



# Statewide Coordinating Council for Public Health District Project Update

**Public Health**  
Prevent. Promote. Protect.

Template updated 03/2023

<b>District:</b> Aroostook	<b>Date:</b> 3/03/2026
<b>**Office of Readiness and Response:</b> District Public Health, Rural Health and Primary Care and Oral Health; PH Emergency Preparedness, Data, Research and Vital Statistics	
<p>Agendas and minutes available on district's webpage: APHC Quarterly Meeting Minutes 2.04.26</p> <p><b>Council Education Topic(s):</b></p> <ul style="list-style-type: none"> <li>• "State Office of Rural Health work to assist healthcare with the use of AI in patient care and operations, J1 Visa, Veteran Training Pilot, and Provider Loan assistance"</li> <li>• "Maine's Response to Rural Health Transformation"</li> </ul> <p><b>Guest Presenters:</b></p> <p><b>Nicole Breton</b>, Maine CDC, Dir., Rural Health and Primary Care (RHPC)  <b>Glenn Damon</b>, Rural Health Outreach and Workforce Coordinator, RHPC  <b>Andrew Eppich</b>, Senior Advisor, Programs and Systems Integration, DHHS Commissioner's Office</p> <p>➤ Dates of note in Aroostook District:</p> <ul style="list-style-type: none"> <li>➤ Next DCC Meeting: 05/06/2026</li> <li>➤ Next Aroostook Chapter of Maine HCC Meeting: 04/09/2026</li> <li>➤ Next APHC Aging Committee Meeting: TBD</li> <li>➤ Next APHC Steering Committee Meeting: 04/01/2026</li> <li>➤ Next APHC Care Management Committee: TBD</li> </ul> <p><b>Ongoing or upcoming Public Health Council projects or priority issues:</b></p> <ul style="list-style-type: none"> <li>➤ No APHC specific projects at this time.</li> </ul> <p><b>Ongoing or upcoming District projects or priority issues:</b></p> <p><b>In-district or multi-district collaborations:</b></p> <ul style="list-style-type: none"> <li>➤ TMaH coordination until a regional planning lead is awarded.</li> <li>➤ APHU Monthly Bulletin Board Topics:               <ul style="list-style-type: none"> <li>○ January: Nurture Me, Public Health Nursing, Maine MOMs</li> <li>○ February: Be Emergency Ready; Disaster Preparedness Kits</li> <li>○ March: Healthy Choices While Food Shopping; Healthy Eating on a Budget cookbook</li> <li>○ April: Stress Management</li> </ul> </li> </ul>	
<b>** Division of Disease Surveillance;</b> Infectious Disease Epidemiology; Infectious Disease Prevention, Maine Immunization Program	
<p><b>Ongoing or upcoming District projects or priority issues:</b></p> <p>Disease reporting Contact Information: Phone: 1 - 800 - 821 - 5821 (24 hours a day)</p> <ul style="list-style-type: none"> <li>➤ HANS</li> </ul>	

strict Name: Aroostook

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22 M.R.S. §412 (2011).

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- Feb 6, 2026 : Measles Exposure in Maine
- Feb 5, 2026 : Recommendations for Diagnosing and Treating Neurosyphilis, Ocular Syphilis, and Otic Syphilis
- Jan 29, 2026 : US CDC: New World Screwworm: Outbreak Moves into Northern Mexico
- Jan 21, 2026 : New Maine CDC Respiratory Virus Dashboard Available
- Jan 7, 2026 : Maine Childhood Immunization Recommendations
- Ongoing relationship building and supports for providers working with high risk populations related to Measles and other infectious conditions as needed.

## **\*\* Division of Public Health Nursing**

### **Ongoing or upcoming District projects or priority issues:**

- January 2026 – March 2026
  - Kari Bennett, PHN seeing clients. Based out of Houlton to serve the southern Aroostook area.
  - PHN Position posted for PHN to be based out of Fort Kent to serve the northern Aroostook area.
  - A Village for Me support group for parents and caregivers meeting weekly on Fridays at the Caribou Rec and Wellness Center - sponsored by Aroostook PHN
  - Planning / Staffing Maternal Mobile Health Unit event scheduled 4/30/26.

## **\*\* Division of Environmental and Community Health: Drinking Water Program, Health Inspection Program, Radiation Control Program, Environmental and Occupational Health Program**

### **Ongoing or upcoming District projects or priority issues:**

#### Drinking Water Program:

- District H:
  - District H- 60 Sanitary Survey Inspections to complete in 2026
- District G: (currently covering)
  - 25 Inspections Completed

#### Health Inspections Program: \*data retrieved from Maine.gov Health Inspection Website

- 40 Inspections reported between January 1, 2026 – March 1, 2026
  - Eating – School – 6
  - Eating – School Catering – 7
  - Eating – School Satellite 1
  - Eating Place – Takeout - 1
  - Eating Place Tier 1 - 4
  - Eating Place Tier 2 – 7
  - Eating Place Tier 3 – 9
  - Eating and Catering - 2
  - Eating and Lodging – 1

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- Catering - 1
- Lodging Tier 2 - 1
- Sporting/Recreational Camp - 0

**Division of Disease Prevention:** Maternal Child Health Program, Chronic Disease Prevention, Tobacco & Substance Use Prevention and Control, Women, Infants and Children

**Ongoing or upcoming District projects or priority issues:**

➤ **Highlight completed activities conducted by Maine Prevention Network Contractor/ Subcontractors during September 2025 December 2025**

- **Tobacco Prevention:**
  - **Focus Area: Prevention**
    - INDEPTH: Offered to multiple school officials
    - Catch My Breath: Valley Unified Fort Kent, St John Valley Tech High School, Washburn, Limestone Community School, Dawn F. Barnes, Houlton Middle/High School x 2 assemblies, Southern Aroostook Community School
    - Restorative Circles: Valley Unified Fort Kent, St John Valley Tech High School, Washburn, Limestone Community School, Dawn F. Barnes, Houlton Middle/High School x 2 assemblies, Southern Aroostook Community School
    - Community Events: Healthy Aging Luncheon, Maine DOT health fair, High Five Turkey Drive, Great American Smokeout UMPI, Fort Kent Age-Friendly Community Resource Lions Quest: Caswell School, Washburn Elementary School, Valley Unified Fort Kent, Limestone Community School
  - **Focus Area: Treatment Services**
    - My Life My Quit: Referral to Quitline from ACAP Intake, Valley Unified Fort Kent, MDOT Health Fair, St John Valley Tech, Michaels House Recovery Fort Kent (1), Healthy Aging Luncheon, Region 2 Career & College Fair, Bridge to Hope Cancer Walk,

- **HEAL (Healthy Eating, Active Living):**

\*HEAL staff successfully assisted ACAP in applying for Maine’s Lactation Friendly Workplace Recognition Program and met with Maine Breastfeeding Coalition Leads to ensure all the criteria for the recognition was met. All policy practices, environmental changes met and communication categories were put into place and recognition will be awarded. Additional communication will be conducted with the public to announce the steps to improve the workplace for their employees.

\*HEAL Staff continues to support the Aroostook County Farm Drop Program which is an online order platform that allows the community groups, schools or individuals to purchase fresh food from local participating farms and provide a system for dropping off and picking up fresh or frozen produce. Plans to continue with and support the program as needed through the Maine Cancer Foundation extended grant will continue for 2 years. The program received 46 orders in one week, the highest orders individual orders it has ever reached.

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\*During this quarter, HEAL staff supported Zion wellness with their Women’s Wellness Day with use of the lending library options. Providing snowshoes for a group hike providing more physical activity during the sessions, as well as, providing drumsticks for more than 60 attendees who participate in drumming fitness instruction. This was in collaboration with FrameWork Church and was open to the public for an all-day event.

