

Janet T. Mills  
Governor

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Commissioner



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TTY: Dial 711 (Maine Relay)

**Penquis Public Health Council**  
**MINUTES**  
**March 8<sup>th</sup>, 2024**  
**9:00am – 11:00am**  
**Zoom**

Attendance:

*Rachel Robbins, Maine CDC Public Health Educator*

*Matt Donahue, Heart of Maine United Way*

*Jennifer Doyle, Bangor Public Health*

*Roxane Dubay, Bangor Public Health, Tobacco Prevention*

*Hillary Starbird, Director of Community Outreach, Northern Light Mayo & CA Dean Hospitals*

*Stacie Poulin, Field Epidemiologist, Maine CDC*

*Megan Porter, Health Educator, Maine CDC*

*Bradley Nuding, Penobscot County Emergency Management Agency*

*Jane Danforth, Millinocket Regional Hospital/ Thrive Penobscot*

*Laura Lacasse, Community Health Coordinator, Eastern Maine Medical Center*

*Jason Clarke, Deputy Director, FES- Penquis*

*Heidi LeBlanc, Chief Operating Officer, Penquis*

*Jamie Comstock, Health Promotion Manager, Bangor Public Health and Community Services*

*Gail Allard RN Bangor Public Health public health nurse*

*Cynthia Grass, RN, BSN-Public Health Nursing Supervisor for Maine CDC in Penobscot and Piscataquis counties.*

*Harper Chance, Training & Technical Assistance Coordinator at Maine Youth Action Network*

*Jessica Fogg, Maine CDC, District Liaison*

9:00 – 9:10am  
(10 mins)

**Welcome**

Agenda Review and Introductions with Jennifer Laferte Carlson

9:10 – 9:50am  
(40 mins, \*estimate)

**Maine Integrated Youth Health Survey (MIYHS) Key Findings 2024**

Presenter: Sheila Nelson, Health Program Manager, Department of Health and Human Services

Sheila will present key findings from the MIYHS, highlighting the importance of holistic health education and evidence-based strategies for student well-being. Topics covered include substance use, nutrition, physical activity, sexual behavior, mental health, chronic conditions, housing stability, and school connectedness.

This overview provides insights into Maine's youth health landscape.

- \*Extreme differences in boys and girls, 46% felt sad or hopeless vs 24.2% boys

- \*Persistent health disparities between female and males

- \* Area where Penquis District is so different than the state in is around eating fruit and vegetables lower than the state average.

- \*When a school participates, they will get their own report.

- \*Piscataquis data was unable to be reported because there was a school that didn't participate.

- \*Opportunities to integrate the data into the classroom and to show them why it is important.

9:50 – 10:00am  
(10 mins)

**Break**  
All

10:00 – 10:30am  
(30 mins)

**Ticks, Tickborne Diseases, and Browntail Moths Presentation**

Presenter: Megan Porter, Infectious Disease Health Educator  
Division of Disease Surveillance

Megan will present a comprehensive discussion centered on the prevalence of ticks and tickborne diseases in the state of Maine. She will delve into effective strategies tailored for individuals to safeguard themselves against tick bites. Furthermore, Megan will explore the significant issue of brown tail moths in Maine, offering valuable insights and practical recommendations to ensure protection during outdoor activities in areas inhabited by these caterpillars.

10:30 – 10:50am  
(20 mins)

**Browntail Moths: Forest Health Perspective**

Presenter: Brittany Schappach, M.S. - Entomologist, Maine Forest Service, Department of Agriculture, Conservation, and Forestry

Brittany will provide an in-depth analysis of the forest health perspective on Browntail Moth in Maine. Her presentation will cover the biology, history, and management strategies pertaining to browntail moths within Maine's forests.

- \*Pruning and removing all the winter webs isn't necessarily realistic. That is where pesticides come into play.

- \* The hairs get all over the trees, grass, airborne.

- \*Can get up to an inch long (caterpillar)

- \*Moths may have residual hairs on their body.
- \*Young browntails (August/ September) least problematic but they will be creating those winter webs.
- \*Browntail aerial survey and acres of defoliation, 2023 less than last year.
- \*Expanding north ward. Penobscot county has the most damaged acreage.
- \* 4 R's.
- \*Yellow light less attractive to the moths.

10:50 – 11:00am  
(10 mins)

### **Member Updates**

### **Sharing, Wrap Up & Adjourn**

All