



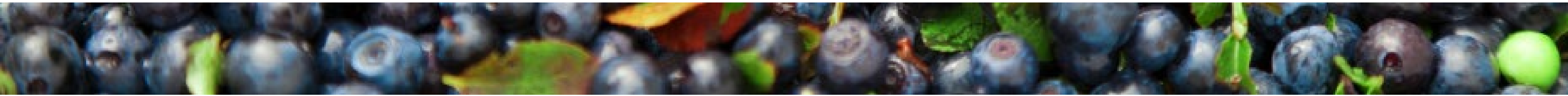
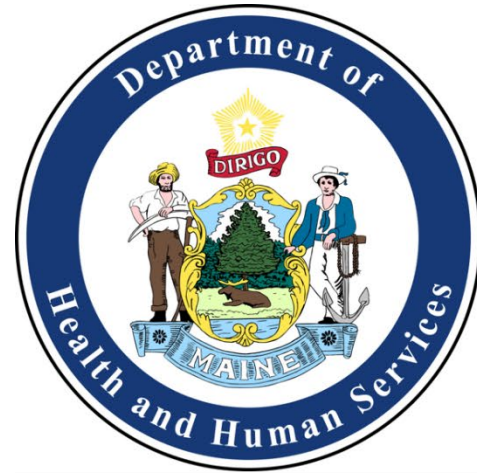
Maine Shared Community Health Needs Assessment

Penobscot County

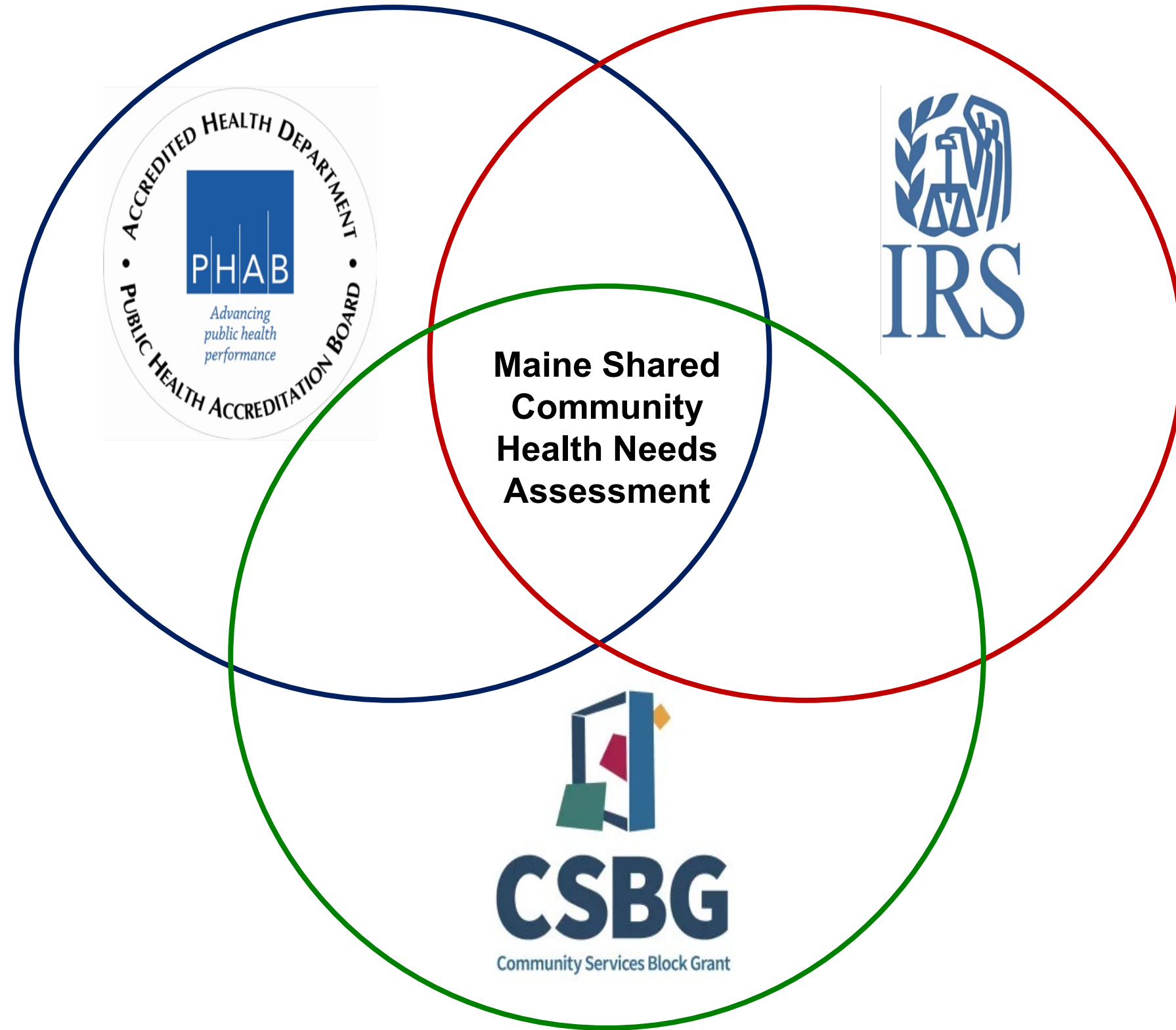
September 19, 2024

Maine Shared CHNA

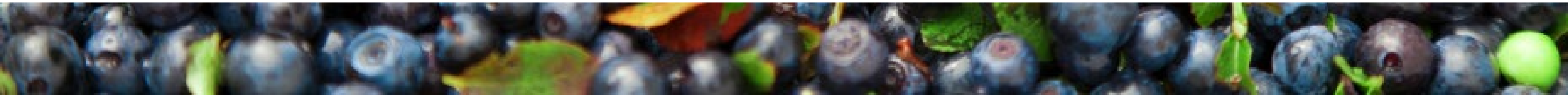
The Maine Shared Community Health Needs Assessment (Maine Shared CHNA) is a collaborative partnership between Central Maine Healthcare, Northern Light Health, MaineGeneral Health, MaineHealth, the Maine Center for Disease Control and Prevention, and the Maine Community Action Partnership. By engaging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

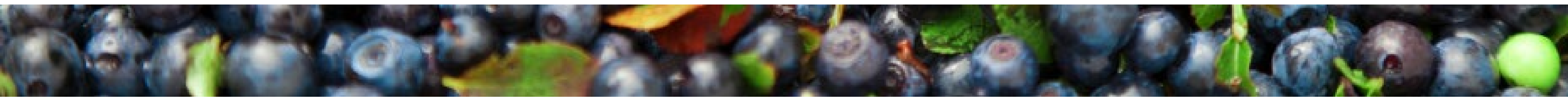


Maine Shared CHNA

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



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

BREAK

Discussion Report Out & Second Round of Voting

BREAK

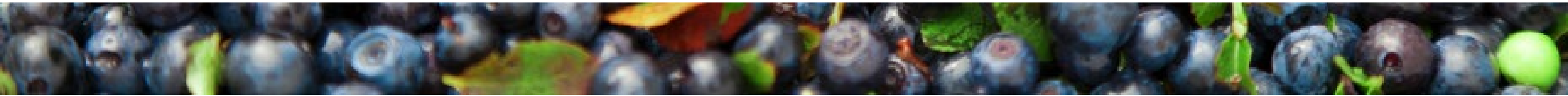
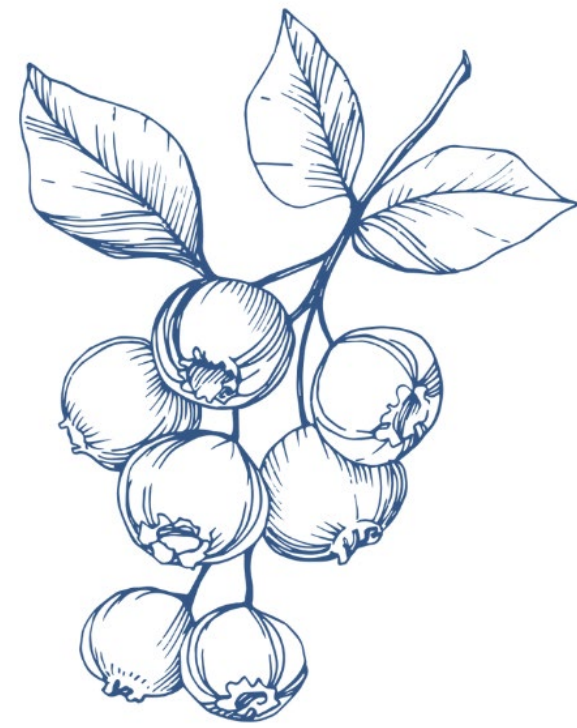
Presentation of Final Priorities

Breakout: Deeper Discussion of Priorities, Round 1

Breakout: Deeper Discussion of Priorities, Round 2

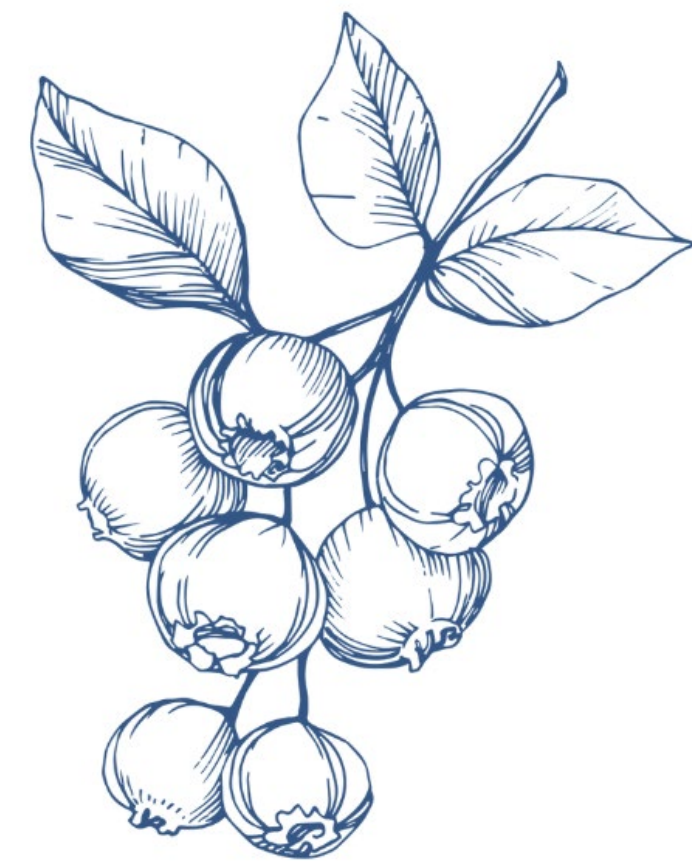
Breakout: Deeper Discussion of Priorities, Round 3

Conclusion & Next Steps

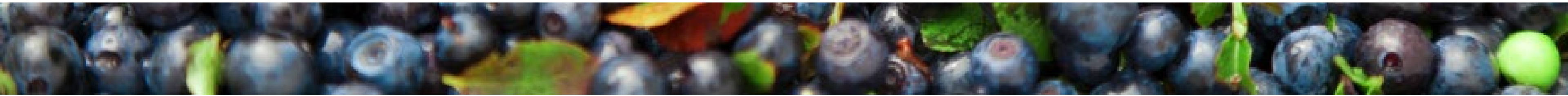


Housekeeping

- 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)





