



YORK DISTRICT PUBLIC HEALTH COUNCIL  
 Quarterly Full Council Meeting  
 Monday, March 18<sup>th</sup>, 2024  
 10:30am – 12pm  
 Held virtually on Teams

Present: Cheri Anderson, Emilee Caradonna, Harper Chance, Alexa Christie, Chelsea Farrington, Kelly Flanagan, Bethany Fortier, Lisa Gatti-Arnold, Jazmine Guzman, Amber Harrison, Adam Hartwig, Reagan Hebert, Mary Jones, Megan Letendre, Sarah Lawrence, Mariam Mahmassani, Sally Manninen, Casey Marcotte, Jennifer Marcus, Stephanie Masters-Plamondon, Melissa Maurais, Anthony Moffatt, Martha Morrison, Leesah Patt, Nicole Pestana, Cassie Ring, Kelly Roberts, Feargal Semple, Abigail Smallwood, Annette Smith, Jaycie Stevens, Ted Trainer, Alissa Wigglesworth, and Hayley Wood.

	Item	Details	Next Steps
1.	Welcome and Introductions: Adam Hartwig, Maine CDC District Liaison	Adam Hartwig, York District Public Health Liaison with Maine CDC, welcomed participants and introduced today's agenda.	
2.	Maine CDC and YDPHC Updates: Adam Hartwig, Maine CDC District Liaison	Adam shared that the Maine Center for Disease Control and Prevention is in the process of developing a State Health Improvement Plan. They had a daylong planning retreat at the end of January. More to come on the plan as it is developed and reviewed.  Also, Maine CDC is working towards reaccreditation and is on track to meet its deadlines.	
3.	Maine CDC Diabetes Prevention Program Updates:	Members from Maine CDC's Diabetes Prevention Program shared data and information around their program – see presentation attached.	
4.	Maine Prevention Network, Healthy Eating Active Living:	Members from Healthy Eating Active Living with Maine Prevention Network shared information and updates – see presentation attached.	
5.	Adjourn	The full Council will be meeting again in June 2024 – the Executive Committee will continue to meet and looks forward to connecting soon. Questions and comments? Please email: <a href="mailto:Adam.Hartwig@Maine.gov">Adam.Hartwig@Maine.gov</a> or <a href="mailto:Emilee.Caradonna@Maine.gov">Emilee.Caradonna@Maine.gov</a>	

**Vision:** We envision a comprehensive, well-coordinated, accessible, and equitable public health system for all in York County.

# Maine CDC

## Chronic Disease Prevention and Control: Diabetes in York County

Jaycie Stevens

Kelly Flanagan

March 18, 2024

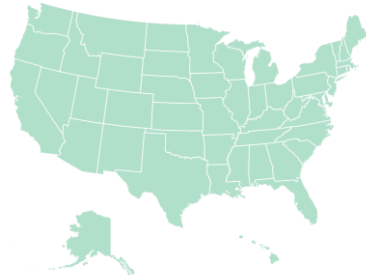


# Agenda

- Introductions
- York County prediabetes and diabetes prevalence
- Menti
- Diabetes Self-Management Education and Support (DSMES)
- National Diabetes Prevention Program (NDPP)
- Locations of programs in York County

# Prediabetes in the United States and Maine

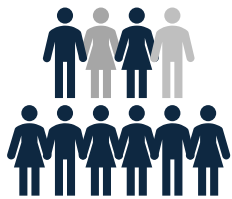
## In the United States



**96 million** adults

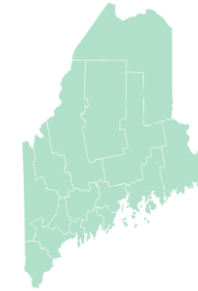


**1 in 3** adults



More than **8 in 10**  
adults with prediabetes  
don't know they have it

## In Maine



**100,000** adults aware



**400,000** adults unaware



**500,000** estimated to  
have prediabetes

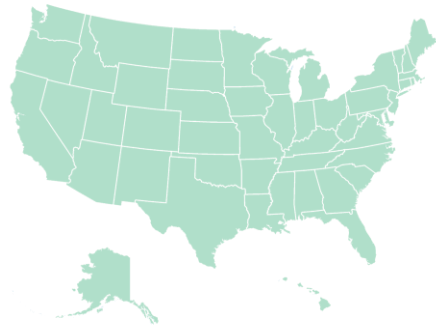
# Prediabetes in York County

- 2011-2013: 9.4% of total respondents
- 2015-2017: 10.9% of total respondents
- 2018-2020: 10.5% of total respondents



