



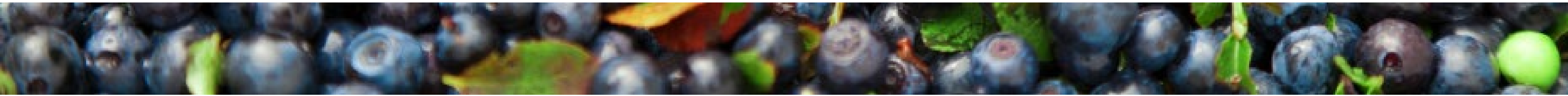
Maine Shared Community Health Needs Assessment

Washington County

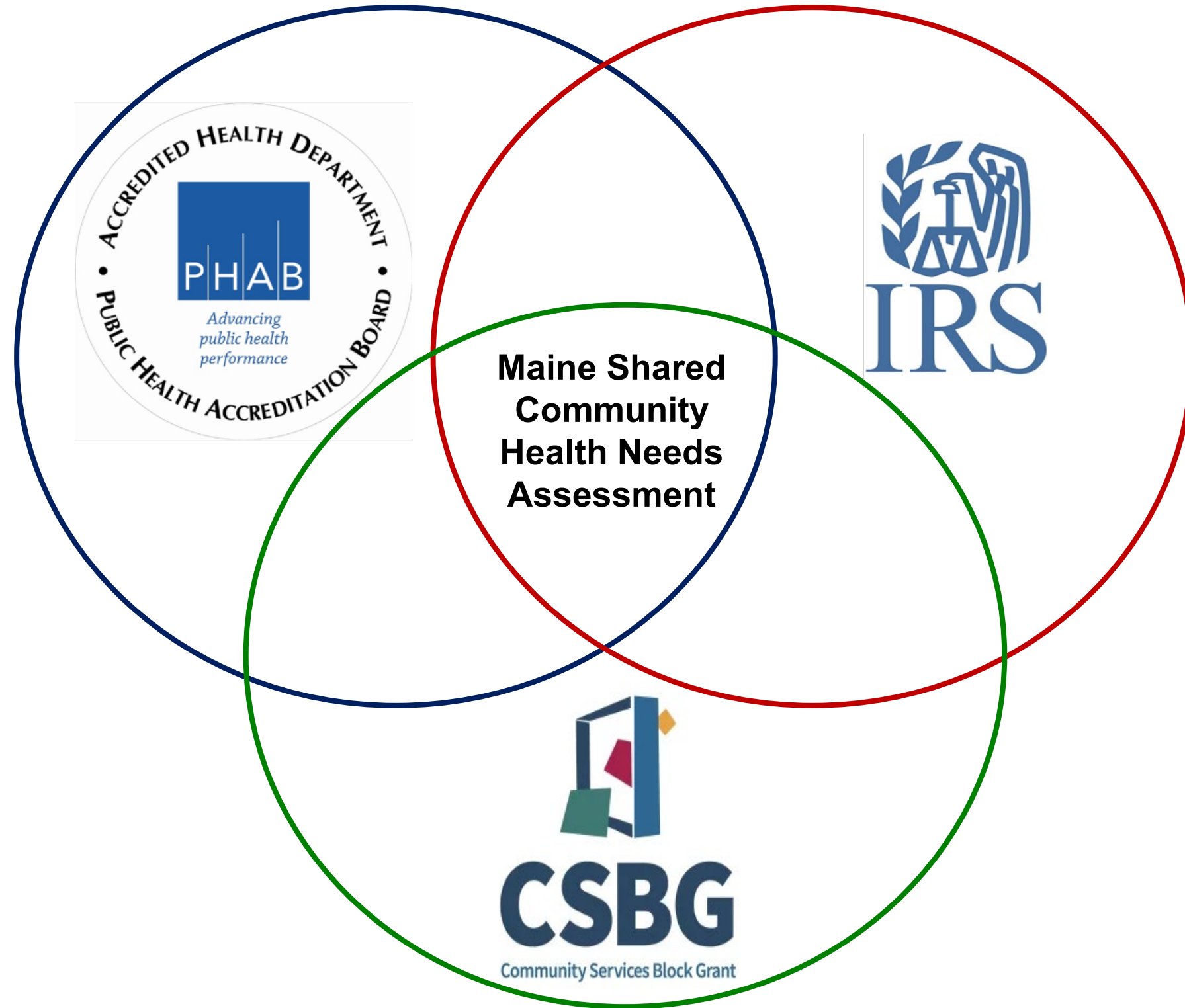
September 26, 2024

Maine Shared CHNA

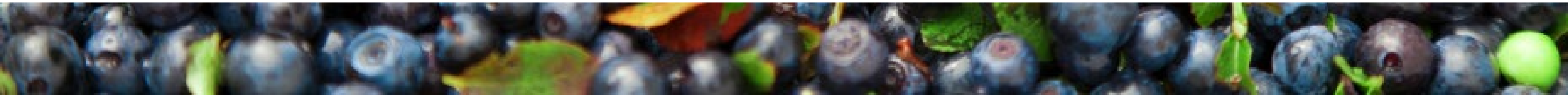
The Maine Shared Community Health Needs Assessment (Maine Shared CHNA) is a collaborative partnership between Central Maine Healthcare, Northern Light Health, MaineGeneral Health, MaineHealth, the Maine Center for Disease Control and Prevention, and the Maine Community Action Partnership. By engaging and learning from people and communities and through data analysis, the partnership aims to improve the health and well-being of all people living in Maine.



Maine Shared CHNA



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

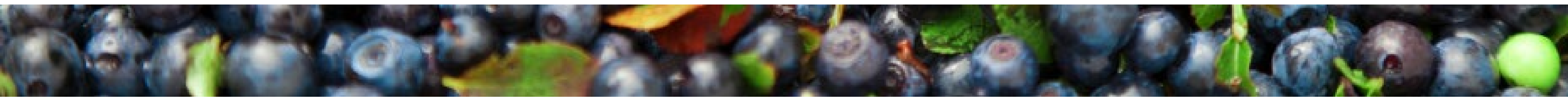


Maine Shared CHNA

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



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



Agenda

Welcome!

Overview of Key Findings & Prioritization Voting

Breakout: Discussion of Findings & Prioritization Voting

Discussion Report Out & Second Round of Voting

BREAK

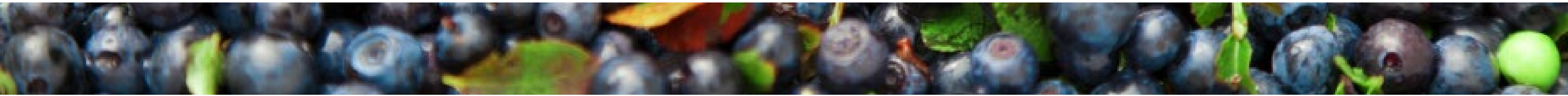
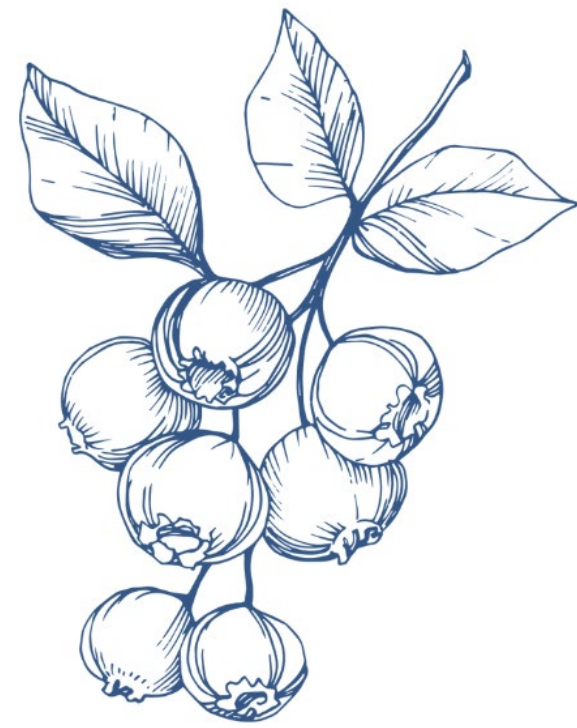
Presentation of Final Priorities

Breakout: Deeper Discussion of Priorities, Round 1

Breakout: Deeper Discussion of Priorities, Round 2

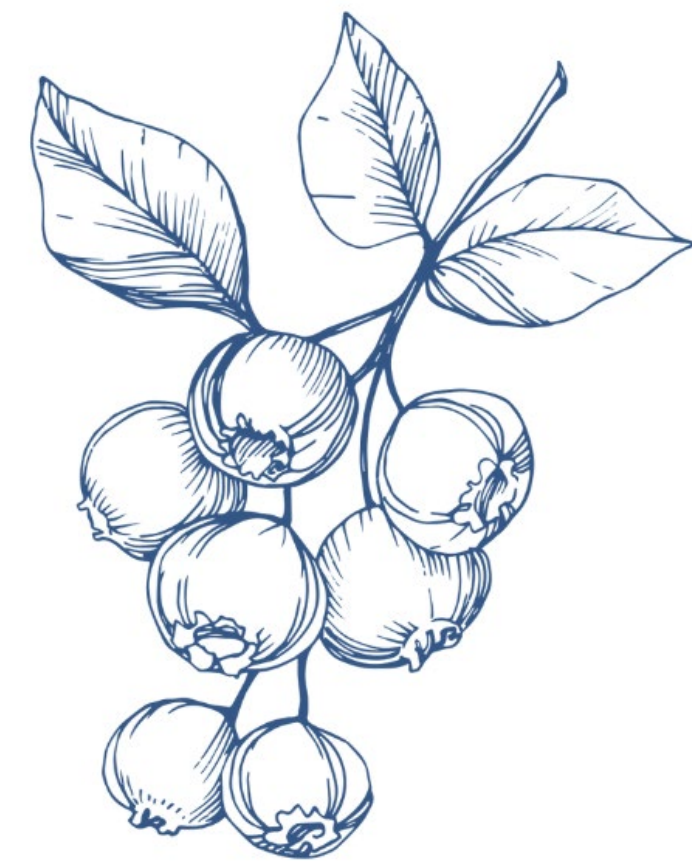
Breakout: Deeper Discussion of Priorities, Round 3

Conclusion & Next Steps

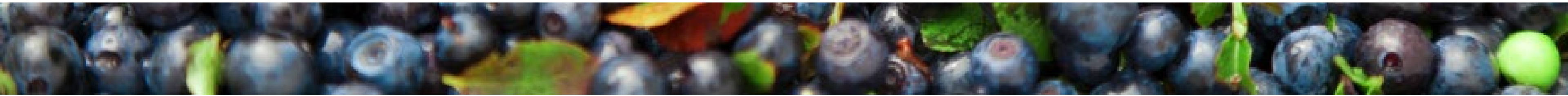


Housekeeping

- Step Up. Step Back.
- Listen Longer. Be Curious. **Be Bold.**
- Take Breaks. Water and De-Water. Move Your Body.
- Maintain Confidentiality.
- Acknowledge Positionality.



