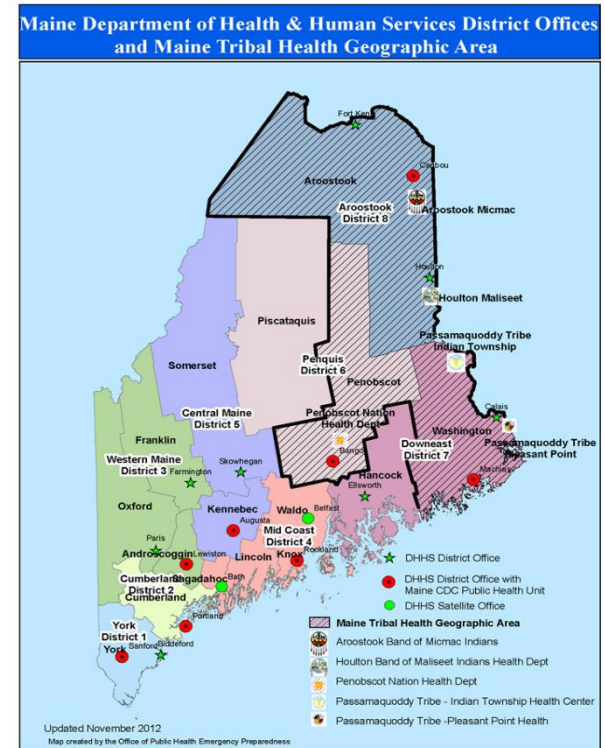


Midcoast Public Health District

Statewide Coordinating Council for Public Health  
December 18<sup>th</sup>, 2025



# Midcoast District Public Health Council (MPHC)



# Total Midcoast Population: 152,150

	SAGADAHOC	LINCOLN	KNOX	WALDO
Population	36,699	35,237	40,607	39,607
Pop Density	144.5 per sq mi	77.3 per sq mi	112 per sq mi	54.3 per sq mi

Four County Governments

73 Municipalities and Plantations

79 Local Health Officers; 1 County Board of Health (Sagadahoc)

6 Unbridged Island Communities

Population varies seasonally; tourists and migrant workers



# Midcoast Demographics

**Median Household Income:**

**State of Maine: \$ 68,251**

**Sagadahoc: \$ 77,591**

**Lincoln: \$ 69,638**

**Knox: \$ 68,904**

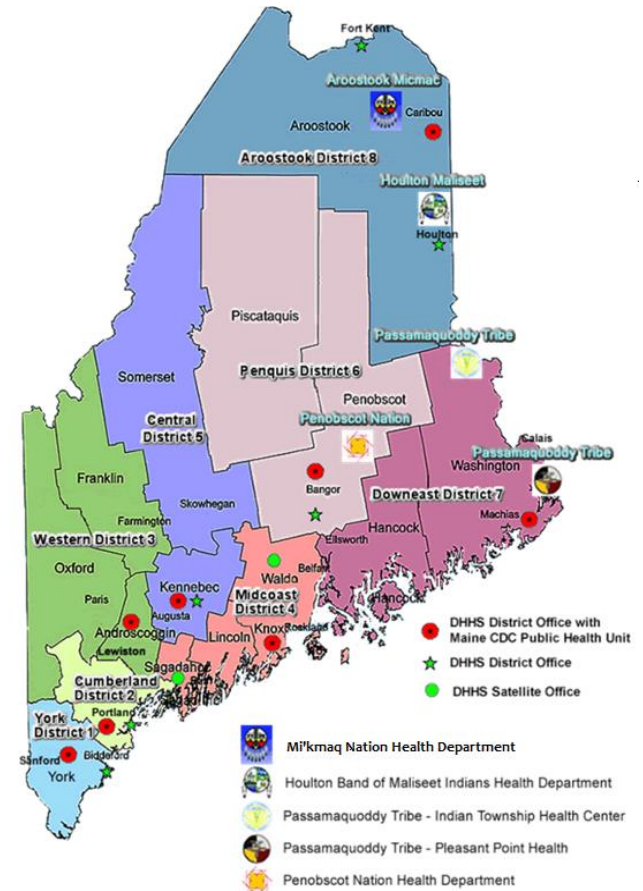
**Waldo: \$ 62,694**

	<b>MIDCOAST</b>	<b>STATE</b>
<b>Unemployment rate:</b>	5.1 %	5.4 %
<b>Individuals living in poverty</b>	11.8 %	10.9 %
<b>Children living in poverty</b>	16.0 %	13.8 %
<b>65+ Living Alone</b>	27.8 %	29.9 %

(Maine Shared Community Health Needs Assessment, 2025).

