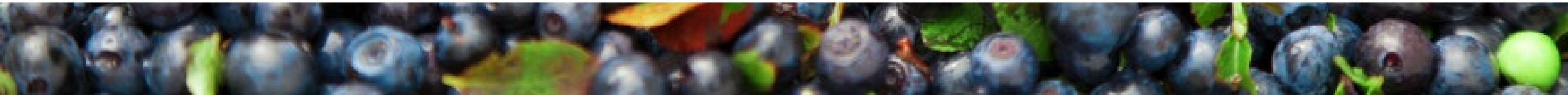# Maine Shared Community Health Needs Assessment

Piscataquis County

September 17, 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

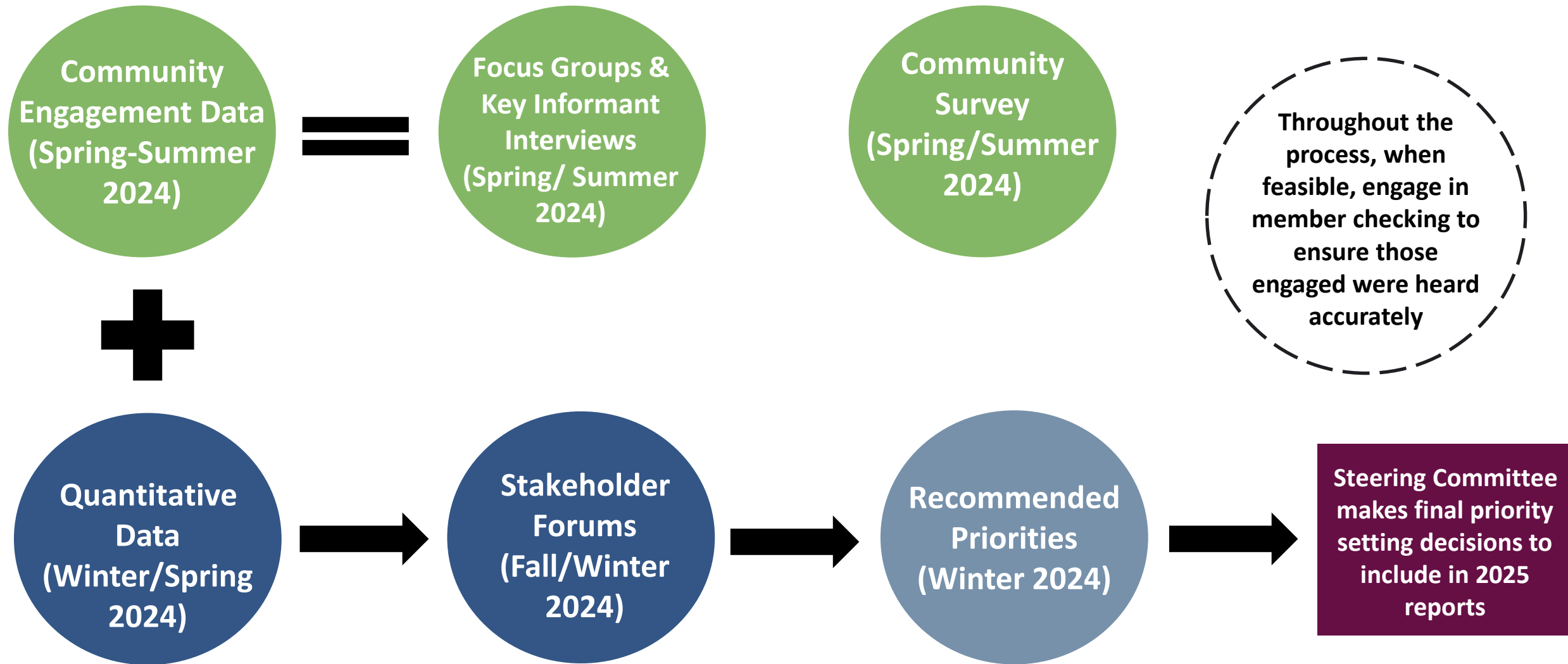
Maine Shared Community Health Needs Assessment
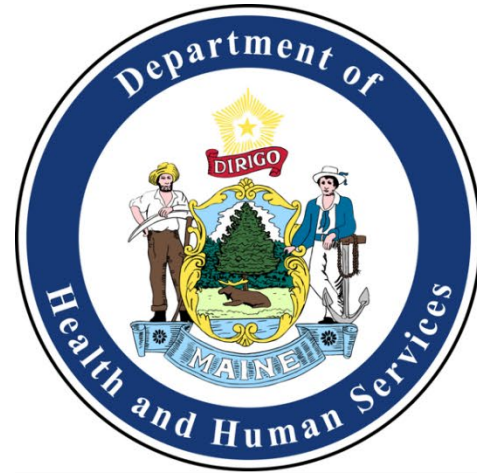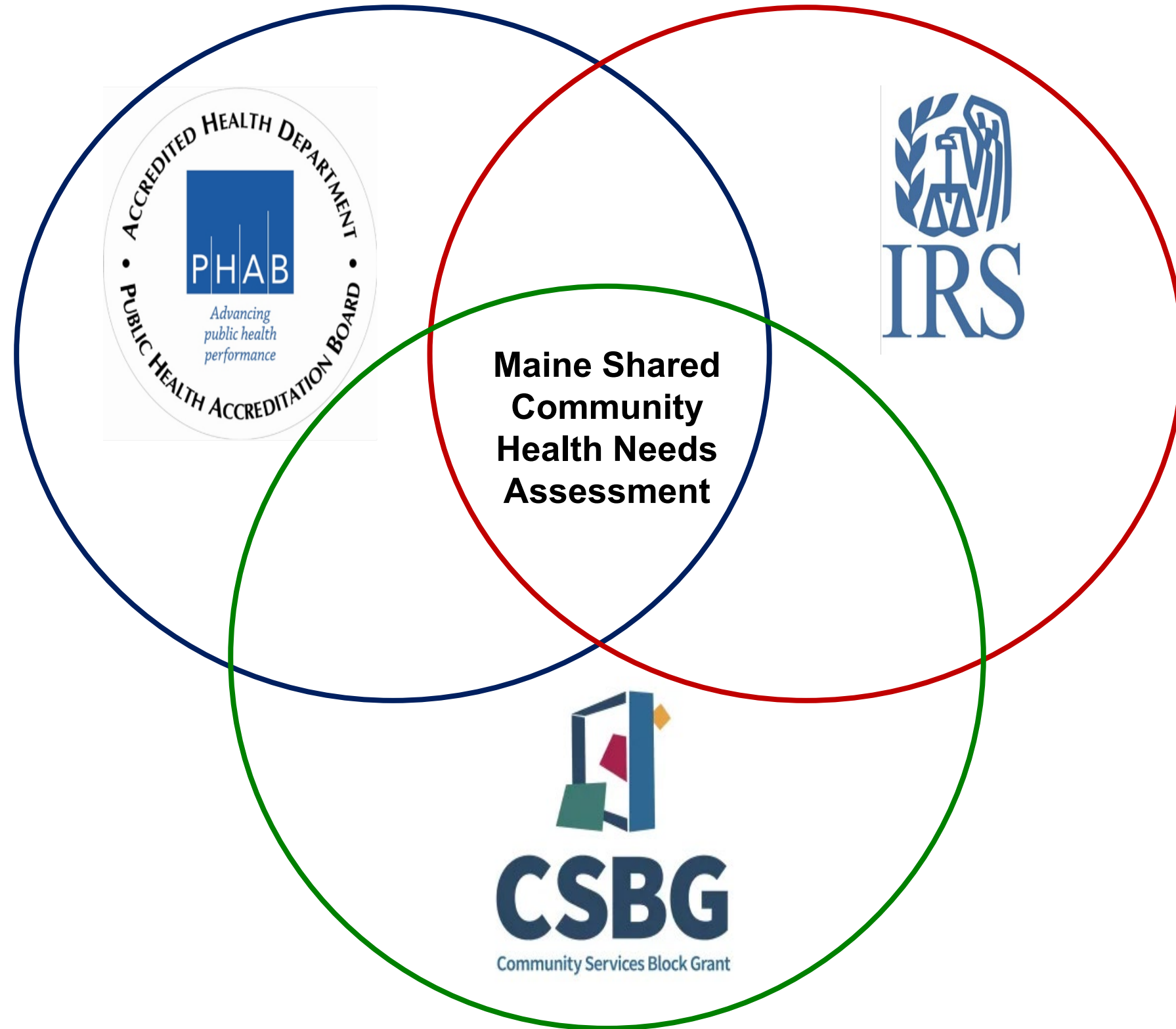
- **Steering Committee**
- **Program Manager**
- **Standing Committees**
  - **Metrics**
  - **Community Engagement**
- **Ad-Hoc Committees**
- **Local Planning Teams**
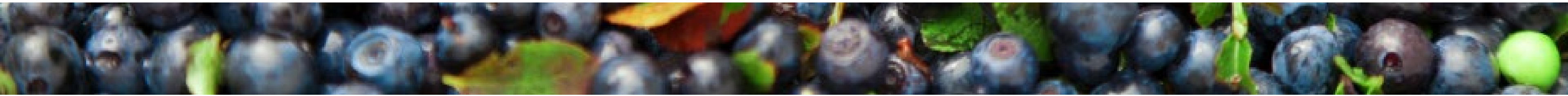
Maine Shared CHNA

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
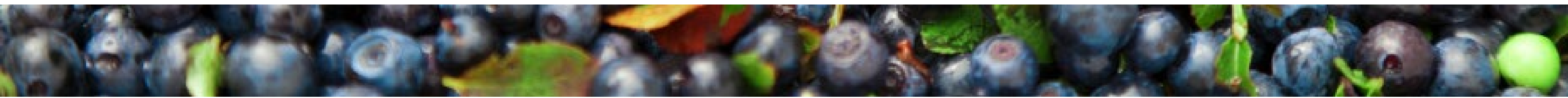
Agenda

Welcome!

Overview of Key Findings & Prioritization Voting

Breakout: Discussion of Findings & Prioritization Voting

BREAK

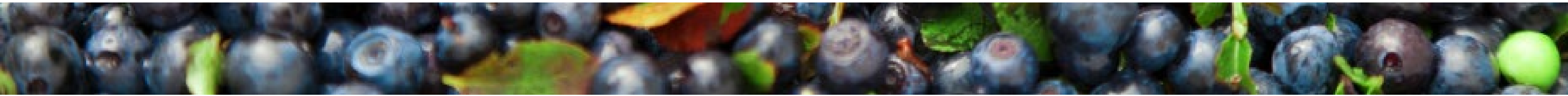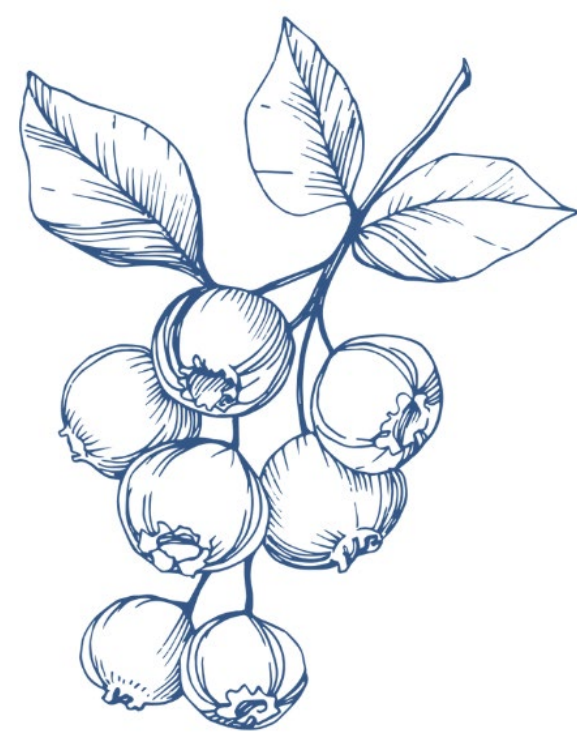Discussion Report Out & Second Round of Voting

BREAK

Presentation of Final Priorities

Breakout: Deeper Discussion of Priorities, Round 1

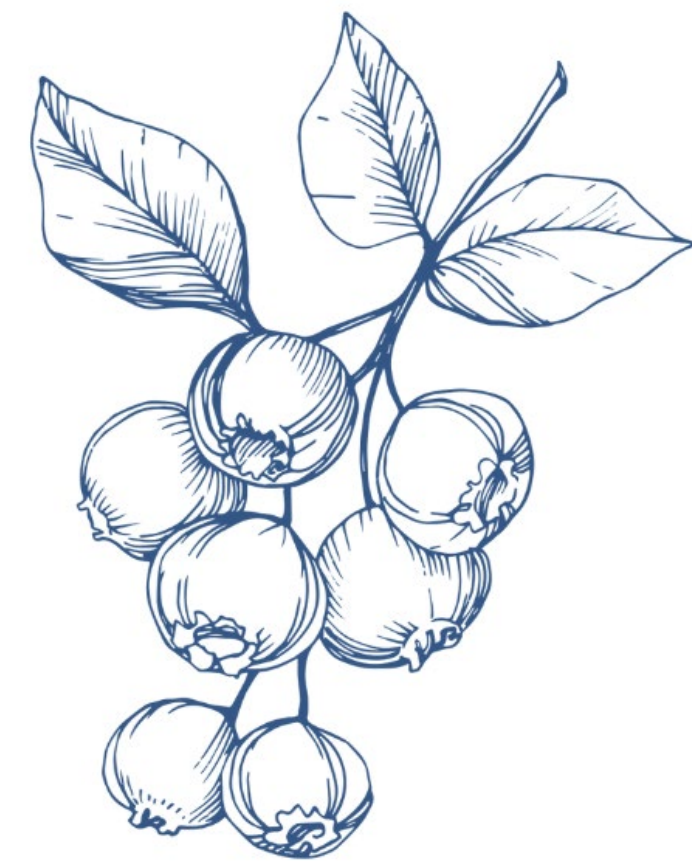**Breakout:** Deeper Discussion of Priorities, Round 2

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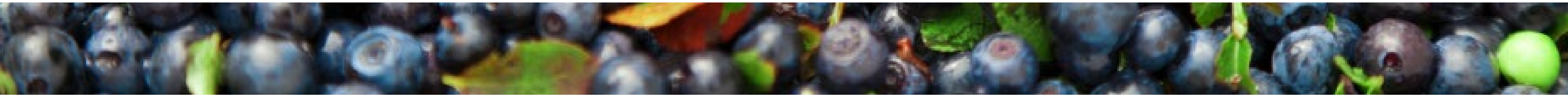
Conclusion & Next Steps

Housekeeping

- Step Up. Step Back.

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

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

- Maintain Confidentiality.

- Acknowledge Positionality.

