# 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](mailto: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](mailto: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 |