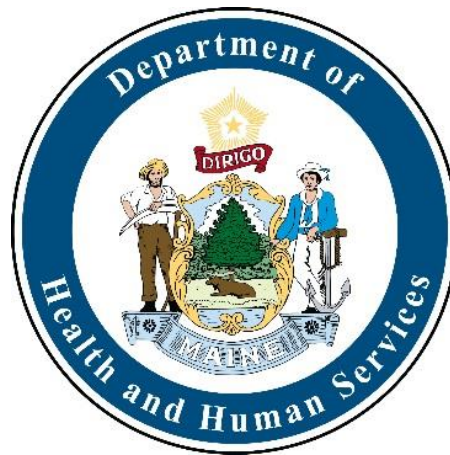


Penquis Public Health Council

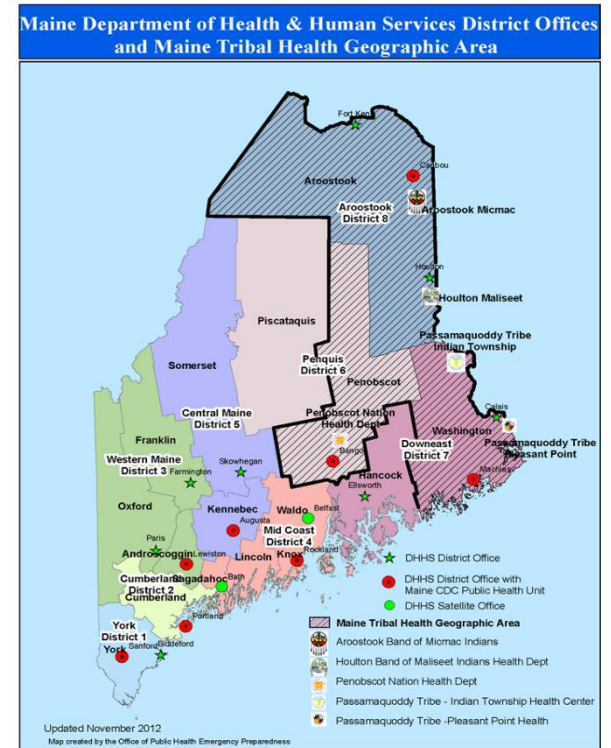
Statewide Coordinating Council for Public Health September 18, 2025 Meeting



Penquis District Public Health Council



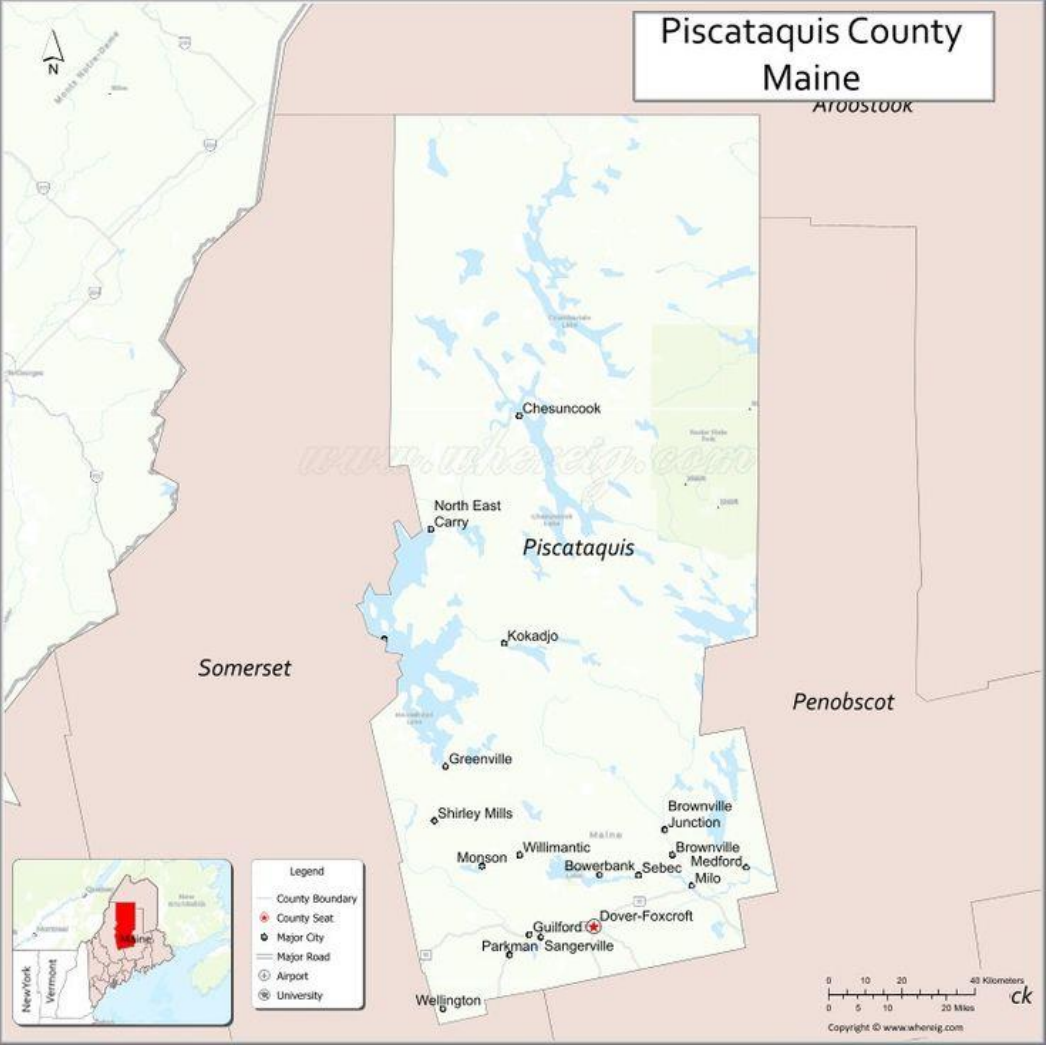
Penquis Public Health Council
Penobscot & Piscataquis Counties