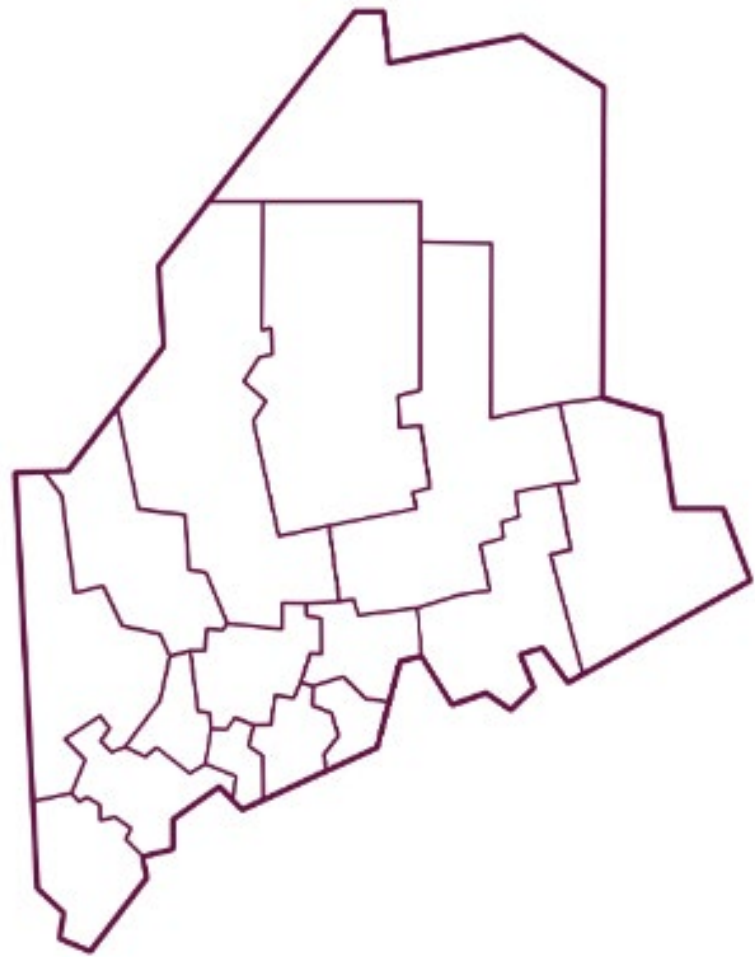2023 Community Agreements.pdf (mainephilanthropy.org)

Key Findings

Demographics

Total Population

16,936

1.2% of total state population

Population by Age
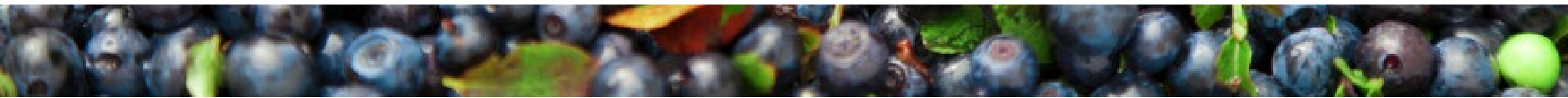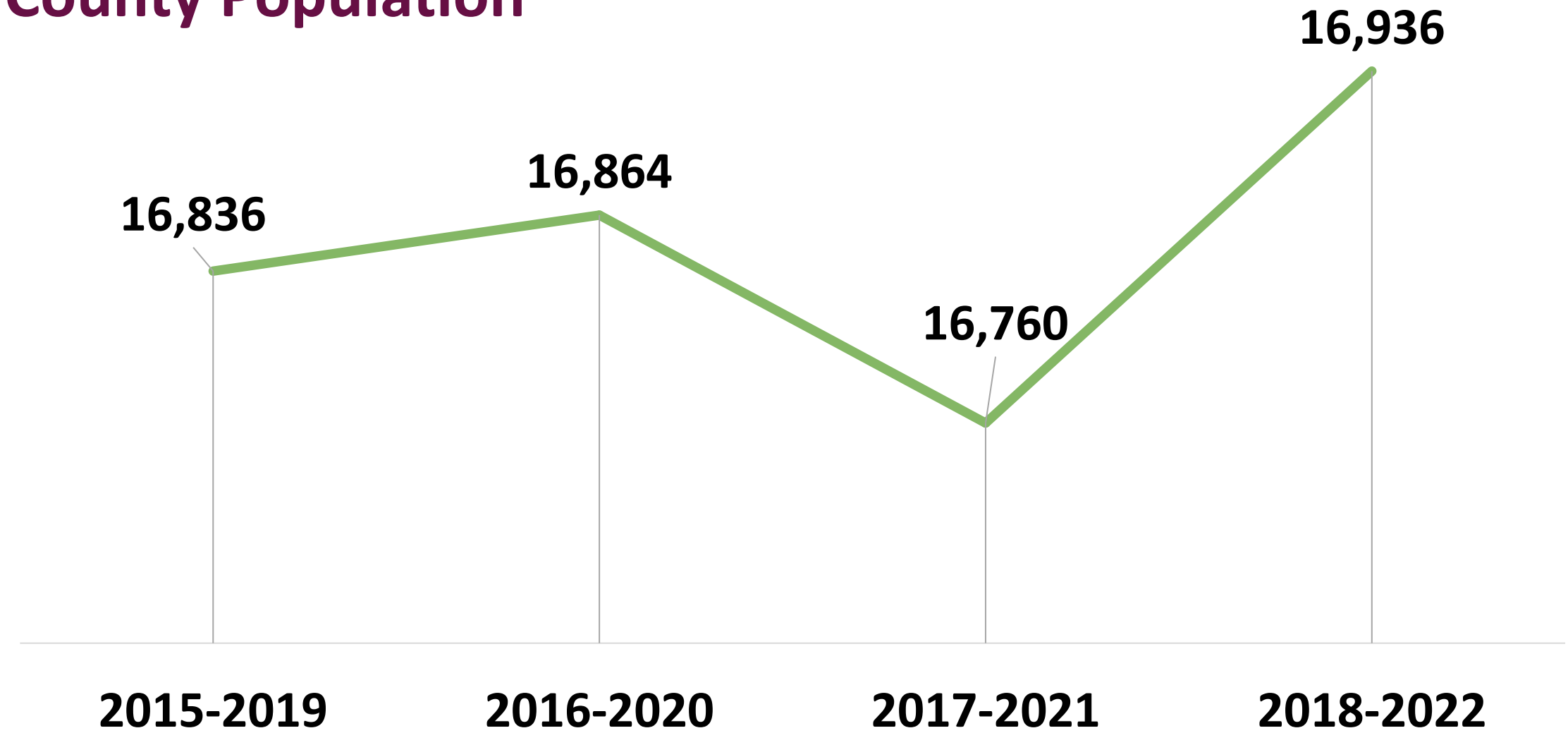
Age Under 18
17.0%

Age 18-64
56.2%

Age 65+
26.8%

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

County Population

16,836
16,864
16,760
16,936

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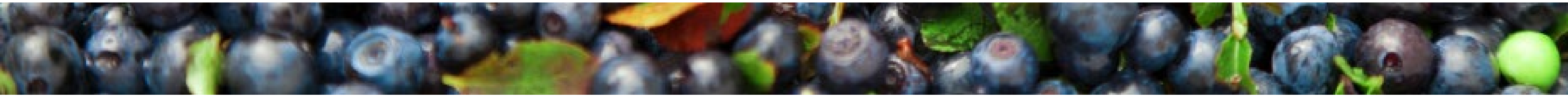
Demographics

Individuals Living in Poverty

Legend: ■ Piscataquis County ■ Maine

Year	Piscataquis County	Maine
2015-2019	18.5%	11.8%
2016-2020	17.3%	11.1%
2017-2021	16.0%	11.0%
2018-2022	15.0%	10.9%

Demographics

Social Drivers of Health

■ Piscataquis County   ■ Maine

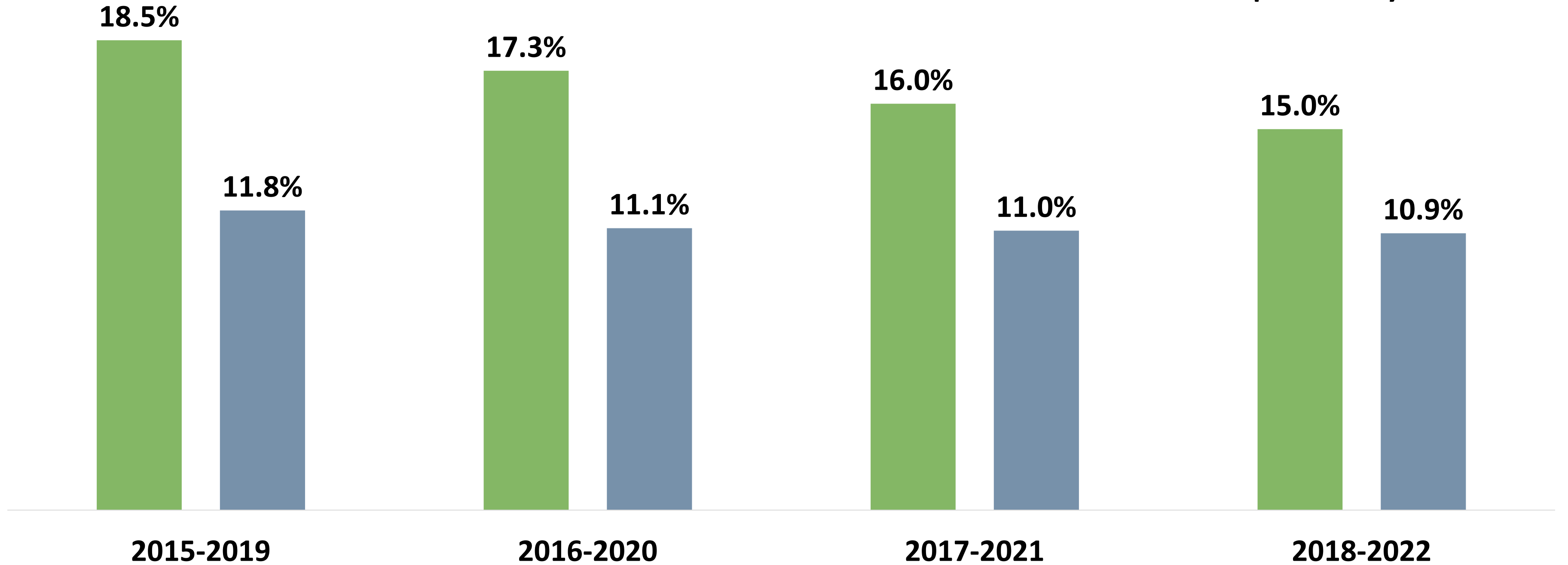|	Piscataquis County	Maine
Population Living with a Disability	17.7%	15.8%
Associates Degree or Higher (25+)	38.5%	44.4%
65 + Living Alone	26.4%	29.5%
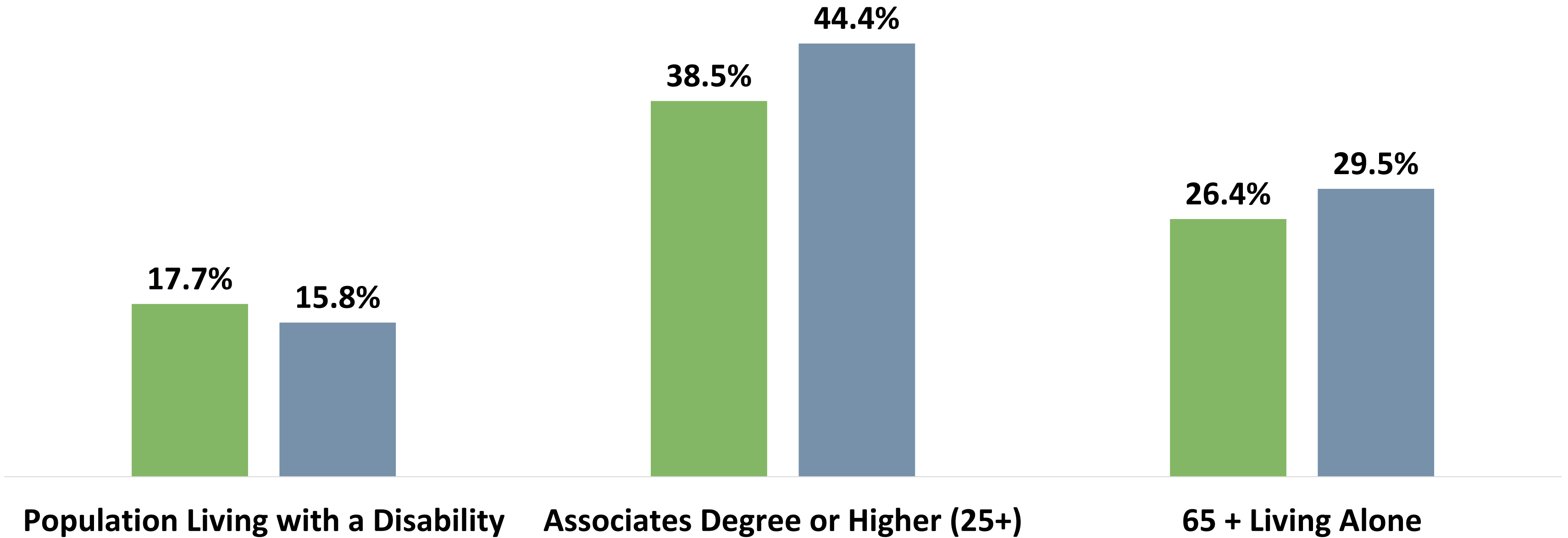
U.S Census Bureau ACS Five-year Estimates 2018-2022
People Living with a Disability, U.S Census Bureau ACS Five-year Estimates 2017-2021
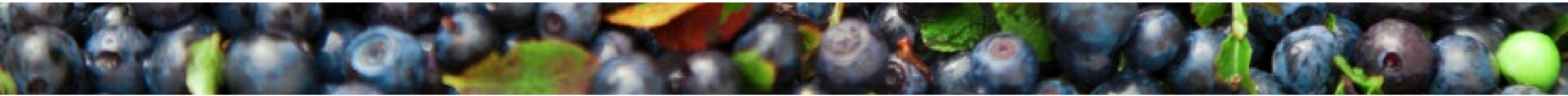
Community Conditions

Cost-burdened Households

Households that spend more than 50% of income toward housing

■ Piscataquis County   ■ Maine

2015-2019
- 8.6%
- 12.0%
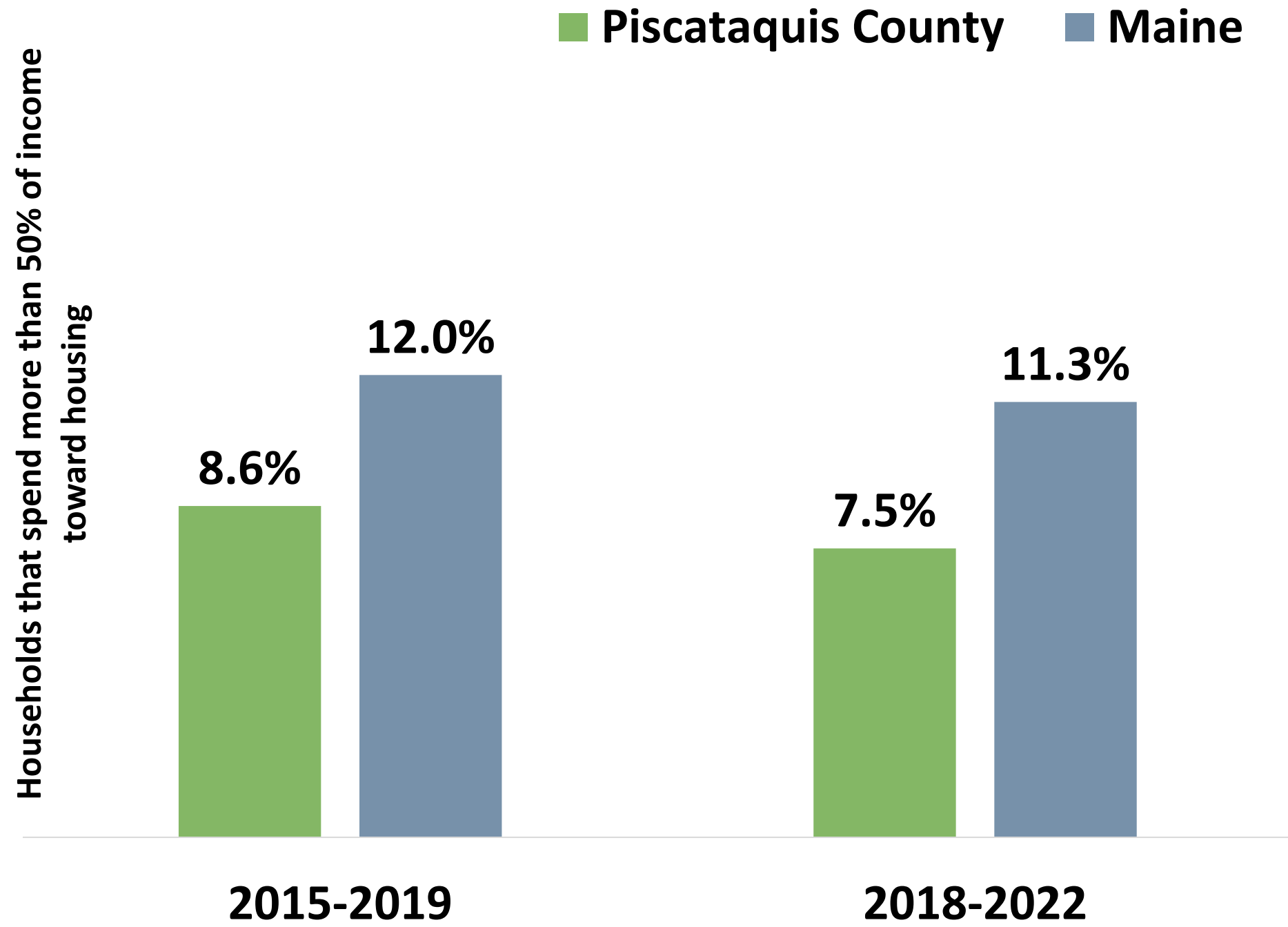
2018-2022
- 7.5%
- 11.3%

