



June 2026 Newsletter - Downeast Public Health Council

Downeast Public Health Council June 2026 Newsletter



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Men's Health

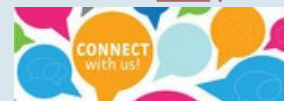
Next Downeast Public Council Meeting

Friday, July 17, 2026

10:00 - 12:00 PM

TBD

For Council information, please
contact [Al May](#)



[Downeast Public Health Council
Facebook Page](#)

[Maine CDC Downeast District
Webpage](#)



Men's Health is an issue necessitating specific consideration as emerging evidence show different health trends between men and women particularly the risk of premature death. Globally, the life expectancy in men is 5 years shorter than for women and has been consistent since 1950 (*Cornell, 2025*).

These health differences and inequalities are not explainable by biology alone; as men tend to exhibit behaviors that increases their risk for conditions such as cardiovascular diseases, cancers, HIV/AIDS and TB. Men are also more likely to perform high-risk occupations such as construction and mining which leads to higher rates of fatalities and injuries (*The Lancet, 2019*).

Why do men have lower life-expectancies?

- Men less frequently visit the doctor
- They report less unmet healthcare needs
- They have unhealthier dietary patterns
- Consume more alcohol
- They have higher rates of injuries and interpersonal violence

What your organization can do?

- Plan outreach that is aimed at men in bars, clubs, workplaces and schools to promote

To become a member of the Downeast Public Health Council please fill out our [Membership Application](#).

Downeast Public Health 2026 Priority Committees

Prevention Committee: Angela Fochesato, Chair

Older Adult Health and Safety Committee: Dante Zaroni, Chair

Emergency Operations and Response Committee: Andrew Sankey, Chair

Mental Health Primary Care Education Committee: Tracy Parker, Chair

2026 Ongoing Topics:

- Health Literacy
- Palliative Care and Hospice
- Maternal and Child Health
- Adult Tobacco Use Prevention and Treatment

Final 2025 CHNA Reports:

[State of Maine](#)

[Hancock County](#)

[Washington County](#)

Events/ Trainings

May 20- July 29

[Project EHO: Ageism](#)

June 3- June 24

healthier life style

- Gender sensitive approaches that focus on preventive measures, man-friendly, tailored and relevant health information
- Engage men in decisions about preventive health services for their partners, children and/or relatives.
- Support interventions aimed at reshape male roles in ways that lead to equitable relationships
- Promote and recognize the importance of men's health
- Implement measures that tackle men's health problems
- Include men health and men as a target population in your planning

What individuals can do?

- Have Regular Health Check-ups: blood pressure, blood sugar, prostate check and mental health screenings are all essential to early detect problems and maintain good health
- Reduce Alcohol use: 75% of deaths from harmful use of alcohol are men!
- Quit Smoking: tobacco use causes cancer, lung disease, heart diseases and stroke. After 1 year of abstinence, the excess risk of coronary heart diseases drops to half of that a smoker's.
- Eat Better: healthy diet helps prevent diabetes and other diseases
- Be Physically Active: reduces the risk of diseases and beats depression

Men's Health encompasses a wide range of health issues and risk factors—it is more than just sexual health!

Information

- Healthy People 2030 Goal: Improve health and well-being of men ([Objectives](#))
- MyHealthfinder: [Men Take Charge of your Health](#)
- More about [Men's Health](#)

[Take Charge of Your Brain Health: An Alzheimer's & Brain Awareness Month Virtual Series](#)

June 24

[LHO Webinar: Maine CDC Disease Surveillance Update](#)

June 24

[Conflict Prevention Strategies to Deter Targeted Violence](#)

June 25

[TMaH and MHTF Conference](#)

July 15

[Conflict Prevention Strategies to Deter Targeted Violence](#)

More training and exercises:

[PHEP Calendar](#)

[LHO Upcoming Trainings and Resources](#)

News

[Maine CDC Shares Tips for a Healthy Summer](#)

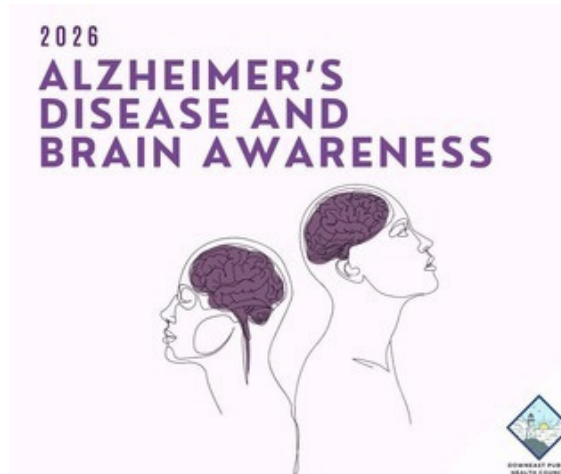
[Maine CDC Updates Freshwater Fish Consumption Advisories Due to PFAS Contamination](#)

[SUN Bucks and SUN Meals Programs Return to Aid Summer Food Access for Maine Children](#)

[Maine CDC Announces Winners of Youth Lyme Disease Awareness Month Poster Contest](#)

- [Men's Health Checklist](#)

Alzheimer's Disease and Brain Awareness



June is Alzheimer's Disease (AD) and Brain Awareness Month and it is a chance to highlight the status of AD and risk reduction.

