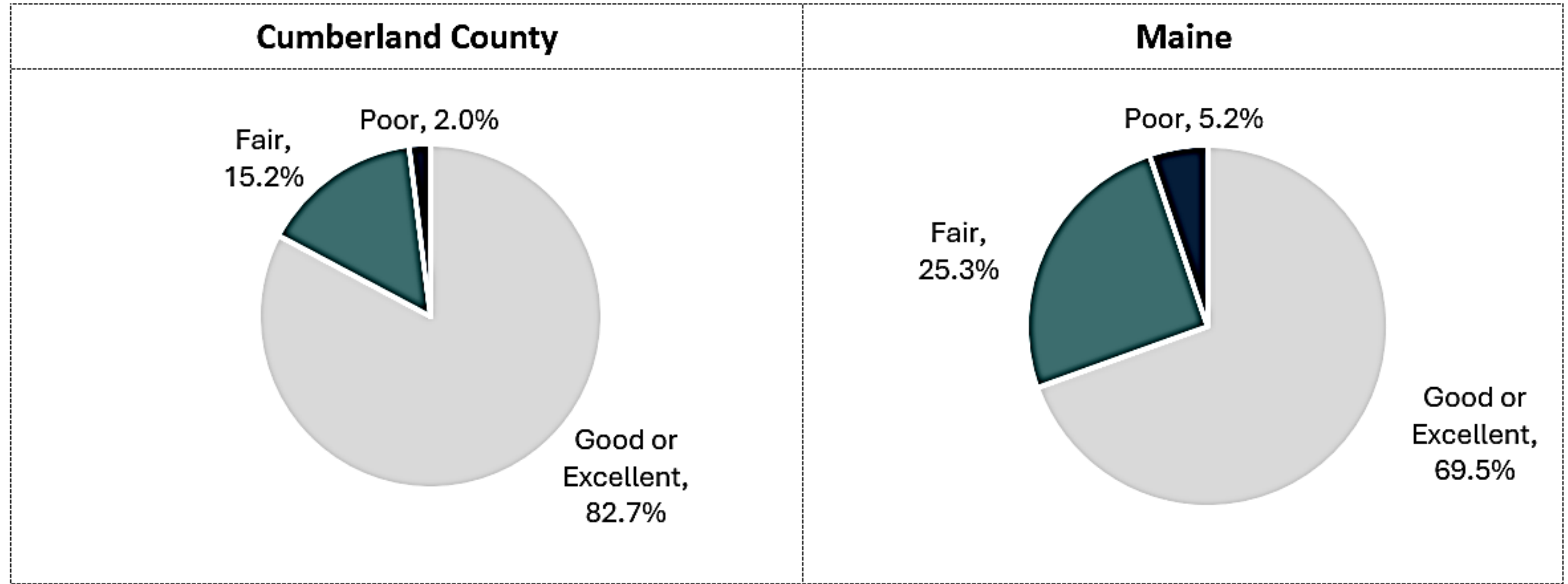


# Community Engagement

## Community Survey: Physical Health Status

How would you rate your own physical health?

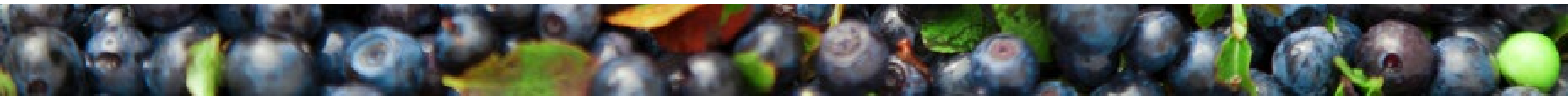
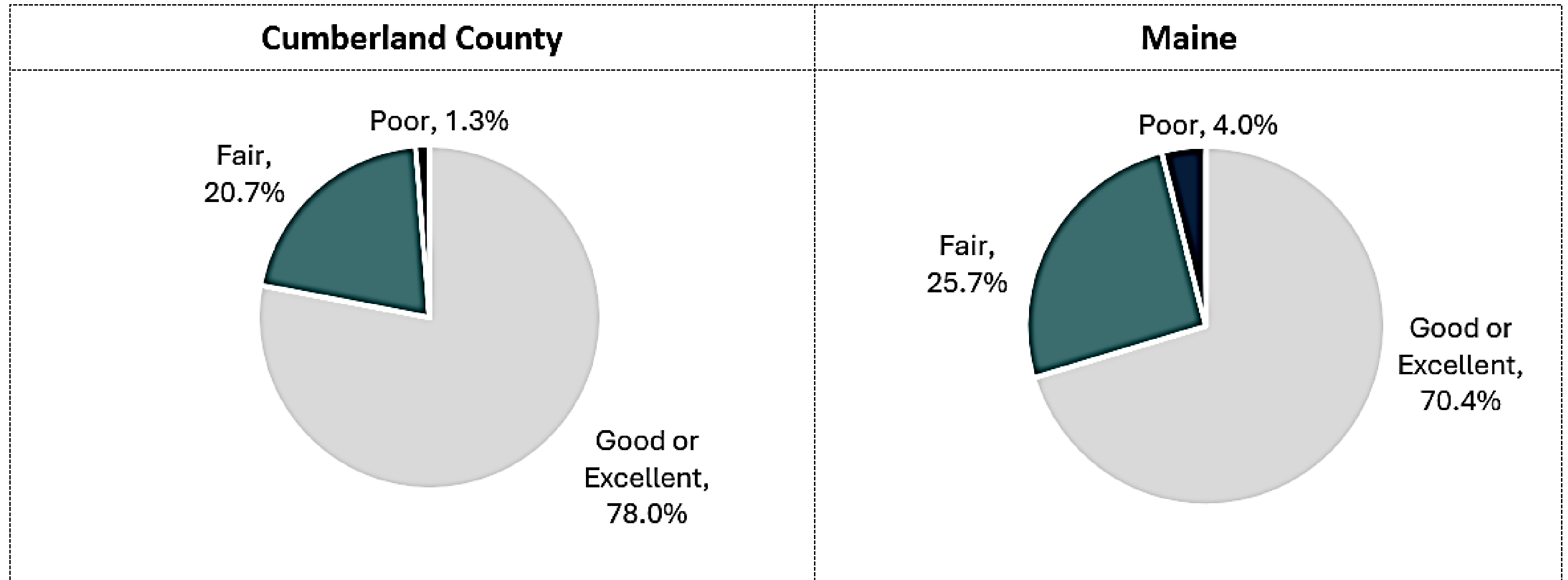
Total Participants	
Cumberland County	Maine
447	3,967