Transportation

36.7%
Commute of greater than 30 minutes driving alone

1.8%
No vehicle for the household
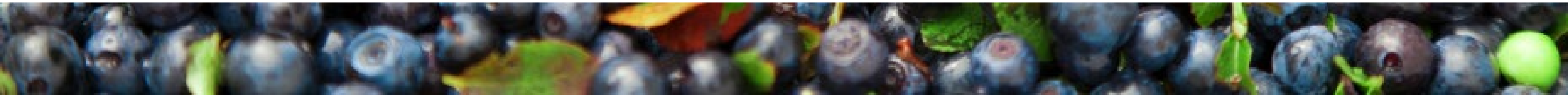
Community Conditions

Unemployment

Piscataquis County (green line)
Maine (blue line)

- 2017: 4.0% (Piscataquis), 3.3% (Maine)
- 2018: 4.2% (Piscataquis), 3.4% (Maine)
- 2020: 5.4% (Piscataquis), 5.5% (Maine)
- 2023: 4.0% (Piscataquis), 3.1% (Maine)
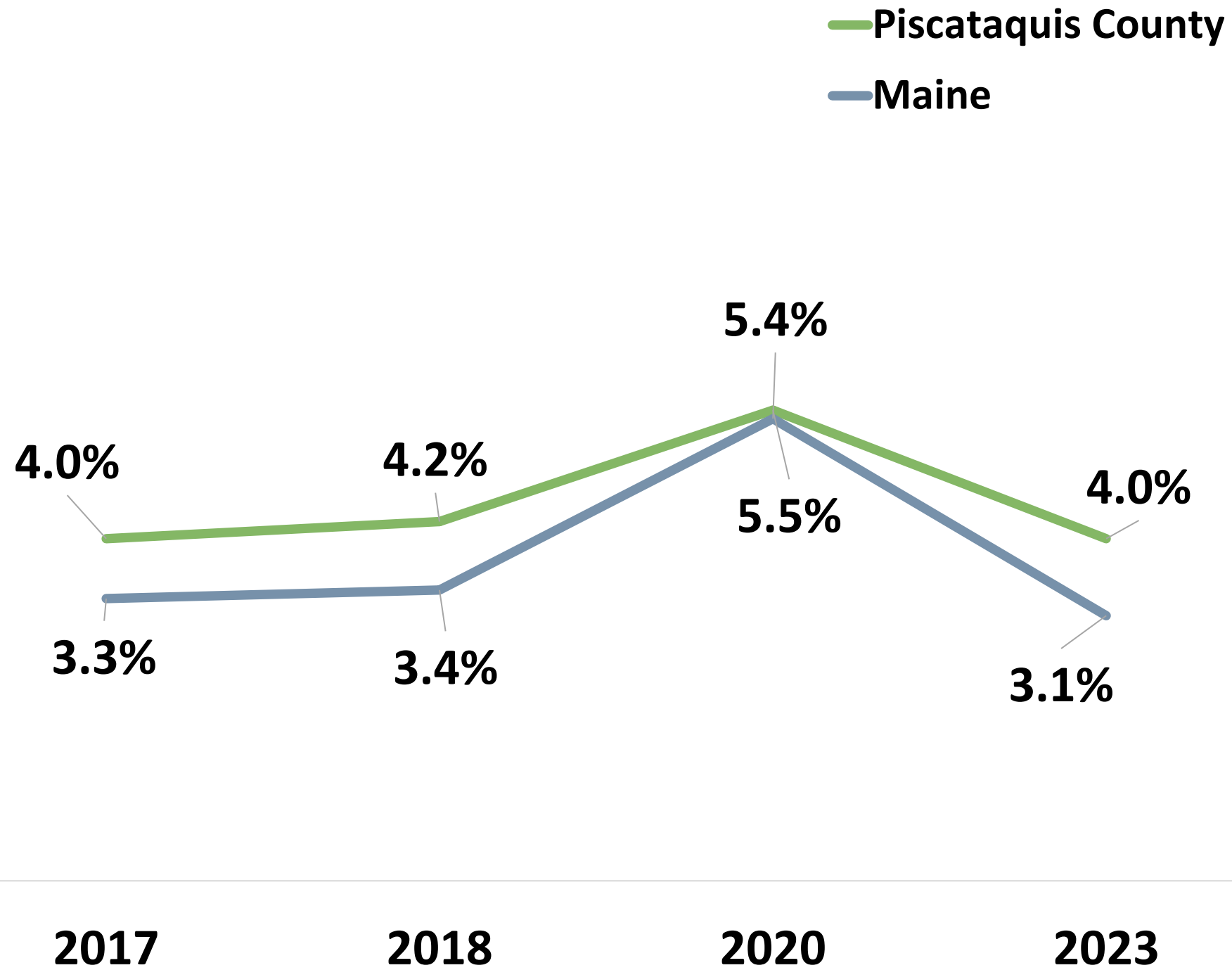
Economic Wellbeing

Median household income
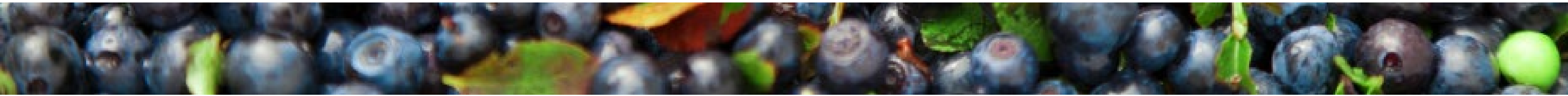2015-2019: $40,890
2018-2022: $46,948

★ Statistically significant difference

Households living above the federal poverty level but below the Asset Limited Income Constrained Employed threshold of financial survival
2019: 33.3%
2022: 31.6%
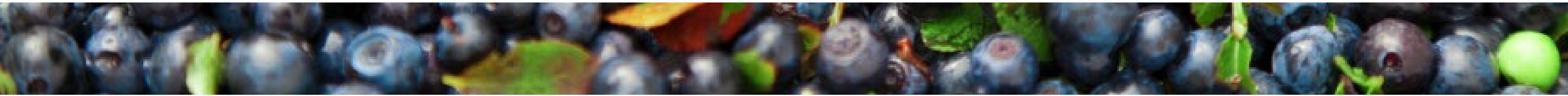
Community Conditions

Food Insecurity

Percent of Piscataquis County Population

- Total Population
- Youth

25.4%

23.1%

20.4%

24.0%

16.9%

15.2%

14.1%

16.2%

2019 2020 2021 2022

Fruit & Vegetable Consumption

Percent of adults in Piscataquis County reporting less than one serving per day

- Fruit consumption
- Vegetable consumption

32.7%

16.9%

40.6%

12.5%

2017 2021
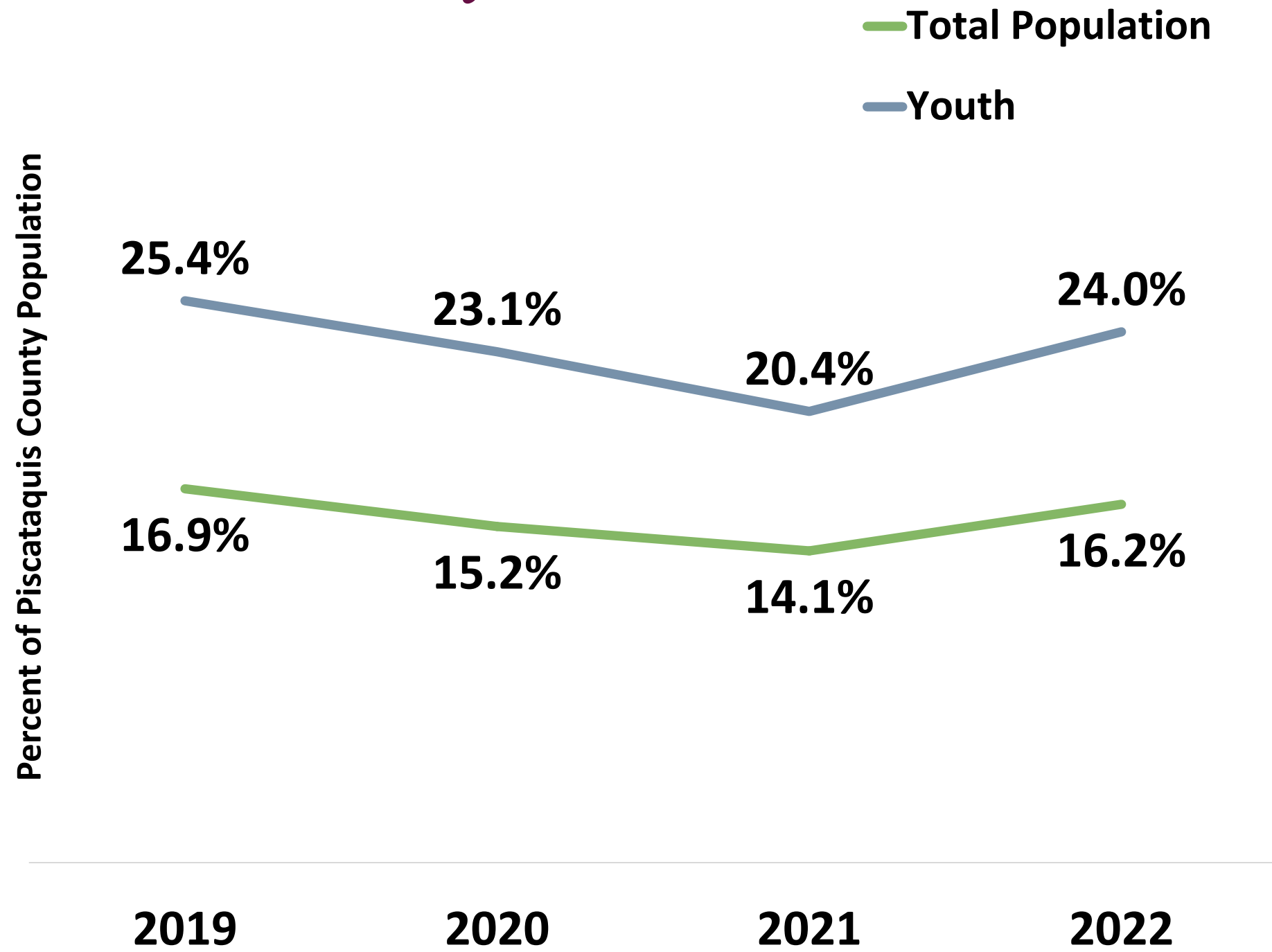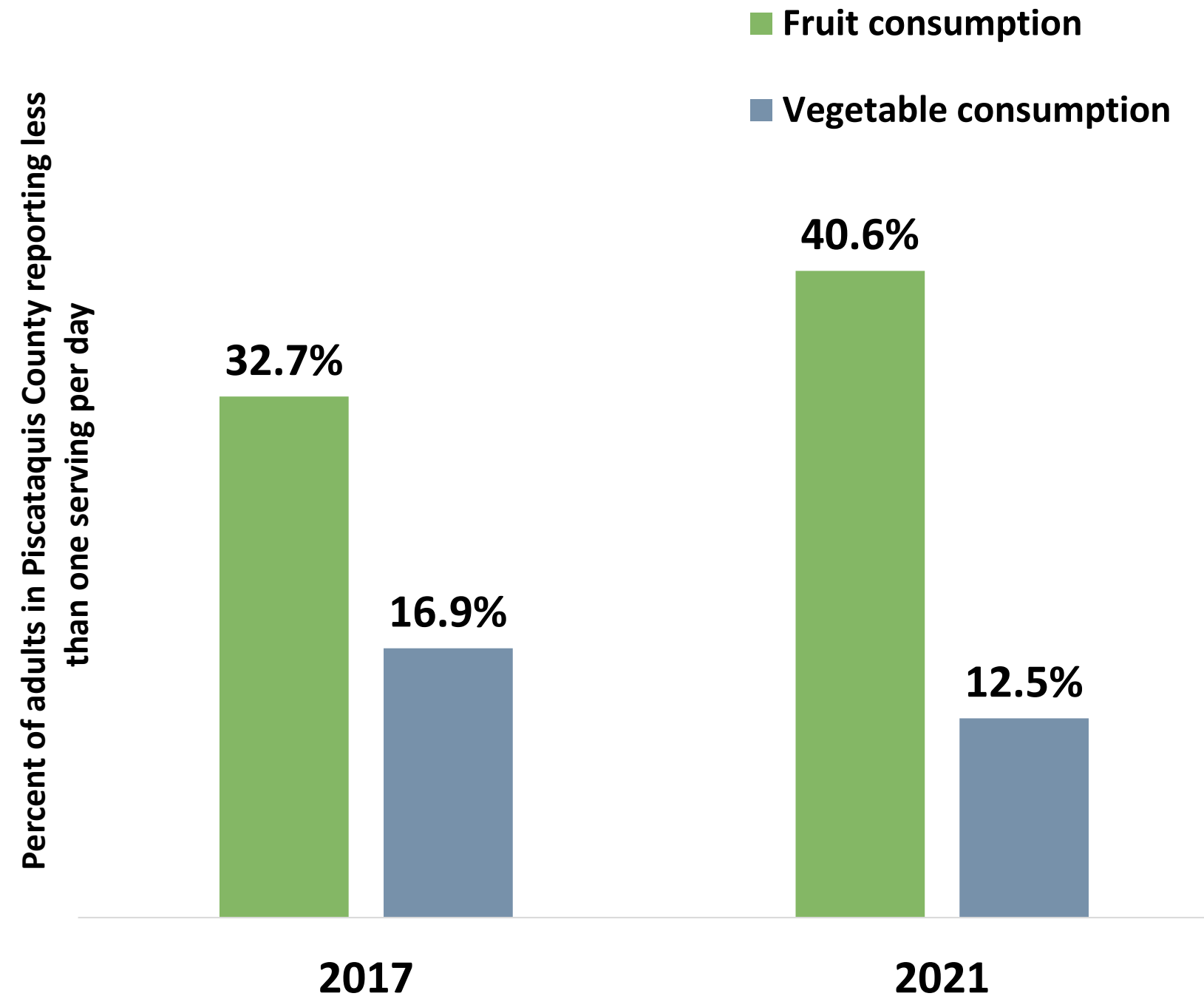
Community Conditions

Child Care

Child Care Centers
2020: 9
2024: 10

Children served in publicly funded state & local preschools
2019: 53.9%
2023: 83.6%

Head Start eligible infants, toddlers, preschool age children

— Piscataquis County
— Maine

27.8%
21.2%
18.8%
17.4%
15.5%
14.9%

2015-2019   2016-2020   2017-2021
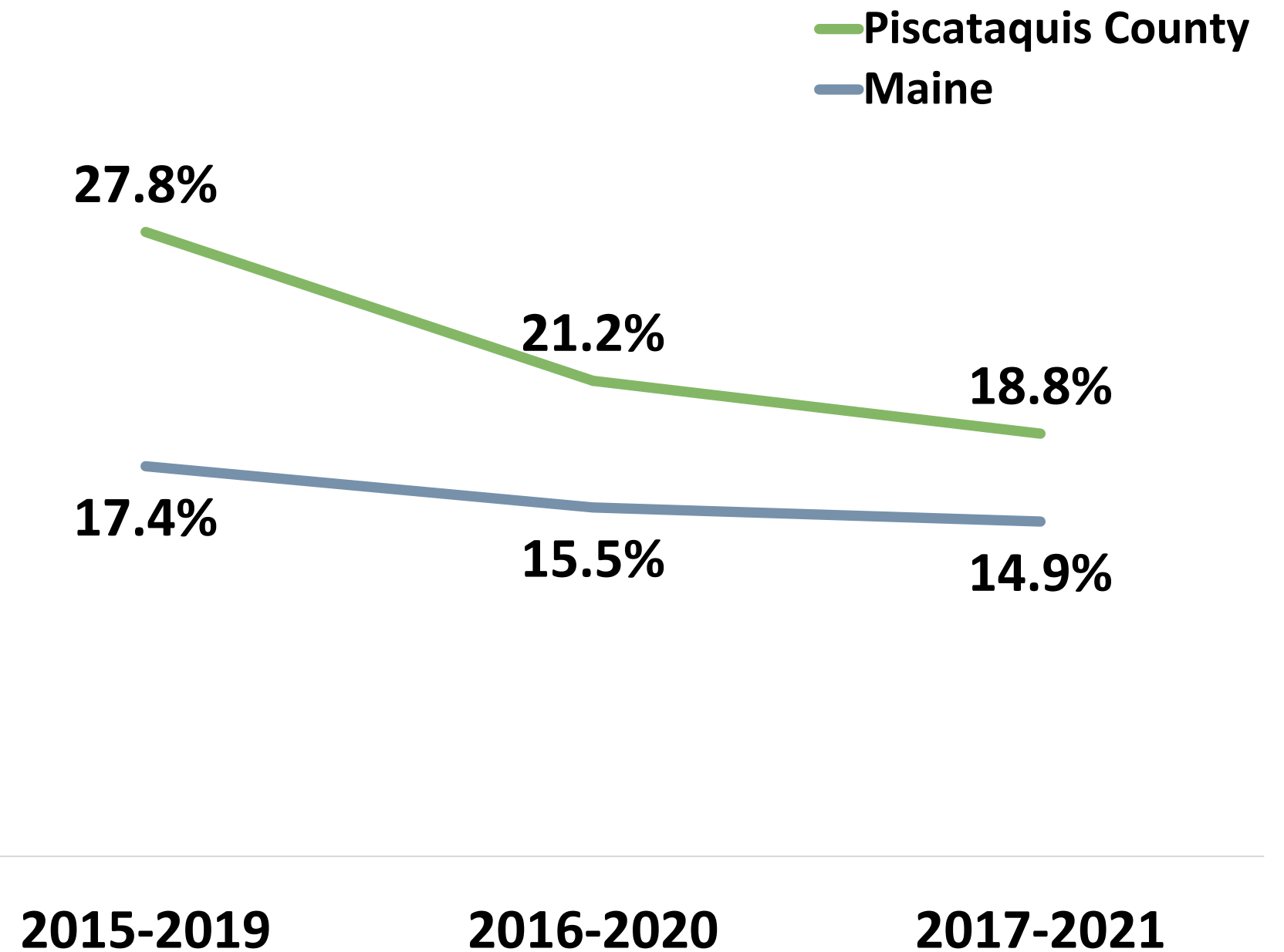
Protective & Risk Factors