# Midcoast Public Health Unit

- **District Public Health Liaison**
  - Support to Local Health Officers and coordinated public health information
- **Public Health Nursing (PHN)**
  - Maternal and Child Health Programs,
  - Immunizations, TB Program and Older Adult
- **Drinking Water Program**
  - Public and Private Water systems
- **Health Inspection Program (HIP)**
  - Food Inspection and licensing
- **Epidemiologist**
  - Investigate infectious disease outbreaks
- **Public Health Educator**
  - Support for District Coordinating Council
  - Midcoast Public Health Council (MPHC)



# Midcoast Public Health Unit Contacts

District	Town	Program	Referral/Reporting#	Staff
Midcoast Public Health District	Rockland DHHS 91 Camden St. Suite 103 Rockland, ME 04849	Public Health Nursing	1-888-644-1130	Brooke Payne-PHN Supervisor Emily Courand RN Elizabeth Shell RN Brianne Fokine RN
		Health Inspection Program	1-800-821-5821	Sarah Fillion (Tel.) 207-944-0564
		District Public Health Liaison	1-800-821-5821	Drexell White (Tel) 207-596-4278
		Public Health Educator		Lindsey O'Hara (Tel) 207-592-6971
		Epidemiology	1-800-821-5821	Megan Kelley
		Drinking Water Program	1-800-821-5821	April Bledsoe (Tel) 207-215-7124

# Midcoast District PH Unit Collaboration

## Knox/Lincoln and Waldo Community Baby Shower

- Midcoast Public Health Educator and Public Health Nursing (PHN) served on Planning Committee.
- Two events: local resource tables for new and expecting families in 3 counties.
- Offered Vaccinations at Knox/Lincoln Shower
- Each Baby Shower provided “baby bags” with essential maternal health needs and products
- WIC, SNAP Ed, ME CDC, Healthy Kids, Waldo CAP, MaineHealth Vaccine and Community Health Dept, Help Me Grow and more!



# 2025 MPHC Council Highlights

- **February (Zoom)** Maine Legislative Update provided by Maine Public Health Association (MPHA). Annual Election and approval of new members.
- **April (Zoom)** State Health System Improvement Plan and District Health System Infrastructure Planning: set priorities for action
- **June (Zoom)** Shared Community Health Needs Assessment (SCHNA) discussion
- **September (IN- person)** Aldermere Farm in Rockport. Hosted Jamie Bourque Director of new ME CDC Office of Injury and Violence Prevention (OIVP) and Dr. Puthiery Va, ME CDC Director.
- **November: (Zoom)** Food Insecurity Panel: Midcoast leaders from regional and local Food Pantries and Organizations.

# Midcoast Public Health Council: Topics

**Local Health Officers (LHO)**  
**Midcoast Prevention Teams (MPN)**  
**Regional Epidemiology & PHN reports**  
**Midcoast Chapter Healthcare Coalition of Maine (HCC)**

**Oral health**  
**Alzheimer's Disease**  
**Older Adults/Social Isolation**  
**Youth Voices**  
**Midcoast Resources (FindHelp; 211)**

**Climate Change**  
**Midcoast Fishing Community & Health**  
**Midcoast Housing Issues**  
**Midcoast Transportation Issues**

# Midcoast District Communications

**Mailing List:** Members, Interested Parties and Stakeholders: 3,708 subscribers.

**Notes and Resources:** Newsletters sent quarterly via Gov Delivery.

**2022 Midcoast Local Public Health System Assessment:**  
Communication a consistent thread throughout the Essential Public Health Services

**May 2025 Edition**



**Midcoast Public Health Council (MPHC)**  
**Notes and Resources**

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**Calling all Storm Watchers, Become a SKYWARN Storm Spotter.**

The National Weather Service is holding a FREE training to become a SKYWARN Storm Spotter. A Storm Spotter reports damaging weather events. To learn more about this opportunity see below registration links.