**Maine CDC Administration:** CDC Operations, Medical Epidemiology, Communications, Office of Health Equity

**Ongoing or upcoming District projects or priority issues:**

- March is Developmental Disabilities Month
- Webinars:
  - \* 3/11/26 1:00p-2:00p Intimate Partner Violence and Elder Abuse in Later Life
  - \* 3/17/26 2:00p-3:00p Strategy to Action: Practical Tools for CHW Integration and Sustainability
  - \* 3/24/26 1:00p Concurrent Treatment of Tobacco Use Disorder and Other Substances
- 3/19/26 12:00p-4:00p Brain Injury Resource Fair

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<b>District: Central</b>	<b>Date: 3/19/26</b>
<b>** Office of Readiness and Response:</b> District Public Health, Rural Health and Primary Care and Oral Health; PH Emergency Preparedness, Data, Research and Vital Statistics	
Agendas and notes available on district's webpage: <a href="https://www.maine.gov/dhhs/mecdc/public-health-systems/lphd/district5/council-main.shtml">https://www.maine.gov/dhhs/mecdc/public-health-systems/lphd/district5/council-main.shtml</a>	
<p>➤ Dates of note in Central District:</p> <ul style="list-style-type: none"> <li>• Next District Coordinating Council (DCC) Meeting: April 30, 2026</li> <li>• Next Healthcare Coalition (HCC) Meeting: May 6, 2026</li> </ul>	
<b>Ongoing or upcoming Public Health Council projects or priority issues:</b>	
<p>➤ The January Quarterly DCC meeting was via Zoom and featured Jamie Bourque, the Maine CDC Office of Injury and Violence Prevention (OIVP) Director. Jamie gave us an overview of the OIVP's charge by statute, the general buckets their work falls in, where they will be focusing this year, and asked for our input on where they can plug into existing work in the Central District. We met their Community Violence Prevention Educator, Alison Miller, and had updates from attendees on work they are doing in the district on violence and injury prevention, to help inventory and coordinate efforts.</p> <p>➤ Recruit replacement for district SCC representative (with many thanks to Denise Delorie who is retiring)</p> <p>➤ Use Central District Public Health Unit updates to communicate important information to DCC, LHOs, chief municipal officials, and partners</p> <p>➤ Ongoing review of District 211 reports and updating resources where possible to address unmet needs</p>	
<b>Ongoing or upcoming District projects or priority issues:</b>	
<p>➤ Onboarding our new district Public Health Educator</p> <p>➤ Planning two spring Maternal Mobile Health Clinics (Waterville April 14 and Skowhegan April 24)</p> <p>➤ Transforming Rural Health grant projects and opportunities</p> <p>➤ Northern Light Inland Hospital closure; primary care and emergency department capacity in the district</p>	
<b>In-district or multi-district collaborations:</b>	
<p>➤ Updating materials for district public health unit epidemiology and health inspections</p> <p>➤ New Local Health Officer orientations</p> <p>➤ Assistance with basic needs (housing, transportation, food, utility, healthcare), infectious disease</p>	
<b>** Division of Disease Surveillance;</b> Infectious Disease Epidemiology; Infectious Disease Prevention, Maine Immunization Program	
<b>Ongoing or upcoming District projects or priority issues:</b>	
<p>➤ The District Field Epidemiologist gave an update on infectious disease data for the district at the January 29 DCC meeting.</p>	
<b>** Division of Public Health Nursing</b>	
<b>Ongoing or upcoming District projects or priority issues:</b>	
<p>➤ The Central District PHN team will be staffing the two district Maternal Mobile Health clinics in April.</p>	



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**Division of Disease Prevention:** Maternal Child Health Program, Chronic Disease Prevention, Tobacco & Substance Use Prevention and Control, Women, Infants and Children

➤ **Highlight completed activities conducted by Maine Prevention Network Contractor/ Subcontractors:**

This report on the Maine Prevention Network (MPN) Contract Healthy Eating Active Living (HEAL) work accomplished during this quarter was prepared and sent to us by the Maine CDC/DHHS Obesity Program Manager:

### Healthy Communities of the Capital Area

- Participated in Thomas College Health Fair in November 2025. Supported **45 students** with information about stress management, physical activity, wellness, etc.
- Participated in Thomas College Heart Health Tabling on January 22, 2026. Supported **25 students** with information about heart health, hydration, stress management, physical activity, overall wellness, etc.
- Successfully completed 100 Mile Club mid-year reporting.
  - **7 schools reporting successfully.**
  - **Students Collecting Miles: 423** (Some have dropped the program due to schedules, sports, etc.)
  - **Miles Collected: 4,056.86**
- Distributed Community Mattering StoryWalk Flyers to all schools, libraries, local contacts, etc. (**65+ contacts**)
- Facilitated **2 Breastfeeding Coalition Meeting**, with a focus on tobacco use, substance use, and breastfeeding in November, and Strategic Planning and resource sharing in January.
- Provided **1 StoryWalk** to Gardiner Regional Middle School for winter walking.
- Connected with Katie Palano, local PT, for **two planning meetings** for a **ParkRx Advocacy & Education Event** alongside Viles Arboretum.
  - Connection made with David Greenham, Director of Viles Arboretum – Secured event space for **May 30** to hold ParkRx Event. (Walking Event)
- Connections made with **3 age friendly communities**, Augusta Age Friendly, Fayette Age Friendly and Hallowell Age Friendly, to hold future discussion on accessible physical activity.
  - Putting together new project for 55+ individuals: Hidden Gems StoryWalk Competition; Highlighting little known trails and outdoor gems in the community.

### Somerset Public Health

- Facilitated **3 monthly meetings** with three school nutrition directors
- Successfully completed **3 100 Mile Club monthly TA calls** with participating HEAL Coordinators
- **14 Somerset County Indoor Walking locations** confirmed.
- Successful mid year reporting for 100 Mile Club State expansion project:
  - **25 Schools (8 counties) across the state (outside of Somerset)**
  - **2,463 students**
  - **Miles collected: 55,563 miles**
- Facilitated **3 round table discussions** at the DOE Wellness Summit on 100 Mile Club.
- Working with **4 schools** in improving their school cafeteria environment using Smarter Lunchroom scorecard and techniques.
- Completed all school wellness action plans (**28 schools**) with school wellness teams, including 100 Mile Club, Fit Kit, School Wellness, and Outing Clubs.
- Facilitated MMK Champion training for **38 Somerset County school champions**, supporting action plan development, professional learning, and peer networking.



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- Distributed 3,600 lbs of fresh and frozen produce harvested at the Somerset County Jail to schools across Somerset County.
- Completed filming for Seeds of Hope with Lone Wolf Media for a PBS documentary scheduled to air in Spring 2026.
- Ordered all seeds for the 2026 Somerset County Jail growing season.
- Developed Root Camp micro-lessons and launched weekly virtual classes at the Somerset County Jail.

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# Statewide Coordinating Council for Public Health District Project Update

<b>District:</b> Cumberland	<b>Date:</b> March 19 <sup>th</sup> , 2026
<b>** Division of Public Health Systems:</b> District Public Health, Rural Health and Primary Care and Oral Health; PH Emergency Preparedness, Data, Research and Vital Statistics	
<p>Agendas and minutes available on district's webpage: <a href="https://www.maine.gov/dhhs/mecdc/healthy-living/healthy-communities/public-health-districts/cumberland">https://www.maine.gov/dhhs/mecdc/healthy-living/healthy-communities/public-health-districts/cumberland</a></p> <p><b>Ongoing or upcoming Public Health Council projects or priority issues:</b></p> <p>➤ DCC Meetings:</p> <p>January 15<sup>th</sup>, 2026 , virtual via Zoom with 31 participants.</p> <ul style="list-style-type: none"> <li>• Elizabeth Clark of Maine Immunization Program (MIP), and pediatrician Dr. Stephen DiGiovanni, presented on the importance of vaccinations and recommended changes for vaccination schedules from the federal level, and what Maine CDC is recommending.</li> <li>• Bridget Rauscher provided an update on HIV cases in Bangor and Portland.</li> <li>• There was a general conversation about the impacts of federal immigration enforcement activities on access to health and community well-being.</li> <li>• Maine CDC presented a 2025 year-in-review for the DCC, including responses from members to a survey on challenges and highlights of public health in Cumberland during 2025.</li> </ul> <p><b>Other activities:</b></p> <ul style="list-style-type: none"> <li>➤ Executive Committee meets regularly to plan future agendas and other activities</li> <li>➤ Monthly DCC newsletters continue to improve communication and information-sharing (January, February, March)</li> <li>➤ During the peak of the recent federal immigration activity in the greater Portland area, a survey was sent to HCC partners to gauge potential impacts on workforce and capacity. Note: detentions continue at a slower, but steady, pace.</li> <li>➤ Health Care Coalition (HCC) chapter convened a working group with ORR to move forward with a pilot using EMResource (a free tool to track resources and events). At the chapter meeting on March 5<sup>th</sup>, the chapter-specific build-out was presented, and members are currently providing contact information for emergencies. A dry-run event and drills will take place and protocols will be refined.</li> </ul> <p><b>In-district or multi-district collaborations:</b></p> <ul style="list-style-type: none"> <li>➤ Maine CDC cooperating with Maine Medical Association, The Opportunity Alliance, Public Health Nursing on two maternal mobile health unit visits (Westbrook, April 6<sup>th</sup>, Bridgton, May 5<sup>th</sup>)</li> <li>➤ Cumberland DL has been asked to provide feedback on MaineHealth pharmacy team's school-based vaccination clinic planning. DOE has been engaged in this process as well.</li> </ul>	