# Diabetes in the United States and Maine

## In the United States



**38 million** adults

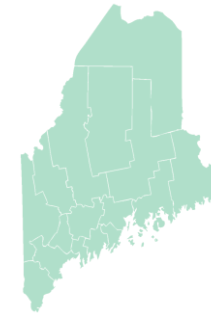


**1 in 5** adults



1.2 million are  
diagnosed every  
year

## In Maine



**115,001** adults aware



**32,000** adults unaware



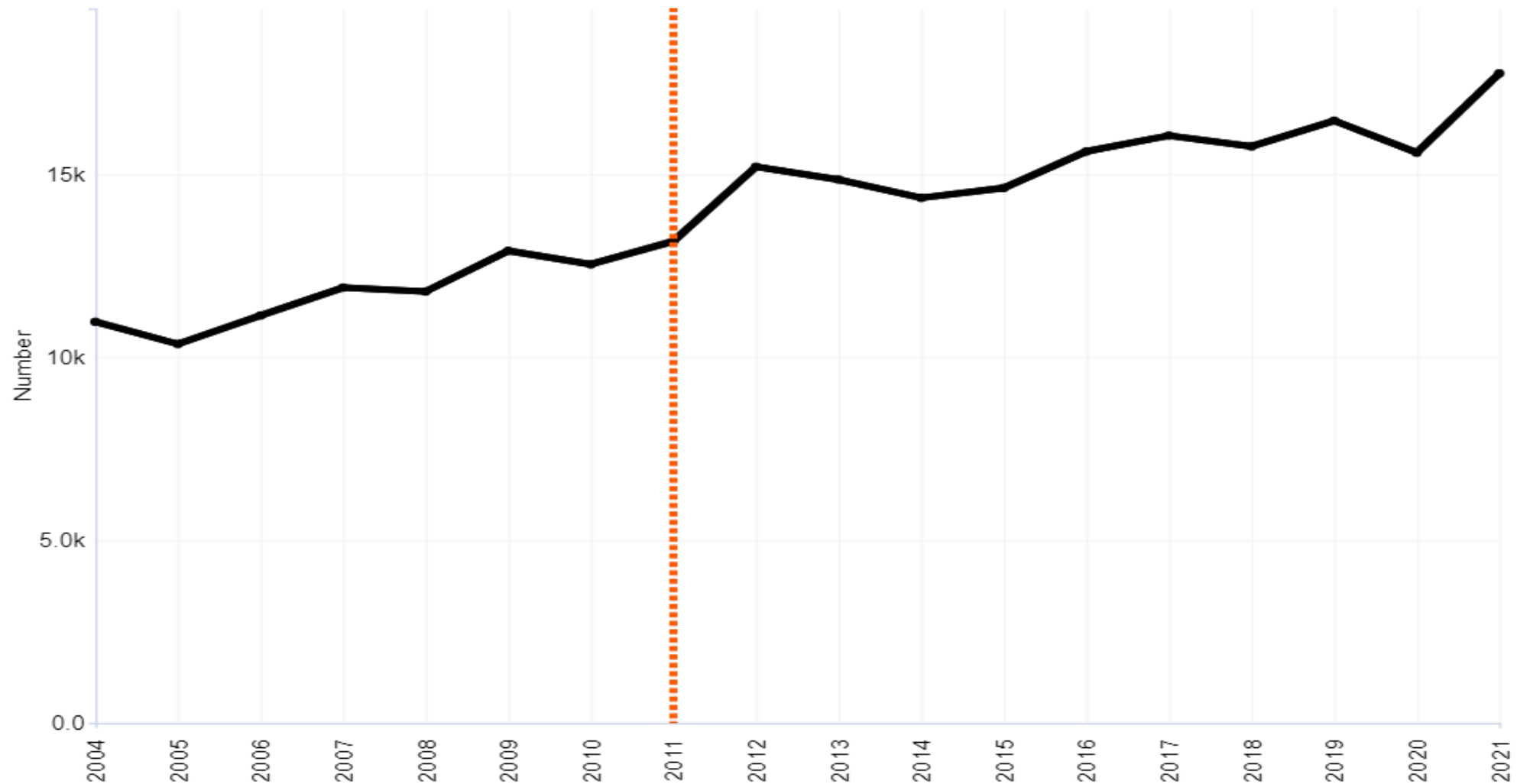
**8,096** are estimated to  
be diagnosed every  
year

# Diabetes in York County

- 2011-2013: 8.5% of total respondents
- 2015-2017: 11.8% of total respondents
- 2017-2019: 9.9% of total respondents
- 2018-2020: 9.0% of total respondents

