



# Maine Shared Community Health Needs Assessment

Somerset County

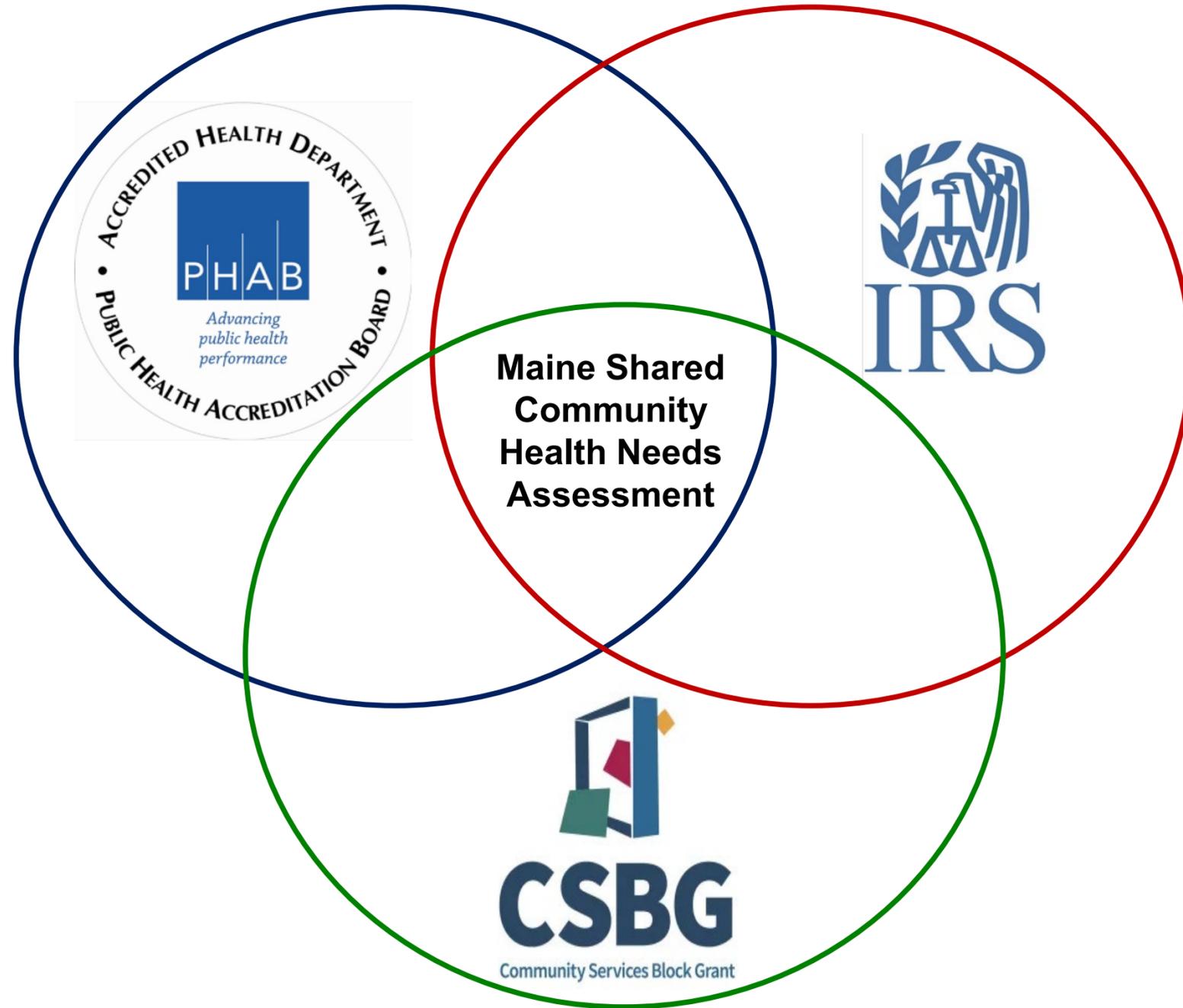
October 9, 2024

# Maine Shared CHNA

The Maine Shared Community Health Needs Assessment (Maine Shared CHNA) is a collaborative partnership between Central Maine Healthcare, Northern Light Health, MaineGeneral Health, MaineHealth, the Maine Center for Disease Control and Prevention, and the Maine Community Action Partnership. By engaging and learning from people and communities and through data analysis, the partnership aims to improve the health and well-being of all people living in Maine.



# Maine Shared CHNA



- **Steering Committee**
- **Program Manager**
- **Standing Committees**
  - **Metrics**
  - **Community Engagement**
- **Ad-Hoc Committees**
- **Local Planning Teams**



# Local Planning Team



**Kennebec Valley Community Action  
Program**

**Maine CDC**

**Northern Light Health**

**Redington-Fairview General Hospital**

**Somerset Public Health**



# Maine Shared CHNA

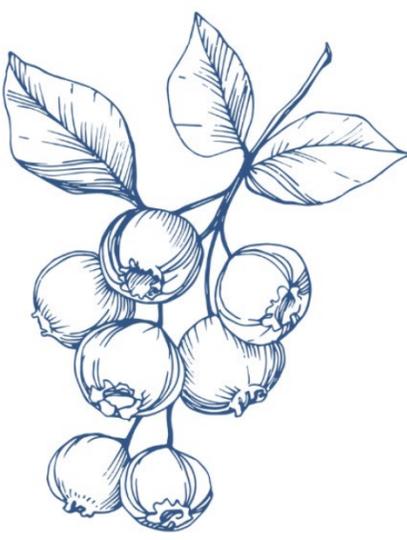
## 2024 CHNA Data Analysis, Community Engagement, and Prioritization Process & Timeline



*Surveys conducted statewide, included both general community members and professionals; Focus Groups conducted with community members, both low-income population and health equity groups; Key Informant Interviews conducted when focus groups weren't feasible or to collect more information; Stakeholder forums conducted with professionals and advocates*



# Next Steps



- **County reports will be drafted summarizing the data analysis, community engagement findings, and Forum discussions related to each County's final priorities.**
- **The Steering Committee will review and compile the priorities from each County to inform the final priorities for the State.**
- **Final reports will be released in March 2025.**
- **Reports are used by health systems for community health improvement planning, the MeCDC for state health improvement planning, & the CAPs for strategic and programmatic planning**



# Agenda

Welcome!

Overview of Key Findings & Prioritization Voting

**Breakout:** Discussion of Findings & Prioritization Voting

Discussion Report Out & Second Round of Voting

**BREAK**

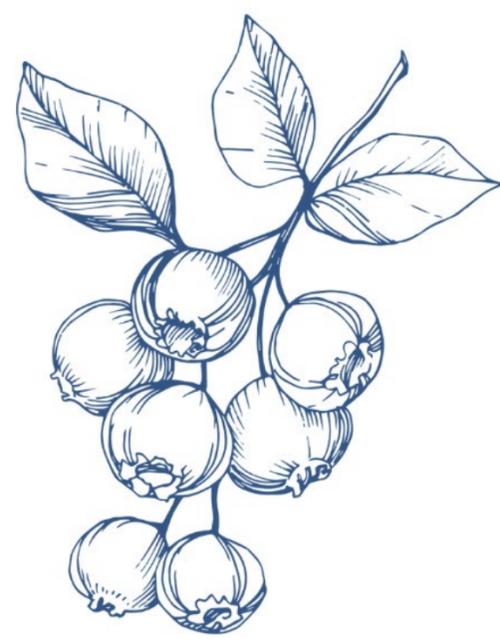
Presentation of Final Priorities

**Breakout:** Deeper Discussion of Priorities, Round 1

**Breakout:** Deeper Discussion of Priorities, Round 2

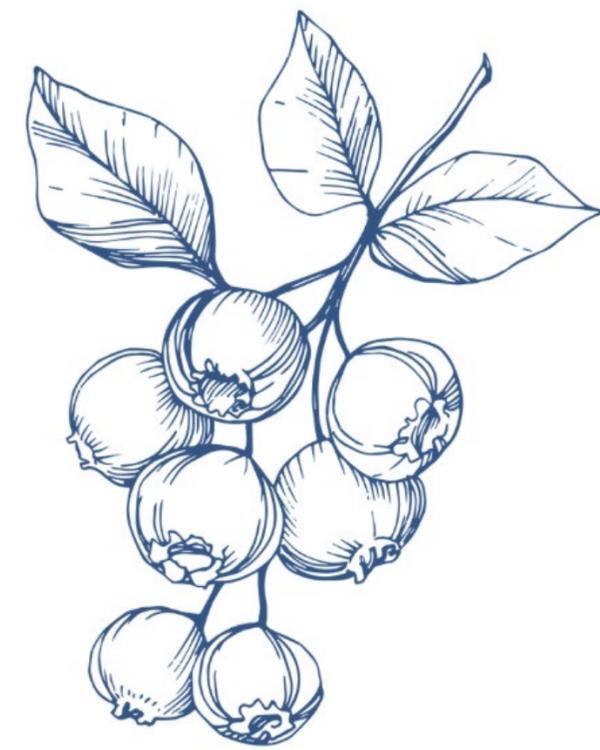
**Breakout:** Deeper Discussion of Priorities, Round 3

Conclusion & Next Steps



# Housekeeping

- Step Up. Step Back.
- Listen Longer. Be Curious. **Be Bold.**
- Take Breaks. Water and De-Water. Move Your Body.
- Maintain Confidentiality.
- Acknowledge Positionality.