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<ul style="list-style-type: none"> <li>➤ Cumberland district vaccination coordination group continues to meet, ensuring school-based clinics are covered, and duplication of effort is avoided, in cooperation with MaineHealth, Northern Light, Midcoast Hospital, Portland Public Health, DOE, MIP, and other partners</li> <li>➤ Cumberland DL is participating in the Community Engagement working group for the shared Community Health Needs Assessment (CHNA)</li> </ul>
<b>** Division of Disease Surveillance;</b> Infectious Disease Epidemiology; Infectious Disease Prevention, Maine Immunization Program
<p><b>Ongoing or upcoming District projects or priority issues:</b></p> <ul style="list-style-type: none"> <li>➤ Maine CDC ID/Epi cooperating with City of Portland on response to surveillance reporting increased number of HIV cases amongst people who inject drugs in Cumberland District- Community meeting to discuss held on 2/26- testing efforts are going well, focus on encouraging people who are higher risk to begin taking PREP.</li> <li>➤ Cumberland has experienced a number of salmonella cases, some associated with national outbreaks and some with no known association</li> <li>➤ DIS continues to call for sustained education for the public &amp; providers to include syphilis testing in routine health exams, especially for pregnant people</li> </ul> <p>Disease reporting Contact Information: Phone: 1 - 800 - 821 - 5821 (24 hours a day)</p>
<b>** Division of Public Health Nursing</b>
<p><b>Ongoing or upcoming District projects or priority issues:</b></p> <ul style="list-style-type: none"> <li>• Active TB cases continue to be a focus for our Cumberland PHN team               <ul style="list-style-type: none"> <li>-PHN team is currently working with 30 individuals in southern Maine with TB diagnoses</li> </ul> </li> <li>• PHN Supervisor for Cumberland and York, Matthew Cohen retired, and Shannon McDaniel is covering the position until another supervisor is hired</li> <li>• MCH PHN will staff the MMA/Maine CDC maternal mobile health units in Westbrook and Bridgton</li> </ul>
<b>** Division of Environmental and Community Health:</b> Drinking Water Program, Health Inspection Program, Radiation Control Program, Environmental and Occupational Health Program
<p><b>Ongoing or upcoming District projects or priority issues:</b></p> <ul style="list-style-type: none"> <li>➤ Boil Water Orders were issued for Peaks, Little Diamond, House, and Cushing Islands on February 20th</li> <li>➤ There have been frequent water leaks in February and March, likely related to severe cold.</li> <li>➤ A Do Not Drink order was issued for areas of Gorham for planned maintenance on March 2nd</li> <li>➤ Cumberland DL is participating in the Division of Environmental Health’s General Tracking Advisory Board- most recent meeting March 5<sup>th</sup></li> <li>➤ DL, CCEMA, and Portland EM are participating in a review of the extreme temperatures plan, last updated in 2019</li> </ul>

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## Health Inspections Program:

- No update available

**Division of Disease Prevention:** Maternal Child Health Program, Chronic Disease Prevention, Tobacco & Substance Use Prevention and Control, Women, Infants and Children

## ➤ Highlights of completed activities conducted by Maine Prevention Network Contractor/ Subcontractors:

### Healthy Eating Active Living (HEAL)

- HEAL staff at Portland Public Health continue to partner with Portland Rec to increase access to programming for multilingual, multicultural families. They have supported Rec in adding translation to their website and integrating translated fee waiver forms to help address cost barriers. They are collaborating with Rec and school partners to set up communication pathways that ensure families are aware of available opportunities and registration dates, and plan to present improvements to the City's Health Equity Alignment to support an informed partner network.
- HEAL staff at Portland Public Health and MidCoast Hospital have supported various workplaces, including Cumberland County, the Town of Gray, and an early childcare and education site, to establish and/or update lactation policies, practices, and physical spaces. Each of these worksites have applied or is in the process of applying for the Maine State Breastfeeding Coalition's recognition program.
- The following partners received mini grants to improve health and environment in childcare: Toddler Inn (Westbrook), Trinity Day School (Portland), Ready, Set, Go Learning Center (Freeport), Gray Rec. Kids' Club (Gray), Cozy Cape Care (Cape Elizabeth)

### Tobacco:

- The Tobacco Prevention Team continues to deepen their relationships and work with Cumberland County schools. Some schools requested tobacco education workshops, which CCPH delivered, reaching 172 students this quarter. Baxter Academy students completed their facilitation of tobacco education activities to peers after receiving some tobacco education from CCPH staff in health classes. The Tobacco Prevention Specialist, Danny Mejia, also connected with Portland High School and facilitated evidence-based tobacco prevention workshops. The entire 9th grade received two 70-minute workshops through their seminar classes covering topics like brain development, harms of vaping, healthy alternatives, marketing, and more. At Lake Region High School, the CCPH Tobacco

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Treatment Specialist, Celena Ranger, facilitated tobacco education workshops while also promoting access to treatment/cessation services for students interested in quitting or supporting a friend at their school.

- Tobacco Prevention staff facilitated a Foundations of Prevention workshop for the board of the Young Muslims (YM) group learning about evidence based best practices in prevention. The board is a small group of college students who lead YM programming for middle and high school youth in the greater Portland area. The board also received evidence-based tobacco prevention curriculum training, and decided to develop 6–7 customized prevention workshops using content from Stanford REACH and Sidekicks while integrating Islamic perspectives to build cultural relevance. Board members continue to meet with the Tobacco Prevention Team Lead, Hawa Shir, to strengthen their prevention messaging and facilitation skills.
- CCPH’s Tobacco Treatment Specialist provided a workshop for Maine Families home visiting staff who serve parents and parents-to-be. The training covered the science of nicotine addiction, effects of nicotine use on parents and children, ways to reduce baby’s exposure to nicotine, and strategies to support parents interested in quitting, including information about the Maine QuitLink and Baby & ME. This effort strengthened the capacity of home visiting staff to integrate tobacco prevention and cessation support into their family-centered services.

### Substance Use Prevention:

- Staff launched a “Lunch and Learn” series at a Brunswick Housing Authority residential building. Events included:
  - Prescription Medication Management
  - SpeakUp Community Tipline
  - Alcohol Use Education & Alternatives to Substance Use
- Cumberland County Public Health Department worked with Portland Public Schools to design a restorative circle initiative for all interested elementary educators. This pilot initiative allows educators to opt-in to trainings, for which they will receive contact hours/CEUs.
- Staff drafted new policies for the Region 10 Technical School, in response to a need expressed by school administration while tobacco-related policies were being updated. The policies emphasize restorative approaches to violations, modeled after the South Portland High School and MSAD 11 restorative policies.

District Name: Cumberland

**\*\* Indicates the presence of Maine CDC Field Staff assigned to the District Public Health Unit**

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22 M.R.S. §412 (2011).

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# Statewide Coordinating Council for Public Health District Project Update

**Public Health**  
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- Began the facilitation of community building circles at Yarmouth High School- 6 staff circles were completed in December, and additional opportunities are planned for January.
- RBS trainings were conducted with four different alcohol licensees this quarter.
- CCPHD continued efforts on the South Portland Out of School Time Network, incorporating community feedback into a community activity map and focusing on increasing collective understanding of the “system” being operated within as schools and after-school organizations.
- Implementation of Second Step at Gorham Middle School and BASE at Freeport Middle School continued.

**Maine CDC Administration:** CDC Operations, Medical Epidemiology, Communications, Division of Health Equity

- DPHE issued a newsletter on March 9<sup>th</sup> with events of interest for partners
- DPHE is convening regular partner meetings

**Ongoing or upcoming District projects or priority issues:**

- Cumberland District Public Health Unit met on February 13<sup>th</sup> to coordinate and share information. HIP, PHN, DWP, and ORR attended.

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# Statewide Coordinating Council for Public Health District Project Update

Template updated 03/2023.

<b>District: Downeast Public Health District (Hancock &amp; Washington Counties)</b>	<b>Date: March 19, 2026</b>
<b>Office of Readiness and Response:</b> District Public Health; Rural Health and Primary Care; Public Health Emergency Preparedness; and Data, Research and Vital Statistics	
Agendas and minutes available on district’s webpage: <a href="https://www.maine.gov/dhhs/mecdc/healthy-living/healthy-communities/public-health-districts/downeast">https://www.maine.gov/dhhs/mecdc/healthy-living/healthy-communities/public-health-districts/downeast</a>	
<p>➤ <b>Downeast Public Health Council Meeting Dates</b> (10:00 am to 12:00 pm)</p> <ul style="list-style-type: none"> <li>• 2025: January 17, March 21, May 16, July 18, September 19, and November 21.</li> <li>• 2026: January 16, March 20, May 15, July 17, September 18, and November 20.</li> </ul>	
<p><b>January 16, 2026 Meeting</b> Zoom Meeting: 42 attendees</p> <p>➤ <b>Topic:</b> The meeting was focused on the programs and services of six organizations that provide home care, palliative care, and hospice care in the two counties. Our council’s Older Adult Health and Safety Committee wants to create a consumer checklist to prepare the public on how to plan for needed services when they are taken to the hospital emergency room and/or in-patient services and the process on how to return home and receive appropriate services and care. We want to understand the assessment process and the discharge plans. Our organizations included for Hancock County—Northern Light Home Care and Hospice, Hospice Volunteers of Hancock County, and Mount Desert Nursing Association; and for Washington County—Community Health and Counseling Services, Down East Hospice Volunteers of Washington County, and Sunrise County Home Care.</p>	
<p><b>March 20, 2026 Meeting</b> Zoom Meeting</p> <p>➤ <b>Topic:</b> Election Slate of Executive Committee Members will be presented. An ongoing question and answer follow-up to the January meeting on home care, palliative care, and hospice care. Remainder of the meeting will be given to our four priority committees, who will present their priorities and work plan and engage council member organizations to participate in the objectives, strategies, and activities.</p>	
<p><b>Ongoing or upcoming Public Health Council projects or priority issues:</b></p> <p>➤ The Downeast Public Health District has been recognized nationally as an Age-Friendly Public Health System by the Trust for America’s Health and the John Hartford Foundation: <a href="https://afphs.org/recognized-leaders/">https://afphs.org/recognized-leaders/</a></p>	

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## Statewide Coordinating Council for Public Health District Project Update

- Ongoing emergency readiness planning through a collaboration with Hancock County EMA, Washington County EMA, Downeast Chapter Health Care Coalition, and Downeast MRC to offer training, courses, and three levels of exercises to improve coordination and communication at the organization and regional level.

