



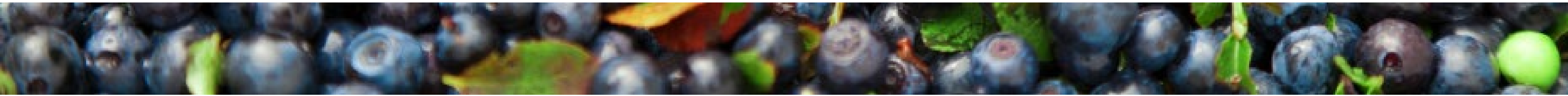
# Maine Shared Community Health Needs Assessment

## Kennebec County

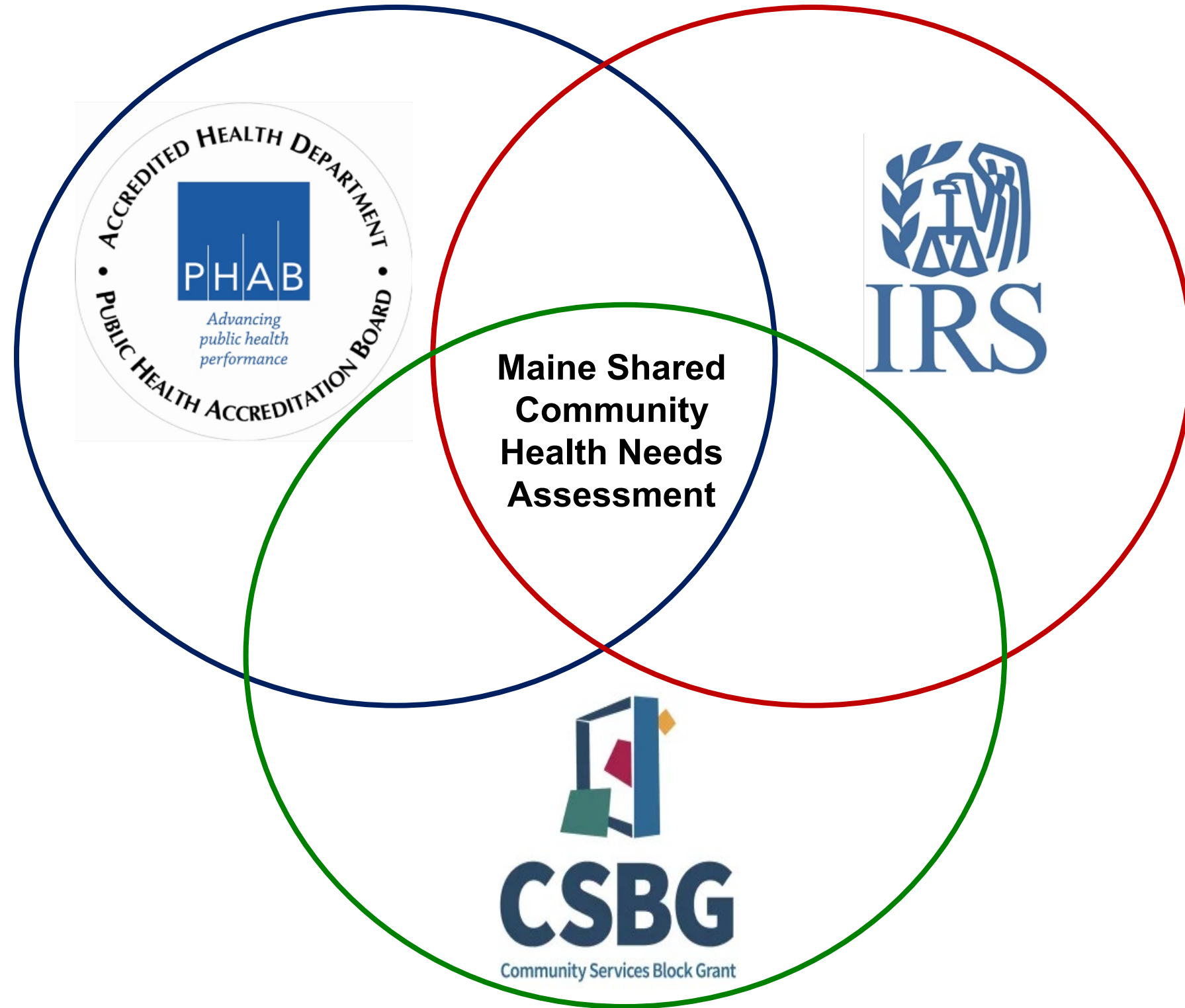
October 24, 2024

# Maine Shared CHNA

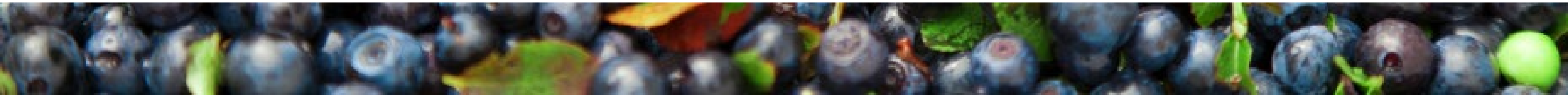
The Maine Shared Community Health Needs Assessment (Maine Shared CHNA) is a collaborative partnership between Central Maine Healthcare, Northern Light Health, MaineGeneral Health, MaineHealth, the Maine Center for Disease Control and Prevention, and the Maine Community Action Partnership. By engaging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

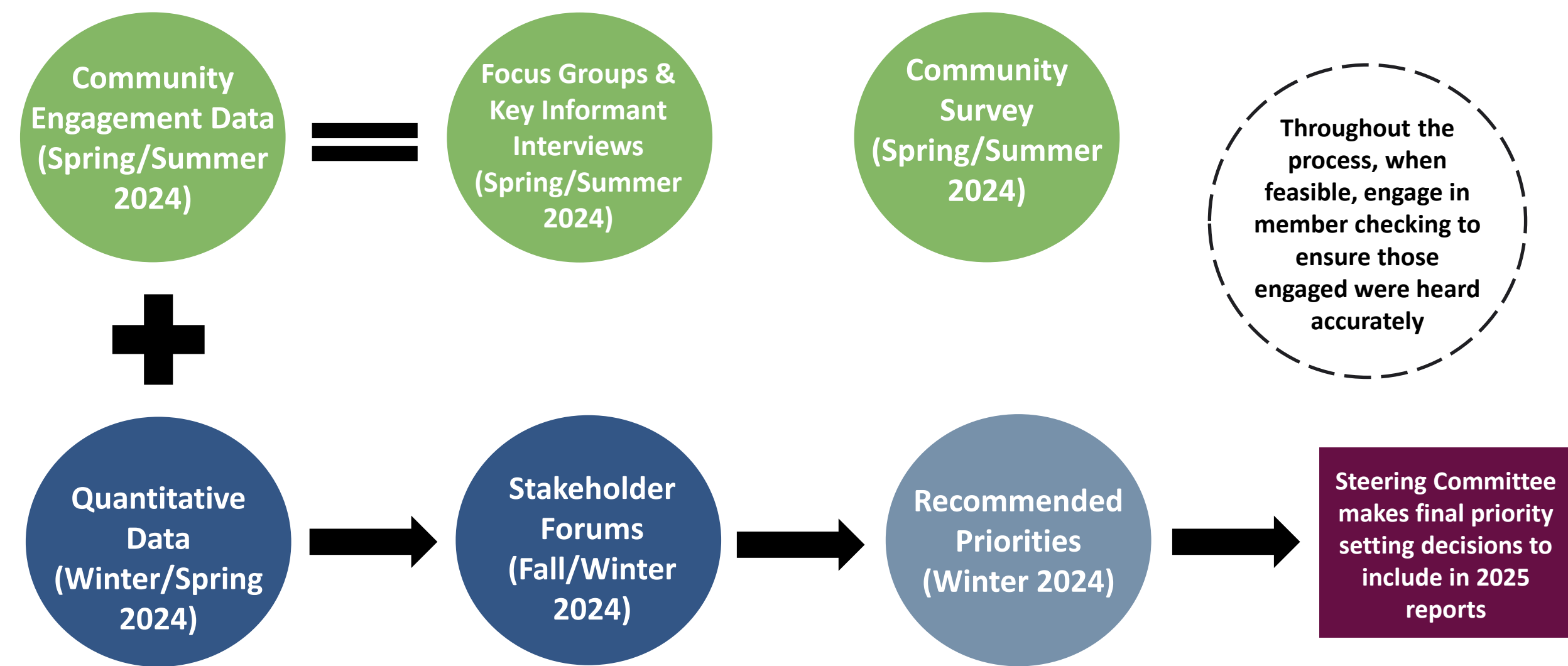


- **Steering Committee**
- **Program Manager**
- **Standing Committees**
  - **Metrics**
  - **Community Engagement**
- **Ad-Hoc Committees**
- **Local Planning Teams**

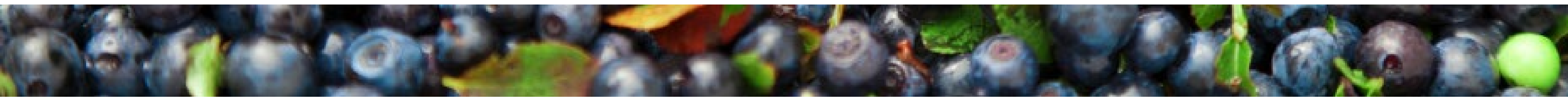


# Maine Shared CHNA

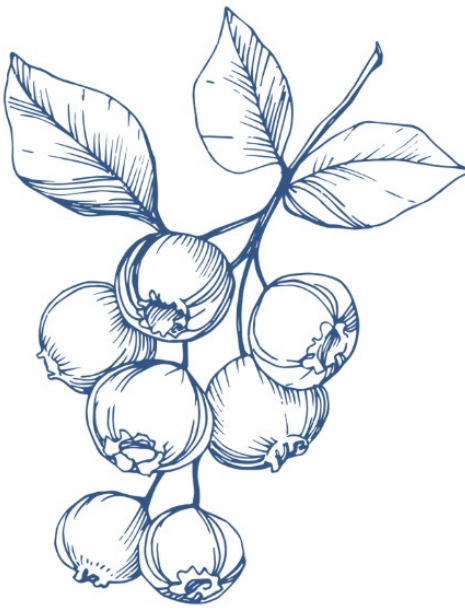
## 2024 CHNA Data Analysis, Community Engagement, and Prioritization Process & Timeline



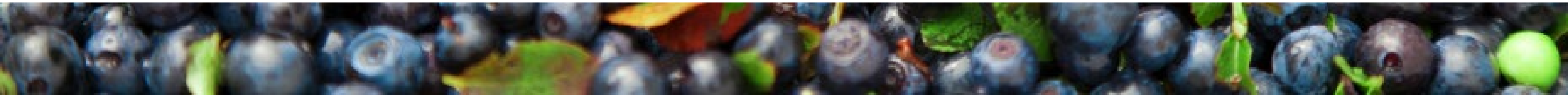
*Surveys conducted statewide, included both general community members and professionals; Focus Groups conducted with community members, both low-income population and health equity groups; Key Informant Interviews conducted when focus groups weren't feasible or to collect more information; Stakeholder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

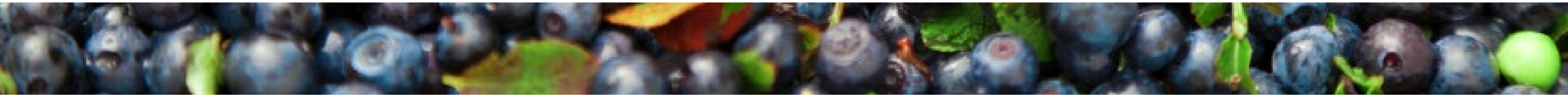
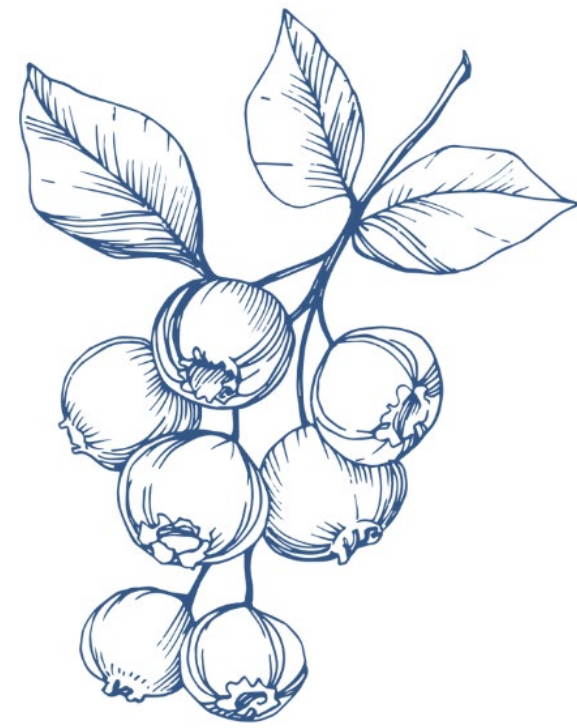
Presentation of Final Priorities

