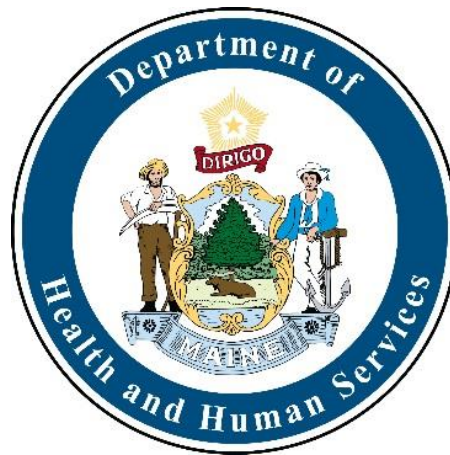
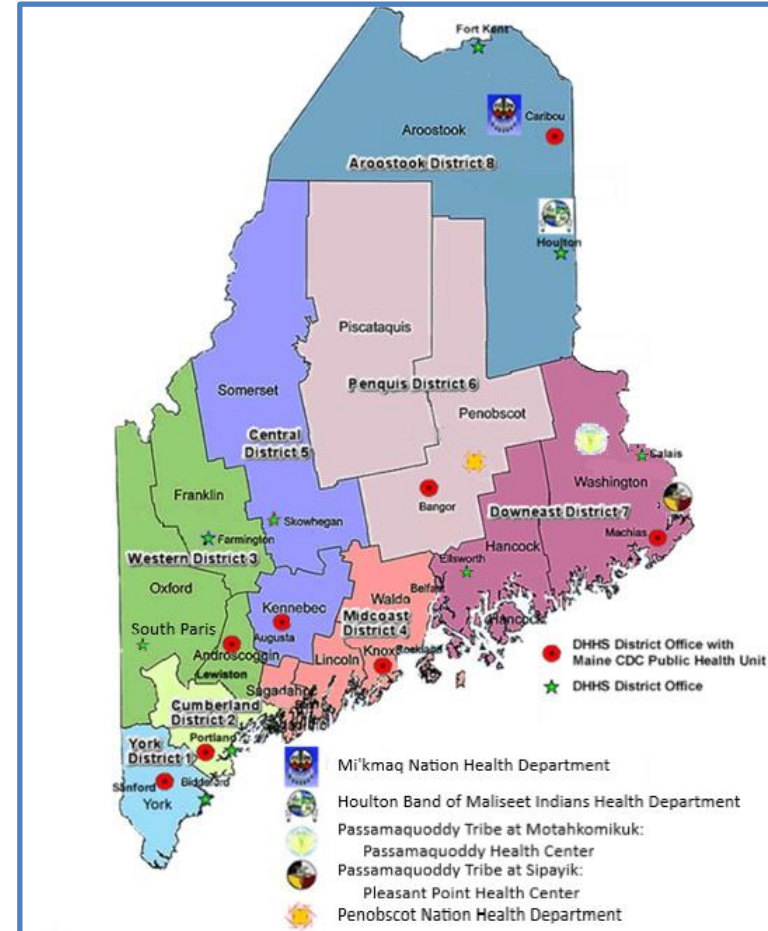


# Aroostook Public Health District Presentation to Statewide Coordinating Council for Public Health December 18, 2025

Sue Bouchard, RN BSN  
Aroostook Representative to the SCC



# Aroostook Public Health District



# Fun Facts – Aroostook County

- Named from a Native American word meaning “Beautiful River”, Aroostook County is home to the Mi’kmaq and Maliseet tribes.
- Geographically, Aroostook County is the largest county east of the Mississippi – larger than the states of Rhode Island and Connecticut combined.
- Aroostook is home to:
  - 7,000 miles of flowing river
  - 2,000 lakes, rivers, & streams
  - Launch sites of 2 transatlantic balloon crossings
  - Seasonal snowfall averaging more than 10 ft.
  - 2,300 miles of snowmobile trails & 1,200 miles of ATV trails.