Click [here](#) to register for the NWS Gray Virtual SKYWARN Training on May 7th!

Click [here](#) to register for the NWS Gray Virtual SKYWARN Training on May 20th!

**New England Public Health Training Center (NEPHTC) Student Stipend Application is OPEN.**

The [New England Public Health Training Center \(NEPHTC\)](#) provides \$3,500 in financial support to 27 public health students engaging in field placements and/or faculty-student collaborative projects during the 2025-2026 academic year.

To learn more about the program and to apply click [HERE](#)

# Midcoast District Key Data

## **RANK OF TOP CAUSES OF DEATH IN THE MIDCOAST:**

- (1) Cancer (2) Heart Disease (3) Chronic Obstructive Pulmonary Disease  
(4) Unintentional Injury (5) Alzheimer's Disease**

## **In the Local Public Health System Assessment data of 2022, some indicators of concern when comparing Midcoast to Maine flagged:**

- Sad/hopeless for 2 weeks in a row (HS students)
- Ambulatory care sensitive dental emergency department visit (adults)
- Lyme Disease (new cases)
- Fall-related injury (unintentional) emergency department rate (Shared Community Health Needs Assessment, 2021).

# Shared Community Health Needs Assessment

The Midcoast Public Health Council (MPHC) used the statewide Maine Shared Community Health Needs Assessment (MeSCHNA) results to identify key priorities for each county and Midcoast District.

- **Community Conditions:** • Housing • Transportation  
• Provider Availability
- **Protective and Risk Factors:** • Adverse Childhood Experiences (ACE's)
- **Health Conditions and Outcomes:** • Mental Health • Substance Use Disorder (SUD) • Obesity

(Maine Shared Community Health Needs Assessment, 2025).

# Race Ethnicity in the Midcoast: Sample County Profile

**(Percent) n= Number**

- American Indian/Alaskan Native** (0.2%) n= 98
  - Asian** (0.4%) n= 146
  - Black/African American** (0.4%) n= 157
  - Native Hawaiian or Pacific Islander** (0.0%) n= 4
  - Some other race** (0.8%) n= 314
  - Two or more races** (3.3%) n=1,328
  - White** (94.6%) n=38,682
- 
- Hispanic** (2.0%) n=729
  - Non-Hispanic** (98.3%) n=40,049

# Race Ethnicity & Other Cultural Considerations

**Midcoast District majority population is white, non-Hispanic**

- **Hispanic people**
- **ESL population**
- **Immigrant Health Check-in (MEHealth Midcoast Hospital)**
- **Connecting Around New Mainers Knox County (ME Health PenBay Hospital)**
- **Seasonal migrant farmworkers**
- **2 Amish communities: Whitefield and Unity**
- **Fishing Community**
- **Island communities**
- **Russian, Ukrainian refugees: Richmond**
- **Cambodian Cluster Waldo County**

# Council Work: *Currently in Progress*

## Midcoast District Infrastructure Plan

**Priority 1: COLLABORATION:** Strengthen local public health and emergency preparedness collaboration.

**Priority 2: EDUCATION:** Increase District public health communications to inform and educate District partners, non-governmental organizations (NGOs), municipalities, county and State governments, schools and all members of the public.

**Priority 3: PREPAREDNESS:** Increase the district public health voice by: Member involvement in community health efforts, municipal health planning, and health equity. Increase collaboration among district partners and sectors and identify duplicative services.

# Thank You!

**Midcoast Public Health Council SCC Representative: Chris Lyman,  
Public Health Consulting: [clyman9369@gmail.com](mailto:clyman9369@gmail.com)**

**For more information, contact:**

***Drexell White: Midcoast Public Health Liaison:***  
**[drexell.r.white@maine.gov](mailto:drexell.r.white@maine.gov)**

**Lindsey O'Hara: Midcoast Public Health Educator:**  
**[Lindsey.Ohara@maine.gov](mailto:Lindsey.Ohara@maine.gov)**