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

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

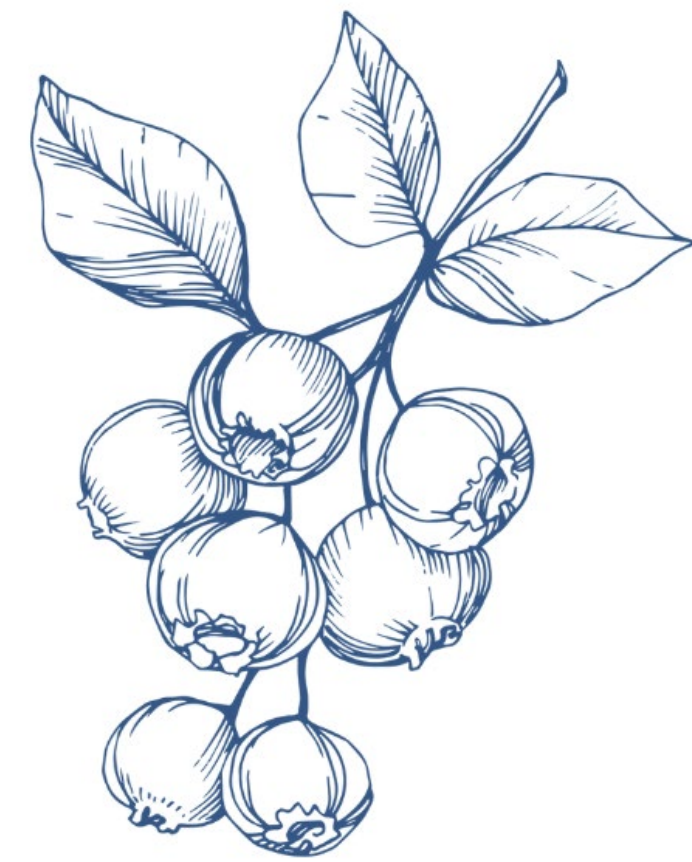
**Breakout:** Deeper Discussion of Priorities, Round 3

Conclusion & Next Steps

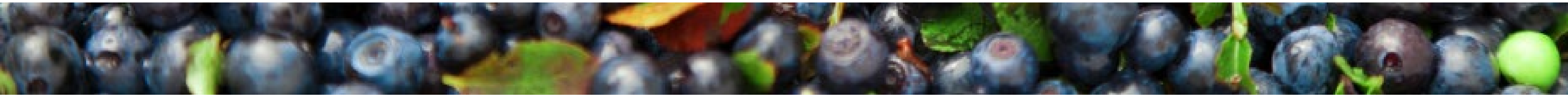


# Housekeeping

- 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)



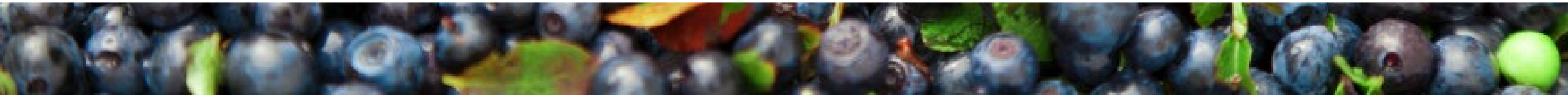
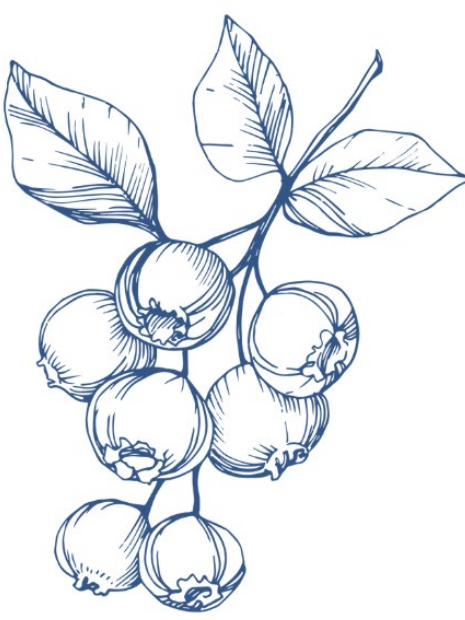


# Key Findings



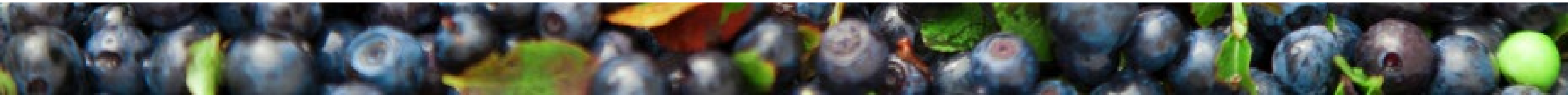
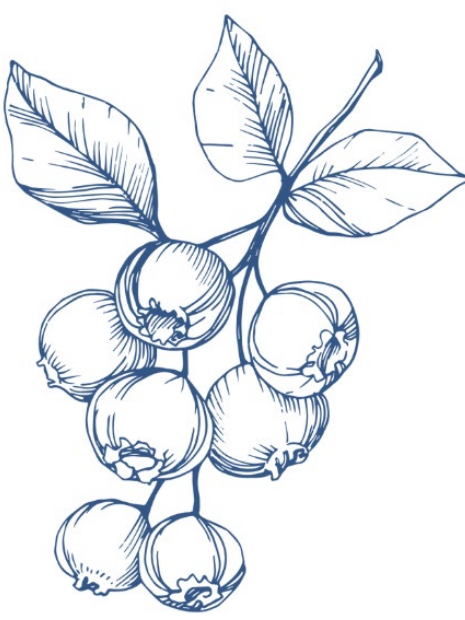
# Quantitative Data

- **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.**

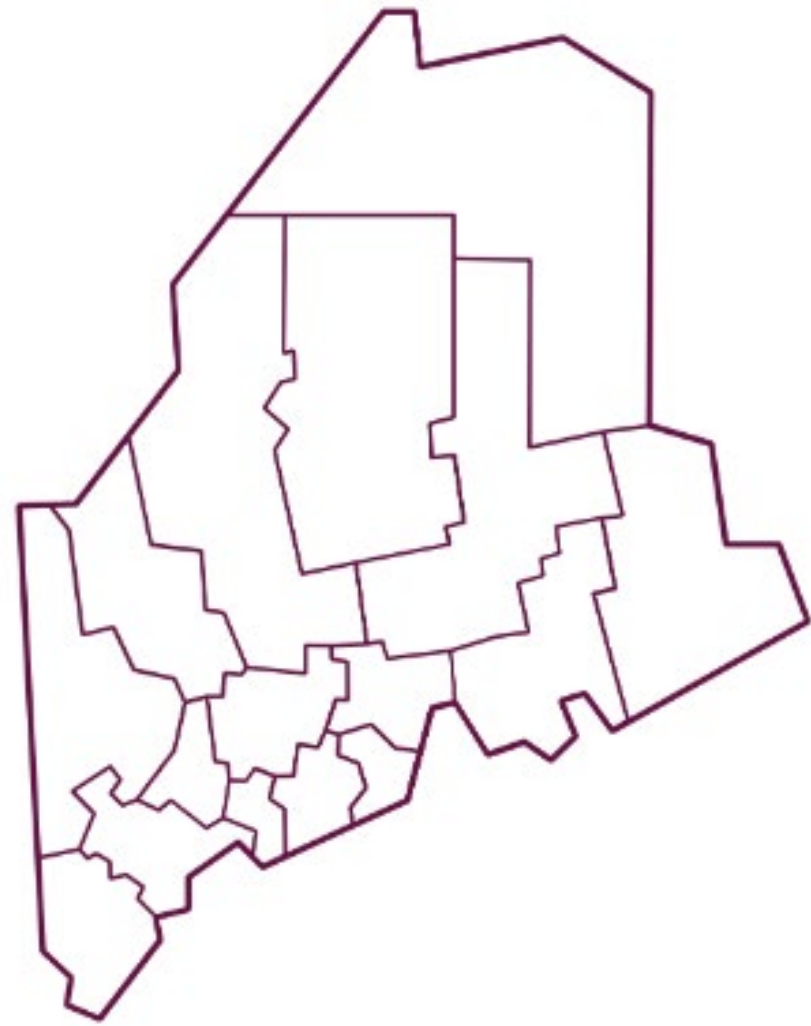


# Demographics

## Total Population

**124,003**

**9.1% of the total state population**



## Population by Age



Age Under 18

**19.0%**



Age 18-64

**60.4%**

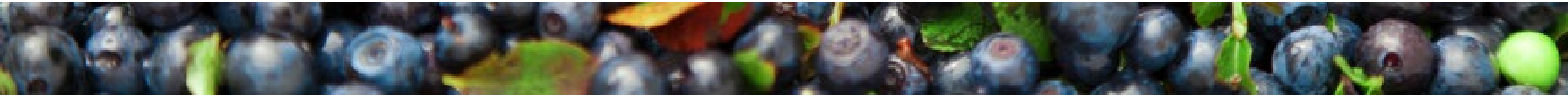
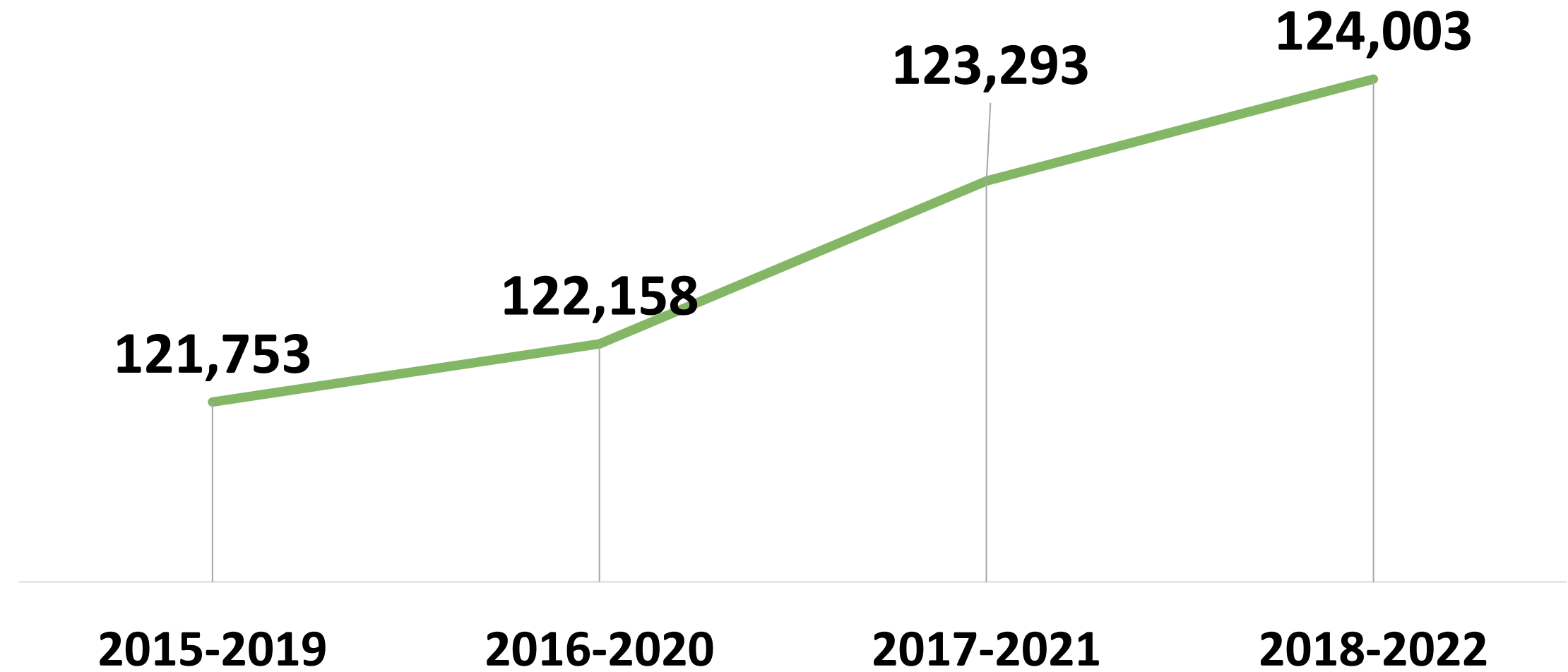