[2023 Community Agreements.pdf \(mainephilanthropy.org\)](https://mainephilanthropy.org/2023-Community-Agreements.pdf)





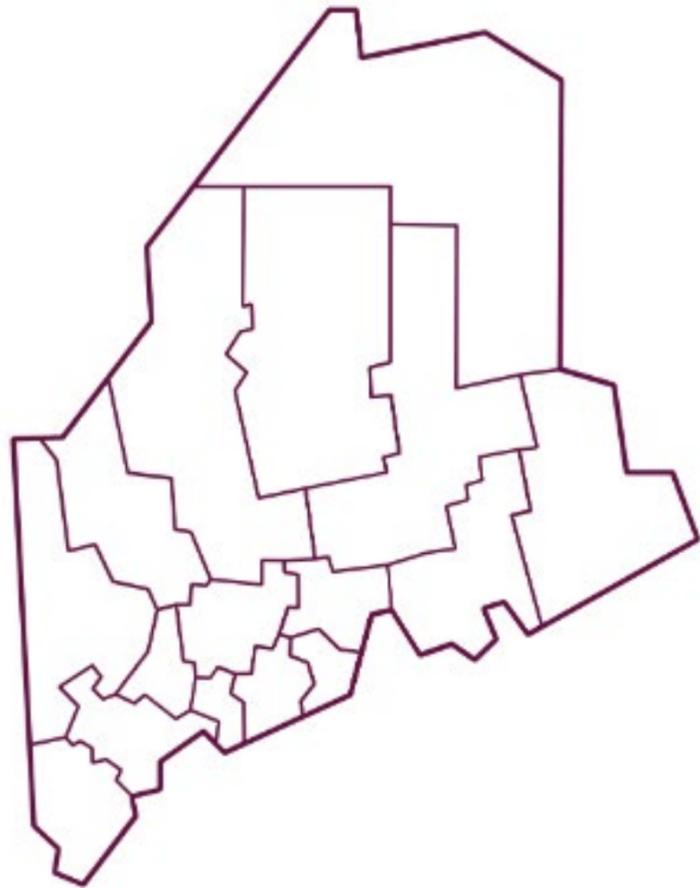
# Key Findings

# Demographics

## Total Population

**50,656**

**3.7% of the total state population**



## Population by Age



Age Under 18

**18.6%**



Age 18-64

**59.2%**

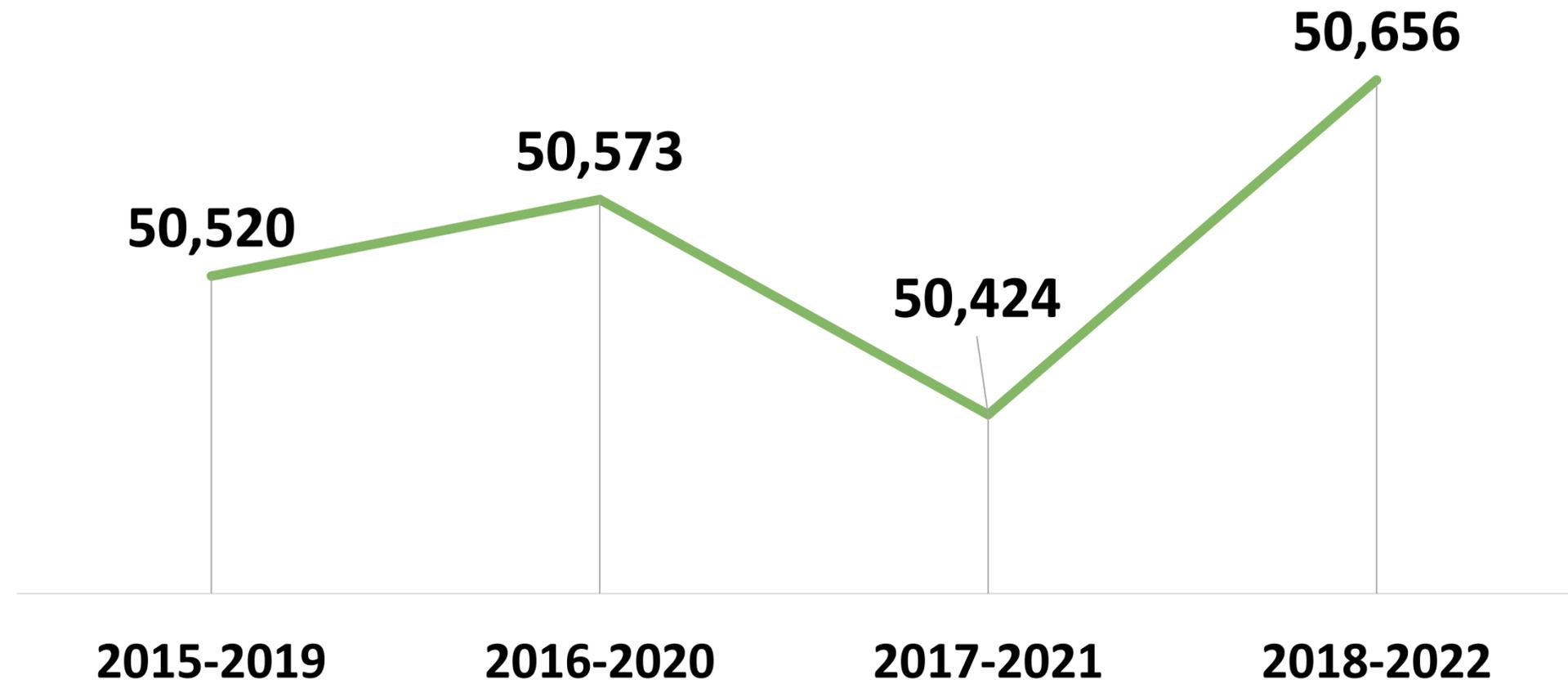


Age 65+

**22.2%**

*U.S. Census Bureau ACS Five-year Estimates 2018-2022*

## County Population

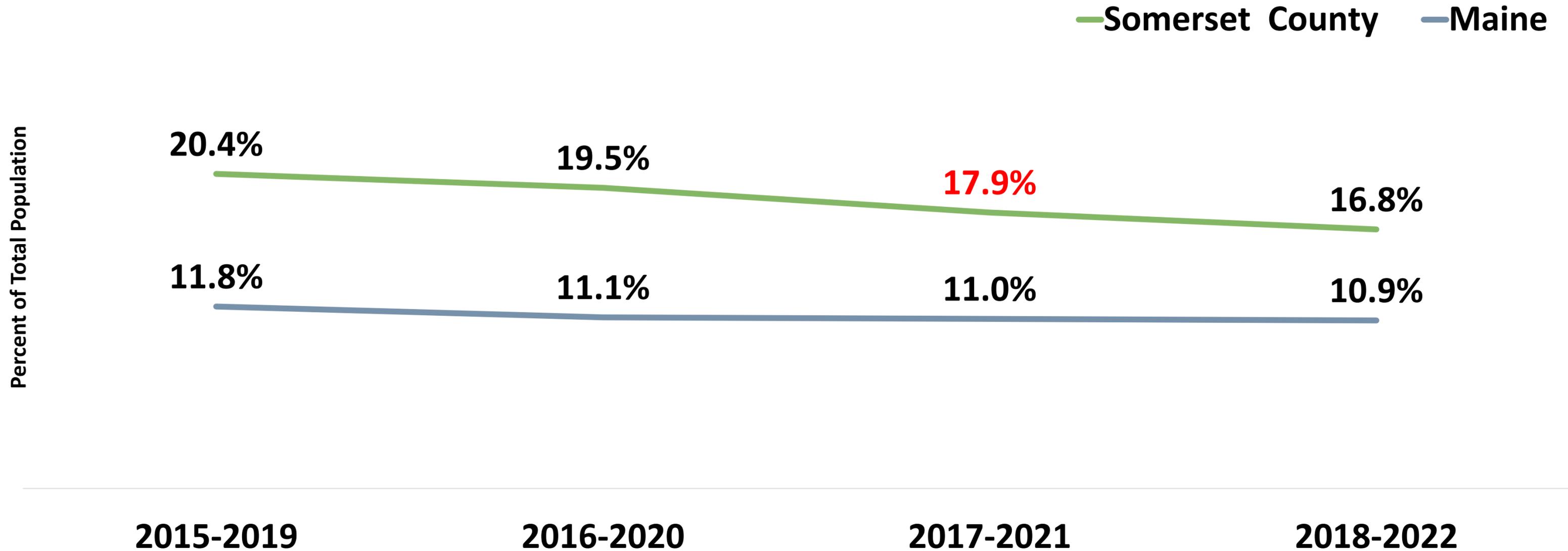


# Demographics



2017-2021 data reflects that Somerset County has a **significantly higher** poverty rate compared to the state of Maine.