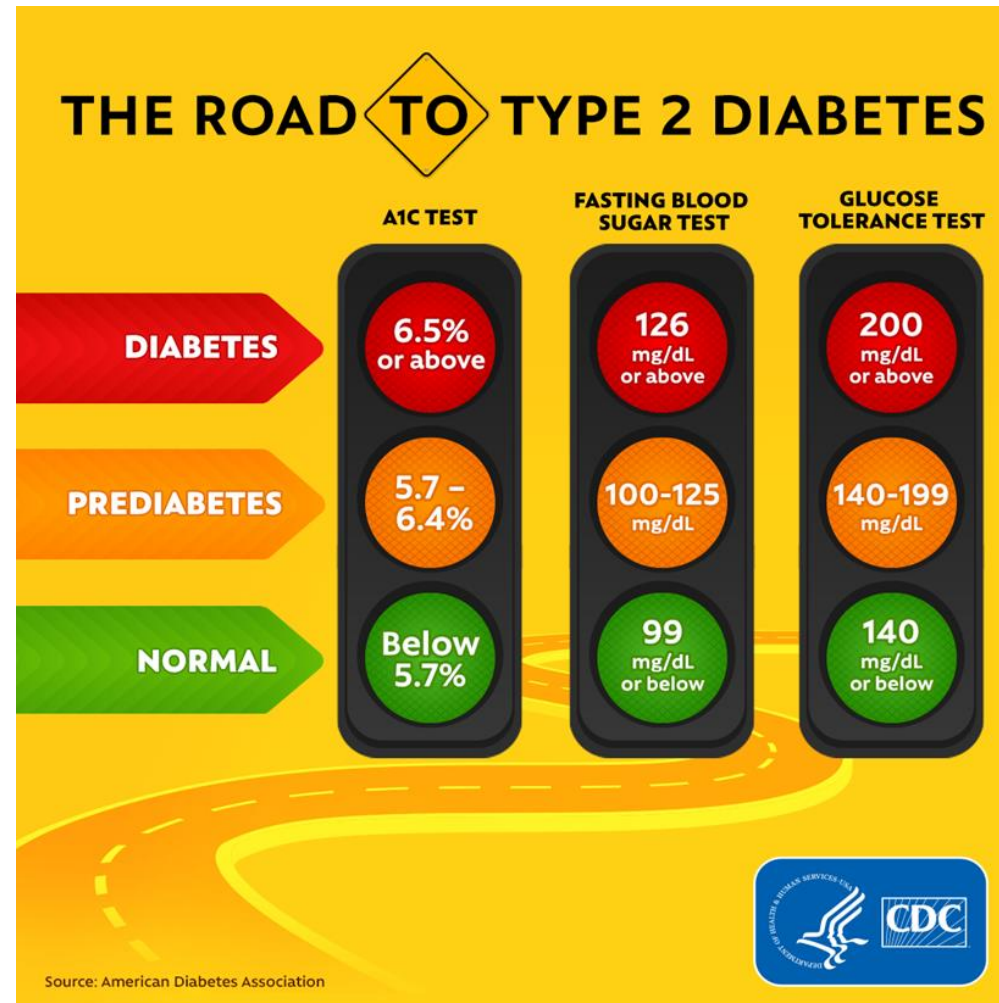


# Diagnosed Diabetes, Total, Adults Aged 20+ Years, Number, York County (FIPS:23031), Maine





# What is the difference between prediabetes and diabetes?



# Menti

<https://www.menti.com/alsag3asuad4>

Code: **7901 0481**



# What does the National DPP teach?

In the first 6 months, participants meet weekly for 1 hour to learn to:

- Eat healthy without giving up all the foods they love
- Add physical activity into their busy schedules
- Deal with stress
- Cope with challenges that can derail their hard work - like how to choose healthy food when eating out
- Get back on track if they stray from their plan - because everyone slips now and then



# What does the National DPP teach (part 2)?

In the second 6 months, they will meet monthly for 1 hour to:

- Build on the skills they've learned and maintain their positive changes.
- Review key concepts such as setting goals, tracking food and physical activity, staying motivated, and overcoming barriers.

The second 6 months is essential to help participants stick with new habits



# DSMES Overview

- Delivered within a primary care or outpatient setting
- Delivered by a nurse and registered dietitian – usually also Certified Diabetes Educators (CDE's)
- Individual or Group classes (can depend on setting)
- All DSMES programs in Maine are accredited with ADCES or ADA and evaluation every 4 years.
- Requires a referral from treating physician



Support that helps  
**YOU**  
manage your diabetes.

**Did you know?** Personalized services to manage your diabetes can help you:

- ✓ Set and track your health goals.
- ✓ Learn how to use knowledge, skills, and tools to manage your diabetes.
- ✓ Practice how to fit diabetes care into all parts of your life.
- ✓ Find ways to get support when you need it.



Ask a health care provider to refer you to diabetes self-management education and support (DSMES) services or contact a program in your area to learn more.



U.S. Department of Health and Human Services  
Centers for Disease Control and Prevention

# DSMES Overview

## Content areas addressed

- Disease Process & Treatment
- Psychosocial Issues/Concerns
- Promoting Health & Behavior Change
- Nutritional Management
- Physical Activity
- Medications
- Monitoring
- Acute & Chronic Complications



Support  
that helps  
**YOU**  
manage your  
diabetes.



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention

# Where can I find DSMES and National DPP classes in Maine?

The screenshot shows the Maine.gov website. The main navigation bar includes 'Maine.gov', 'Agencies', 'Online Services', 'Help', and a search bar. The page title is 'Division Of Disease Prevention'. Below the title, there is a search bar for 'Search DCP'. The breadcrumb trail reads: 'DHHS → MeCDC → Disease Prevention → Maine Diabetes Prevention & Control Program → Find a Diabetes Education Program'. The main content area is titled 'Diabetes Self-Management Training Program'. It includes a description: 'The Goal of the Diabetes Self-Management Training Program is to assist persons with diabetes to acquire the knowledge, skills, attitudes, and behaviors need achieve/maintain diabetes control, prevent/manage complications, and live well with diabetes.' A bullet point links to 'Diabetes Self-Management Training Sites in Maine [DSMES Site Directory \(PDF\)](#)'. A left sidebar contains 'Maine Diabetes Prevention & Control Program Information' with links for 'About the Maine DPCP', 'Managing Your Diabetes', and 'Find a Diabetes Education Program' (highlighted).