**Past 30-day Marijuana Use
Middle School Students**
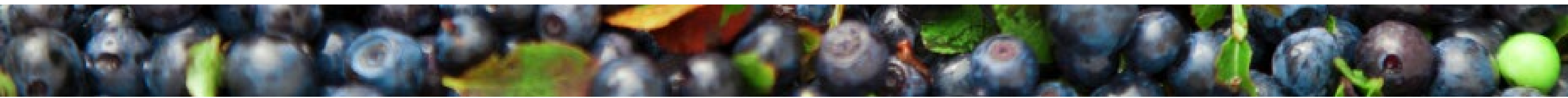
Piscataquis County
Maine

10.6%

5.1%

3.6%

3.6%

4.1%

5.0%

2017

2019

2023
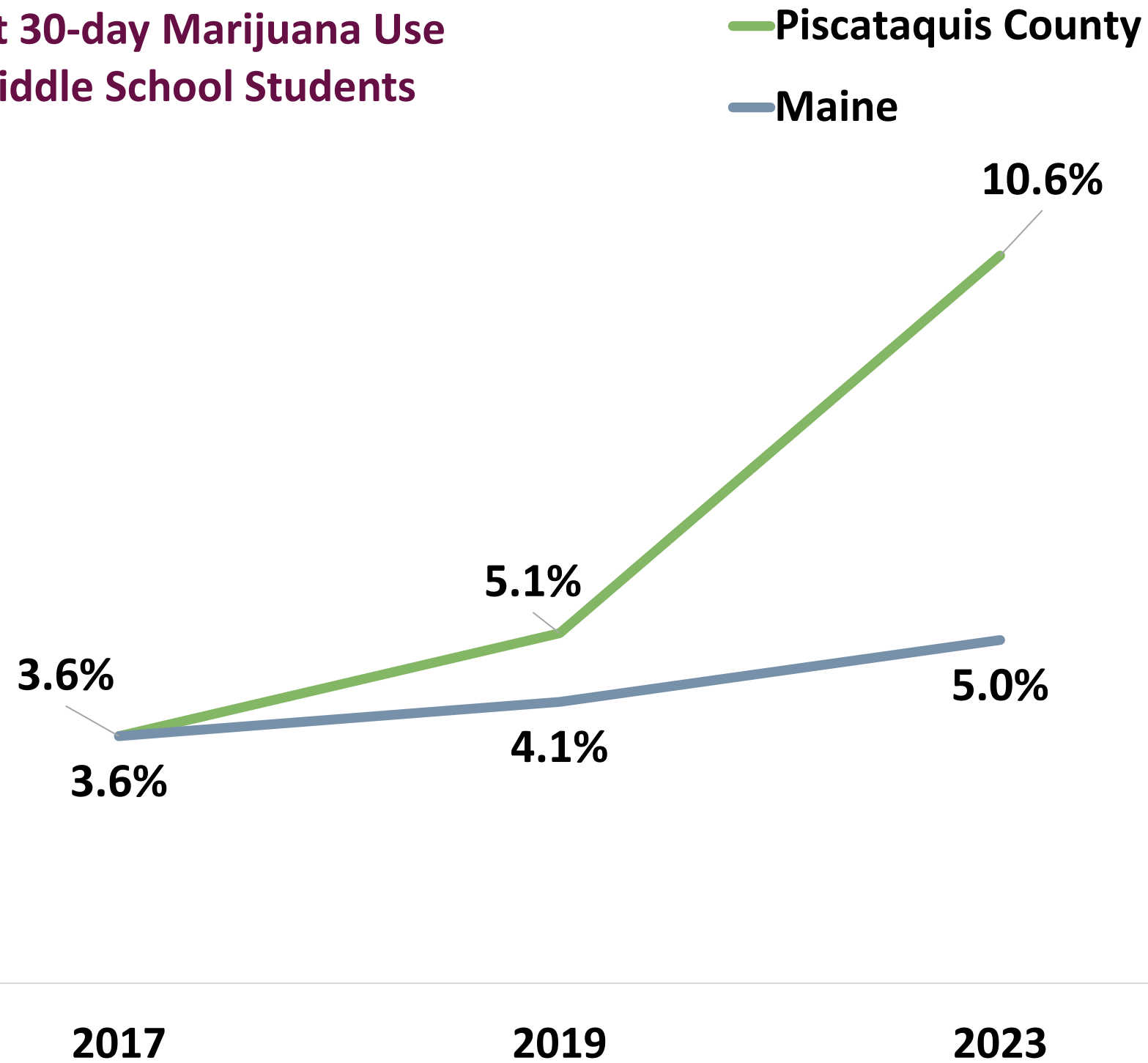
**Past 30-day Use of Vaping Products
Middle School Students**

Maine
Piscataquis County

2023

15.6%

12.8%

2019

28.7%

3.3%

30-day Alcohol Use,
Piscataquis County Middle School Students
2019: 3.2%
2023: 9.9%
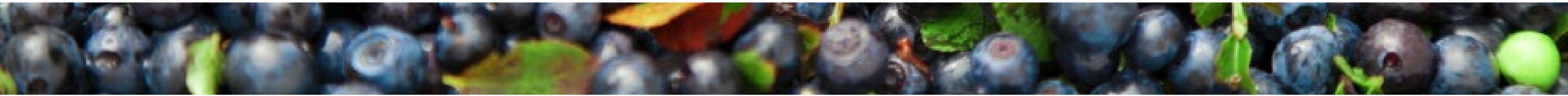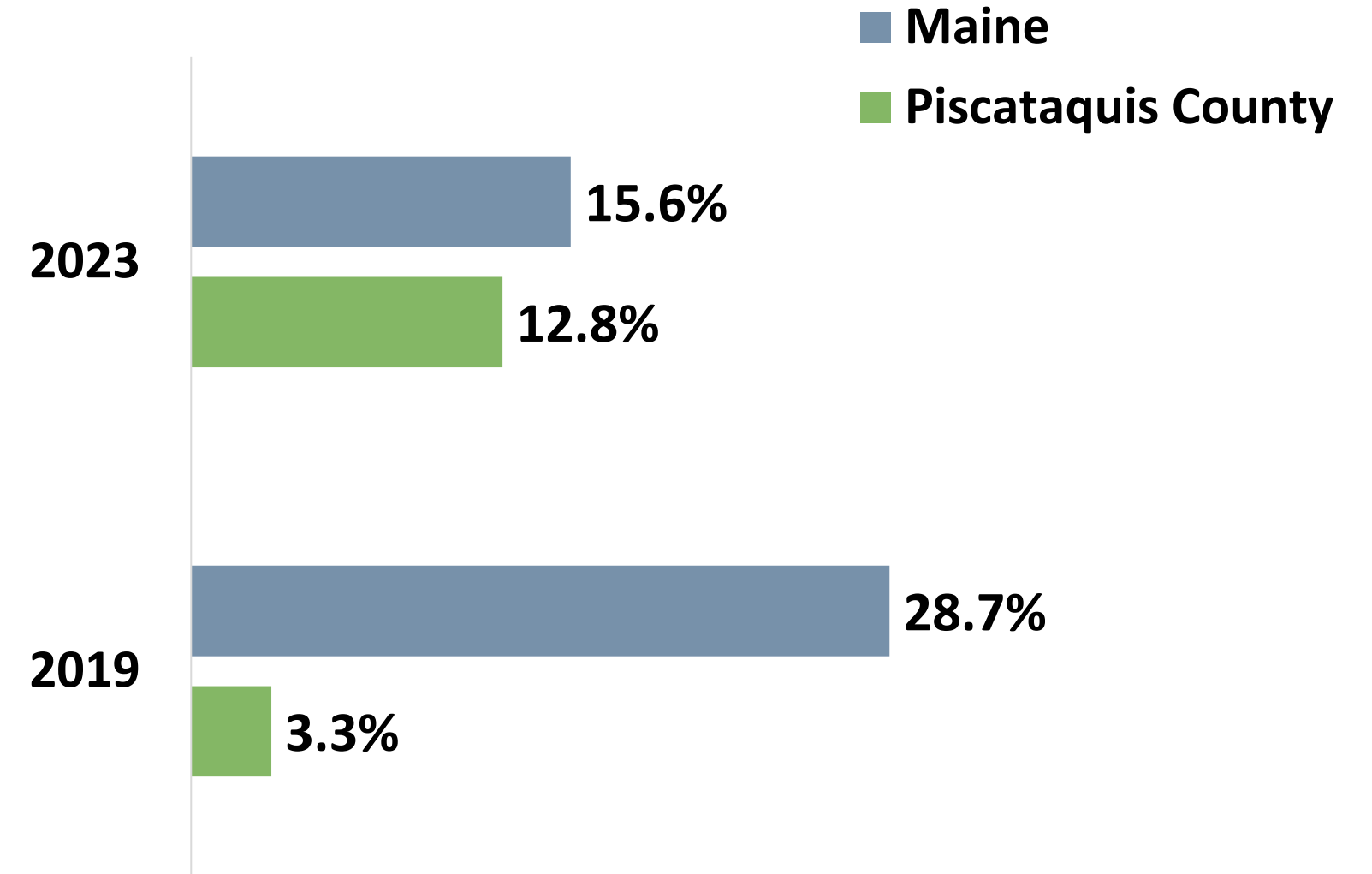
Protective & Risk Factors

Ever Seriously Considered Suicide Middle School Students

— Piscataquis County
— Maine

- 28.7%
- 24.5%
- 19.4%
- 21.8%
- 19.8%
- 16.1%

2017   2019   2023
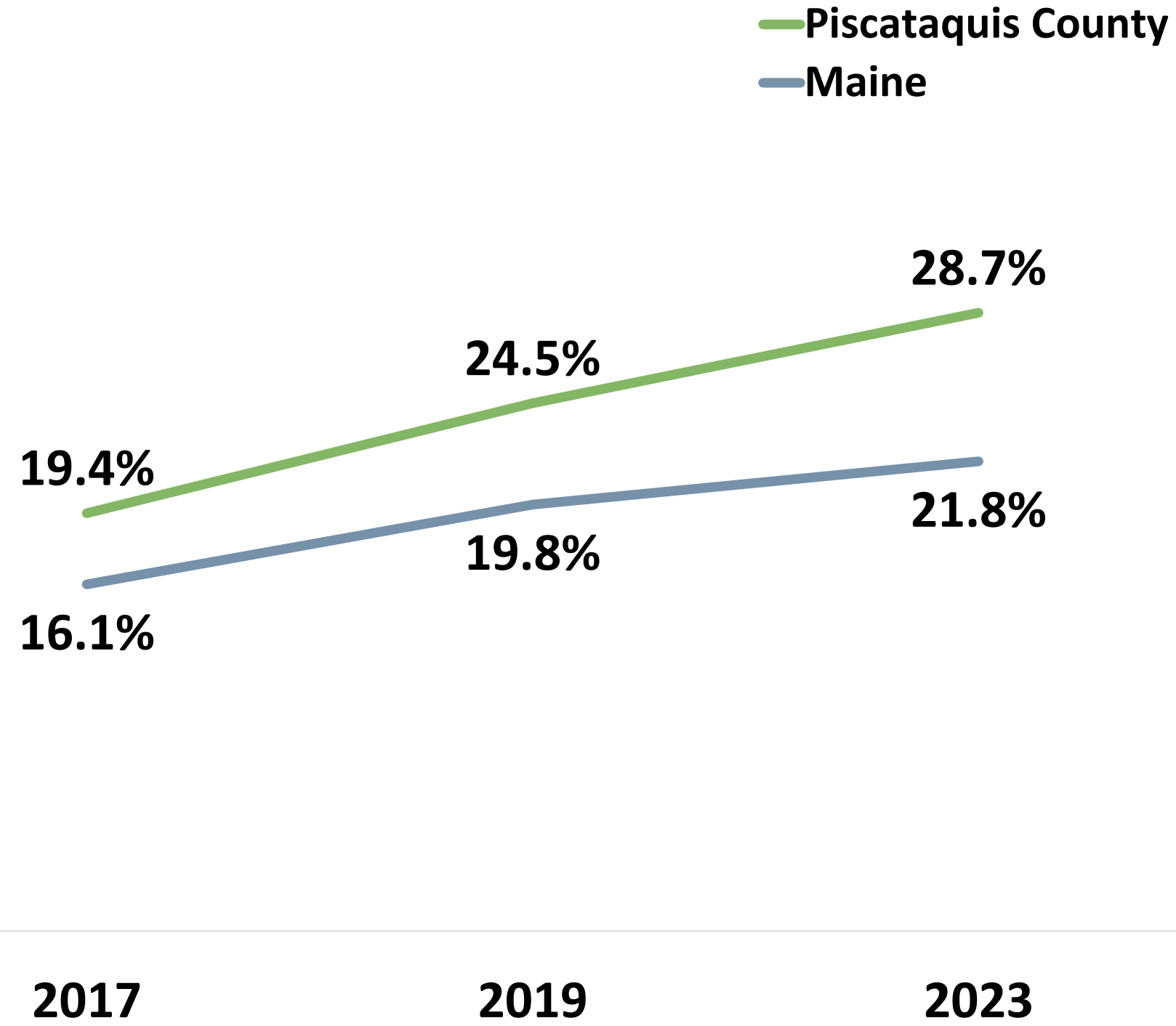
Adult Lifetime Depression