## Individuals Living in Poverty

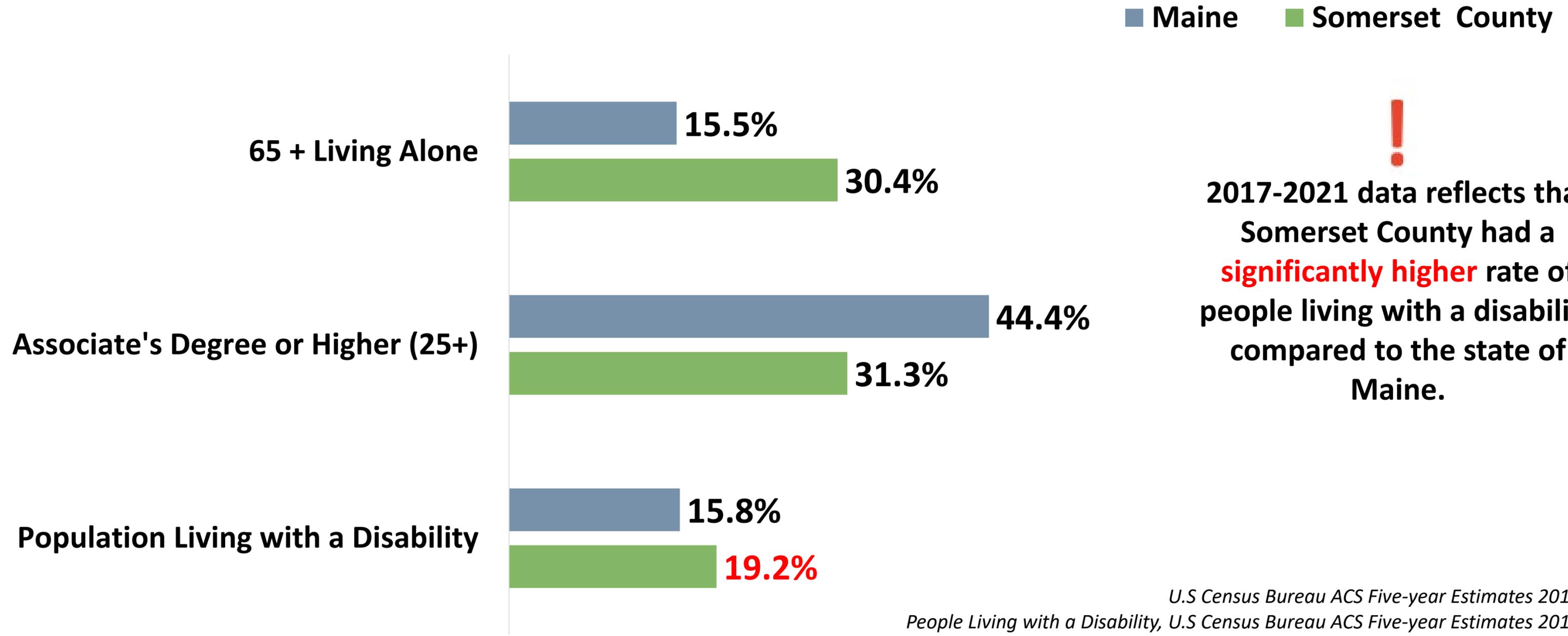


*U.S. Census Bureau ACS Five-year Estimates*



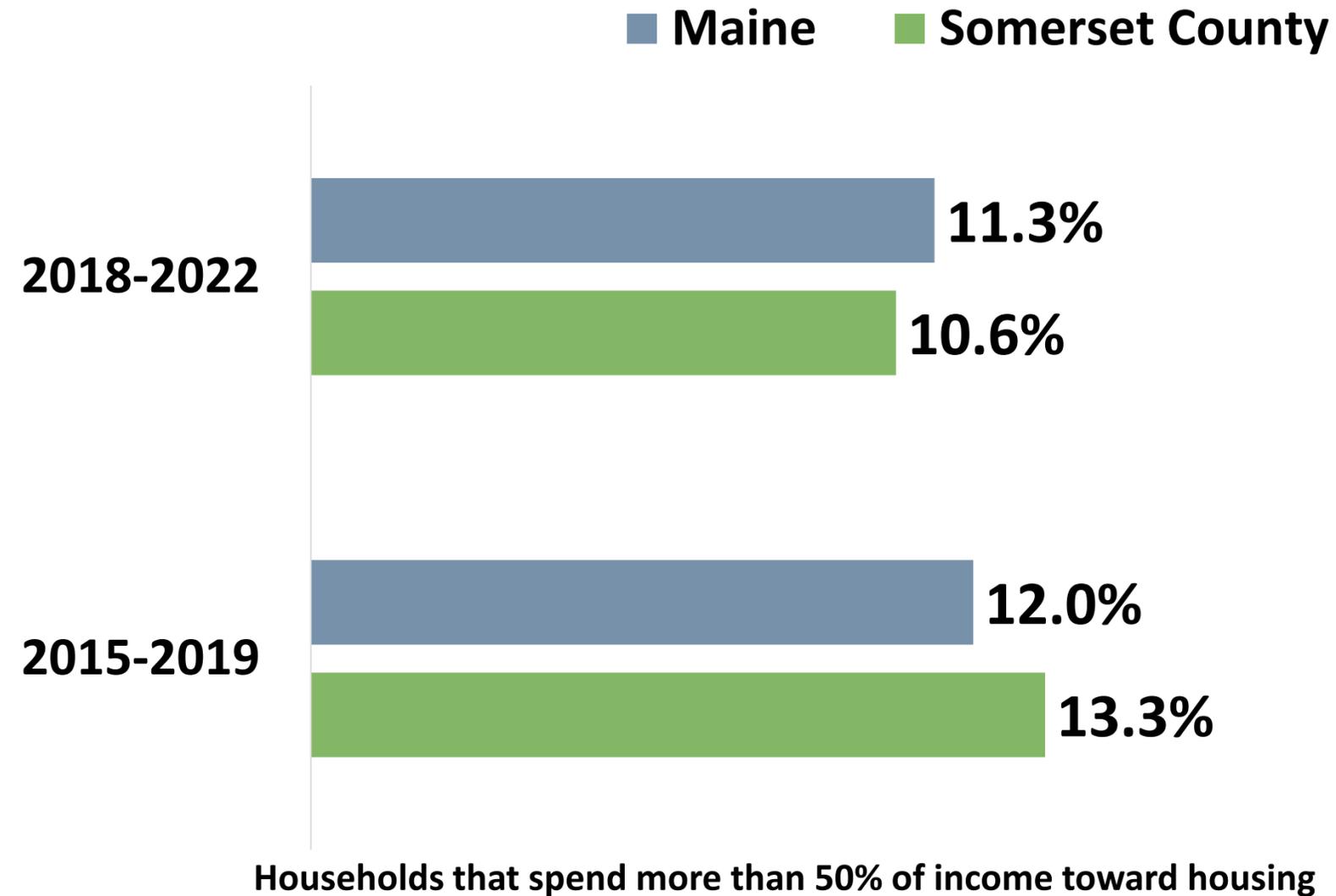
# Demographics

## Social Drivers of Health



# Community Conditions

## Cost-burdened Households



## Transportation



**41.2%**

Commute of greater than 30 minutes driving alone



**1.6 %**

No vehicle for the household

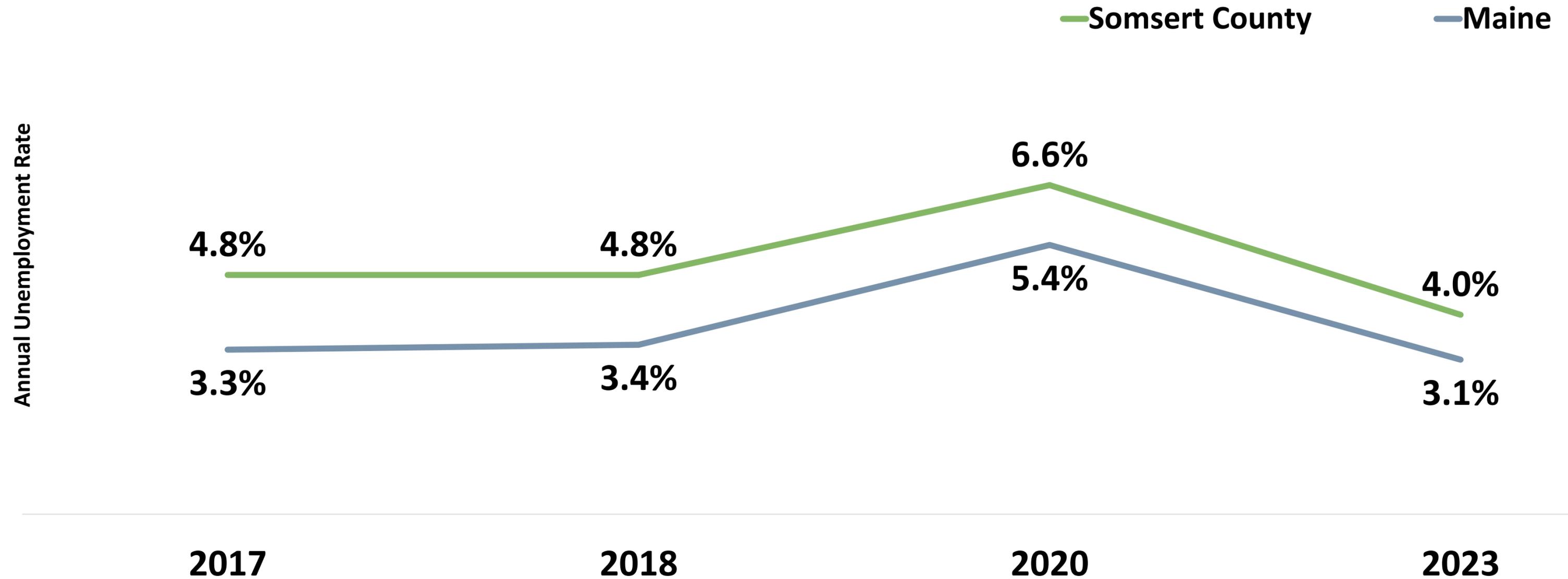
*U.S Census Bureau ACS Five-year Estimates 2018-2022*

*No Vehicle for the Household, U.S Census Bureau ACS Five-year Estimates 2017-2021*



# Community Conditions

## Unemployment



*U.S Bureau of Labor Statistics*



# Community Conditions

## Economic Wellbeing



Median household income

**2015-2019: \$44,256**

**2017-2021: \$47,488**



Households living above the federal poverty level but below the Asset Limited Income Constrained Employed threshold of financial survival

**2019: 28.7%**

**2022: 31.3%**



The 2017-2021 median household income for Somerset County is **significantly less** compared to Maine (\$63,182).

## ALICE

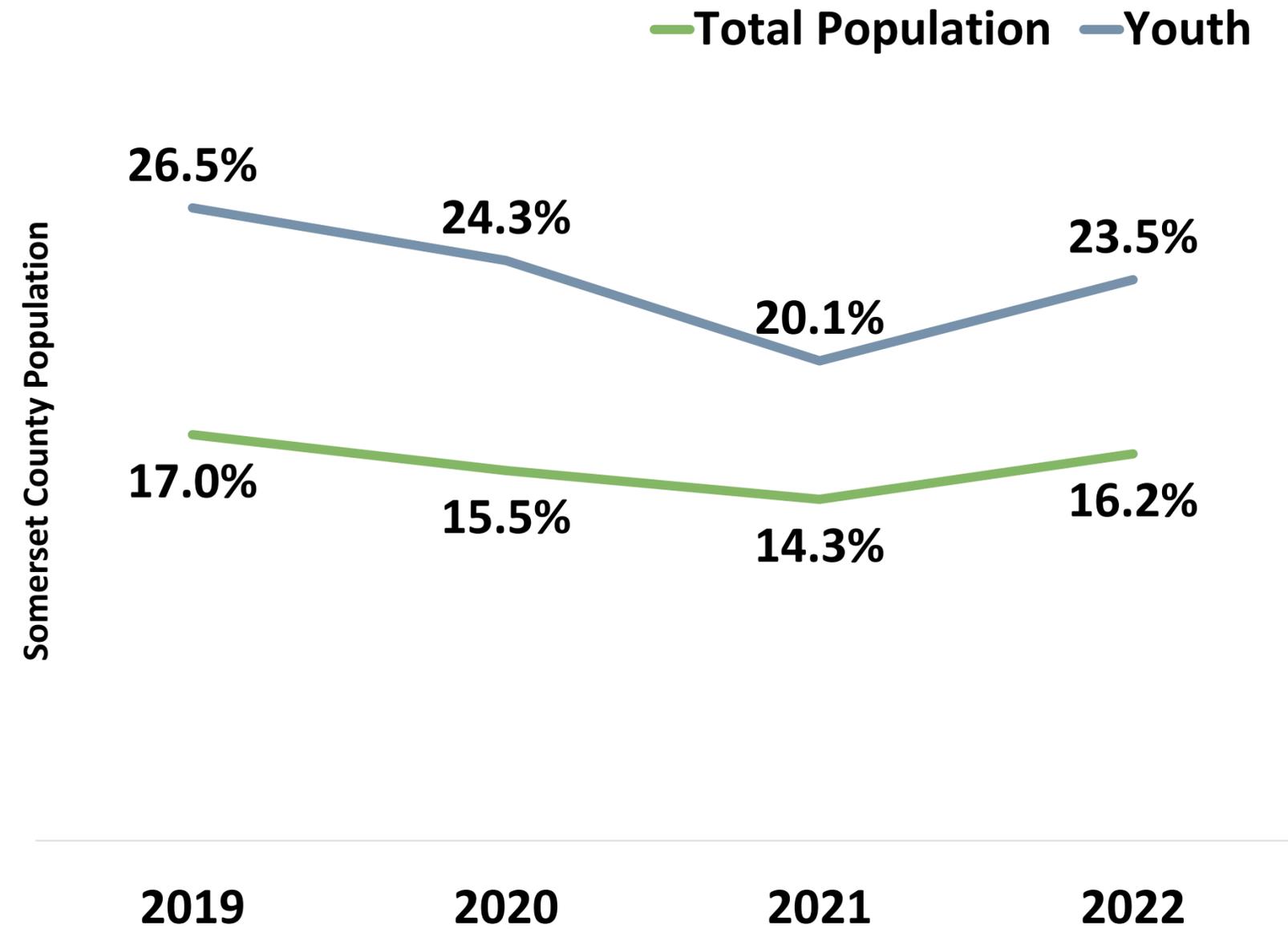
Working families who are struggling to afford basic necessities like housing, food, and childcare **despite** earning an income technically above the poverty line.

These families are working but still financially insecure due to the high cost of living in their area.

