# Engagement Workbook

Thank you for taking the time and effort to provide you input. The information you provide will inform health improvement planning efforts in your community.

This work book will allow you to give us your feedback on the health priorities in your community. You will also be asked to share information about any gaps and barriers or resources and assets to consider when creating health improvement plans. Please know any information you provide will remain confidential unless you specify otherwise.

When completed, please email this work book to: info@mainechna.org.

Let’s get started. First tell us the community you are providing input for so that we may connect the information you provide correctly. Please choose from either the list of counties or the list of communities.

Are you providing input for a particular county? If so, please check which one:

|  |  |  |  |
| --- | --- | --- | --- |
|  | Androscoggin County |  | Oxford County |
|  | Aroostook County |  | Penobscot County |
|  | Cumberland County |  | Piscataquis County |
|  | Franklin County |  | Sagadahoc County |
|  | Hancock County |  | Somerset County |
|  | Kennebec County |  | Waldo County |
|  | Knox County |  | Washington County |
|  | Lincoln County |  | York County |

OR are you providing input as a person with lived experience or a representative from any of the following groups? If so, please check the one:

|  |  |  |  |
| --- | --- | --- | --- |
|  | Adult 65+ with multiple chronic conditions |  | People with a substance use disorder or are in recovery |
|  | LGBTQ |  | People with a mental health diagnosis |
|  | Deaf or hard of hearing |  | People experiencing homelessness  |
|  | Rural residents |  | People with disabilities |
|  | Under-insured |  | Low-income |
|  | Veterans |  | People living with HIV/AIDS |
|  | Youth |  | Formerly incarcerated or recently released |

Review the data

If you have not done so already, it is highly recommended you take a moment to review the Maine Shared Community Health Needs Assessment health data.

There are reports by County, Public Health District, or by specific populations on [this page](https://www.maine.gov/dhhs/mecdc/phdata/MaineCHNA/health-profiles.shtml). There is also an interactive data portal on [this page](https://www.maine.gov/dhhs/mecdc/phdata/MaineCHNA/maine-interactive-health-data.shtml).

You may also wish to view one of the community event recordings or a PowerPoint presentation on the Maine Shared CHNA website’s [Events page](https://www.maine.gov/dhhs/mecdc/phdata/MaineCHNA/events.shtml).

Priority Activity

Using Table 1: Priority Handout on the following page, complete the following two steps:

1. **Step 1: Data of Concern**: Check any and all indicators that concern you most from the **left hand column** in Table 1: Priority Handout
2. **Step 2: Health Priorities:** Using the same table, check up to 4 Health Priorities **in the right hand column**. One way to help you decide which 4 priorities to check could be to review the indicators you selected. Which topics contain the most checks?

Gaps/Barriers and Resources/Assets Activity

1. **Step 3: Gaps and Resources** Once you have completed steps 1 and 2, move on to page 5 to complete the gaps and resources activity.

Additional Feedback

Finally, if you wish to provide further feedback, please complete the [Participant Feedback Form](https://www.surveymonkey.com/r/NJN82CY).

Once you have completed these exercises, please email this form to: info@mainechna.org.

THANK YOU!

Table 1: Priority Handout

|  |  |
| --- | --- |
| **Check** the data that concerns you  | **Indicate** 4 Priorities |
| [ ] Rate of uninsured[ ] MaineCare enrollment rates[ ] Adults who have a regular doctor[ ] Adults with regular check ups | [ ] Number of primary care providers[ ] Cost of care[ ] Children with a medical home | [ ] Access to Care |
| [ ] Rate of cancer deaths (all types)[ ] Types of cancer (colorectal breast lung prostate HPV skin bladder obesity or tobacco-related)[ ] Number of new cases of cancer (all types)[ ] Late-stage cancers (related to screening and early diagnosis)[ ] Screenings: mammograms, cervical, colorectal, late stage lung | [ ] Cancer |
| [ ] Stroke or other coronary heart disease deaths [ ] Chronic conditions such as high blood pressure high cholesterol[ ] Aftercare for stroke or heart attack  | [ ] Cardiovascular Disease |
| [ ] Children with special health care needs [ ] Developmental screening | [ ] Children with special health care needs |
| [ ] Rate of diabetes deaths[ ] Number of those identified with diabetes or pre-diabetes[ ] Clinical measures such as eye and foot exams [ ] Diabetes education and management resources | [ ] Diabetes |
| [ ] Arthritis[ ] Cognitive decline[ ] Those providing care 20+ hours/week [ ] Other topics that affect elderly people disproportionately  | [ ] Older Adult Health/Healthy Aging |
| [ ] Well testing[ ] Lead screening | [ ] Children with elevated lead levels[ ] Radon testing | [ ] Environmental Health |
| [ ] Ambulatory care-sensitive condition hospitalizations (acute episodes that are not stabilized in the emergency room)[ ] Non-emergent emergency department use[ ] Hospital readmissions w/in 30 days of discharge | [ ] Health Care Quality |
| [ ] Two-year olds up to date [ ] Flu vaccines[ ] Pneumonia vaccines[ ] Philosophical exemptions among kindergarteners for immunizations[ ] Adolescent vaccines | [ ] Immunizations |
| [ ] Number of new cases of intestinal diseases[ ] STD’s (Chlamydia, Gonorrhea, HIV, Syphilis) | [ ] Tuberculosis[ ] Pertussis [ ] Hepatitis A B or C Lyme disease  | [ ] Infectious Disease |
| [ ] Firearms[ ] Suicide deaths[ ] Child maltreatment[ ] Rape  | [ ] Intimate partner violence[ ] Bullying[ ] Self-harm[ ] Violent crime rate | [ ] Intentional Injury |