[2023 Community Agreements.pdf \(mainephilanthropy.org\)](#)





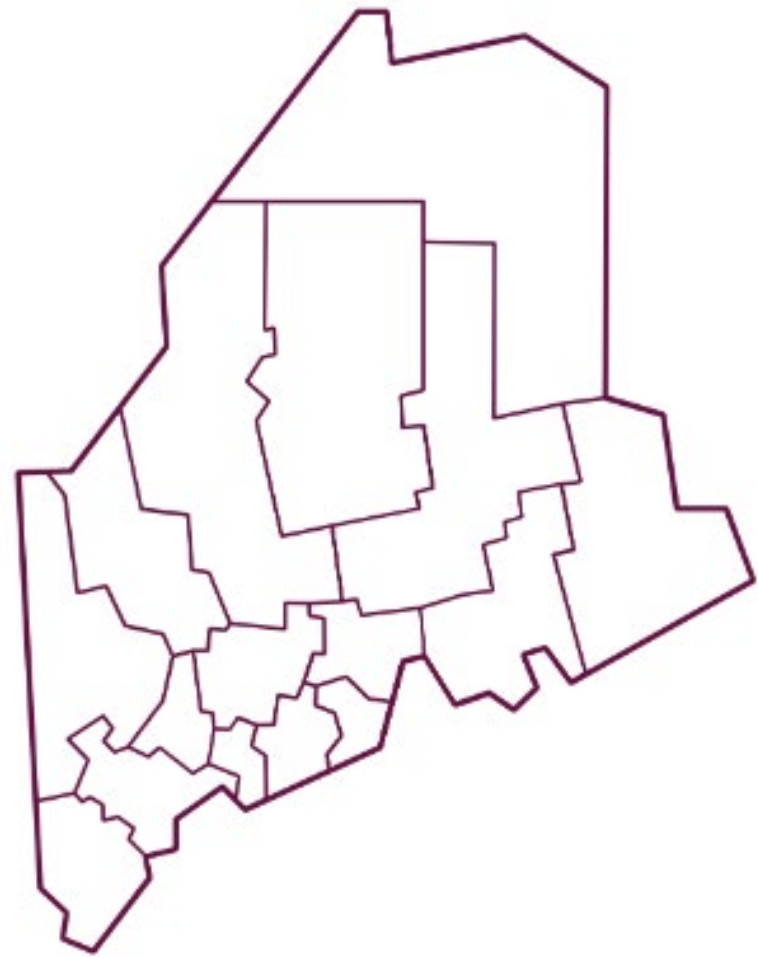
Key Findings

Demographics

Total Population

31,096

2.3% of total state population



Population by Age



Age Under 18

18.8%



Age 18-64

55.9%

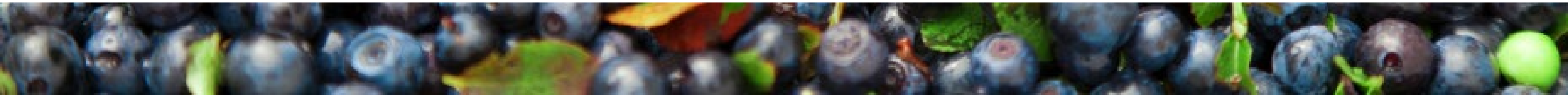
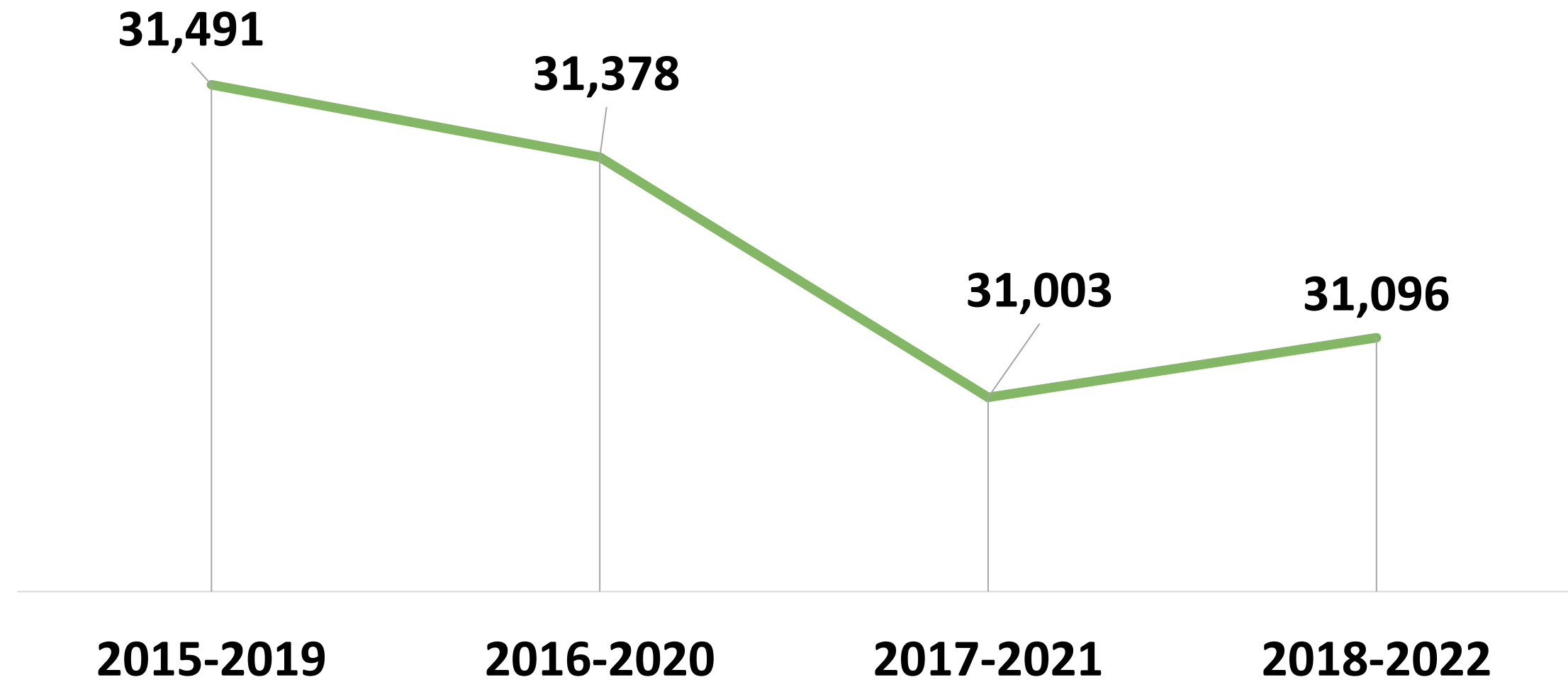


Age 65+

25.3%

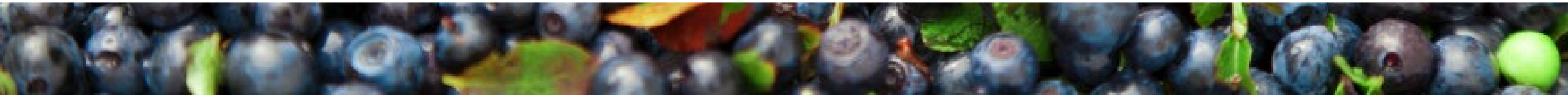
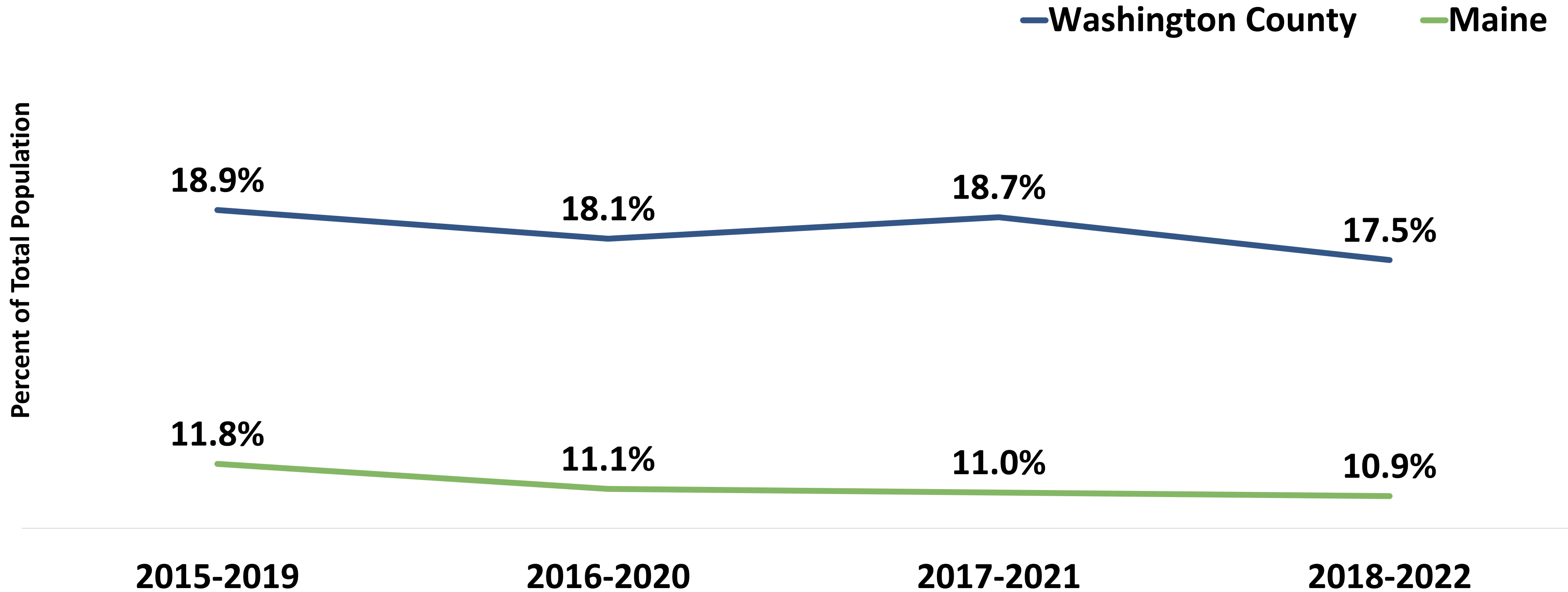
U.S Census Bureau ACS Five-year Estimates 2018-2022