<https://www.maine.gov/dhhs/mecdc/population-health/dcp/educationprogram.htm>

<https://dprp.cdc.gov/Registry>

The screenshot shows the 'Diabetes Prevention Recognition Program Application' page. The main heading is 'Registry of All Recognized Organizations'. The text below explains that the registry lists contact information for all CDC-recognized organizations that deliver evidence-based type 2 diabetes prevention programs. It mentions that all programs have agreed to use a CDC-approved curriculum and meet specific duration, intensity, and reporting requirements. A link to 'DPRP Standards' is provided. Below the text, there is a section for 'Show organizations by location:' with dropdown menus for 'State' (set to 'All States') and 'City' (set to 'N/A').

# York County Locations

## National DPP

- [Sanford-Springvale YMCA](#)

## DSMES

- None, currently.
- Closest is MaineHealth in Scarborough



# Questions?

Kelly Flanagan  
Diabetes Prevention Coordinator  
[Kelly.Flanagan@maine.gov](mailto:Kelly.Flanagan@maine.gov)

Jaycie Stevens  
Intern  
[Jaycie.Stevens@maine.gov](mailto:Jaycie.Stevens@maine.gov)



# Healthy Eating, Active Living



# OBESITY IN MAINE

**Obesity is a leading cause of chronic disease and medical costs.**

Obesity increases a person's risk of:



Cancer



Cardiovascular  
Diseases



Diabetes



Breathing  
Problems



Low Quality  
of Life



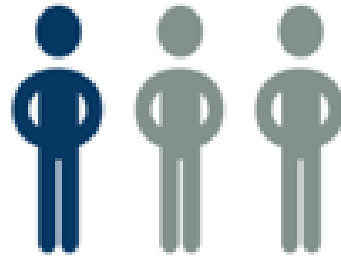
Premature  
Death



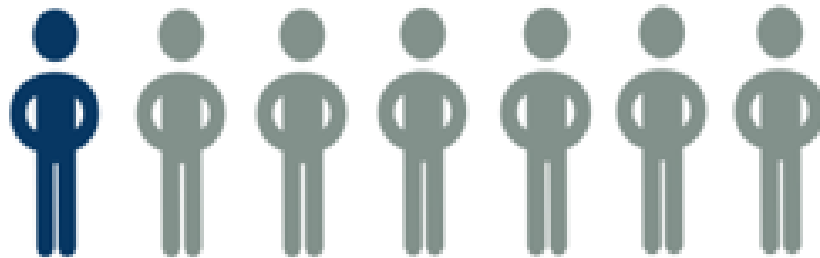
Obesity results in more than  
**\$450 million**  
in medical costs in Maine every year.

# Maine is Facing a Serious Obesity Problem

**1 in 3** (33.1%) Maine adults

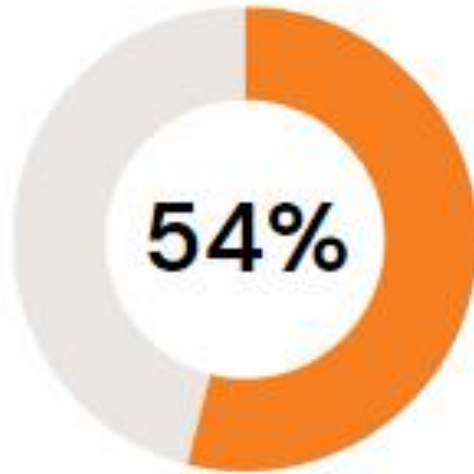


and **1 in 7** (14.6%) Maine children aged 10-17  
have obesity.

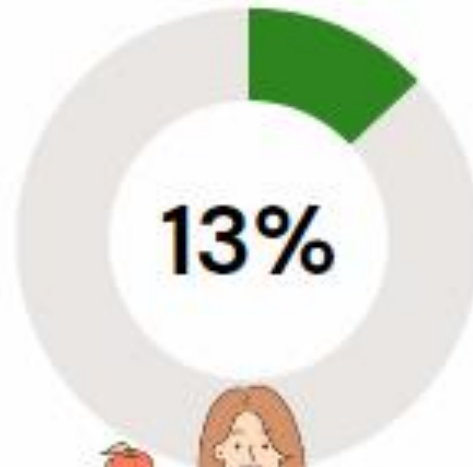


# 2023 MIYHS NUTRITION DATA

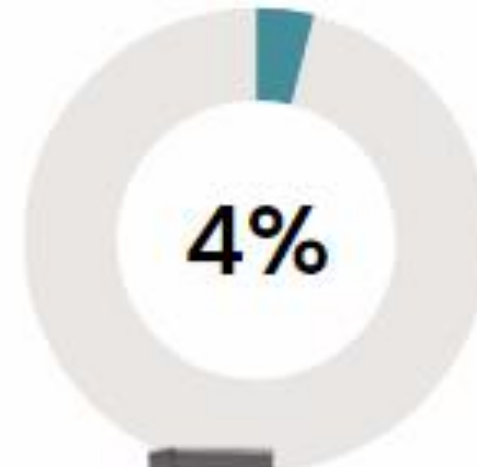
York County High School Students



Reported eating vegetables less than 1 time per day in the past 7 days.