Age 65+

**20.6%**

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

## County Population

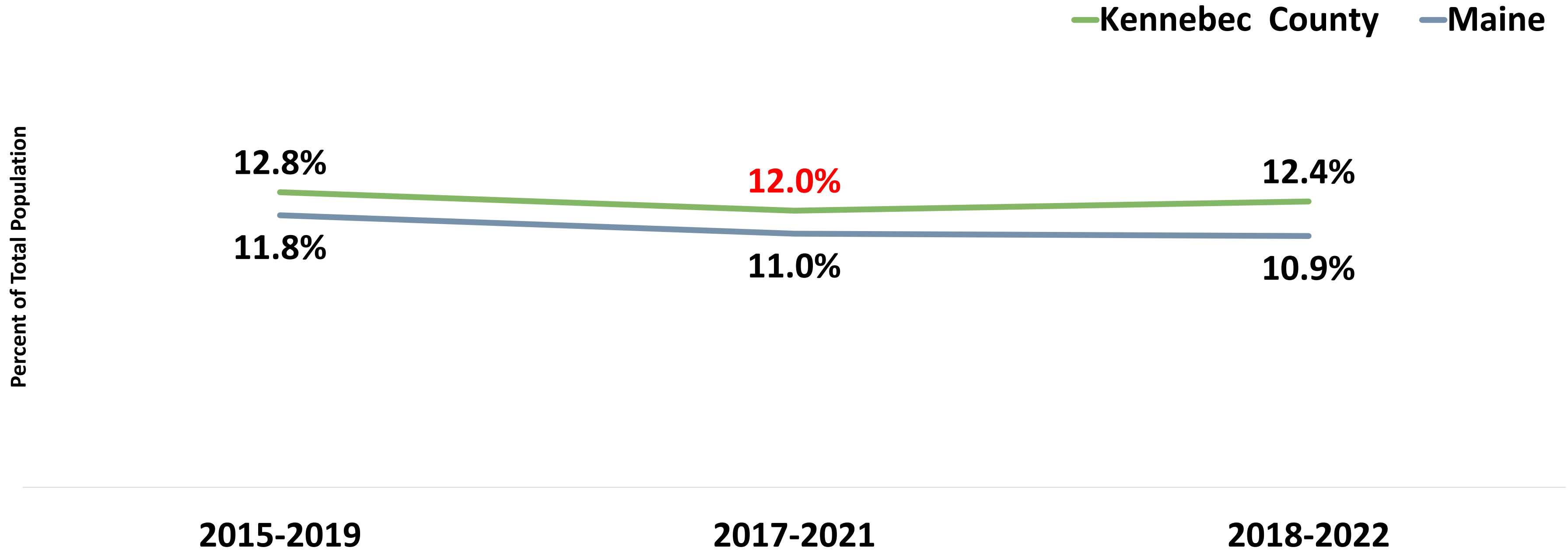


# Demographics

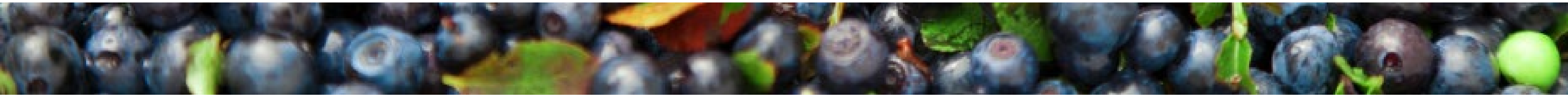


2017-2021 data reflects that Kennebec County had a **significantly higher** poverty rate compared to 2015-2019 county data.

## Individuals Living in Poverty

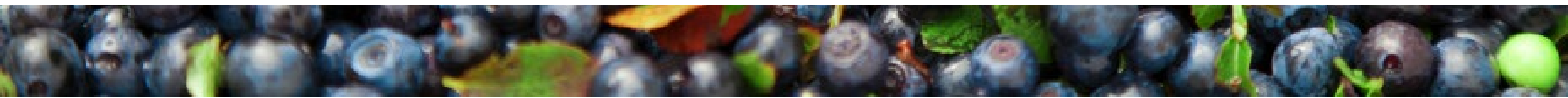
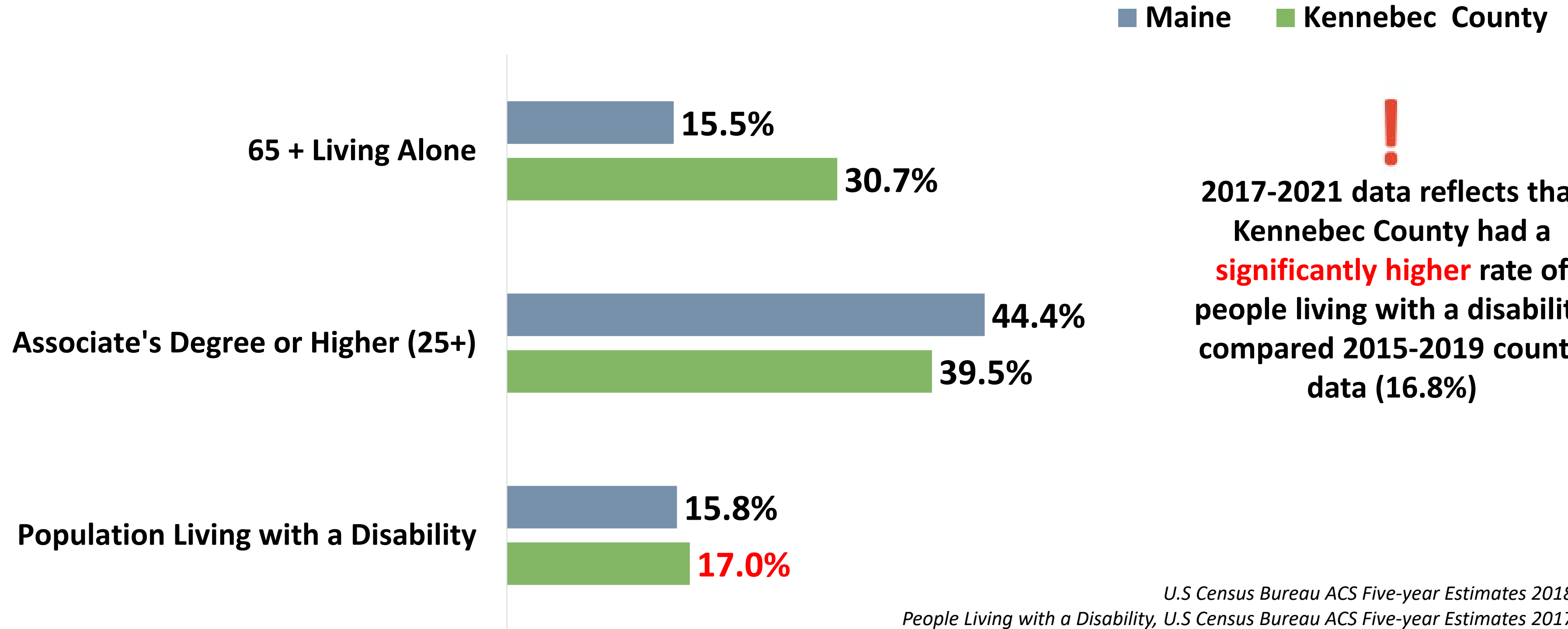