County Population



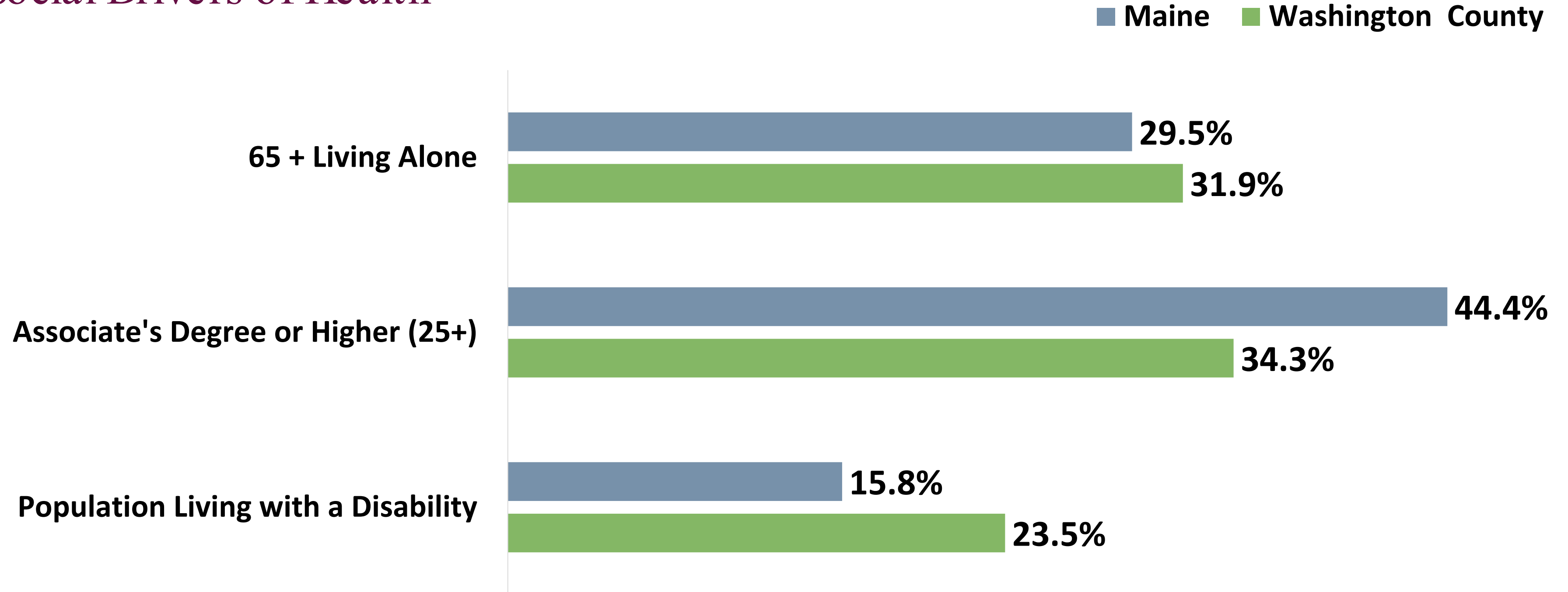
Demographics

Individuals Living in Poverty



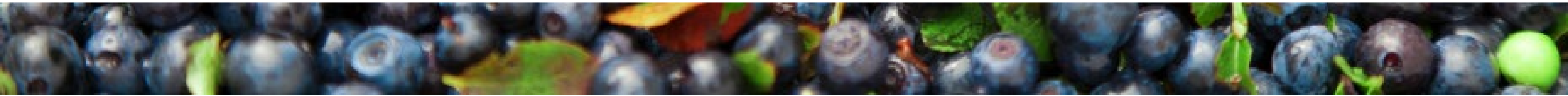
Demographics

Social Drivers of Health



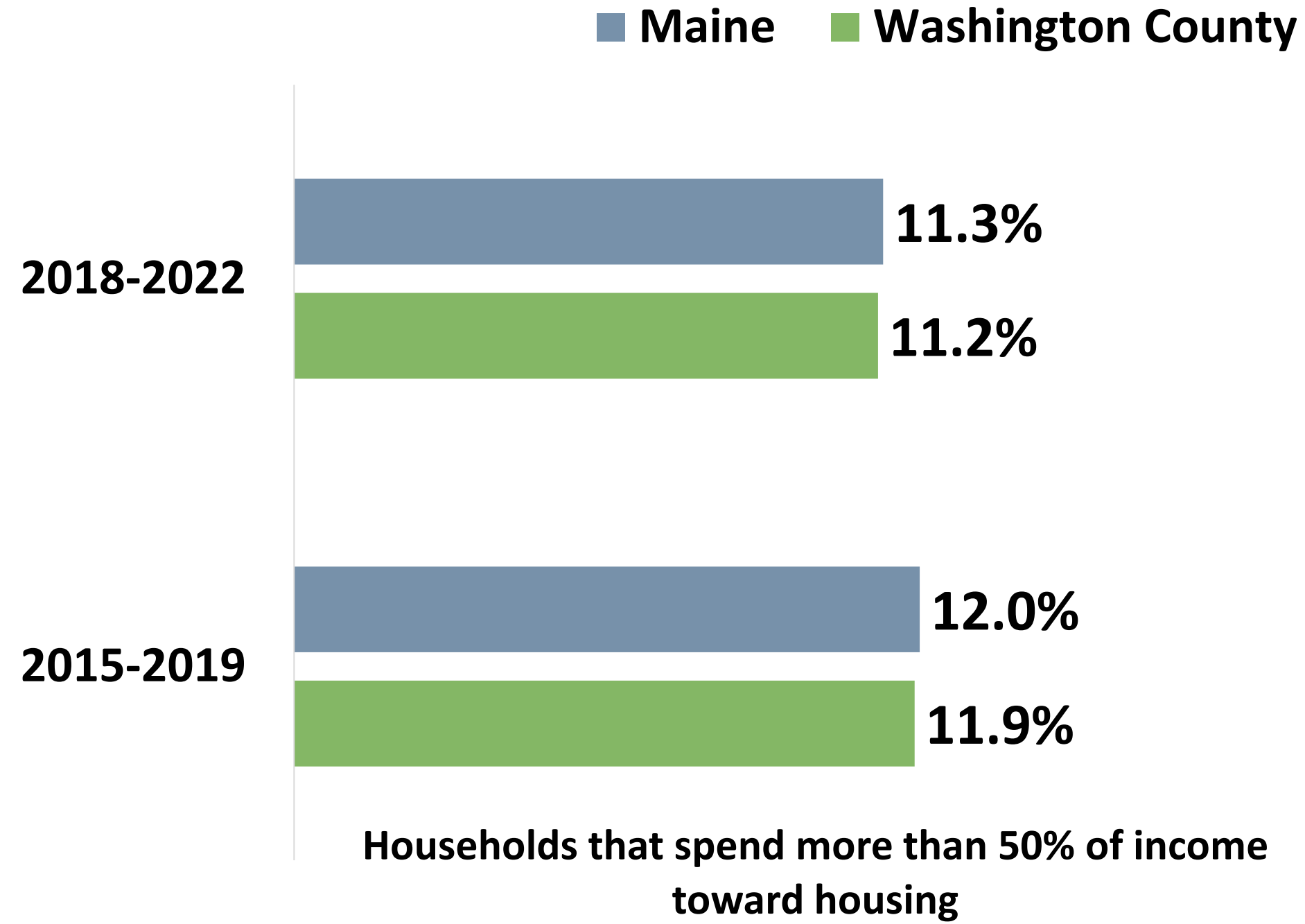
U.S Census Bureau ACS Five-year Estimates 2018-2022

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



Community Conditions

Cost-burdened Households



Transportation



28.3%

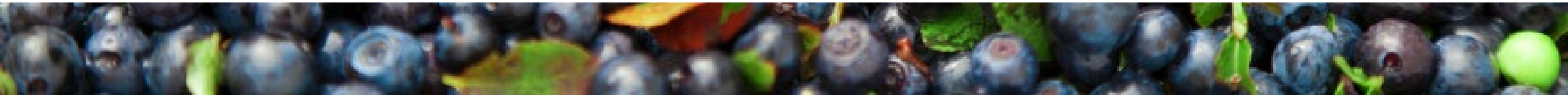
Commute of greater than 30 minutes driving alone



1.3%

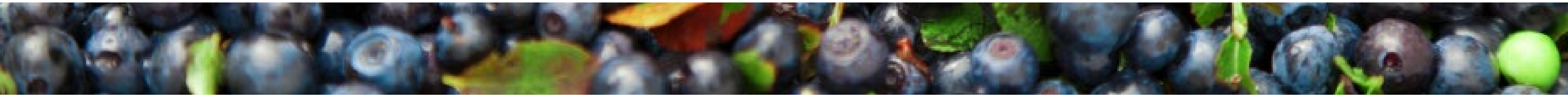
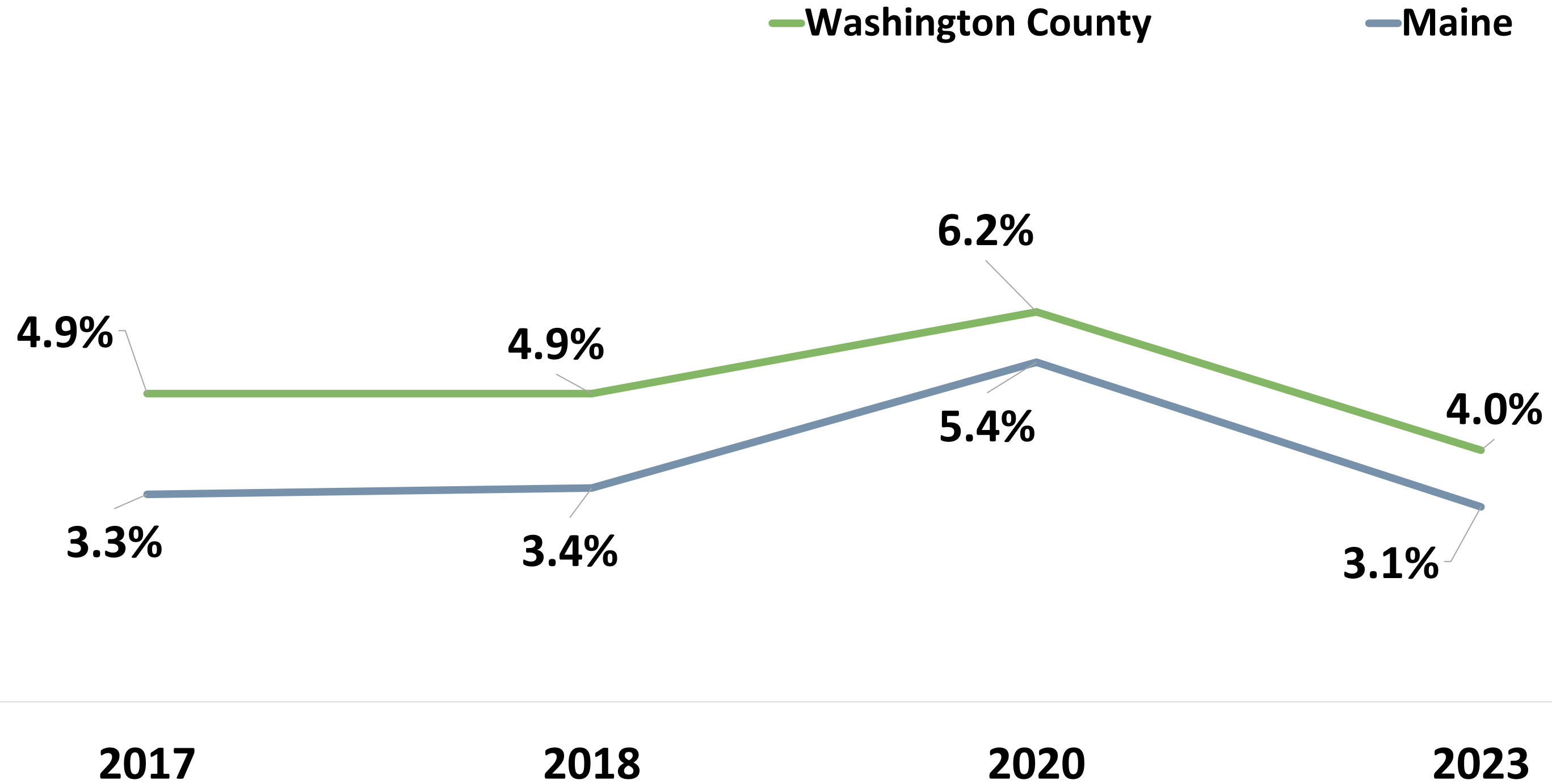
No vehicle for the household

*U.S. Census Bureau ACS Five-year Estimates 2018-2022
No Vehicle for the Household, U.S. Census Bureau ACS Five-year Estimates 2017-2021*



Community Conditions

Unemployment



Community Conditions

Economic Wellbeing



Median household income

2015-2019: \$41,347

2018-2022: \$51,669



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

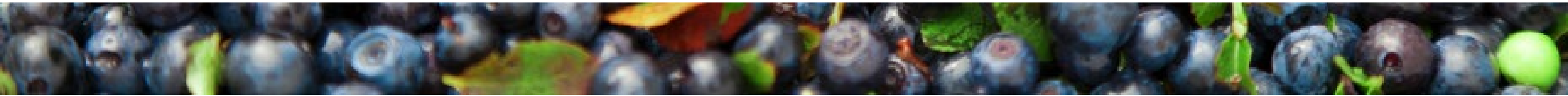
2019: 32.5%

2022: 30.6%

ALICE

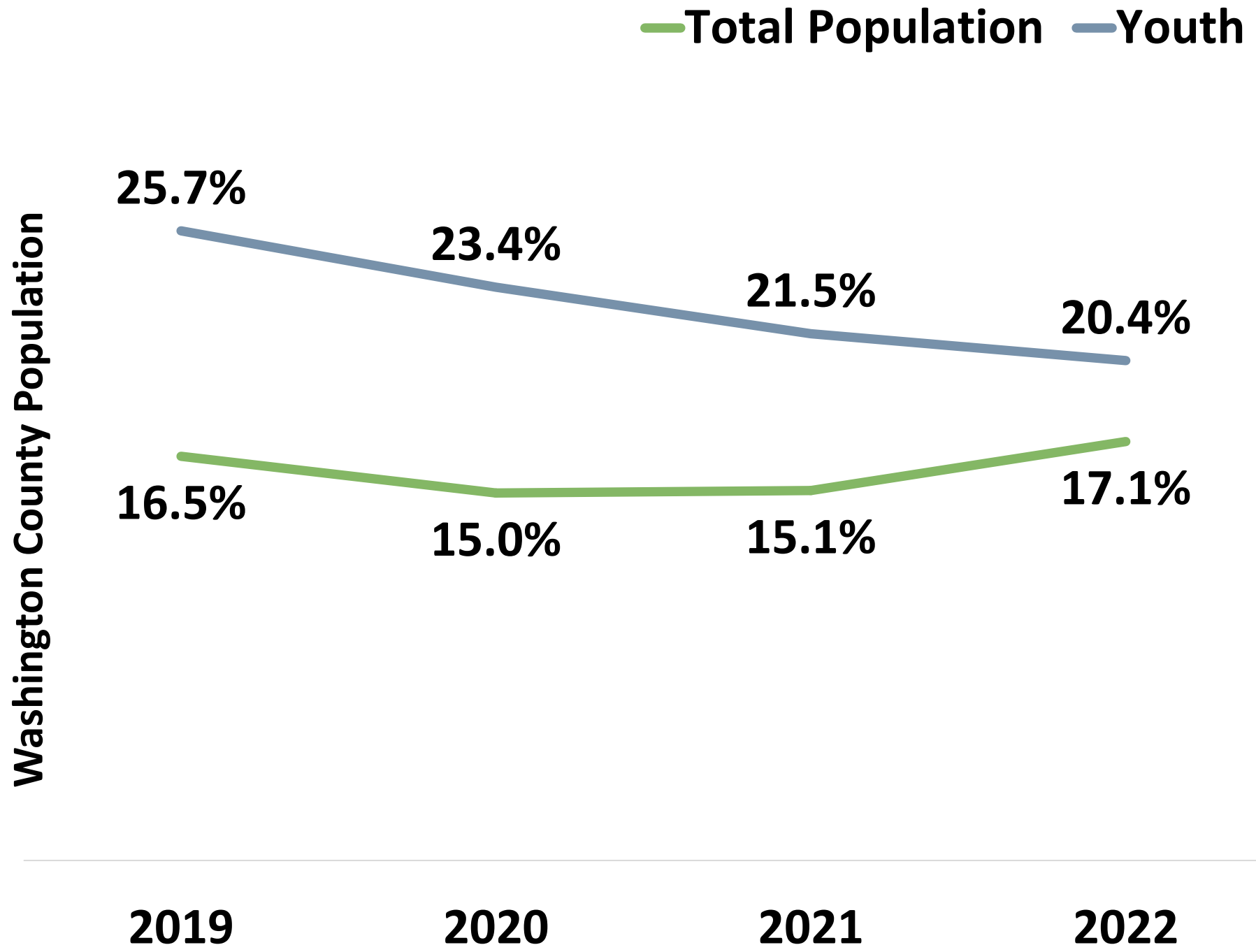
Working families who are struggling to afford basic necessities like housing, food, and childcare **despite earning an income technically above the poverty line.**

