



# 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> 12/01/2025
<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 11.05.25</p> <p><b>Council Education Topic(s):</b></p> <ul style="list-style-type: none"> <li>• "Older Adult Intensive Outpatient and Cardiopulmonary Rehabilitation Services at Northern Maine Medical Center"</li> <li>• "Group Discussion: What is occurring or might occur that affects the health of our community or the public health system?"</li> </ul> <p><b>Guest Presenters:</b>  <b>Sarah Wimbiscus</b>, LCSW, Director IOP/CPR, Northern Maine Medical Center</p> <p>➤ Dates of note in Aroostook District:</p> <ul style="list-style-type: none"> <li>➤ Next DCC Meeting: 02/05/2026</li> <li>➤ Next Aroostook Chapter of Maine HCC Meeting: 01/08/2026</li> <li>➤ Next APHC Aging Committee Meeting: TBD</li> <li>➤ Next APHC Steering Committee Meeting: 01/07/2026</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>○ September: National Recovery Month</li> <li>○ October: Dental Hygiene Awareness</li> <li>○ November: Food Insecurity in Aroostook County</li> <li>○ December: Handwashing</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           <ul style="list-style-type: none"> <li>○ 09/03/2025: Interim Local Guidance for Health Care Personnel with Illness or Exposure to Respiratory Viral Infections</li> </ul> </li> </ul>	

strict Name: Aroostook

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 22 M.R.S. §412 (2011).

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- 09/08/2025: Hantavirus Pulmonary Syndrome in Maine Resident
- 09/09/2025: Eastern Equine Encephalitis in Maine Resident
- 09/12/2025: COVID-19 Vaccine Recommendations
- 09/23/2025: September 2025 ACIP Updates
- 09/26/2025: Resurgence of New World Screwworm in the Americas
- 09/29/2025: U.S. CDC: Ebola Outbreak in the Democratic Republic of the Congo
- 10/17/2025: 2025 Fall Tick Season
- 11/12/2025: Pertussis Testing, Antibiotic Treatment, and Isolation
- 11/17/2025: Recommendations Related to Infant Botulism Linked to Powdered Infant Formula

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

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

- September 2025 – December 2025
  - New PHN for Houlton has been hired. She will start on December 15, 2025.
  - Worked with local schools to assist in completion of school vaccine clinics.
  - Continued work on policies and procedures to assist older adults.
  - Completion of PPE training in partnership with District Public Health.
  - Starting in January, PHN will be sponsoring and hosting a local parenting support group.
  - New PHN logo in process of being rolled out

## **\*\* 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:
  - All 57 Inspections are completed
- District G: (currently covering)
  - 13 Inspections Completed
  - 12 Inspections scheduled through to the end of December
- Construction began on Fort Kent Route 1 Water Main Replacement Project in October with the intent of completing enough work that they can hit the ground running in Spring of 2026.
- Houlton Phase 2 Water Main Replacement, Madawaska 7<sup>th</sup> Avenue Water Tank Painting, Presque Isle State Street Transmission Main Replacement, and Caribou Aroostook River Crossing are all in either the design or bidding process with construction expected to begin in Spring/Summer 2026.
- (3) water treatment change applications were received and processed in the previous quarter, and a similar amount is expected this quarter.
- Applications for 2026 funding were received in October. Applications are currently in review and the 2026 intended use plan and award letters will be complete in Spring 2026.

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

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- 14 Inspections completed between September 01, 2025 – November 21, 2025
  - Eating – School – 3
  - Eating Place – Takeout - 1
  - Sporting/Recreational Camp - 2
  - Eating Place Tier 1 - 2
  - Eating Place Tier 2 – 2
  - Eating Place Tier 3 - 1
  - Eating – School Catering - 2
  - Eating and Lodging - 1