# Key Demographics

## **Aroostook County**

Population: 67,105 (2020)

Area: 6,671.2 square miles

Density: 10 persons per square mile

Number of Towns: 68 municipalities (including incorporated towns)

Tribal Nations: Mi'kmaq Nation & Houlton Band of Maliseets

Source: U.S Census 2020

# Key Demographics

## Aroostook County

	Aroostook	State of Maine
Population with Bachelor degree or higher	25.5%	37.1%
Population 65 years or older	26.4%	
Median Household income	\$54,439	\$76,442
Persons living in poverty	15.7%	10.6%
Employment Rate	53.7%	60.0%

Source: U.S Census 2020

# Key Data

Indicator	Aroostook	Maine
Individuals living in poverty (percent)	14.9%	10.9%
Children living in poverty (percent)	18.3%	13.4%
Fair or poor health (self-rated) (percent)	21.2%	15.3%
3 or more chronic conditions (percent)	21.4%	16.0%
Life expectancy (age)	76.6	78.6
Uninsured (percent)	8.8%	7.1%
Cardiovascular disease deaths per 100,000 population (rate)	220.1	200.4
High blood pressure (percent)	42.0%	25.5%
High cholesterol (percent)	41.2%	36.2%
Diabetes (percent)	14.4%	10.4%
Chronic Obstructive Pulmonary Disease (COPD) (percent)	12.1%	8.8%
Obesity (adults)	41.4%	31.9%
Smoked During Pregnancy (percent)	15.9%	9.1%
Fall-related injury ER rate per 100,000 population (rate)	386.1	264.3

# Council Work & Education

**2025 Meeting Dates: February 5<sup>th</sup> , May 7<sup>th</sup> , August 6<sup>th</sup> , November 5<sup>th</sup>**

Education Topic	Presenter (s)
<ul style="list-style-type: none"> <li>❖ “Public Health Nursing &amp; CradleME Referral Services”</li> <li>❖ “Memory Care in Aroostook”</li> </ul>	<ul style="list-style-type: none"> <li>❖ Tammy Mitchell; Maine CDC, Aroostook Public Health Nursing Supervisor</li> <li>❖ Viola Belanger; Aroostook Agency on Aging, Memory Care &amp; Adult Day Services Manager</li> </ul>
<ul style="list-style-type: none"> <li>❖ “Maine Geographic Lead-Based Paint Initiative”</li> <li>❖ “Current Topics in Community Water Fluoridation”</li> </ul>	<ul style="list-style-type: none"> <li>❖ Claire Dinehart, Jordan Alves, &amp; Jennifer Shoemaker; U.S. Environmental Protection Agency, Region 1</li> <li>❖ Kalie Hess; Children’s Oral Health Network of Maine</li> </ul>
<ul style="list-style-type: none"> <li>❖ “Transforming Maternal Health (TMaH) and Perinatal Rural Regional Planning Meeting</li> </ul>	<ul style="list-style-type: none"> <li>❖ Kelly Bowden; Perinatal Regional Planning Liaison, Office of MaineCare Services</li> <li>❖ Maggie Jansen; Maternal &amp; Infant Coordinator, Office of MaineCare Services</li> <li>❖ Ann Cyr; Maternal Child Health Coordinator/Family Leadership Liaison, Maine CDC</li> </ul>
<ul style="list-style-type: none"> <li>❖ “Older Adult Intensive Outpatient and Cardiopulmonary Rehabilitation Services at Northern Maine Medical Center”</li> <li>❖ Group Discussion: “What is occurring or might occur that affects the health of our community or the public health system?”               <ul style="list-style-type: none"> <li>❖ Transforming Maternal Health (TMaH)</li> <li>❖ Rural Health Transformation Program (RHTP)</li> <li>❖ SNAP Rule Changes</li> <li>❖ Changes to MaineCare : Federal Budget Reconciliation Timeline for MaineCare</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>❖ Sarah Wimbiscus, LCSW; Director IOP/CPR, Northern Maine Medical Center</li> <li>❖ Group Discussion</li> <li>❖ Stacy Boucher; District Liaison, Maine CDC</li> </ul>

# Public Health Unit

District	Offices	Program	Referral/Contact	Staff
<b>Aroostook Public Health District</b>	<b>Caribou DHHS</b> 30 Skyway Dr., Unit 100 Caribou, ME 04736	Public Health Nursing	1-888-644-1130	Tammy Hatch (Supervisor) (Tel.) 207-493-4188 Jessica Fowler (Tel.) 207-496-9519 Renee Chalou (Tel.) 207-496-2319 Jessica Collin (Tel.) 207-492-9742
		<b>Houlton DHHS</b> 11 High Street Houlton, ME 04730	Health Inspection	1-800-821-5821
	<b>Fort Kent DHHS</b> 139 Market Street, Suite 109 Fort Kent, ME 04743	Epidemiology	1-800-821-5821	Maura Lockwood (Tel.) 207-215-9058
		Drinking Water – Environmental Engineer	207-287-2070	Joshua Gildert (Tel.) 207-215-7172
		Drinking Water – Environmental Specialist III	207-287-2070	Robert Jandreau (Tel.) 207-441-0443
		District Public Health Liaison	207-493-4087	Stacy Boucher (Tel.) 207-592-5632
		Public Health Educator	207-498-9647	Courtney Wall

# Aroostook Public Health DHHS Employee Education Publications

## DENTAL HYGIENE AWARENESS

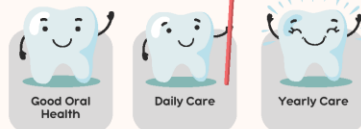
### Tips for Good Oral Health

#### ADULT ORAL HEALTH

Adults can develop oral health problems including cavities, gum disease, tooth loss, and oral cancer throughout their lifetime.