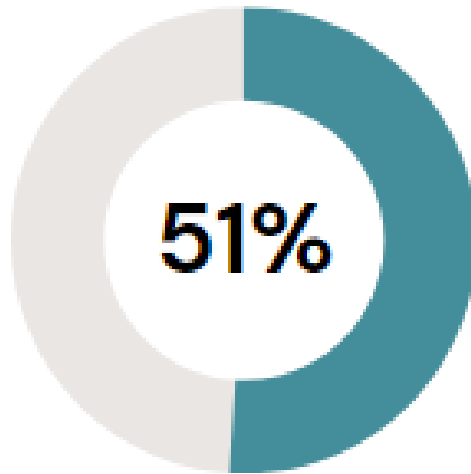
Consumed 5 or more Fruits & Vegetables each day over the past 7 days.



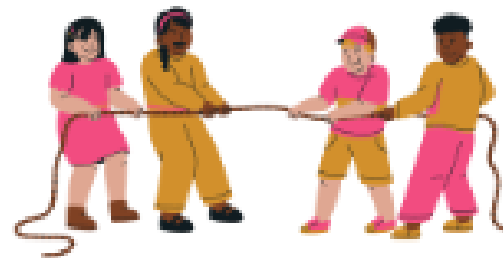
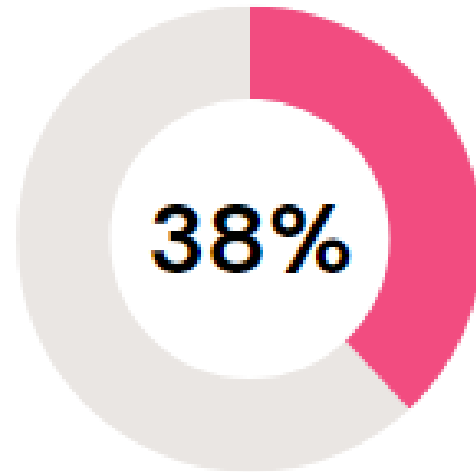
Reported being hungry (most or all of the time) due to not enough food at home.

# 2023 MIYHS PHYSICAL ACTIVITY DATA

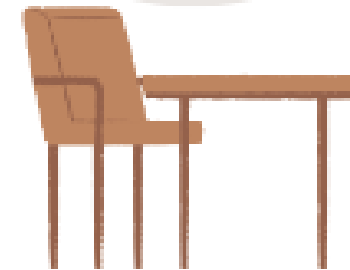
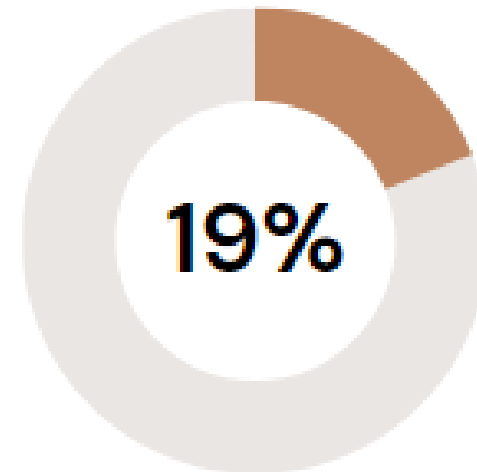
York County High School Students



Reported 60 minutes of PA at least 5 of the past 7 days



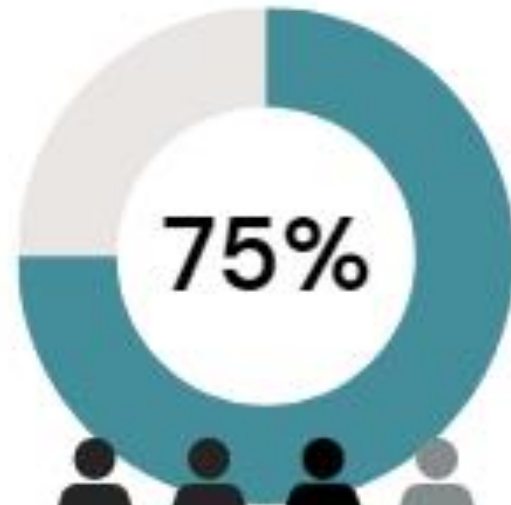
Attend PE class at least 1 time a week



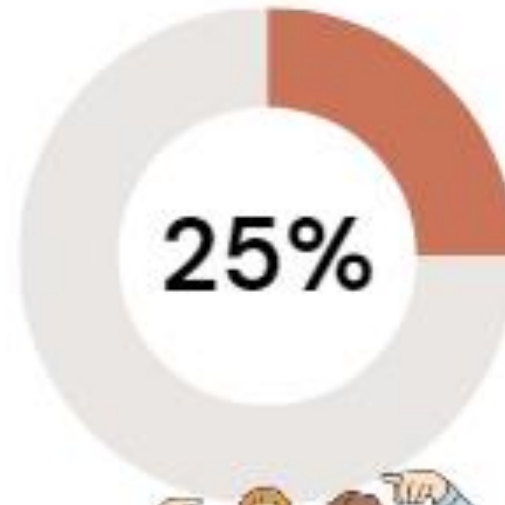
Report having teachers that promote short PA breaks during class time

# 2023 MIYHS SCREEN USE DATA

York County High School Students



3 out of 4 students reported using screens more than 3 hours on a school day (not counting school use)



Reported screen use totaling less than 2 hours per day.