**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 August – October 2025**

- **Tobacco Prevention:**
  - **Focus Area: Prevention**
    - INDEPTH: Fort Fairfield Middle School (3)
    - Catch My Breath: Fort Fairfield Middle School (3), Valley Unified Fort Kent (111), St John Valley Tech High School (18), Houlton Middle/High School (411)
    - Restorative Circles: Fort Fairfield Middle School (3) Fort Kent (89), St. John Valley Tech (27)
    - Community Events: UMPI Convocation (25), Houlton Middle/High School Open House (45), Cary Medical Center Health Fair (75), Fort Kent Age-Friendly Community Resource Fair (60), Healthy Aging Luncheon (61), Bridge to Hope Cancer Walk (400), Region 2 College Career Fair (425), MDOT Health Fair (125)
    - Lions Quest: Caswell School (112), Washburn Elementary School (80),
  - **Focus Area: Second-Hand Smoke**
    - Education: Food Banks (25), Healthy Aging Luncheon (61),
    - Technical Assistance: Fort Kent Community “Recovery Rock” (45), Fort Fairfield Middle/High School (3),
  - **Focus Area: Treatment Services**
    - My Life My Quit: Aroostook Recovery Center of Hope (17), ACAP-Houlton (24), Houlton Regional Hospital (1), Houlton Middle/High School (5), Houlton , Middle/High School Weekly Briefing electronic newsletter (8,100), Referral to Quitline from ACAP Intake (9), Valley Unified Fort Kent (111), MDOT Health Fair (125), St John Valley Tech (18), Michaels House Recovery Fort Kent (1), Healthy Aging Luncheon (61), Region 2 Career & College Fair (650), Bridge to Hope Cancer Walk (26), Caribou Tech College Fair (520),
- **HEAL (Healthy Eating, Active Living):**

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- HEAL Coordinator worked with Aroostook Council for Healthy Families, Maine Prevention Council, Public Health Nursing, WIC, along with 14 municipalities to ensure new and expecting mothers were supported in their breastfeeding efforts and were able to make informed decision regarding breastfeeding. These entities identified strategies to help solve some of the access issues moms, babies and the communities would all benefit from. The group worked closely to bring awareness to more than 210 individuals during 14 Baby Sprinkle events held within local municipalities.
- The HEAL Coordinator conducted the third farm tour for the Aroostook County School Nutrition Director’s Workgroup. As a result of the tour, Northern Reach Maple, located in Fort Kent, is now providing syrup tapped from their trees and creating maple products and partnering with 14 county schools. School directors representing 14 schools attended and are making changes in the kitchens moving from serving high fructose corn syrup to serving locally provided maple syrup allowing for healthier options for students.
- The HEAL Coordinator worked to launch its first official Aroostook County Food Council with the partnership of the Regional Local Food Coordinator. The group worked to secure funds for the council together with the Maine Food Council Network, worked to recruit attendees, create mission statements, discuss roles, plan events, secure meeting times and space.

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

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

- Oct 2025: Breast Cancer Awareness Month
- 10/14/2025: Introduction to Maine’s Community Health Center Network
- 10/16/2025: Healthcare Workforce Development Conference
- 10/21/2025: Leveraging Media to Transform Public Health Narratives and Policy
- 10/30/2025: Maine’s 2025 Nurture ME Summit
- Maine CDC Launches “Ask Your Doc” Vaccine Campaign
- Maine CDC Issues Standing Order Expanding Access to COVID-19 Vaccine Amid Federal Roadblocks
- Maine, Northeastern States Formally Announce Northeast Public Health Collaborative
- Nov 2025: American Diabetes Month
- 11/19/2025: Creating Accessible Documents – The Basics (Part 1)
- 11/20/2025: The Permanent Commission on Racial, Indigenous, and Tribal Population’s 2025 Annual Public Meeting
- 11/01/2025: CoverME.gov’s Fifth Annual Open Enrollment Begins