Oral health problems increase with age because of problems with saliva production, receding gums, and difficulties flossing and brushing due to poor vision, cognitive problems, chronic disease, and physical limitations.

#### WHAT CAN YOU DO?



#### GOOD ORAL HEALTH = GOOD OVERALL HEALTH

To maintain a health mouth and strong teeth:

- Don't use tobacco products
- Drink less alcohol
- Get vaccinated.
- Manage your diabetes.
- Prevent dry mouth.
- Act on any new symptoms.

#### PROTECT YOUR SMILE



#### DAILY CARE TIPS

- Avoid food and drinks with added sugar as much as possible. They contribute to oral and other chronic diseases.
- Drink **fluorinated tap water** and brush your teeth with **fluoride toothpaste**.
- Practice **good oral hygiene**. Brush your teeth well twice a day and floss between your teeth to remove dental plaque.
- Wear a **mouthguard** when participating in contact sports or high-risk activities.

#### SCHEDULE A DENTAL APPOINTMENT



#### YEARLY CARE

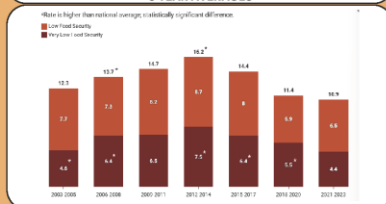
- Visit your dentist at least once a year, even if you wear dentures and have lost some or all of your teeth. Your dentist will check your mouth for cancers, oral health problems, and cavities.

## FOOD INSECURITY RATES IN MAINE

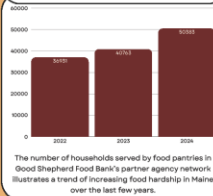
As defined by the USDA, "food insecurity means that households were, at times, unable to acquire adequate food for one or more household members because they had insufficient money and other resources for food."

The latest USDA report found that 10.9% of households in Maine were food insecure in 2021-2023, with 40% of those food insecure households (4.4% of Maine households overall) experiencing very low food security, the most severe form of food deprivation.

### HOUSEHOLD FOOD INSECURITY IN MAINE 2003-2005 TO 2021-23, 3 YEAR AVERAGES

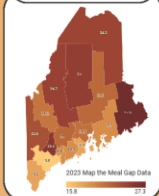


### HOUSEHOLDS UTILIZING FOOD PANTRIES IN GOOD SHEPHERD FOOD BANK'S PARTNER AGENCY NETWORK



The number of households served by food pantries in Good Shepherd Food Bank's partner agency network illustrates a trend of increasing food hardship in Maine over the last few years.

### CHILD FOOD INSECURITY RATE BY COUNTY



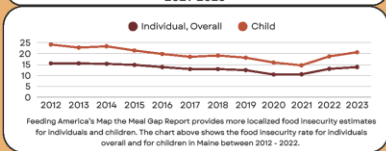
2023 Map the Meal Gap Data

### OVERALL INDIVIDUAL & CHILD FOOD INSECURITY RATES BY COUNTY

County	Overall	Child food insecurity
ANDROSCOGGIN	13	14
AROOSTOOK	17	24
CLAREMONT	12	11
FRANKLIN	11	11
HANCOCK	11	11
HENNESSY	13	11
IRASDA	12	11
LENOX	11	11
SARASOTA	11	11
WALTON	11	11
WASHINGTON	11	11

**Food Insecurity Rates by County**  
Food insecurity rates vary widely across Maine counties, as seen in this figure.  
The highest county-level rate of child food insecurity in Maine—and in New England—is 23% in Washington County.  
Aroostook County lands at the third highest county-level rate of child food insecurity in Maine at 24%.

### INDIVIDUAL FOOD INSECURITY RATE, OVERALL & CHILD, MAINE, 2012-2023



Feeding America's Map the Meal Gap Report provides more localized food insecurity estimates for individuals and children. The chart above shows the food insecurity rate for individuals overall and for children in Maine between 2012-2023.