Penquis District Public Health Council



Penquis District Public Health Council



Geography and Demographics Penobscot County

Population : **152,199** Source: <https://data.census.gov>

Number of cities: **5** (Bangor, Brewer, Hampden, Old Town, Orono)

Number of towns: **40**

Number of Unorganized Towns: **39**

Geography and Demographics Penobscot County

Population with Bachelor degree or higher: **37%**

Population 65 years or older: **20.8%**

Foreign born population: **3.9%**

Language other than English spoken at home: **5.7%**

Persons living in poverty: **13.2%**

Geography and Demographics Piscataquis County

Population: **16,800**

Fun Fact: Second Largest in Size by Land area

Number of cities: **1** (Dover-Foxcroft)

Number of towns: **17**

Number of Unorganized Towns: **92**

92 UTs (or unorganized territories) in this county are organized into four general UTs:
Blanchard UT, Northeast Piscataquis UT, Northwest Piscataquis UT, Southeast

Piscataquis UT.

Source: <https://data.census.gov>

Geography and Demographics Piscataquis County

Population with Bachelor degree or higher: **21.8%**

Population 65 years or older: **26.9%**

Foreign born population: **2.3%**

Language other than English spoken at home: **2.7%**

Persons living in poverty: **16.5%**

Penquis District Public Health Unit

District	Town	Program	Referral/Reporting#	Staff
Penquis Public Health District	Bangor DHHS 19 Maine Ave Bangor, ME 04401	Public Health Nursing	1-888-644-1130	Cynthia Grass (Supervisor) 207-561-4429
		Health Inspections	1-800-821-5821	Jen Springer (Tel.) 207-944-0564
		District Public Health Liaison	1-800-821-5821	Jessica Fogg (Tel.) 207-561-4421
		District Public Health Educator		Rachel Robbins (Tel.) 207-215-7896
		Epidemiology	1-800-821-5821	Stacie Poulin (Tel.) 207-446-2865
		Drinking Water	1-800-821-5821	Vacant
	DIS		Marissa Paul (Tel.) 207-592-5318	

Penquis Public Health Council Newsletter

PENQUIS PUBLIC HEALTH COUNCIL

August 2025



Penquis Public Health Council Meeting

Wednesday August 6th, 2025
9am - 10:30am

The upcoming council meeting will feature informative member updates and two key presentations. Jamie Bourque from the Office of Injury and Violence Prevention will discuss community-focused strategies to prevent injuries, increase resident engagement, and address local needs. Nicole Breton and Erica Dyer from the Maine CDC will provide updates on rural health efforts, including workforce recruitment, immigration pathways, and EMS training programs in several Maine counties.

Events/ Trainings

Maternal Mental Health ECHO Series

This series will run from September 2025 to May 2026, on the third Thursday of each month from 12:00-1:00 p.m. Topics include Depression in Pregnancy, SUD Management during Pregnancy, Bipolar Disorders, Cannabis Use Disorder, Working with OCFs for Best Patient Outcomes, and more!