*U.S Census Bureau ACS Five-year Estimates*



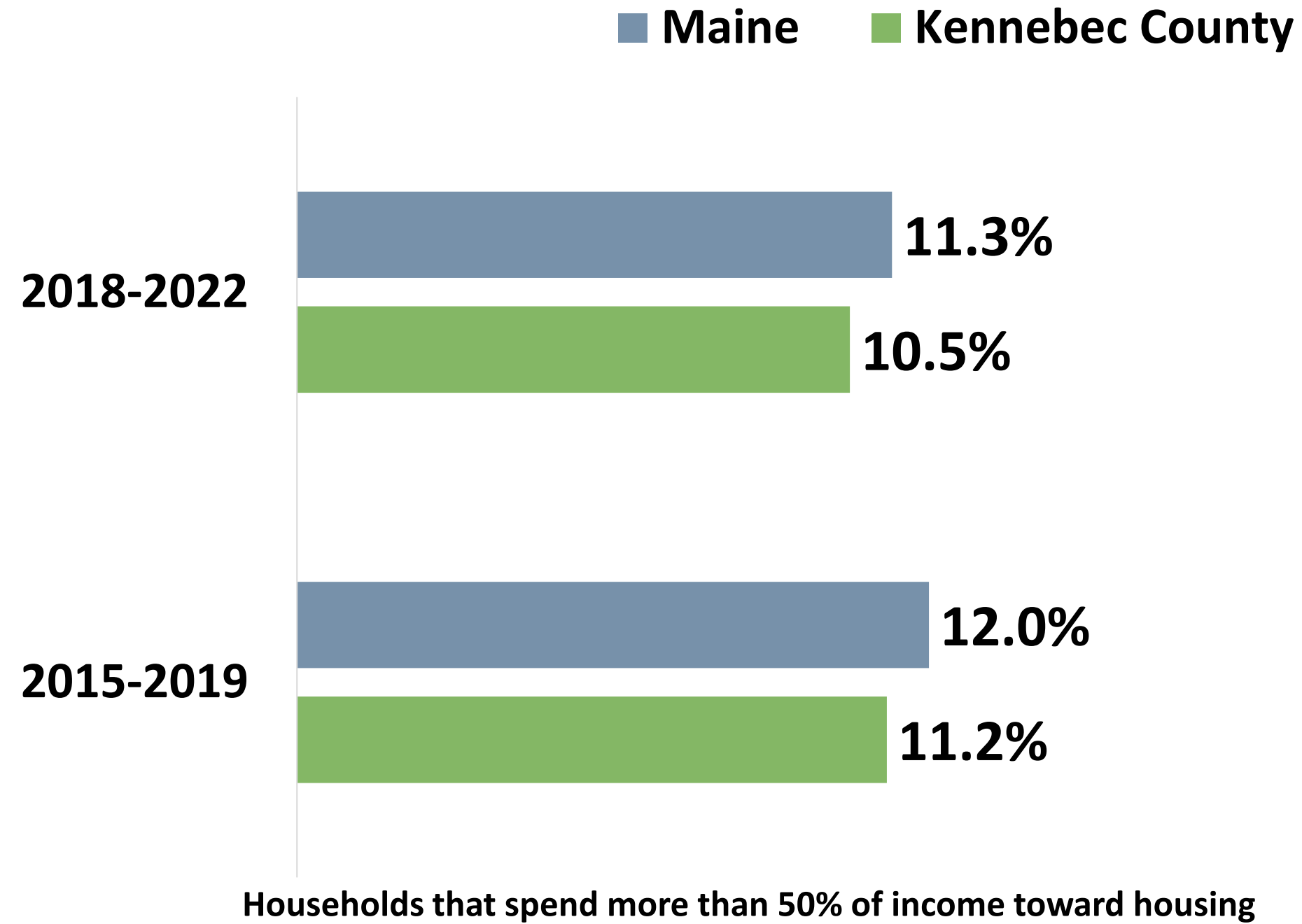
# Demographics

## Social Drivers of Health



# Community Conditions

## Cost-burdened Households



## Transportation



**32.4%**

Commute of greater than 30 minutes driving alone

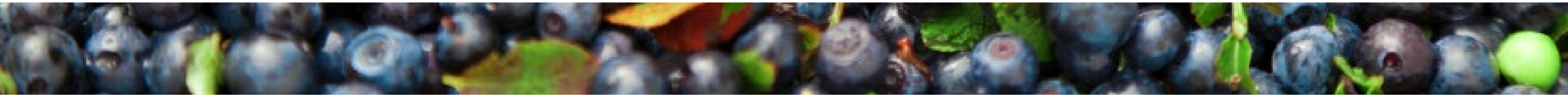


**2.0%**

No vehicle for the household

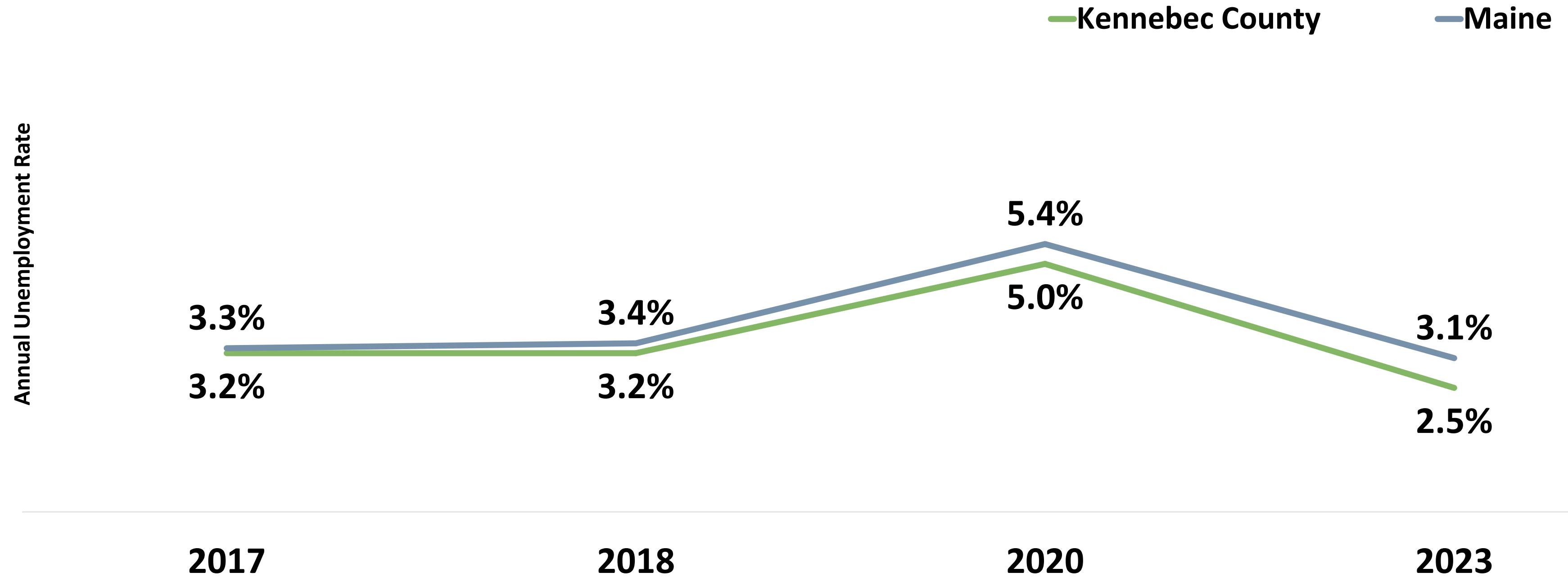
*U.S. Census Bureau ACS Five-year Estimates 2018-2022*

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

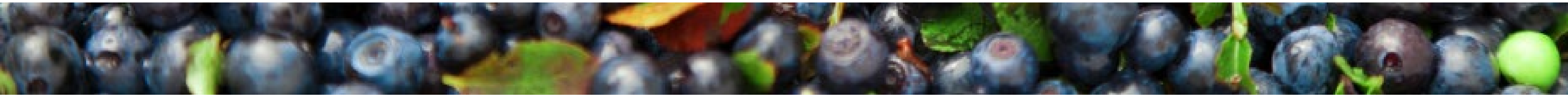


# Community Conditions

## Unemployment



*U.S Bureau of Labor Statistics*



# Community Conditions

## Economic Wellbeing



Median household income

**2015-2019: \$55,365**

**2017-2021: \$58,097**



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

**2019: 23.4%**

**2022: 28.8%**

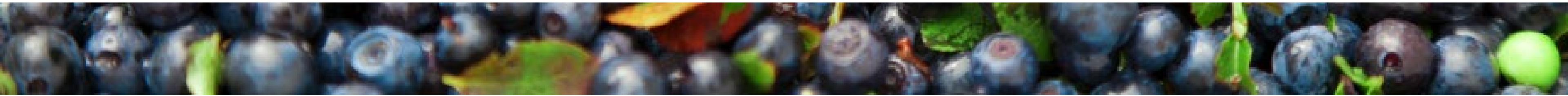


The 2017-2021 median household income in Kennebec County was **significantly lower** compared to Maine (\$63,182).

## **ALICE**

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

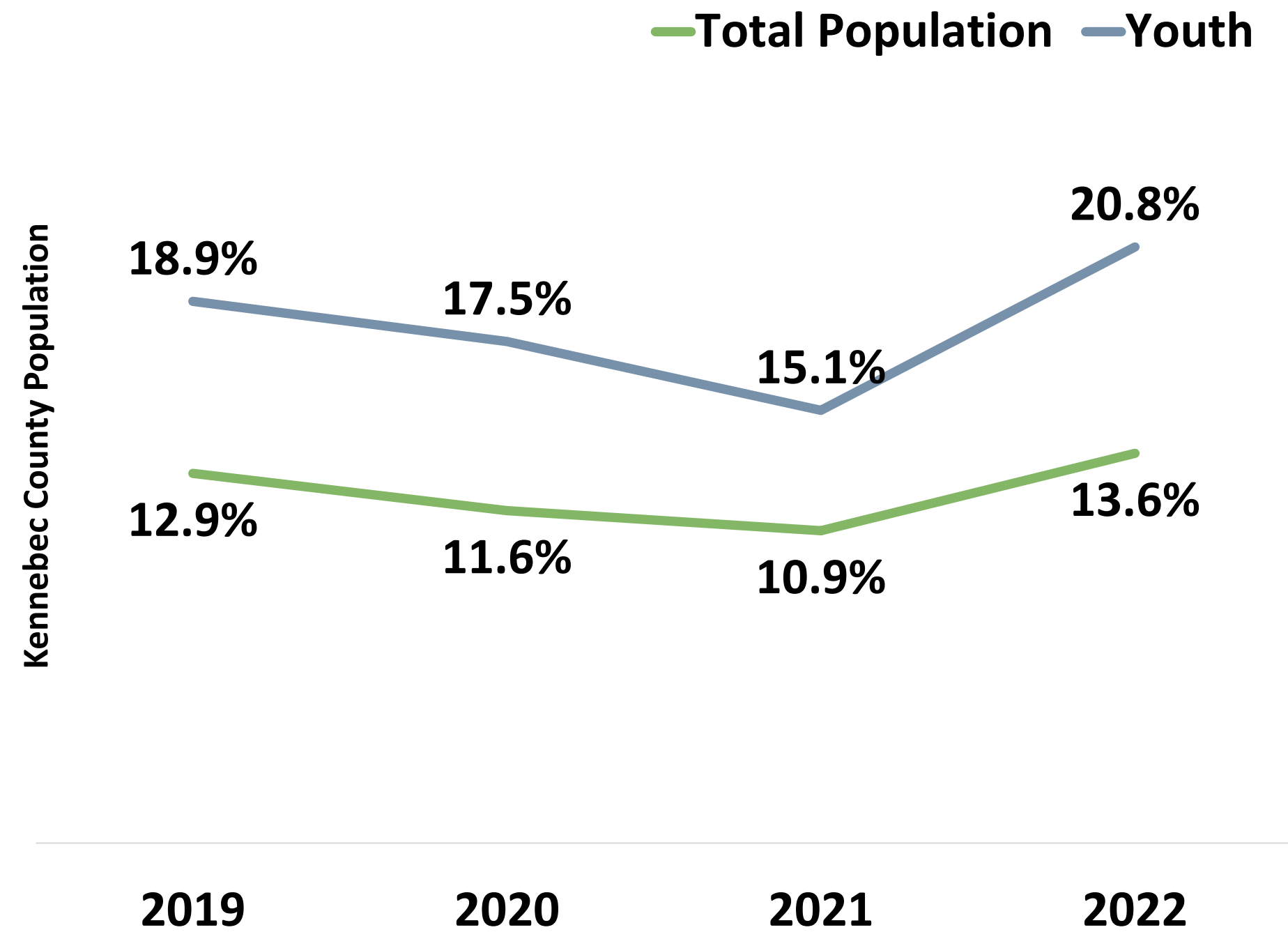
These families are working but still financially insecure due to the high cost of living in their area.



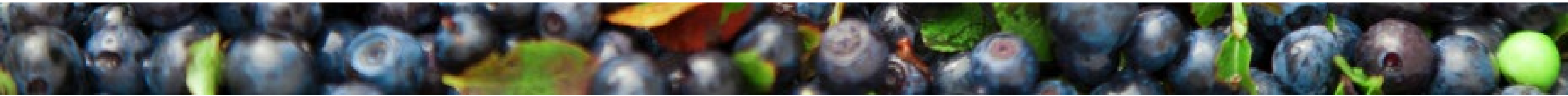
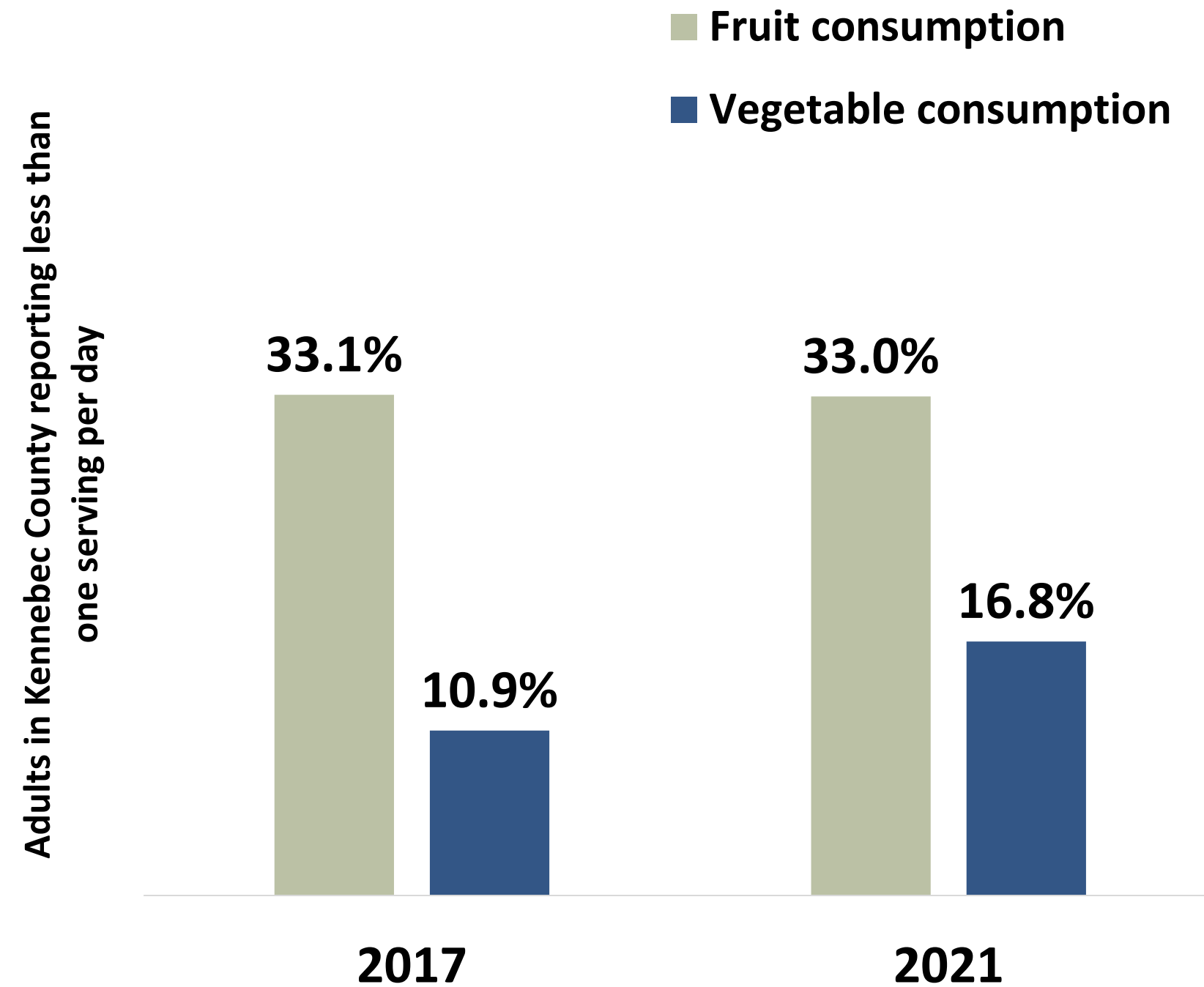