There are almost 30 thousand people in Maine living with Alzheimer's disease with 66 thousand caregivers dedicating over 100 million hours of unpaid care. 17% of people aged 45 years and older have subjective cognitive decline in Maine. There are about 9.8% of population aged 65+ with AD in Hancock and Washington counties.

Based on evidence there are six health conditions and behaviors that increase the risk for cognitive decline and may also increase the risk of dementia:

1. Midlife Obesity
2. Midlife Hypertension
3. Physical Inactivity
4. Smoking
5. Poor Sleep <6 hours
6. Diabetes

[Spring Outdoor Awareness: Ticks, Browntail Moth, and Prevention](#)

[USDA Distributes Oral Rabies Vaccine for Wildlife in Northern Maine](#)

MaineHAN

[U.S. CDC Issues Notice of Infant Botulism Outbreak Linked to Powdered Infant Formula](#)

[U.S. CDC: Ebola Disease Outbreak in the Democratic Republic of the Congo and Uganda](#)

[Air Quality Alert for Tuesday, May 19](#)

[2026 Hantavirus Outbreak: Testing for Potential Infection](#)

[Standing Order for Administration of Measles, Mumps, and Rubella Vaccine to Children and Teens by Qualified Pharmacy Licensees](#)

[Health Risks from Browntail Moths](#)

[2026 Lyme and Other Tickborne Disease Information](#)

[U.S. CDC: 2026 Multi-country Hantavirus Cluster Linked to Cruise Ship](#)

World Sickle Cell Day

June 19

Sickle Cell Diseases (SCD) is a group of inherited blood

Adopting healthier behaviors early can reduce the risk of cognitive decline and dementia such as being physically active, quitting or never starting smoking, being heart-healthy by managing high blood pressure and managing diabetes and midlife obesity.

What your organization can do?

- Include risk reduction for Alzheimer's disease and cognitive decline in your plans
- Integrate brain health awareness messaging
- Collaborate with CHWs in advancing brain health equity and supporting individuals living with or at risk of dementia
- Address and manage modifiable risk factors such as hypertension, diabetes, obesity, smoking and poor sleep.

Resources:

[10 Healthy Habits for Your Brain](#)

[Brain Health Habit Builder](#)

[Alzheimer's Disease Facts and Figures](#)

[Maine State Plan for Alzheimer's Disease and Related Dementias](#)

[Alzheimer's Association- Maine Chapter](#)

[Maine Office of Aging and Disability Services](#)

[Eastern Area Agency on Aging](#)

Oral Health Month

disorders (born with it and passed from parents) where abnormal hemoglobin is produced. SCD affects millions of people globally, with about 100,000 people in the U.S. with the disease mainly in Blacks and African Americans.

People with SCD have a life expectancy that is more than 20 years shorter than the average. This could be attributed to the fact that many people do not receive the recommended screenings and treatments.

In the U.S., screening is often performed routinely at the hospital during newborn screening tests. During pregnancy it can be diagnosed through chorionic villus sampling and amniocentesis.

SCD can not be prevented or treated, however current prevention efforts focus on preventing and treating complications.

Information:

[Steps to Better Health](#)

[Tips for ED providers](#)

[Tips to receive better care in the ED](#)

[Get Screened](#)

[Sickle Cell Disease Association of America](#)



Oral health is the health of the teeth, the gums and the entire components of the mouth. Many children and adults experience poor oral health due to diseases such as tooth decay and gum diseases which both can cause tooth loss.

Oral health is connected to overall health as several studies show that people with certain chronic conditions often have untreated oral diseases or conditions.

Data:

- 29.5% of adults in Washington County experienced tooth loss; higher than in Hancock County, Maine and national rates (2020).
- The percentage of adults who visited the dentist in the past year in Washington County was 56.3%; which was lower than in Hancock, Maine and nationally (2020).
- Only 39.5% of insured children had at least one preventative dental visit in Washington County; lower than in Hancock County and Maine (2022).

Oral diseases can be prevented and there are things that individuals can do to support their oral health:

1. Brushing teeth twice a day- include the tongue



National HIV Testing Day (NHTD) June 27

NHTD is a chance to encourage people to get tested for HIV, know their status and get linked to care and treatment. It is recommended that individuals at least test once for everyone aged 13- 64 years old. The Maine CDC recommends HIV testing at least every 3 months for people with ongoing risk factors.

