# Maine Shared Community Health Needs Assessment

Oxford County
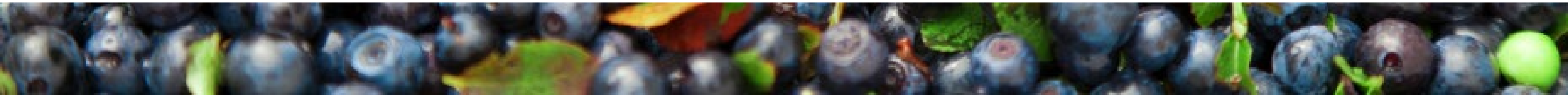
September 25, 2024

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

Maine Shared Community Health Needs Assessment
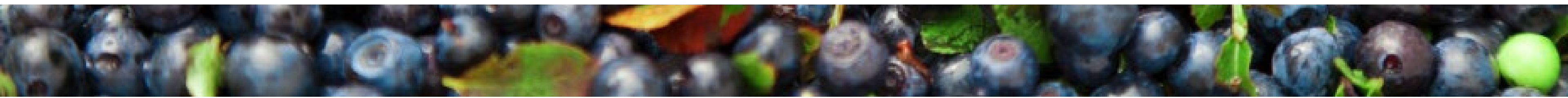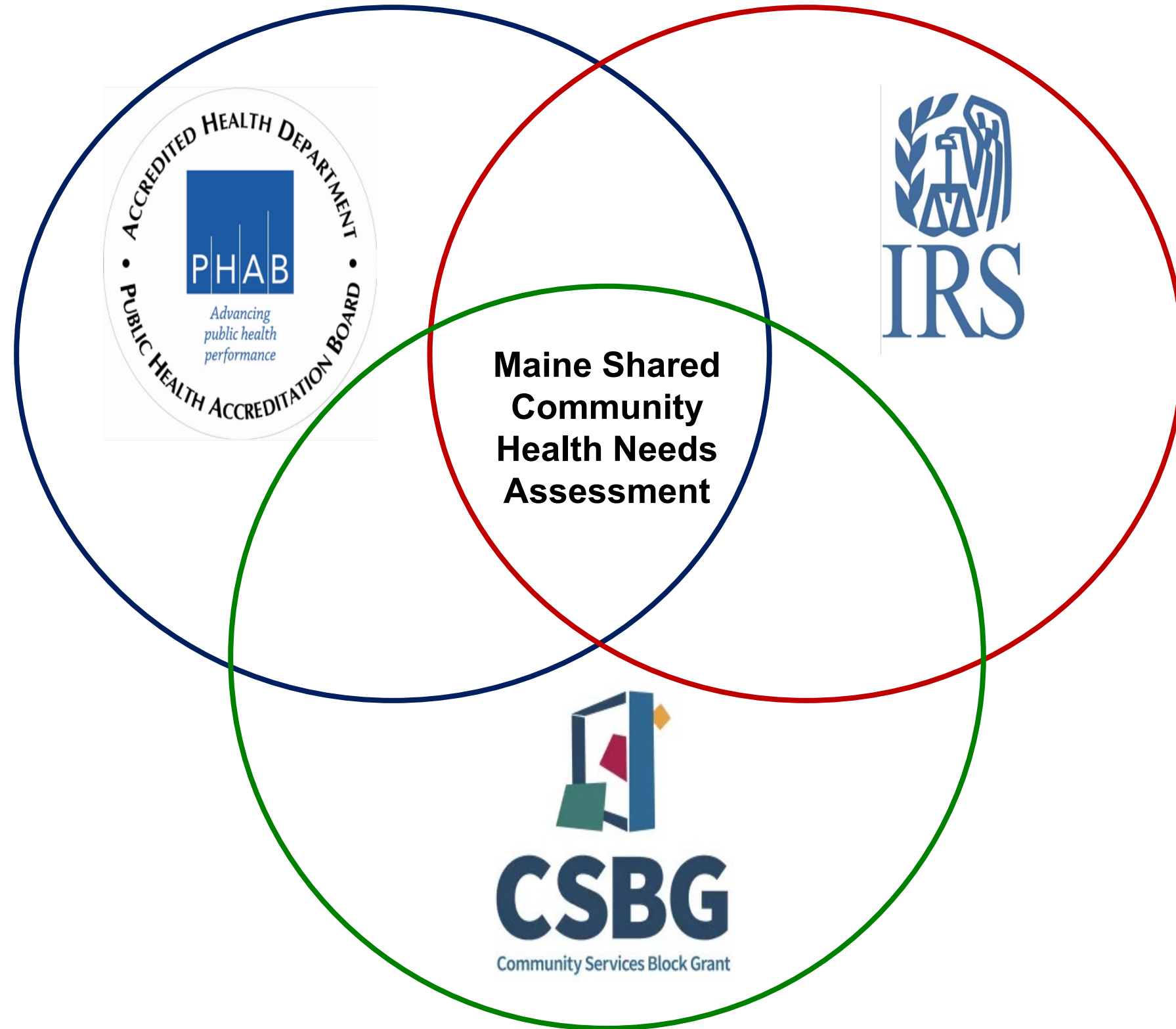
- **Steering Committee**
- **Program Manager**
- **Standing Committees**
  - **Metrics**
  - **Community Engagement**
- **Ad-Hoc Committees**
- **Local Planning Teams**

Maine Shared CHNA

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

Community Engagement Data (Spring-Summer 2024) = **Focus Groups & Key Informant Interviews (Spring/ Summer 2024)** **Community Survey (Spring/Summer 2024)**

Throughout the process, when feasible, engage in member checking to ensure those engaged were heard accurately

+

Quantitative Data (Winter/Spring 2024) → **Stakeholder Forums (Fall/Winter 2024)** → **Recommended Priorities (Winter 2024)** → **Steering Committee makes final priority setting decisions to include in 2025 reports**

Survey to be conducted statewide, may include both general community members and professionals; Focus Groups to be conducted with community members, both low-income population and health equity groups; Key Informant Interviews to be conducted when focus groups aren't feasible or to collect more information; Stakeholder forums to be conducted with professionals and advocates
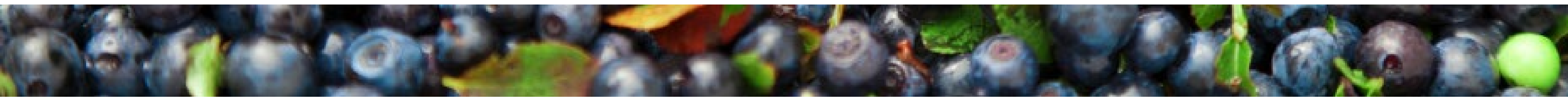
Agenda

Welcome!

Overview of Key Findings & Prioritization Voting

Breakout: Discussion of Findings & Prioritization Voting

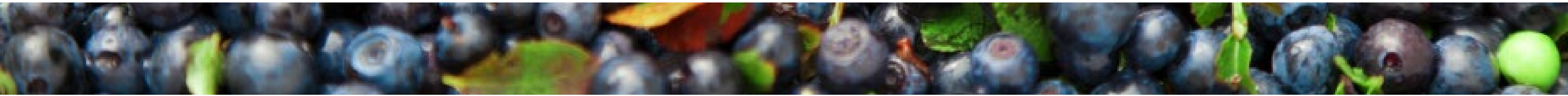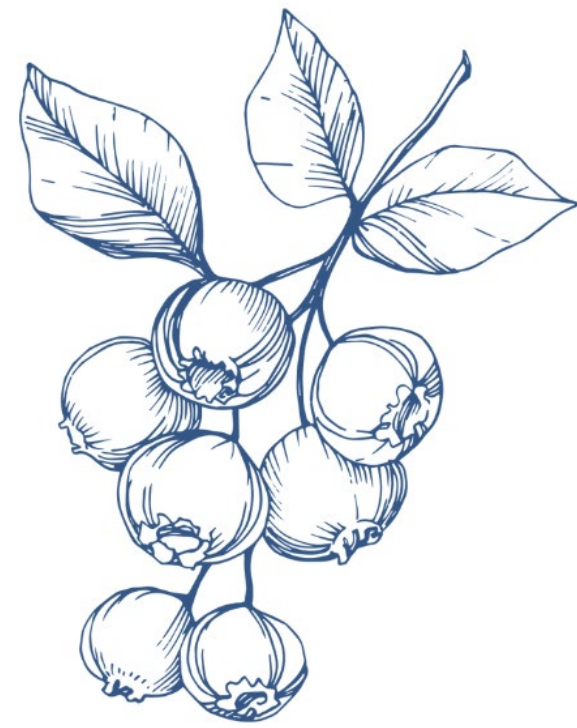Discussion Report Out & Second Round of Voting

BREAK

Presentation of Final Priorities

Breakout: Deeper Discussion of Priorities, Round 1

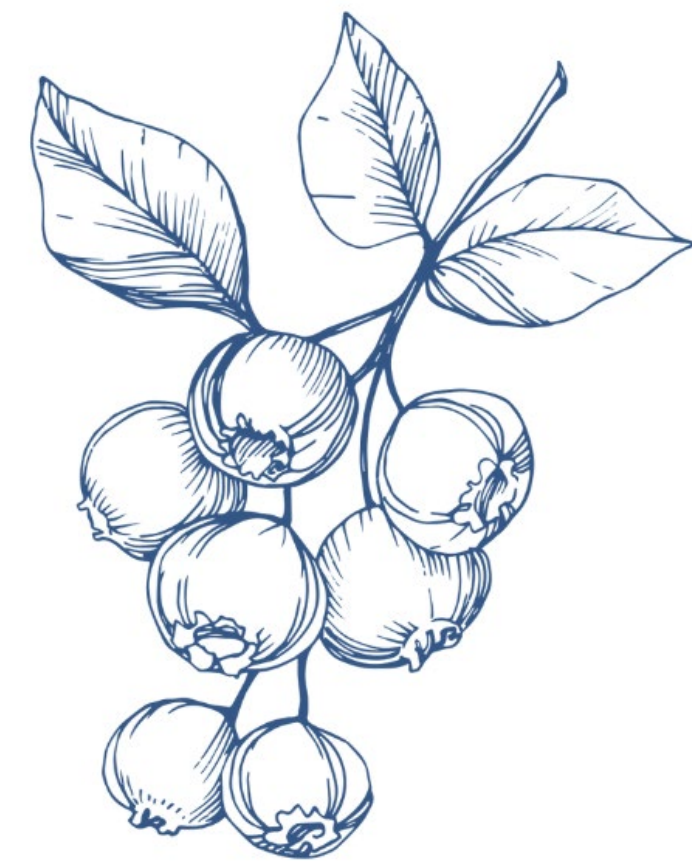**Breakout:** Deeper Discussion of Priorities, Round 2

Breakout: Deeper Discussion of Priorities, Round 3
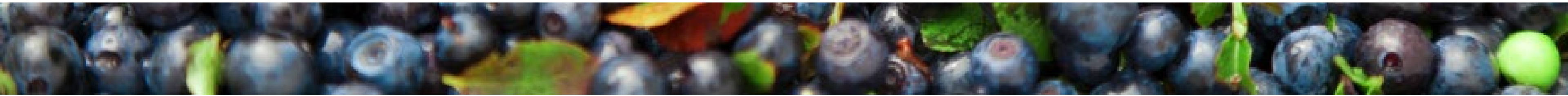
Conclusion & Next Steps

Housekeeping

- Step Up. Step Back.

- Listen Longer. Be Curious. **Be Bold.**

- Take Breaks. Water and De-Water. Move Your Body.

- Maintain Confidentiality.

- Acknowledge Positionality.

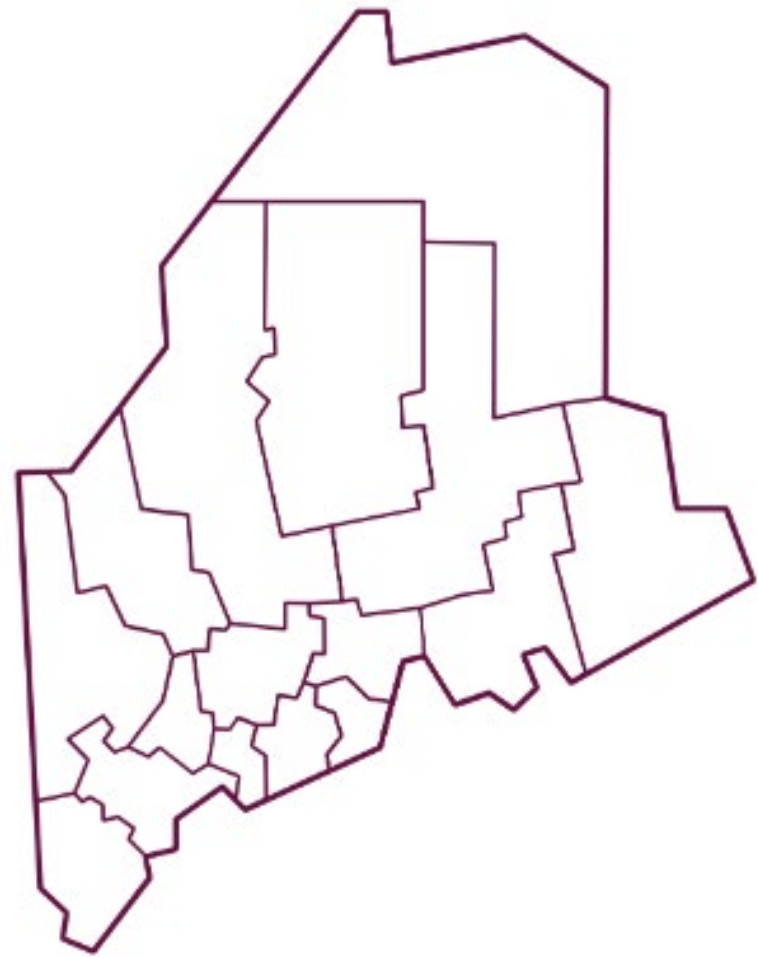2023 Community Agreements.pdf (mainephilanthropy.org)