# Community Conditions

## Food Insecurity



## Fruit & Vegetable Consumption



# Community Conditions

## Child Care



Child Care Centers

**2020: 75**

**2024: 70**

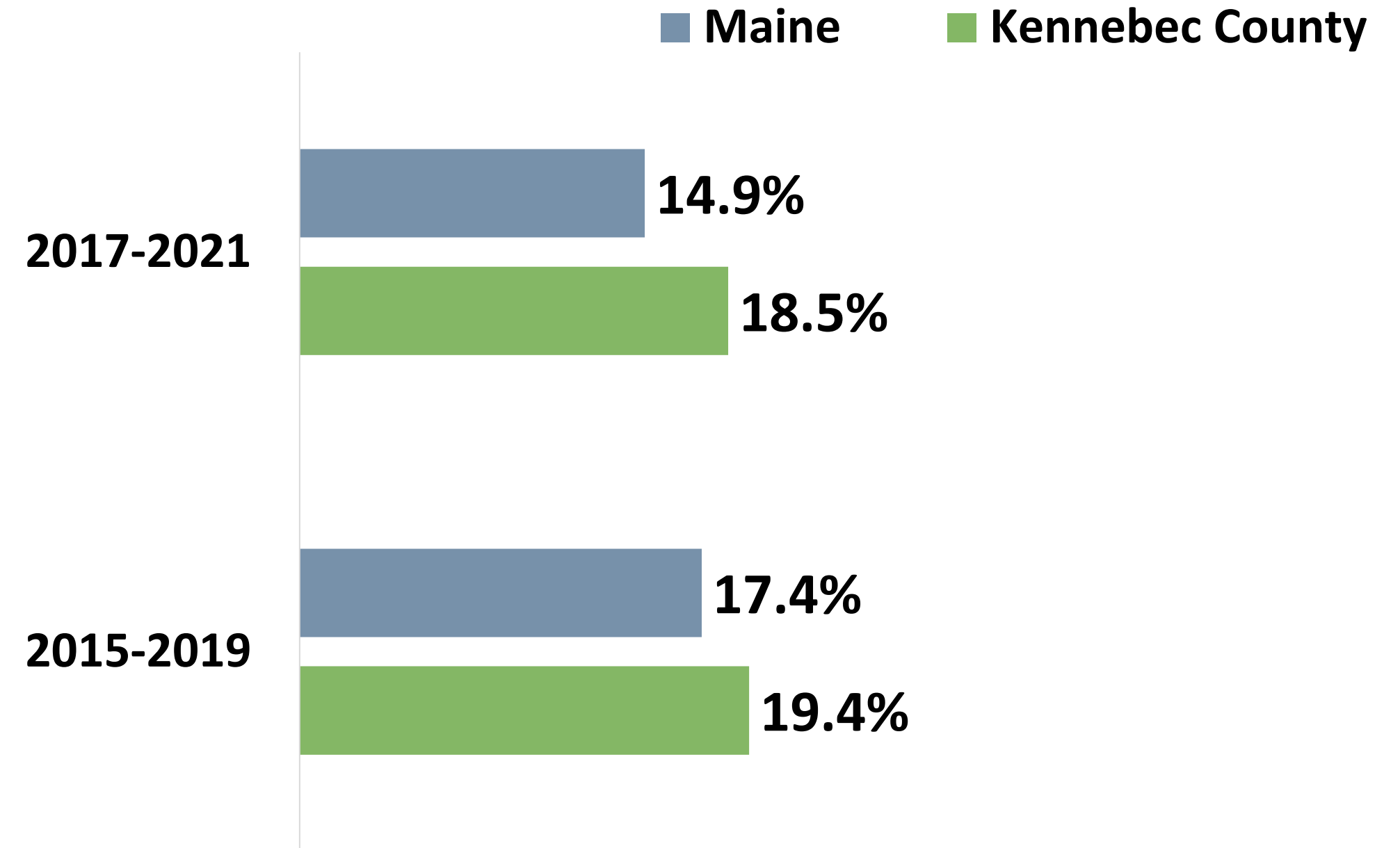


Children served in publicly funded state & local preschools

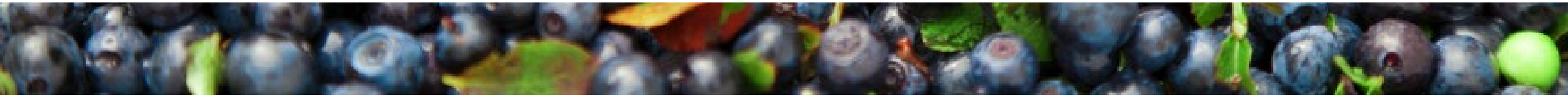
**2019: 54.3%**

**2023: 55.8%**

## 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



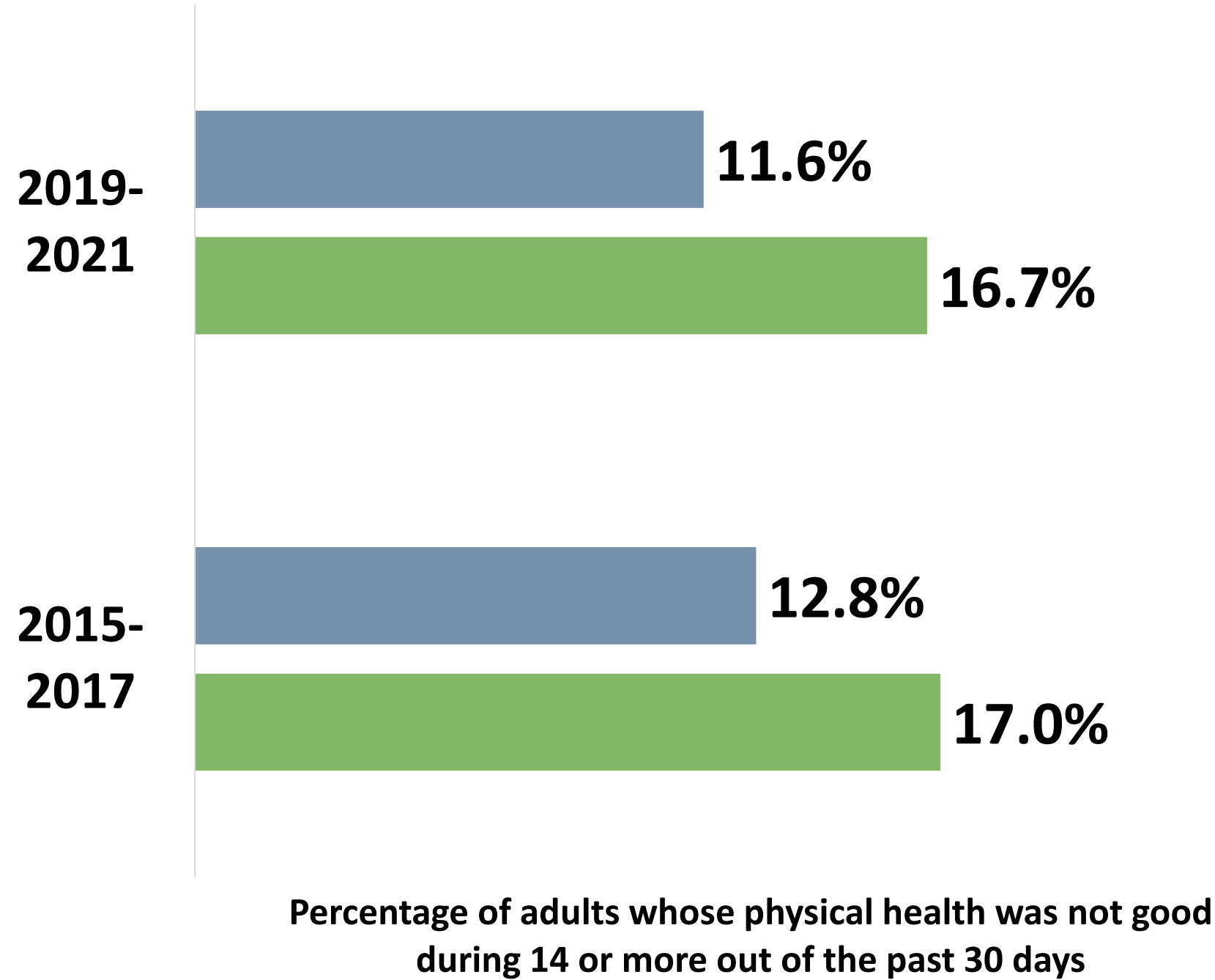
# Protective & Risk Factors



2019-2021 data reflect that Kennebec County has a **significantly higher** flu vaccination rate than in 2015-2017.

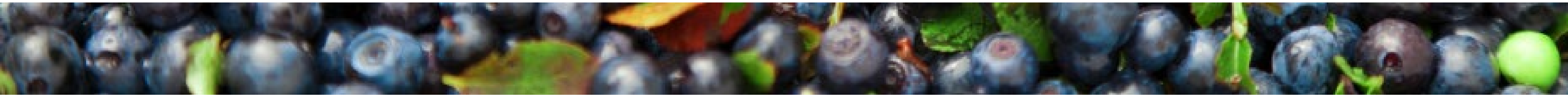
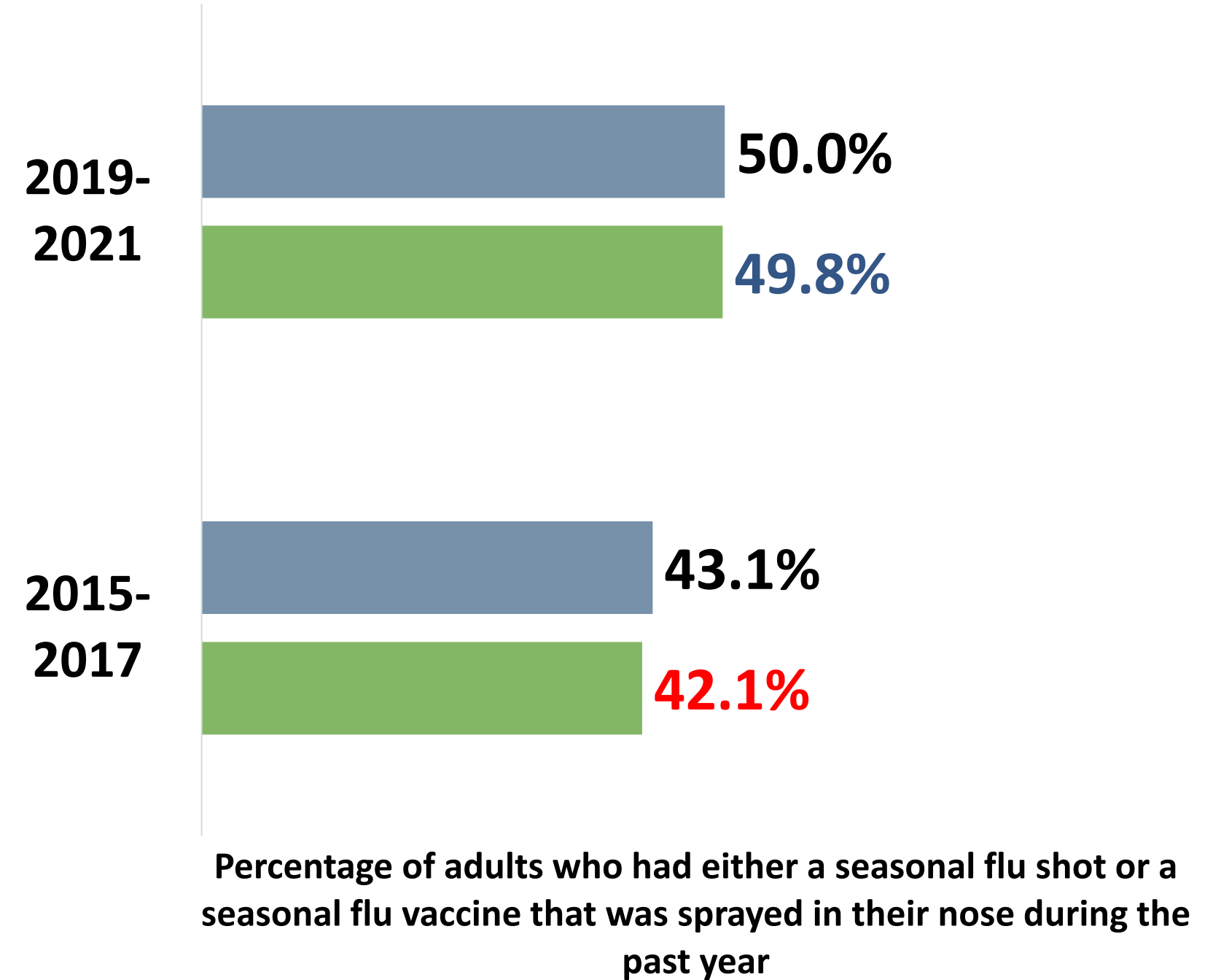
## Poor Physical Health (self-rated)