**Public Health  
Programs  
are Making a  
Difference!**



# Healthy Eating

- ▶ Blender Bike
- ▶ Encourage Community Partnerships
- ▶ Host York County School Nutrition Workgroup
- ▶ Direct Education
- ▶ Community Food Events



# Active Living

- ▶ Story Walks
- ▶ Snowshoes
- ▶ Activity Stencils
- ▶ Encourage partnerships with; WinterKids, PlayWorks, Bicycle Coalitions, Let's Go!



**PHC** Partners for Healthier Communities  
in Strikingly, Maine Health Care  
Prevention efforts supported by the Maine CDC

## ACTIVITY STENCILS AVAILABLE FOR USE

**ENCOURAGE ACTIVE OUTDOOR PLAY**

Activity stencils are great for outdoor play spaces to boost play, learning and socializing. We invite you to explore our library of stencil options, thinking creatively around how you can enhance play areas at your; child care center, school, park, playground, recess areas, plaza, sidewalks, and repurposed tennis or basketball courts. Painted play areas have been shown to increase physical activity in children, as well as teens and adults. Stencil designs are inviting, fun and can be great for many areas.

**Burpees**

**YOU MUST HAVE:**

- A clean solid play surface
- Ability to provide paint & supplies
- A team to set-up, paint, clean-up & maintain activity designs
- Permission to paint from property owner

**WE PROVIDE:**

- Multiple stencils to choose from
- Instructions for use
- Delivery and support ideas

**Maze** **Jumping Jacks** **Three Lines**

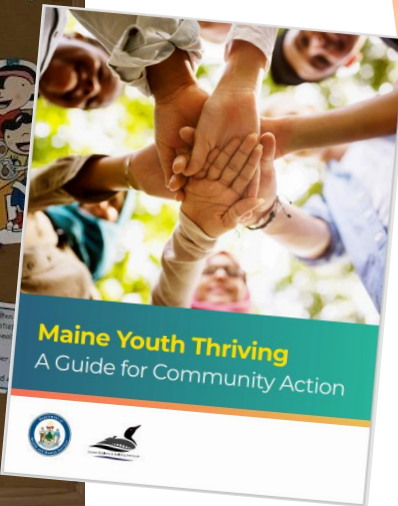
Copyright- Fit and Fun Playscapes, LLC

Contact our HEAL team to learn more: [casey.marcotte@mainehealth.org](mailto:casey.marcotte@mainehealth.org)  
[kelly.roberts@mainehealth.org](mailto:kelly.roberts@mainehealth.org)  
[alexa.christie@mainehealth.org](mailto:alexa.christie@mainehealth.org)



# Individualized Support

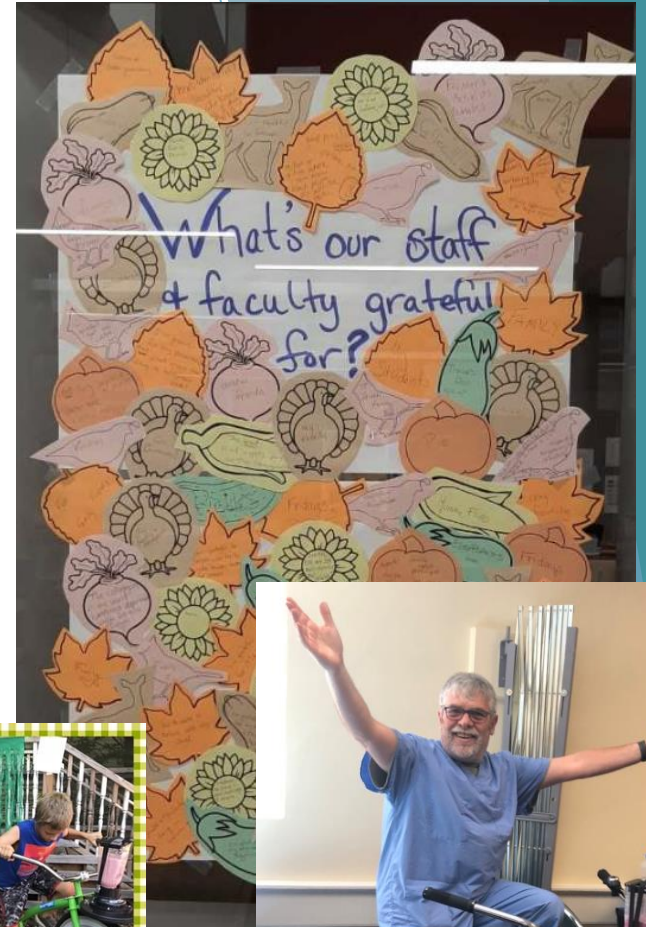
- ▶ Policy
- ▶ Bulletin Board
- ▶ Tabling at Events
- ▶ Newsletters for Adults, Teens and Families
- ▶ Trainings
- ▶ Resources



# Worksite Wellness



**SMOOTHIE TIME!**



**Make Time for YOU Wellness Bingo!**

For more fun and wellness, see if you can fill the entire card!!