### **Ongoing or upcoming District projects or priority issues:**

- Healthy Brain Initiative Community Convening Project: Downeast District is working with the Alzheimer's Association in developing an outreach approach to communities that educates the reduction of risks to the progression of dementia and Alzheimer's disease, using two community meetings in the spring/summer 2026.
- Develop Downeast Medical Reserve Corps Unit Volunteer Handbook and Recruitment Strategies; determine plan for aligning MRC with Downeast Public Health Council and Downeast Health Care Coalition Planning.
- Well Water Quality and promotion of well testing in communities and providing support to overcome barriers to it.
- Downeast District will be one of the focus areas for the new Maine DHHS MaineCare Transforming Maternal Health Model Initiative.
- Waiting to see how the Downeast District will be engaged in the work plans of the Rural Health Transformation Program Funding Initiative.

### **In-district or multi-district collaborations:**

- Maternal Mobile Health Clinics, a collaboration between Maine Medical Association, Maine Primary Care Association, and the districts, will utilize the Maine Mobile Health Program's mobile clinic to provide three events in Milbridge on May 20, Blue Hill on May 21, and Calais on May 22. Public Health Nursing and WIC are part of the planning team along with district staff to offer various clinical, prevention, and educational services.
- AMHC, district hospitals, district federally qualified health centers, and Healthy Acadia lead a broad network of substance use services, specifically to opioid treatment and recovery in both counties.
- AMHC and local business partners piloting a mental health awareness and first aid training at high customer sites in Calais to recognize and minimize suicide ideation and other mental health incidences.
- Healthy Acadia with broad coalition of partners is facilitating a Maine Rural Community Health Improvement Partnership (R-CHIP) to assess readiness and develop outcomes regarding sustainable and affordable housing, both emergency (e.g., winter warming centers) and long-term housing units.

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## Statewide Coordinating Council for Public Health District Project Update

- Working Communities Challenge focused on reducing child poverty in Washington County. One of these contributing projects is rebuilding the Washington County School Consortium and assessing resources to schools by surveying organizations in Washington County that provide services or resources to schools. This is a Federal Bank of Boston Project.
- Heart of Maine United Way has introduced the Bundle Project that had success in Piscataquis County. It involves a series of baskets for moms that have a baby that provide appropriate developmental materials and resources for the betterment of the mom and baby.

**Disease Surveillance Division;** Infectious Disease Epidemiology; Infectious Disease Prevention, Maine Immunization Program

**Ongoing or upcoming District projects or priority issues:**

- Hepatitis C and HIV education, prevention, referrals, and outreach occurring in response to potential increase in cases in the state.
- Annual epidemiology report for Downeast will be prepared for the May Council Meeting.  
*Maura Lockwood, District Epidemiologist*

**Disease reporting Contact Information: Phone: 1 - 800 - 821 - 5821 (24 hours a day)**

**Division of Public Health Nursing**

**Ongoing or upcoming District projects or priority issues:**

- PHN Staff in both counties are:
  - Conducting maternal and child health assessments and appropriate coordination with other organizations in coordinating support and resources.
  - Initiating an older adult health assessment outreach program.
  - Looking at opportunities for building program outreach at the community level.
  - Coordinating with schools to support vaccine requirements for students.
  - Ongoing support for TB treatment and monitoring.
  - Planning Maternal and Child Health events in two counties for spring and summer.

*Cynthia Grass, PHN Supervisor*

**Division of Environmental and Community Health:** Drinking Water Program, Health Inspection Program, Radiation Control Program, Environmental and Occupational Health Program

**Ongoing or upcoming District projects or priority issues:**

- Inspections and complaint investigations continue for food businesses and other businesses that program licenses.
- Ongoing consultations with Health Inspections on local food preparation concerns and complaints.

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## Statewide Coordinating Council for Public Health District Project Update

- Building local infrastructure on private well water testing and maintenance that is not regulated by Maine CDC or under the Safe Drinking Water Act.  
*Lisa Silva, Program Director, Health Inspection Program, and Amy LaChance, Program Director, Drinking Water Program*

**Division of Disease Prevention:** Maternal Child Health Program, Chronic Disease Prevention, Tobacco & Substance Use Prevention and Control, Women, Infants and Children

- **Highlight completed activities conducted by Maine Prevention Network District Vendor: *Healthy Acadia staff provide the prevention work in Downeast.***

### ***Healthy Eating, Active Living (HEAL): November 2025 to January 2026***

- ❖ School Nutrition has benefited from collaboration with MDOE Regional Local Food Coordinating direct services such as Farm and Sea to School, Harvest of the Month, and Local Foods procurement technical assistance. These services have allowed HEAL to incorporate meaningful Policy, Systems and Environmental changes. The full circle of services has made it easier for schools to implement changes
- ❖ School-wide 100 Mile Club participation at Beals Elementary School has embedded daily movement into school culture and normalized physical activity for their entire building community. Incentives like toe tokens and 100 Mile Club T-shirts have encouraged continued participation.
- ❖ Technical assistance supported 6 ECE sites in completing Self Assessments to apply for Mini grants through Let's Go. One site was selected for a mini grant for gardening supplies. Creating healthy nutrition habits into daily routines through gardening initiatives and outdoor kitchens continue to be a popular goal for ECE sites.
- ❖ Technical assistance helped shape Bar Harbor's Safe Streets Vision Zero safety plan, including recommended partnerships that may help identify safer school travel routes. Plans are on the way for a community Bicycle Rodeo and Bike/Ped Safety in May.
- ❖ Healthy Acadia developed registration, SOP's and a demonstration video so organizations can independently host the Prosper/HEAL Lactation station as breastfeeding-friendly spaces at community events, converting a staff-dependent service into a scalable community-owned resource.

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## Statewide Coordinating Council for Public Health District Project Update

- ❖ Winter activities to support food access have included meetings of the Hancock and Washington County Food Security Networks, as well as planning discussions on how best to restructure the Hancock County Food Drive to reduce logistical and organizational burdens while increasing the funds raised.

### ***Substance Use Prevention: October to December 2025***

- ❖ Staff delivered a youth resilience, protective factors, and positive health outcomes opportunity with the Seeds of Change Youth Outdoor Club.
- ❖ Supported several career exploration opportunities for youth, including:
  - Portrait of a Fishing Community
  - Washington County Youth Leadership Challenge
  - MYAN Civics Engagement Program
- ❖ Staff hosted its annual community meeting during the Downeast Public Health Council meeting. Discussion focused on:
  - Existing programs in local communities that foster a sense of youth belonging
  - Brainstorming ideas for strengthening sense of mattering among youth
  - Opportunities to encourage adult mentorship opportunities
  - Opportunities for improvement & growth
- ❖ Worked to develop an Outing Club for young people at Lubec Elementary School; this school has no health teacher, or physical education classes, so this outing group is an opportunity to reach youth with prevention and health/wellness resources.
- ❖ Staff continued efforts to prevent underage access to substances through safe storage and social hosting prevention initiatives.

### ***Tobacco Prevention: October to December 2025***

- ❖ Beginning January 5, 2026, Maine increased the tax on tobacco products from **\$2.00 to \$3.50**.
- ❖ During the fourth quarter, 126 activities were reported compared to 154 for Q3; 6,314 people were reached compared to 4,565 for Q3.

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## Statewide Coordinating Council for Public Health District Project Update

- ❖ Strong youth reach this quarter, including school and parent related activities.
- ❖ The settings for the quarter activities included: 86 health care facilities; 69 other settings; 34 schools; 2 higher education sites; 12 businesses; 2 non-town owned public venues; and 1 senior living facility.
- ❖ The target populations for these activities included: 20 adults; 11 general population; 11 high school; 9 middle school; 8 middle and high school; 25 youth and parents; 22 youth; 7 young adults (18 – 24 years); 7 MPH workforce; and 4 underage (under 21).

### ***Maine Youth***

- ❖ No report this time.