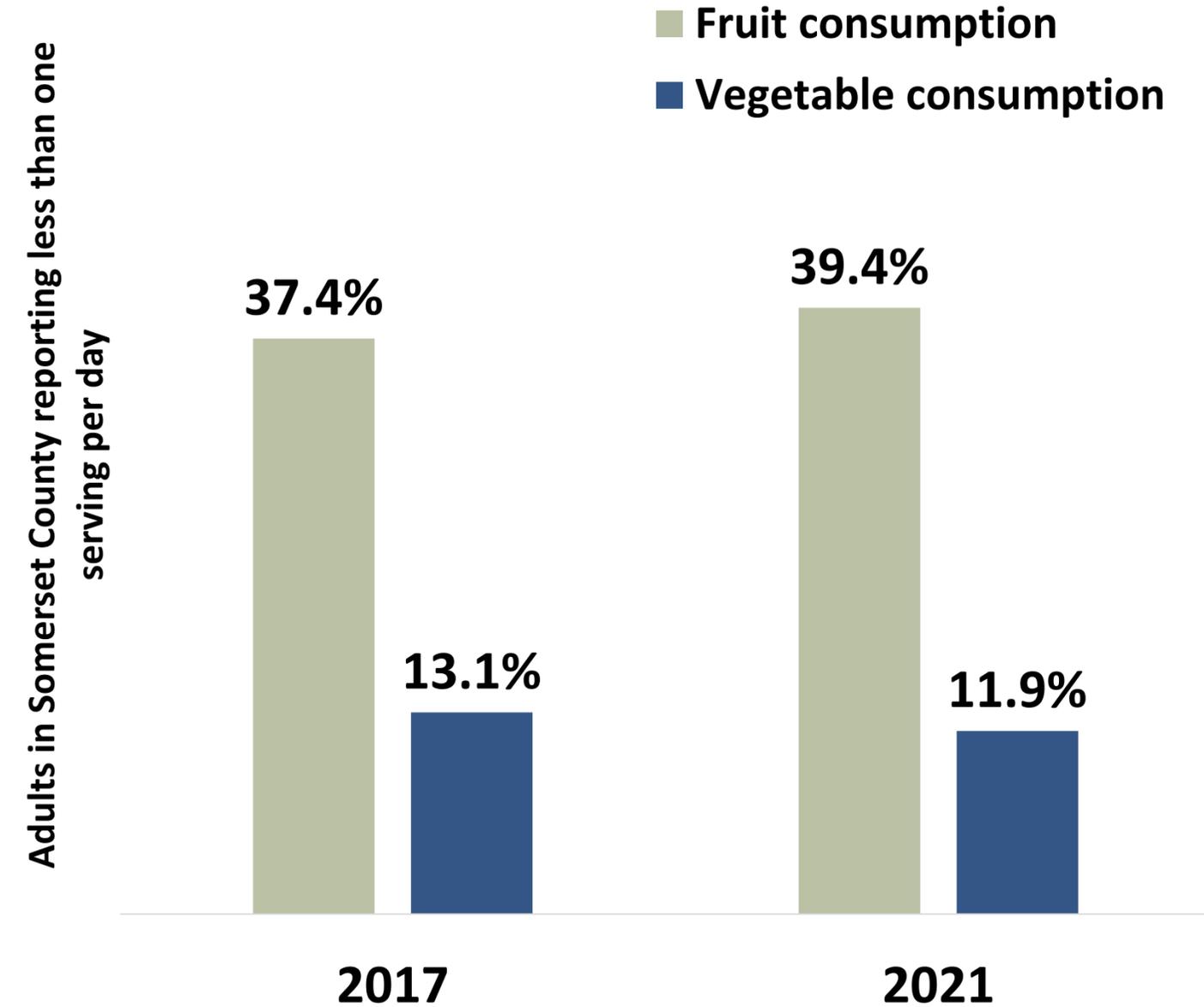


# Community Conditions

## Food Insecurity



## Fruit & Vegetable Consumption



# Community Conditions

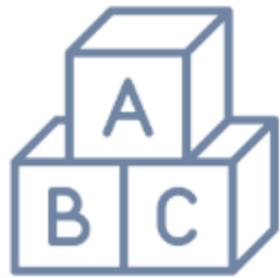
## Child Care



Child Care Centers

**2020: 27**

**2024: 23**

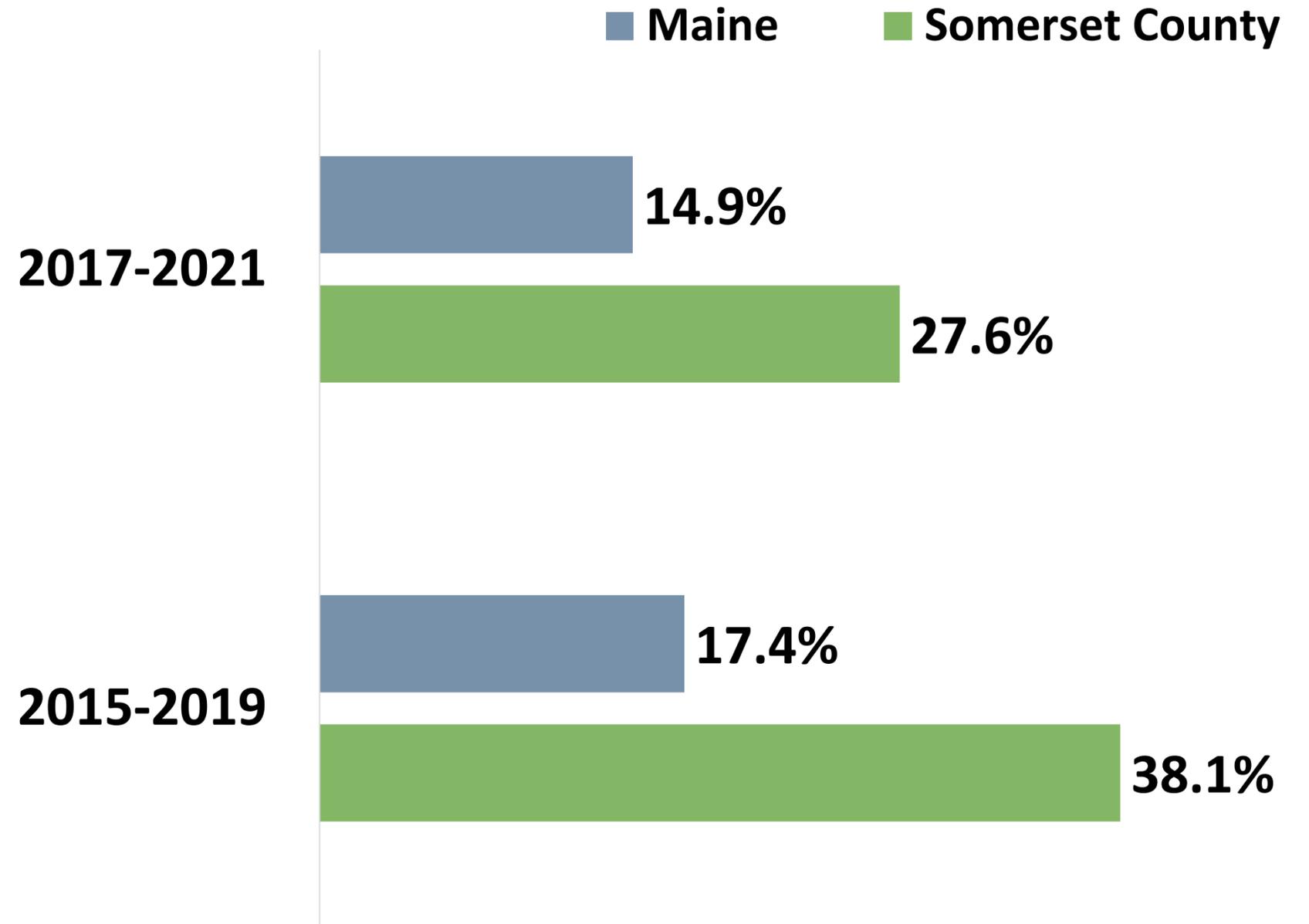


Children served in publicly  
funded state & local preschools

**2019: 66.9%**

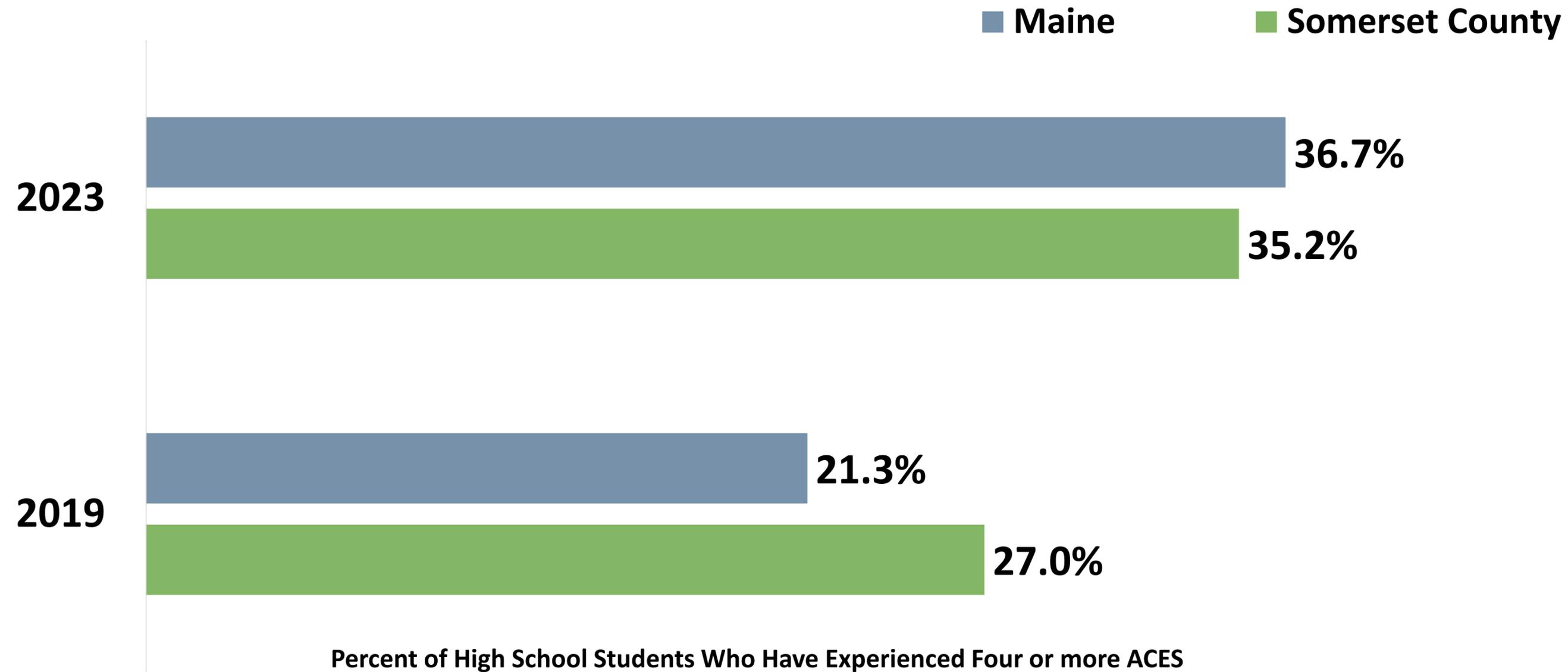
**2023: 60.6%**

## Head Start eligible infants, toddlers, preschool age children



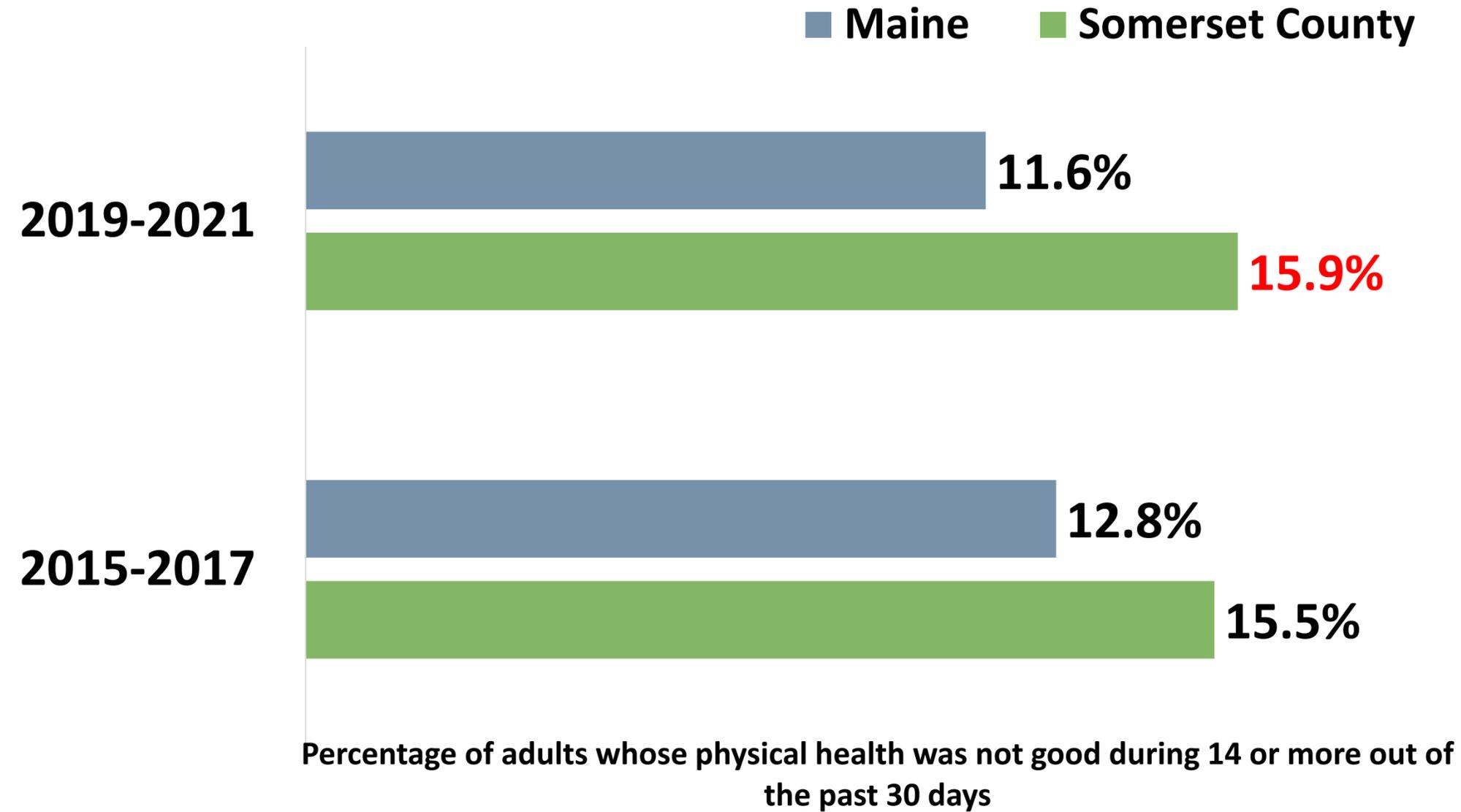
# Protective & Risk Factors

## Adverse Childhood Experiences



# Protective & Risk Factors

## Poor Physical Health (self-rated)



**The 2019-2021 data reflects that Somerset County adults self-reported experiencing significantly more poor physical health days in the past month compared to Maine.**



# Health Conditions & Outcomes

## Leading Causes of Death

Rank	United States	Maine	Somerset County