# Community Engagement

## Community Survey: Mental Health Status

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



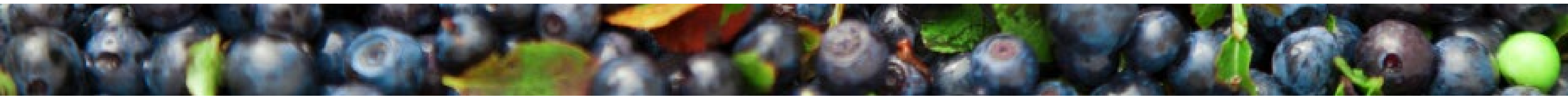


# Community Engagement

## 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



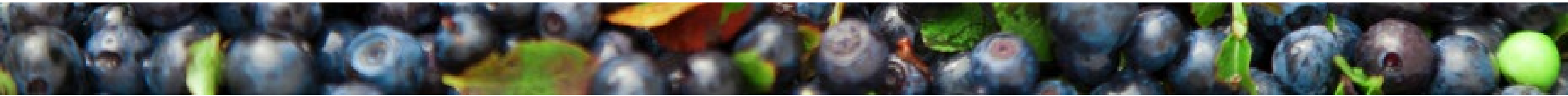
# Community Engagement

## 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. Transportation (68.4%)
2. Housing (63.2%)
3. Provider Availability (52.6%)
4. Poverty (52.6%)
5. Built Environment (36.8%)

## Protective & Risk Factors

1. Youth Matterring (52.6%)
2. Adverse Childhood Experiences (47.4%)
3. Nutrition (47.4%)
4. Preventative Oral Health Care (47.4%)
5. Child/ Youth Screening & Preventative Visits (42.1%)

## Health Conditions & Outcomes

1. Mental Health (84.2%)
2. Cardiovascular Disease (57.9%)
3. Substance Use Related Injury & Death (57.9%)
4. Cancer (47.4%)
5. Unintentional Injury & Death (26.3%)

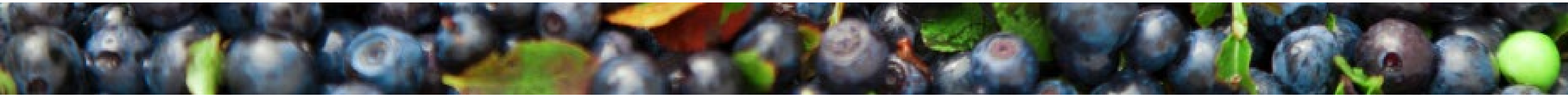


# Breakout Discussions

# 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. Transportation (85.7%)
2. Poverty (85.7%)
3. Housing (81.0%)

## Protective & Risk Factors

1. Everyone Mattering (76.2%)
2. Adverse Childhood Experiences (71.4%)
3. Substance Use (66.7%)

## Health Conditions & Outcomes

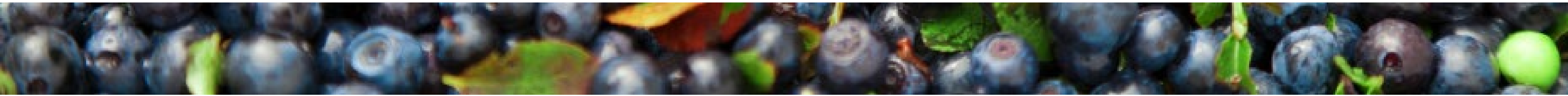
1. Mental Health (100%)
2. Substance Use Related Injury & Death (95.0%)
3. Cardiovascular Disease (70.0%)



# Breakout Discussion #2

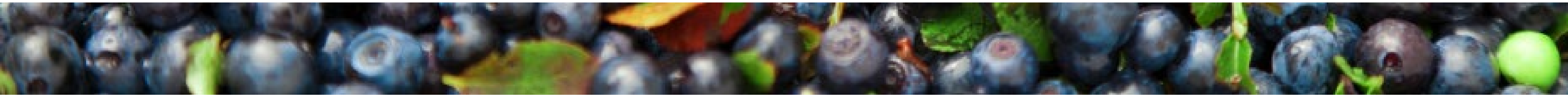
**Please discuss the following questions as they relate to the priorities in your topic area:**

- **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?**



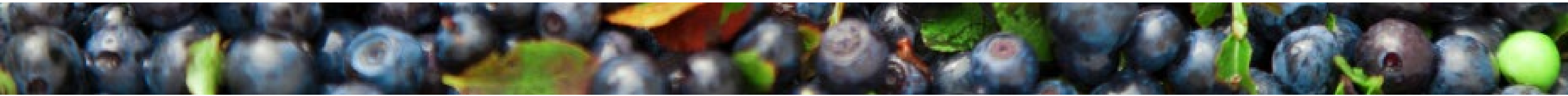
# Breakout Discussion #3

**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.**





Next Steps

# 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.**