## Handwashing

Washing hands can keep you healthy and prevent the spread of respiratory and diarrheal infections. Germs can spread from person to person or from surfaces to people when you:

- Touch your eyes, nose, and mouth with unwashed hands.
- Prepare or eat food and drinks with unwashed hands.
- Touch surfaces or objects that have germs on them.
- Blow your nose, cough, or sneeze into hands and then touch other people's hands or common objects.

### How it works

- 1** Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- 2** Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
- 3** Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
- 4** Rinse your hands well under clean, running water.
- 5** Dry your hands using a clean towel or an air dryer.

### When to wash

You can help yourself and your loved ones stay healthy by washing your hands often, especially during key times when you are likely to get and spread germs:

- Before, during, and after preparing food
- Before and after eating food
- Before and after caring for someone at home who is sick with vomiting and diarrhea
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage

### Use hand sanitizer when you can't use soap and water.

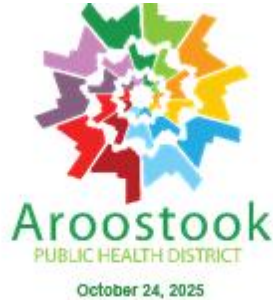
Washing hands with soap and water is the best way to get rid of germs in most situations. If soap and water are not readily available, you can use an alcohol-based hand sanitizer that contains at least 60% alcohol. You can tell if the sanitizer contains at least 60% alcohol by looking at the product label.

### The Data

Teaching people about handwashing helps them and their communities stay healthy. Studies show that handwashing education in the community can:

- Reduce the # of people who get sick with diarrhea by about 23%-40%
- Reduce the number of school days children missed because of gastrointestinal illness by 29%-57%
- Reduce diarrheal illness in people with weakened immune systems by about 58%
- Reduce respiratory illnesses, like colds, in the general population by about 16%-21%

# Aroostook Public Health Council Newsletter



## Aroostook Partner Spotlight



### 'You can't be too careful!'

The Ins and Outs of Frauds, Scams & Financial Exploitations



#### ABOUT THE LUNCH & LEARN

According to AARP, older adults lose more money to scammers than any other age group. In 2024, Americans reported a record \$12.8 billion stolen through scams and fraud – a 25% increase from 2023. With Artificial Intelligence, this number will likely continue to increase. Come learn from two experts on how you can protect yourself and your loved ones!

#### PRESENTED BY

Chuck Ainsworth, Special Agent with Homeland Security Investigations and Tim Goff, Chief Marketing and Communications Officer at Cary Medical Center and former loan manager and VP of Medical Savings Bank.

Wednesday, Nov. 5th  
11:30 am  
Cary Medical Center, Chan Center



Register by Oct. 31st, call 698-1932 or visit [www.carymedicalcenter.org](http://www.carymedicalcenter.org)

## Electronic Roundtable

Submitting Partner/	Title	Date	Notes
Aroostook County Action Program	Weekly Briefing	10/20/2025	<a href="#">See Link</a>
Aroostook County Action Program	Triple P Parenting Group	10/24/2025	<a href="#">Parents of Children 0-12 w/o</a> <a href="#">Parents of Teens</a>
Aroostook Mental Health Center	AMHC Welcomes Dr. Copeland as Psychiatrist in Presque Isle	10/15/2025	<a href="#">See Link</a>
Aroostook Agency on Aging	Community Dining Lunches for Older Adults	10/22/2025	<a href="#">See PDF</a>
Aroostook Agency on Aging	Beginner's Yoga Classes	10/06/2025	<a href="#">See PDF</a>
Cary Medical Center/Pines Health Services	Caring Together Fall 2025 Edition	10/01/2025	<a href="#">See Link</a>
MaineHealth Center for Tobacco Independence	Tobacco Treatment Specialist Program	11/03/2025	<a href="#">See Link</a>
Northern Light AR Gould	Grief and the Holidays	11/05/2025	<a href="#">See PDF</a>

## State & Federal Resources

Submitting Partner	Title	Date	Notes
Hep Free - Northern New England	2025-2030 Hepatitis Free Northern New England Viral Hepatitis B & C Elimination Plan	2025 - 2030	<a href="#">See PDF</a>
Maine DHHS	Due to Federal Government Shutdown, USDA Notifies States that SNAP Benefits Won't Be Issued for November	10/21/2025	<a href="#">See Link</a>
Maine HANS	2025 Fall Tick Season	10/17/2025	<a href="#">See PDF</a>
Maine Immunization Program	PENMENVY (MenABCWY) Now Available for Ordering	10/16/2025	<a href="#">See Link</a>
The University of Maine Cooperative Extension	UMaine Research Highlights How PFAS Uptake Differs Among Crops	10/17/2025	<a href="#">See Link</a>

# Thank You

Sue Bouchard, Aroostook SCC Rep

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