1	Heart Disease	Heart Disease	Heart Disease
2	Cancer	Cancer	Cancer
3	Unintentional Injury	Unintentional Injury	Unintentional Injury
4	Chronic Lower Respiratory Disease	Chronic Lower Respiratory Disease	Chronic Lower Respiratory Disease
5	Cerebrovascular Diseases	COVID-19	COVID-19
6	Alzheimer's Disease	Cerebrovascular Diseases	Diabetes
7	Diabetes	Diabetes	Alzheimer's Disease
8	Influenza & Pneumonia	Alzheimer's Disease	Cerebrovascular Diseases
9	Liver Disease	Liver Disease	Influenza & Pneumonia
10	Suicide	Influenza & Pneumonia	Suicide



Cardiovascular disease deaths per 100,000 population

**2015-2019: 240.8**

**2018-2022: 252.7**



Injury deaths per 100,000 population

**2015-2019: 102.1**

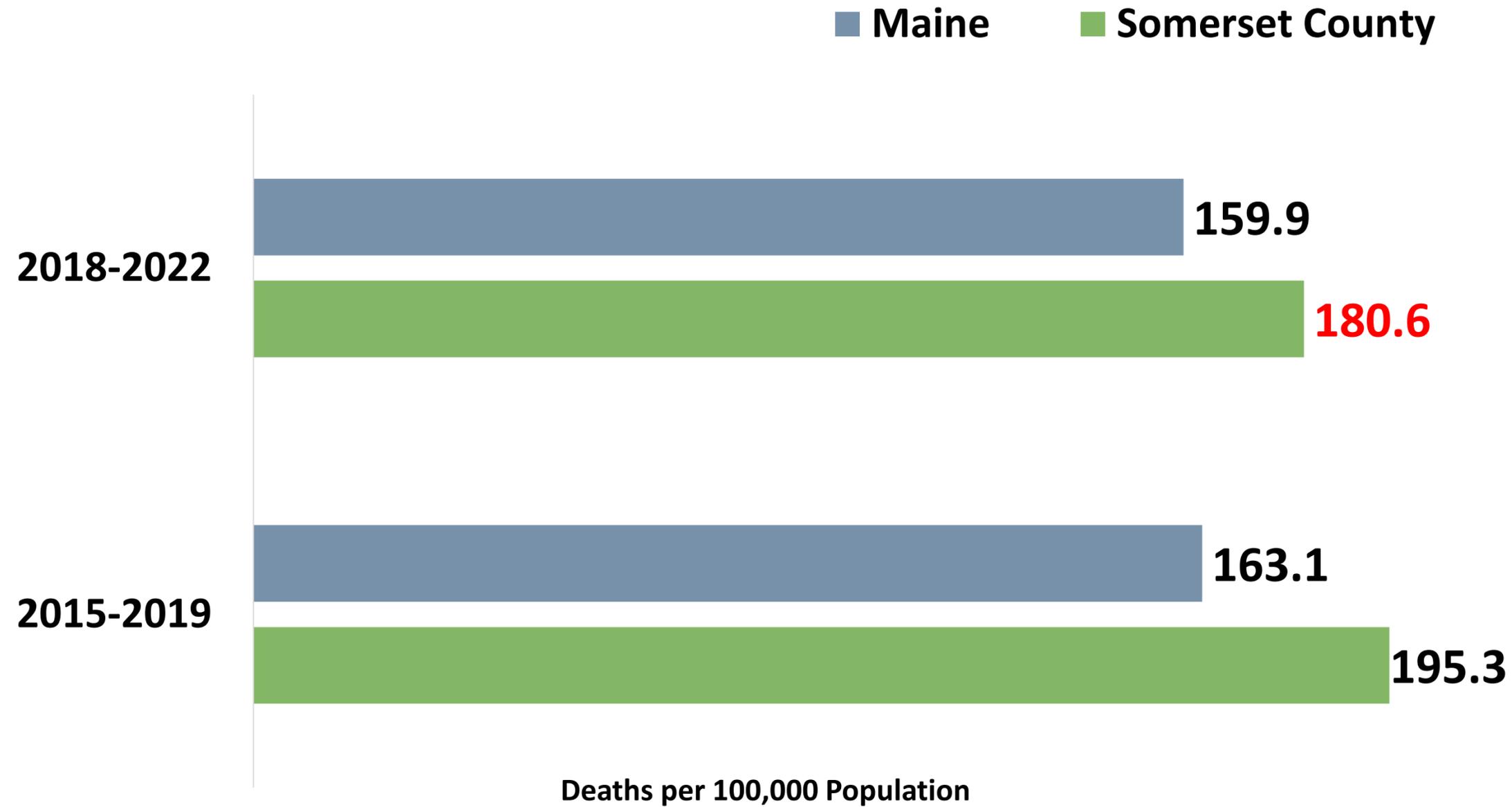
**2018-2022: 124.2**

*\*Drug overdose deaths are included in unintentional injury deaths for ranking causes of death.*