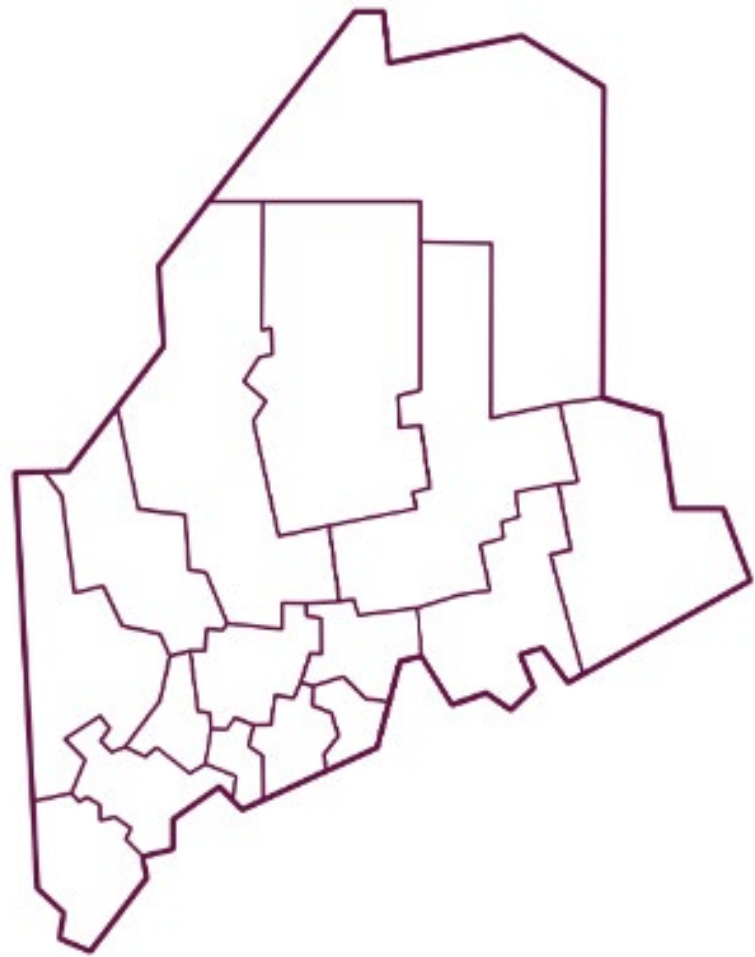
Key Findings

Demographics

Total Population

152,640

11.1% of total state population



Population by Age



Age Under 18

17.8%



Age 18-64

62.8%

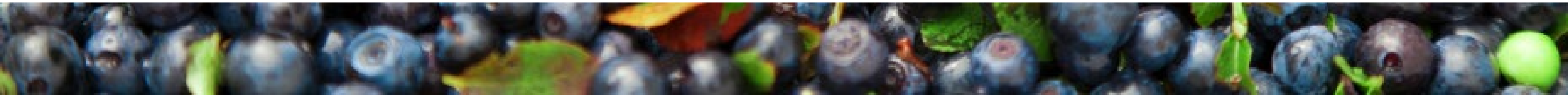
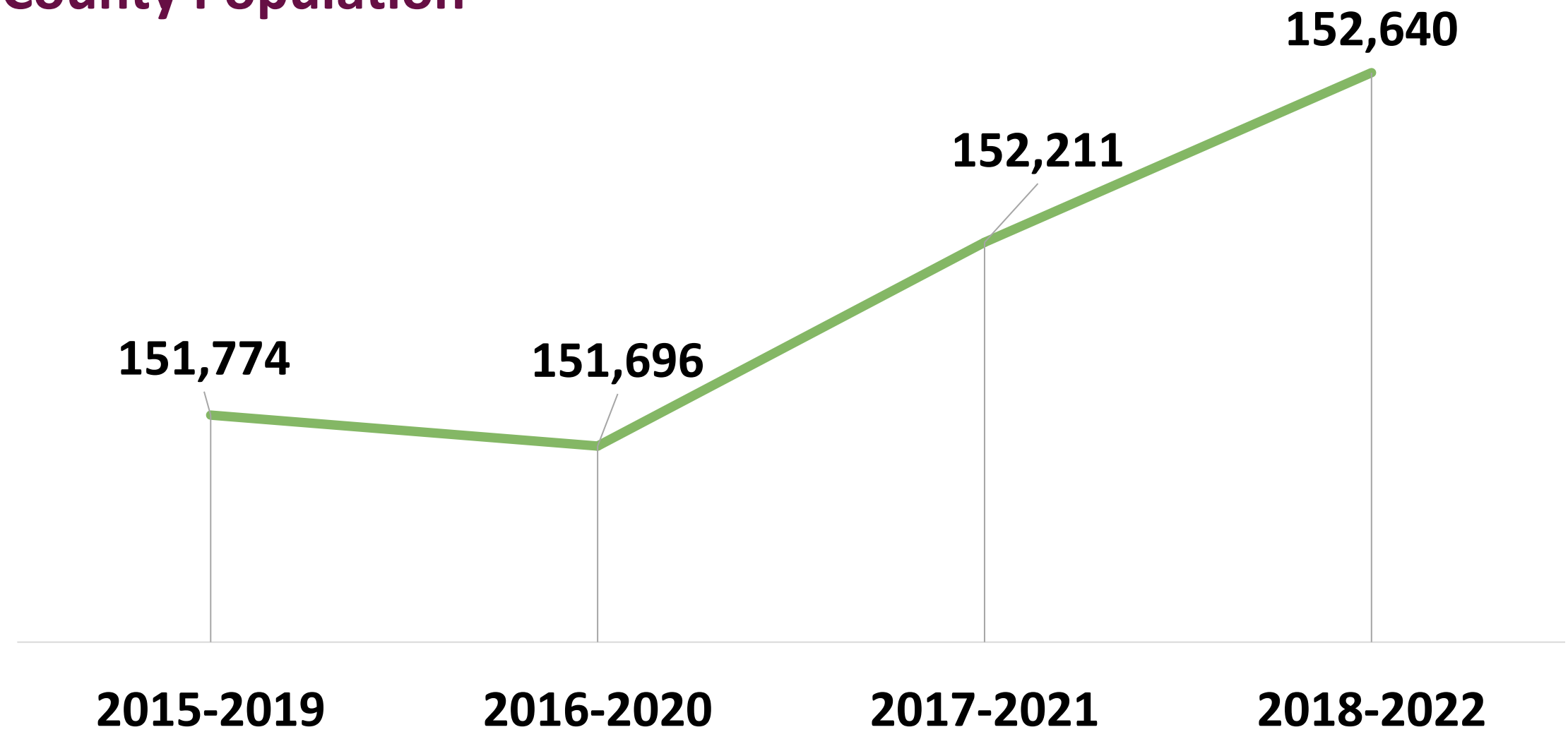


Age 65+

19.4%

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

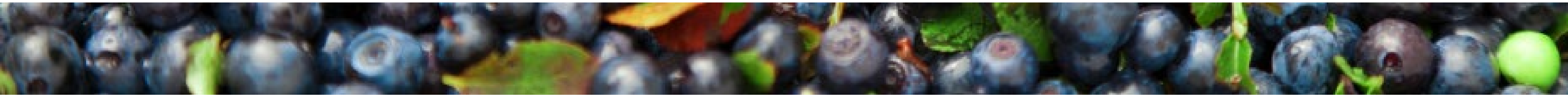
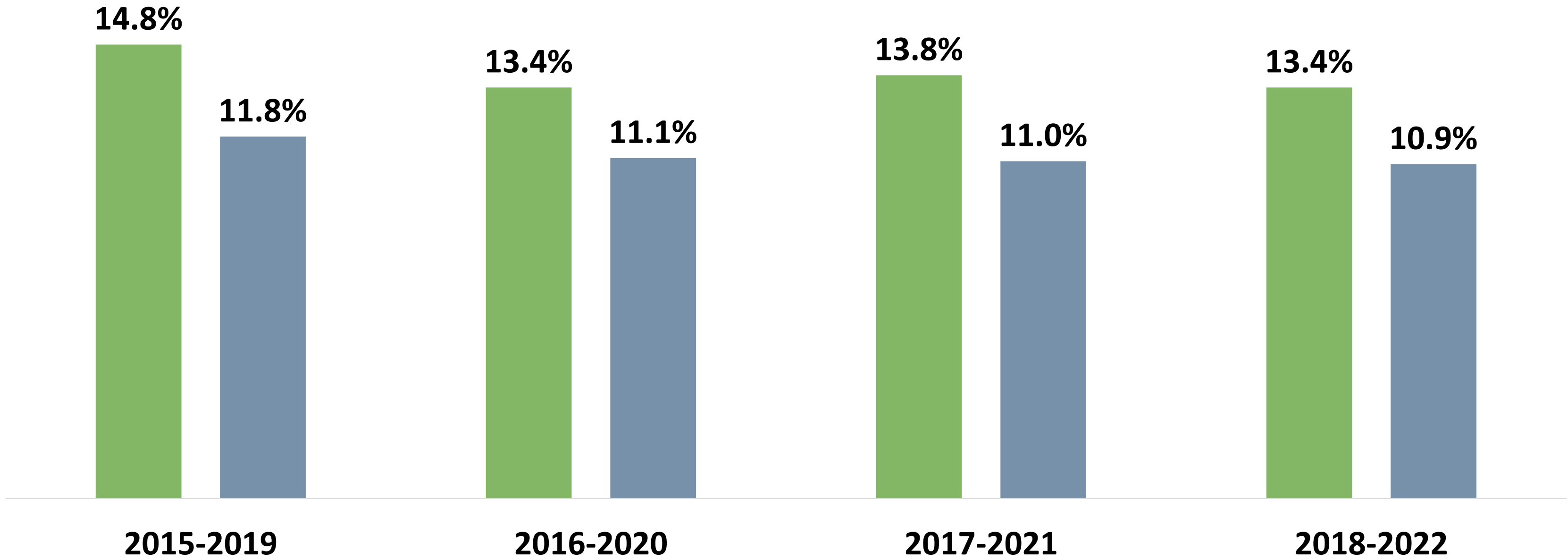
County Population



Demographics

Individuals Living in Poverty

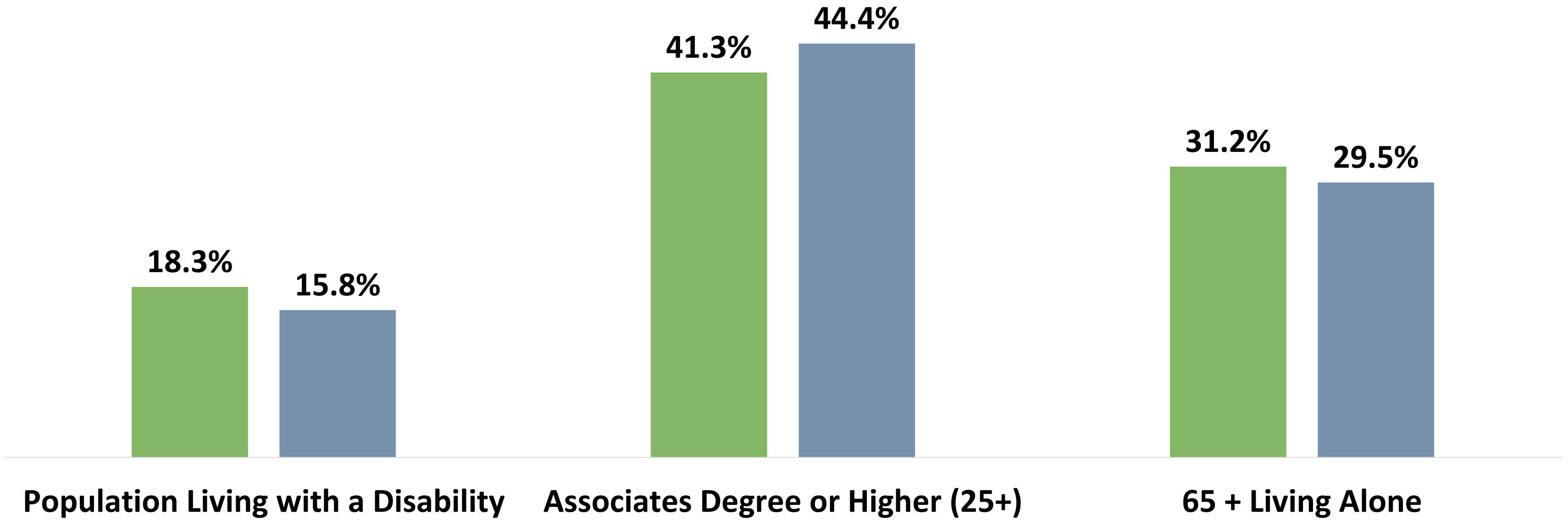
■ Penobscot County ■ Maine



Demographics

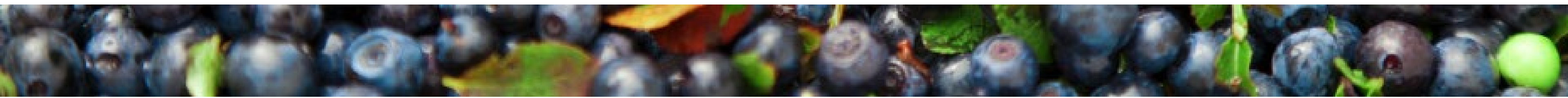
Social Drivers of Health

■ Penobscot County ■ Maine



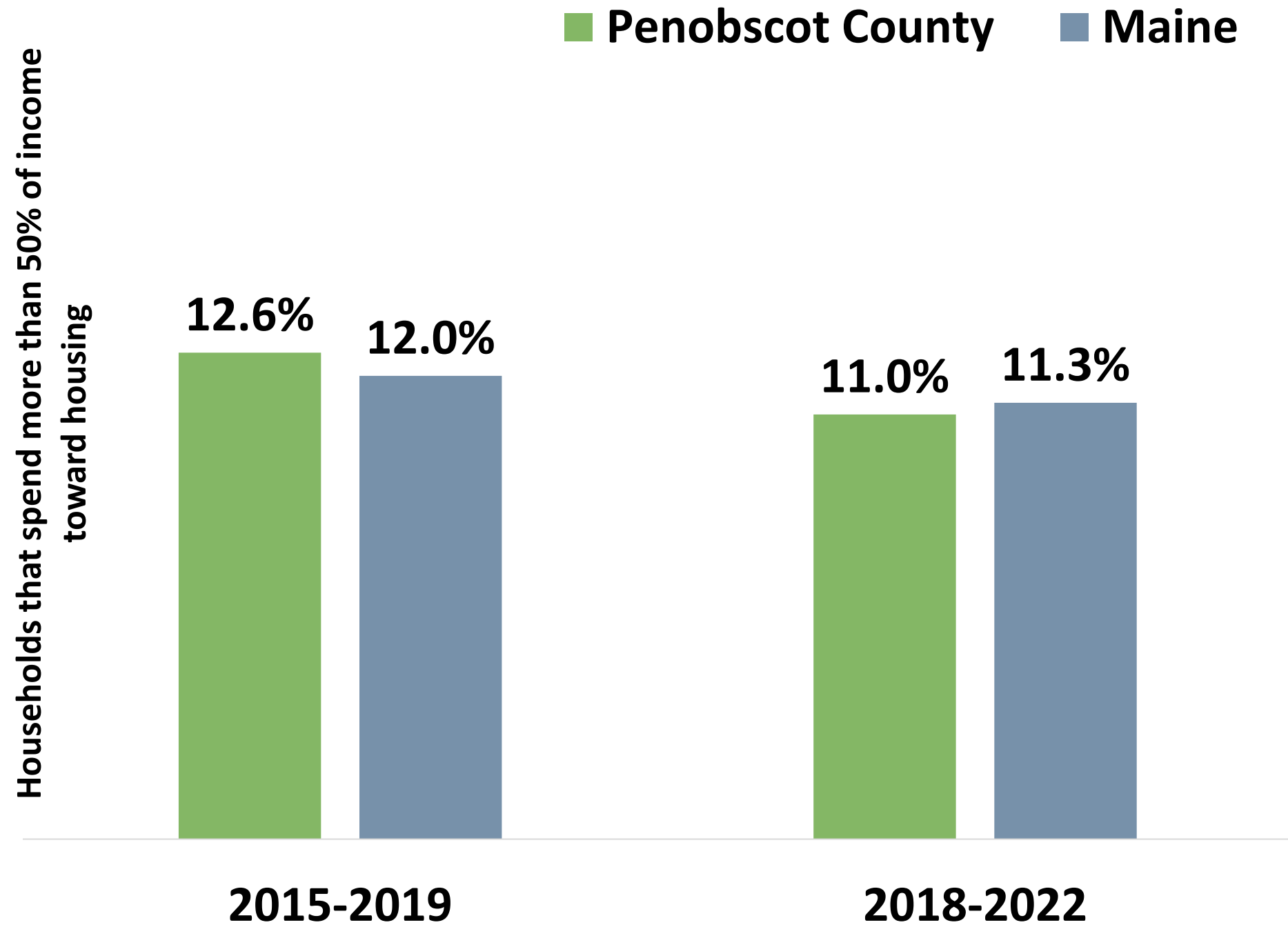
U.S Census Bureau ACS Five-year Estimates 2018-2022