■ Piscataquis County   ■ Maine

- 23.7%
- 19.8%
- 24.1%
- 23.0%

2015-2017   2019-2021
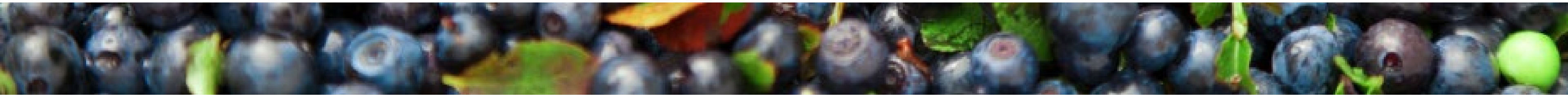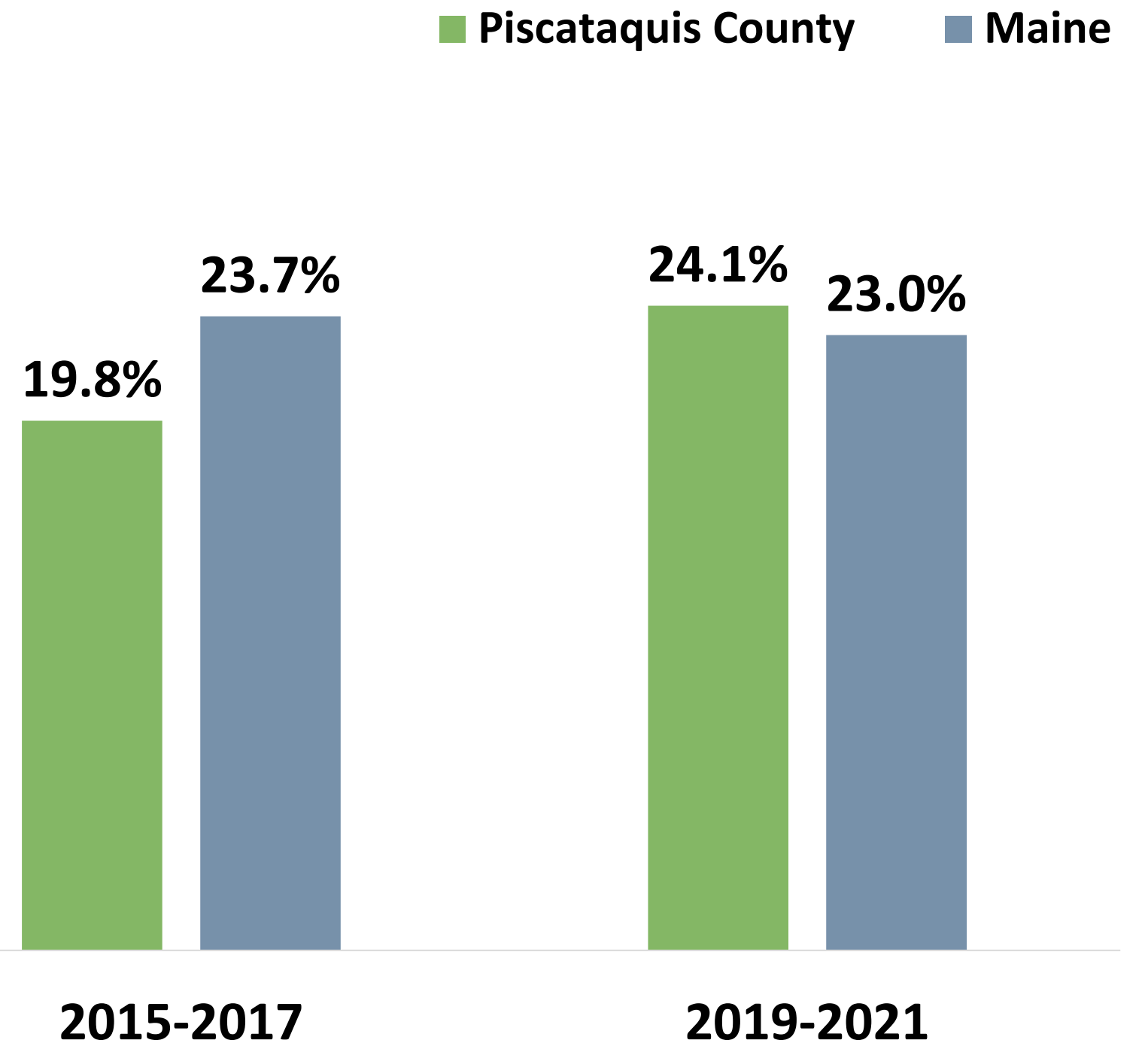
Health Conditions & Outcomes

Overdose Emergency Medical Service Responses

Piscataquis County
Maine

Responses per 10,000 Population

65.9
74.9
76.7
96.1
93.8
73.0
62.6
55.5

2018   2019   2020   2023

Drug-induced Deaths

Piscataquis County
Maine

Responses per 100,000 Population

55.6
49.7
30.7
29.5
26.8
21.8

2014-2018   2015-2019   2018-2022
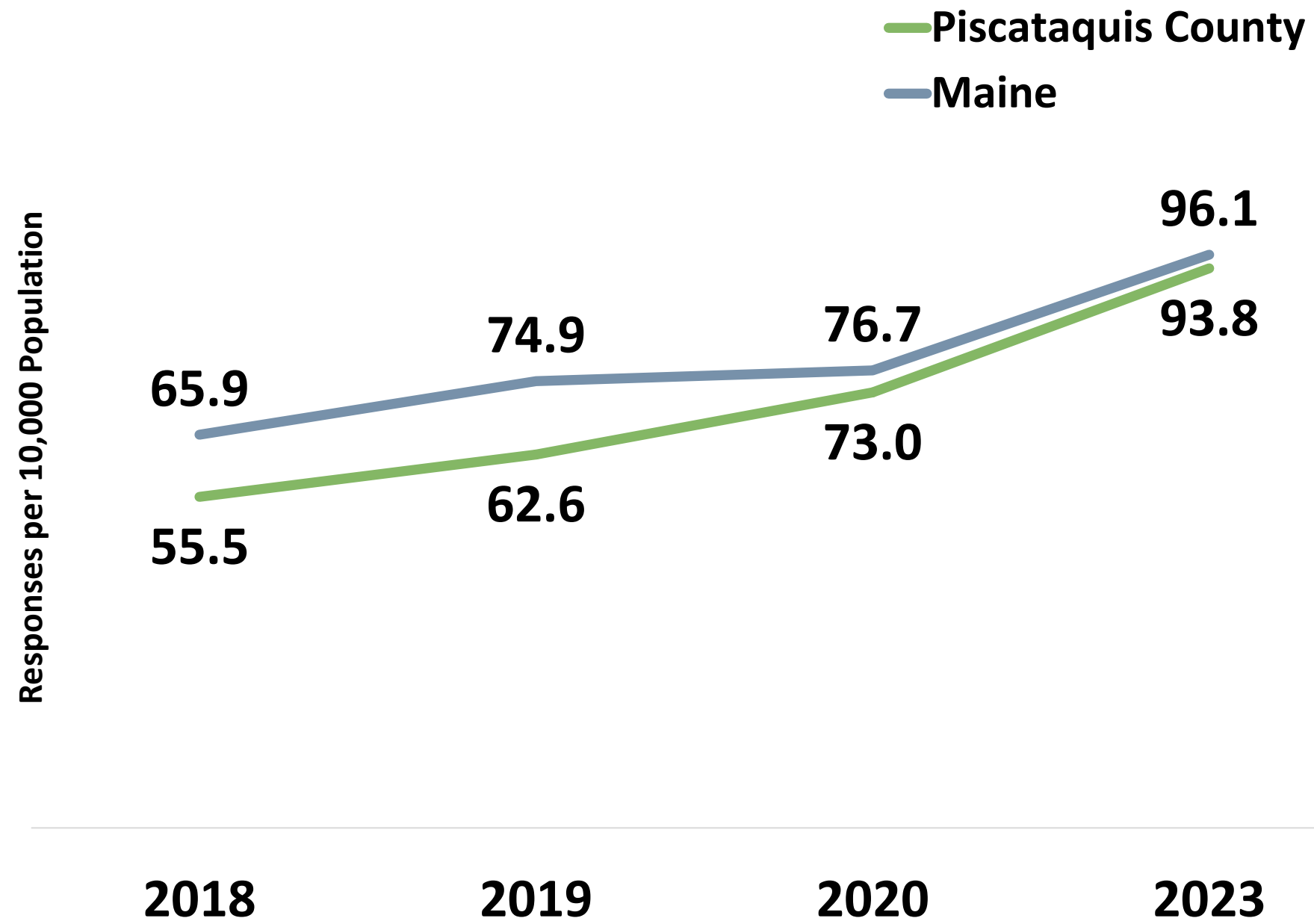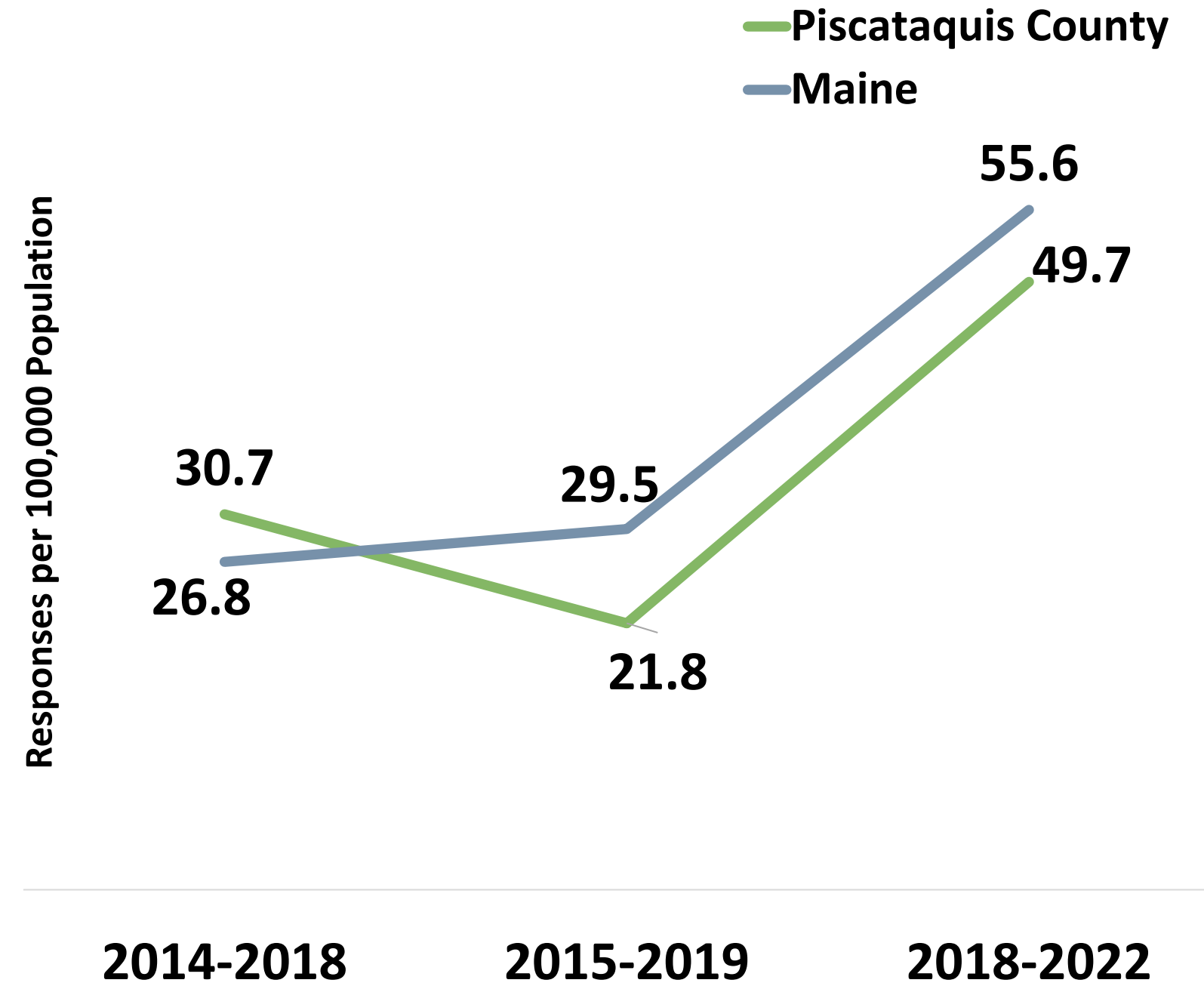
Health Conditions & Outcomes

Leading Causes of Death

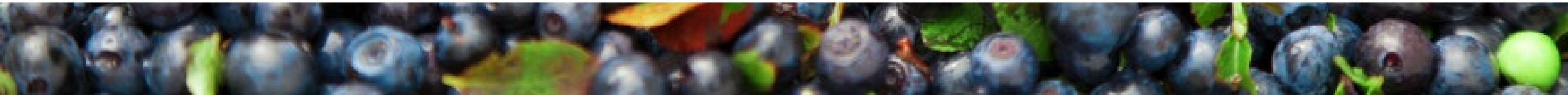| Rank	United States	Maine	Piscataquis County
1	Heart Disease	Heart Disease	Heart Disease
2	Cancer	Cancer	Cancer
3	Unintentional Injury	Unintentional Injury	Unintentional Injury
4	Chronic Lower Respiratory Disease	Chronic Lower Respiratory Disease	COVID-19
5	Cerebrovascular Diseases	COVID-19	Cerebrovascular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

Cardiovascular disease deaths per 100,000 population
2015-2019: 229.2
2018-2022: 232.9

Cancer deaths per 100,000 population
2015-2019: 206.0
2018-2022: 182.0

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

Health Conditions & Outcomes

All Cancer Deaths

■ Piscataquis County

■ Maine

Deaths per 100,000 Population

192.1 — 2017-2021 (Piscataquis County)
163.1 — 2017-2021 (Maine)
182.0 — 2018-2022 (Piscataquis County)
159.9 — 2018-2022 (Maine)

2017-2021   **2018-2022**
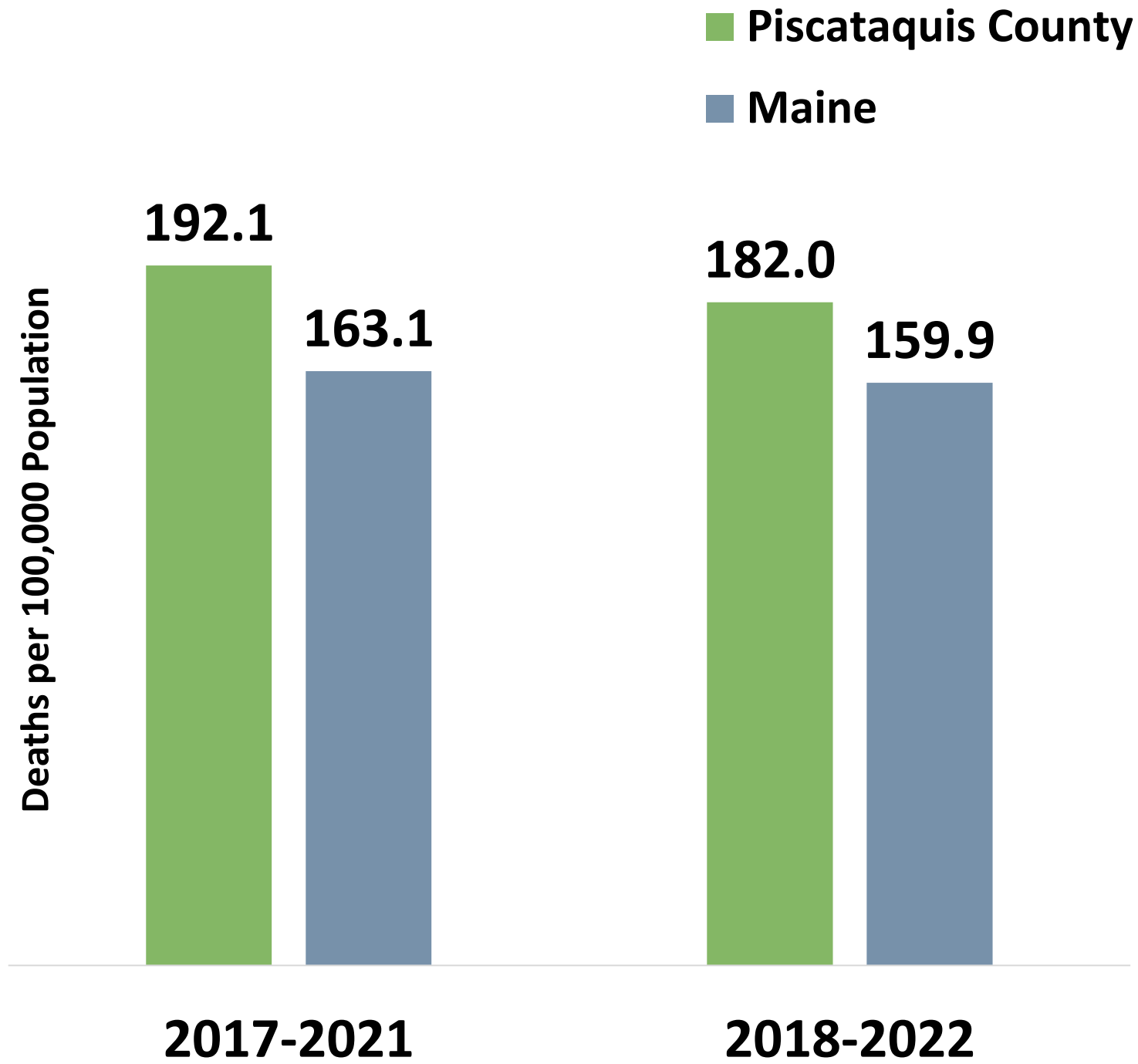
Cancer Mortality by Type

■ Maine   ■ Piscataquis County

Type	Maine	Piscataquis County
Tobacco-related	52.8	61.7
Prostate	19.9	14.4
Lung	40.2	49.3
Female breast	16.7	16.3
Colorectal	12.7	14.0