### **Maine CDC Administration:** CDC Operations, Medical Epidemiology, Communications, Office of Health Equity

- Maine CDC Health and Safety Committee was formed to review and/or improve site plans and documents that meet OSHA standards as well as state requirements for employee health and safety, both in Augusta and in district offices.
- State Health Improvement Plan: ongoing work by committees.
- Statewide Coordinating Council for Public Health: reorganization of SCC with new bylaws, membership committee, orientation packet, and annual goals with quarterly meeting agendas.
- Maine CDC and DHHS received the Rural Health Transformation Initiative Funding—more information to follow on how it will be utilized in programs and partner work.
- Maine Immunization Program is working with the Downeast Immunization Team to determine vaccine readiness for measles and planning for spring/fall school influenza vaccine clinics.

### **Ongoing or upcoming District projects or priority issues:**

- Alignment of emergency preparedness work, including trainings and exercises, between public health district, Downeast Medical Reserve Corps Unit, Health Care Coalition, and County Emergency Management Agencies.

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## Statewide Coordinating Council for Public Health District Update

**Midcoast District (Knox, Lincoln, Sagadahoc & Waldo Counties)**

**Date: March 19<sup>th</sup>, 2026**

**Office of Readiness and Response includes** District Public Health, Rural Health and Primary Care and Oral Health; Public Health Emergency Preparedness (PHEP), Data, Research and Vital Statistics (DRVS)

Agendas and minutes available on District’s webpage:

<https://www.maine.gov/dhhs/mecdc/public-health-systems/lphd/district4/publications.shtml>

### **Midcoast Public Health Council:**

The Midcoast Public Health Council (MPHC) meeting held on February 10<sup>th</sup>, 2026, featured a presentation from Megan Kelley, Midcoast Field Epidemiologist. She provided a comprehensive overview of the annual disease outbreaks investigated and occurring in the district. The council also held its annual election, and all new members were accepted to the council and Steering Committee. The MPHC currently has a two-year term seat open on its Steering Committee.

The MPHC Steering Committee Meeting met on March 10<sup>th</sup> and focused on planning for next District Coordinating Council meeting on April 14<sup>th</sup>. The Steering Committee identified Local EMA’s as a potential speaker for the next meeting. The Council continues to work on District Infrastructure Plan and has identified workgroup planning members that will focus on collaboration, education and preparedness.

### **Ongoing or upcoming Public Health Council projects or priority issues:**

- The Midcoast Public Health Unit (PHU) meets on March 17<sup>th</sup>, 2026. The PHU meeting will focus on opportunities for collaboration within the Public Health Unit (PHU). Currently, Epi, Local Health Officer Coordinator and Public Health Educator are working to identify resources for the Amish and Mennonite communities in the Midcoast District. During the meeting members will also discuss the Measles outreach that is occurring district and statewide.
- Midcoast Public Health Educator and Public Health Nursing are partnering with the Maine Medical Association Center for Quality Improvement (MMC-QI) to plan for a Maternal Mobile Health Clinic to be held in each county in the district. The Mobile Clinic will be an opportunity for essential maternal health services and screenings to be delivered.
- Midcoast Public Health Educator participated in tabling the Dept of Education’s (DOE) Health and Wellness Summit at the Samoset Resort which provides an opportunity for educators to learn about

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## Statewide Coordinating Council for Public Health District Update

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resiliency and connect with other educators statewide. Midcoast Public Health Educator provided disease prevention resources.

### **In-district or multi-district collaborations:**

- The Midcoast District Chapter of the Health Care Coalition of Maine (HCC) is scheduled to meet on March 25<sup>th</sup> from 2-3pm. During the meeting there is a planned presentation from John Hernandez from Public Health Emergency Preparedness (PHEP) as well as introduction to the new HCC-Coordinator Hannah Dietirich so members can learn more about goals of the district chapter and statewide structure. A training needs assessment survey has been distributed to each district chapter with the goal of identifying chapter specific training needs

### **\*\* Division of Disease Surveillance; Infectious Disease Epidemiology; Infectious Disease Prevention, Maine Immunization Program**

- Infectious Disease Epidemiology continues to do case and outbreak investigations as well as consultations for stakeholders and members of the public. ID Epidemiologist Megan Kelley delivered a presentation to the Midcoast Public Health Council (MPHC) meeting in February that provided an overview of the disease outbreaks occurring in both the district and statewide.

### **\*\* Division of Public Health Nursing**

Public Health Nursing (PHN) has been busy with multiple projects across the district.

- PHN Nurses in the Midcoast District are working to increase Public Health Nursing's Older Adult Program. This program works to provide in-home visits focused on screenings and health assessments, disease prevention, health education, chronic disease management and access to available resources.
- In addition to the PHN perinatal health assessment, PHN's are now offering Mammha app which is a maternal mental health organization for parents and providers that offers care connection to local mental health providers and support groups.
- PHN's are continuing to partner with Waldo County YMCA and Maine Families with their "Bumps and Babies" which is a support group designed to support new and expectant families.
- PHN's continue to receive and respond to vaccination requests from local schools. They recently completed a vaccination clinic in Waldo County at Thorndike Schools.

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# Statewide Coordinating Council for Public Health District Update

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**\*\* Division of Environmental and Community Health:** Drinking Water Program, Health Inspection Program, Radiation Control Program, Environmental and Occupational Health Program

The Drinking Water Program has an updated website with new links to each program. [Subsurface Wastewater Unit | Maine Center for Disease Control & Prevention](#)

**Division of Disease Prevention:** Maternal Child Health Program, Chronic Disease Prevention, Tobacco & Substance Use Prevention and Control, Women, Infants and Children

➤ Highlights of completed activities conducted by Maine Prevention Network (MPN) Contractor/Subcontractors during November 2025-January 2026:

**Midcoast Substance Use Prevention (SUP) and Tobacco Prevention Activities include:**

- MPN staff made significant strides in promoting substance use prevention through community outreach and education. Staff in **Knox and Waldo County** implemented a cannabis safe storage survey to inform future work around safe storage and other relevant cannabis prevention information. Staff shared safe storage and disposal materials with MaineHealth, Healthy Kids and local Public Health Nursing (PHN) to ensure reach to parents with young children.
- Knox Tobacco Prevention staff published a press release in the PenBay Pilot about **Knox County** Maine Integrated Youth Health Survey results.
- MPN SUP staff in **Lincoln County** continued to place cannabis safe storage bags which also included a survey about safe storage to all 14 Lincoln County Dispensaries.
- MPN Tobacco Prevention staff in **Waldo County** gave tobacco intervention training to the Cardiac Rehab and Community Health Worker departments at Waldo and PenBay Hospitals and provided technical assistance on making referrals to Maine Quit Link, reaching 24 staff members.
- MPN staff in **Sagadahoc County** at Mid Coast Community Health finalized their tagline for a social hosting campaign bottle hanger which included “Mentor. Guide. Don’t Provide” and distributed 315 bottle hangers and cooler clings in Topsham, West Bath and Woolwich, reminding adults of the tagline for the social media campaign.
- MPN SUP Staff in **Sagadahoc County** in partnership with the Brunswick Police Department visited the Brunswick Housing Authority apartment twice in the month of December to provide substance use

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## Statewide Coordinating Council for Public Health District Update

**Public Health**  
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prevention resources to residents as well as hosted a community-building night that connected residents to each other.

- MPN Tobacco Prevention staff in **Sagadahoc County** presented 20 staff members at Region 10 Technical High School on current trends in youth vaping and how best to support students. They also delivered an evidence-based vaping prevention program called “You and Me Together, Vape Free,” in classes at both Bath Middle School and Richmond High School. The prevention curriculum reached 42 students.

### **Midcoast Healthy Eating Active Living (HEAL) Activities from November 2025 to January 2026:**

- **District 4 MPN HEAL staff** created Winter Staff Talk Newsletters for students and staff that promote evidence-based messaging about healthy eating and making healthier choices at school and home. The newsletters were distributed across the district to 35 schools.
- **Sagadahoc County** staff are partnering with Woolwich Central School (Sagadahoc) and RSU 20 (Waldo) to support the 100 Mile Club which engages students in physical activity throughout the school year. Woolwich Central has 220 students participating and has logged over 3,500 miles. RSU 20 has 484 students participating and has logged 17,642 miles thus far.
- **Sagadahoc County** HEAL staff attended the MSAD 75 Mental Health Committee meeting to present about Personify Health benefits and support the district ambassador with staff wellness efforts and district wellness challenges.
- **Knox/Waldo staff** continue to chair the Workplace Support Committee for the Maine State Breastfeeding Coalition (MSBC) which helps staff with a “Return-to-Work” Toolkit for employees and employers and reviews applications for MSBC’s Lactation Friendly Workplace Recognition Program. This program continues to grow with six new applications received this quarter.
- **Knox/Waldo County HEAL Staff** met with Mike Booth from MEA Benefits Trust to learn more about the Wellness Ambassador role and how the HEAL team can best support the district wellness teams.

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22 M.R.S. §412 (2011).