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

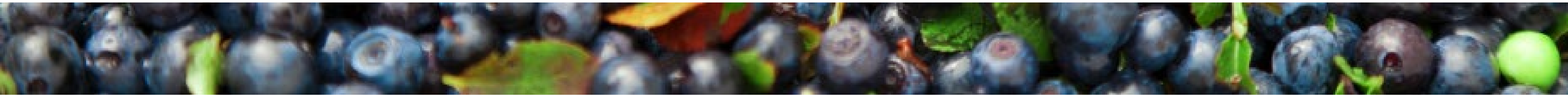
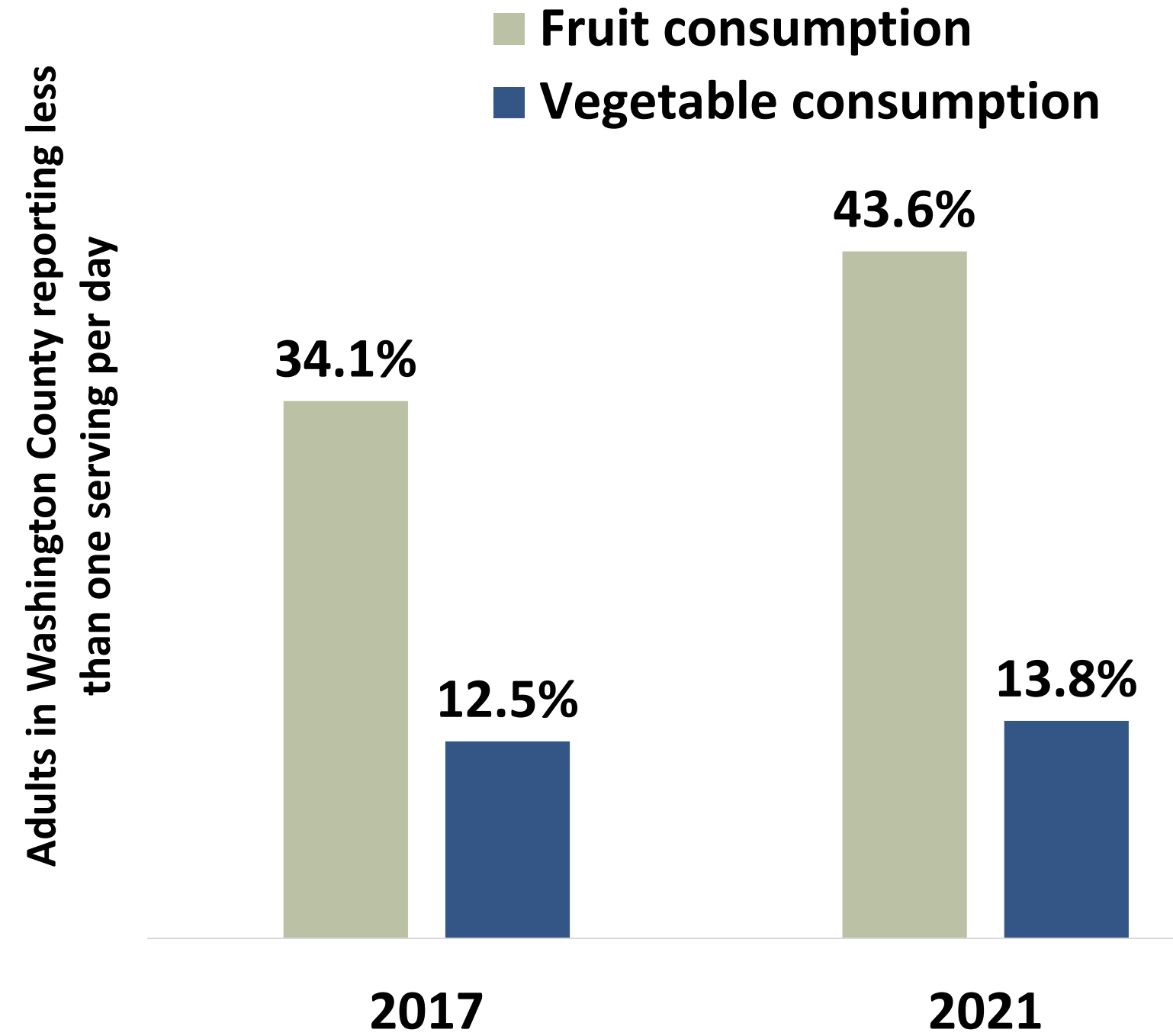


Community Conditions

Food Insecurity



Fruit & Vegetable Consumption



Community Conditions

Child Care



Child Care Centers

2020: 11

2024: 14

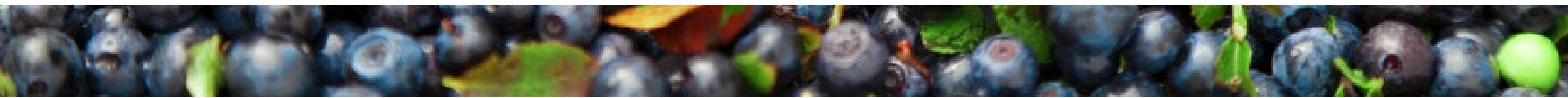
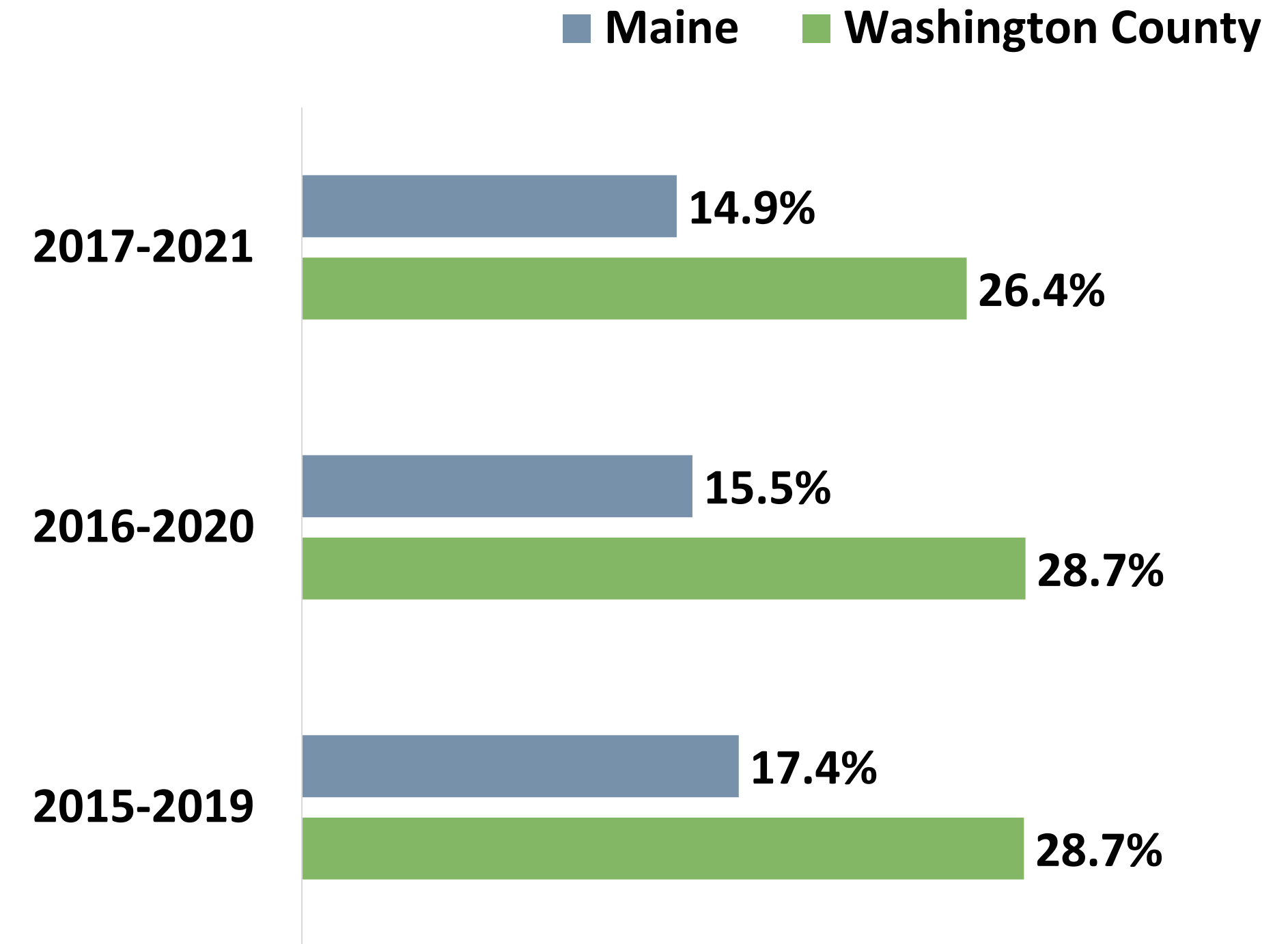


Children served in publicly funded state & local preschools

2019: 84.5%

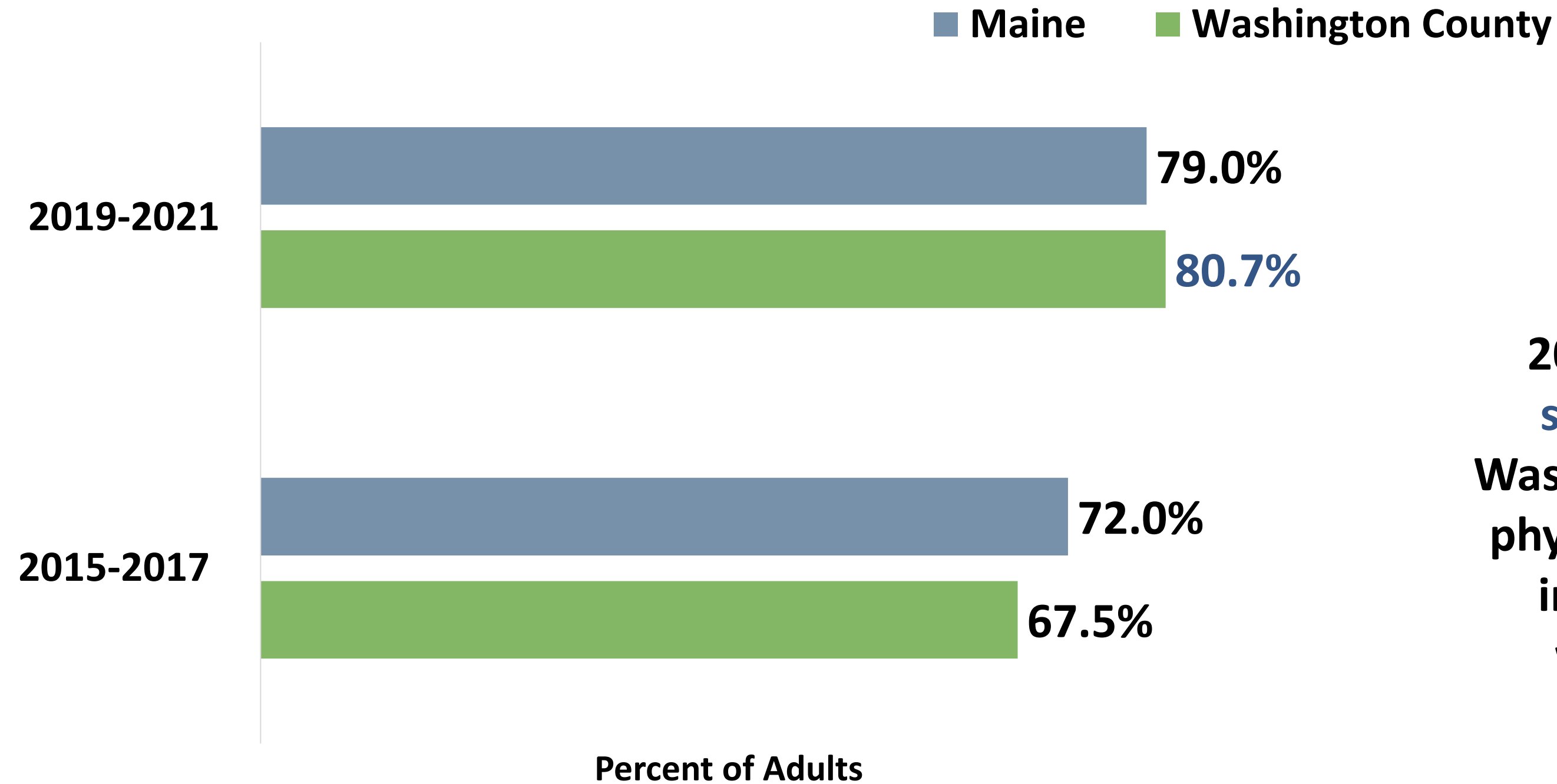
2023: 87.1%

Head Start eligible infants, toddlers, preschool age children

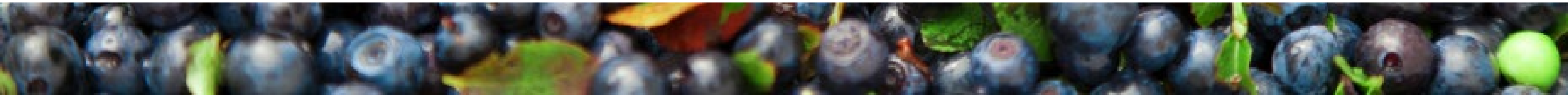


Protective & Risk Factors

Access to Care



2019-2021 data reflects that **significantly more** adults in Washington County had a regular physical exam (not for a specific injury, illness, or condition) within the last 12 months compared to 2015-2017.