Deaths per 100,000 Population
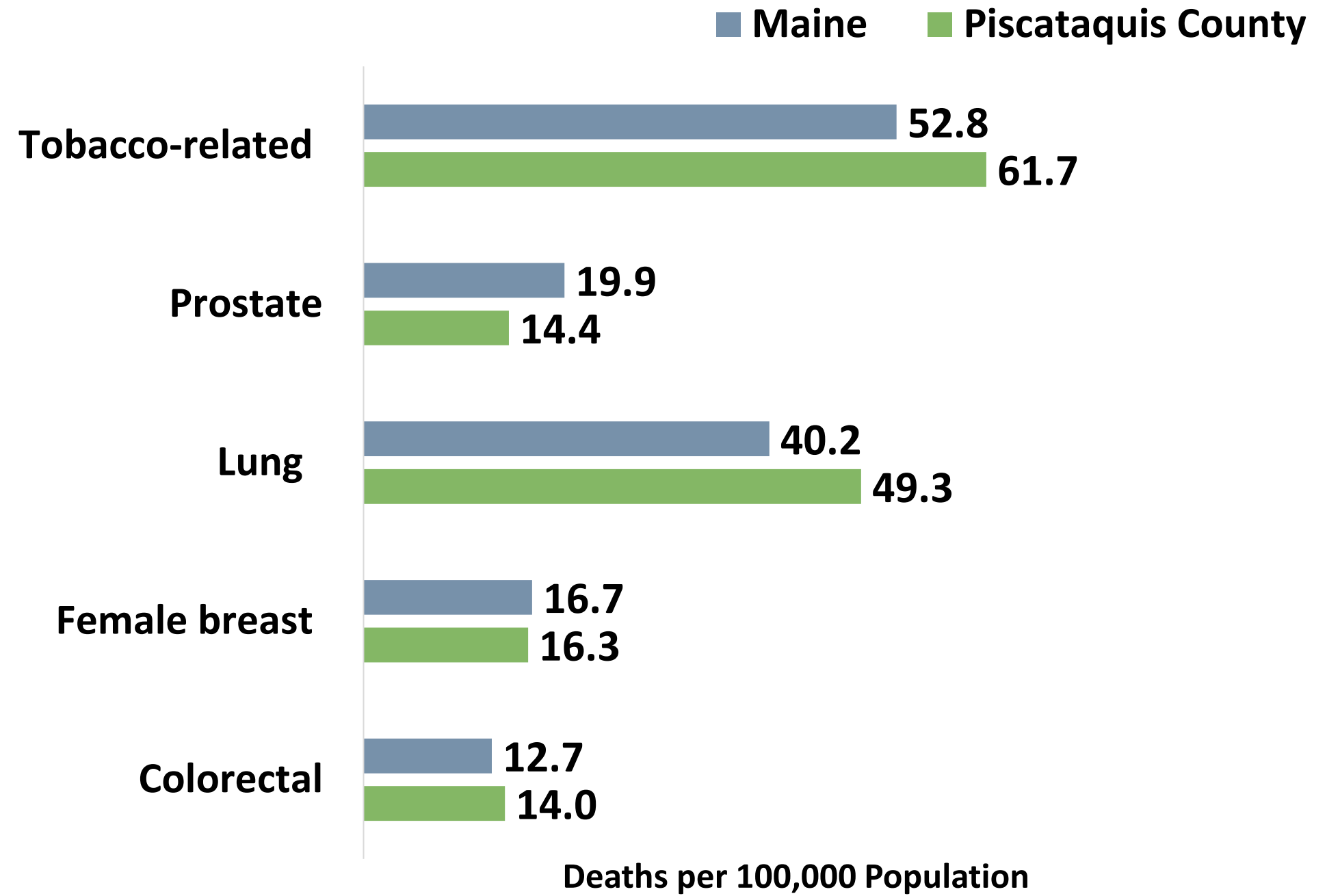
Health Conditions & Outcomes

Cardiovascular Disease Deaths

Legend: Piscataquis County (green) · Maine (blue-gray)

Y-axis: Deaths per 100,000 Population

- 2015-2019: Piscataquis County 229.2, Maine 193.9
- 2018-2022: Piscataquis County 232.9, Maine 200.4

Diabetes

Legend: Piscataquis County (green) · Maine (blue-gray)

Y-axis: Percent of Adults

- 2015-2017: Piscataquis County 9.5%, Maine 10.4%
- 2019-2021: Piscataquis County 12.9%, Maine 10.4%
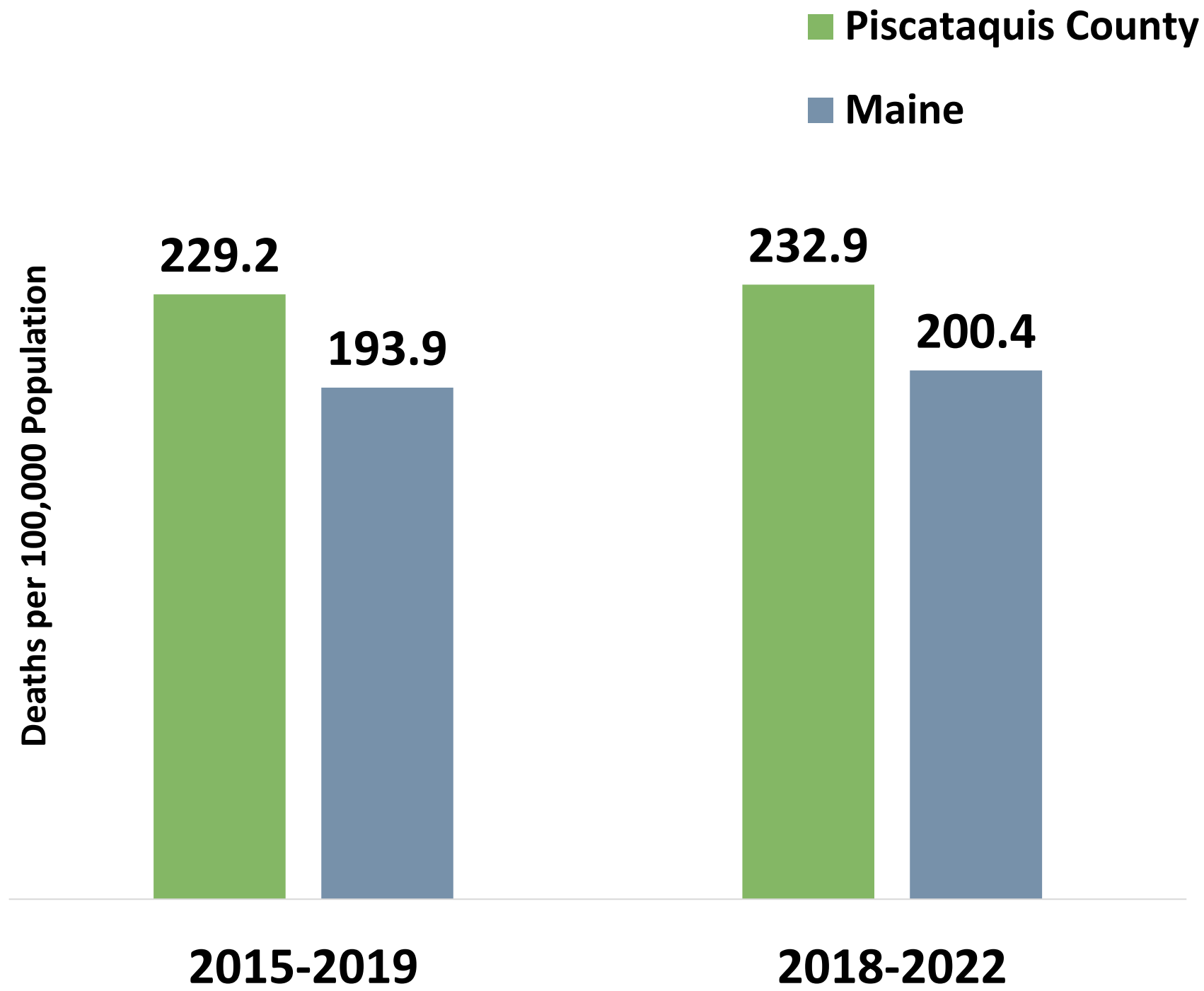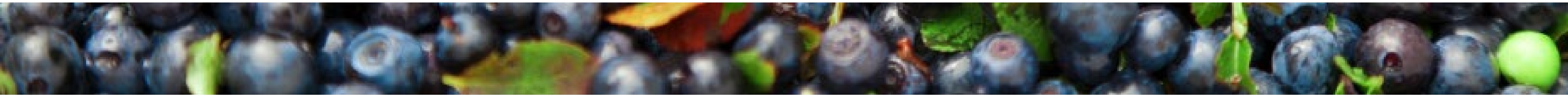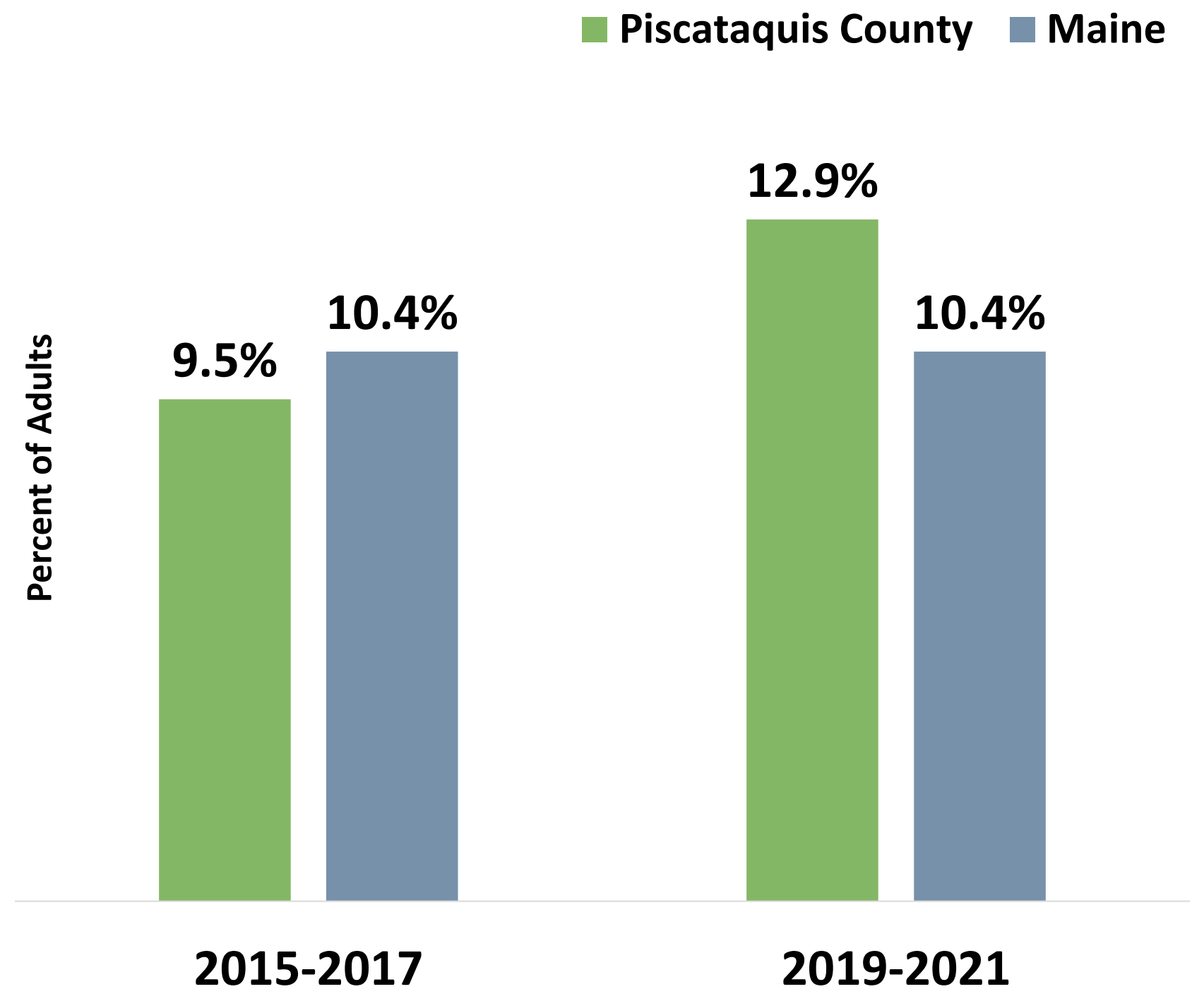
Health Conditions & Outcomes

Teen Births

■ Piscataquis County

■ Maine

Births to 15-19-year olds per 1,000 population

14.7

10.0

9.3

8.1

2018-2019   **2021-2022**
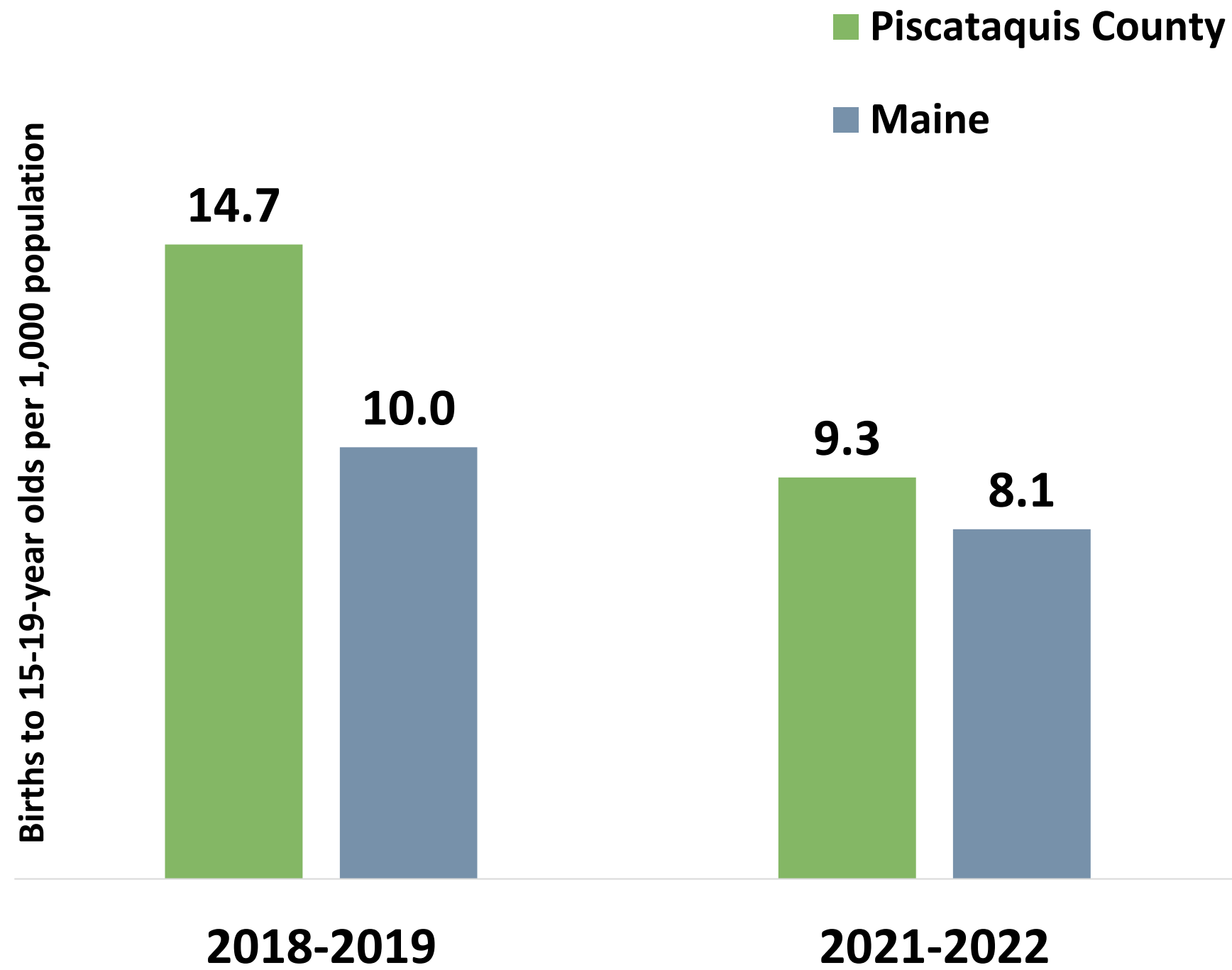
Smoked During Pregnancy

