

Cumberland County Health Improvement Planning

CHIP Project Lead:

Liz Blackwell-Moore, Public Health Manager, Cumberland County Gov't



CHIP Advisory Committee:

Becca Boulos, Executive Director, Maine Public Health Association & Chair, South Portland Board of Health

Nélida Burke, Minority Health Program Coordinator, City of Portland

Kristine Jenkins, Cumberland District Liaison, Maine CDC

Bridget O'Connor, Public Health Manager, The Opportunity Alliance

Tina Pettingill, Public Health Director/Health and Human Services Deputy Director, City of Portland

Emily Rines, Director of Health, United Way of Southern Maine

Jana Richards, Healthy Lakes Program Manager, The Opportunity Alliance

Malory Shaughnessy, Executive Director, Alliance for Addiction and Mental Health Services

Consultant: Zoe Miller of ZM Strategies

Goals of the CHIP:

Primary Goal: To create a County Health Improvement Plan that acts as a guiding document for public health organizations in Cumberland County.

Secondary Goal: To identify the foundational public health programs and capabilities that belong within the Cumberland County Public Health Department.

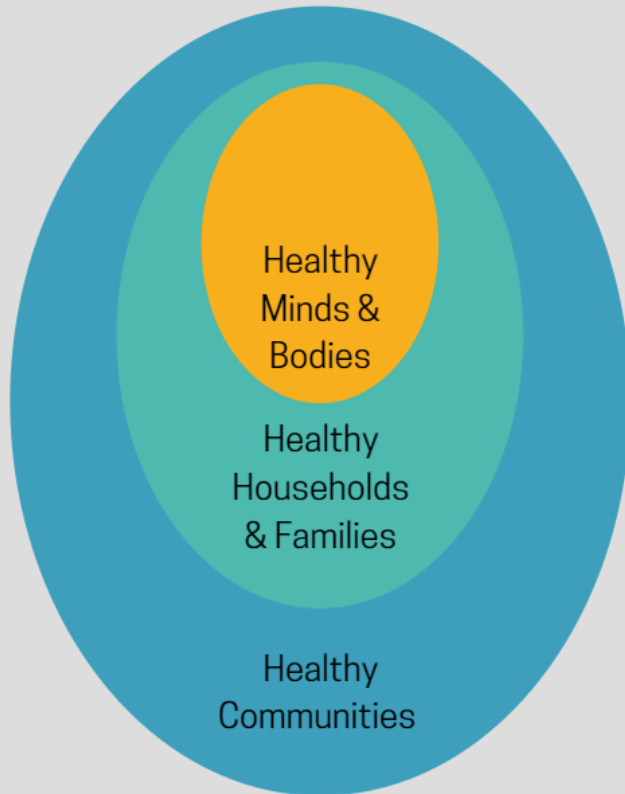
Advisory Committee Vision for the CHIP:

We envision a Cumberland County where communities are thriving; residents, organizations, and local governments connect and invest in collaborative actions; and every person has an equitable opportunity to live a healthy life.

Health & Wellness in Cumberland County

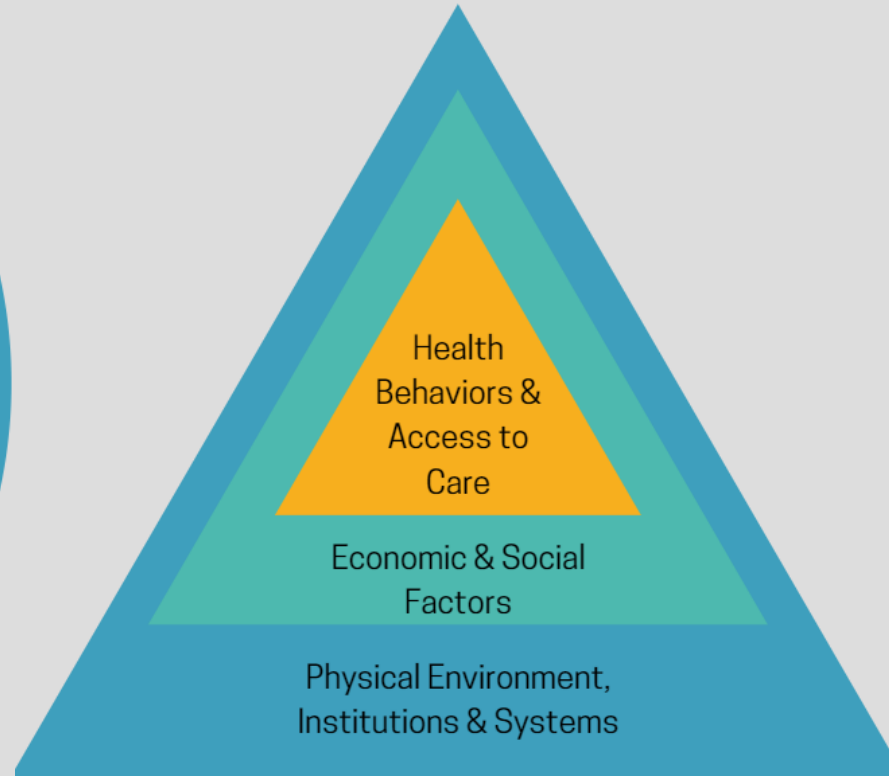
HOW DO WE DEFINE HEALTH?