■ Maine ■ Kennebec County



## Influenza Vaccination

■ Maine ■ Kennebec County



# Health Conditions & Outcomes

## Leading Causes of Death

Rank	United States	Maine	Kennebec 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	COVID-19
6	Alzheimer's Disease	Cerebrovascular Diseases	Cerebrovascular Diseases
7	Diabetes	Diabetes	Diabetes
8	Influenza & Pneumonia	Alzheimer's Disease	Alzheimer's Disease
9	Liver Disease	Liver Disease	Chronic Liver Disease and Cirrhosis
10	Suicide	Influenza & Pneumonia	Influenza & Pneumonia

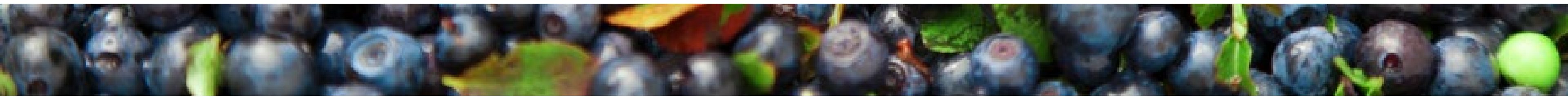


Cardiovascular disease deaths per 100,000 population  
**2015-2019: 212.4**  
**2018-2022: 223.5**



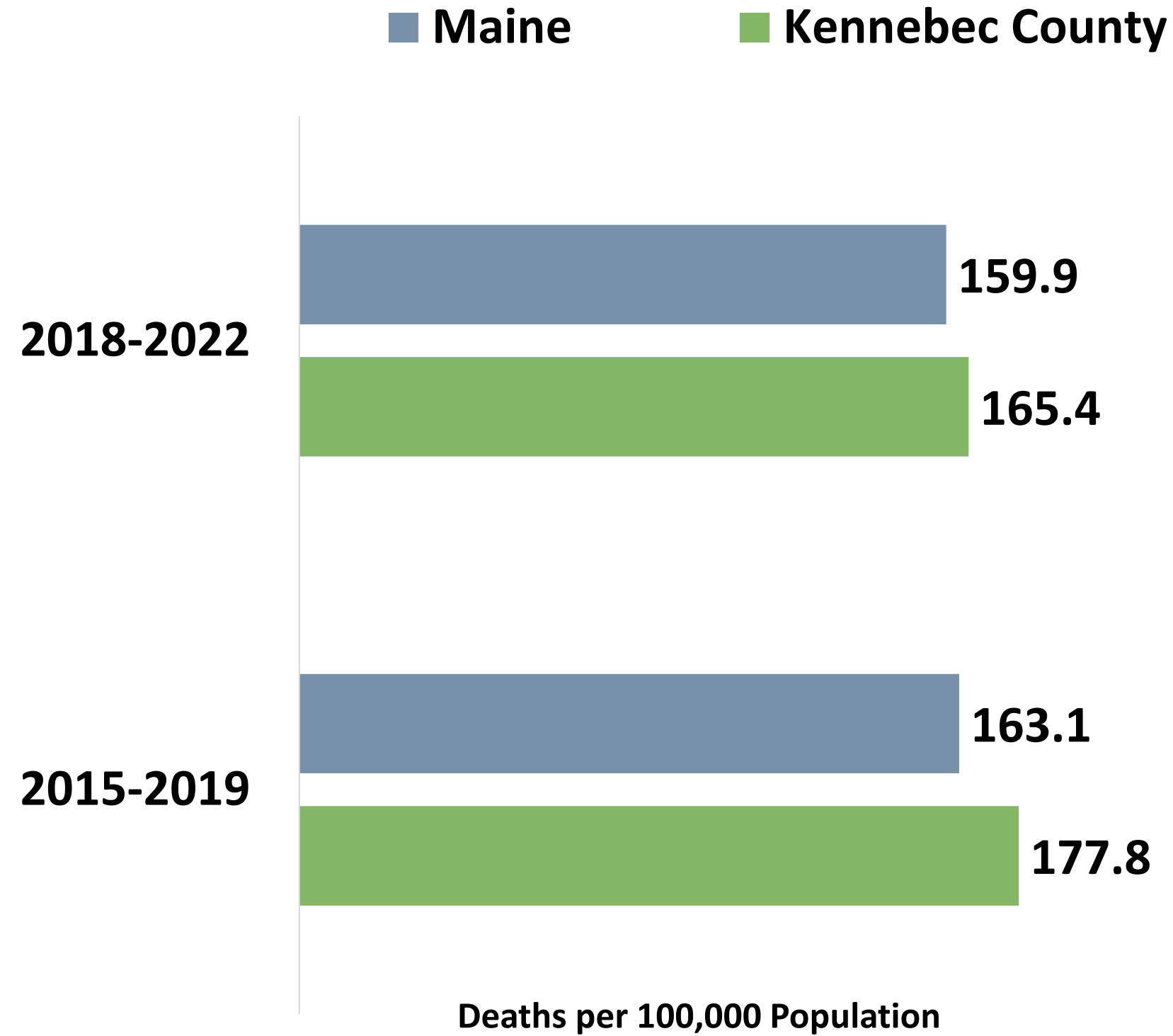
Injury deaths per 100,000 population  
**2015-2019: 92.5**  
**2018-2022: 101.9**

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

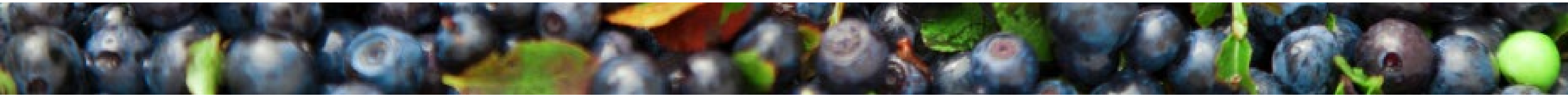
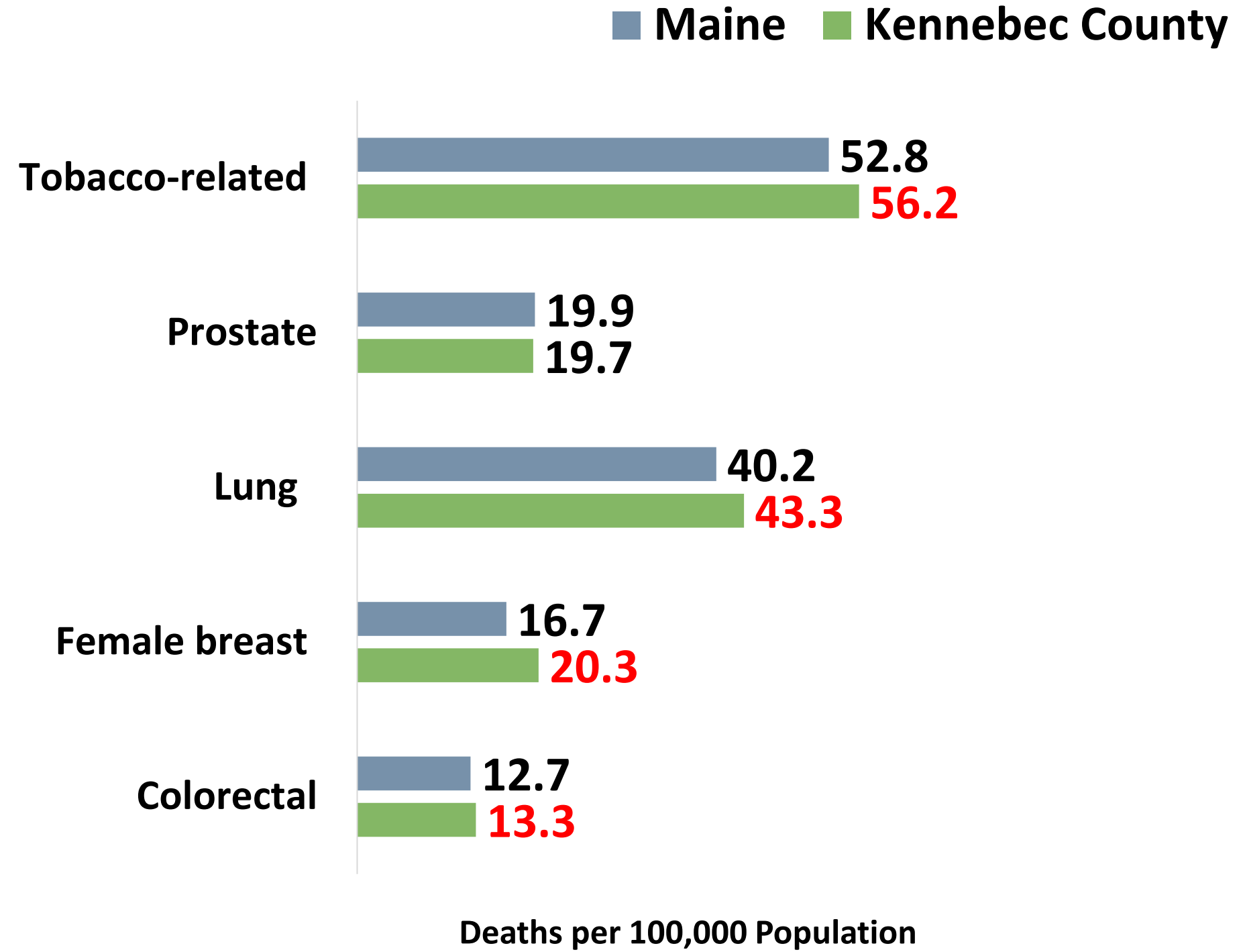