Key Findings

Demographics

Total Population

58,276

4.3% of total state population
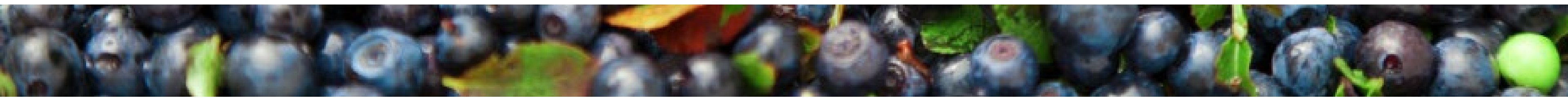
Population by Age
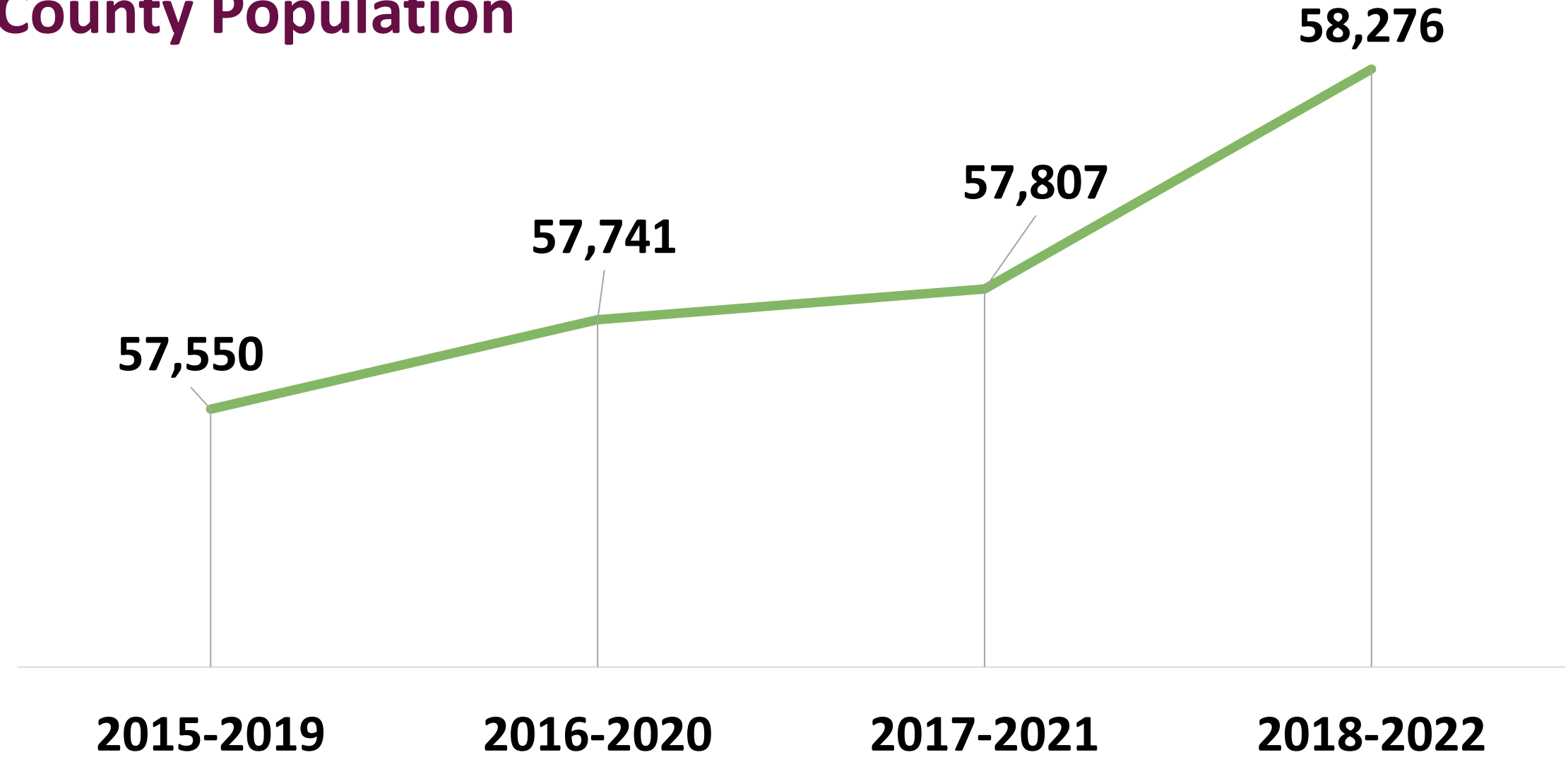
Age Under 18
17.9%

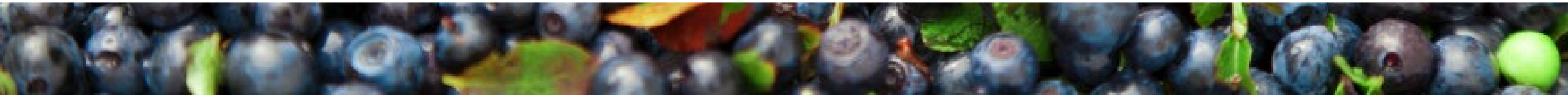Age 18-64
59.3%

Age 65+
22.8%

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

County Population

58,276

57,807

57,741

57,550

2015-2019   2016-2020   2017-2021   2018-2022

Demographics

Individuals Living in Poverty
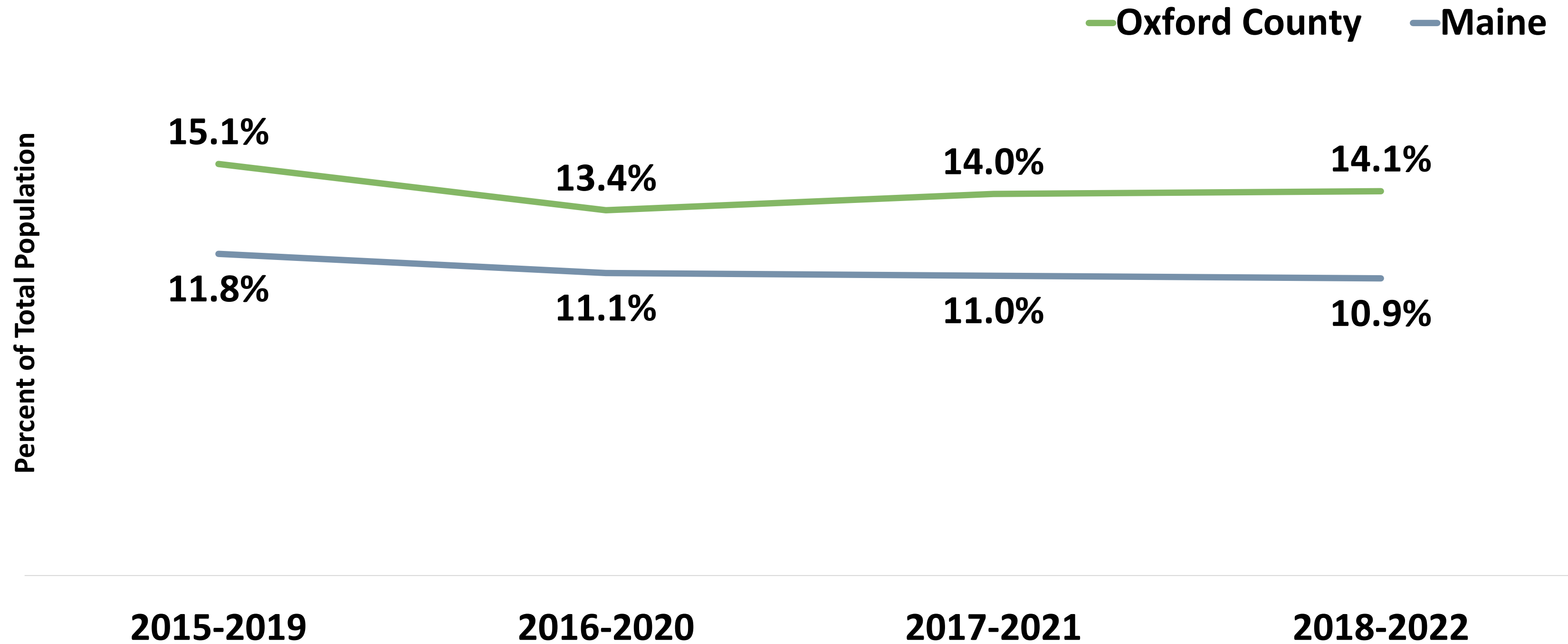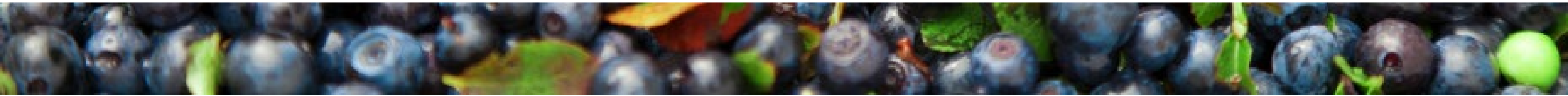
Demographics

Social Drivers of Health

■ **Maine**   ■ **Oxford County**

65 + Living Alone
- Maine: 29.5%
- Oxford County: 26.5%

Associates Degree or Higher (25+)
- Maine: 44.4%
- Oxford County: 33.1%

Population Living with a Disability
- Maine: 15.8%
- Oxford County: 18.1%
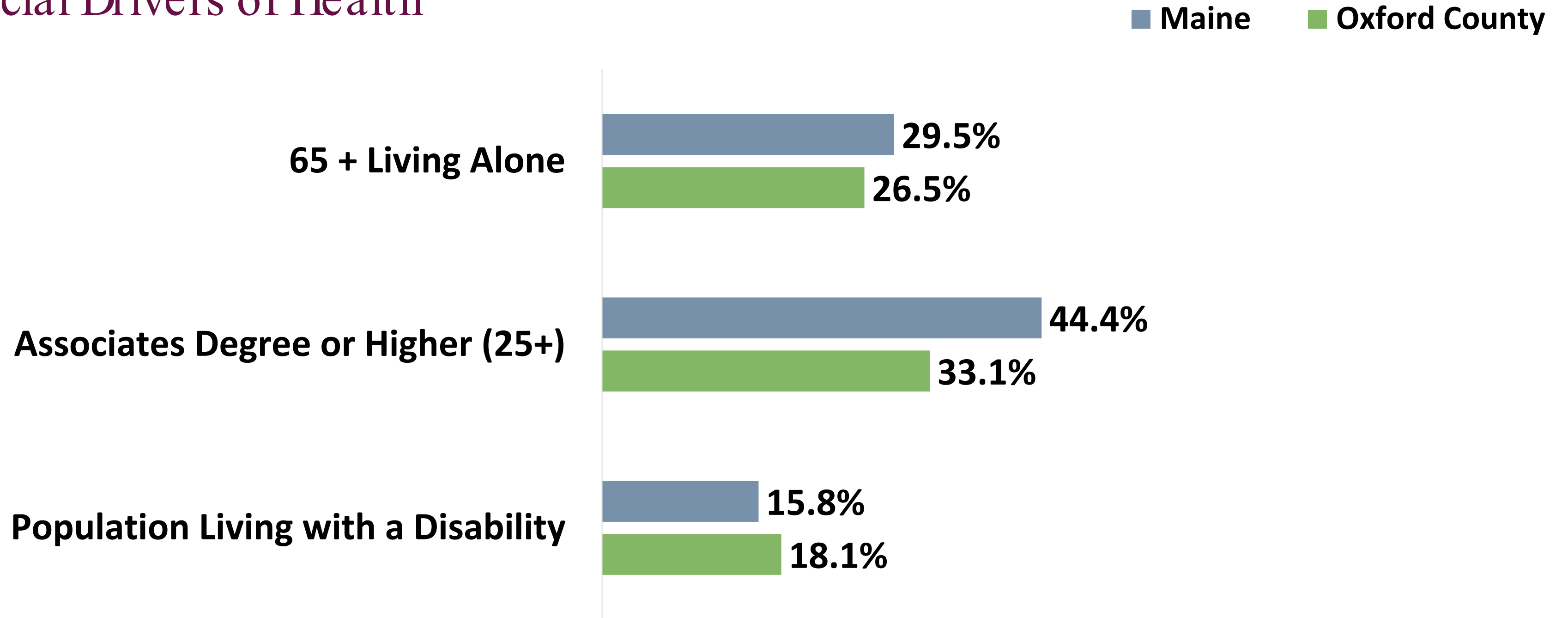
U.S Census Bureau ACS Five-year Estimates 2018-2022
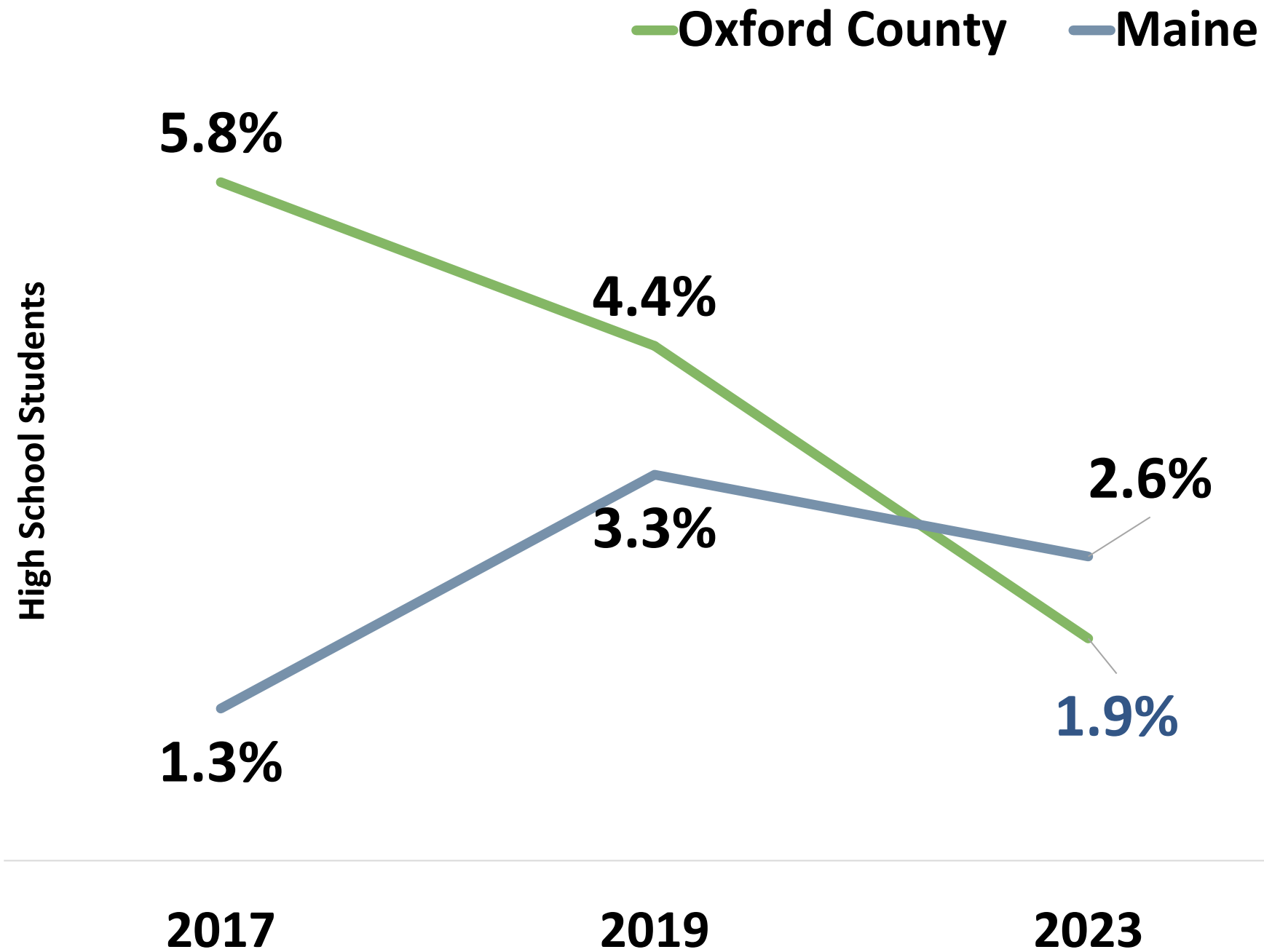*People Living with a Disability, U.S Census Bureau ACS Five-year Estimates 2017-2021*