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



Community Conditions

Cost-burdened Households



Transportation



26.8%

Commute of greater than 30 minutes driving alone

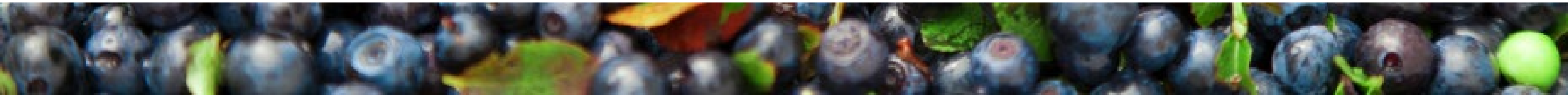


1.9%

No vehicle for the household

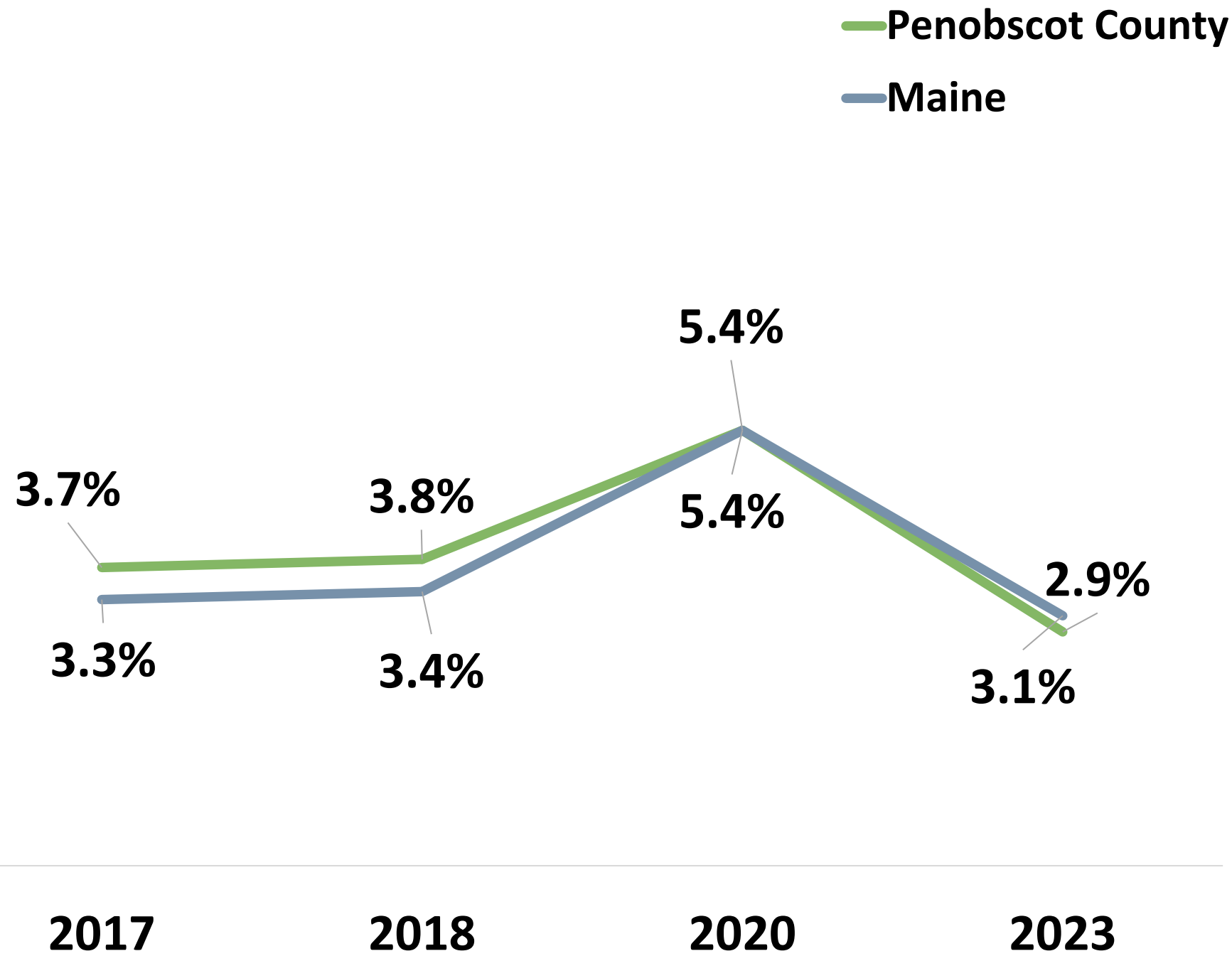
U.S Census Bureau ACS Five-year Estimates 2018-2022

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



Community Conditions

Unemployment



Economic Wellbeing



Median household income

2015-2019: \$50,808

2018-2022: \$55,125



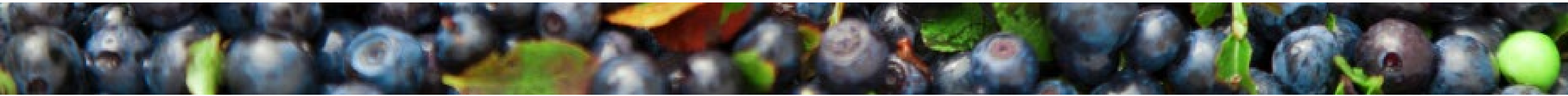
Statistically significant difference



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

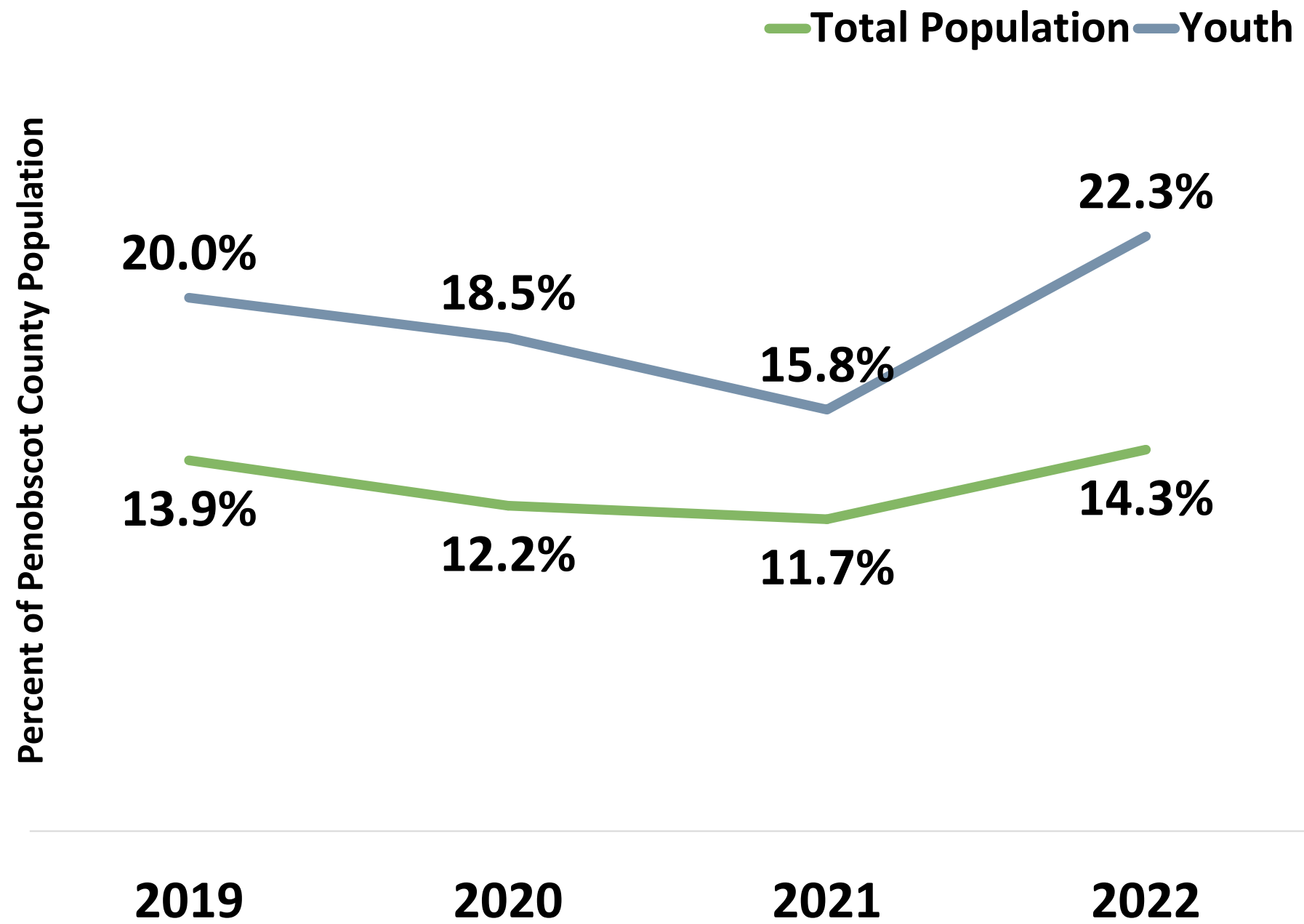
2019: 35.5%

2022: 29.5%

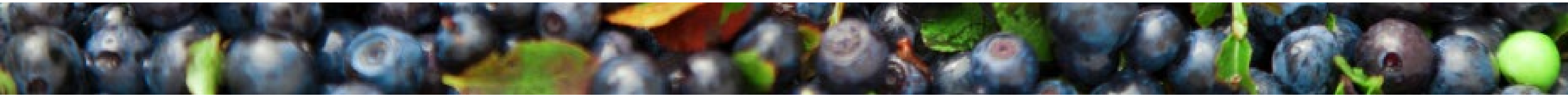
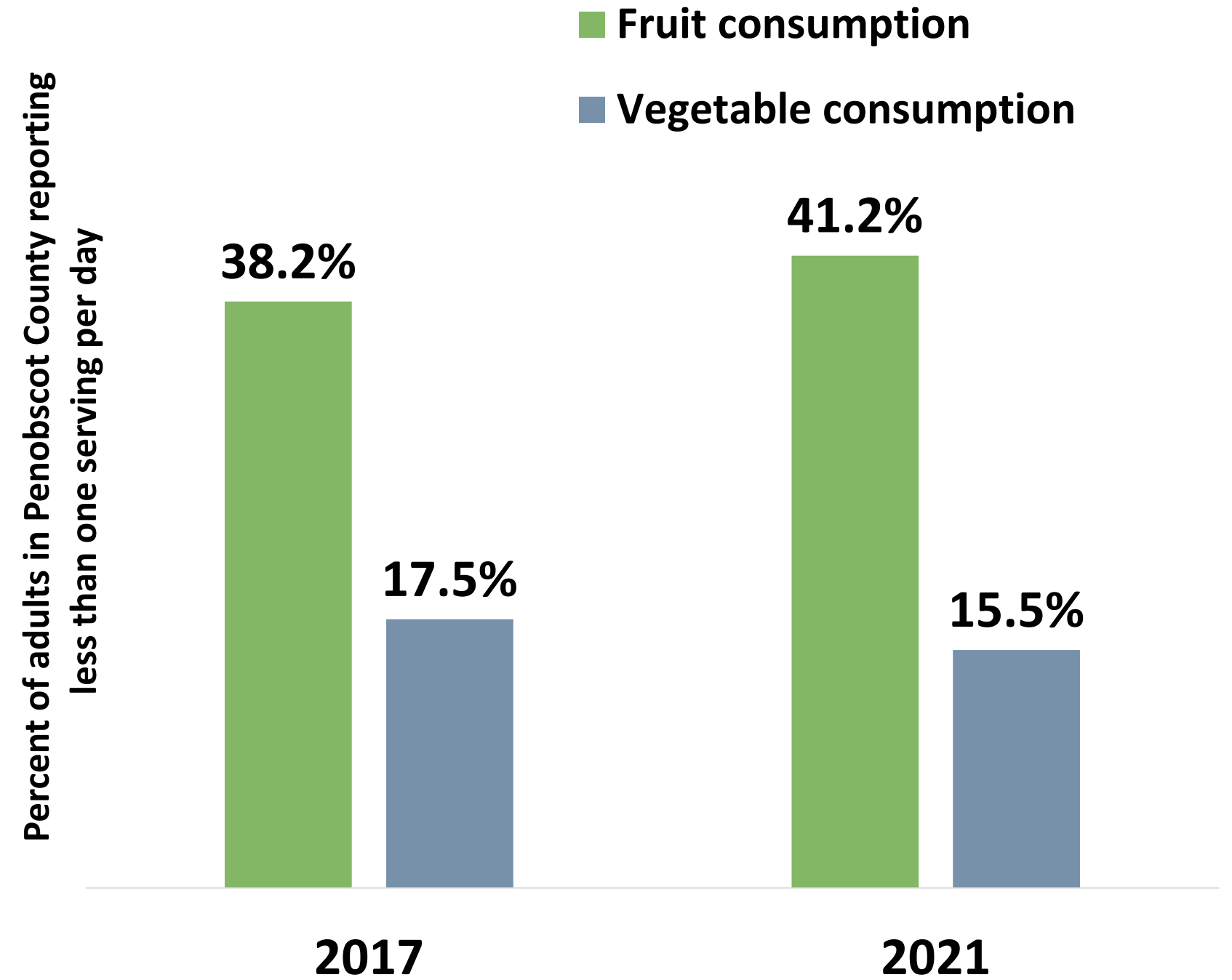