Health Conditions & Outcomes

Leading Causes of Death

Rank	United States	Maine	Washington 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	Chronic Lower Respiratory Disease
5	Cerebrovascular Diseases	COVID-19	Diabetes
6	Alzheimer's Disease	Cerebrovascular Diseases	Cerebrovascular Diseases
7	Diabetes	Diabetes	COVID-19
8	Influenza & Pneumonia	Alzheimer's Disease	Suicide
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: 181.0

2018-2022: 186.0

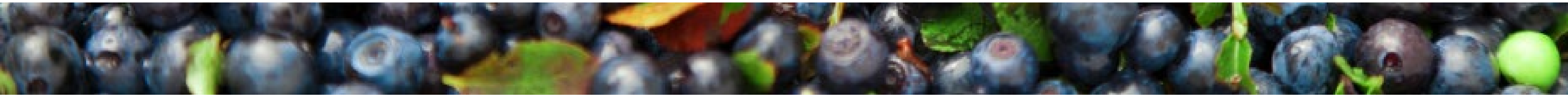


Cancer deaths per 100,000 population

2015-2019: 158.0

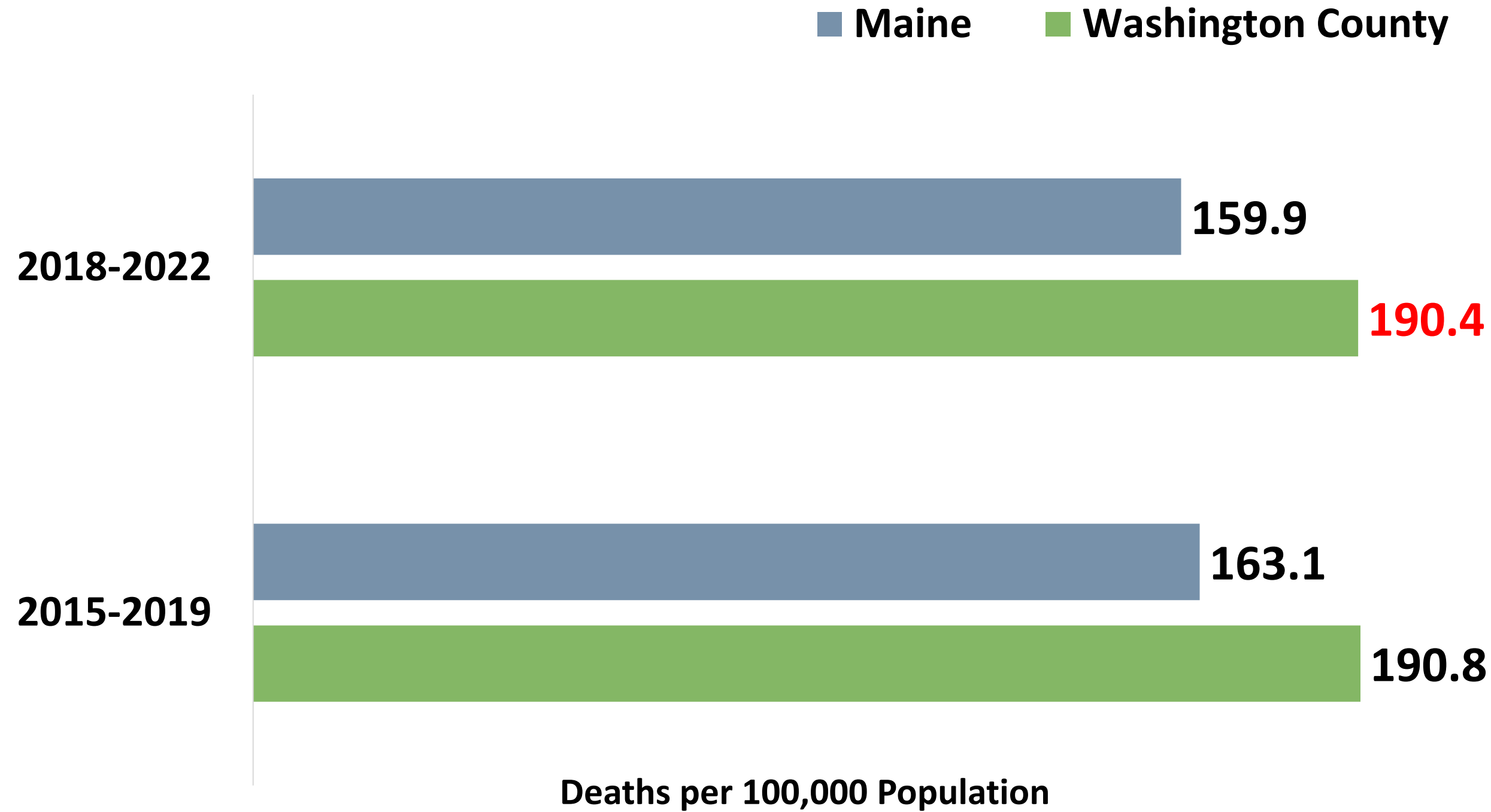
2018-2022: 153.6

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



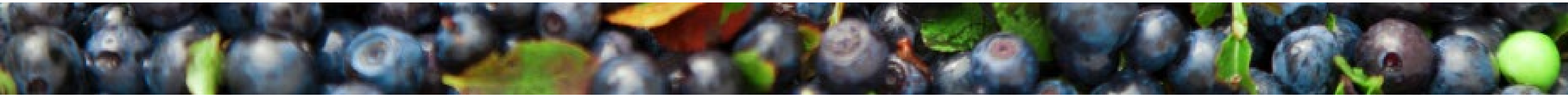
Health Conditions & Outcomes

All Cancer Deaths



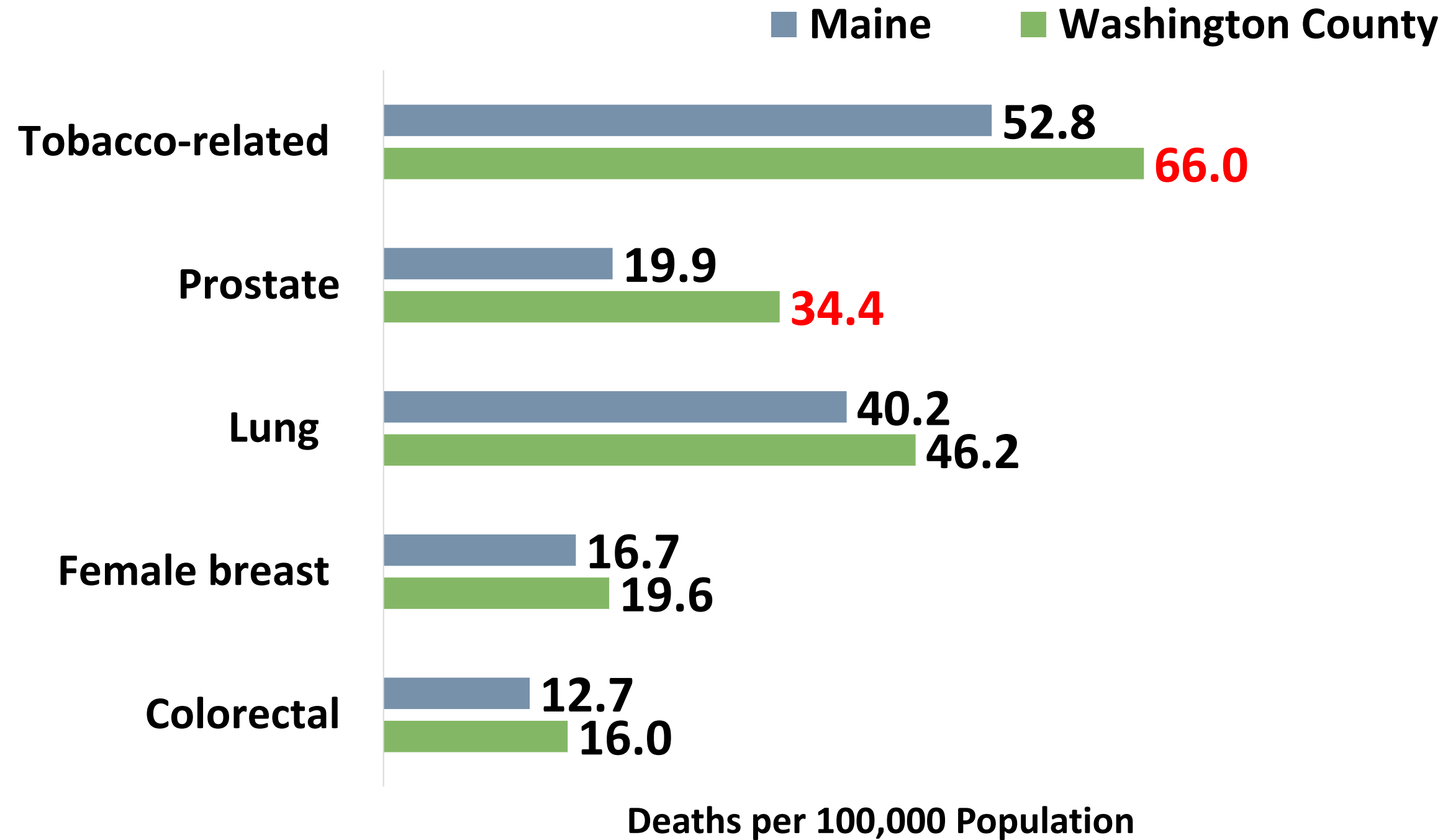
!

2018-2022 data reflects that Washington County has a **significantly higher** cancer death rate compared to Maine.

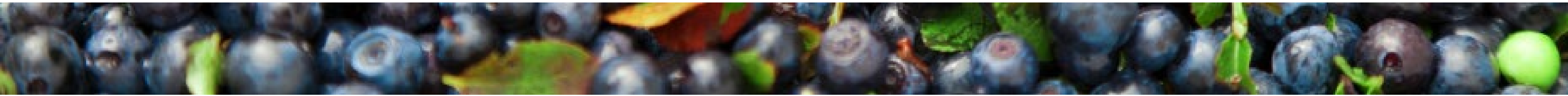


Health Conditions & Outcomes

Cancer Mortality by Type

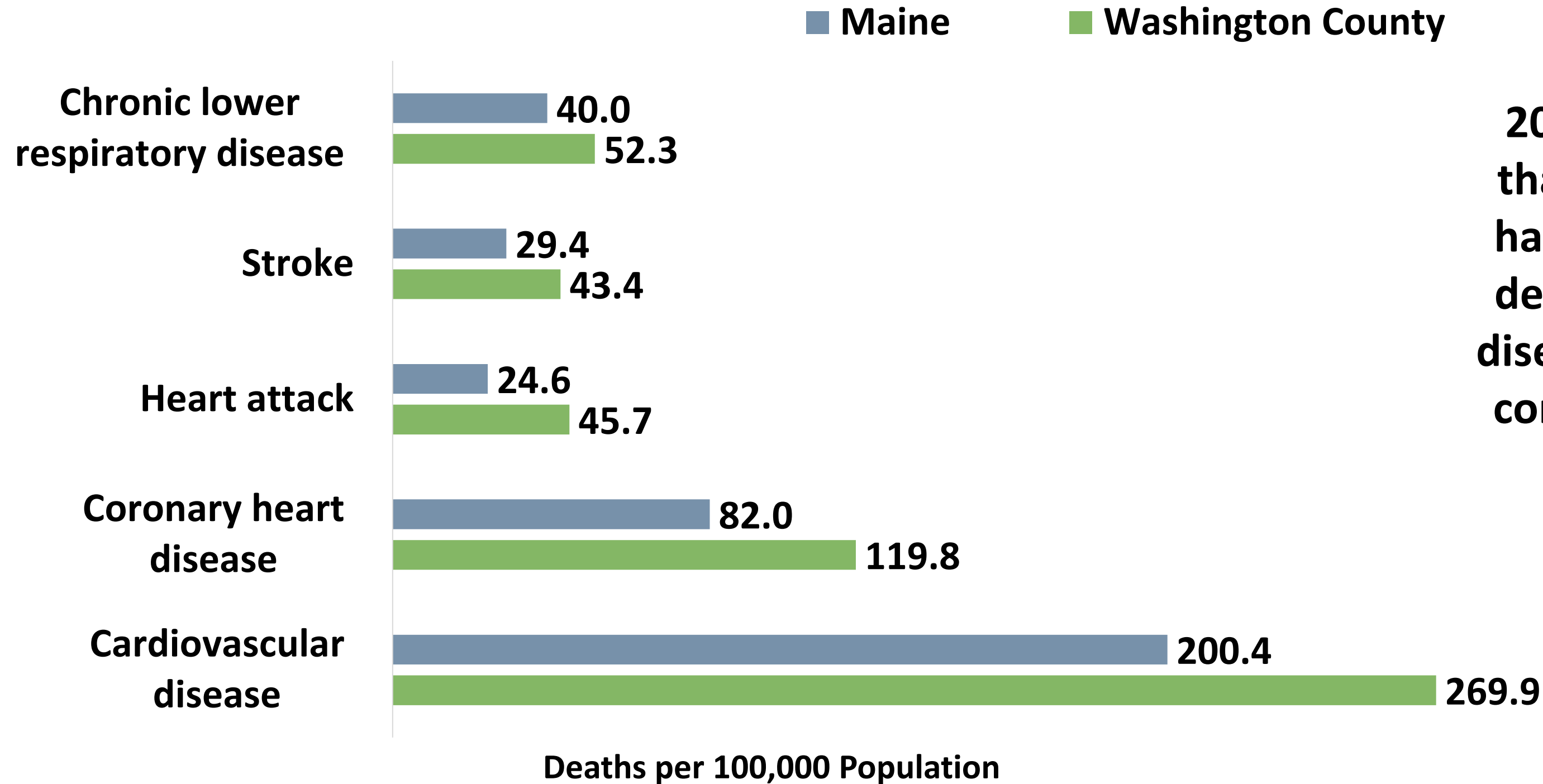


2018-2022 data reflects that Washington County has a **significantly higher** prostate & tobacco-related cancer death rate compared to the state of Maine