Community Conditions

Housing Insecure High School Students

——Oxford County **——Maine**

High School Students

5.8%

4.4%

2.6%

3.3%

1.9%

1.3%

2017   2019   2023

Transportation

44.0%
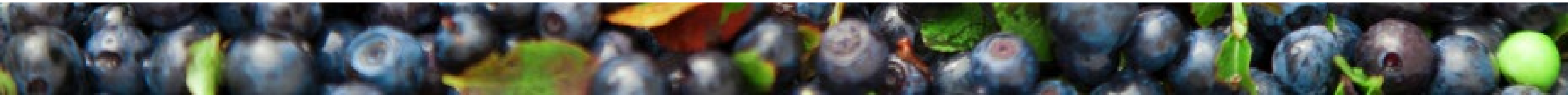Commute of greater than 30 minutes driving alone

1.3%
No vehicle for the household

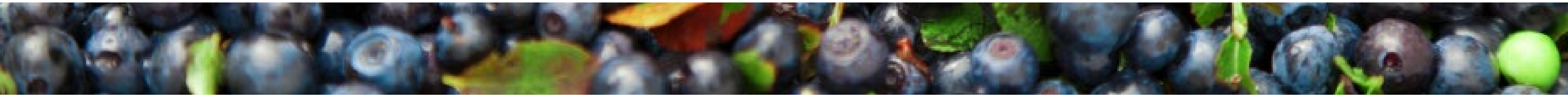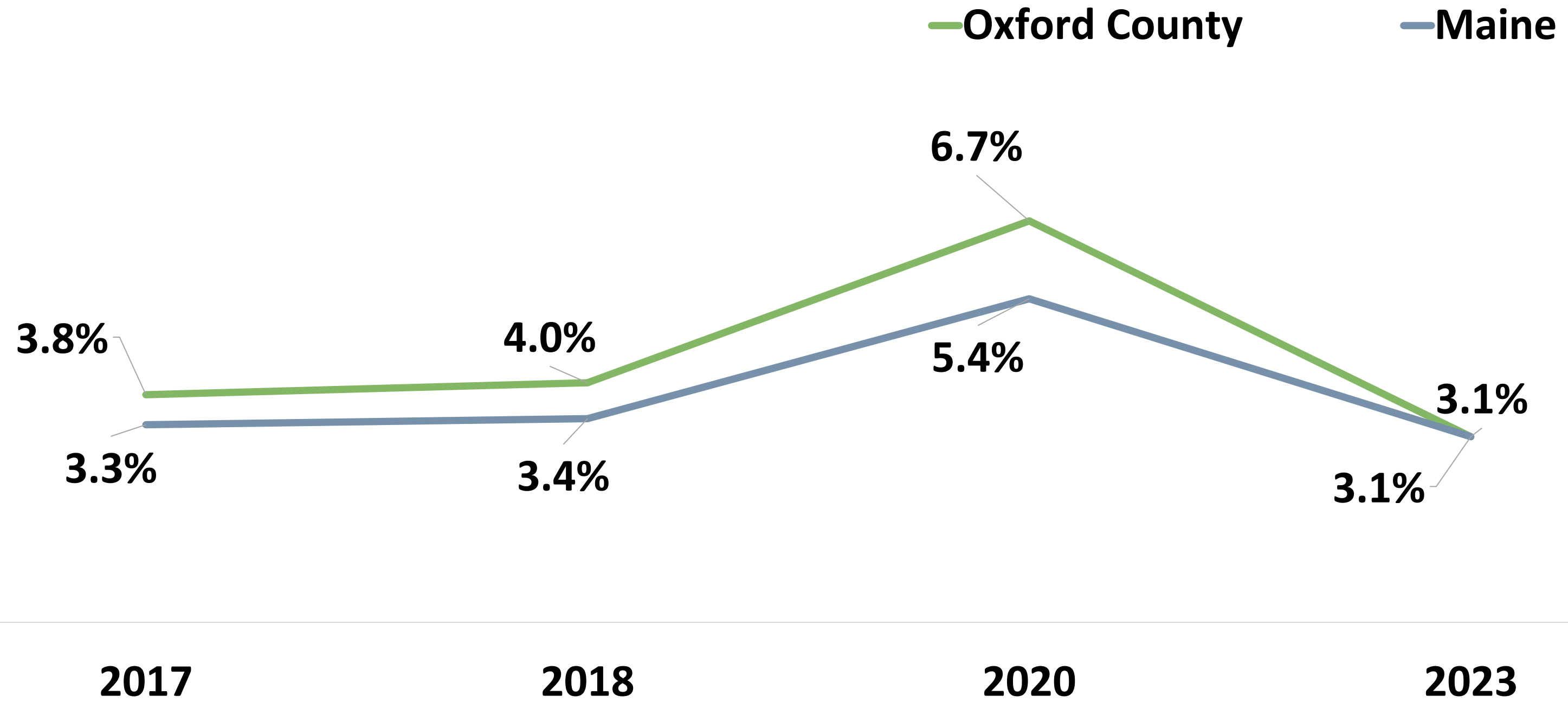**2023 data reflects that Oxford County had significantly less housing-insecure high school students compared to 2019.**

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: $49,204
2017-2021: $51,384

Households living above the federal poverty level but below the Asset Limited Income Constrained Employed threshold of financial survival
2019: 33.4%
2022: 37.0%

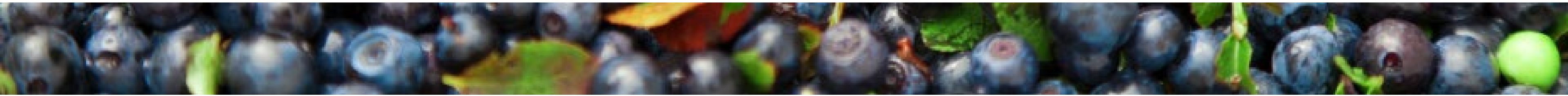**!** **The median household income for Oxford County (2017-2021) is significantly less compared to the state of Maine ($63,182).**
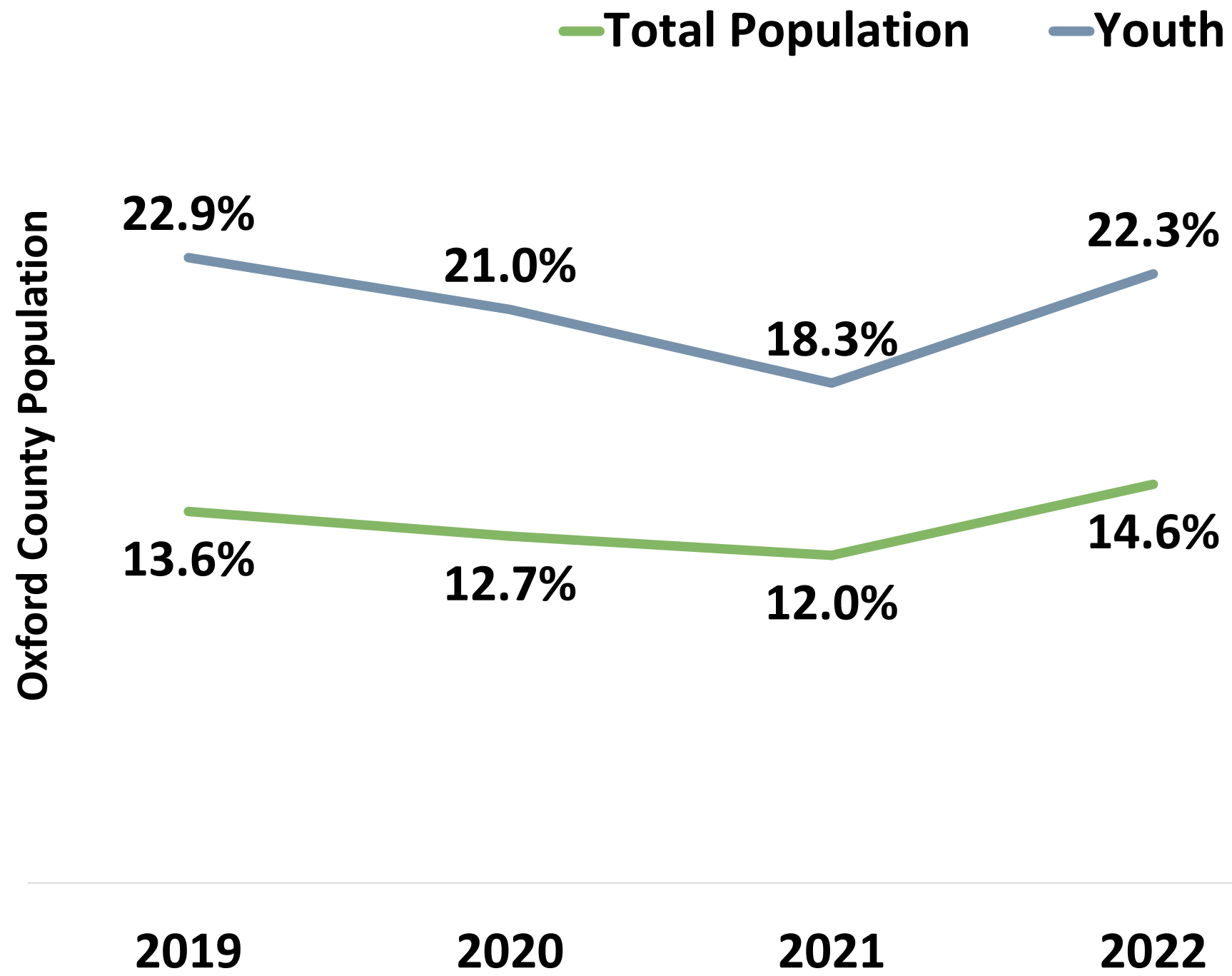
ALICE
Working families who are struggling to afford basic necessities like housing, food, and childcare despite earning an income technically above the poverty line.

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

Community Conditions

Food Insecurity

Total Population — Youth

Oxford County Population

22.9%   21.0%   18.3%   22.3%

13.6%   12.7%   12.0%   14.6%

2019   2020   2021   2022

Fruit & Vegetable Consumption

■ Fruit consumption
■ Vegetable consumption

Adults in Oxford County reporting less than one serving per day

35.1%   13.2%   30.8%   11.8%

2017   2021
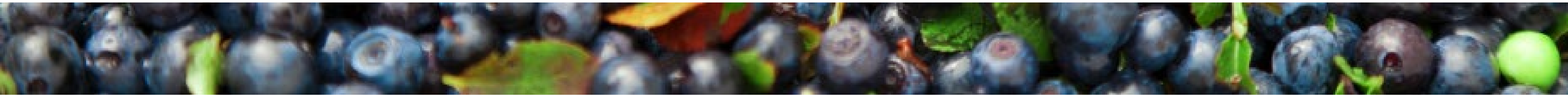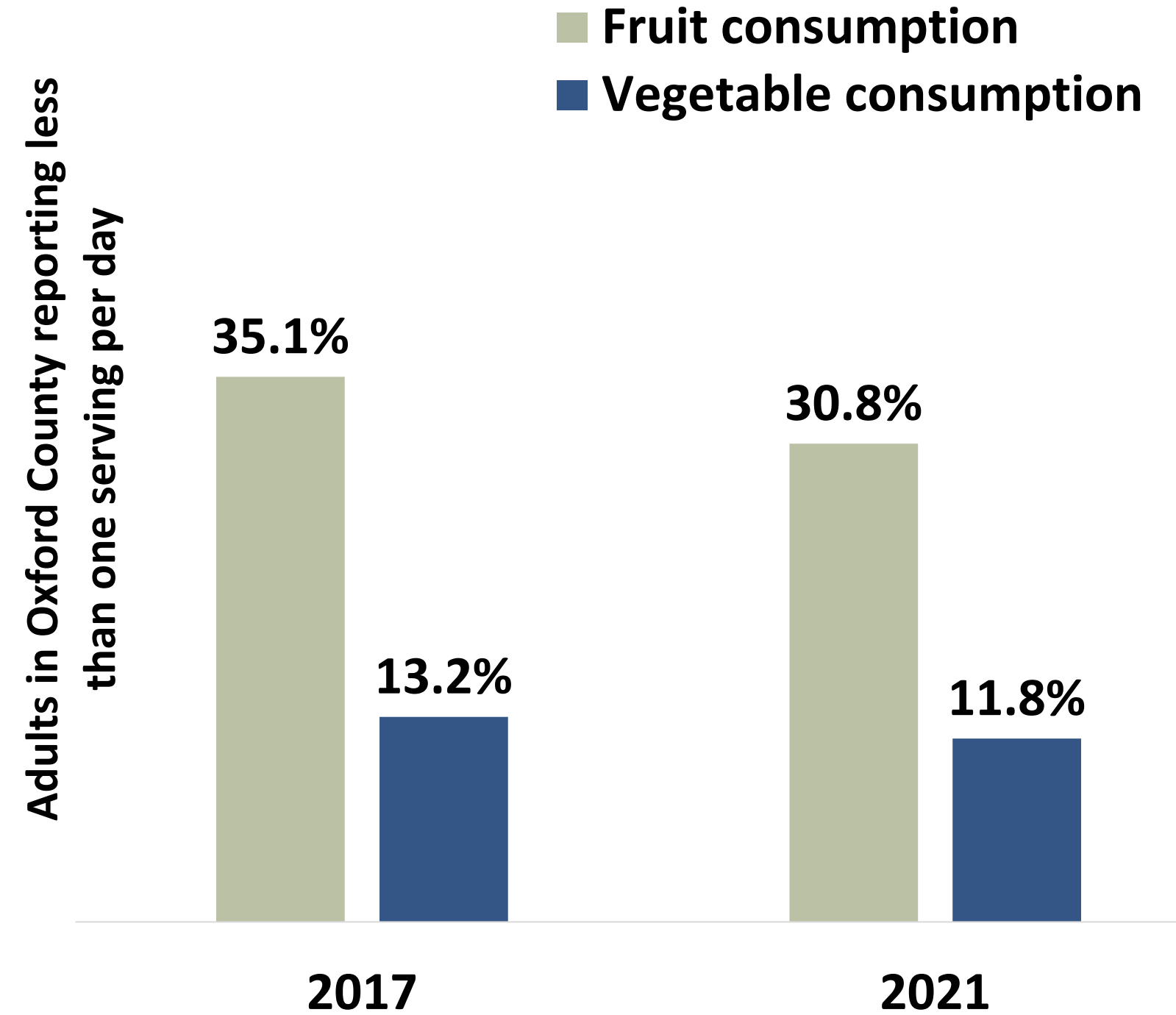
Community Conditions