Community Conditions

Food Insecurity



Fruit & Vegetable Consumption



Community Conditions

Child Care



Child Care Centers

2020: 81

2024: 79

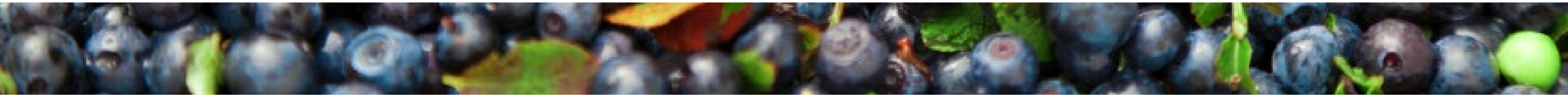
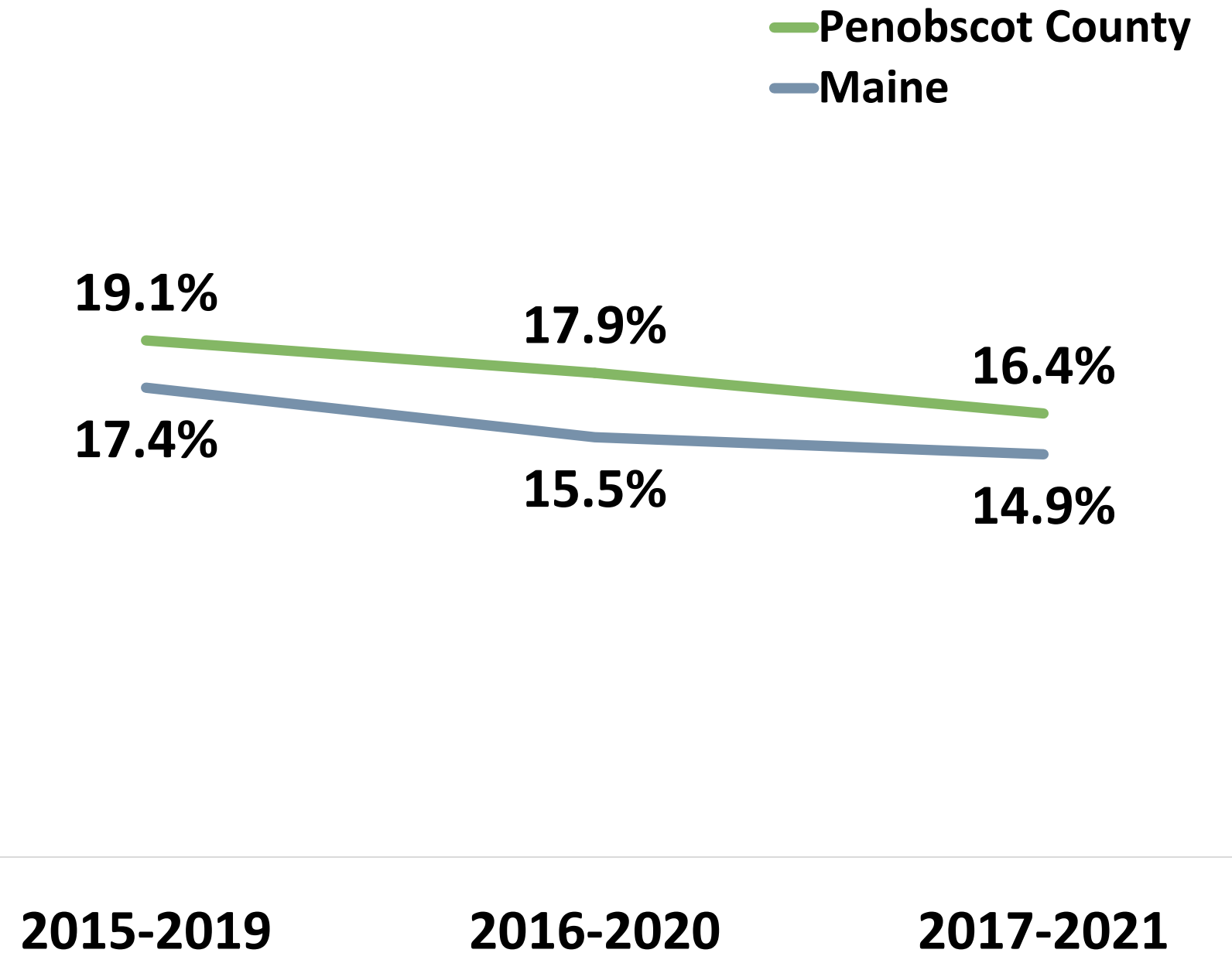


Children served in publicly funded state & local preschools

2019: 59.6%

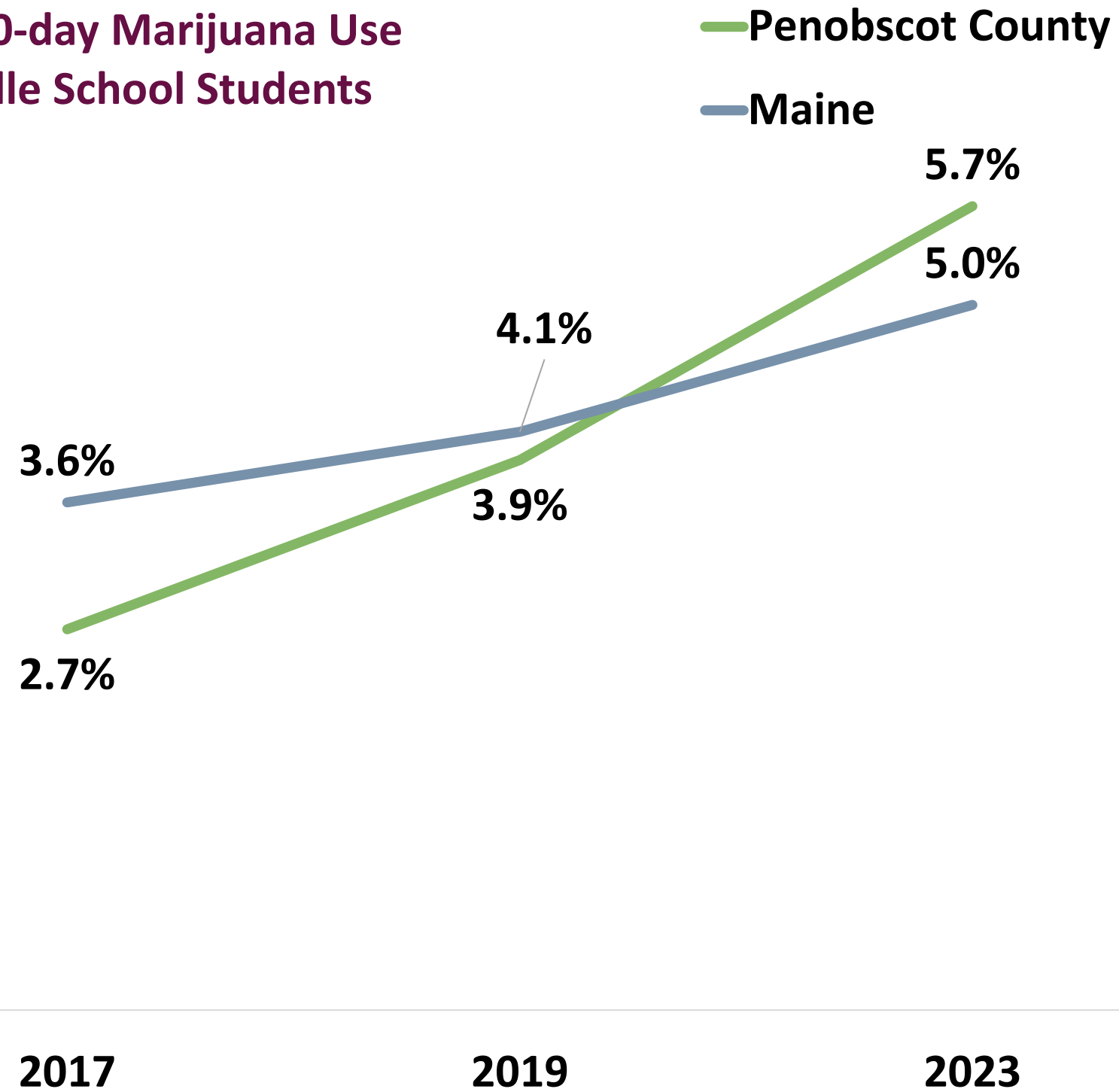
2023: 61.8%

Head Start eligible infants, toddlers, preschool age children

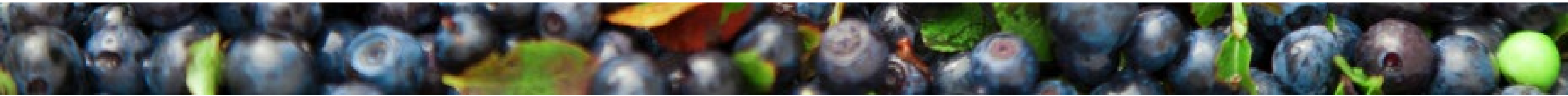
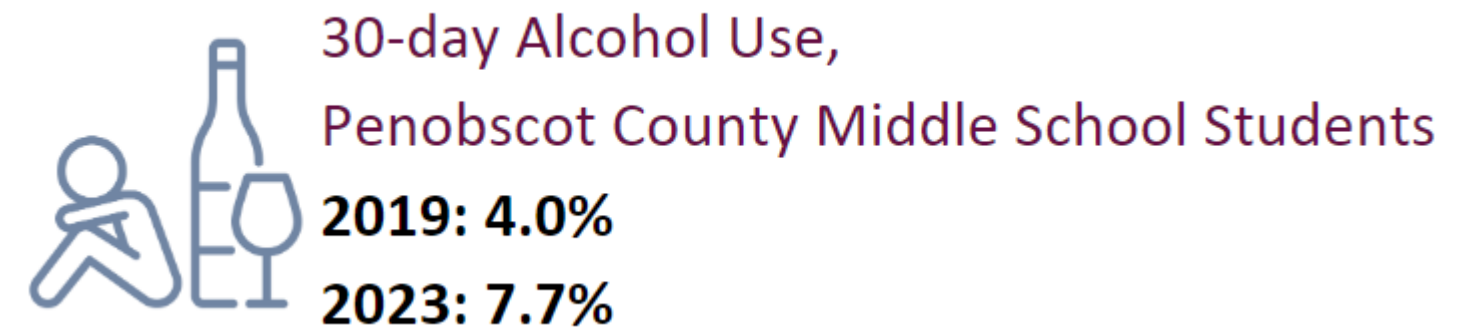
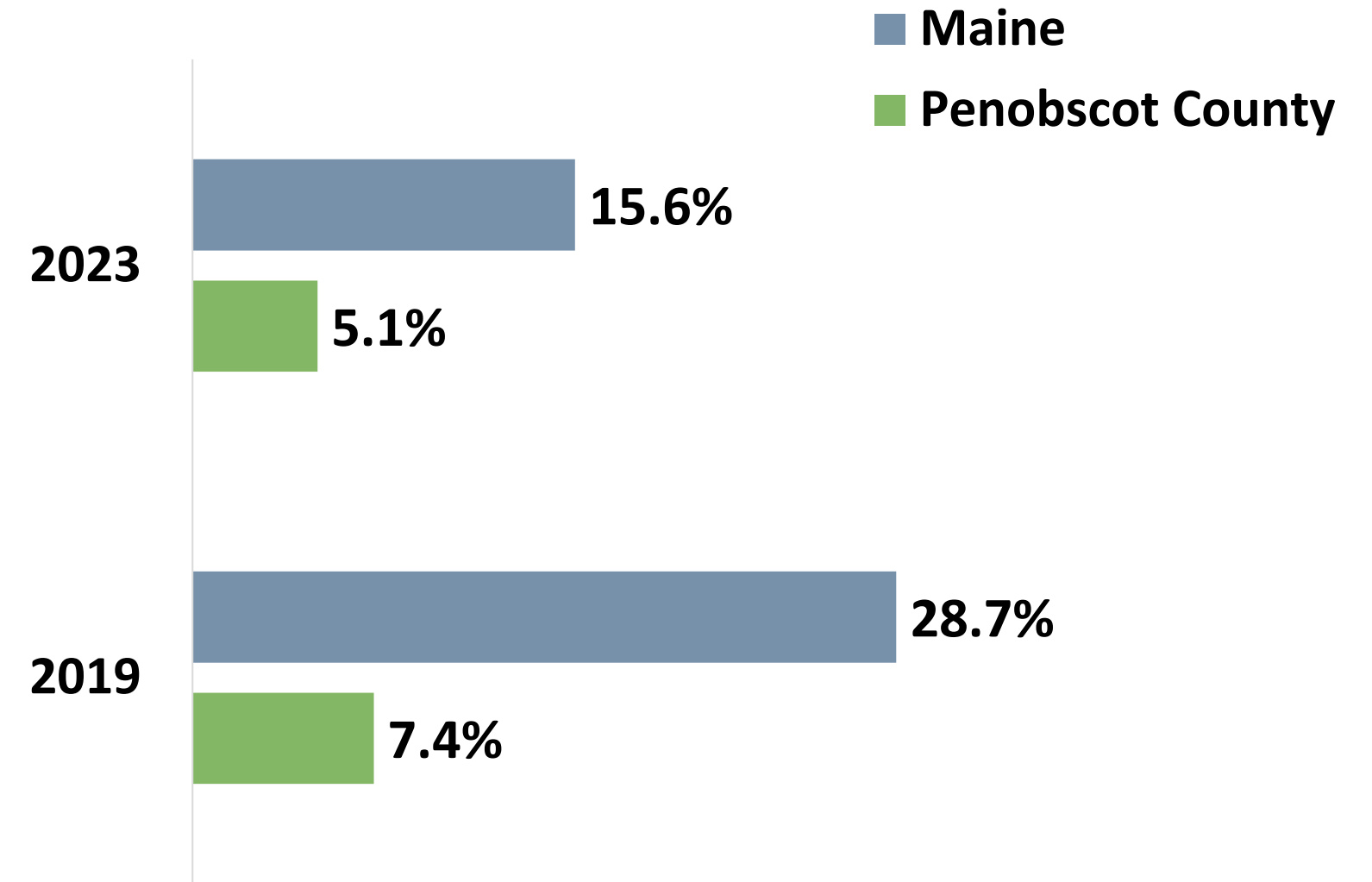


