Public Health Update

Age-Friendly Sullivan Livable Communities

September 3 (June 4), 2025

Al May, MPH

Maine CDC Downeast Public Health District

Strategic Planning 2025

- How is the health and quality of life for the population in the Downeast District better on 12/31/2024?
  - Based on committee work in 2024 and district data indicators.

- How does the Council work to strive for better health and quality of life for the population in the Downeast District by 12/31/2030?
  - What health areas (disease or populations) and systems (how we do health?) can we make changes that improve access to care?

Review Data Sources in 2024

Maine Shared Community Health Needs Assessment

- Over 200 data indicators
- For complete county health profiles:

https://www.maine.gov/dhhs/mecdc/data-reports/population-health/community-health-needs-assessment/chna-reports-and-community-engagement

Downeast Local Public Health System Assessment

- Based on Ten Essential Public Health Services
- How does the 'public health system' meet the national standards for delivering the essential services?
- For Downeast Report: https://www.maine.gov/dhhs/mecdc/healthy-living/healthy-communities/public-health-districts/downeast

Cross Walk of Data Sources

EPHS 2: DIAGNOSE AND INVESTIGATE HEALTH PROBLEMS AND HEALTH HAZARDS

- **Obj: Increase emergency preparedness and response for FQHCs.**
- Justification: all healthcare entities need to meet CMS requirements for emergency preparedness and management, including a plan and testing the plan within the organization and then including community partners.
- Shared CHNA or LPHSA: 2.2.4 Prepare to rapidly respond to public health emergencies. 2.2.5 Identify personnel with the technical expertise to rapidly respond to emergencies. 2.2.6 Evaluate incidents for effectiveness and opportunities for improvement. 5.4.2 Develop a response plan. 5.4.3 Test and revise the plan as needed, at least every two years.
- Key Partners: Law Enforcement, Local EMS/Ambulance, Hospitals, Federally Qualified Health Centers, Tribal Health Centers, Long Term Care and Assisted Living.

Public Health Council: Value Added

- Collaborative Effort
- Improved Coordination and Communication
- Improve Health in Challenging Rural Setting
- Regional Approach to Local Public Health Issues
- Coordinate Shared Work that can improve health benchmarks

Collective Impact Model

- District organizations make changes to systems.
- Systemic approach to social impact that focuses on the relationships between organizations and the progress toward shared objectives.

Emergency Operations

Improve regional, community, and organizational response

- Support creation of emergency operations plans (CMS requirements)
- Utilize the public health district hazard vulnerability assessment for determining strengths and gaps.
- Organize the sponsoring of required and complementary FEMA trainings and courses.
- Coordinate the three phases of exercises—tabletop, functional, and full scale, to test emergency operations plans and the coordinated response.
- Evaluate and develop ongoing planning for trainings and exercises in a collaborative manner.

Older Adult Health and Safety

Improve home environment and health of older adults

- Coordinate across partner organizations the types of housing/ environmental assessments conducted in homes.
- Coordinate across partner organizations the types of physical health assessments conducted in homes.
- Assess all types of services and referrals being done in homes, regarding older adult health and safety.
- Assess oral health services in district for older adults and consider alternatives, such as oral health assessments through telehealth practices and regional/mobile dental hygienist services.

Primary Prevention Chronic Disease

Improve Chronic Disease Outcomes by promoting Primary Prevention (Focus on modifiable risk factors)

- Diabetes and Pre-Diabetes Risk Reduction and Self-Management Program
- Cancer Prevention (Breast, Colorectal, Skin, Lung)
- Cardiovascular Disease (Heart Health, Vascular Health, Stroke)
- Alzheimer's Disease and Dementia Risk Factors and Awareness
- Health Literacy

Mental Health

Improve system response to and prevention of mental health

- Improve crisis response from hospital to community-based approach.
- Develop an outreach to community partners that trains them in the awareness of signs or ideation of a mental health situation (e.g., suicide).
- Coordinate the development of a disaster emergency response team.

Thank You

Al May
Public Health Liaison

Maine Center for Disease Control & Prevention (Maine CDC)
207-255-2017
alfred.may@maine.gov