Child Care

Child Care Centers

2020: 35

2024: 33

Children served in publicly funded state & local preschools

2019: 61.2%

2023: 64.3%

Head Start eligible infants, toddlers, preschool age children

■ **Oxford County**   ■ **Maine**

32.1%   **17.4%**

24.6%   **14.9%**

2015-2019   **2017-2021**
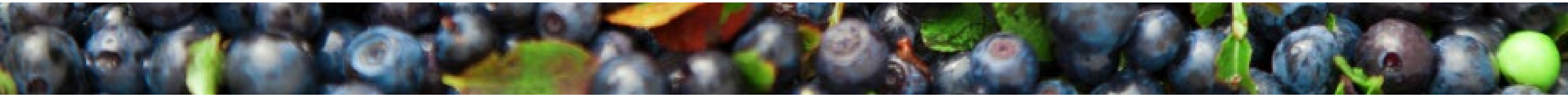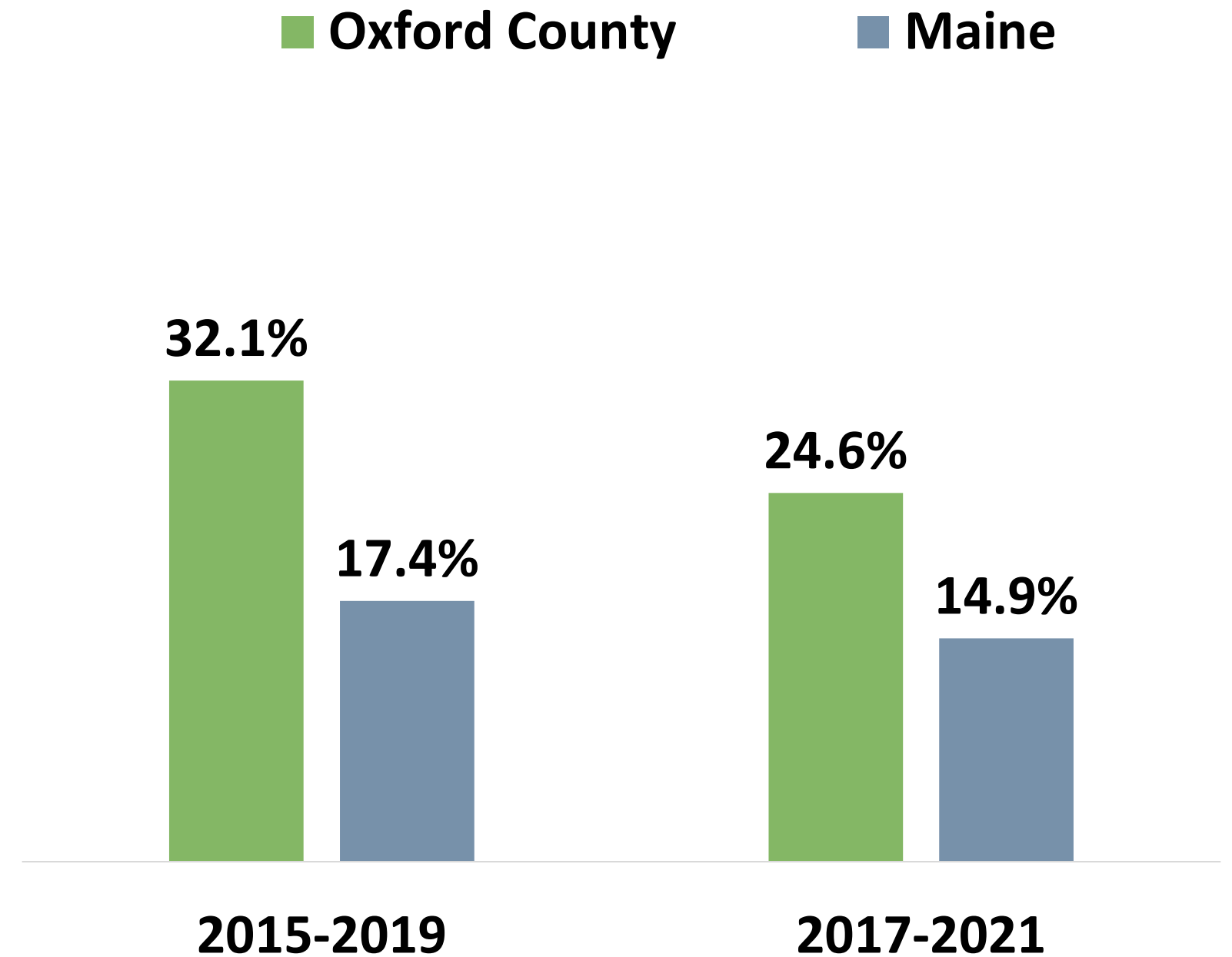
Protective & Risk Factors

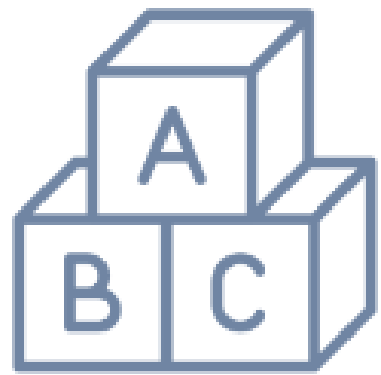## Adverse Childhood Experiences

Legend: ■ Maine ■ Oxford County

2023
- Maine: 26.7%
- Oxford County: 29.8%

2019
- Maine: 21.3%
- Oxford County: 24.8%

High School Students Who Have Experienced Four or More Adverse Childhood Experiences
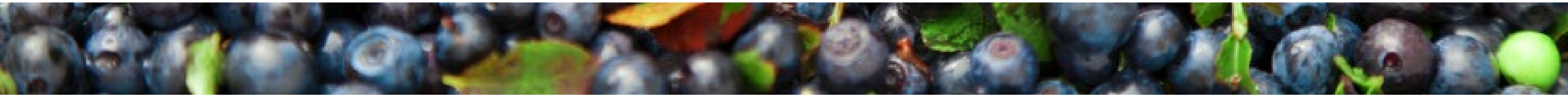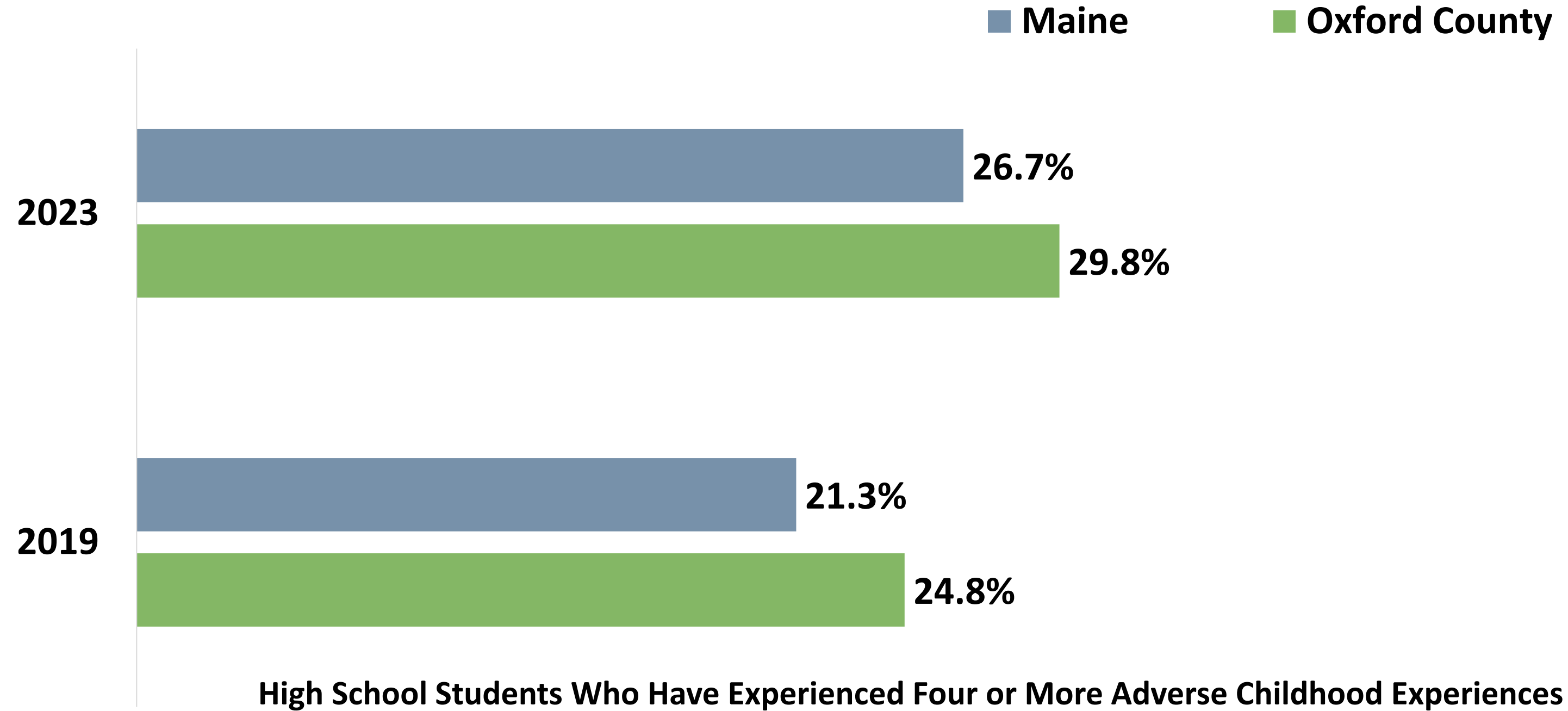
Protective & Risk Factors

Electronic Bullying
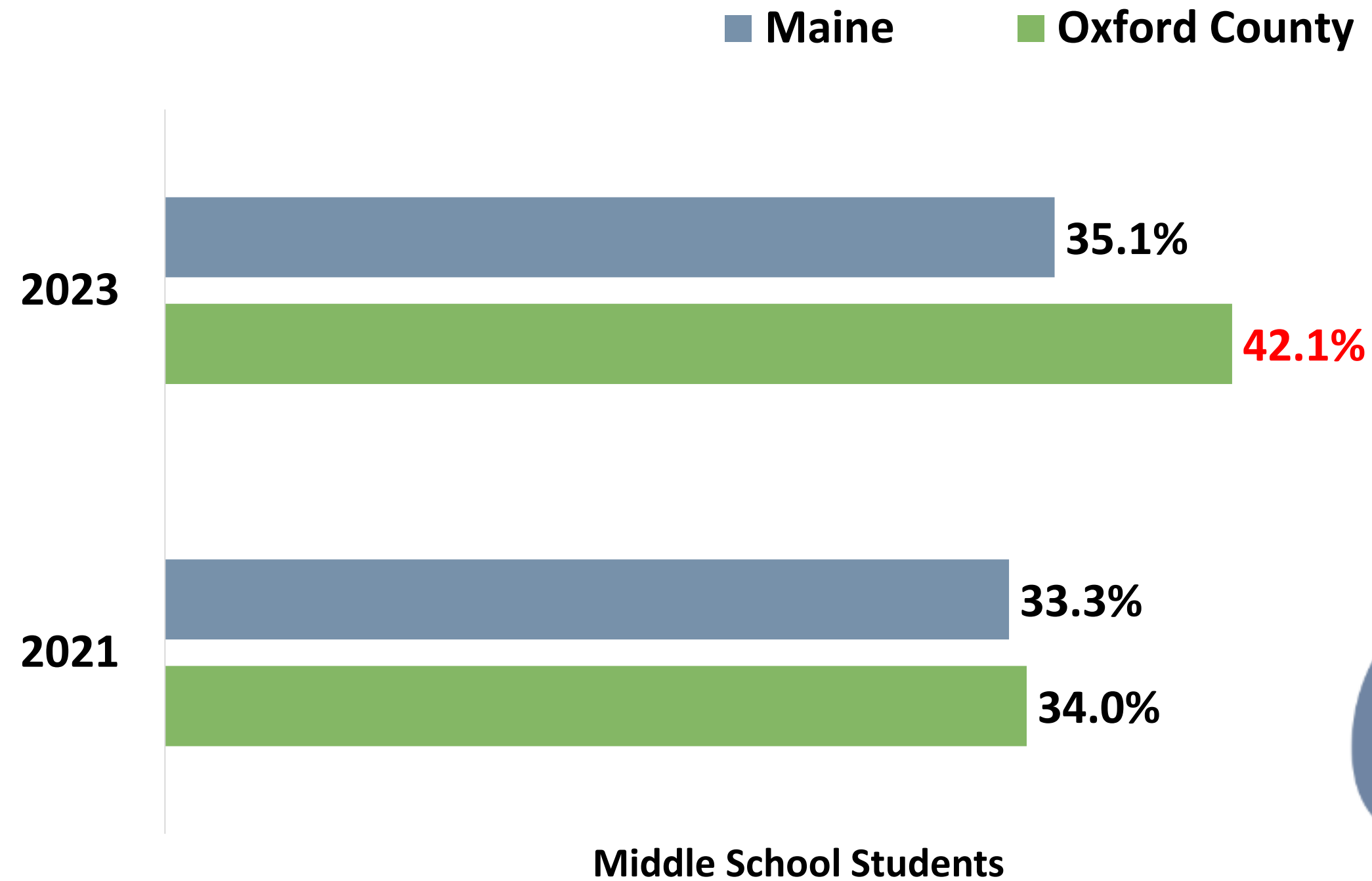
!