Protective & Risk Factors

Past 30-day Marijuana Use
Middle School Students

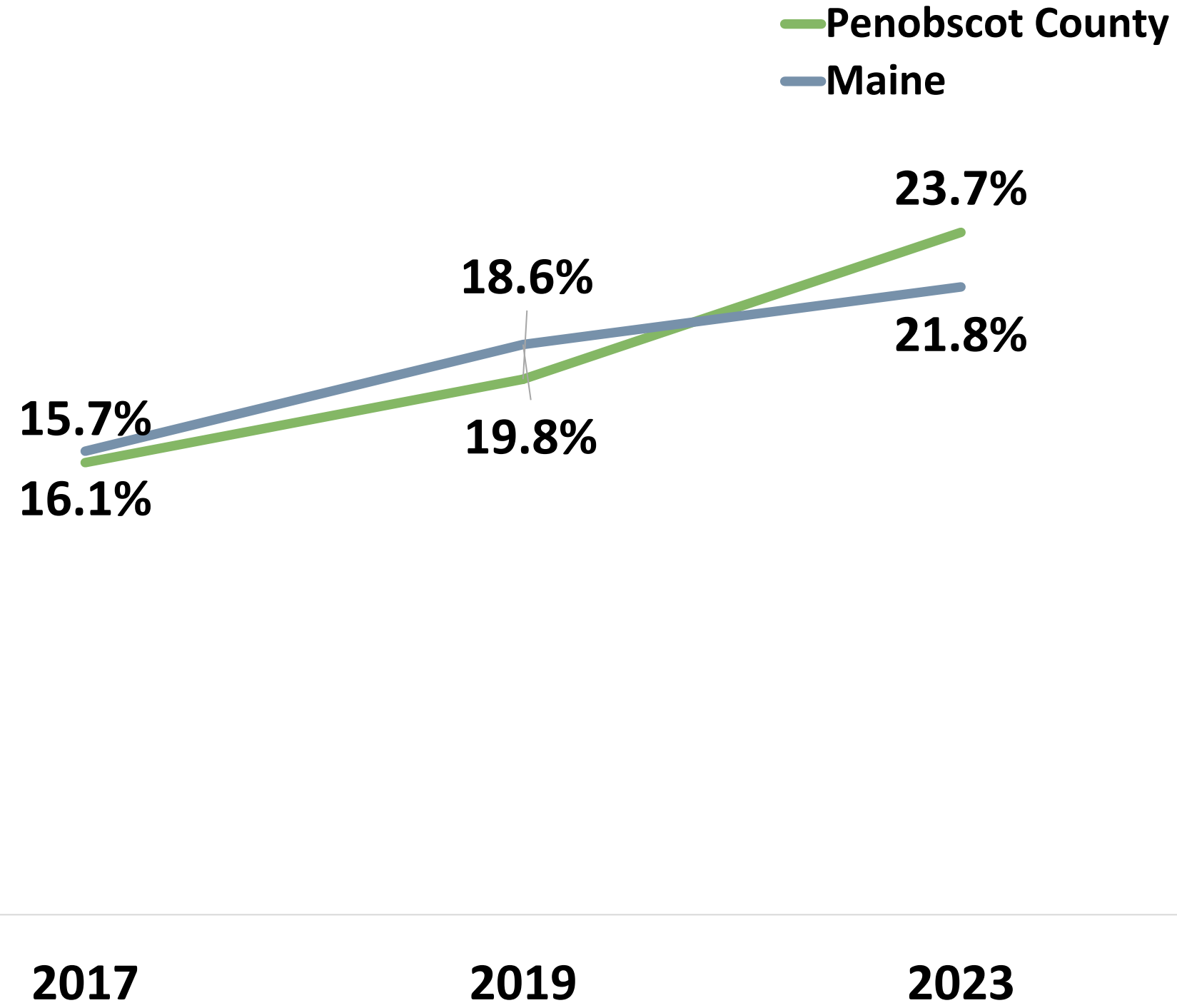


Past 30-day Use of Vaping Products
Middle School Students

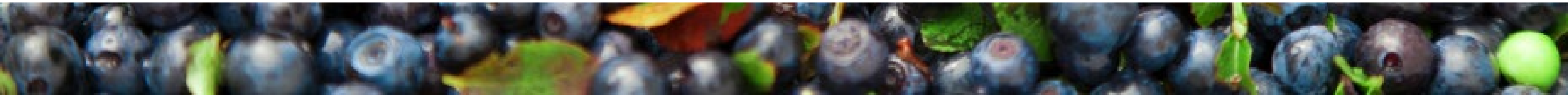
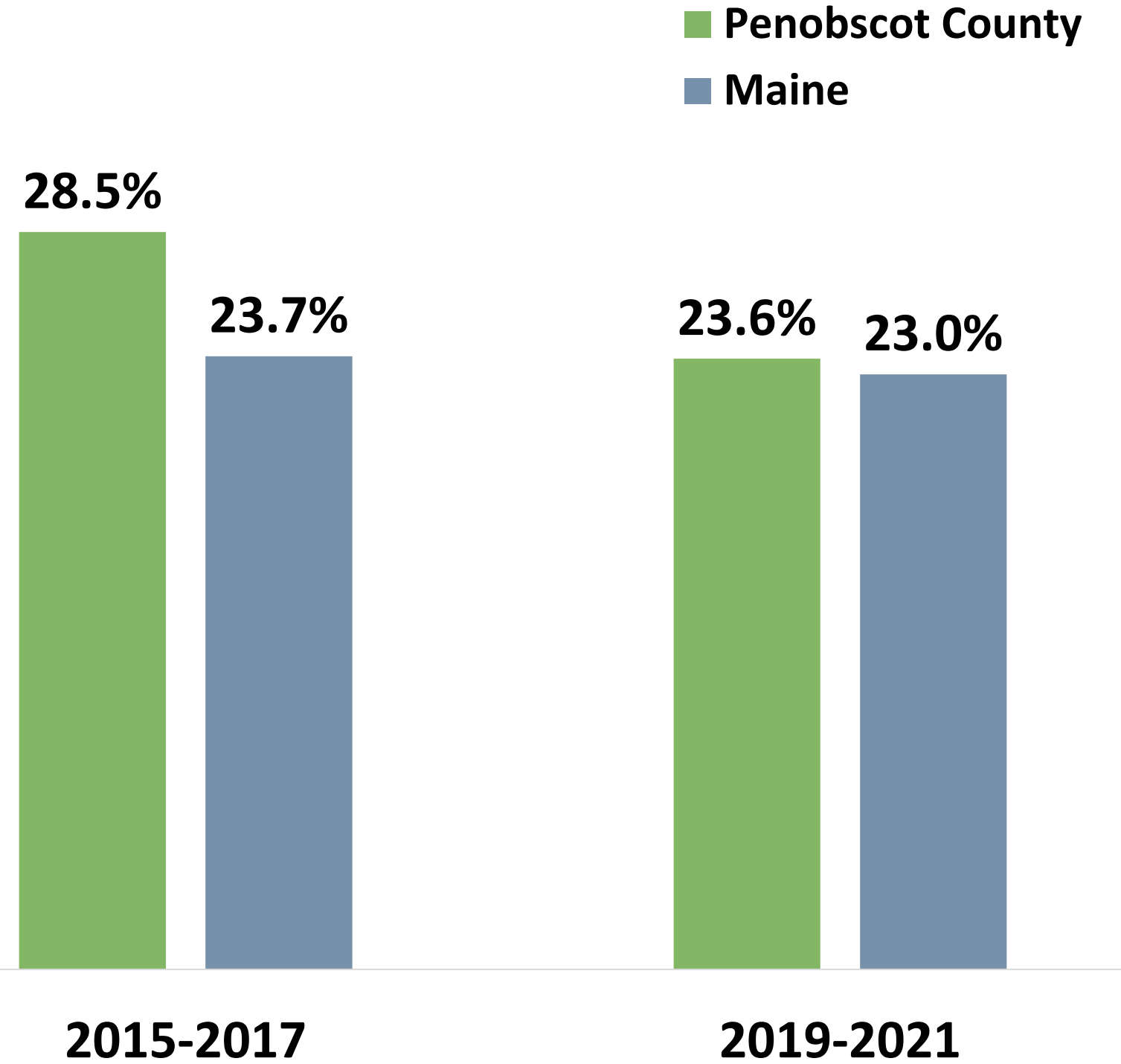


Protective & Risk Factors

**Ever Seriously Considered Suicide
Middle School Students**

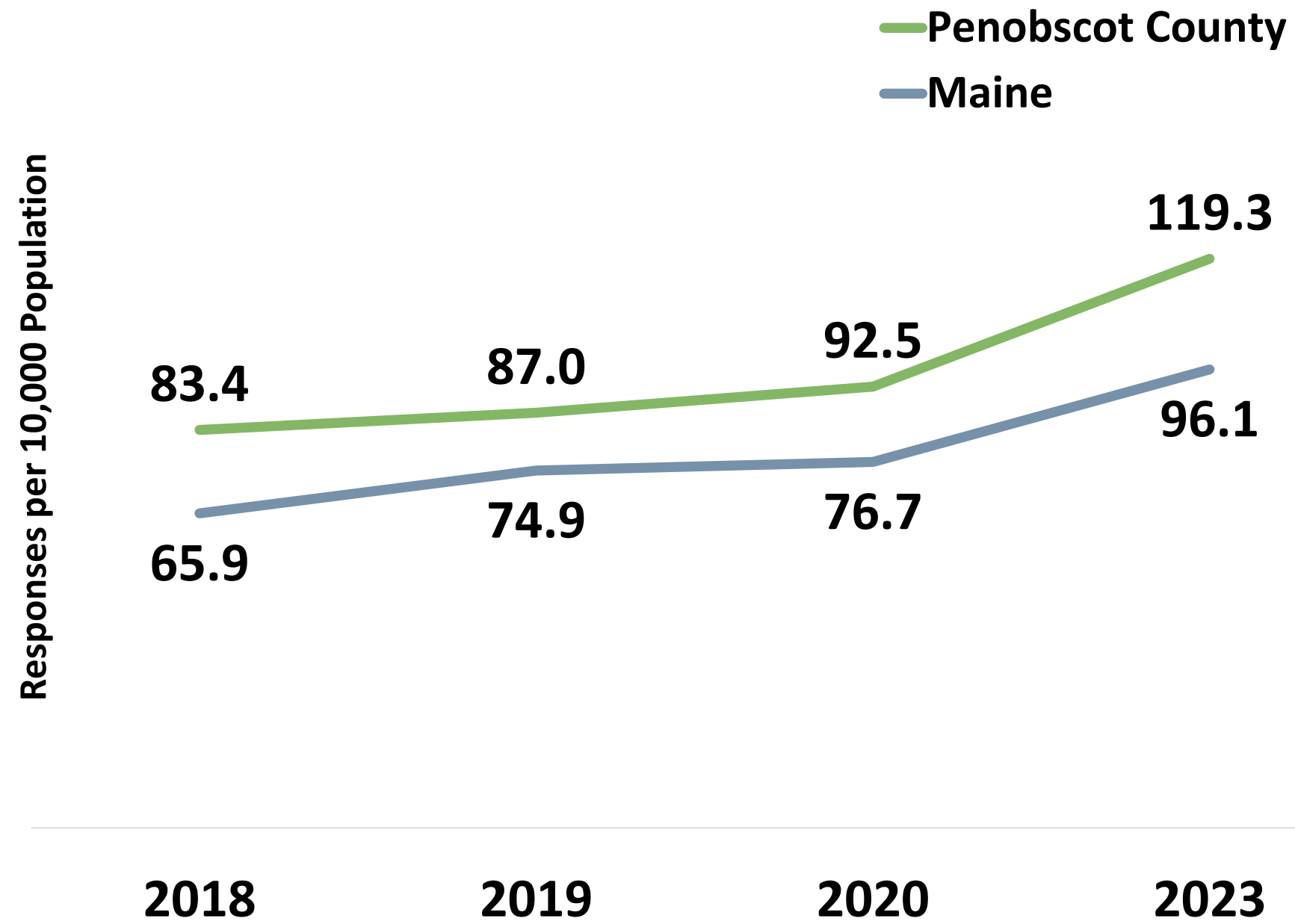


Adult Lifetime Depression

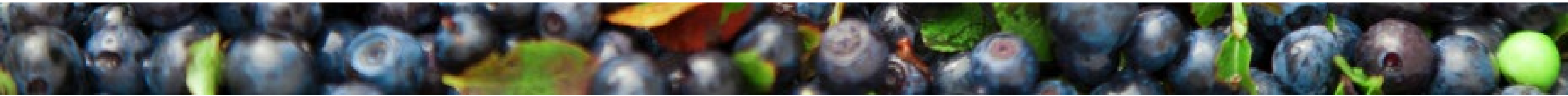
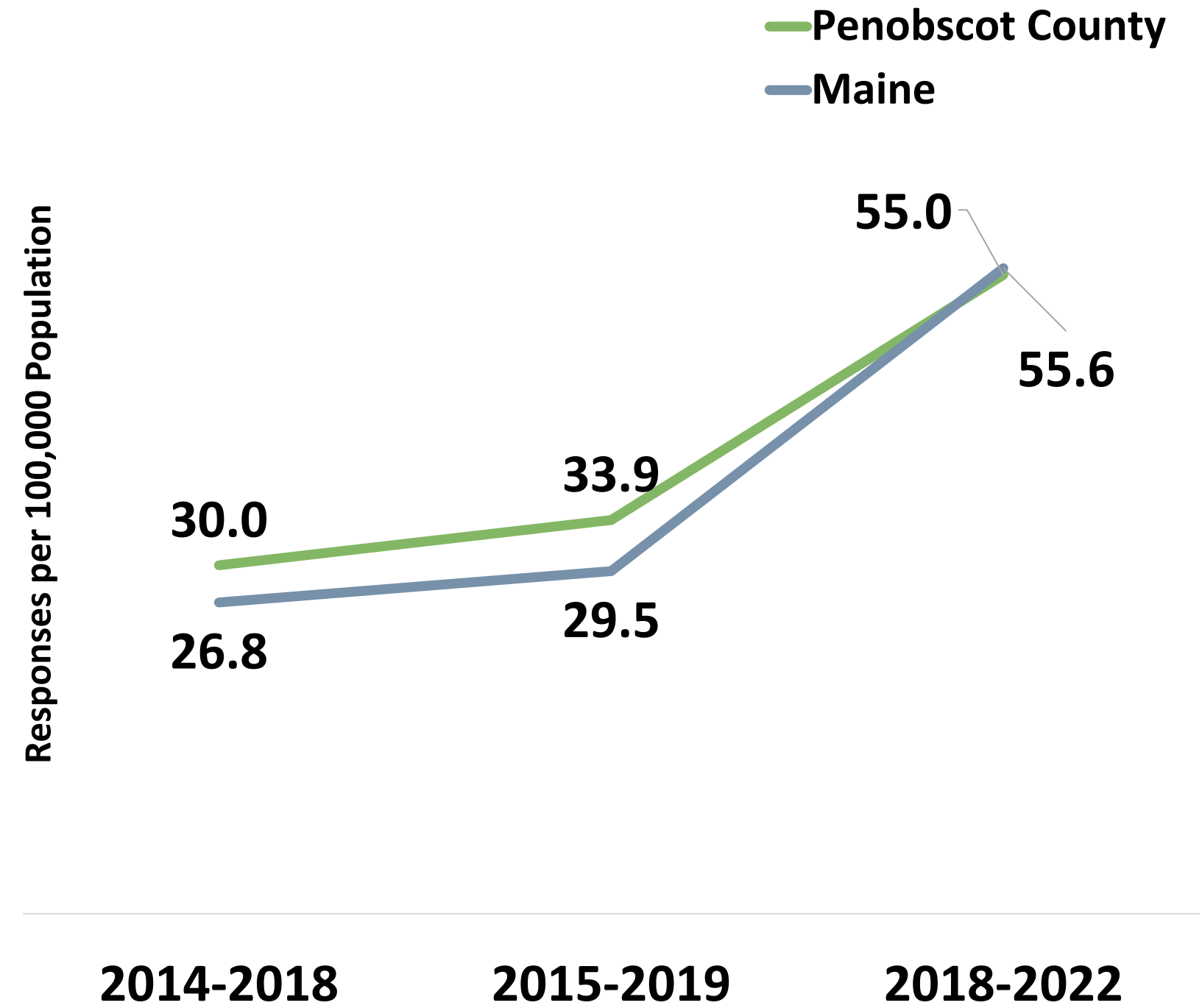