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<b>District: Central</b>	<b>Date: 12/18/25</b>
<p><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>	
<p>Agendas and minutes 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>	
<p>➤ Dates of note in Central District:</p> <ul style="list-style-type: none"> <li>• Next District Coordinating Council (DCC) Meeting: January 22, 2026</li> <li>• Next Healthcare Coalition (HCC) Meeting: February 4, 2026</li> </ul>	
<p><b>Ongoing or upcoming Public Health Council projects or priority issues:</b></p> <ul style="list-style-type: none"> <li>➤ The October Quarterly DCC meeting was in-person at Educare in Waterville, and featured Maine CDC Director Putheiry Va and updates from attendees. After the meeting we took Dr. Va and Dan Dent, Maine CDC Communications Director, on tours of Educare, the Kennebec Behavioral Health High Hopes Clubhouse, and the MaineGeneral Harm Reduction Program at Thayer.</li> <li>➤ Recruit replacement for district SCC representative in 2026</li> <li>➤ Use Central District Public Health Unit updates to communicate important information to DCC, LHOs, chief municipal officials, and partners</li> <li>➤ Communicate, collaborate, and adjust to ongoing funding and staffing cuts and program changes</li> <li>➤ Ongoing review of District 211 reports and updating resources when possible to address unmet needs</li> </ul>	
<p><b>Ongoing or upcoming District projects or priority issues:</b></p> <ul style="list-style-type: none"> <li>➤ Northern Light Inland Hospital closure; primary care and emergency department capacity in the district</li> <li>➤ Hiring a district Public Health Educator</li> <li>➤ Transforming Rural Health grant projects and opportunities</li> </ul>	
<p><b>In-district or multi-district collaborations:</b></p> <ul style="list-style-type: none"> <li>➤ HCC connection of members to new County EMA staff; exercise assistance</li> <li>➤ New Local Health Officer orientations</li> <li>➤ Assistance with basic needs (housing, transportation, food, utility, healthcare) , infectious disease</li> </ul>	
<p><b>** Division of Disease Surveillance;</b> Infectious Disease Epidemiology; Infectious Disease Prevention, Maine Immunization Program</p>	
<p><b>Ongoing or upcoming District projects or priority issues:</b></p> <ul style="list-style-type: none"> <li>➤ The District Field Epidemiologist gave an update on infectious disease data for the district at the October 23 DCC meeting.</li> </ul>	

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

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

- The Central District PHN team is fully staffed.

## **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 the Fall 2025 EDHOC Health Fair, educating **45 participants** on HCCA related programming, specifically around healthy eating and active living.
- Participated in **3 Health Fairs** for IHE's in Kennebec County: Colby College, University of Maine Augusta, and Thomas College. Each event saw between **20-30 students** engaging with staff.
- Attended the 2<sup>nd</sup> Annual Waterville Community Collaborative and connected **50+** attendees throughout the event. Top resources included trail guides, healthy eating on a budget, healthy drink choices, and stress management.
- MaineGeneral Geriatric Care officially signed onto ParkRx in October 2025. This brings us to **3 sites** in Kennebec County. (4 potentially pending confirmation from Augusta Teen Center.)
- 100 Mile Club currently being supported across **6 sites/schools** in Kennebec County.

#### **Somerset Public Health**

- Hosted the 10th Annual Somerset School Nutrition Training, engaging 41 school nutrition workers and 3 school nutrition directors.
- Distributed 3,600 lbs. of fresh produce from Somerset County Jail to MSAD 54, MSAD 59, and RSU 74.
- Provided technical assistance for statewide 100 Mile Club including assistance with developing scoring rubric, application and scoring.
- Implemented the 100 Mile Club in 26 schools, engaging 3,964 students who collectively earned 671,127 miles.
- Lone Wolf Media filmed at both the Somerset County Jail and Madison Elementary School for a PBS documentary on our Seeds of Hope project.
- Recruited 2 new indoor walking locations for the 2025-26 season; Somerset Elementary School in Hartland and the Forest Hills Consolidated School in Jackman.