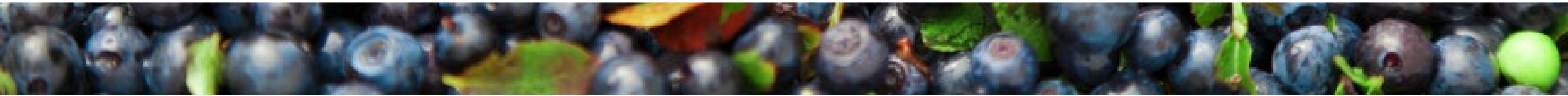


Health Conditions & Outcomes

Chronic Disease Deaths

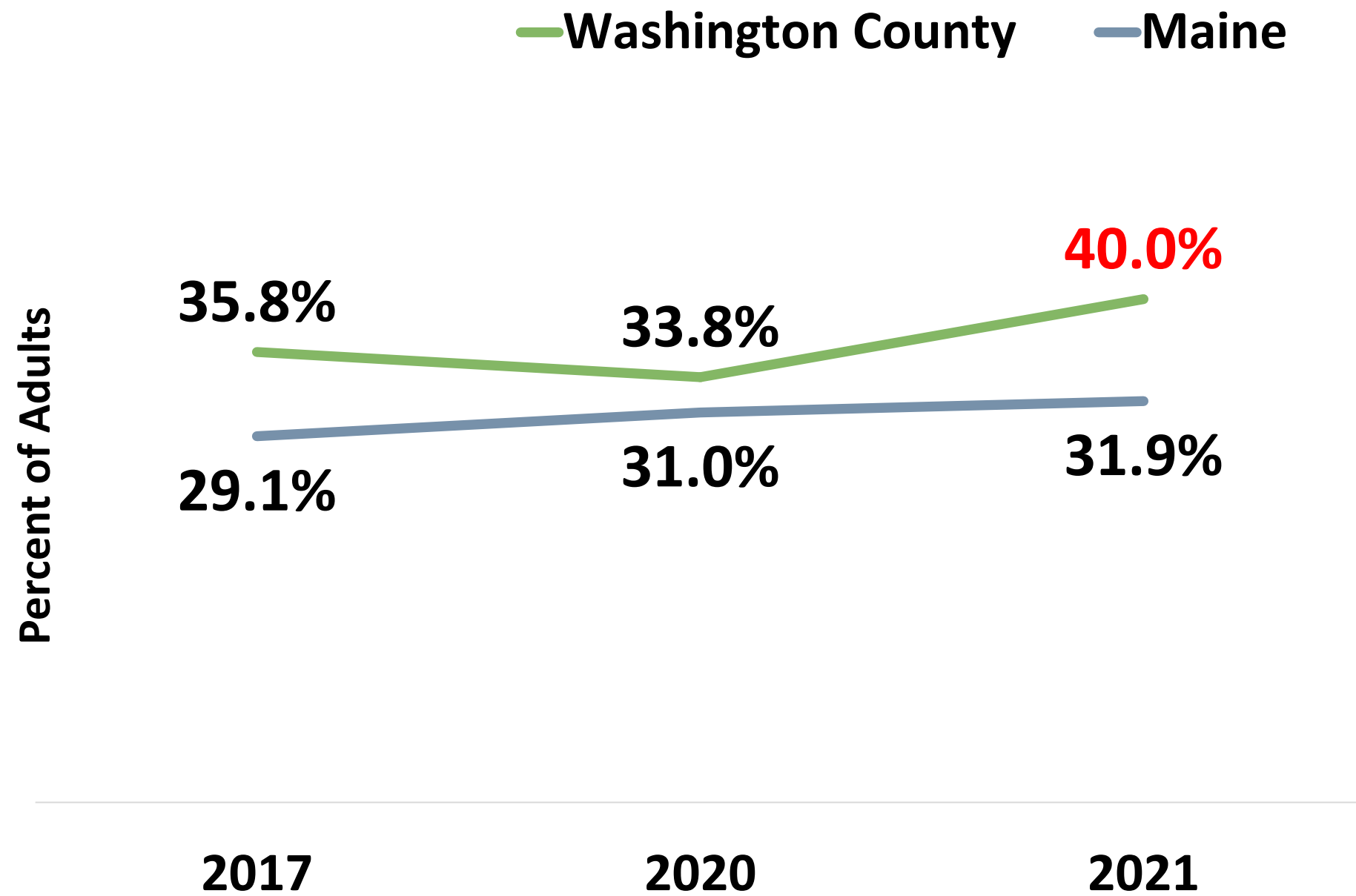


2018-2022 data reflects that Washington County has a **significantly higher** death rate for all chronic diseases listed in the chart compared to the state of Maine.



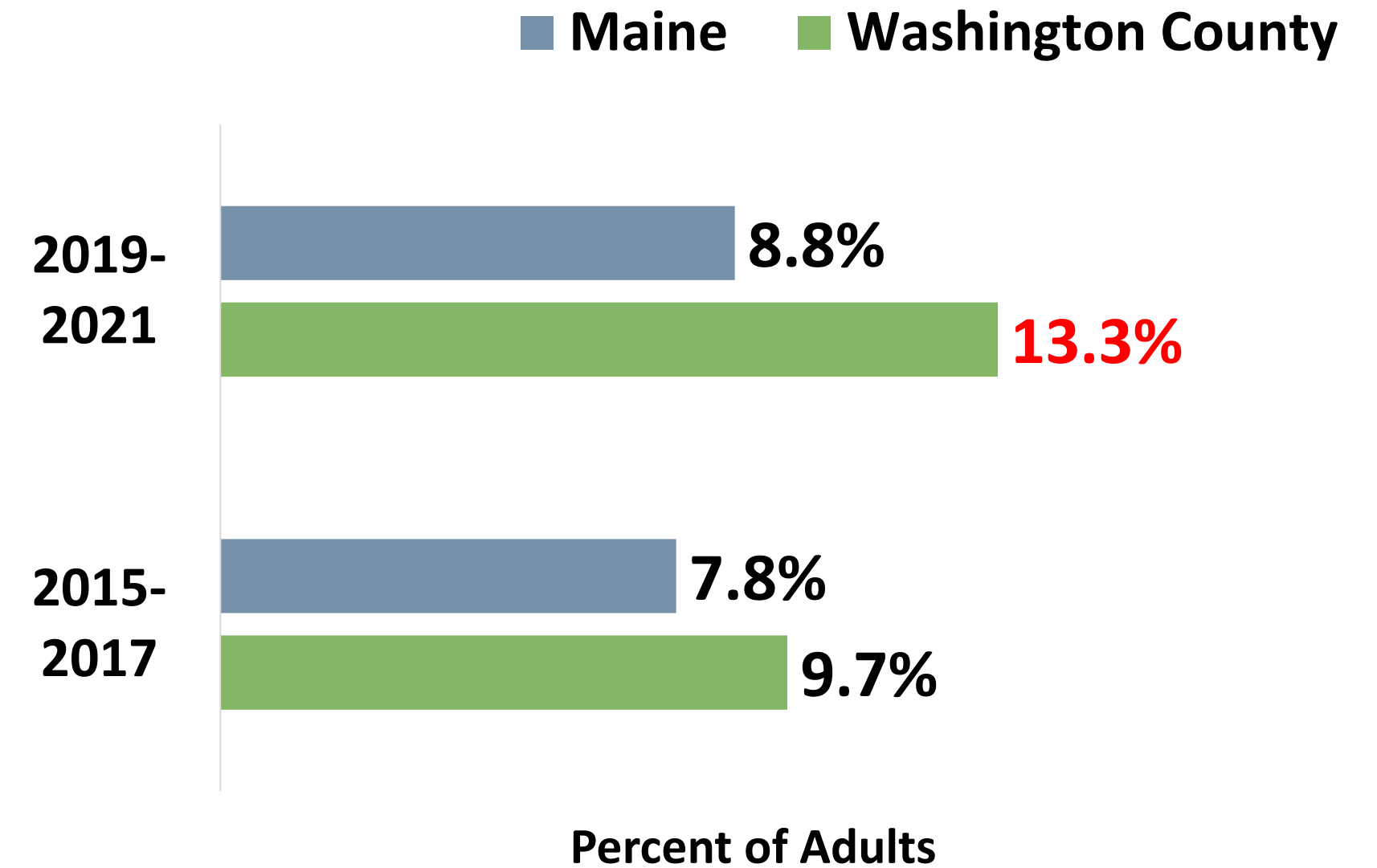
Health Conditions & Outcomes

Obesity

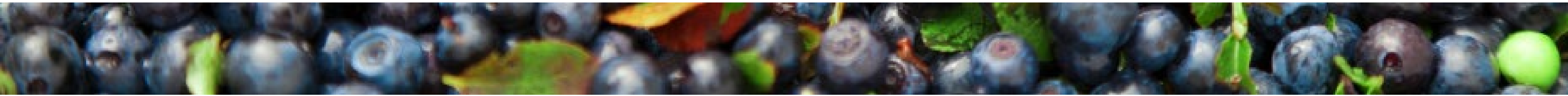


! 2021 data reflects that Washington County had a **significantly higher** adult obesity rate compared to Maine.

Chronic obstructive pulmonary disease (COPD)

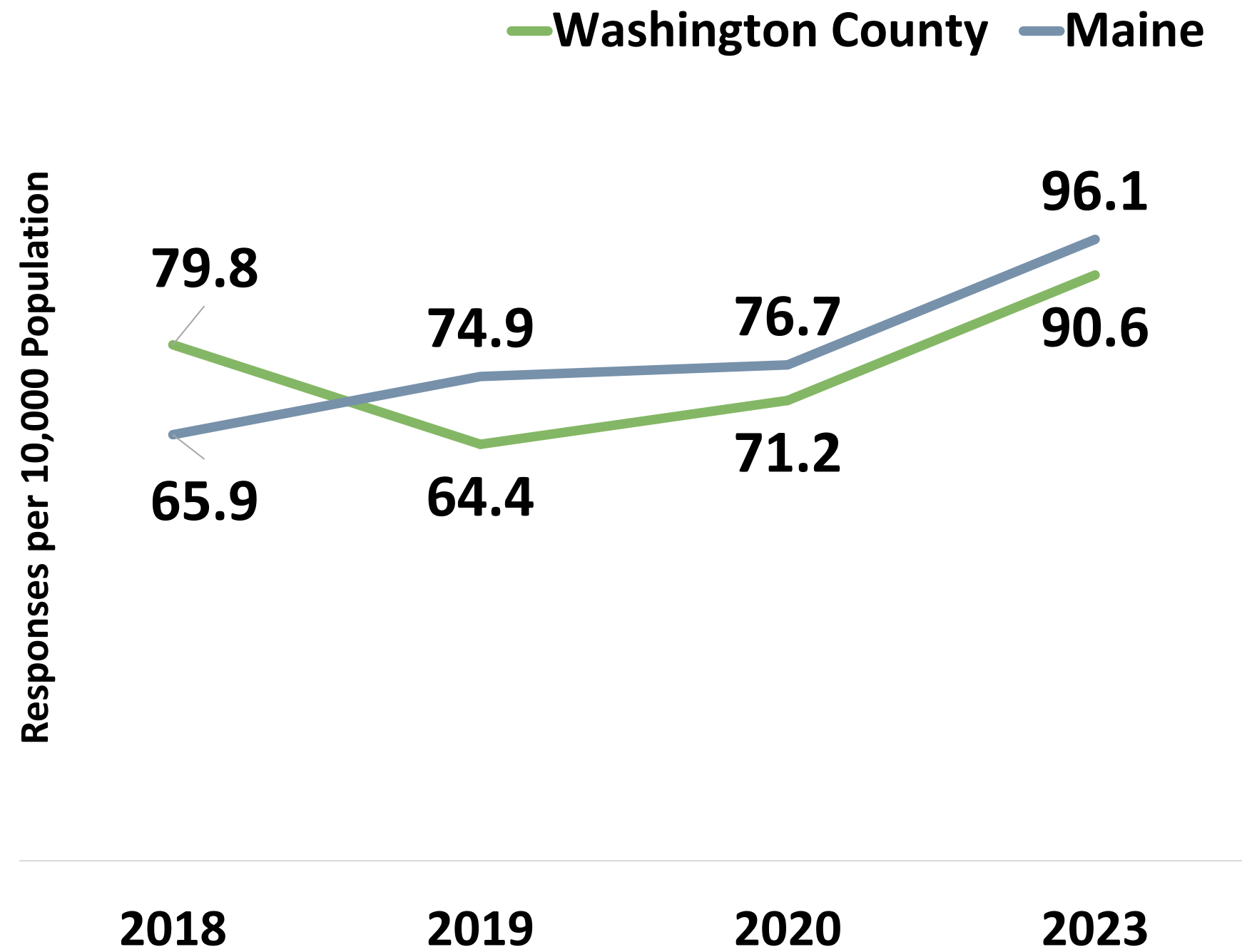


2019-2021 data reflects that Washington County had a **significantly higher** rate of adults with COPD compared to Maine.