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## Statewide Coordinating Council for Public Health District Update

**Public Health**  
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- **Lincoln County HEAL Staff** participated in the Southern Midcoast Region Food Service Director meeting to understand and assess the resources and support the available resources for Food Service Directors in the Midcoast region.
- **Lincoln County HEAL Staff** partnered with local hospitals and community partners to improve access to nutritious foods for vulnerable populations through a coordinated food drive.

**Maine CDC Administration:** CDC Operations, Medical Epidemiology, Communications, Office of Population Health Equity (OPHE), and Environmental Testing Laboratory

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# Statewide Coordinating Council for Public Health District Project Update

Template updated 03/2023

<b>District:</b> Penquis	<b>Date:</b> 03/16/2026
<b>** Division of Public Health Systems:</b> District Public Health, Rural Health and Primary Care and Oral Health; PH Emergency Preparedness, Data, Research and Vital Statistics	
Agendas and minutes available on the district’s webpage.	
➤ <b>Important Dates in the Penquis District:</b> Next DCC Meeting: May 6 <sup>th</sup> , 2026	
<b>Ongoing or upcoming Public Health Council projects or priority issues:</b>	
➤ Learning more about HRSA-supported rural health work happening in Penobscot and Piscataquis counties	
➤ Continued focus on older adult health, including ageism and how to better support aging populations	
➤ Increasing awareness of services and programs available to older adults in our district	
<b>Ongoing or upcoming District projects or priority issues:</b>	
➤ Ongoing work to support older adults, especially in rural areas	
➤ Improving coordination and awareness of available resources and services	
<b>In-district or multi-district collaborations:</b>	
➤ Continued collaboration with healthcare partners and Maine CDC programs	
<b>** Division of Disease Surveillance;</b> Infectious Disease Epidemiology; Infectious Disease Prevention, Maine Immunization Program	
<b>Ongoing or upcoming District projects or priority issues:</b>	
➤ <i>December 19, 2025 – Marburg Virus Outbreak (Ethiopia):</i> CDC reported first Marburg virus disease outbreak in Ethiopia, with multiple confirmed cases and deaths. Risk to the U.S. and Maine was considered low, but clinicians were advised to consider Marburg in patients with compatible symptoms and recent travel to affected regions.	
<i>January 7, 2026 – Childhood Immunization Recommendations:</i> Maine CDC notified clinicians of updates related to the CDC decision memorandum affecting the childhood immunization schedule. Providers were encouraged to review the updated guidance and maintain strong routine pediatric vaccination coverage.	

istrict Name: Aroostook

**\*\* Indicates the presence of Maine CDC Field Staff assigned to the District Public Health Unit**

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# Statewide Coordinating Council for Public Health District Project Update

**Public Health**  
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*January 21, 2026 – New Respiratory Virus Dashboard:* Maine CDC launched a new respiratory virus dashboard that consolidates surveillance data for influenza, COVID-19, RSV, and other respiratory viruses. The tool helps clinicians and public health professionals monitor respiratory disease trends across the state.

*January 29, 2026 – New World Screwworm in Northern Mexico:* CDC alerted providers about the spread of the New World Screwworm into northern Mexico, a parasitic infestation that can affect living tissue. Although no U.S. cases were reported, clinicians were advised to consider it in patients with myiasis and relevant travel history.

*February 5, 2026 – Guidance on Neurosyphilis, Ocular Syphilis, and Otic Syphilis:* Maine CDC reminded clinicians that neurologic, ocular, and hearing complications can occur at any stage of syphilis. Providers were encouraged to perform appropriate evaluations, test for HIV when diagnosing STIs, and follow recommended penicillin treatment regimens.

*February 6, 2026 – Measles Exposure in Maine:* Maine CDC reported a measles case in an adult in Penobscot County associated with out-of-state travel, marking the state’s first measles case since 2019. Clinicians were advised to watch for febrile rash illness, verify vaccination status, and promptly isolate and report suspected cases.

Disease reporting Contact Information: Phone: 1 - 800 - 821 - 5821 (24 hours a day)

**\*\* Division of Public Health Nursing**

**Ongoing or upcoming District projects or priority issues:**

District 6 PHN updates:

PHN has been busy with a variety of referrals that include Maternal Child Health, Older Adults, Tuberculosis, as well as working with our community partners on the HIV/HCV response in the city of Bangor. The following are several areas that we have been focused on and that we have done within the Penquis district within this past quarter. Our hopes are to continue to gain education so that we may best serve the beautiful communities of the Penquis District.

Events:

Older Adult Expo 2026-Dover-Foxcroft on April 24th

Attending several community events in March and April throughout the District

Baby & ME Groups: Dover-Foxcroft & Lincoln (Our groups continue to grow and expand in these areas. Our partnerships with the local libraries have been incredible).

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# Statewide Coordinating Council for Public Health District Project Update

**Public Health**  
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Maternal Mobile Health Clinics will be held in Dover-Foxcroft and Lincoln in conjunction with Baby & ME groups

Partnering with Maine Family Planning and PCHC to assist in providing HIV care to the Bangor area  
Vaccine Clinics at various schools in our district

Special/Other Projects/Meetings:

Hosting Boston College Students and Staff in Piscataquis County (2nd year)-March 30th

Helping Hands with Heart-Piscataquis County

Bi-Annual PHN Meeting-held in May 2026

PHN/Maine Families Quartely Meeting held in Brewer, ME

MHIRN-Weekly meeting

START Meeting

Domestic Violence Task Force

Maine State Breastfeeding Coalition

Bangor Breastfeeding Coalition

Maine Newborn Screening Committee

Education:

Three new nurses are currently taking Certified Lactation Classes

Motivational Interviewing Training

Perinatal Orientation & Education Program certification

HIV/HCV training for nurses

TEEX Training: FEMA Certification for Community Disaster Preparedness for Healthcare- Supervisor has attained certification and additional PHN II will attain by Spring 2026.

**\*\* Division of Environmental and Community Health:** Drinking Water Program, Health Inspection Program, Radiation Control Program, Environmental and Occupational Health Program

**Ongoing or upcoming District projects or priority issues:**

- No updates provided

**Division of Disease Prevention:** Maternal Child Health Program, Chronic Disease Prevention, Tobacco & Substance Use Prevention and Control, Women, Infants and Children

- **Ongoing or upcoming District projects or priority issues:**
- **Highlight completed activities conducted by Maine Prevention Network Contractor/ Subcontractors during April 2023:**

Maine Prevention Network Substance Use Prevention Updates for the Penquis District

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# Statewide Coordinating Council for Public Health District Project Update

**Public Health**  
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- February 2026 (for period October-December 2025)
  - Piloted a Sober October program with staff at Bangor Public Health.
  - Following this, evaluation data was utilized to create a one-pager about the program, and staff began to apply for a 2026 Maine Cancer Foundation grant, which would help to support a worksite Sober October program throughout the Penquis District.
  - Conducted four lunch-and-learn style information sessions at the Dr Lewis S. Libby School, sharing information on brain development, career aspirations, and how substance impact mental health.
  - Conducted virtual Responsible Beverage Server training for alcohol licensees.
  - Worked with Bangor Public Health’s Wellness Team to support efforts addressing mental health and self-care.

### Chronic Disease Prevention HEAL Updates

- Ongoing or upcoming District projects or priority issues (11/2025-01/2026)
- Healthy Eating:
- In January, a district-wide School Nutrition Workgroup was held. The session focused on
- “Curriculum to Cafeteria: Inviting Staff to the Table.” Speakers included the School Nutrition Director
  - and District Wellness Coordinator from RSU 22, as well as the Principal and Librarian from RSU 71.
  - Attendance included two School Nutrition Directors from Penobscot County and one from Piscataquis County.
  - Technical assistance was provided to one district in Penobscot County to update its wellness policy,
  - ensuring compliance with both federal and state regulations.
  - A garden project has been secured with Penquis Dover Early Head Start, with implementation planned for Spring.
  - Active Living.
  - A district-wide WinterKids Learning Collaborative was held in November, engaging seven Early Care and Education (ECE) programs in Penobscot County and additional representation from Piscataquis County. Participating sites completed professional development activities, outdoor play self-assessments, and goal setting, with incentives

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# Statewide Coordinating Council for Public Health District Project Update

**Public Health**  
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awarded to support implementation of outdoor learning strategies. As a result, six new ECE sites registered for Go NAPSACC accounts, expanding the use of best practice nutrition and physical activity strategies across the district.

- The 100 Mile Club is currently implemented in six schools in Piscataquis County (Ridge View:
  - Community School, Sedomocha Schools, Milo Elementary School, Greenville Consolidated School,
  - Piscataquis Community Secondary School, and Piscataquis Community Elementary School). To date,
- 247 students are participating and have collectively run/walked 10,918 miles during the current school year.
- Participation in the Winter Kids Games Competitive Track included two Piscataquis County schools:
  - Sedomocha Schools and Milo Elementary School. Sedomocha Schools received the bronze award.
- Milo Elementary School has begun implementation of The Walking Classroom through its after-school program, supported by a full set of devices provided via the organization's donation

program.