Maine ■ **Oxford County** ■

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

2023

Maine: 35.1%

Oxford County: 42.1%

2021

Maine: 33.3%

Oxford County: 34.0%

Middle School Students

Middle School Students Bullied on School Property

Oxford County: 42.1%

Maine: 35.1%

(2023)
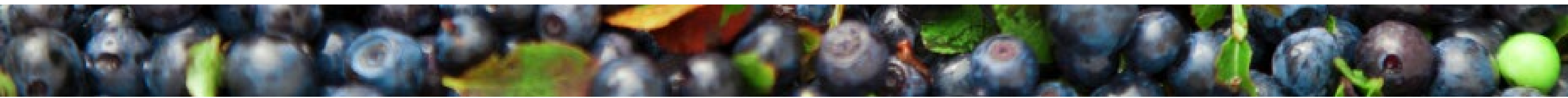
Protective & Risk Factors

Past 30-day Marijuana Use

Oxford County   Maine

9.3%

4.5%

5.1%

5.0%

3.6%

4.1%

2017   2019   2023

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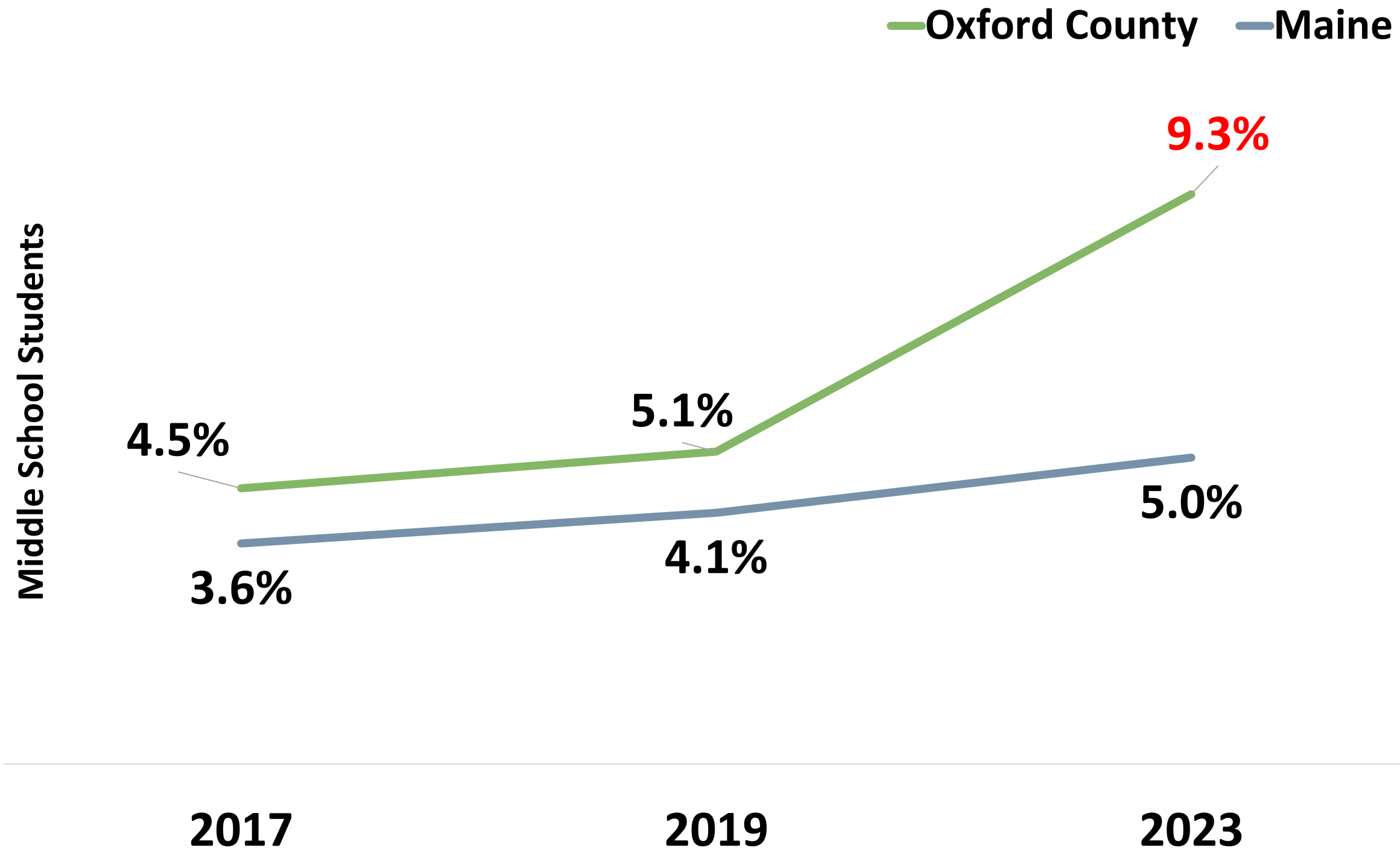
2023 data reflects that the percentage of Oxford County Middle School students who had used marijuana at least once in the past 30 days is significantly higher compared to Maine.

Protective & Risk Factors

Past 30-day Use of Vaping Products

Legend: ■ Maine ■ Oxford County

2023:
- Maine: 15.6%
- Oxford County: 18.3%

2019:
- Maine: 28.7%
- Oxford County: 31.0%

High School Students
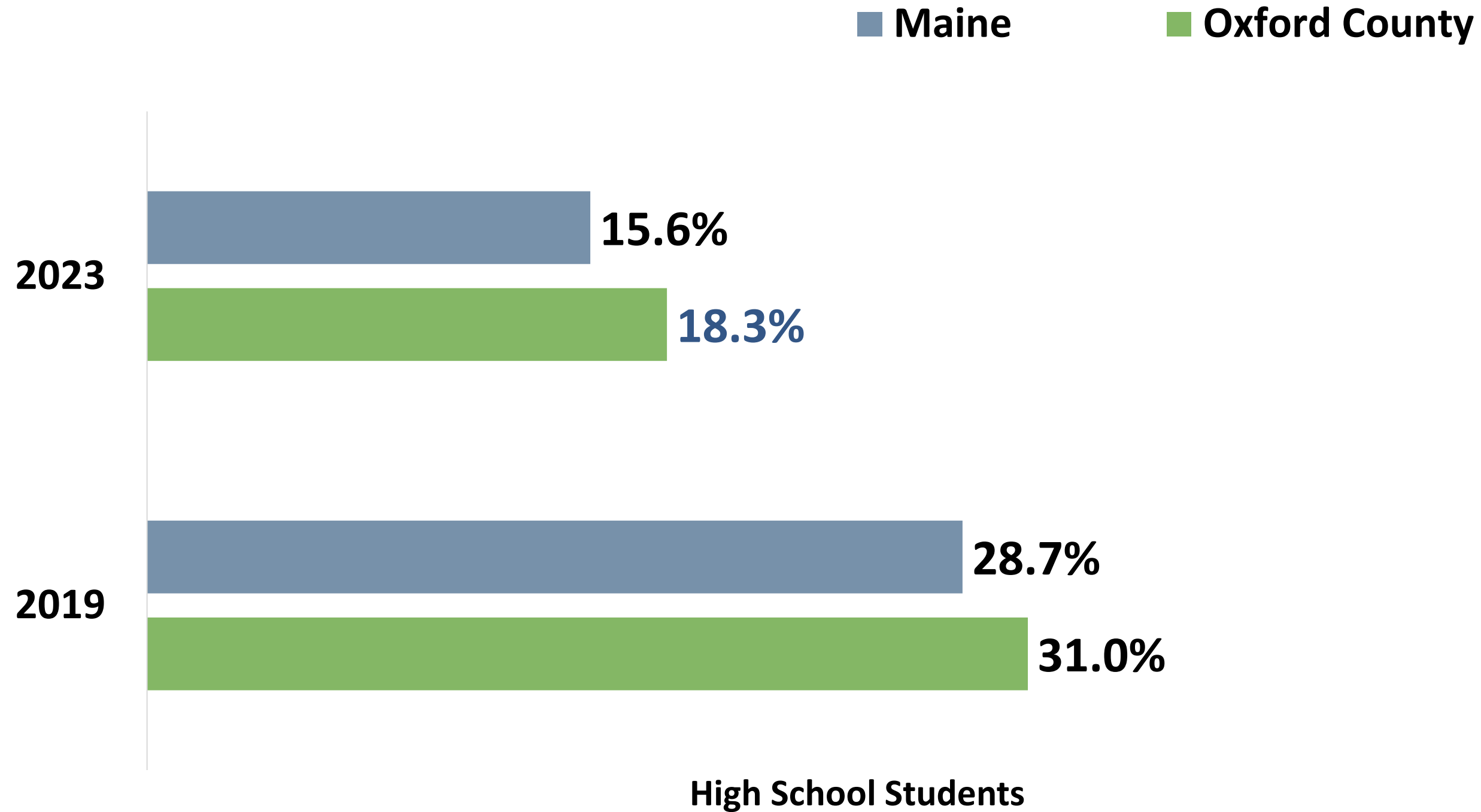
2023 data reflects that **significantly less** Oxford County high school students self-reported use of vaping products compared to 2019.
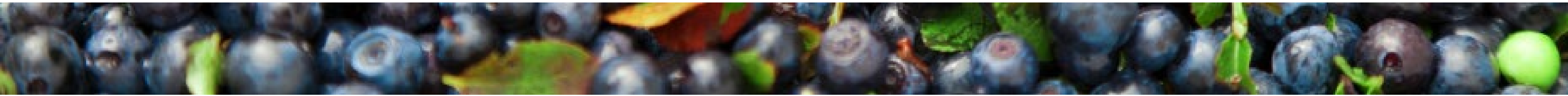
Protective & Risk Factors

Ever Seriously Considered Suicide
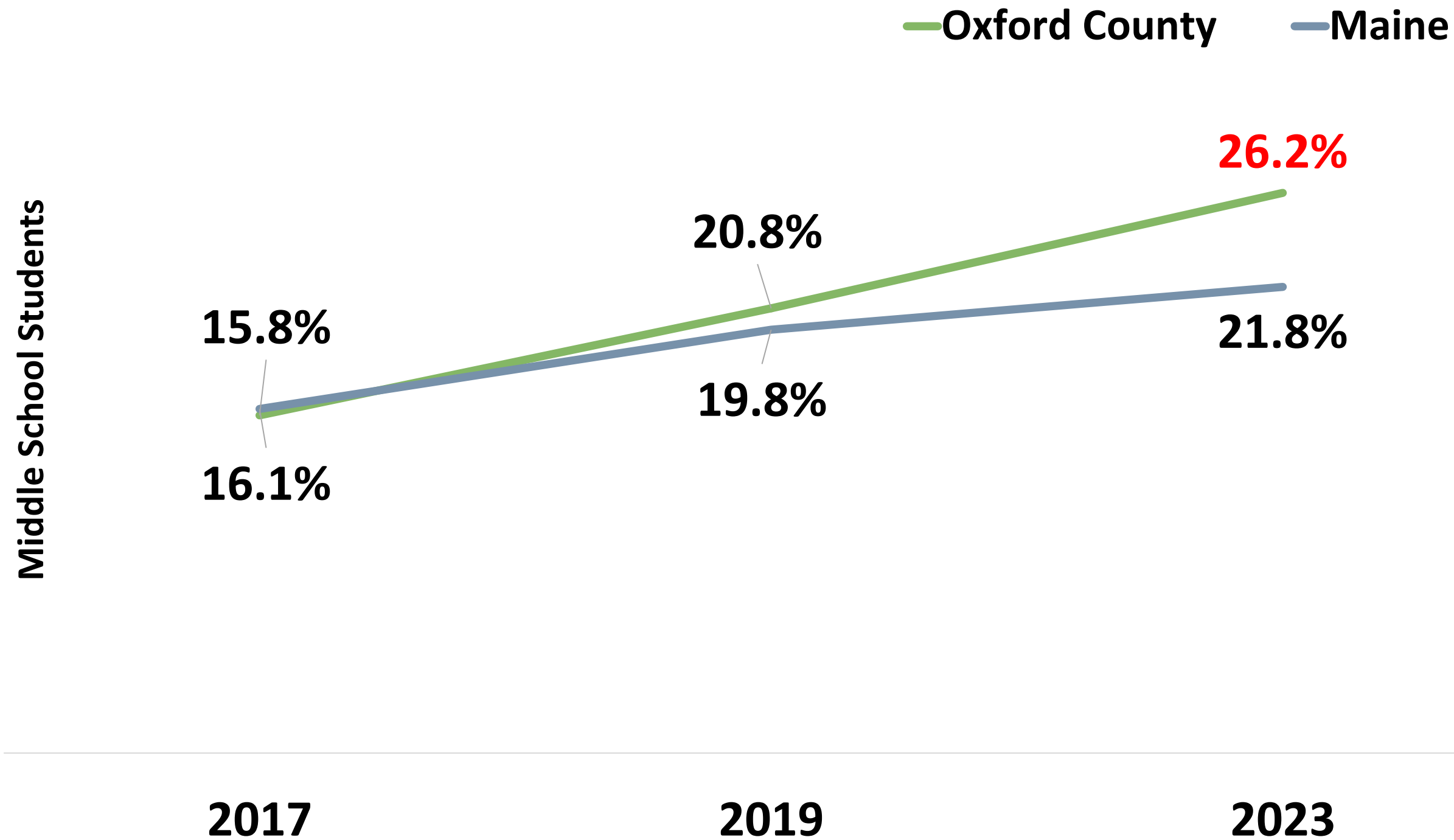
Oxford County — Maine

Middle School Students

26.2%

20.8%

15.8%

21.8%

19.8%

16.1%

2017   2019   2023

!