# Health Conditions & Outcomes

## All Cancer Deaths

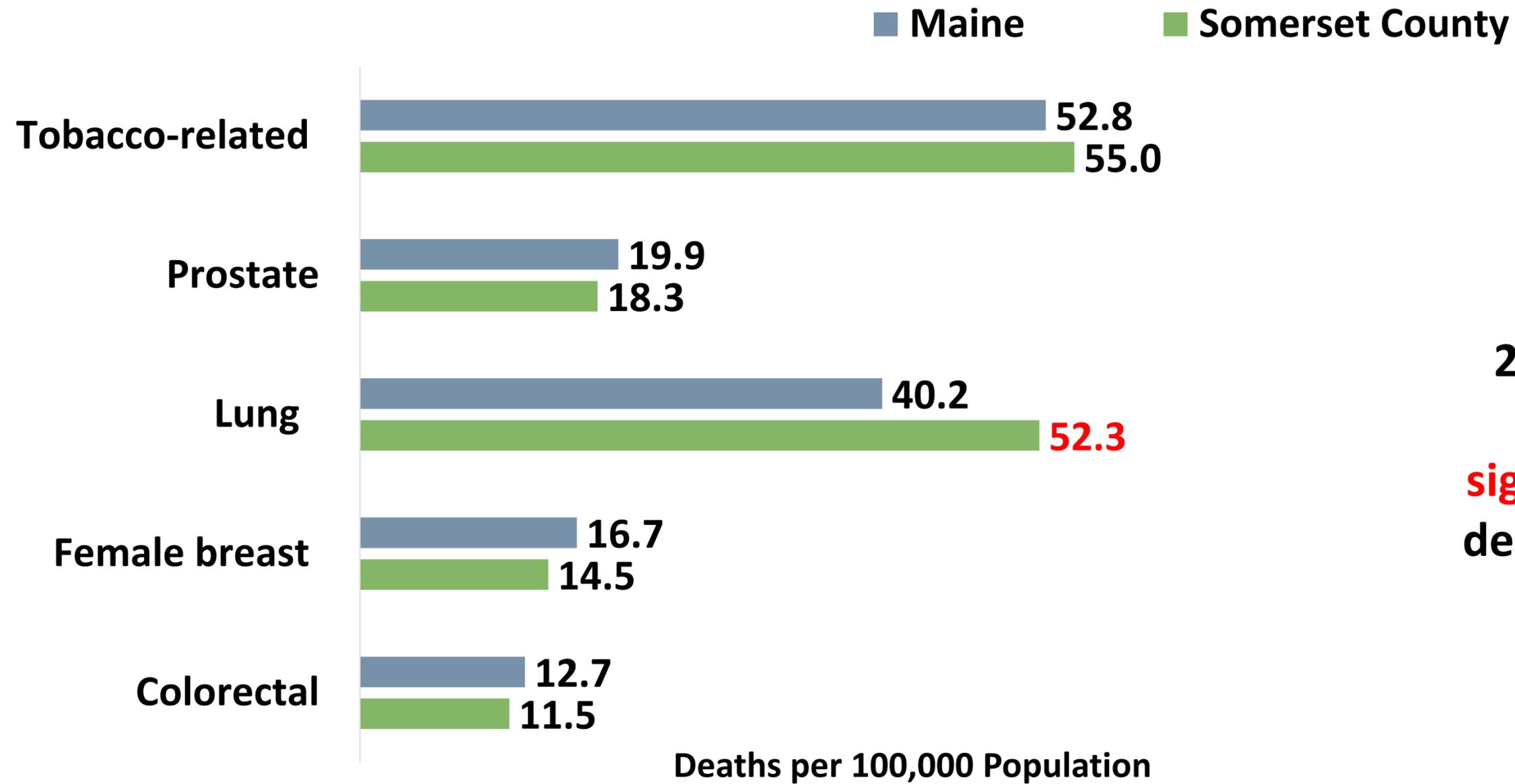


2018-2022 data reflects that Somerset County has a **significantly higher** cancer death rate compared to Maine.



# Health Conditions & Outcomes

## Cancer Mortality by Type



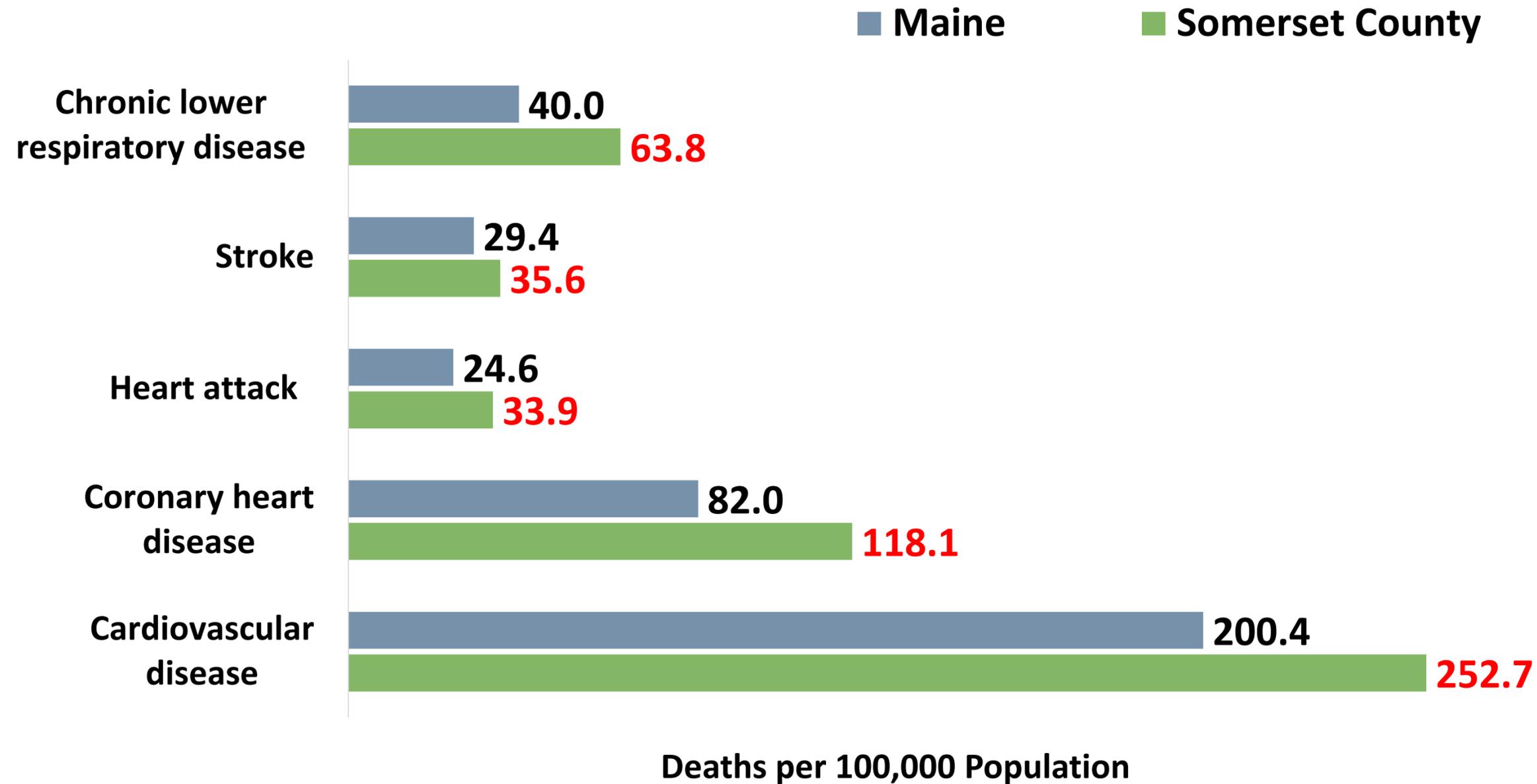
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2018-2022 data reflects that Somerset County has a **significantly higher** lung cancer death rate compared to Maine.



# Health Conditions & Outcomes

## Chronic Disease Deaths

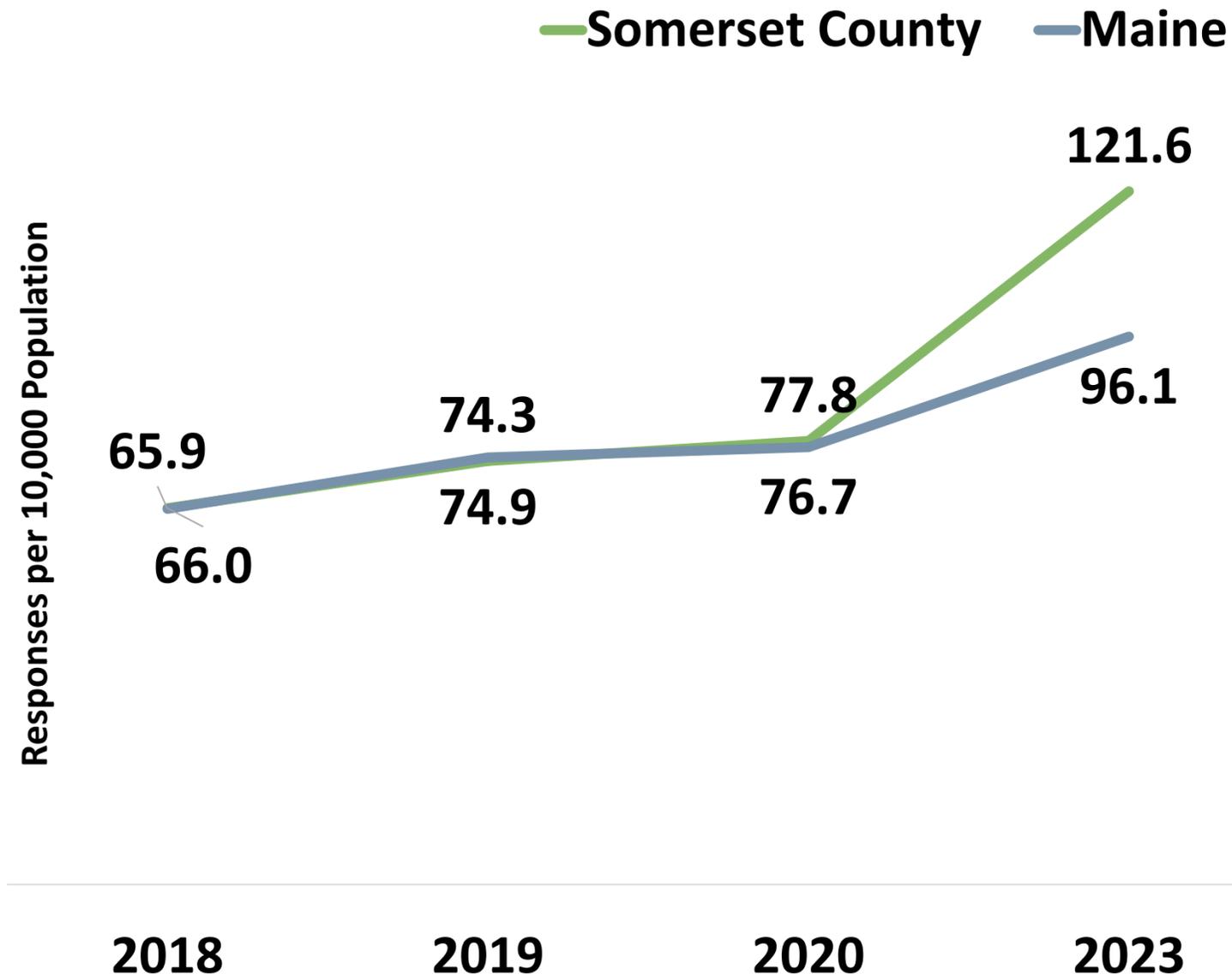


2018-2022 data reflects that Somerset County has a **significantly higher** death rate for all chronic diseases listed in the chart compared to the state of Maine.