- Piscataquis County has continued the postpartum, lactation, and prenatal support group (Baby & Me). The group meets at the Thompson Free Library, with end-of-quarter attendance reaching 10 mothers and their children

**Maine CDC Administration:** CDC Operations, Medical Epidemiology, Communications, Office of Health Equity

### Health and Environmental Testing Laboratory

#### Ongoing or upcoming District projects or priority issues:

- Measles information kit
- Children's Dental Health Month outreach promoting oral health education and prevention, including the School Oral Health Program poster contest
- Tick-Free Zone Poster Contest to promote tick bite prevention education among youth
- Legislative progress on LD 2108 to establish a Suicide Mortality Review Panel

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## Statewide Coordinating Council for Public Health District Project Update

- Continued public health education through staff presentations on Tobacco Prevention and Control, Public Health Nursing, and the Public Health Digital Library
- Immunization Program engagement with partners to support and promote evidence-based vaccine policies and education

strict Name: Aroostook

6

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# Statewide Coordinating Council for Public Health District Project Update

**Public Health**  
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Template updated 02/2024

<b>District:</b> Western	<b>Date:</b> 3/19/26
<b>** Division of Public Health Systems:</b> District Public Health, Rural Health and Primary Care and Oral Health; PH Emergency Preparedness, Data, Research and Vital Statistics	
Agendas and minutes available on <a href="#">district's webpage</a> .	
<p>Dates of note in Western District:</p> <ul style="list-style-type: none"> <li>➤ Next DCC meeting April 14, 2026 on Zoom</li> </ul> <p><b>Ongoing or upcoming Public Health Council projects or priority issues:</b></p> <ul style="list-style-type: none"> <li>➤ Continued education/speaking opportunities for community partners.</li> <li>➤ Continued outreach and growing DCC membership.</li> <li>➤ Steering Committee working on drafting District work plan</li> </ul> <p><b>Ongoing or upcoming District projects or priority issues:</b></p> <ul style="list-style-type: none"> <li>➤ Working with public health unit to identify district needs and address cross cutting collaborations surrounding public health preparedness.</li> <li>➤ HCC meeting quarterly. Hazard Vulnerability Workplan created.</li> <li>➤ Maternal Mobile Health Unit locations in Oxford County, May 2026</li> </ul> <p><b>In-district or multi-district collaborations:</b></p> <ul style="list-style-type: none"> <li>➤ Assisting in Maine Immigrant and Refugee Services (MEIRS) health education series-currently paused but hope to restart in future</li> </ul>	
<b>** Division of Disease Surveillance;</b> Infectious Disease Epidemiology; Infectious Disease Prevention, Maine Immunization Program	
<p><b>Ongoing or upcoming District projects or priority issues:</b></p> <p>Epidemiology:</p> <ul style="list-style-type: none"> <li>➤ Monitoring Measles in Penobscot County</li> <li>➤ New TB epi</li> <li>➤ <a href="#">New Influenza Dashboard</a></li> </ul> <p>Infectious Disease Prevention:</p> <ul style="list-style-type: none"> <li>➤ No reports</li> </ul>	

District Name: Western

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# Statewide Coordinating Council for Public Health District Project Update

**Public Health**  
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## Immunization:

- Starting July 2026 - Universal Immunization Program Expands to Adults
- Continue protecting infants with RSV preventive antibody (nirsevimab or clesrovimab) through March
- Temporary Temperature Monitor Change with Refrigerated Vaccine Shipments
- Immunize.org updates standing orders to support AAP evidence-based childhood immunization schedule

Disease reporting Contact Information: Phone: 1 - 800 - 821 - 5821 (24 hours a day)

## **\*\* Division of Public Health Nursing**

### **Ongoing or upcoming District projects or priority issues:**

- Bumps and Babies in Lewiston moved to Greene
- One open PHN position

**\*\* Division of Environmental and Community Health:** Drinking Water Program, Health Inspection Program, Radiation Control Program, Environmental and Occupational Health Program

### **Ongoing or upcoming District projects or priority issues:**

- Assisted Childhood Lead Prevention Program in After Action Review of case within district

**Division of Disease Prevention:** Maternal Child Health Program, Chronic Disease Prevention, Tobacco & Substance Use Prevention and Control, Women, Infants and Children

### **Ongoing or upcoming District projects or priority issues:**

#### Substance Use Prevention:

- The RSU 10 policy board and school board officially adopted the updated Alcohol and Chemical Use by Students Policy.
- Implementation of evidence-based programs continued.
- The Western Public Health District Staff held its annual community meeting, Building Connections in Western Maine. This event focused on fostering community dialogue around youth substance use prevention and promoting healthy living. 36 individuals from 19 organizations attended the event.
- River Valley Healthy Communities Coalition partnered with Mountain Valley Middle School to host a youth and parent engagement activity, reaching 40 students & parent. Resources shared during this event included "Talk. They Hear You", cannabis safety and cannabis safe storage materials, and Positive Influence materials.
- Healthy Oxford Hills organized and supported a community suicide prevention event at Oxford Hills Comprehensive High School, where NAMI Maine presented on risk and protective factors, warning

District Name: Western

2

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22 M.R.S. §412 (2011).

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**Public Health**  
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signs, intervention, and postvention, and HOH shared various materials at their resource table. This event was attended by approximately 35 community members.

- Finalized a substance use policy and quick reference guide for “Mr. Drew and His Animals Too”, including appropriate signage.

### Tobacco:

- Tobacco tax increase statewide
- Baby and me tobacco free program launching soon—hope to partner with Western Public Health Unit
- 159 activities reported for Q4 2025 compared to 217 for Q3. 154,623 people reached in Q4 2025 compared to 10,688 in Q3. Reach is largely due to signage in Franklin County, a great broad reach activity. Great work in schools and social service agencies.

### Chronic Disease Prevention:

- No reports

**Maine CDC Administration:** CDC Operations, Medical Epidemiology, Communications, Office of Public Health Equity

### Ongoing or upcoming District projects or priority issues:

#### OPHE:

- Working on health equity trainings
- Working with OIVP on gun violence prevention initiatives

### \*\* Maine Health and Environmental Testing Laboratory (HETL):

### Ongoing or upcoming District projects or priority issues:

- No reports received

District Name: Western

3

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# Statewide Coordinating Council for Public Health District Project Update

**Public Health**  
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Template updated 03/2023

<b>District: York Public Health District</b>	<b>Date: 03/19/2026</b>
<b>** Division of Public Health Systems:</b> District Public Health, Rural Health and Primary Care and Oral Health; PH Emergency Preparedness, Data, Research and Vital Statistics	
Agendas and minutes available on district's webpage: <a href="https://www.maine.gov/dhhs/mecdc/public-health-systems/lphd/district1/council-main.shtml">https://www.maine.gov/dhhs/mecdc/public-health-systems/lphd/district1/council-main.shtml</a>	
<p>➤ Dates of note in York District:</p> <ul style="list-style-type: none"> <li>• The DCC held a meeting with Dr. Lisa Letourneau for an update on the Rural Health Transformation Grant. The Rural Health Transformation (RHT) Program was authorized by the One Big Beautiful Bill Act (Section 71401 of Public Law 119-21) and empowers states to strengthen rural communities across America by improving healthcare access, quality, and outcomes by transforming the healthcare delivery ecosystem. Through innovative system-wide change, the RHT Program invests in the rural healthcare delivery ecosystem for future generations.</li> <li>• The DCC also participated in the United Way listening session. The listening session is an opportunity for the United Way to listen about what life is really like in York County and issues facing residents.</li> </ul>	
<p><b>Ongoing or upcoming Public Health Council projects or priority issues:</b></p> <p>➤ The council is still working to attract new members.</p>	
<p><b>Ongoing or upcoming District projects or priority issues:</b></p> <p>➤ The District Coordinating Council is working on the development of the Local Public Health Systems Improvement Plan.</p>	
<p><b>In-district or multi-district collaborations:</b></p>	
<p><b>Public Health Unit:</b> The District Liaison continues to coordinate the public health unit quarterly meetings to discuss ongoing projects and current issues to ensure coloration when appropriate.</p>	
<p>The York District Healthcare Coalition completed and After-Action Report for the table top exercises done this past December, the coalition is also working on state wide objectives in advance of the next meeting.</p>	
<p><b>Rural Health and Primary Care</b></p>	

strict Name: Aroostook

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**Public Health**  
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# Statewide Coordinating Council for Public Health District Project Update

Stay Updated on the Latest Developments

## Rural Health and Primary Care

Upcoming Events and Announcements

- [Winter Newsletter \(PDF\)](#)
- Applications for the J-1 Conrad Visa Program were open in October 2025 for the State of Maine. Please [review this guide \(PDF\)](#) for instructions on the application process. If you have questions, email [rhpc.dhhs@maine.gov](mailto:rhpc.dhhs@maine.gov).
- Join the New England Rural Health Association for a day at the [Rural Health Student Summit](#). This event provides tools, connections, and inspiration to help students shape the future of rural health. September 12, 2026, in Lebanon, NH.