HIV testing can be done by:

- [Visiting a Testing Location](#)
- [Self-testing](#)

Information:
Maine CDC: HIV Basics



PTSD Awareness Month

2. Flossing daily
3. Limiting high sugar containing foods and beverages
4. Visiting dental clinics for check-up and cleanings every year
5. Attending additional dental visits when/if recommended

What organizations can do?

- Integrate medical and dental care
- Partner with organizations that support oral health
- Support providers ability to apply fluoride varnish
- Encourage clients/patients to quit smoking and offer support
- Promote HPV vaccinations for clients/patients
- Train employees in dental public health to improve oral health
- Implement strict infection prevention and control guidelines in dental settings

Resources:

[Maine CDC- Oral Health Program](#)

[Children Oral Health Network](#)

[Maine Oral Health Coalition](#)

Ground Water and Private Wells Series

Cleaning well water ensures that individuals consume water that is safe and helps maintain the well.

Well water systems can be cleaned mechanically or chemically; a combination of the two is the most effective approach . A water well system contactor is best qualified to help the well-owner decide which method to use:

PTSD is post-traumatic stress disorder; trauma is common, harmful and an expensive public problem that arises from events such as violence, abuse, traumatic experiences, neglect, disaster, war and other negative experiences. There are currently about 12 million people in the U.S. with PTSD and in Maine, 223 thousand adults have a mental health illness and more than 60 thousand adults have a serious mental illness.

Despite the effective treatments, the majority of PTSD, most people do not get help. **What you can do is:**

- Encourage people to take [PTSD self-screening](#)
- Host a run, walk or ride
- Team up with local businesses to post flyers about PTSD
- Join a health fair to share [PTSD awareness materials](#)
- Share posts on social media about PTSD
- Invite subject matter experts to talk about PTSD in the workplace, community, classrooms, etc.

More about what you can do [here](#).

[Maine Mental Health Services](#)

- Mechanical processes include using pressurized air or water, wire brushes or scrapers, agitation of water in the well and sonic waves
- Chemical cleaning involves the use of various acids to loosen or dissolve debris in addition to polymers and caustic chemicals that increase alkalinity of the water to remove debris

On the other hand, well disinfection is performed and recommended when the water test indicates the presence of microorganisms such as viruses, bacteria and protozoa.

Resources:

[Request](#) more information

Maine Water Well Contractor [Search](#)

[Maine CDC Drinking Water Program](#)

Talk to well water experts: [Private Well Water](#)

[Well Drillers' Commission](#)

[Maine Ground Water Association](#)

This Ground Water and Private Well Water series was brought to you by the Downeast Public Health District.



Maine Emergency Management Agency Encourages Preparedness for Atlantic Hurricane Season

June marks the beginning of the Atlantic Hurricane Season, which extends through November 30. Forecasters predict 8 to 14 named storms, including 3 to 6 hurricanes and 1 to 3 major hurricanes.

To prepare

- Build an emergency kit
- Make family communications plan
- Learn community hurricane evacuation routes
- Make plans to secure your property
- Know your surroundings

Read more: [MEMA](#)

"Without ambition, one starts nothing. Without work, one finishes nothing. The prize will not be sent to you. You have to win it."

Ralph Waldo Emerson: American essayist, poet, and abolitionist (1803-1882)

Downeast Public Health District an

Summer is here, and with more time spent outdoors, sunscreen becomes an important part of staying healthy. But with so many products on the market, [how do you know which one is right for you?](#)

Many health experts now recommend mineral sunscreens, which use natural ingredients such as zinc oxide and titanium dioxide. Zinc oxide is especially valued because it provides broad-spectrum protection against both UVA and UVB rays and is considered one of the safest sunscreen ingredients available. In fact, it is the only active sunscreen ingredient approved by the FDA for infants under six months old.

Protecting your skin involves more than sunscreen alone:

- Choose a broad-spectrum sunscreen with SPF 30 or higher.
- Consider mineral-based options containing zinc oxide.
- Reapply sunscreen every two hours and after swimming or sweating.
- Wear protective clothing, a wide-brimmed hat, and UV-blocking sunglasses.
- Seek shade between 10 a.m. and 4 p.m., when UV rays are strongest.
- Avoid indoor tanning beds.

To help consumers make informed choices, organizations like the [Environmental Working Group \(EWG\)](#) publish annual sunscreen guides that evaluate products based on safety and effectiveness.

Information provided by the Beth C. Wright Cancer Resource Center.

**Help Us Improve- We Want To Hear
What You Think Of Our Newsletter!**

[Take this short survey](#)

(3 minutes)

Age-Friendly Public Health System



Sources: ODPHP, WHO, GAMH, Alzheimer's Association, Maine CDC, U.S. CDC, SCD Organization, NAMI, OBH, PTSD-VA, MEMA, Beth C. Wright Cancer Resource Center.

If you have any questions, please contact [Alfred May](#), District Liaison or [Kawther Mohamed](#), Public Health Educator.

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