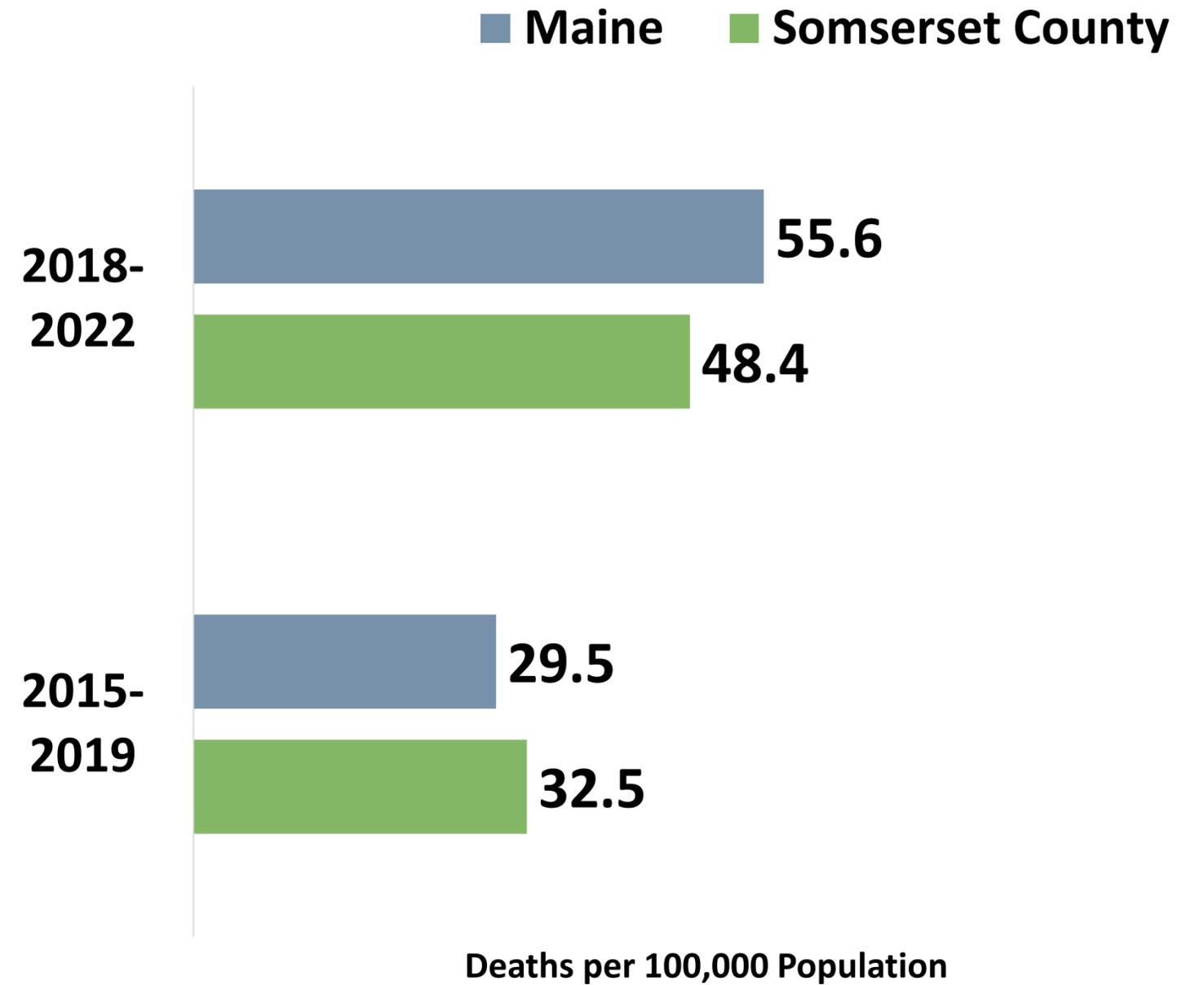


# Health Conditions & Outcomes

## Overdose Emergency Medical Service Responses

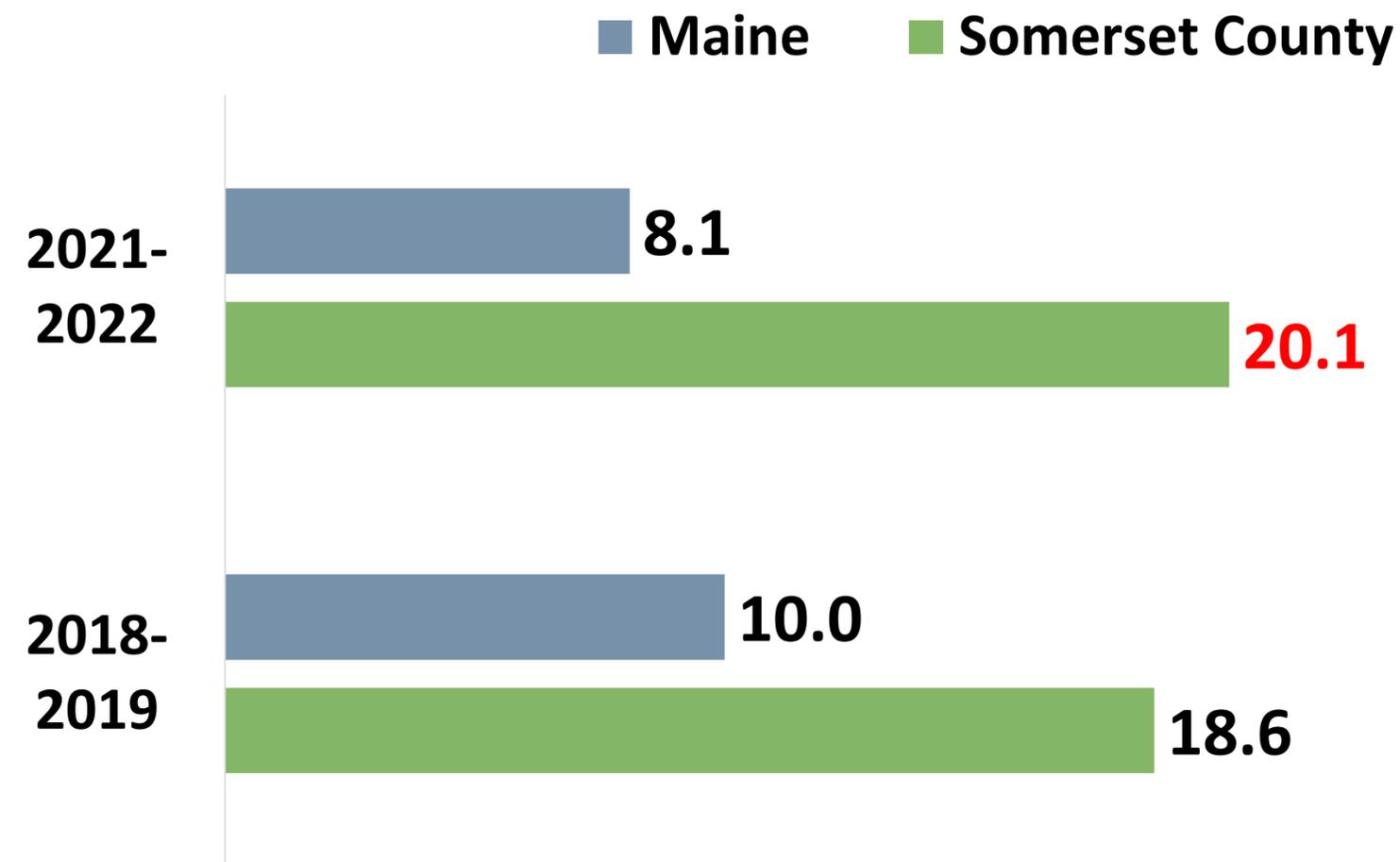


## Drug-induced Deaths



# Health Conditions & Outcomes

## Teen Births

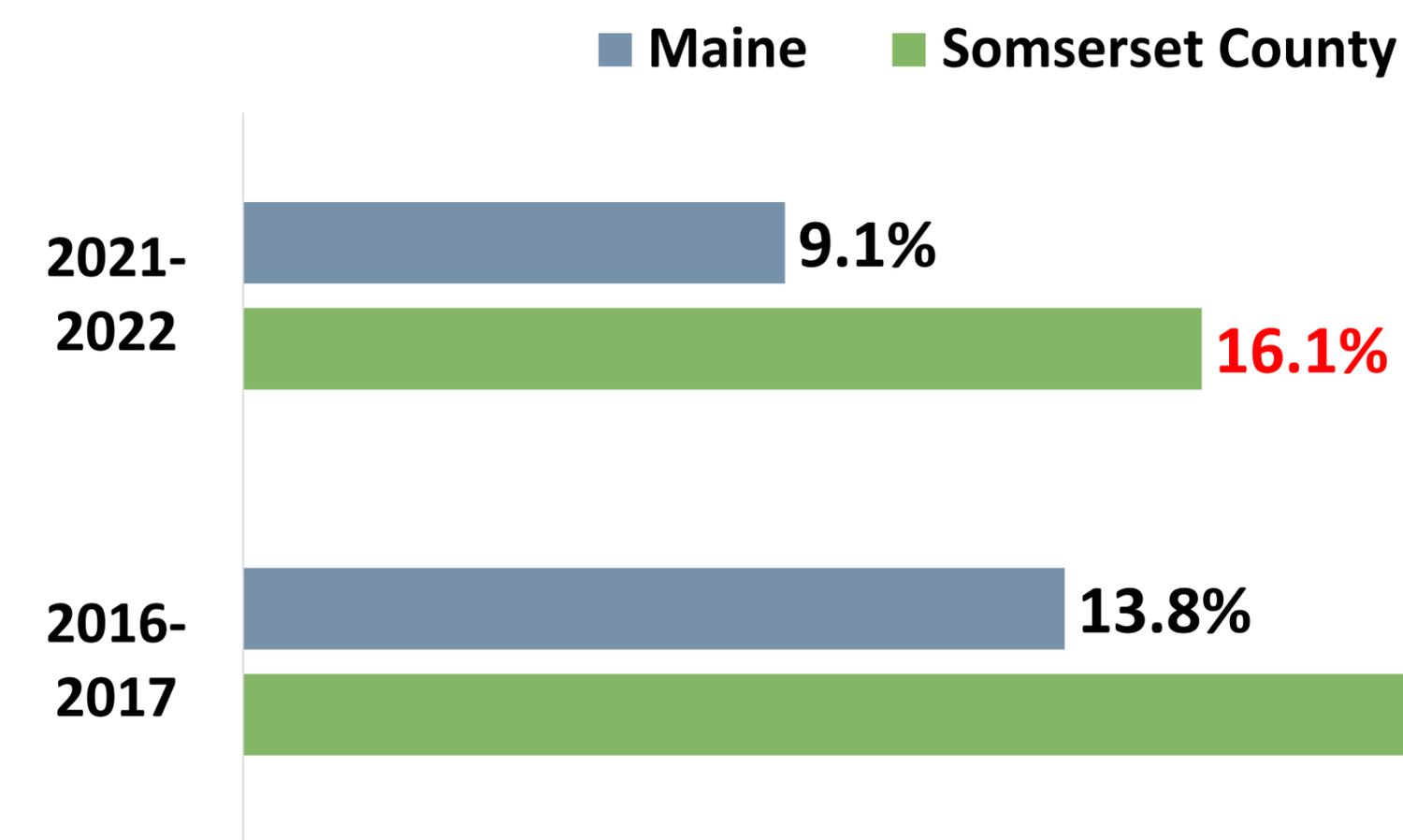


Births to 15-19 year olds per 1,000 population



2021-2022 data reflects a **significantly higher** rate of teen births compared to Maine.