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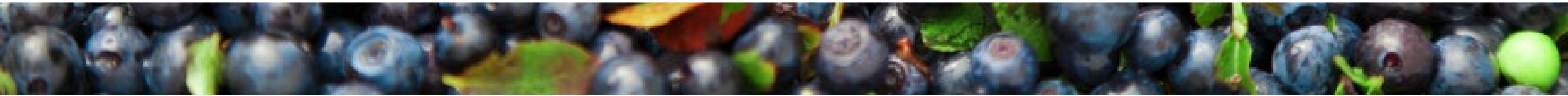
Health Conditions & Outcomes

2018-2022 data reflects that Oxford County had significantly less drug-induced deaths compared to Maine.

Overdose Emergency Medical Service Responses

Legend:
— Oxford County
— Maine

Responses per 10,000 Population

65.9	74.9	76.7	96.1
51.6	56.6	59.7	87.6
2018	2019	2020	2023

Drug-induced Deaths

Legend:
— Oxford County
— Maine

Responses per 100,000 Population

		55.6
26.8	29.5	36.7
18.0	22.1	
2014-2018	2015-2019	2018-2022
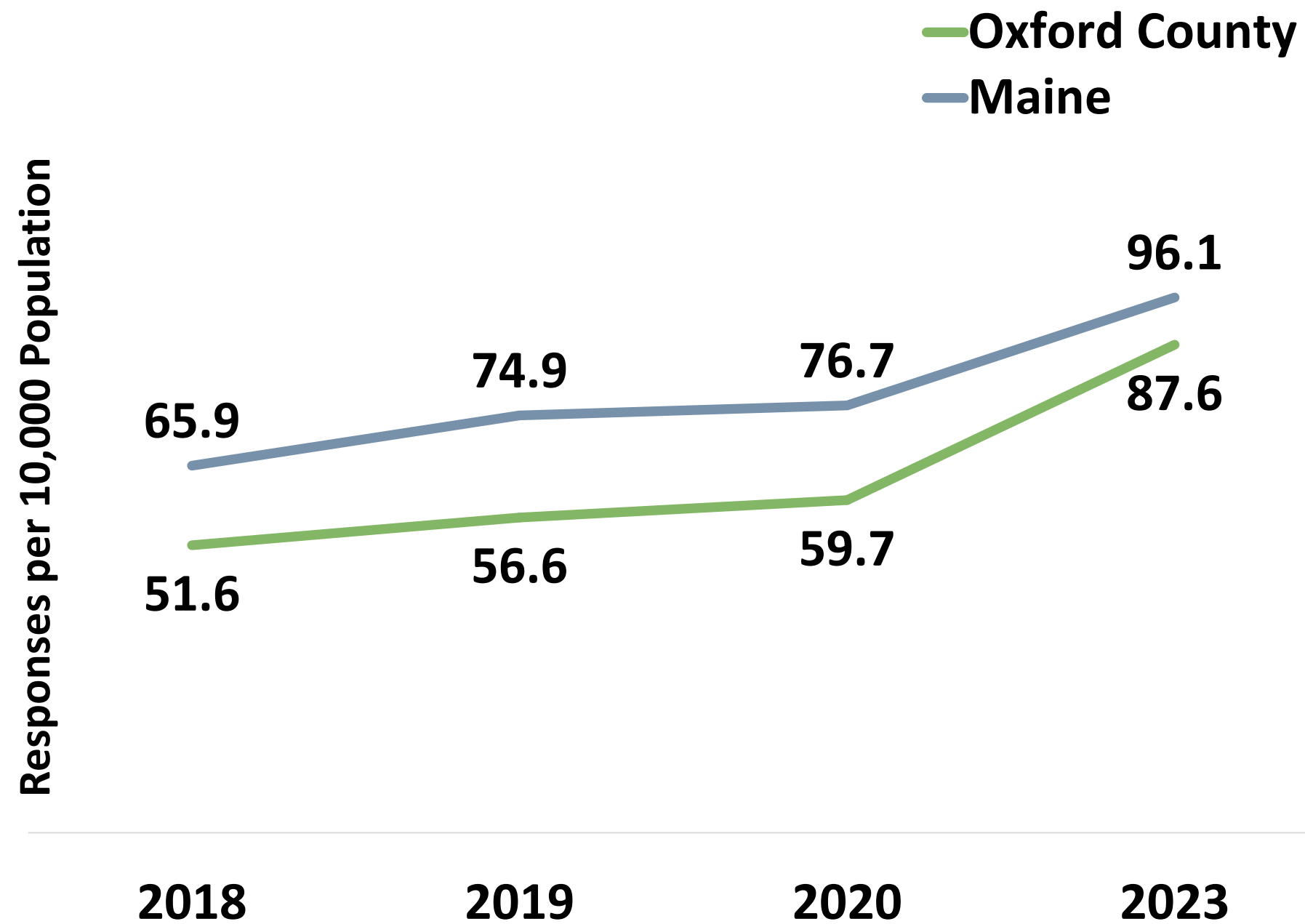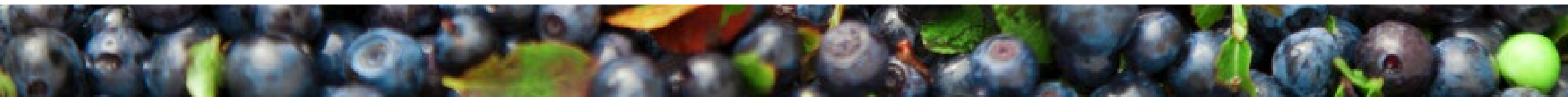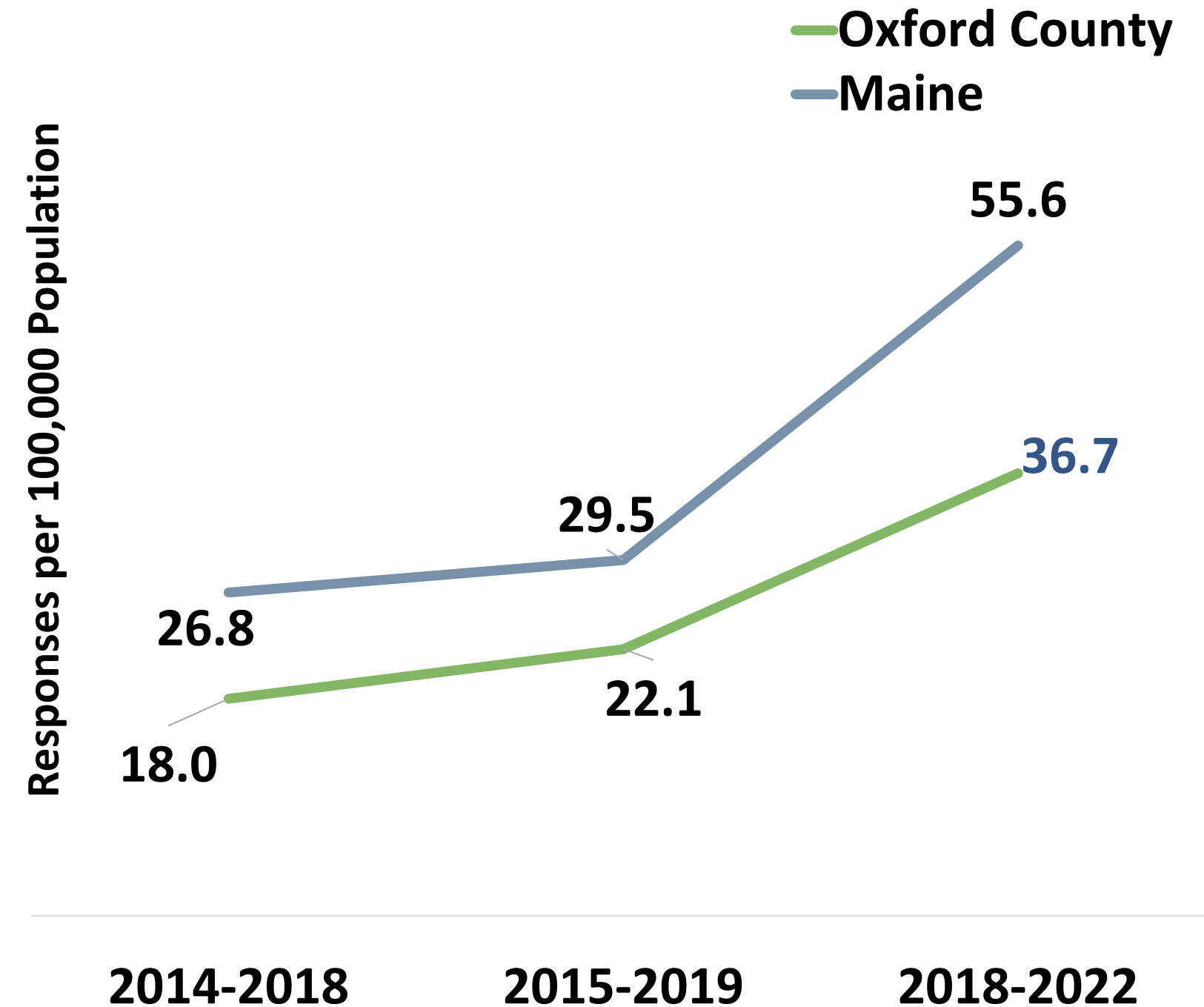
Health Conditions & Outcomes

Leading Causes of Death

Rank	United States	Maine	Oxford 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	Diabetes
7	Diabetes	Diabetes	Cerebrovascular Diseases
8	Influenza & Pneumonia	Alzheimer's Disease	Alzheimer's Disease
9	Liver Disease	Liver Disease	Chronic Liver Disease and Cirrhosis
10	Suicide	Influenza & Pneumonia	Suicide

Cardiovascular disease deaths per 100,000 population

2015-2019: 188.3
2018-2022: 195.6

Cancer deaths per 100,000 population

2015-2019: 175.8
2018-2022: 168.7
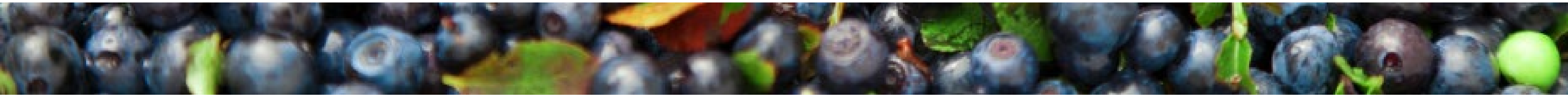
Health Conditions & Outcomes

All Cancer Deaths

■ Oxford County ■ Maine

Deaths per 100,000 Population

2015-2019
- Oxford County: 175.8
- Maine: 163.1

2018-2022
- Oxford County: 168.7
- Maine: 159.9
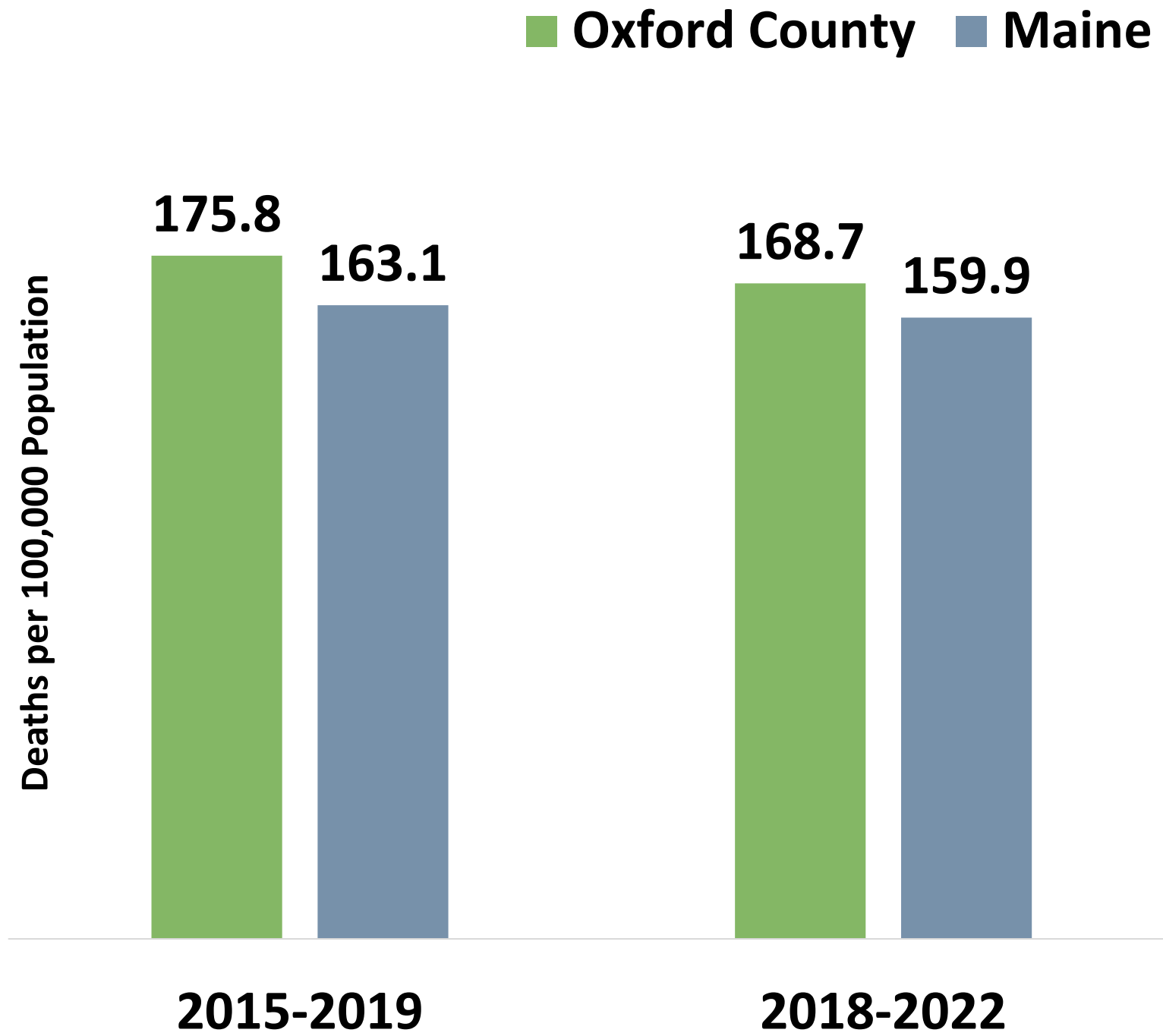
Cancer Mortality by Type