|  |  |  |
| --- | --- | --- |
| [ ] Availability of mental health providers [ ] Mental health emergency department usage | [ ] Anxiety [ ] Depression [ ] Suicide ideation | [ ] Mental Health |
| [ ] Number of available dentists[ ] Visits to a dentist in the past 12 months[ ] Emergency room visits for tooth pain[ ] Tooth loss[ ] Access to dental insurance | [ ] Oral Health |
| [ ] Obesity & overweight[ ] Sedentary lifestyle[ ] Meets aerobic physical activity recommendations[ ] Fruit and vegetable consumption[ ] Soda/sports drink consumption[ ] Food insecurity (see also Social Determinants of Health)[ ] Access to healthy foods | [ ] Physical Activity Nutrition and Weight |
| [ ] Infant deaths[ ] Low birth weight[ ] Pre-term births[ ] Unintended births[ ] Prenatal care [ ] Teen pregnancy  | [ ] Smoke or drink during pregnancy[ ] Breastfeeding[ ] C-sections among low-risk births[ ] Drug-affected babies (see also Substance and alcohol use) | [ ] Pregnancy and birth outcomes |
| [ ] Asthma[ ] Pneumonia[ ] Chronic lower respiratory disease [ ] Chronic Obstructive Pulmonary Disease (COPD) | [ ] Respiratory |
| [ ] Individuals families or children living in poverty[ ] People living in rural areas[ ] Household income[ ] Unemployment[ ] Living in rural areas[ ] 65+ living alone[ ] Access to broadband [ ] No vehicles in household | [ ] Long commutes driving alone[ ] Adolescent homelessness[ ] Housing costs as a percentage of income[ ] Food insecurity (See also Physical Activity [ ] Nutrition and Weight)[ ] Adverse Childhood Experiences[ ] Children eligible for free or reduced lunch[ ] High school graduation rate | [ ] Social Determinants of Health |
| [ ] Drug overdose deaths[ ] Alcohol-induced deaths[ ] Overdoses opiate and other substance use poisonings & hospitalizations[ ] Non-medical prescription drug use[ ] Substance use treatment (needed and not provided) | [ ] Marijuana use[ ] Alcohol-impaired driving[ ] Adult chronic heavy drinking[ ] Youth past-30-day and binge drinking[ ] Drug-affected baby referral[ ] Opioid prescribing rates | [ ] Substance and alcohol use |
| [ ] Current smokers[ ] Tobacco Helpline Users | Vaping/electronic device use Second hand smoke exposure | [ ] Tobacco |
| [ ] Injury deaths [ ] Fall-related injuries or deaths[ ] Unintentional poisonings[ ] Traffic crashes | [ ] Work-related injuries or deaths[ ] Traumatic brain injury[ ] Seatbelt use | [ ] Unintentional injury |
| [ ] Other: (please explain) | [ ] Other |

##### Gaps and Resources

**Step 3**: Fill in the chart below. There are four sections: one or each of the four Health Priorities you checked in the Priority Handout. Type the name of your Health Priorities each blue row. List any gaps, barriers, or challenges your community faces in addressing that health priority in the orange boxes. List any resources or assets that could be used in addressing the health priority in the green boxes.

|  |
| --- |
| Health Topic #1: |
| Gaps | Resources |
| Health Topic #2: |
| Gaps | Resources |
| Health Topic #3: |
| Gaps | Resources |
| Health Topic #4: |
| Gaps | Resources |