Health Conditions & Outcomes

Overdose Emergency Medical Service Responses



Drug-induced Deaths



Health Conditions & Outcomes

Leading Causes of Death

Rank	United States	Maine	Penobscot County
1	Heart Disease	Heart Disease	Heart Disease
2	Cancer	Cancer	Cancer
3	Unintentional Injury	Unintentional Injury	Unintentional Injury
4	Chronic Lower Respiratory Disease	Chronic Lower Respiratory Disease	COVID-19
5	Cerebrovascular Diseases	COVID-19	Chronic Lower Respiratory Disease
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	Influenza & Pneumonia
10	Suicide	Influenza & Pneumonia	Suicide



Cardiovascular disease deaths per 100,000 population

2015-2019: 205.5

2018-2022: 227.6

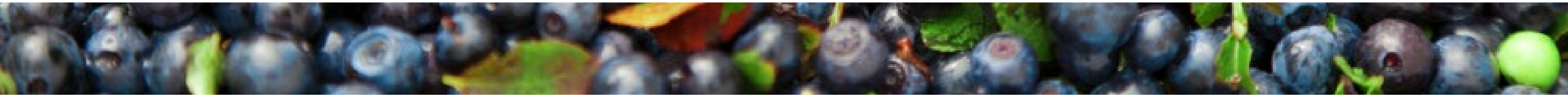


Cancer deaths per 100,000 population

2015-2019: 175.0

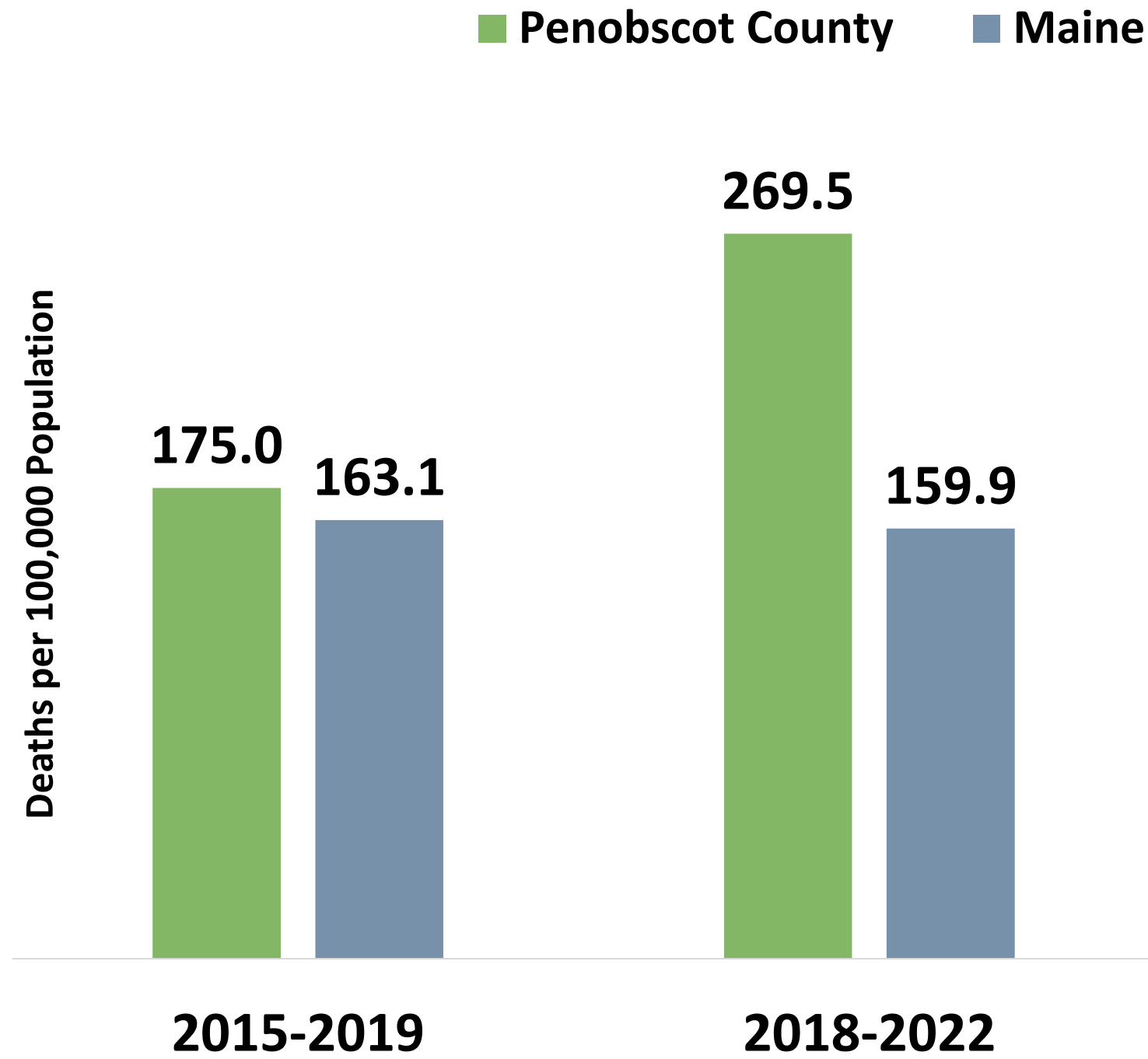
2018-2022: 169.5

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

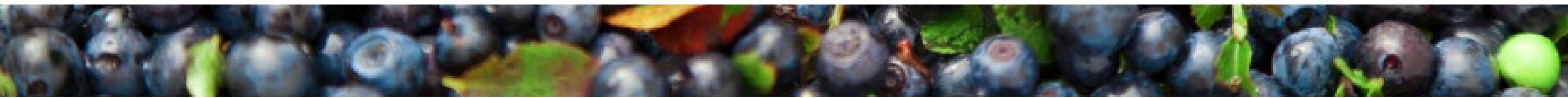
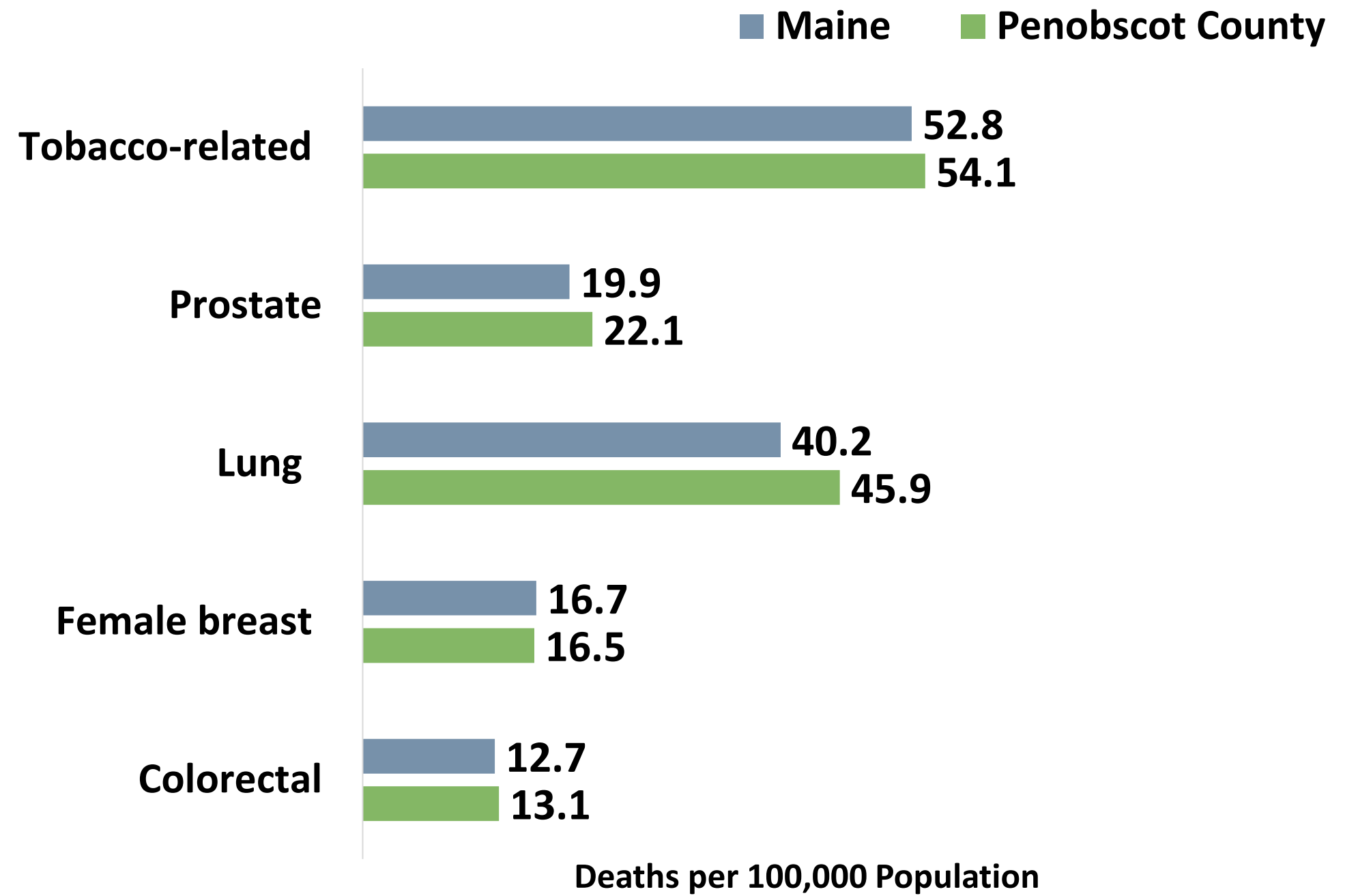