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<b>District:</b> Cumberland	<b>Date:</b> December 18, 2025
<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/healthy-living/healthy-communities/public-health-districts/cumberland">https://www.maine.gov/dhhs/mecdc/healthy-living/healthy-communities/public-health-districts/cumberland</a>	
<b>Ongoing or upcoming Public Health Council projects or priority issues:</b>	
➤ DCC Meetings: November 21st, 2025, virtual via Zoom with 31 participants, facilitated by Executive Committee member Hannah Siladi	
<ul style="list-style-type: none"> <li>• SNAP and MaineCare updates – including the federal shutdown and what to expect with the federal reconciliation law roll-out – from Micheal Downs (OFI) and Sarah Fisher (OMCS)</li> <li>• “Transportation, Traffic, and Public Health” with presentations by Zoe Miller, Moving Maine Network and Cashel Stewart, GPCOG/Vision Zero Project</li> </ul>	
<b>Executive Committee meets regularly on issues including:</b>	
➤ Finalizing SOP for expenditures of existing funds held by fiscal agent	
➤ Finalizing leadership succession planning and job descriptions for EC members (including treasurer and membership coordination)	
➤ Transition to new SCC Representative is underway from Courtney Kennedy (GSFB) to Hannah Siladi (UNE)	
➤ Monthly newsletters continue to improve communication and information-sharing (October, November, December)	
<b>In-district or multi-district collaborations:</b>	
➤ CDPHC collaboration with MaineHealth and City of Portland Public Health on Flu and Covid vaccination clinic for Congolese Community of Maine – 12/12/25	
➤ Maine CDC PHE created Thanksgiving Food Guide, Winter Holiday Food and Warming Guide, and flyers for CoCoMaine vaccination event	
➤ 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	
➤ Quarterly District meeting of the Healthcare Coalition took place December 4 <sup>th</sup> with a presentation of EMResource tracking and communication tool, that will be piloted in Cumberland District	
<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>	

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- 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 12/10/25. Increase testing will be promoted, as well as outreach and education for providers and partners working with people who inject drugs, and with all pregnant people
- ID/Epi and DL are sharing information with partners regarding an active TB case in Windham
- A [HAN related Shigellosis](#) was issued 11/19/25 and was relevant to Cumberland District
- Cumberland Field Epi presented to a USM microbiology class
- Field Epi is working with partners regarding a suspected atypical Powassan viral infection in a 2-month-old, consulting with federal CDC and Massachusetts health department.
- DIS continues to call for sustained education for the public & providers to include syphilis testing in routine health exams, especially for pregnant people

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:**

- Active TB cases continue to be a focus for our Cumberland PHN team  
-PHN team is currently working with 30 individuals in southern Maine with TB diagnoses
- MCH PHN are assisting schools with catch-up vaccinations for several students
- MCH PHN report an uptick in pre-natal referrals, and some challenges with successfully referring patients to postpartum mental health care

## **\*\* 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 Boil Water Orders issued in the reporting period
- No Do Not Drink orders were issued in the reporting period
- No Do Not Use orders were issued in the reporting period
- Cumberland DL is participating in the Division of Environmental Health's General Tracking Advisory Board

### **Health Inspections Program:**

- 2 HIP positions have been filled in Cumberland District (covering Baldwin, Bridgton and Harrison; Naples, Standish and Portland)
- Inspectors will conduct inspections at the upcoming Tattoo Artist Convention in Portland (February 26<sup>th</sup> and 27<sup>th</sup>)

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

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## Ongoing Regional Representation by Maine CDC:

- DL is participates in the **Maine CDC Maternal and Child Health Wellness Coalition**
- DL participates in the **State Refugee Advisory Council**
- DL participates in the **Maine Department of Health & Human Services/Community Health Worker Steering Committee**
- DL participates in the **Region 1 Homelessness Council**
- DL participates in the **Lakes Region Collective Action Network**
- DL participates in bi-weekly **MEMA Feeding Mainers** meeting
- DL co-chairs **Healthcare Coalition Chapter**
- DL participates in **Brunswick Area Immigrant Wellness** meeting
- DL participates in **MIRC Community Provider** meeting
- DL participates in **CEEMA Emergency Directors** meeting

## ► Highlights of completed activities conducted by Maine Prevention Network Contractor/ Subcontractors during August to October 2025:

### Healthy Eating Active Living (HEAL)

- HEAL team lead continued youth engagement efforts around open space planning in the Lake Region, building on last year’s work in Bridgton. HEAL lead worked with two student advocates, Land Trust partners, and the Casco Open Space Committee to facilitate a focus group with high school students to bring youth voices into Casco’s Open Space Planning process.
- HEAL team lead continues to partner with Boston University and Perch Design on two projects of the Food Resources Coalition emerging from the community engagement process last winter. These include an analysis and summary report of the focus group research and a food resources map that reflects where households can use and extend their nutrition benefits in Cumberland County for local produce, meats and seafood, and culturally important foods. The report’s conclusions were reviewed with focus group co-facilitators and original participants to ensure they reflected perspectives accurately. The resources map has been informed by a variety of partners and will be available for distribution by the end of December. HEAL team lead presented on this work at the Maine Public Health Association Annual Conference.