■ Maine ■ Oxford County

Tobacco-related
- Maine: 52.8
- Oxford County: 57.1

Prostate
- Maine: 19.9
- Oxford County: 22.6

Lung
- Maine: 40.2
- Oxford County: 44.7

Female breast
- Maine: 16.7
- Oxford County: 17.6

Colorectal
- Maine: 12.7
- Oxford County: 13.8

Deaths per 100,000 Population
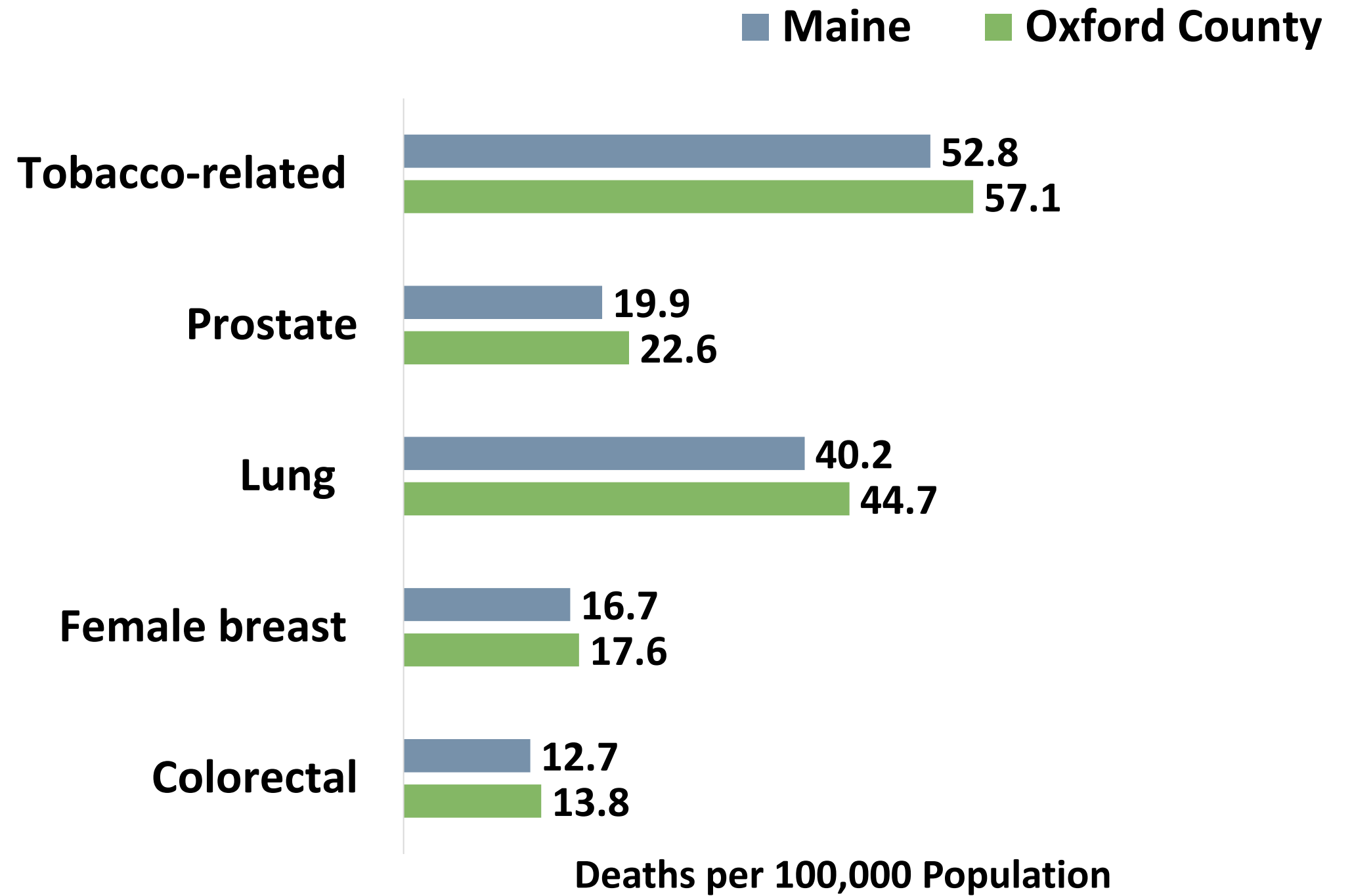
Health Conditions & Outcomes

Chronic Lower Respiratory Disease Deaths

Oxford County   **Maine**
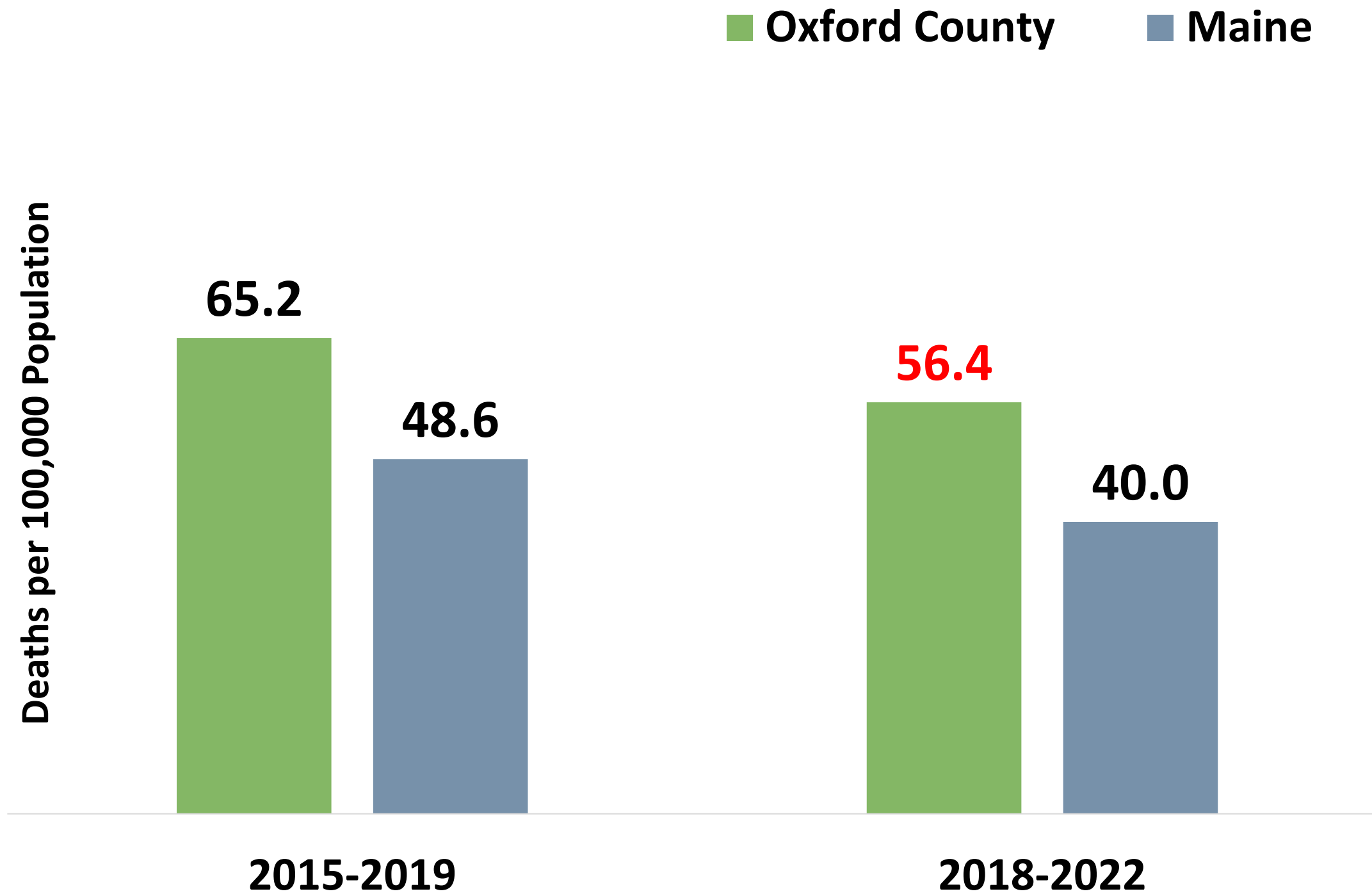
2018-2022 data reflects that Oxford County had a significantly higher COPD death rate compared to Maine.
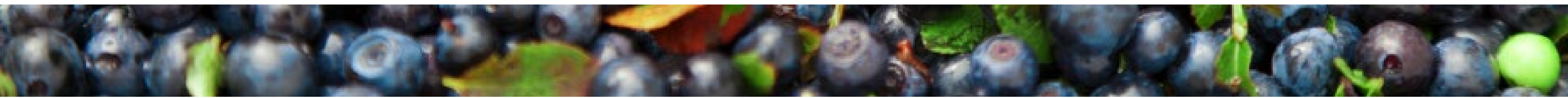
Health Conditions & Outcomes

Smoked During Pregnancy

■ Oxford County   ■ Maine

19.3%

13.8%

15.2%

9.1%

2016-2017
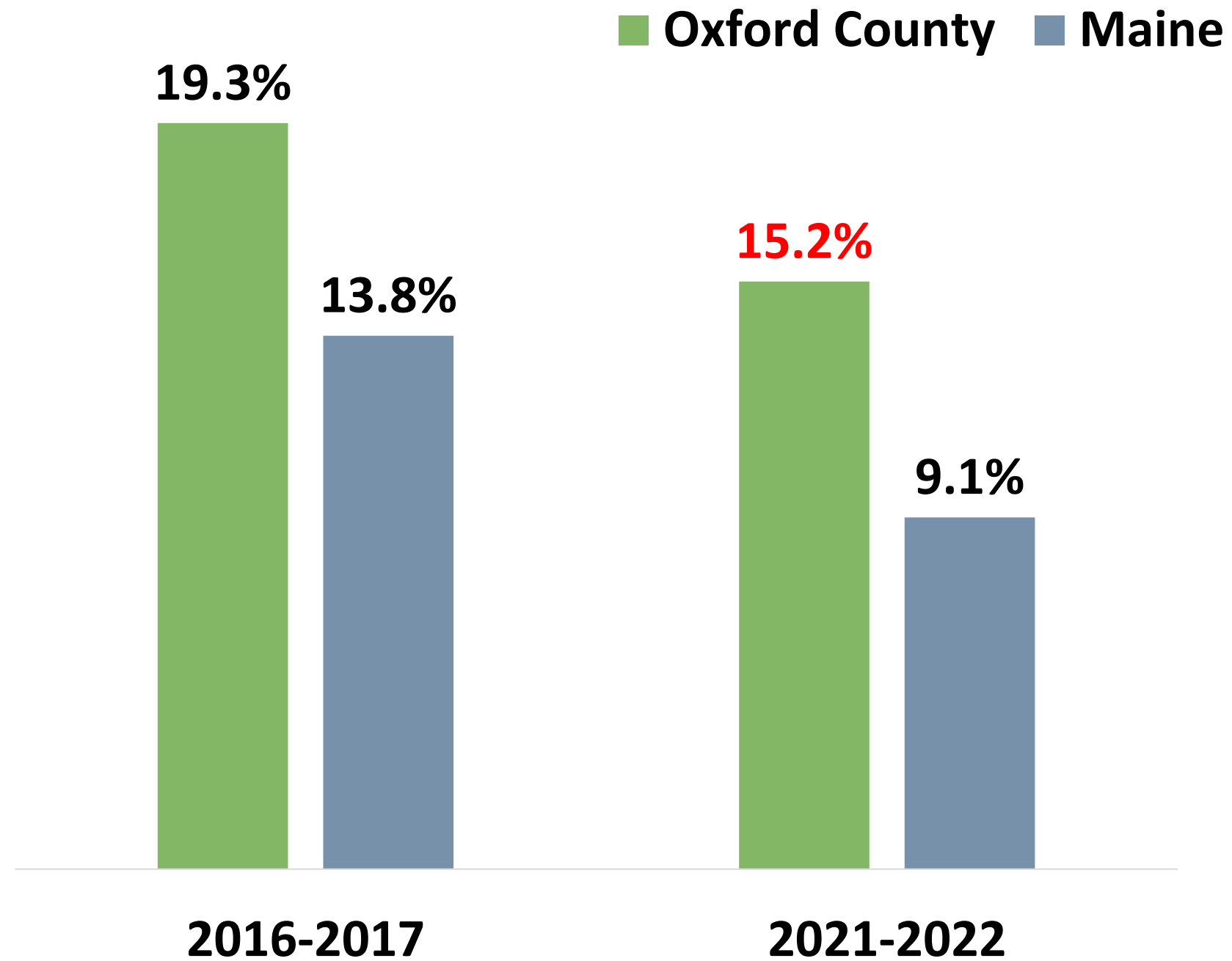
2021-2022

2021-2022 data reflects that infants in Oxford County are significantly less likely to have ever been breastfed compared to those in Maine (below)

Infants who are ever breast fed

Oxford County: 83.9%

Maine: 87.6%

(2021-2022)

2018-2022 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

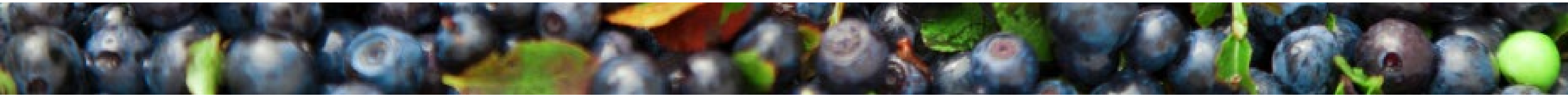**Accessible community for all**

Affordable housing

Affordable, quality childcare
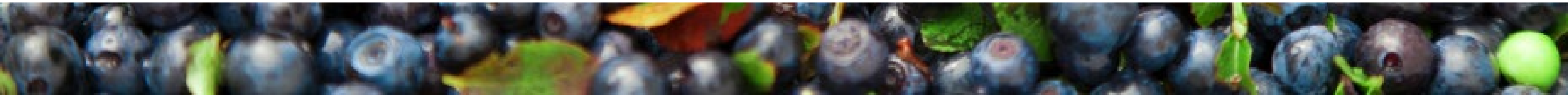
Dental

Mental health

Older adult activities, such as senior centers and adult daycare

Substance use

Transportation to appointments

Select Quotes From Participants

- "**Wait times** in the emergency room are extremely long. Lots of people in the hallways on beds. It takes away the privacy."