Health Conditions & Outcomes

All Cancer Deaths

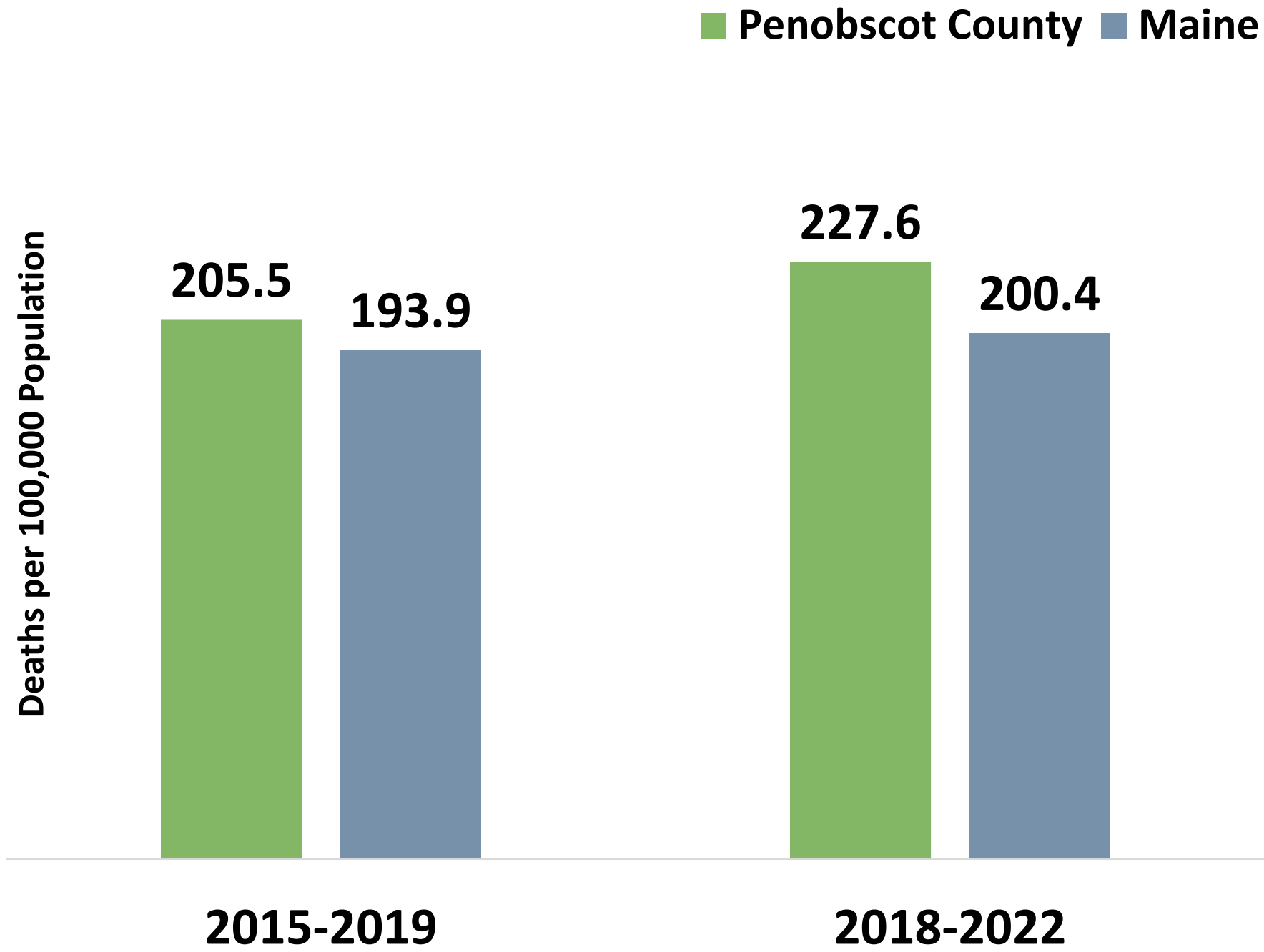


Cancer Mortality by Type

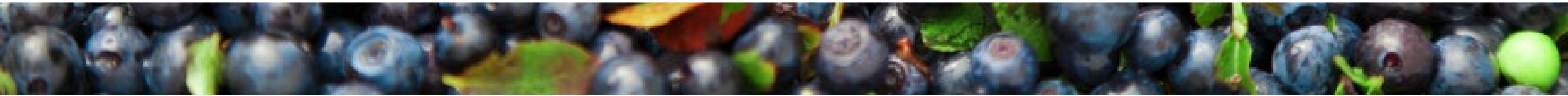
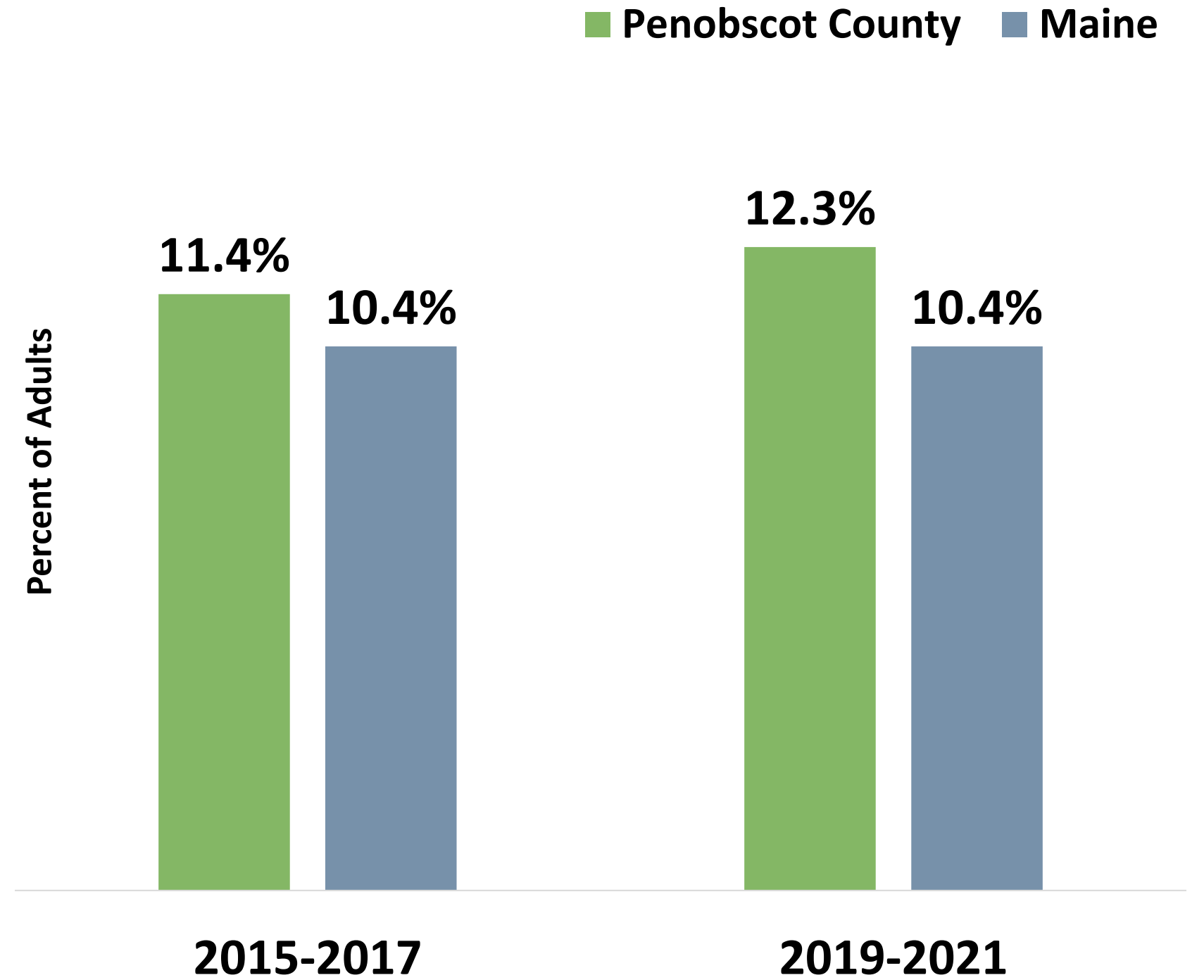


Health Conditions & Outcomes

Cardiovascular Disease Deaths

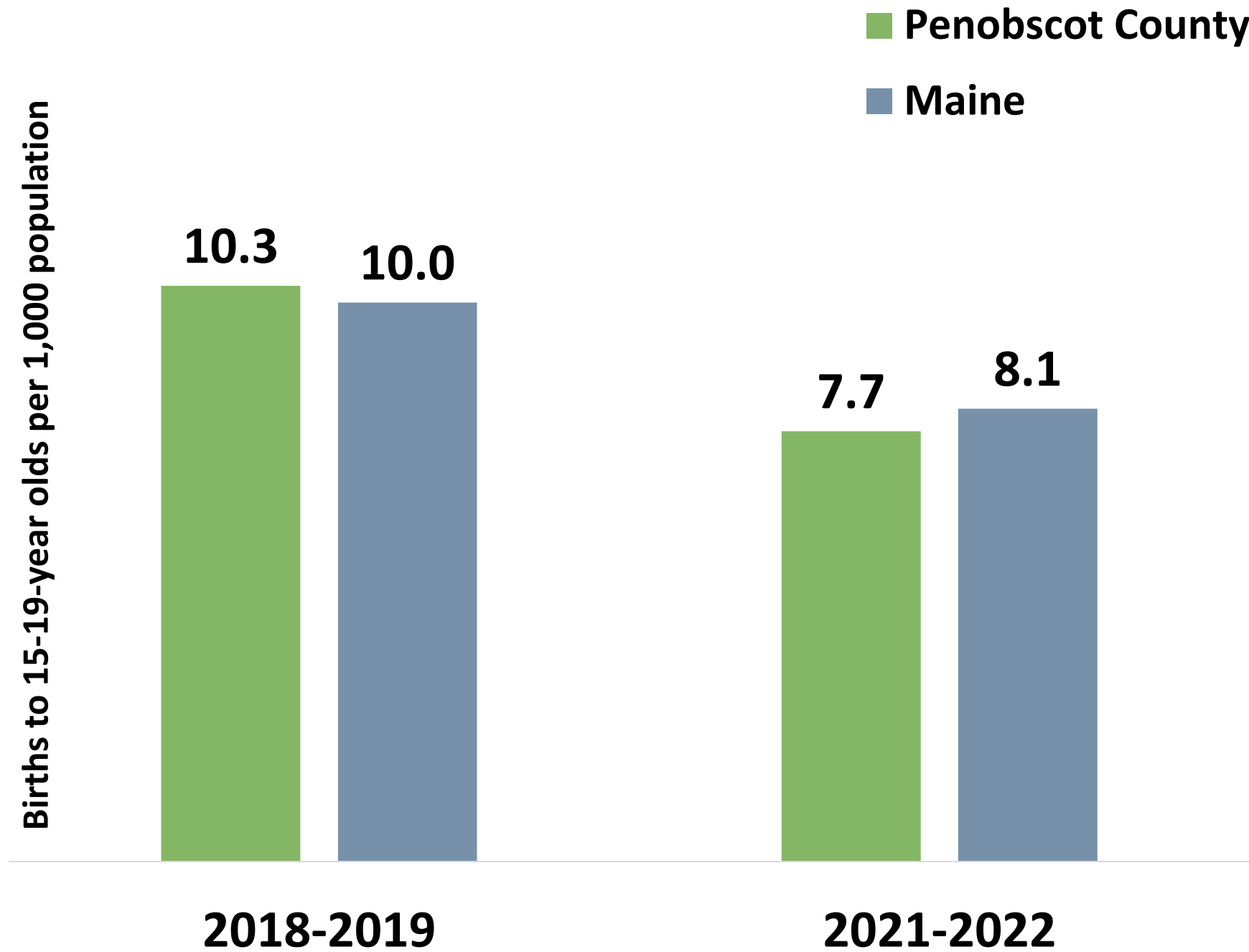


Diabetes

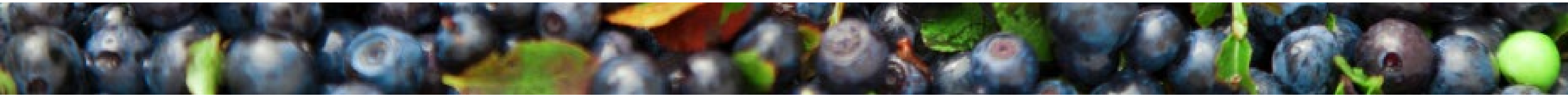
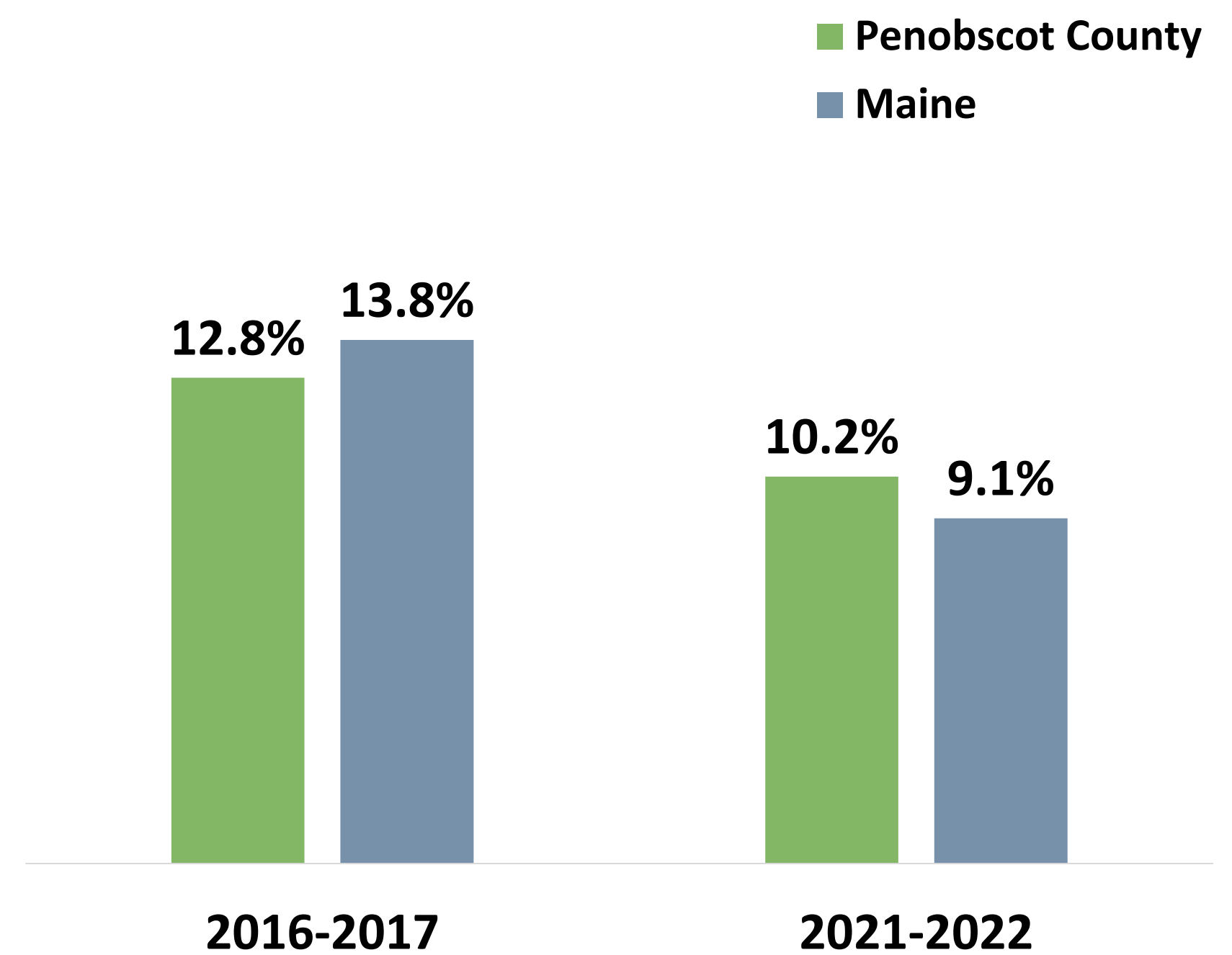


Health Conditions & Outcomes

Teen Births



Smoked During Pregnancy





Community Engagement

Community Engagement

Focus Group Top Themes

Affordable housing

Dental

Emergency & transitional housing

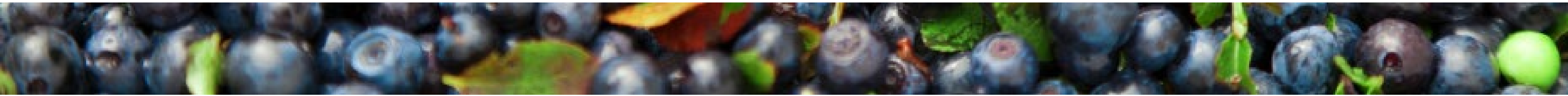
**Limited health care access in rural
communities**

**Mental health services, especially
crisis services**

**Substance use services, including
detox**

Select Quotes From Participants

- “A lot of rural communities have no health centers. Only nurse practitioners. I can come to Farmington to see a doctor, but there are long wait lists.”
- “Most of the time [with the crisis team] you’re on a tablet talking to a crisis worker. There aren’t a lot of psych wards around anymore. I had been stuck in the annex for three days. I ended up taking a five-hour trip to Fort Kent [for care].”
- “MaineCare has decided they will cover more dental if you can find a dentist who takes it.”
- “Homeless shelters are a need. There used to be one, but it shut down during COVID.”
- “I got MaineHousing while working with a navigator. I was able to go to the top of the list by doing what they wanted me to do. Now, they are putting people in hotels because the waiting lists are so long.”