<b>B I N G O</b>				
Drink 6-8 cups of water today	Video Chat with someone you have not heard from in a while	Try a 5 Minute Meditation Google: for ideas	Add Fiber today: Fill half your plate with vegetables and fruit at each meal	Do a deep breathing exercise - Breathe in, Pause, Breathe out. Repeat
Try a new recipe with foods you love!	Practice self-love today	Focus today on progress not perfection	Having trouble? Ask for help	Host a virtual game night
Keep water handy: Carry a refillable water bottle	Enjoy a night off from cooking - Support a local restaurant	<b>FREE</b>	Schedule a fun filled game night	Mail a card or letter to an elderly friend or family member
Take time to laugh: Tell a joke or share a funny meme	Take a walk in nature or visit the beach	Go to bed 30 minutes earlier	Sing aloud or practice a favorite hobby	Take a day off from social media
Indulge in your favorite healthy snack	Search up an inspirational quote, write it down and place it on your fridge	Offer kindness to a friend, stranger, or co-worker today	Talk about your feelings with someone you trust or try journaling	Say to yourself what you'd say to motivate a friend



Make Time for YOU Wellness Bingo is brought to you by York County Let's Go!

Want to create a workplace challenge? Invite colleagues to join. Use the ticket below to create your own workplace challenge. Most of all HAVE FUN!

**BINGO!**

Name \_\_\_\_\_



## What can you do?

- ✓ Participate in community coalitions or partnerships to address obesity.
- ✓ Support the development of policies that make the healthy choice the easy choice.
- ✓ Be a role model; promote active and healthy living.



Together we make a difference!!

# Thank you!



**Casey Marcotte**

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Shapleigh, Waterboro  
Wells, Ogunquit  
Sanford, Springvale, Acton



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Kittery, Eliot, South Berwick  
Saco, Old Orchard Beach  
Hollis, Buxton, Limington

# References

<https://www.maine.gov/dhhs/mecdc/population-health/data/documents/Obesity-in-Maine-Infographic-100217.pdf>

<https://www.cdc.gov/obesity/data/prevalence-maps.html#overall>

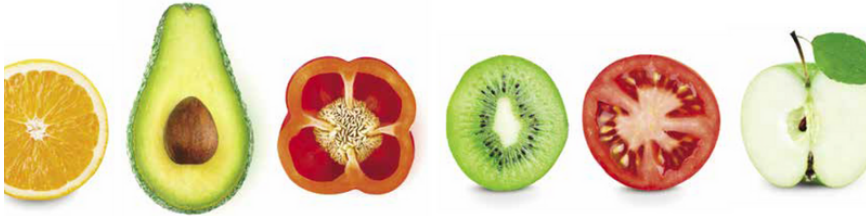
<https://www.cdc.gov/breastfeeding/data/reportcard.htm>

<https://www.mainehealth.org/-/media/Lets-Go/Files/Impact/Local-Results/York.pdf>



# YOU MATTER

Eat 5 or More Fruits & Vegetables Every Day



Choose a variety of healthy snacks to fuel your brain

**TIP** Pack healthy snacks to grab & go!



**true or false** - a teenagers brain is still forming?



**TRUE!**

Nicotine and other toxins from substances like; cigarettes, vape, and marijuana is a harmful drug to the youth brain and body. Teens are particularly vulnerable to the effects since your brain is still developing into young adulthood. **Your future self will thank you for saying no to harmful substances.**

## SOCIAL MEDIA

- be connected
  - stay informed
  - get information & news
  - learn something new
- ...it's important to maintain healthy habits to enjoy the benefits.
- be mindful, use with good intentions
  - find a balance, spend in person time with friends
  - fact check, not everything is real.
  - be picky about who/what you follow
  - set time limits & breaks

### Rethink Your Drink



Drinking enough water every day is good for overall health. Water has zero calories. Replacing sugary drinks with unsweetened water can help reduce the amount of added sugars people drink.





# HEALTHY SNIPPETS

## KEEPING HEALTH TOP OF MIND

### Did you know?

Every school and early care and education program has some sort of student wellness policy. This is one way to show they care about creating an environment that promotes healthy habits. It's important to be aware of policy language where your child attends and seek to find ways to support efforts around student wellness. This may be supporting healthy celebrations, non-food rewards, healthy snacks, preparedness for outside playtime, classroom motor breaks and more!

### Enjoy Fresh Spring Air

A healthy childhood depends on play! Time spent in creative play, means less time on screens. Build curiosity and expand imagination with music, games, community adventures, cooking, arts & crafts, sports and outside activities. Make a list of ideas. See how many you can check off.

### Spring into Wellness

Tips to help you get started

- Fill your plate with fresh, in-season fruits and vegetables.
- Enjoy opportunities to try new foods and treats, being mindful and careful not to overindulge.
- Stay hydrated; carry a water bottle.
- Enjoy warmer temperatures; go outside for a walk, gardening, or a little yard clean up.
- Reset your sleep habits with a wind-down routine. To help turn off devices one hour before bed.

### Phrases that Help and Hinder

What we say can impact children's eating behaviors

**INSTEAD OF:** "Eat that for me", "If you do not eat one more bite, I will be mad". These teach children to eat for approval & love and can lead to unhealthy behaviors, attitudes, and beliefs about food themselves.

**TRY SAYING:** "This is kiwi fruit; it's sweet like a strawberry", "These radishes are very crunchy!" Phrases like this help point out the sensory qualities of food and may encourage them to try something new.