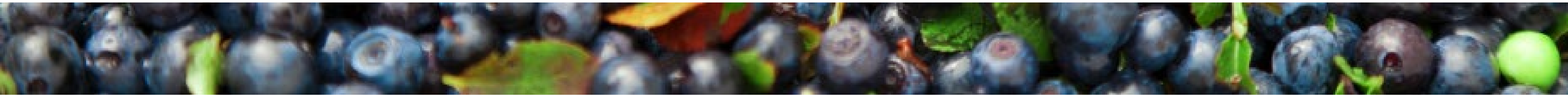
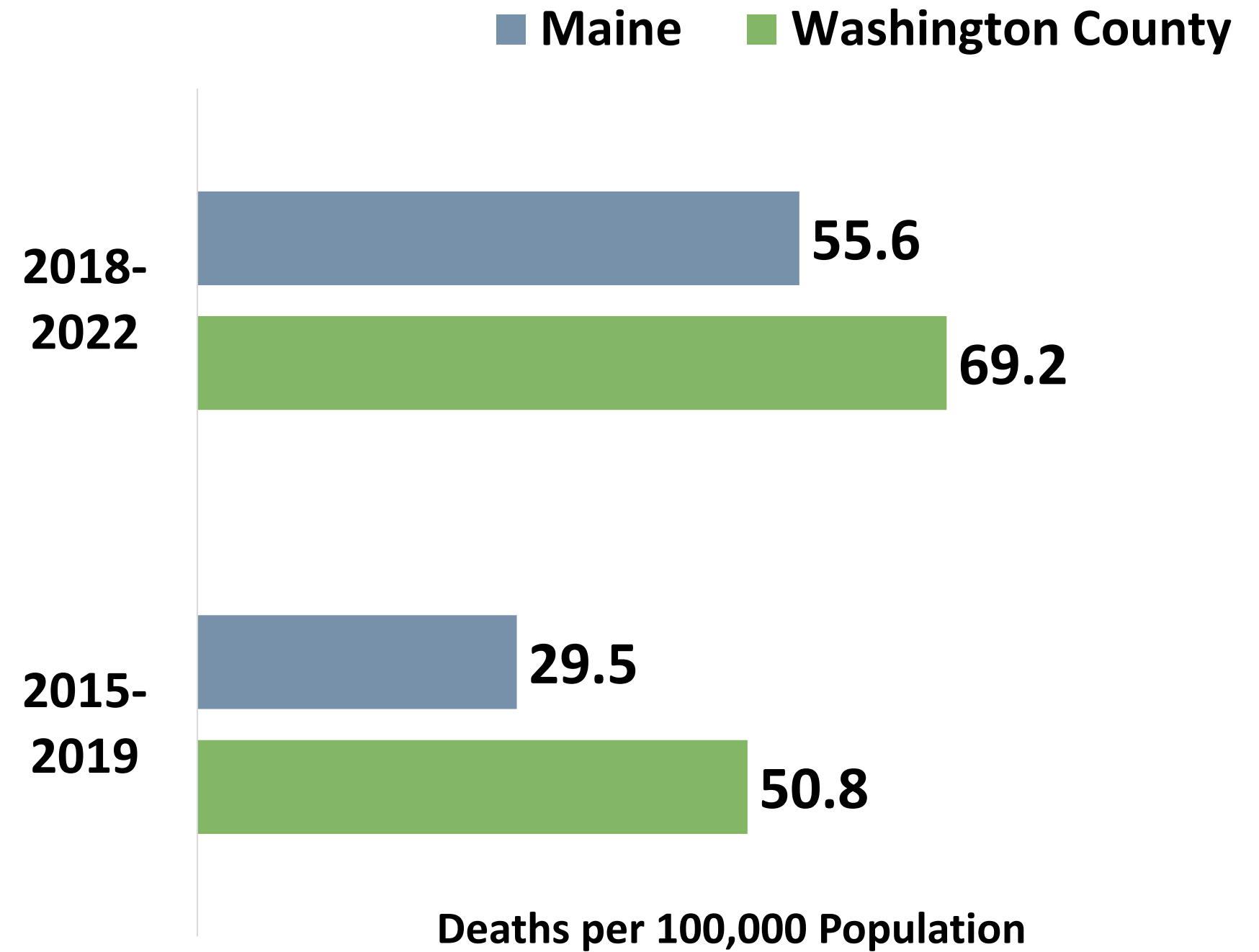


Health Conditions & Outcomes

Overdose Emergency Medical Service Responses

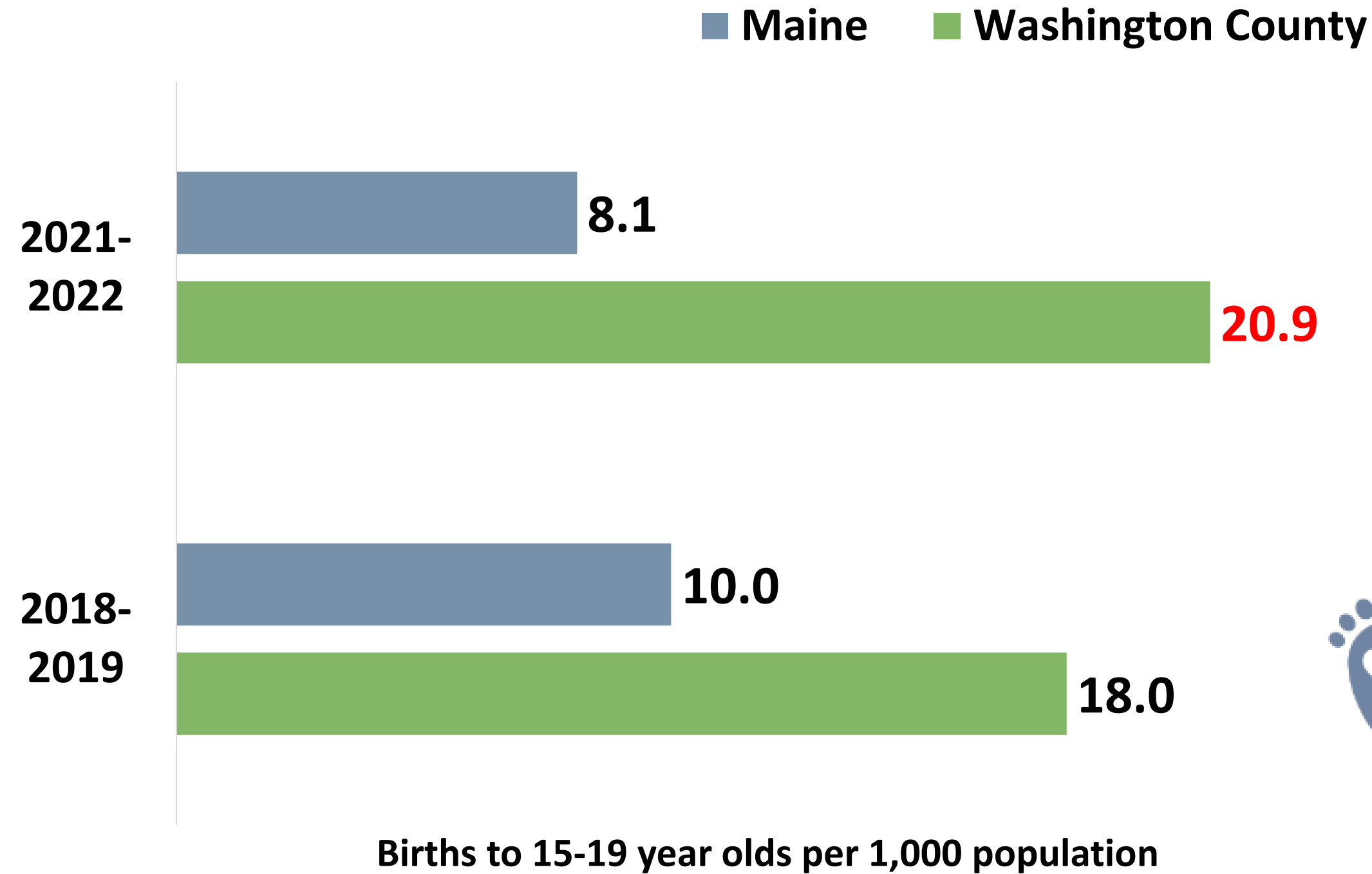


Drug-induced Deaths



Health Conditions & Outcomes

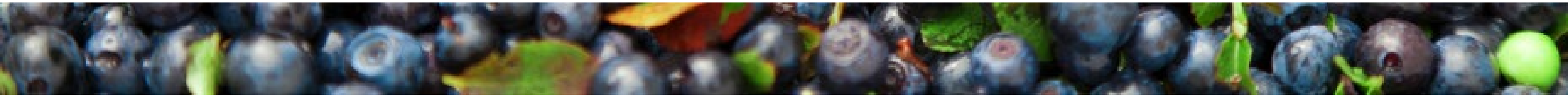
Teen Births



2021-2022 data reflects a **significantly higher rate** of teen births compared to Maine, as well as a lower percentage of mothers who received more than 80% of expected prenatal visits.



Adequate prenatal care
Washington County: 80.8%
Maine: 84.6%
(2021-2022)





Community Engagement

Community Engagement

Focus Group Top Themes

Affordable housing

Childcare

Dental care

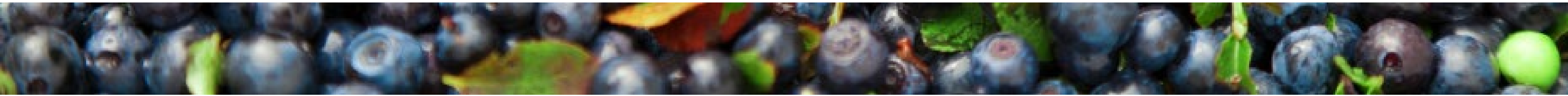
Food deserts & access to affordable,
healthy food

Navigation of healthcare system

Transportation

Select Quotes From Participants

- “Many providers are retiring. Many older providers have been around for years and it’s hard to replace them. **No one wants to move here when they find out how rural it is.**”
- “For the population I work with [LGBTQ+ kids], having a **consistent provider** is important because you build trust with them. If you don’t have this, you might not go to the doctor.”
- “**Stigma around substance use disorder** – they’re ‘bad people’ or have some moral failing. Even medical providers have some beliefs like this. **Treatment is vastly different** than any other mental health disorders.”
- “I have heard many people say, ‘I can’t go back to work’ because they would spend so much on childcare.”