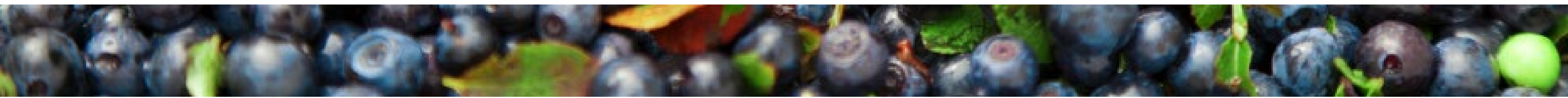
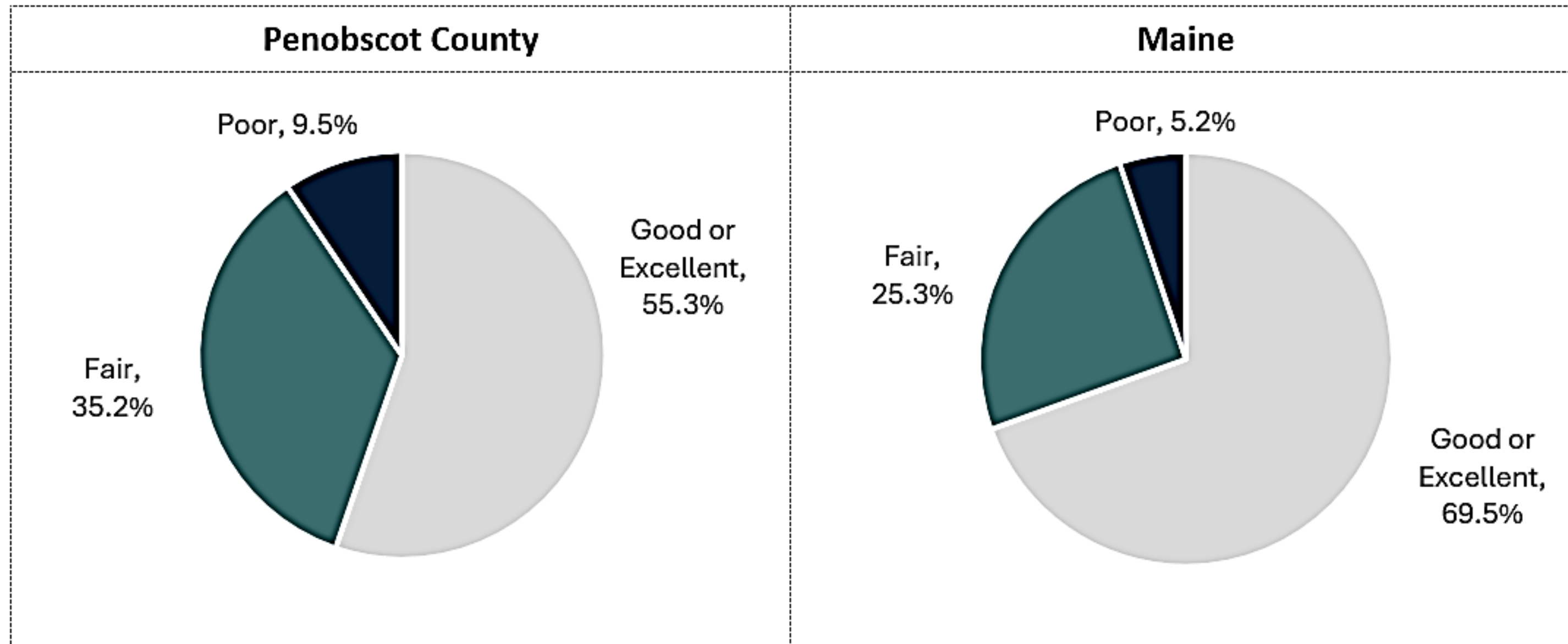
Community Engagement

Total Participants

742

Community Survey: Physical Health Status

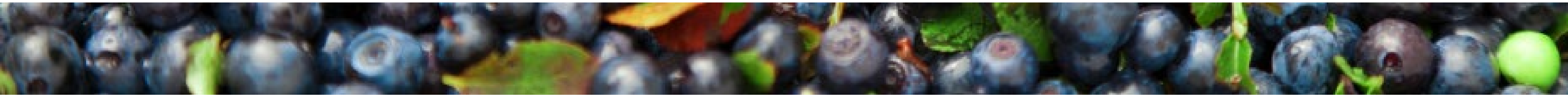
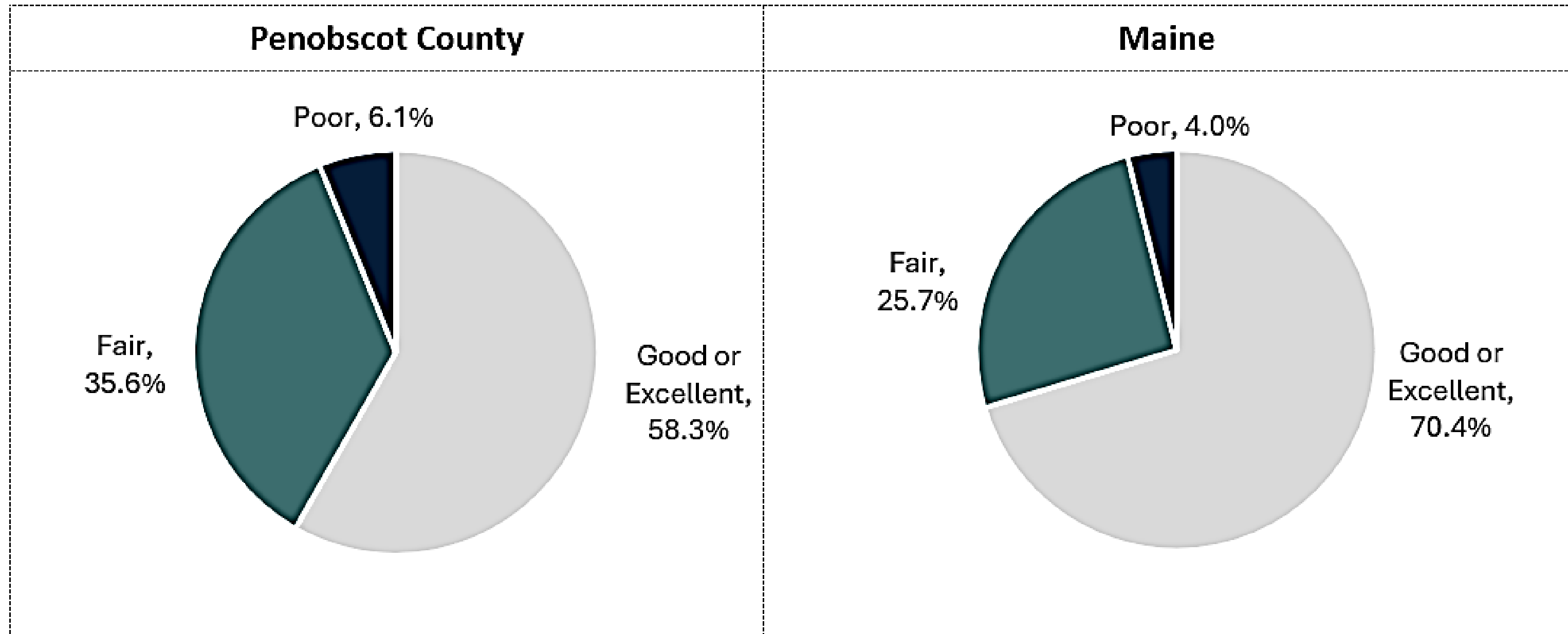
How would you rate your own physical health?



Community Engagement

Community Survey: Mental Health Status

How would you rate your own mental health?

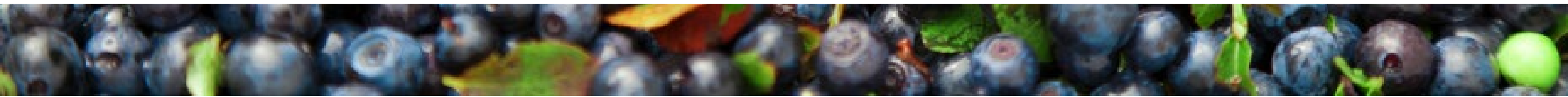


Community Engagement

Community Survey: Community Health Status

Top 5 social concerns that negatively impact your community

Penobscot 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)	Low incomes and poverty	3)	Low incomes and poverty
4)	Housing insecurity	4)	Housing insecurity
5)	Homelessness	5)	Obesity



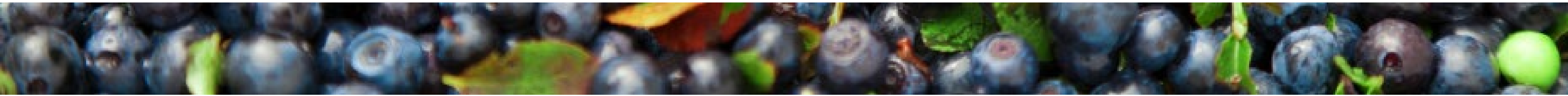
Community Engagement

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'

Penobscot County		Maine	
Economic needs	75.6%	Economic needs	76.1%
Chronic health conditions (cancer, high blood pressure, heart disease, high cholesterol, etc.)	74.6%	Chronic health conditions (cancer, high blood pressure, heart disease, high cholesterol, etc.)	75.7%
Mental health needs	72.9%	Mental health needs	73.6%
Housing needs	64.8%	Substance use	68.5%
Substance use	62.8%	Housing needs	68.5%
Transportation needs	55.3%	Transportation needs	60.9%
Environmental needs	50.8%	Environmental needs	58.4%
Public safety needs	47.7%	Public safety needs	53.7%



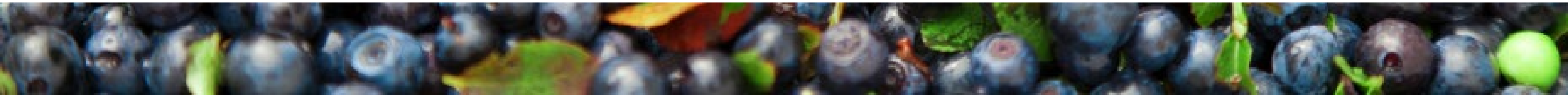


Prioritization Voting Results

Prioritization Voting Results

Survey Results

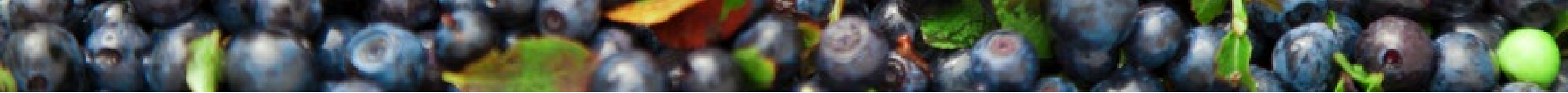
COMMUNITY CONDITIONS	%
Housing (such as housing availability and affordability, costs associated with home ownership or renting, costs of utilities)	68.4%
Provider Availability (such as availability of primary care physicians, dentists, psychiatrists, and mental health providers, access to mental health treatment, access to drug and alcohol treatment, caregiving, and prenatal care)	57.9%
Childcare (such as access to childcare, quality of childcare, affordability of childcare, etc.)	47.4%
Timeliness of Healthcare and Social Services (such as wait times for an appointment, inability to easily access providers to ask questions, inability to get care when you need it, etc.)	47.4%
Aging Related Services (such as long-term care, assisted living access, and in-home care support services)	42.1%



Prioritization Voting Results

Survey Results

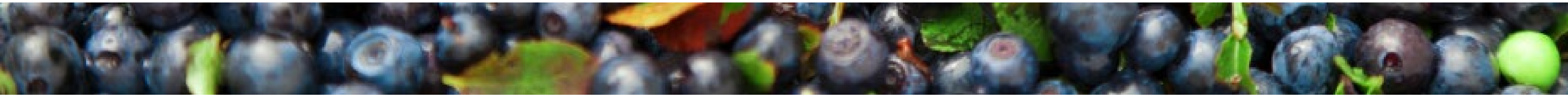
PROTECTIVE & RISK FACTORS	%
Nutrition (such as fruit and vegetable consumption, soda/sports drink consumption)	63.2%
Illicit Drug Use	57.9%
Adverse Childhood Experiences	47.4%
Alcohol Use (including binge drinking)	36.8%
Preventive Oral Health Care	36.8%



Prioritization Voting Results

Survey Results

HEALTH CONDITIONS & OUTCOMES	%
Mental Health (such as depression, anxiety, sad/hopeless, suicide, depression during pregnancy, post-partum depression)	84.2%
Obesity/Weight Status	63.2%
Substance Use Related Injury & Death (such as drug affected infant reports, overdose, opiate poisoning)	63.2%
Cardiovascular Disease (such as high blood pressure, high cholesterol, heart attack, stroke)	52.6%
Cognitive Decline, Alzheimer's disease and other dementias	36.8%



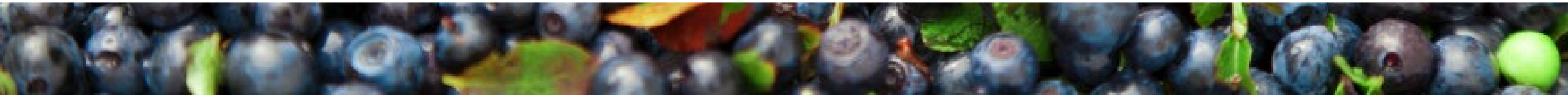


Breakout Discussions

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, and health conditions & outcomes as they relate to your County.

**[Penobscot County
Forum Prioritization
Voting Tool Survey
\(surveymonkey.com\)](#)**

Results



Community Conditions

1. Provider Availability (92.6%)
2. Aging Related Services (59.3%)
3. Housing (55.6%)

Health Conditions & Outcomes

1. Mental Health (96.3%)
2. Substance Use Related Injury & Death (59.3%)
3. Cancer (48.2%)

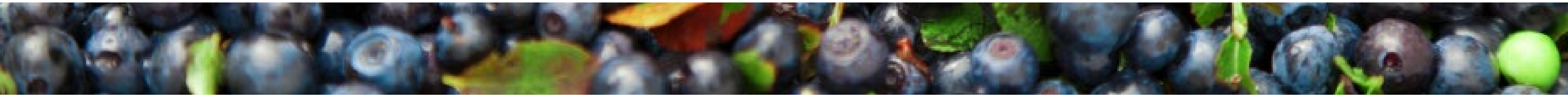
Protective & Risk Factors

1. Illicit Drug Use (74.1%)
2. Alcohol Use (55.6%)
3. Adverse Childhood Experiences (48.2%)

Breakout Discussion #2

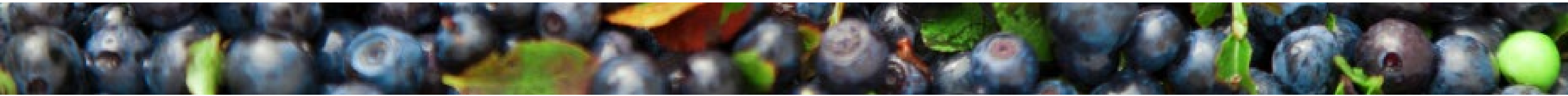
Please discuss the following questions as they relate to the priorities in your topic area:

- **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?**



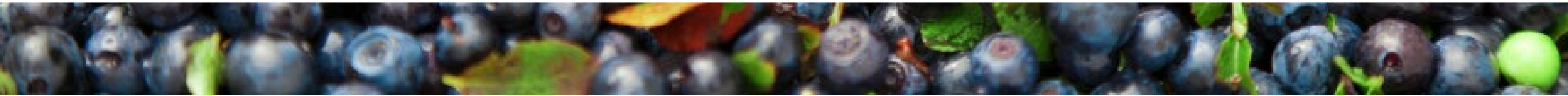
Breakout Discussion #3

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.**