# Health Conditions & Outcomes

## All Cancer Deaths

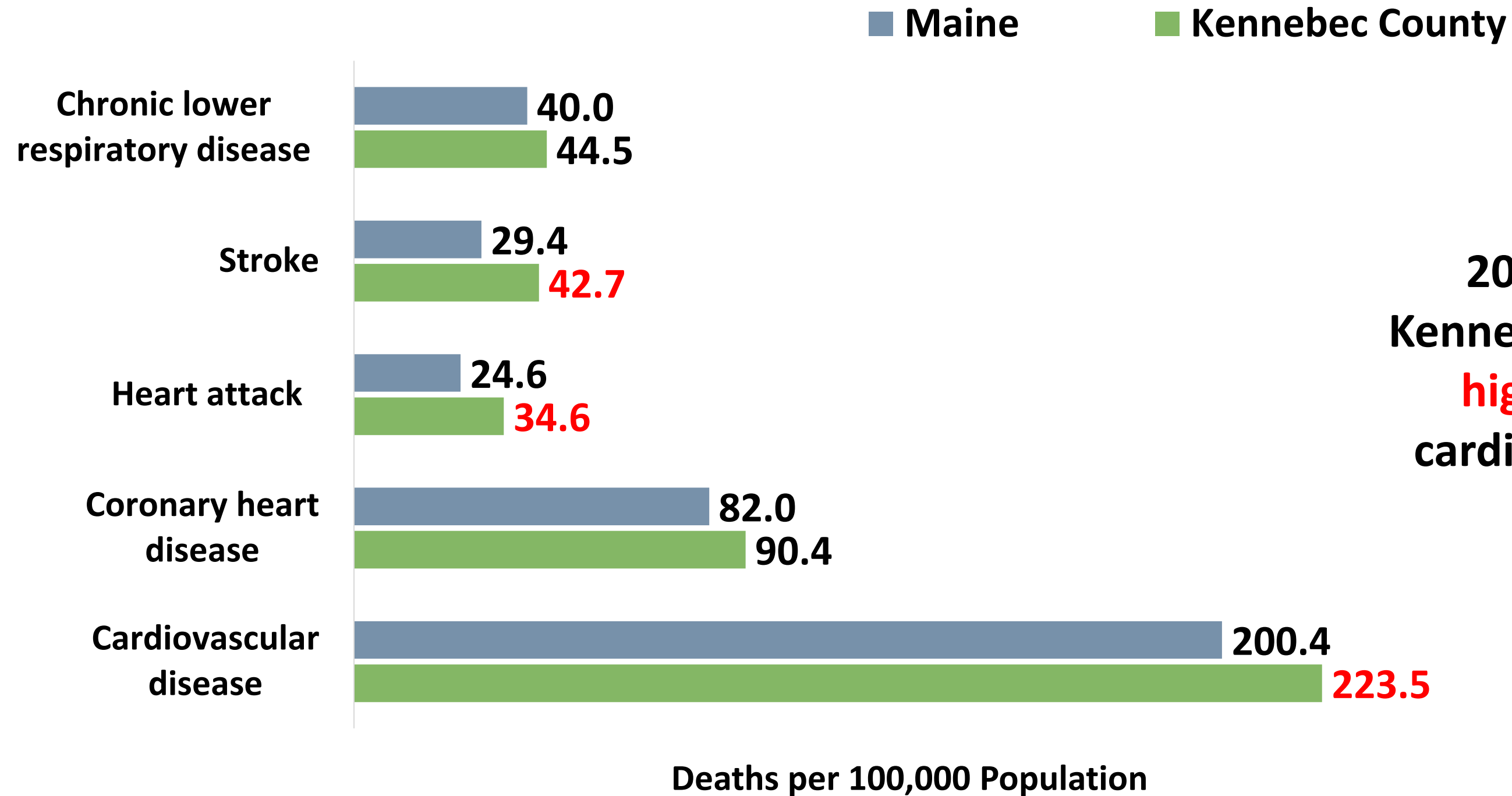


## Cancer Mortality by Type

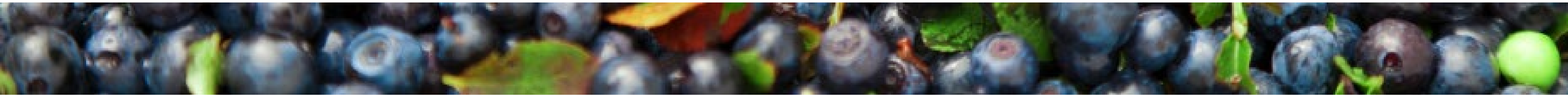


# Health Conditions & Outcomes

## Chronic Disease Deaths

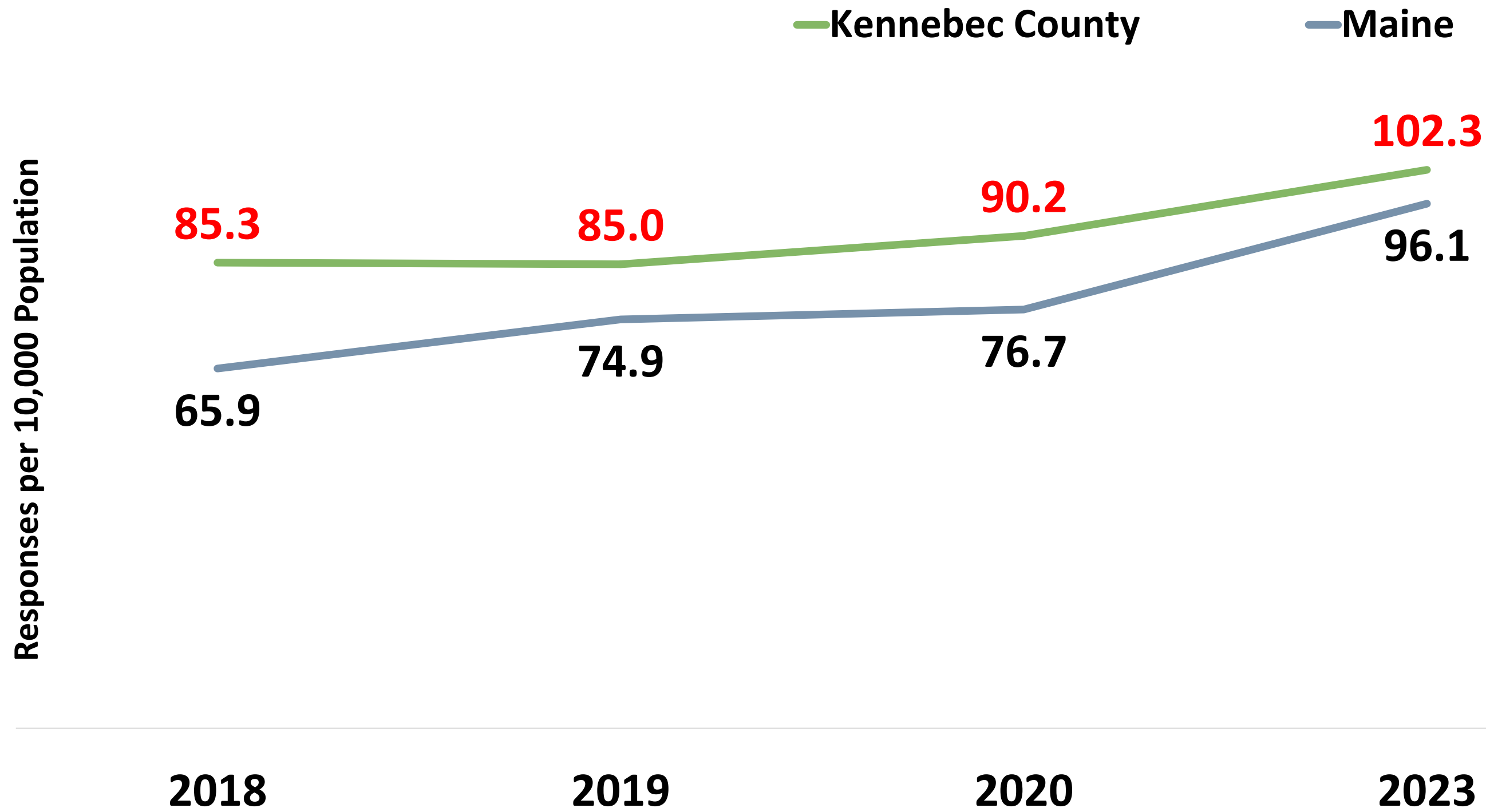


2018-2022 data reflects that Kennebec County has a **significantly higher** heart attack; stroke & cardiovascular disease death rate compared to Maine.

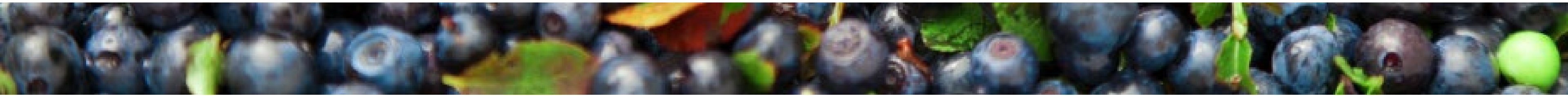


# Health Conditions & Outcomes

## Overdose Emergency Medical Service Responses

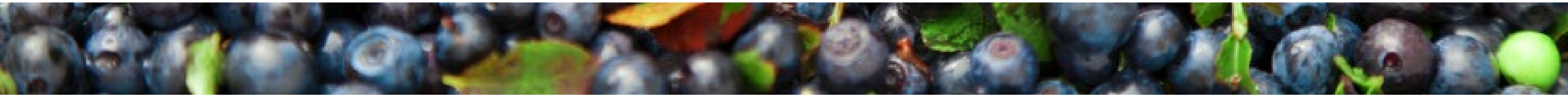
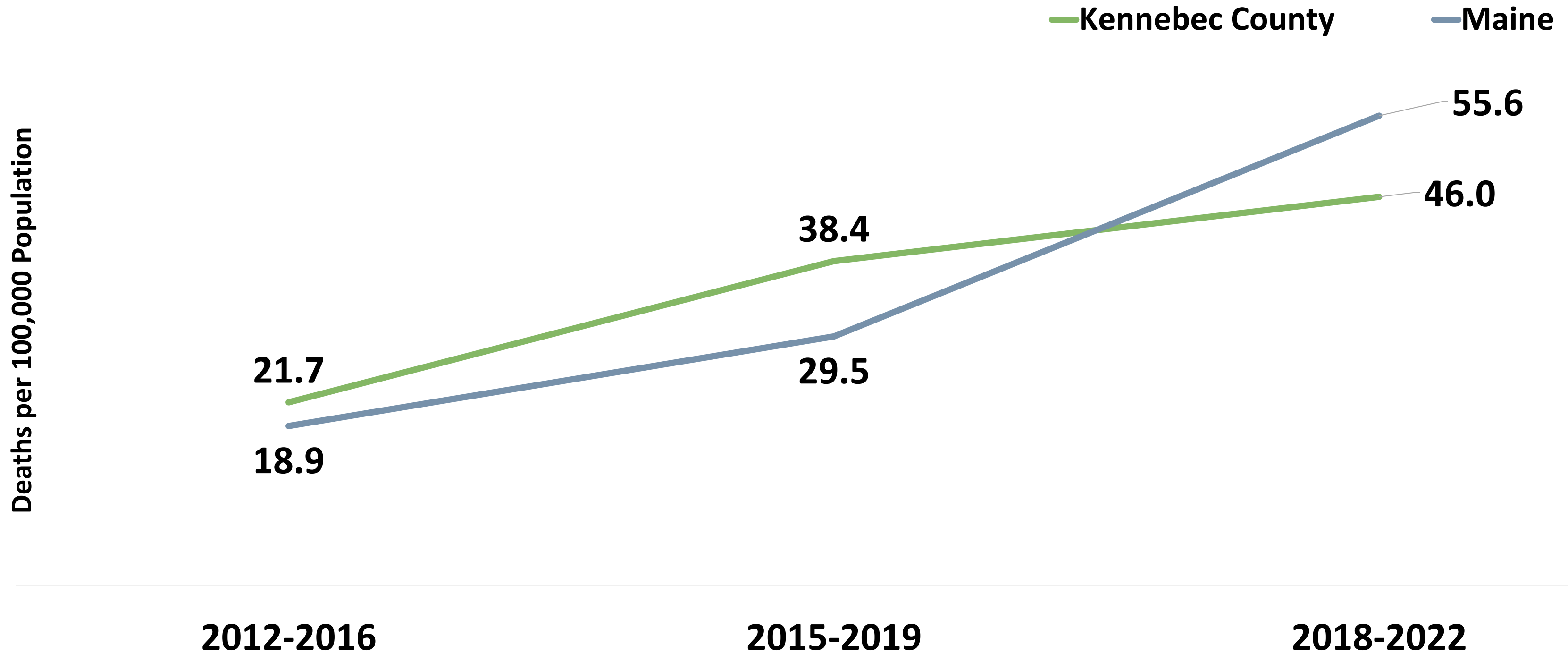


The rate of overdose emergency medical service responses has been consistently higher compared to Maine.



# Health Conditions & Outcomes

## Drug-induced Deaths





# Health Conditions & Outcomes



Adequate prenatal care

**Kennebec County: 87.3%**

**Maine: 84.6%**



2021-2022 data reflects that Kennebec County has a **significantly higher** rate of births for which the mother received more than 80% of expected prenatal compared to Maine.

## Smoked During Pregnancy

■ Maine ■ Kennebec County

2021-  
2022



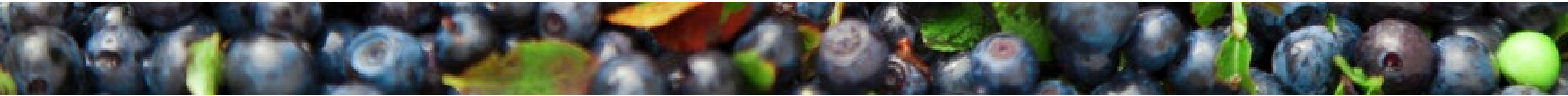
2016-  
2017



Percentage of new mothers who smoked cigarettes at any time during pregnancy



2021-2022 data reflects a **significantly lower** percentage of women who reported smoking during pregnancy compared to 2016-2017 data.





# Community Engagement

# Community Engagement

## Focus Group Top Themes

Access to healthcare

Dentistry

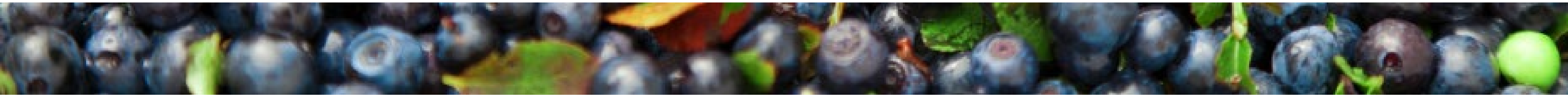
Extreme weather

Food costs

Mental health services

### Select Quotes From Participants

- “Support - **I didn't know about all the things I could utilize** at KVCC - child care, gas mileage, scholarships. I only would know if I took three hours [searching] online.”
- “**I have MaineCare and can't go to the dentist** because they don't accept it. I don't know what accepts MaineCare – I know one place, and they're not accepting new patients.”
- “Before COVID, my bill for the month would be like \$85. It has now turned into \$250 and I'm not even filling my bags. **Fruits and vegetables kind of go by the wayside** until the summer when the pantries have it.”
- “**Women's health** is hard to come by - gynecologist - MaineHealth is not taking new patients in their OB/GYN office.”