If you're interested in signing up, please email katherine.crothers@mainehealth.org



Penquis Public Health Council
Penobscot & Piscataquis Counties

Educational

Handling Food Safely While Eating Outdoors

Maine Healthy Beaches: The MHB program

News

Maine CDC Prepares for Active Mosquito Season

Maine CDC Issues Additional Advisories for Freshwater Fish Consumption Due to PFAS Contamination

Celebrating Student Creativity and Public Health: 2025 Lyme Disease Poster Contest Winners

Protecting Privacy: How CoverME.gov Keeps Information Secure

HANs

HIV and Other Infectious Disease Testing in Pregnant Persons

Tuberculosis Reporting and Billing Updates

Seasonal Arbovirus Updates for Health Care Providers

Updated Rule for the Control of Notifiable Diseases and Conditions

Final 2025 CHNA Reports:

State of Maine
Penobscot County
Piscataquis County

Events/ Trainings

Combating HIV/Hep C/STI Stigma Training
Tools to reduce stigma and foster understanding.
Ideal for healthcare workers, social workers, and community helpers.

Bangor:

August 5 | 10:00 AM-12:00 PM

Bangor Parks & Rec

Sign up here

Upcoming Events/Community



EQME EQUALITYMAINE

Network For Older Adults

CLICK BELOW:

Events from May 8 – June 29 > Network For Older Adults > EqualityMaine

New Support for Creating Lactation-Friendly Workplaces

As part of this year's Healthy Eating Active Living (HEAL) program, district staff will help employers create lactation-friendly workplaces that meet Maine's Nursing Mothers in the Workplace Law. HEAL coordinators can assist with writing policies, planning employee communications, and setting up lactation spaces.

Staff will use the Resources for Workplaces to Support Lactating Employees toolkit from the Maine State Breastfeeding Coalition. Employers may also apply for Maine's Lactation Friendly Workplace Recognition Program. Workplaces of all kinds—municipalities, clinics, senior living facilities, childcare centers, and more—are welcome to join.

For more info or to sign up, contact Deb Weiskittel at deborah.weiskittel@bangormaine.gov.



Smoke alarms save lives!
Could your family escape a home fire in just 2 minutes?

Make sure your home has working smoke alarms. They can cut the risk of dying in a home fire by half.

The American Red Cross will install **FREE** smoke alarm(s) and provide free home safety checks.

Sign-up today!

To schedule an installation: Visit redcross.org/EndHomeFire/NNE Call: 1-800-484-8992 (Option 4)



Scan to schedule your free installation.



WEEK of ACTION MAY 10-16

For more information contact Elaine Thomas ela.net@homeunitedway.org or call (207) 941-2800 with any questions.

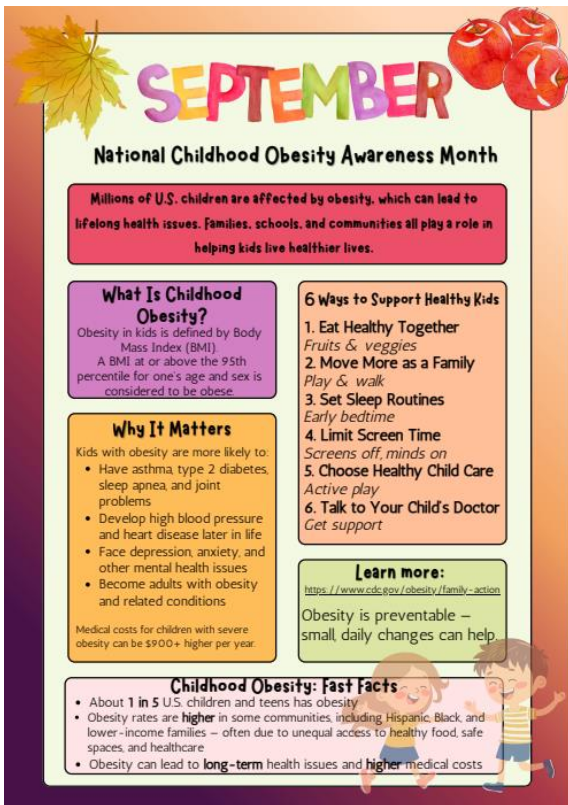


Be a Part of the Newsletter!