■ Piscataquis County

■ Maine

18.7%

13.8%

14.8%

9.1%

2016-2017   **2021-2022**
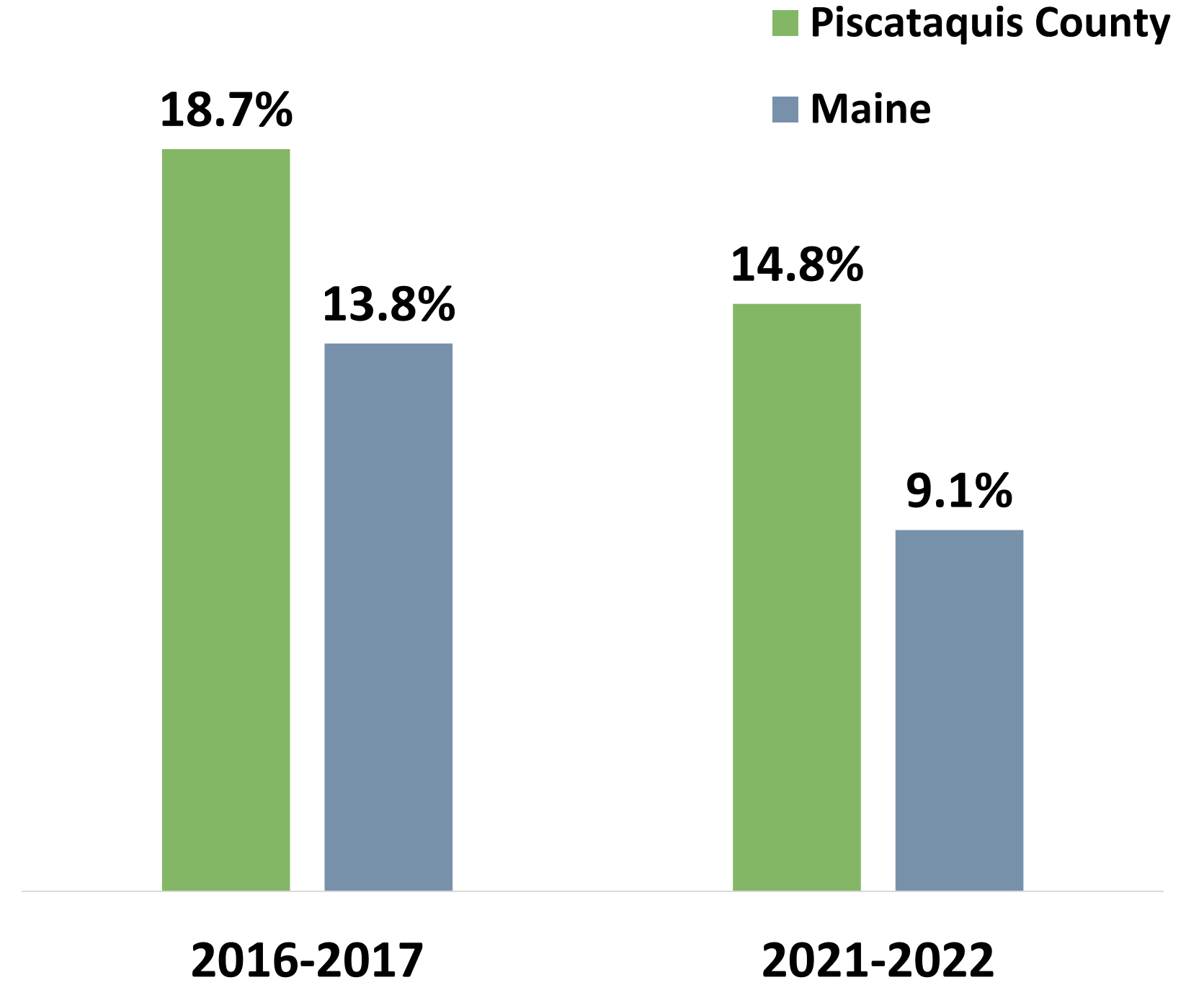
Community Engagement

Community Engagement

Focus Group
Top Themes

Dental shortage

Long drive times to see providers

Mental health services for youth & adults

Substance misuse

Transportation

Select Quotes From Participants

- "Rural Maine has a drug issue and yet we have no access to alternative forms of treatment and pain management. I have arthritis in all my joints. I go in [to my doctor] and all I get is let's give you more drugs. I want acupuncture or alternative treatments."

- "Dentists and therapists – it is absolutely impossible. I have lived in Medway for the past two years and after at least 50 phone calls, I found one two hours away and the appointment is for next year. My son needs the help now."

- "The electric bill just keeps going up and up. Same with food and housing. Our salaries are not keeping up. Everything is becoming unaffordable. My electric bill is $600, and I do not have that."
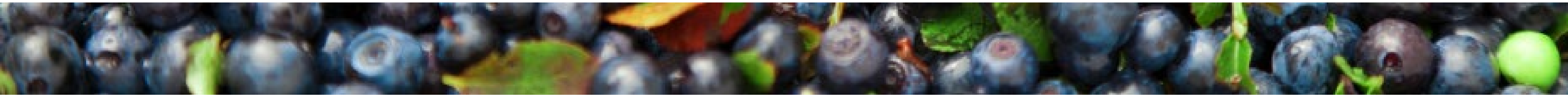
Community Engagement

Community Survey: Physical Health Status

How would you rate your own physical health?

Piscataquis County

Poor, 7.8%

Fair, 30.2%

Good or excellent, 62.1%

Maine

Poor, 5.2%

Fair, 25.3%

Good or excellent, 69.5%
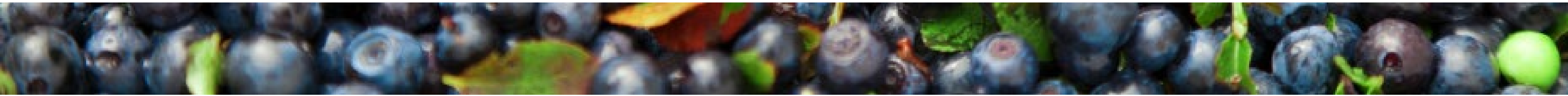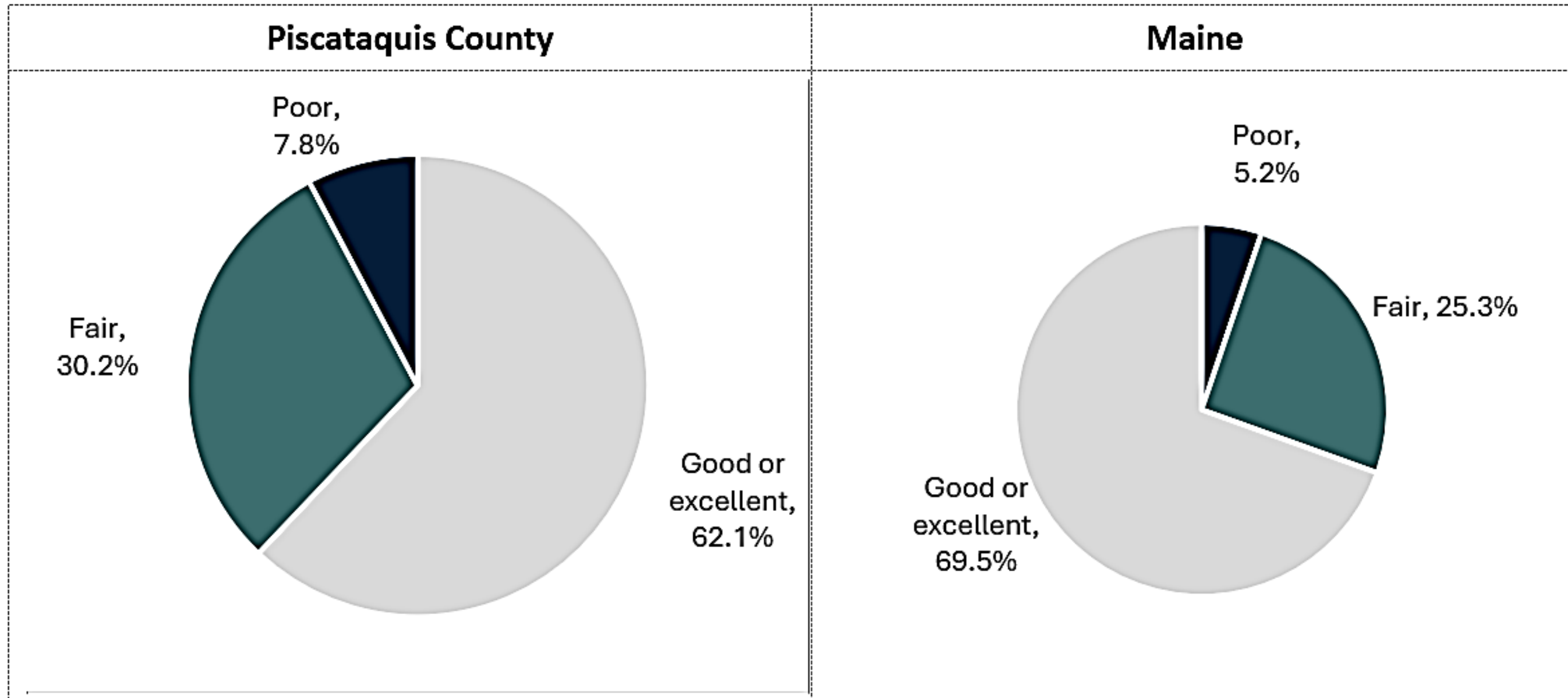
Community Engagement

Community Survey: Mental Health Status

How would you rate your own mental health?

Piscataquis County
- Poor, 9.5%
- Fair, 24.1%
- Good or excellent, 66.4%

Maine
- Poor, 4.0%
- Fair, 25.7%
- Good or excellent, 70.3%
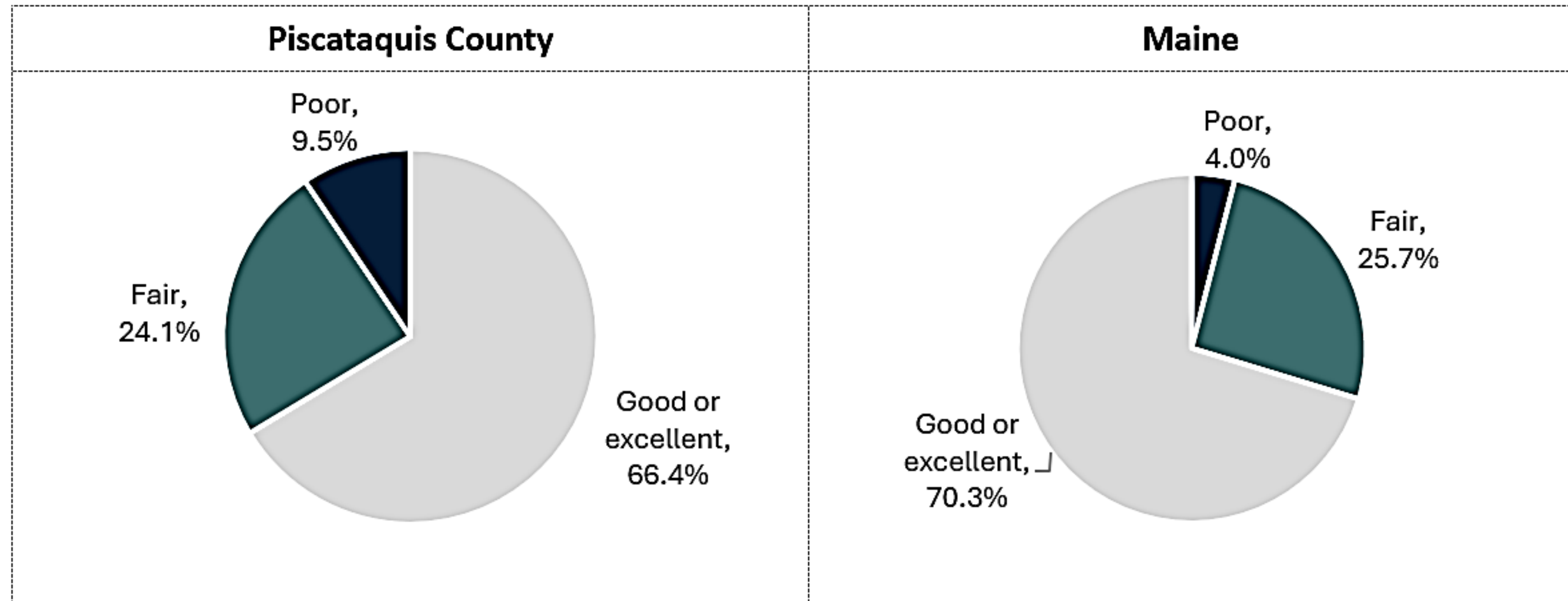
Community Engagement

Community Survey: Community Health Status

Top 5 social concerns that negatively impact your community

Piscataquis County		Maine	
1)	Low incomes and poverty	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)	Mental health issues (anxiety, depression, suicide, etc.)	3)	Low incomes and poverty
4)	Employment opportunities	4)	Housing insecurity
5)	Obesity	5)	Obesity
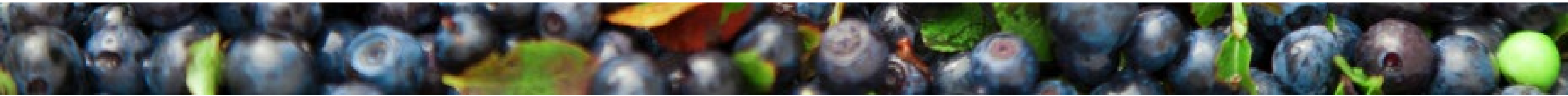
Community Engagement

Community Survey: Community Health Needs

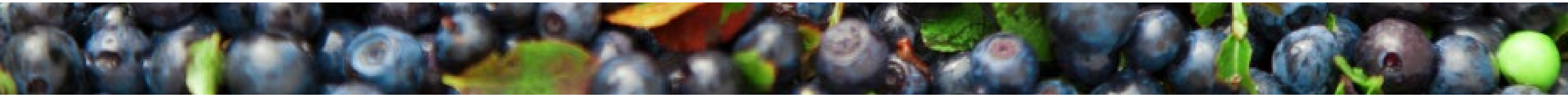**Please indicate if _____ negatively impacts you, a loved one, and/or the community where you live.**

Percentage of respondents who answered 'Impacts me, a loved one, and/or my community'

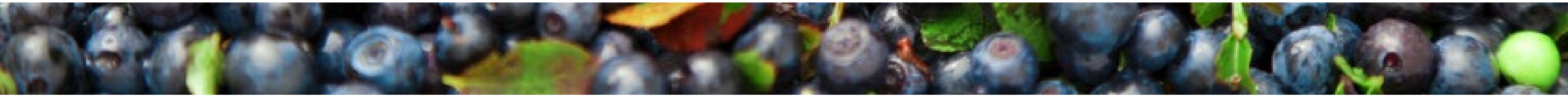| Piscataquis County		Maine	
Chronic health conditions (cancer, high blood pressure, heart disease, high cholesterol, etc.)	80.0%	Economic needs	76.1%
Economic needs	79.8%	Chronic health conditions (cancer, high blood pressure, heart disease, high cholesterol, etc.)	75.7%
Mental health needs	73.6%	Mental health needs	73.6%
Substance use	72.8%	Substance use	68.5%
Housing needs	63.1%	Housing needs	68.5%
Transportation	62.2%	Transportation needs	60.9%
Environmental needs	52.6%	Environmental needs	58.4%
Public safety needs	49.1%	Public safety needs	53.7%

Prioritization Voting Results

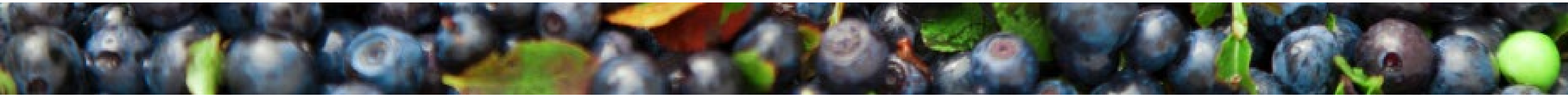# Prioritization Voting Results

Survey Results

COMMUNITY CONDITIONS	%
Housing (such as housing availability and affordability, costs associated with home ownership or renting, costs of utilities)	100.0%
Food (such as access to food, quality of food, food costs, culturally competent food options, etc.)	71.4%
Poverty (such as individuals and children living in poverty, unemployment, asset poverty, Head Start eligibility, ALICE thresholds)	71.4%
Transportation (such access to transportation, availability of public transportation, transportation that meets a variety of specific needs)	64.3%
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)	28.6%

Prioritization Voting Results

Survey Results

| PROTECTIVE & RISK FACTORS	%
Youth Mattering (such as positive role models, community connections, etc.)	64.3%
Adverse Childhood Experiences	57.1%
Alcohol Use (including binge drinking)	57.1%
Nutrition (such as fruit and vegetable consumption, soda/sports drink consumption)	42.9%
Illicit Drug Use	35.7%