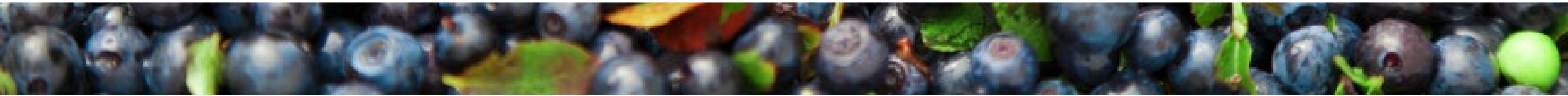
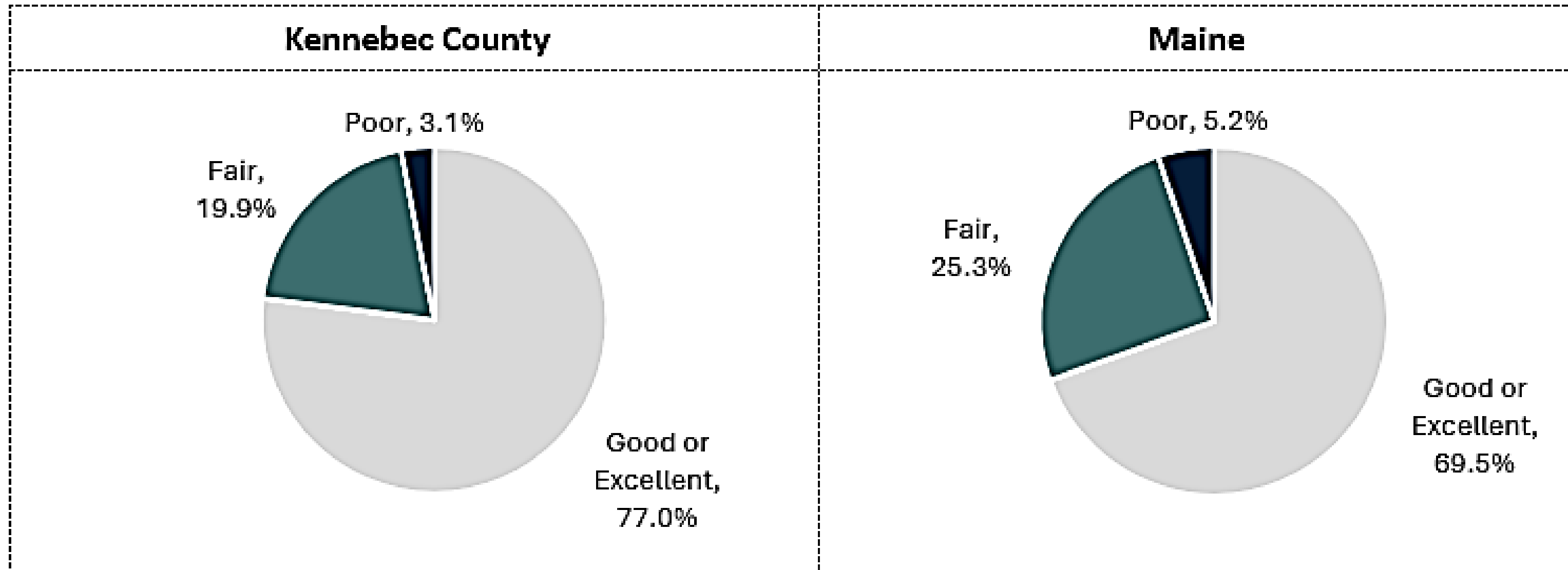


# Community Engagement

## Community Survey: Physical Health Status

Total Participants	
Kennebec County	Maine
359	3,967

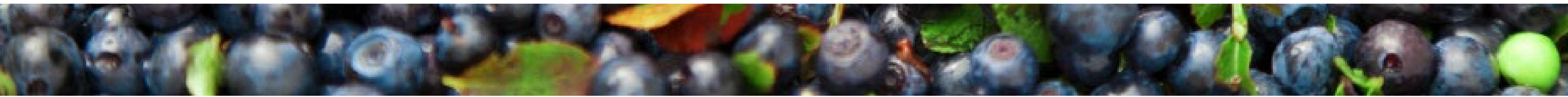
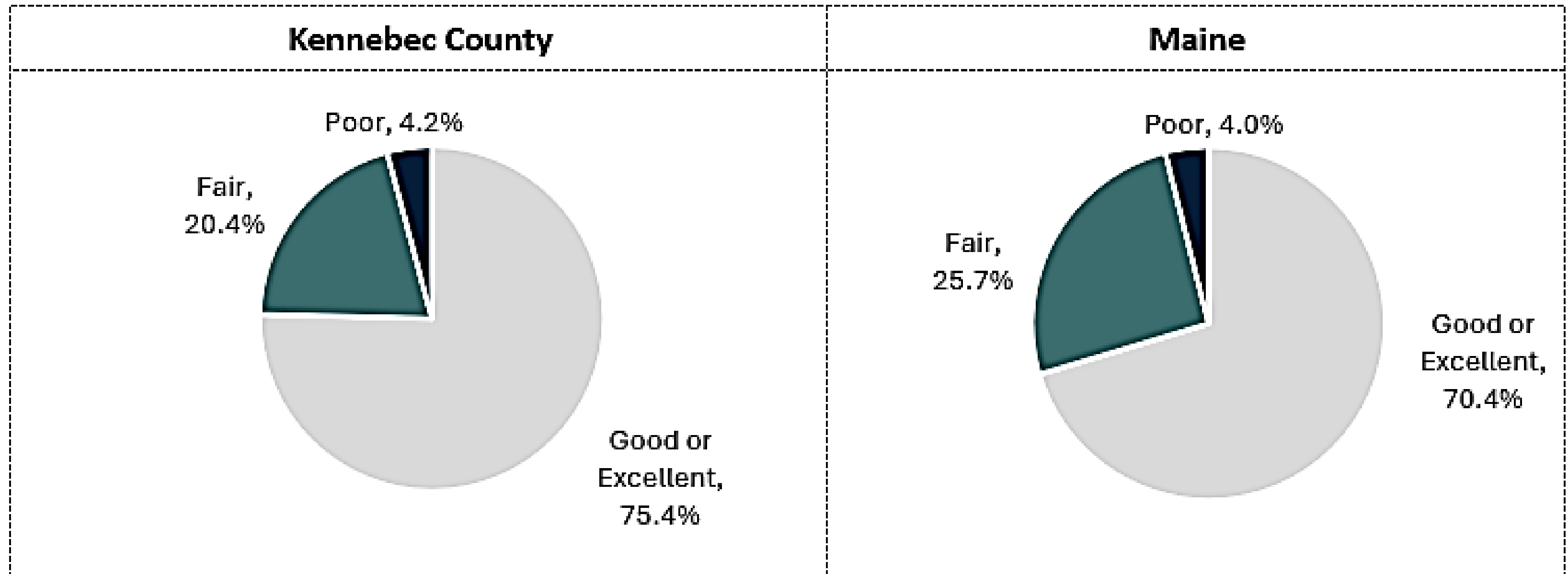
How would you rate your own physical health?



# Community Engagement

## Community Survey: Mental Health Status

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

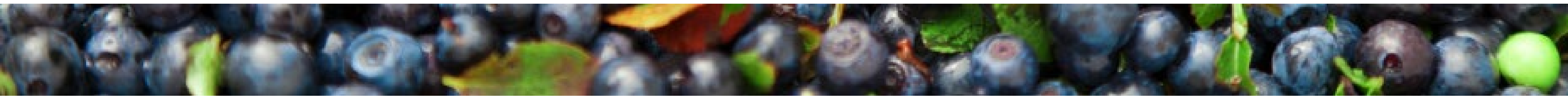


# Community Engagement

## Community Survey: Community Health Status

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

Kennebec 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)	Low incomes and poverty	4)	Housing insecurity
5)	Lack of transportation	5)	Obesity



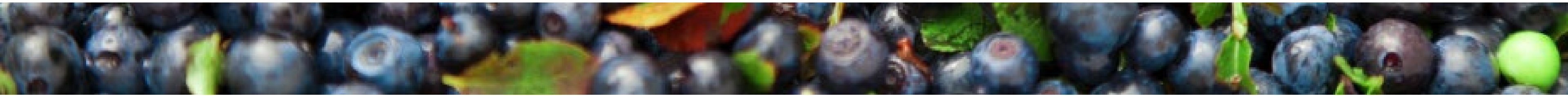
# Community Engagement

## 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'*

Kennebec County		Maine	
Chronic health conditions (cancer, high blood pressure, heart disease, high cholesterol, etc.)	78.5%	Economic needs	76.1%
Economic needs	77.1%	Chronic health conditions (cancer, high blood pressure, heart disease, high cholesterol, etc.)	75.7%
Substance use	75.1%	Mental health needs	73.6%
Mental health needs	74.5%	Substance use	68.5%
Housing needs	70.6%	Housing needs	68.5%
Transportation needs	63.9%	Transportation needs	60.9%
Public safety needs	62.8%	Environmental needs	58.4%
Environmental needs	62.8%	Public safety needs	53.7%





# Prioritization Voting Results





# Results

## Community Conditions

1. Housing (75.0%)
2. Transportation (55.0%)
3. Food (55.0%)
4. Poverty (55.0%)
5. Provider Availability (55.0%)

## Protective & Risk Factors

1. Nutrition (65.0%)
2. Physical Activity (45.0%)
3. Adverse Childhood Experiences (45.0%)
4. Illicit Drug Use (45.0%)
5. Alcohol Use (35.0%)

## Health Conditions & Outcomes

1. Mental Health (85.0%)
2. Substance Use Related Injury & Death (55.0%)
3. Obesity/Weight Status (50.0%)
4. Multiple Chronic Conditions (45.0%)
5. Cancer (40.0%)

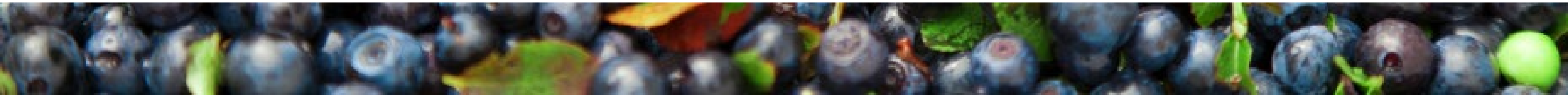


# Breakout Discussions

# 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 (79.2%)
2. Housing (66.7%)
3. Poverty (45.8%)

## Protective & Risk Factors

1. Physical Activity (79.2%)
2. Nutrition (66.7%)
3. Illicit Drug Use (37.5%)

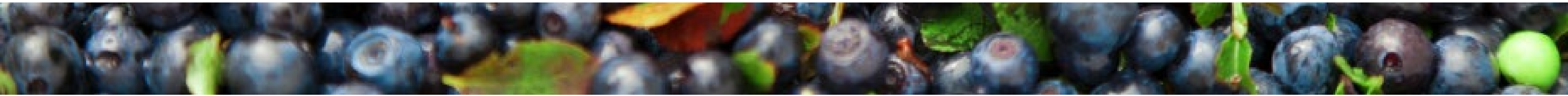
## Health Conditions & Outcomes

1. Mental Health (95.8%)
2. Substance Use Related Injury & Death (70.8%)
3. Obesity/Weight Status (41.7%)

# Breakout Discussion #2

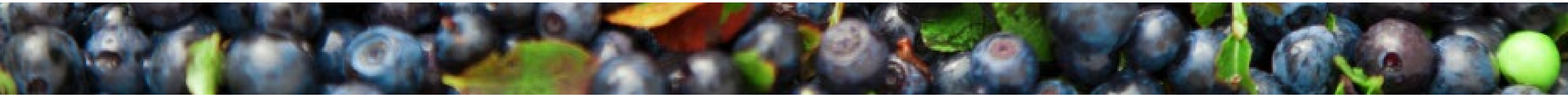
**Please discuss the following questions as they relate to the priorities in your topic area:**

- **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?**



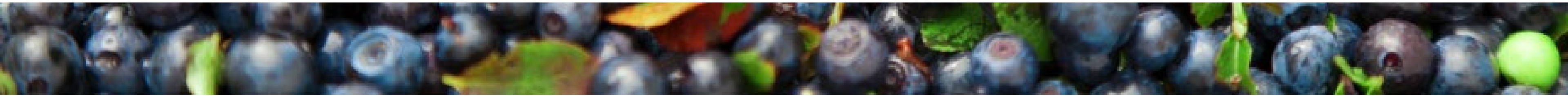
# Breakout Discussion #3

**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