Do you have any upcoming news, updates, or events? Please reach out to the

Penquis District's Public Health Educator Rachel Robbins at rachel.robbins@maine.gov

Penquis Public Health DHHS Employee Education Publications



SEPTEMBER
National Childhood Obesity Awareness Month

Millions of U.S. children are affected by obesity, which can lead to lifelong health issues. Families, schools, and communities all play a role in helping kids live healthier lives.

What Is Childhood Obesity?
Obesity in kids is defined by Body Mass Index (BMI). A BMI at or above the 95th percentile for one's age and sex is considered to be obese.

Why It Matters
Kids with obesity are more likely to:

- Have asthma, type 2 diabetes, sleep apnea, and joint problems
- Develop high blood pressure and heart disease later in life
- Face depression, anxiety, and other mental health issues
- Become adults with obesity and related conditions

Medical costs for children with severe obesity can be \$900+ higher per year.

6 Ways to Support Healthy Kids

1. Eat Healthy Together Fruits & veggies
2. Move More as a Family Play & walk
3. Set Sleep Routines Early bedtime
4. Limit Screen Time Screens off, minds on
5. Choose Healthy Child Care Active play
6. Talk to Your Child's Doctor Get support

Learn more:
<https://www.cdc.gov/obesity/family-action>

Obesity is preventable – small daily changes can help.

Childhood Obesity: Fast Facts

- About 1 in 5 U.S. children and teens has obesity
- Obesity rates are **higher** in some communities, including Hispanic, Black, and lower-income families – often due to unequal access to healthy food, safe spaces, and healthcare
- Obesity can lead to **long-term** health issues and **higher** medical costs



01 BENEFITS OF BREASTFEEDING BABY
NATIONAL BREASTFEEDING MONTH
THE LONGER I LIVE, THE MORE BEAUTIFUL LIFE BECOMES!
FRANK LLOYD WRIGHT

02 BENEFITS FOR PARENTS
DUMPING AND BOTTLE-FEEDING BREAST MILK
03 ENJOY BREASTFEEDING JOURNEY! PARENTS SUPPORT

OLDER AMERICANS – WISDOM, WELLNESS, AND WONDER
HEALTH AND WELLNESS
CLINICAL PREVENTIVE SERVICES
NUTRITION
FINANCIAL TIPS AND SCAM PROTECTION

NATIONAL HIV TESTING DAY
JUNE 27TH
HIV TESTING
SELF-TESTING
PREVENTION
LEVEL UP YOUR SELF-LOVE: CHECK YOUR STATUS

August is NATIONAL IMMUNIZATION AWARENESS MONTH
Breast Cancer Awareness Month



IN OCTOBER WE WEAR PINK

Breast Cancer Awareness Month

Checklist for Breast Cancer

Know Your Numbers

Know Your Risk

Know Your Symptoms

Know Your Support

Know Your Resources

Know Your Hope

Know Your Power

Know Your Future

Know Your Love

Know Your Strength

Know Your Courage

Know Your Faith

Know Your Hope

Know Your Power

Know Your Future

Know Your Love

Know Your Strength

Know Your Courage

Know Your Faith

Penquis Public Health Council Work



- February meeting – resource sharing Find Help → Northern Light & 2-1-1 Overview
- May in-person meeting at Penquis with the Maine Public Health Association & Legislative Session update
- July meeting included program and policy update from Violence & Prevention & Rural Health and Primary Care

Penquis Public Health Council Work

Strengthening Clinical Skills with Augmented Reality

Northern Light Eastern Maine Medical Center has launched a groundbreaking project to revolutionize nursing education and health care delivery, addressing health care challenges identified in the 2019 and 2022 Community Health Needs Assessments for the Penquis Health District (Penobscot and Piscataquis counties in Maine). Focusing on augmented reality simulation (AR Sim), the initiative aims to address the ongoing nursing shortage and disparities in health care access and outcomes among underrepresented populations.



Photo courtesy of Northern Light Eastern Maine Medical Center.

"Federal funds dedicated to addressing gaps in the public health system that contributed to health inequities and disparities uncovered by the COVID-19 pandemic became available from the *Maine Center for Disease Control and Prevention*."



Photo courtesy of Northern Light Eastern Maine Medical Center.

Thank You!

Penquis Public Health Council SCC Representative:

Matt Donahue, Heart of Maine United Way mattd@homeunitedway.org

SCC General Representative:

Sue Mackey Andrews, Helping Hands with Heart sdmandrews@gmail.com

For more information, contact:

Jessica Fogg, MPA, District Liaison jessica.fogg@maine.gov

Rachel Robbins, Public Health Educator rachel.robbins@maine.gov