## Smoked During Pregnancy



2021-2022 data reflects a **significantly higher** percentage of women who reported smoking during pregnancy compared to Maine.





# Community Engagement

# Community Engagement

## Focus Group Top Themes

Physician shortage

Housing for all

Accessible prescriptions

Substance use services

Transportation

## Select Quotes From Participants

- “The **elderly have to suffer** – can’t eat the foods they need to eat, don’t have enough money.”
- “Accessibility – **wait times have gotten worse**. Less doctors, less nurses, more patients.”
- “Affordable housing for those in the gray area of income. **There are a lot of families out there that are like a dollar over getting a certain amount of healthcare.**”
- “We don’t have access to behavioral evaluations because **there are no providers.**”

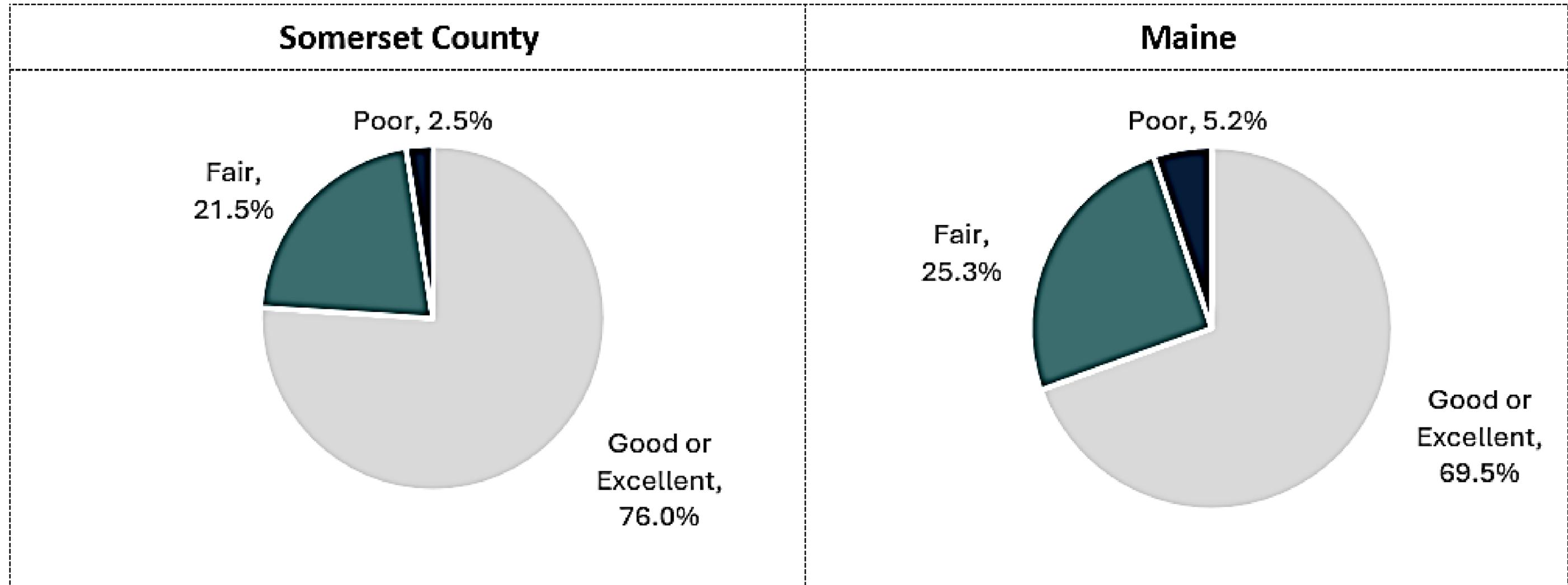


# Community Engagement

## Community Survey: Physical Health Status

How would you rate your own physical health?

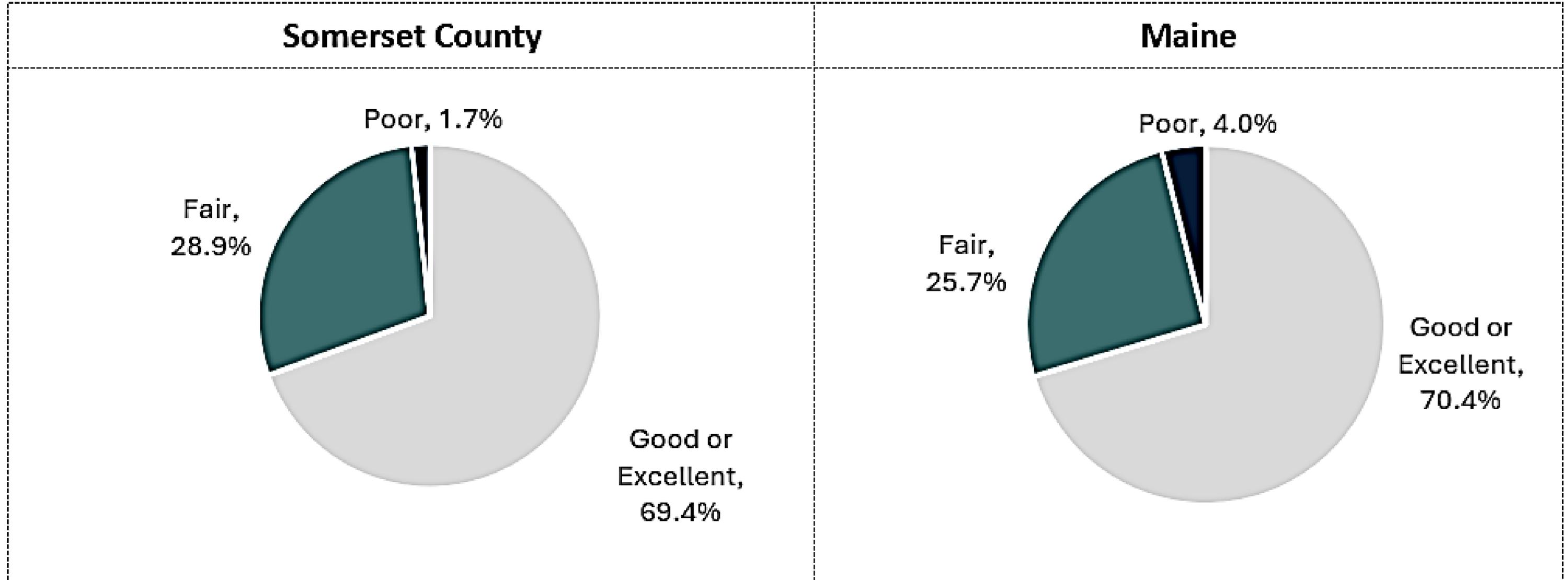
Total Participants	
Somerset County	Maine
123	3,967



# Community Engagement

## Community Survey: Mental Health Status

**How would you rate your own mental health?**



# Community Engagement

## Community Survey: Community Health Status

### Top 5 social concerns that negatively impact your community

Somerset County		Maine	
1)	Substance use (alcohol, cannabis, prescription drugs, illicit drugs, etc.)	1)	Mental health issues (anxiety, depression, suicide, etc.)
2)	Low incomes and poverty	2)	Substance use (alcohol, cannabis, prescription drugs, illicit drugs, etc.)
3)	Mental health issues (anxiety, depression, suicide, etc.)	3)	Low incomes and poverty
4)	Lack of transportation	4)	Housing insecurity
5)	Tobacco or nicotine use (cigarettes, cigars, vapes, dip, nicotine pouches, etc.)	5)	Obesity



# Community Engagement

## Community Survey: Community Health Needs

Please indicate if \_\_\_\_\_ negatively impacts you, a loved one, and/or the community where you live.

*Percentage of respondents who answered 'Impacts me, a loved one, and/or my community'*

Somerset County		Maine	
Economic needs	80.0%	Economic needs	76.1%
Mental health needs	76.3%	Chronic health conditions (cancer, high blood pressure, heart disease, high cholesterol, etc.)	75.7%
Chronic health conditions (cancer, high blood pressure, heart disease, high cholesterol, etc.)	73.1%	Mental health needs	73.6%
Substance use	68.6%	Substance use	68.5%
Housing needs	62.1%	Housing needs	68.5%
Transportation needs	56.5%	Transportation needs	60.9%
Environmental needs	53.5%	Environmental needs	58.4%
Public safety needs	49.6%	Public safety needs	53.7%





# Prioritization Voting Results



# Results

## Community Conditions

1. **Provider Availability 76.2%**
2. **Transportation 66.7%**
3. **Poverty 57.1%**
4. **Housing 52.4%**
5. **Timeliness of Healthcare and Social Services 38.1%**

## Protective & Risk Factors

1. **Illicit Drug Use 61.9%**
2. **Alcohol Use (including binge drinking) 42.9%**
3. **Adult Screening & Preventative Visits 42.9%**
4. **Adverse Childhood Experiences 42.9%**
5. **Physical Activity 38.1%**

## Health Conditions & Outcomes

1. **Mental Health 81.0%**
2. **Substance Use Related Injury & Death 52.4%**
3. **Obesity/Weight Status 47.6%**
4. **Cancer 38.1%**
5. **Diabetes 38.1%**



# Breakout Discussions

# Breakout Discussion #1

**Please discuss the results of the community needs assessment and the results of the first round of priority voting:**

- **Was anything surprising or new?**
- **Did the findings confirm anything for you?**
- **Are any priorities missing from the initial round of voting that should be included in a second round of voting?**





# Voting Tool

**Based on the presentation, discussions in your breakout, materials, and your knowledge, expertise, and experiences, please vote for the top THREE health and well-being priorities for each of the topic areas:**

**Community Conditions  
Protective & Risk Factors  
Health Conditions & Outcomes**

**as they relate to your County.**





# Results

## Community Conditions

1. Provider Availability (77.0%)
2. Transportation (65.0%)
3. Housing (55.0%)

## Protective & Risk Factors

1. Adverse Childhood Experiences (97.0%)
2. Illicit Drug Use (58.0%)
3. Alcohol Use (55.0%)

\*Tied with Adult Screening & Preventative Visits (55.0%)

## Health Conditions & Outcomes

1. Mental Health (84.0%)
2. Substance Use Related Injury & Death (65.0%)
3. Chronic Conditions (45.0%)

# Breakout Discussion #2

**Please discuss the following questions as they relate to the priorities in your topic area:**

- **Are there other specific populations to focus on within these priorities?**
- **What do you see as the root causes and/or contributing factors to these priorities?**
- **Which sectors are working on these priorities? Where is there potential for collaboration?**
- **What community assets and resources are missing from the pre-populated list to address these priorities?**



# Breakout Discussion #3

**Review the responses from the group prior to you. As a group, add comments and additional information and suggest edits, as applicable.**



# Breakout Discussion #4

**Review the responses from the group prior to you. As a group, add comments and additional information and suggest edits, as applicable.**





# Final Remarks