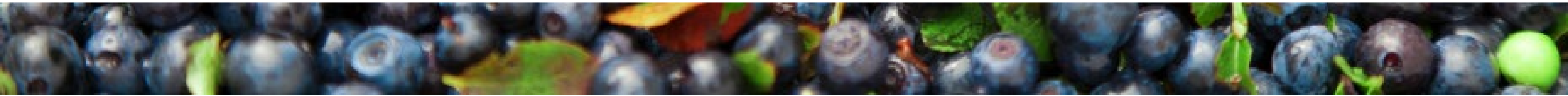
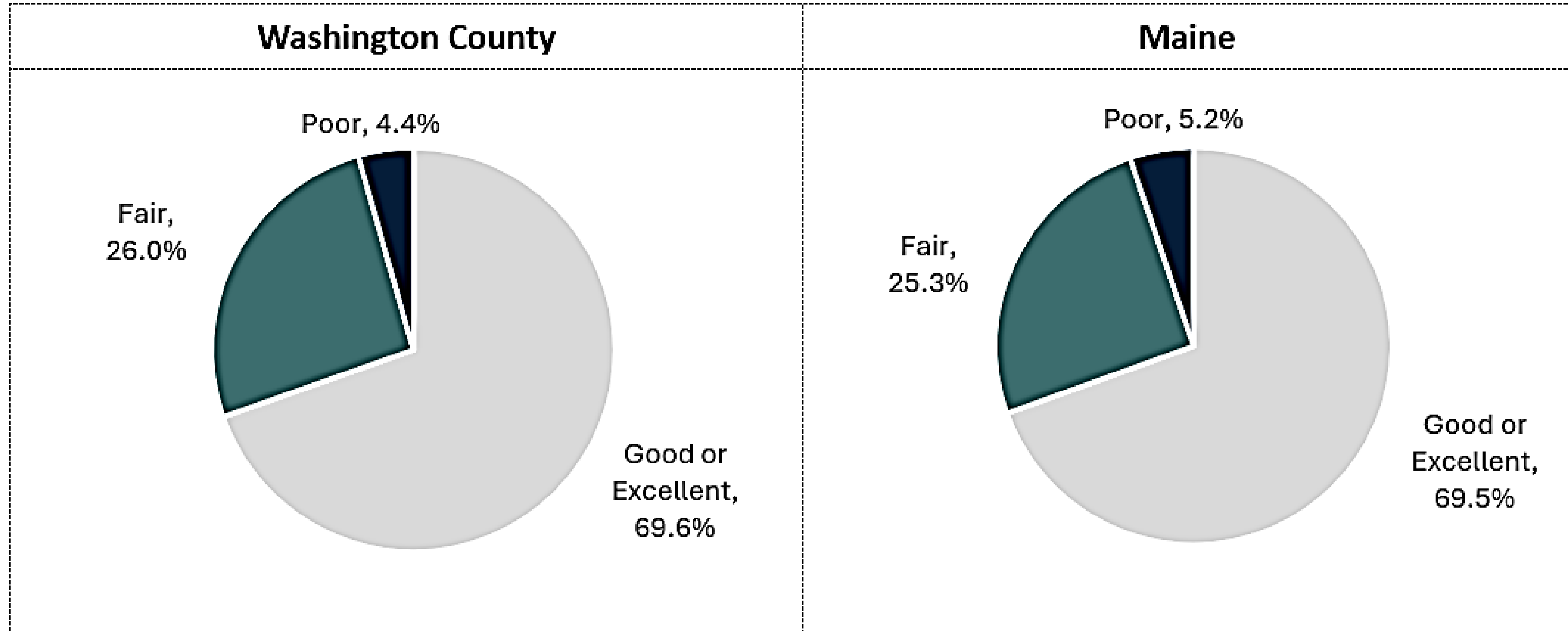


Community Engagement

Total Participants	
Washington County	Maine
205	3,967

Community Survey: Physical Health Status

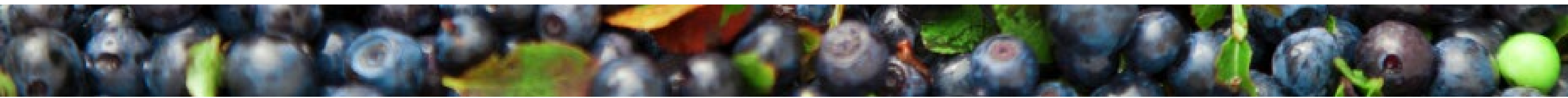
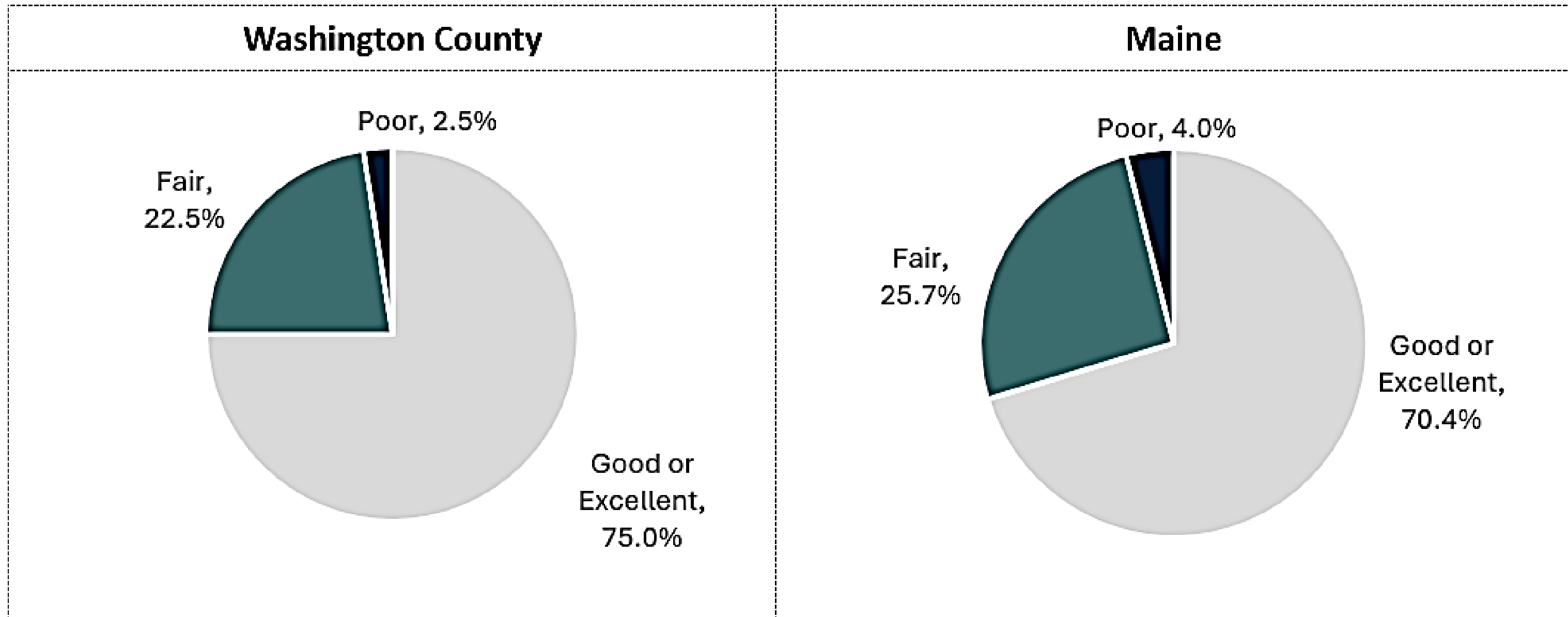
How would you rate your own physical health?



Community Engagement

Community Survey: Mental Health Status

How would you rate your own mental health?

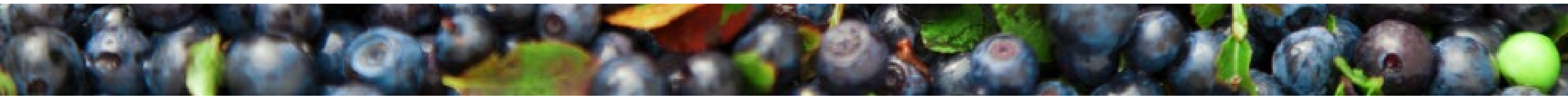


Community Engagement

Community Survey: Community Health Status

Top 5 social concerns that negatively impact your community

Washington County		Maine	
1)	Substance use (alcohol, cannabis, prescription drugs, illicit drugs, etc.)	1)	Mental health issues (anxiety, depression, suicide, etc.)
2)	Low incomes and poverty	2)	Substance use (alcohol, cannabis, prescription drugs, illicit drugs, etc.)
3)	Mental health issues (anxiety, depression, suicide, etc.)	3)	Low incomes and poverty
4)	Obesity	4)	Housing insecurity
5)	Lack of transportation	5)	Obesity



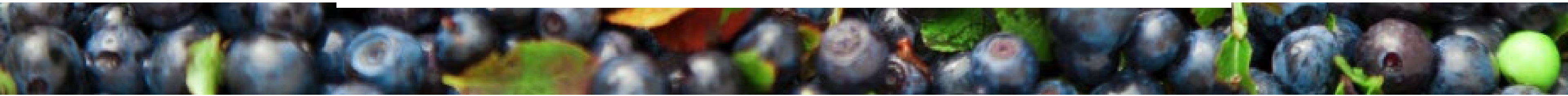
Community Engagement

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'

Washington County		Maine	
Chronic health conditions (cancer, high blood pressure, heart disease, high cholesterol, etc.)	81.5%	Economic needs	76.1%
Economic needs	81.4%	Chronic health conditions (cancer, high blood pressure, heart disease, high cholesterol, etc.)	75.7%
Substance use	77.0%	Mental health needs	73.6%
Mental health needs	76.0%	Substance use	68.5%
Housing needs	73.1%	Housing needs	68.5%
Transportation needs	72.6%	Transportation needs	60.9%
Environmental needs	67.7%	Environmental needs	58.4%
Public safety needs	63.3%	Public safety needs	53.7%





Prioritization Voting Results



Breakout Discussions



Results

Community Conditions

1. Housing (65.7%)
2. Transportation (62.9%)
3. Provider Availability (60.0%)
4. Childcare (40.0%)
5. Poverty (40.0%)

Protective & Risk Factors

1. Illicit Drug Use (65.7%)
2. Nutrition (51.4%)
3. Physical Activity (42.9%)
4. Adverse Childhood Experiences (42.9%)
5. Alcohol Use (42.9%)

Health Conditions & Outcomes

1. Mental Health (80.0%)
2. Cancer (68.6%)
3. Diabetes (68.6%)
4. Obesity/ Weight Status (60.0%)
5. Cardiovascular Disease (54.3%)



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**

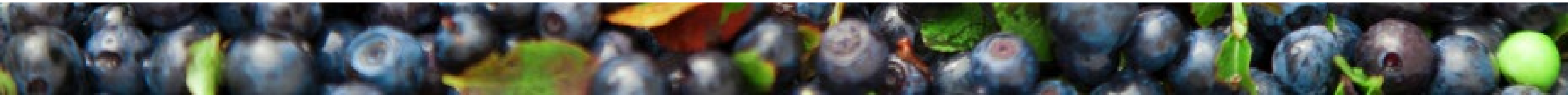
as they relate to your County.



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?**





Results

Community Conditions

1. Transportation (68.2%)
2. Poverty (61.4%)
3. Housing (54.6%)

Protective & Risk Factors

1. Illicit Drug Use (55.8%)
2. Adverse Childhood Experiences (48.8%)
3. Nutrition (39.5%)

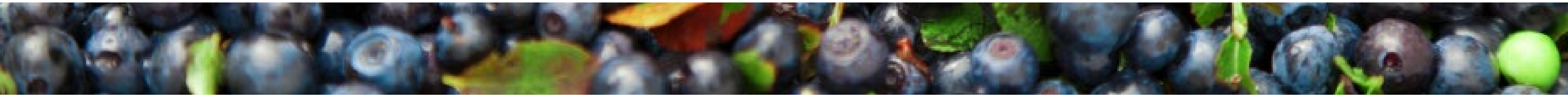
Health Conditions & Outcomes

1. Mental Health (93.0%)
2. Substance Use Disorder (58.1%)
3. Cancer (55.8%)

Breakout Discussion #2

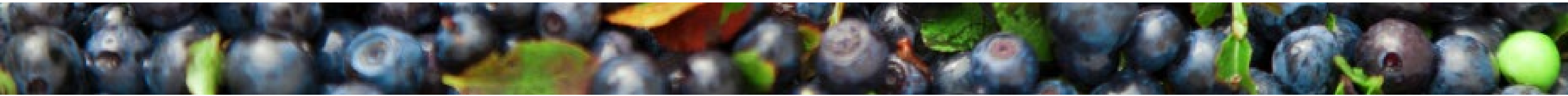
Please discuss the following questions as they relate to the priorities in your topic area:

- **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?**



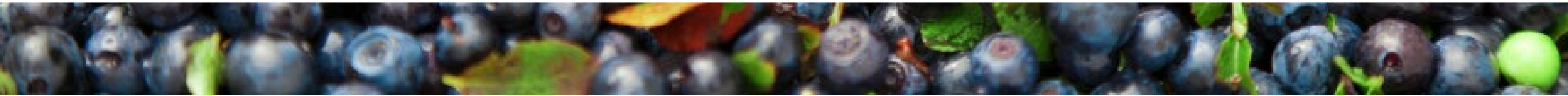
Breakout Discussion #3

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.**