Prioritization Voting Results

Survey Results

HEALTH CONDITIONS & OUTCOMES	%
Mental Health (such as depression, anxiety, sad/hopeless, suicide, depression during pregnancy, post-partum depression)	92.9%
Substance Use Related Injury & Death (such as drug affected infant reports, overdose, opiate poisoning)	78.6%
Multiple Chronic Conditions	42.9%
Cancer	35.7%
Obesity/Weight Status	35.7%
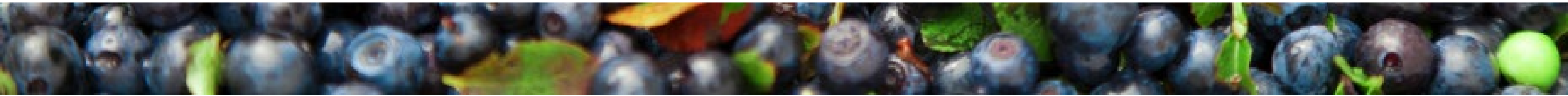
Voting Tool

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.
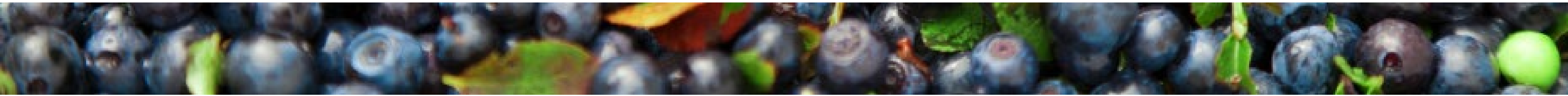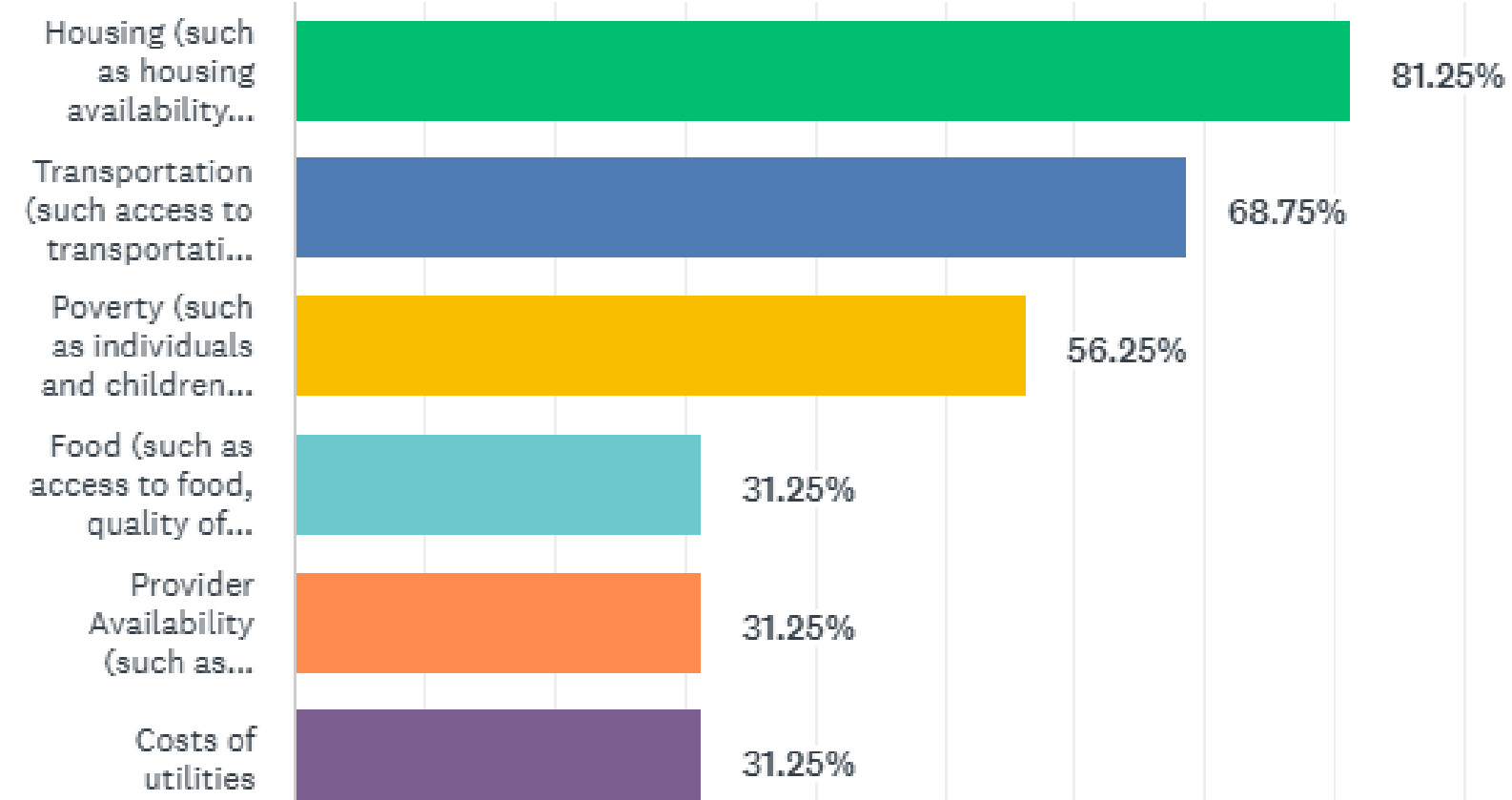
Second Round of Voting Results

Survey Results

Please choose the top THREE community condition priorities for your County.

Answered: 16   Skipped: 0

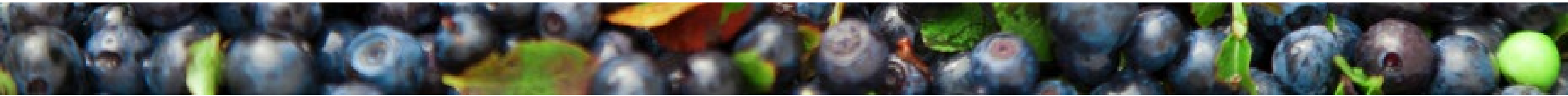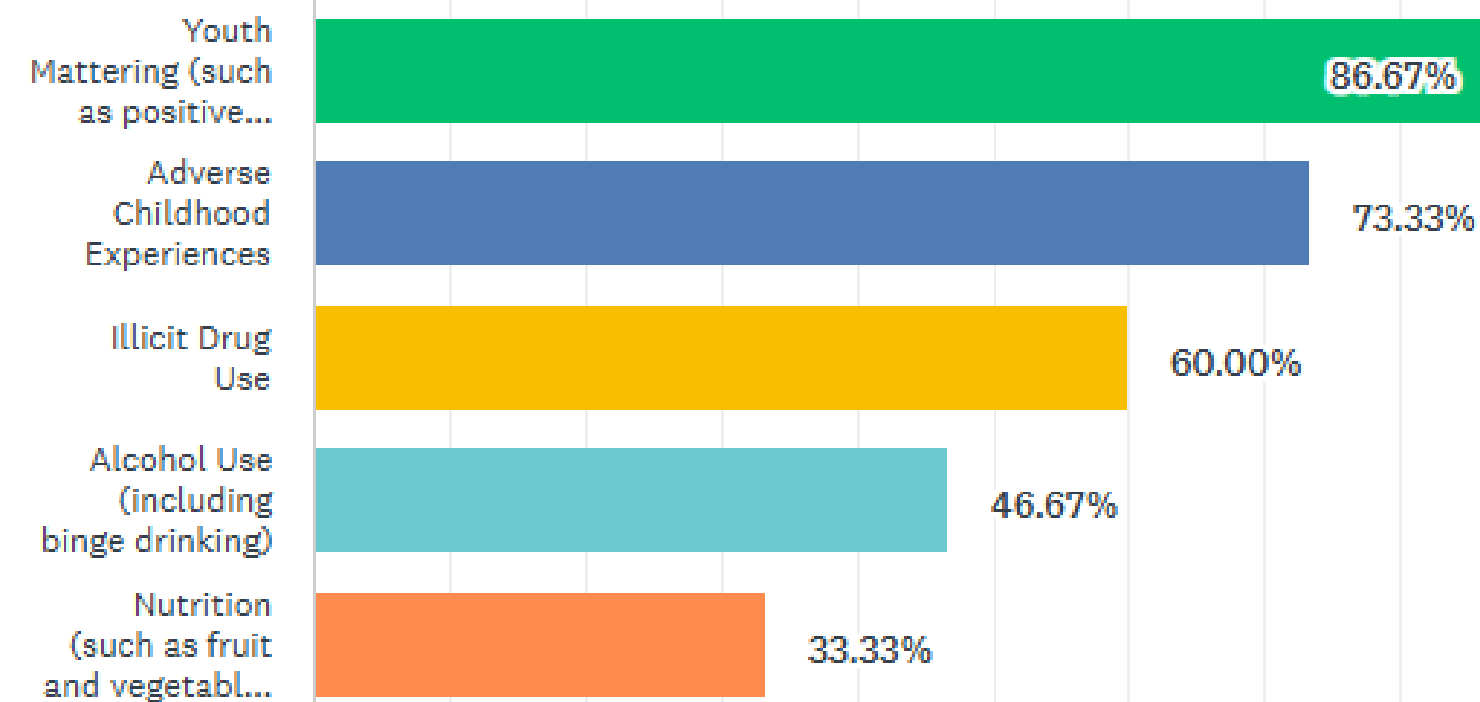| Category	Percentage
Housing (such as housing availability...	81.25%
Transportation (such access to transportati...	68.75%
Poverty (such as individuals and children...	56.25%
Food (such as access to food, quality of...	31.25%
Provider Availability (such as...	31.25%
Costs of utilities	31.25%

Second Round of Voting Results

Survey Results

Please choose the top THREE protective and risk factor priorities for your County.
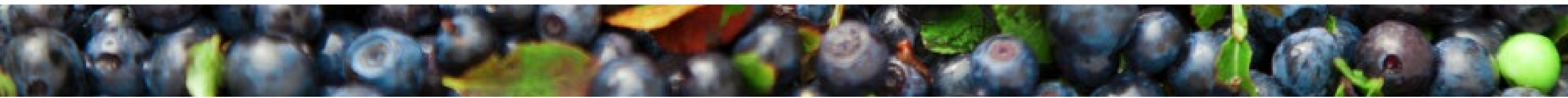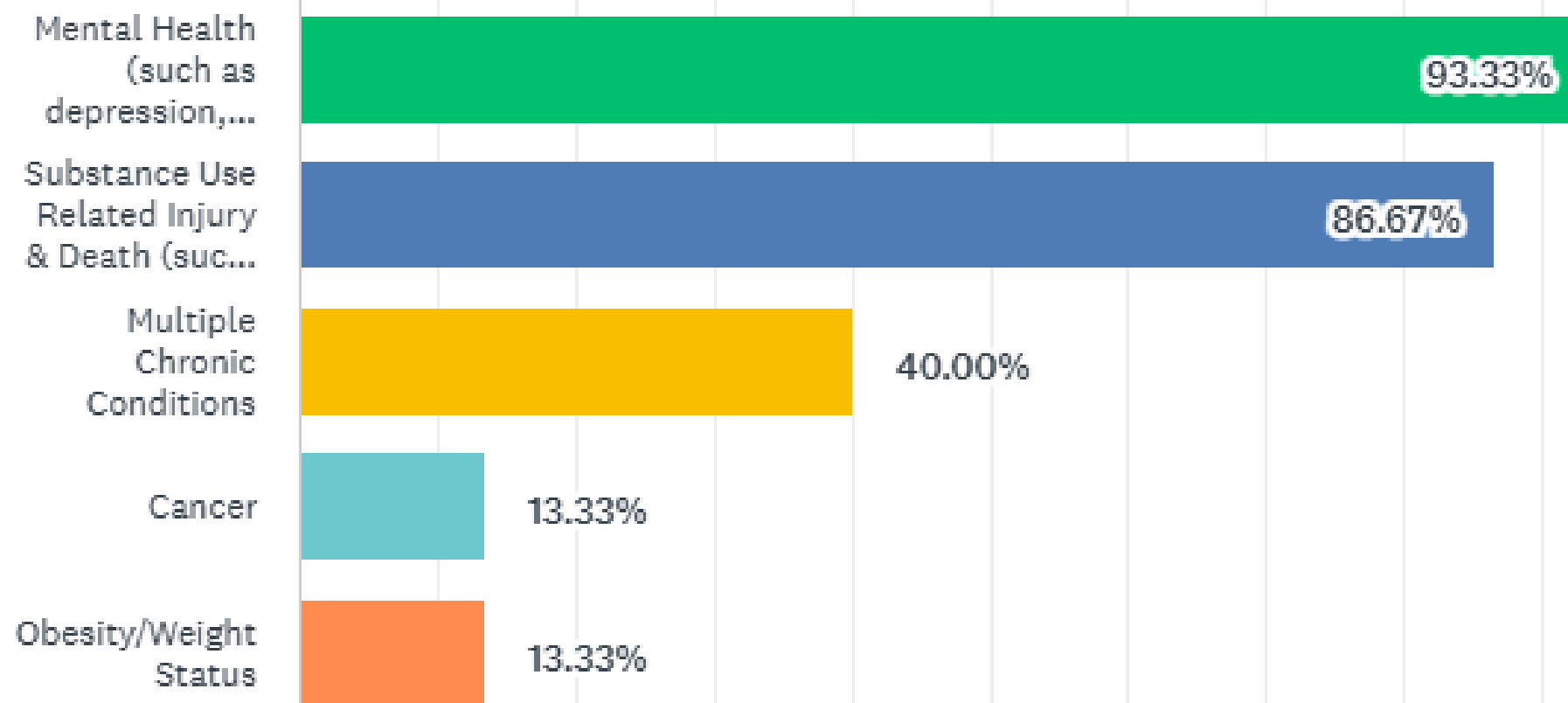
Answered: 15   Skipped: 1

Youth Mattering (such as positive...) — 86.67%
Adverse Childhood Experiences — 73.33%
Illicit Drug Use — 60.00%
Alcohol Use (including binge drinking) — 46.67%
Nutrition (such as fruit and vegetabl...) — 33.33%

Second Round of Voting Results

Survey Results

Please choose the top THREE health conditions and outcomes for your County.
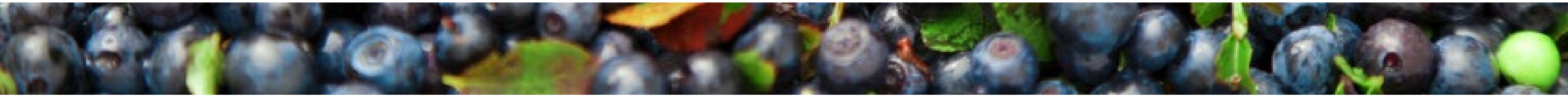
Answered: 15   Skipped: 1

Condition	Percentage
Mental Health (such as depression,...	93.33%
Substance Use Related Injury & Death (suc...	86.67%
Multiple Chronic Conditions	40.00%
Cancer	13.33%
Obesity/Weight Status	13.33%

Breakout Discussions

Breakout Discussion #1

Please discuss the results of the community needs assessment and the results of the first round of priority voting:
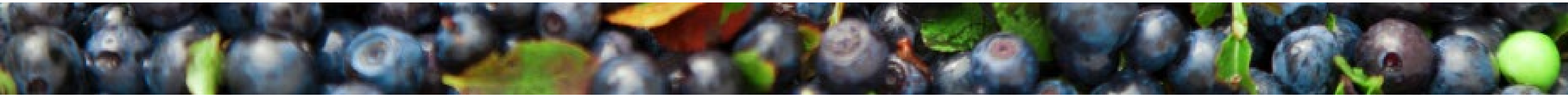
- **Was anything surprising or new?**

- **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?**
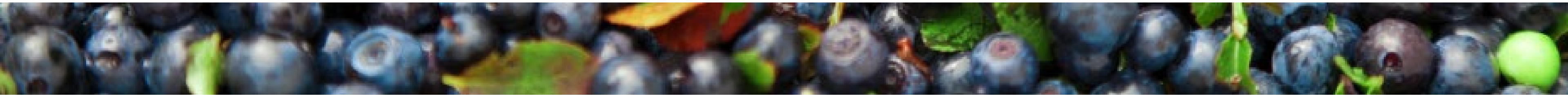
Breakout Discussion #2

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.

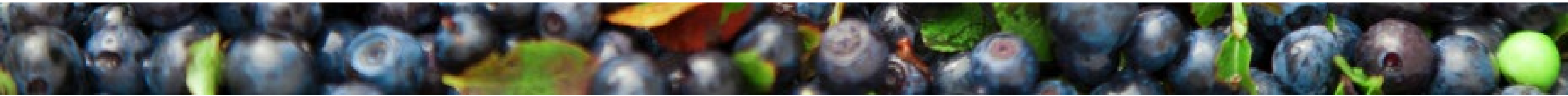# Breakout Discussion #4

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.**