- "There is a great disparity between the rural and urban areas of Maine. It's often the responsibilities of the agencies and t**hey never have enough money or staff** or other things you need."

- "**There are not enough social workers or case managers**. Even if you have a primary care provider that can advocate for you, if you need a specialty doctor, you need to go through insurance for coverage and still be on the waiting list. **The healthcare system is overloading providers with patients.**"

- "For **mental health**, I had to be referred out of state for bipolar. It has a year long waiting list to get help."

Community Engagement

Community Survey: Physical Health Status

Total Participants	
Oxford County	**Maine**
217	3,967

How would you rate your own physical health?

Oxford County
- Poor, 3.2%
- Fair, 26.4%
- Good or Excellent, 70.4%

Maine
- Poor, 5.2%
- Fair, 25.3%
- Good or Excellent, 69.5%
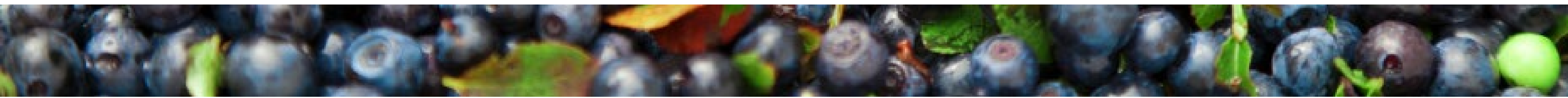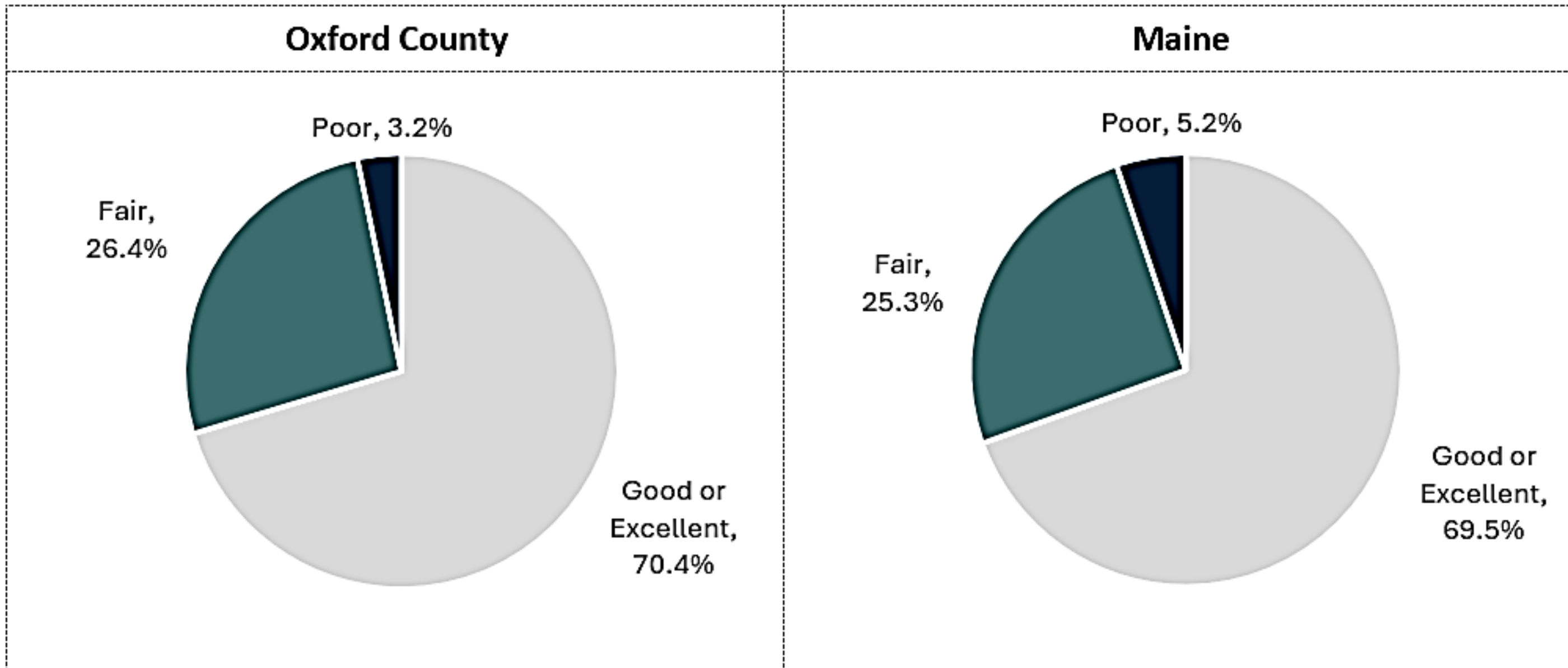
Community Engagement

Community Survey: Mental Health Status

How would you rate your own mental health?

Oxford County

Poor, 2.3%
Fair, 24.2%
Good or Excellent, 73.5%

Maine

Poor, 4.0%
Fair, 25.7%
Good or Excellent, 70.4%
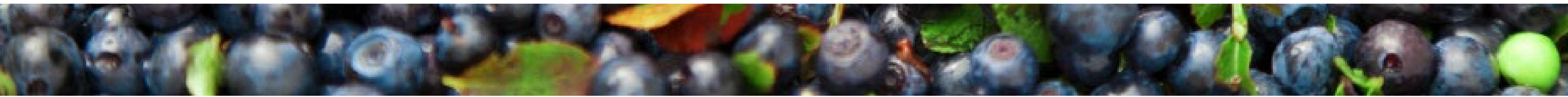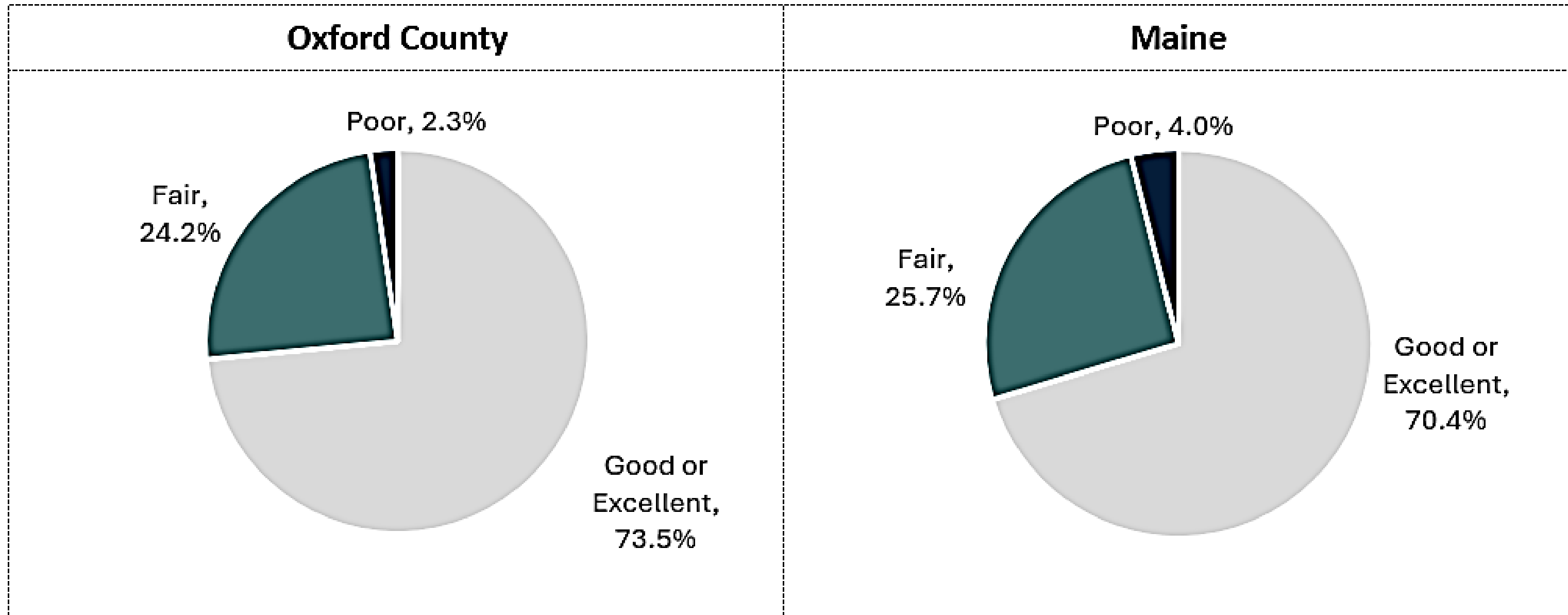
Community Engagement

Community Survey: Community Health Status

Top 5 social concerns that negatively impact your community

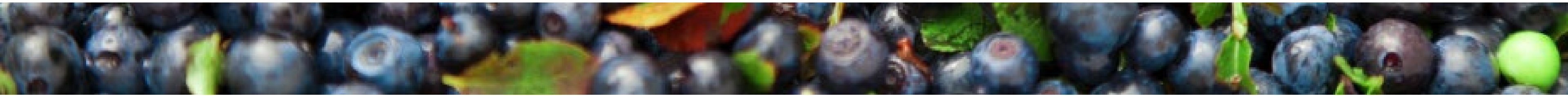| Oxford County		Maine	
1)	Substance use (alcohol, cannabis, prescription drugs, illicit drugs, etc.)	1)	Mental health issues (anxiety, depression, suicide, etc.)
2)	Mental health issues (anxiety, depression, suicide, etc.)	2)	Substance use (alcohol, cannabis, prescription drugs, illicit drugs, etc.)
3)	Low incomes and poverty	3)	Low incomes and poverty
4)	Tobacco or nicotine use (cigarettes, cigars, vapes, dip, nicotine pouches, etc.)	4)	Housing insecurity
5)	Lack of transportation	5)	Obesity
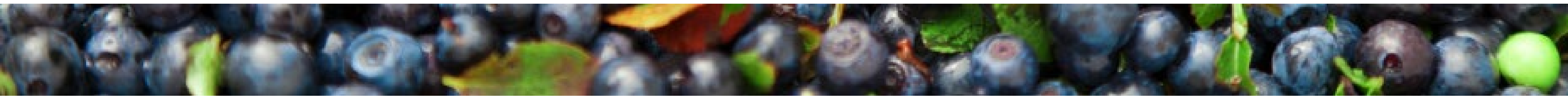
Community Engagement

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'

Oxford County		Maine	
Chronic health conditions (cancer, high blood pressure, heart disease, high cholesterol, etc.)	78.9%	Economic needs	76.1%
Economic needs	77.7%	Chronic health conditions (cancer, high blood pressure, heart disease, high cholesterol, etc.)	75.7%
Mental health needs	73.9%	Mental health needs	73.6%
Housing needs	73.1%	Substance use	68.5%
Substance use	72.2%	Housing needs	68.5%
Transportation needs	66.6%	Transportation needs	60.9%
Environmental needs	63.3%	Environmental needs	58.4%
Public safety needs	59.0%	Public safety needs	53.7%

Prioritization Voting Results

Results

Community Conditions

1. Transportation (81.3%)
2. Housing (75.0%)
3. Poverty (56.3%)
4. Provider Availability (43.8%)
5. Stigma Around Accessing/Accepting Help, Services, or Treatment (37.5%)

Protective & Risk Factors

1. Illicit Drug Use (68.8%)
2. Adverse Childhood Experiences (56.3%)
3. Nutrition (50.0%)
4. Cannabis Use (43.8%)
5. Youth Mattering (43.8%)

Health Conditions & Outcomes

1. Mental Health (68.8%)
2. Substance Use Related Injury & Death (62.5%)
3. Obesity/ Weight Status (56.3%)
4. Diabetes (37.5%)
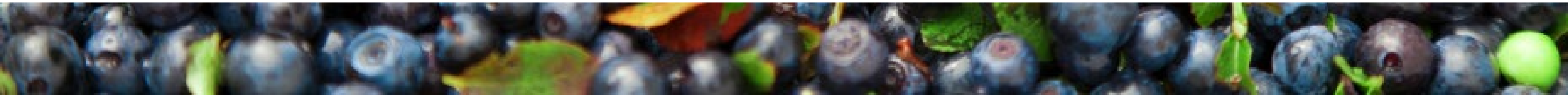5. Intentional Injury & Death (37.5%)

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.

[Oxford County Forum Prioritization Voting Tool Survey (surveymonkey.com)](surveymonkey.com)

Results

Community Conditions

1. Housing (71.0%)

2. Poverty (64.5%)

3. Provider Availability (64.5%)

Protective & Risk Factors

1. Adverse Childhood Experiences (77.4%)

2. Illicit Drug Use (61.3%)

3. Youth Mattering (62.3%

Health Conditions & Outcomes

1. Mental Health (100.0%)

2. Substance Use (100.0%)

3. Obesity/ Weight Status (51.6%)
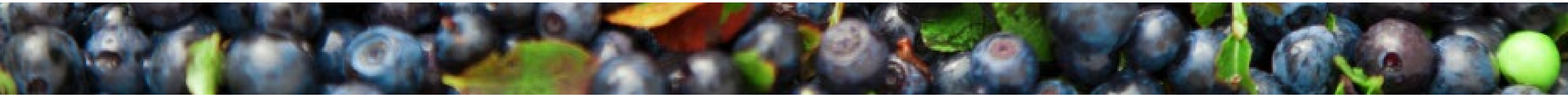
Breakout Discussion #2

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?**
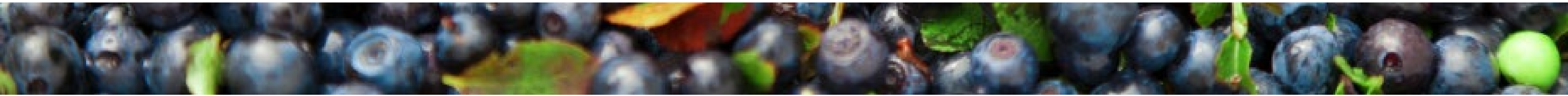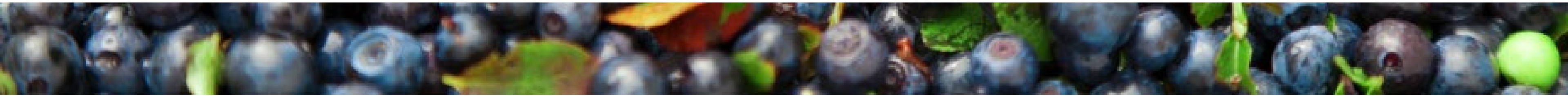
Breakout Discussion #3

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.**