Domains of Health



WHAT IS INFLUENCING OUR HEALTH?

Health Factors



HOW HEALTHY ARE WE?

*Health Outcomes &
Community Conditions*

- Infectious Disease
- Chronic Disease
- Lack of Access to Care
- Behavioral Health Problems
- Unintentional Injuries
- Household Toxins
- Domestic & Sexual Violence
- Economic Instability
- Social Disconnection
- Food Insecurity
- Housing Insecurity & Homelessness
- Transportation Barriers
- Racism & Discrimination
- Environmental & Climate Hazards

Problems and Community Conditions for Data Collection and Strategy Research

Healthy Minds & Bodies

Reduce Infectious Disease

STIs
HIV & Hep C
TB
COVID

Prevent Chronic Disease

Diabetes
Heart Disease
Cancer

Increase Access to Care

Primary Care
Oral Health Care
Prenatal Care
Behavioral healthcare

Prevent and Address Behavioral Health Problems

Substance Use Disorder
Mental Health Problems

Healthy Households & Families

Prevent Unintentional Injuries

Falls
Motor Vehicle Deaths

Prevent and Address Exposure to Household Toxins

Lead
Radon
Pests
Mold

Prevent and Address Domestic and Sexual Violence

Intimate Partner Violence
Sexual Violence

Improve Economic Stability

Educational Attainment
Livable Wage Jobs
Reliable and Affordable Childcare

Healthy Communities

Increase Social Connection

Adequate Youth & Family Support
Safe & Inclusive Public Spaces
Access to Transportation

Increase Food Security

Access to Charitable Food & Food Programs
Access to Healthy Foods
Access to Locally Grown Foods

Increase Housing Security & Address Homelessness

Safe Homes
Housing Support & Navigation
Built for Zero

Reduce Transportation Barriers

Car Access
Transit Access
Bike/Ped Safety- Vision Zero
Walkability

Prevent & Address Racism & Discrimination

Policy Review & Revision
Lending Parity
Culturally Relevant Healthcare
Destigmatizing of SUD & MH

Prevent & Address Environmental & Climate Hazards

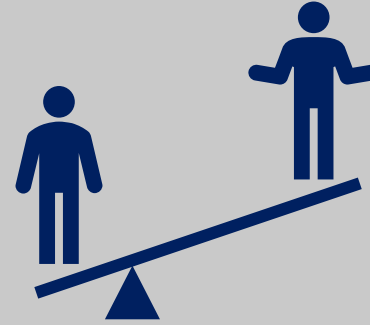
Air, Water & Soil Pollution
Tick-borne Illnesses
Flooding
PFAS Chemical Exposure
Extreme Weather Days

Process for Engagement and Prioritizing



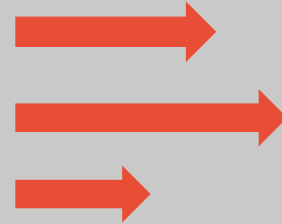
The County Health Improvement Plan will definitely include:

A focus on addressing health inequities



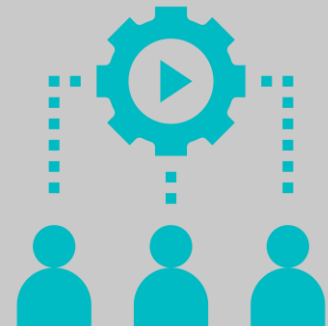
The County Health Improvement Plan will most likely include:

4-6 Priority health problems or community conditions that need public health attention



Multiple strategies for each priority

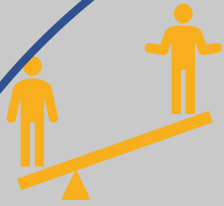
Identify specific roles Public Health will play in implementing strategies



A Public Health Framework for Reducing Health Inequities

Upstream

Downstream



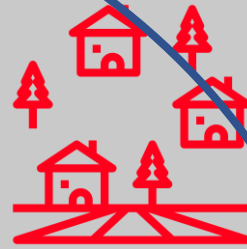
Social Inequities

Class
Race/Ethnicity
Immigration Status
Gender
Sexuality



Institutional Inequities

Corporations & Businesses
Government Agencies
Schools
Laws & Regulations
Non-profit Orgs



Community Conditions

Economic Insecurity
Social Disconnection
Food Insecurity
Housing instability & Homelessness
Transportation Barriers
Racism & Discrimination
Environmental and Climate Hazards



Risk Behaviors

Smoking
Poor Nutrition
Low Physical Activity
Violence
Alcohol & Drug Use
Sexual Behavior



Disease & Injury

Infectious Disease
Chronic Disease
Injury (Intentional and Unintentional)



Mortality

Infant Mortality
Life Expectancy

Individual Health Education

Health Care

Capacity Building
Community Engagement & Organizing

Strategic Partnerships
Advocacy

Case Management

Policy

Emerging Public Health Practice

Common Public Health Practice

The Role of Public Health in Emerging Practice

Diagnose

the health of communities



- Collect and analyze data
- Support and facilitate community engagement
- Conduct public health research and evaluate impact of interventions

Cooperate

with many organizations within communities



- Facilitate connections and partnerships
- Create collaborations across sectors to promote wellbeing and protect the health of people and communities

Prevent

health problems before they start



- Research and develop policies
- Build capacity of communities and organizations through funding, training, and technical assistance
- Advocate for and implement interventions that have "upstream" impact
- Communicate public health information

Food Security: Here is what we have seen and heard so far

Data

- ✦ About 10% of adults and 14% of children were food insecure in Cumberland County (2019)
- ✦ More than 50% of adults who are food insecure in Cumberland County do not qualify for assistance (2019)
- ✦ We know COVID has only made this worse

Disproportionate impact:

- ✦ **Children and older Adults:** Households receiving SNAP in Southern Maine are more likely to include people over 60 or children under 18. (2018)
- ✦ **People who are Disabled:** Households receiving SNAP in Southern Maine are 3 times more likely to include a person who is disabled compared to households not receiving SNAP. (2018)
- ✦ **People who identify as BIPOC:** Households receiving SNAP in Southern Maine are 2 to 3 times more likely to include people who identify as BIPOC compared to households not receiving SNAP. (2018)

Food Security: Here is what we have seen and heard so far

Current Efforts

Local Food Access

- Increasing local food production to close the hunger gap
- Food Fuels Learning
- Community & School Gardens

Community food programs

- Locker Project has Pantries in most schools
- Food Pantries throughout Cumberland County
- Preble Street – Food hub and soup kitchens
- Maine Medical Center is opening a pantry for patients
- SMAAA supports food delivery and congregate meal programs
- A focus on Culturally Important Foods

Policy

- Ending Hunger in Maine by 2030

Collaboration

- Cumberland County Food Security Council
- Preble Street Food Hub

Food Security: Here is what we have seen and heard so far

Interventions that are missing and needed

- ✦ Expand Food Fuels Learning model to more school districts
- ✦ Expand local and culturally important foods in school pantries and charitable food system
- ✦ Expand municipal support for food security and local food systems
- ✦ Communication infrastructure to promote and expand what's working
- ✦ Infrastructure investments for local food processing and food business

Data

If you have thoughts on the data or have better data on people who are disproportionately impacted by food insecurity, please feel free to follow up with me via email.

Barriers to Current Efforts and Missing Efforts

What barriers are in the way of current efforts?

What do you think is missing from current efforts improve food security in Cumberland County?

Possible Public Health Role

What could Public Health offer to current efforts that could reduce barriers or expand success?

Where could Public Health have an impact on improving food security in Cumberland County in the future?

Contact Information:

Liz Blackwell-Moore, Public Health Manager
Blackwell-Moore@cumberlandcounty.org
253-3882