Successes

Maine has made encouraging progress in rural health care.

- The Rural Health and Primary Care Program provides grant support for all 19 rural hospitals in Maine.
- The percentage of Mainers reporting poor general health is among the lowest in the nation.
- Maine ranks 2nd in the U.S. for the number of primary care physicians practicing in rural counties (99.5 per 100,000). The national average for rural counties is 54.5 per 100,000.
- Maine ranks 8th in the U.S. for the number of psychiatrists practicing in rural counties. Maine has 6.2 per 100,000 residents. The U.S. rural average is 3.4.
- The State Loan Repayment Program has assisted more than 80 Mainers in health care professions.
- Since its inception in 1997, the Conrad J-1 Visa Program has brought nearly 700 health care providers to Maine.

**\*\* Division of Disease Surveillance;** Infectious Disease Epidemiology; Infectious Disease Prevention, Maine Immunization Program

**Ongoing or upcoming District projects or priority issues:**

strict Name: Aroostook

2

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# Statewide Coordinating Council for Public Health District Project Update

**Public Health**  
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The field epidemiologist is participating and bringing value to both the public health unit meetings and the Health Care coalition meetings. This has been a great opportunity to share information about what is circulating in York County.

<https://www.maine.gov/dhhs/mecdc/infectious-disease/epi/>

Disease reporting Contact Information: Phone: 1 - 800 - 821 - 5821 (24 hours a day)

## **\*\* Division of Public Health Nursing**

### **Ongoing or upcoming District projects or priority issues:**

- The Maine Public Health Nursing Program is fully staffed now.
  - Public Health Nurses from York and Cumberland Counties are still offering one-off catch-up vaccine clinics for school aged children. York District Public Health Nurses are also working to set up vaccine clinics at the Maine CDC office in Sanford, more information to follow.

Maine CDC Public Health Nursing: 207-287-4112

## **\*\* Division of Environmental and Community Health: Drinking Water Program, Health Inspection Program, Radiation Control Program, Environmental and Occupational Health Program**

### **Ongoing or upcoming District projects or priority issues:**

- **Maine CDC Drinking Water Program (DWP)** works to ensure safe drinking water in Maine, to protect public health, by administering and enforcing drinking water and subsurface wastewater regulations, providing education and technical and financial assistance. Hours: Monday-Friday, 8am-5pm
- **NEWS: Capacity Development Learning Opportunity: *From Surviving to Thriving***  
*From Surviving to Thriving* is a series of seminars for water utility operators that explores ways to increase their systems' technical, managerial, and financial capacity. Sessions will be held at locations around Maine between June and September, 2025. *From Surviving to Thriving* is co-hosted by the DWP and the Maine Public Utilities Commission (PUC), with support from the Maine Water Utilities Association (MWUA). [Click here to learn more.](#)
- **New Online Start-Up Procedures for Seasonal Public Water Systems**  
The DWP is pleased to introduce a new submission option for the State-approved seasonal start-up procedure (SSUP). Seasonal water systems, using either groundwater or surface water, can now submit their SSUP information completely online. Certify completion of your SSUP easily to the DWP saving paper, time, and money. The paper SSUP forms will still be accepted, but PWSs should

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22 M.R.S. §412 (2011).

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be sure to use the 2025 revision from our website. **Remember:** Seasonal water systems must perform a State-approved startup procedure and provide certification to the DWP that they have met that requirement. Certification must be completed and sent to the DWP *before* serving water to the public. [Click here to learn more or access the new online SSUP forms.](#)

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- **Health Inspection Program:** The Health Inspection Program exists to provide licensing and inspection services for several different types of businesses to protect the public’s health. These businesses include restaurants, lodging, campgrounds, youth camps, public swimming pools and spas, tattooists, micropigmentation, body piercing, electrolysis, school cafeterias, and mass gatherings. To file a complaint, report a foodborne illness, or inquire about a Health Inspection Program-licensed establishment, please call our main number at 207-287-5671 during business hours. Our offices are open Monday through Friday from 8am-5pm excluding holidays. For emergency after hours calls, please call 1-800-821-5821.
- The Health Inspection Program is excited to announce it is fully staffed for York Public Health District.

The Division is organized as follows:

- Division Administration (internal support, review and planning of the Division)
- Children's Licensing and Investigation Services (childcare facility licensing) (207) 287-5020
- Drinking Water Program (regulates public drinking water supplies) (207) 287-2070
- Health Inspection Program (inspection/regulation of restaurants and lodging places) (207) 287-5671
- Radiation Control Program (inspection/regulation of radiation sources) (207) 287-5676
- Subsurface Wastewater Team (plan review and approval of septic system installation) (207) 287-2070

**Division of Disease Prevention:** Maternal Child Health Program, Chronic Disease Prevention, Tobacco & Substance Use Prevention and Control, Women, Infants and Children

### Ongoing or upcoming District projects or priority issues:

**Maternal and Child Health Program:** For over 75 years, the Federal Title V Maternal and Child Health Program has provided States with funding to ensuring the health of the Nation's mothers, women, children and youth, including children with special health care needs, and their families. The Title V Maternal and Child Health Block Grant (MCHBG) supports work in Maine including the following programs.

- Maine CDC Children with Special Health Needs
- Birth Defects Program
- Cleft Lip & Palate Program
- Partners in Care Coordination
- Newborn Hearing Program
- Genetics Program
- Newborn Bloodspot Screening Program

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- Maternal, Fetal & Infant Mortality Review
- Perinatal Health
- Other Maine CDC Programs serving women, mothers and children and receiving support from the MCHBG and matching funds.
- Women’s Health
- Adolescents and School Health
- Public Health Nursing
- Injury and Suicide Prevention
- Oral Health

**Substance Use Prevention:** The Prevention Team is committed to preventing and reducing substance abuse and mental illness and related problems by providing leadership, education and support to communities and institutions throughout Maine. The team works to ensure that Mainers can avoid both the personal and societal costs of substance abuse and mental illness. In collaboration with Maine Prevention Services initiative, Drug Free Community Coalitions, communities, consumers, and a variety of organizations in the state, the Prevention Team provides funding, technical assistance, data, training and develops materials and resources to educate the residents of Maine. Wellness is the foundation of a healthy, long, and productive life, and is core to the work of prevention services.

**Ongoing or upcoming District projects or priority issues:**

**Maine CDC Administration:** CDC Operations, Medical Epidemiology, Communications, Office of Health Equity

**Health and Environmental Testing Laboratory**

**Ongoing or upcoming District projects or priority issues:**

The goals of the Health and Environmental Testing Laboratory are to isolate, identify, analyze and monitor any biological, chemical, or radiological hazards which are capable of causing harm. We will assist other agencies in the prevention, treatment, and control of such hazards which threaten the community or environment. These essential services shall be provided cost effectively through a fee schedule established with the flexibility of making them available regardless of the public’s ability to pay. Other roles include consultation with other agencies on state policy development and the quality assurance oversight of services provided by the public and private sectors.

**Core functions:**

**RAPID RESPONDER TO SUSPECTED OUTBREAKS AND CONTAMINATION EVENTS:**

- The HETL, in concert with public health agencies and other laboratories, will have the capability to rapidly identify, track and contain outbreaks and sources of biological or chemical public health threats.

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## **INTEGRATED INFORMATION MANAGER:**

- The HETL will provide an important link for the accumulation, blending, and distribution of scientific information in the support of public health programs. The HETL will also provide expert consultation on analytical data generated at the HETL and data generated elsewhere.

## **ENVIRONMENTAL MONITOR:**

- The HETL will be a leader in epidemiological surveillance and environmental testing. Laboratory data will provide necessary information to assess and monitor environmental health. Low detection level analyses will provide an indicator of change, before significant health effects can occur.

## **ADVOCATE FOR APPROPRIATE AND HIGH-QUALITY TESTING:**

- The HETL will be recognized as the source of quality information and serve as the standard for municipal and private laboratory performance. Certification of other laboratories will be based upon standards set here and the federal standards defined by laws and regulations.

## **REFERENCE SERVICE PROVIDER:**

- The HETL will expand its role as the reference testing site for Maine and provide a model of efficient, low cost, quality testing that assesses public and environmental health through appropriate testing.

## **TECHNICAL AND OPERATIONS RESEARCH LEADER:**

- The HETL will be recognized as a source of state-of-the-art technology, both technical and operational. The HETL will have direct connectivity to technological advancement within the State.
- The HETL will assist the state in test selection for investigative research.

## **PUBLIC SAFETY ENFORCEMENT:**

- The HETL will provide analytical, technical, and enforcement capability to help control the abuse of alcohol & drugs and the attendant public health consequences.

## **Maine Health and Environmental Testing Laboratory (HETL)**

### **Central Office:**

**221 State St., Augusta, Maine 04333**

**Telephone:**

**207-287-2727**

**For more news please visit: <https://www.maine.gov/dhhs/news>**

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