### Eat Smart with Nutrition Labels

**1 START HERE**

Start by checking what counts as one serving size and how many servings there are per package.

**3 KNOW YOUR FATS AND REDUCE YOUR SODIUM**

Aim to eat only small amounts of saturated fat and cholesterol. Keep trans fat to 0. Limit your sodium by choosing foods with less sodium.

**4 GET ENOUGH OF THESE NUTRIENTS**

Aim to get enough fiber, vitamins, and minerals.

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	
<b>Calories</b>	<b>230</b>
% Daily Value*	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

**CHECK CALORIES 2**

How many calories would you eat if you ate a whole package? Multiply the number of "servings per container" by the "calories."

**QUICK GUIDE TO % DAILY VALUE**

5% or less is Low, 20% or more is High. Use the % Daily Value to compare similar foods and choose the healthiest option.

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Scan the QR code to experience an Interactive Nutrition Facts Label!

### Joke Corner!!

When you put 3 ducks in a box, what do you get?

Answer: A box of QUACKERS!!!!

Why did the little boy put sugar under his pillow?

Answer: So, he would have "sweet" dreams





Prevention efforts supported by the Maine CDC



# You Time

## Spring 2024 Employee Wellness Moments

### Turn on some Tunes!

Listening to music can help:

- Improve learning, memory, and cognition
- Boost creativity
- Protect your brain health
- Reduce stress
- Regulate your mood
- Maintain heart health
- Relieve anxiety and depression
- Boost your immune system
- Increase motivation and performance
- Improve sleep quality
- Regulate your nervous system

Enjoy!



### Spring into Healthy Habits Eat Smart with Nutrition Labels

#### 1 START HERE

Start by checking what counts as one serving size and how many servings there are per package.

#### 3 KNOW YOUR FATS AND REDUCE YOUR SODIUM

Aim to eat only small amounts of saturated fat and cholesterol. Keep trans fat to 0. Limit your sodium by choosing foods with less sodium.

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<b>Total Fat</b> 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 160mg	7%
<b>Total Carbohydrate</b> 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
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\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

More information @  
[heart.org/HealthyForGood](http://heart.org/HealthyForGood)

### Stretch Breaks are Important

Stretching can be done anywhere and does not require equipment.

**Benefits include:** flexibility, range of motion, posture, and blood flow to muscles. Movements should be gradual and only to the point of feeling a mild stretch. Listen to your body and don't do a stretch that causes pain.



## HEALTHY MAINE WORKS! – Worksite wellness made easy

Many employees spend most of their waking hours at work. This gives employers a unique opportunity to support the health of their employees. The purpose of Healthy Maine Works (HMW) is to guide and support Maine employers of any size in developing worksite wellness programs that support the health of their employees.

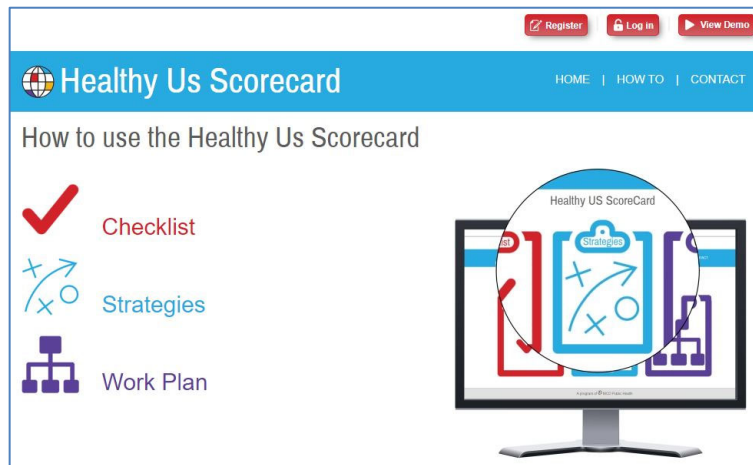
All employers need a healthy workforce for their organization to thrive and be competitive. Healthy employees:

- Are more productive, not absent as often, and injuries are less likely
- Tend to be less stressed and help create a positive work environment that builds morale and loyalty




### The Healthy Us Scorecard

HMW offers all Maine employers free access to the Healthy Us Scorecard (HUS) for employers to develop unique a worksite wellness plan tailored to your company needs. HUS is an online tool designed to guide and support Maine employers to develop worksite wellness programs that really work. The tool is easy to use and helps organizations of any size create a healthier place to work. The HUS simplifies the process of choosing activities and programs that best meets a workplace's wellness needs.



#### The Scorecard provides employers with:

- An assessment to establish health related priorities
- Detailed recommendations for new worksite wellness programs
- Allow users to sort and prioritize activities that creates a wellness workplan that can be downloaded and printed

For employers just getting started, click  (in the upper right hand corner) for a guided tour on developing a worksite wellness plan tailored to your business. If you already have some existing programming, the activities and resources provided in this tool will give any wellness program a boost.

Employers, Community Organizations, Chambers of Commerce, Public Health Coalitions, and Economic Development Groups are using Healthy Us to create a healthy place to live, work, and play.



Sign up at [www.healthyscorecard.org](http://www.healthyscorecard.org) to get started!