### Tobacco and SUPs:

- Cumberland County Public Health (CCPH) Substance (SUP) and Tobacco Use Prevention Teams collaboratively designed and hosted a *Foundations in Prevention* workshop with ethnic community-based organization (eCBO) partners. This served as a kickoff for our Data to Action projects and capacity building effort with our eCBO partners who will help implement 4 projects across our TSUP teams. ECBO partner participants include: Maine Association for New

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Americans, New England Arab American Organization, and Gateway Community Services Maine. We had 11 staff from these organizations attend the workshop facilitated by our Director Liz Blackwell-Moore. The 2 strategies within the SUP work for the year include enhancing the prevention skills of community leaders and youth serving organization staff. These strategies were identified through a community-based participatory action research project hosted in the spring in collaboration with these eCBO partners.

- The SUP team in collaboration with the HEAL team finalized the *SoPo Youth Activity Map* which features places and spaces that youth can spend time and engage in enrichment activities outside of school hours. The map includes the library, Boys and Girls Club, and SP Recreation programs and spaces like the Teen Center and features 7 original illustrations by youth artists. All programs on the map bolster protective factors for youth against early substance use and high risk use. The map highlights transportation options for youth to access these locations such as the Greater Portland Metro bus and Eastern Trail system. In the spring a team of South Portland High School students will build an outreach and education program using the map as a communication and engagement tool.
- Substance Use Prevention Specialist Eilish Carpenter is supporting the Gorham Action Team for Youth coalition (GATY) to engage youth voices and support parent engagement. This builds on work led in the spring to identify evidence-based and community-informed strategies that support positive youth outcomes and prevent substance use and high risk use. Eilish supported the coalition to apply for a Drug Free Communities (DFC) grant and unfortunately learned this fall that the National CDC does not plan to award any new DFC funds this year. Despite this news, Eilish continues to support efforts that are aligned with our Maine Prevention Network goals.
- To start the school year, the Restorative Practice Systems Specialist (RPSS, a shared role with the Tobacco Prevention Team) Andrew Forsthoefel has deepened partnerships with several schools in the district to sustain and build upon their restorative practices (RP) and protocols. These include: Lake Region High School, Deering High School, Portland High School, Lyman Moore Middle School, Lincoln Middle School, Rowe Elementary, and Portland Public Schools at the district level. New initiatives that build upon staff and faculty restorative circles include community building circles for students and use of circles as an alternative to punishment. One highlight is the creation of a student restorative facilitator track for academic credit at Deering High School built into their weekly community-building restorative circle and demonstrating a powerful opportunity for youth to connect and build their own RP facilitation skills

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

District Name: Cumberland

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

22 M.R.S. §412 (2011).

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# Statewide Coordinating Council for Public Health District Project Update

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- DPHE issued a newsletter in December with events of interest for partners
- HAN issued: Nov 26, 2025 : Recommendations for HIV Testing and Prevention Among People Who Inject Drugs
- HAN issued: Nov 19, 2025 : Recommendations for Diagnosis of and Prevention of Shigellosis

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

- Cumberland District HCC is piloting a project to use a tool from Maine CDC, EMResource, for resource tracking and requests. The HCC met on 12/4/25 to receive a PHEP presentation on the tool, and a small working group will move the project forward
  - Maine CDC’s Cumberland District Public Health Unit met on 12/12/25 a shared concern emerged about fear amongst immigrant community members, that are negatively impacting care-seeking, health and well-being for those communities

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# Statewide Coordinating Council for Public Health District Project Update

**Public Health**  
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Template updated 03/2023.

**District: Downeast Public Health District  
(Hancock & Washington Counties)**

**Date: December 18, 2025**

**Office of Readiness and Response:** 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: <https://www.maine.gov/dhhs/mecdc/about-us/commissions-review-panels/statewide-coordinating-council-for-public-health/meetings>

➤ **Downeast Public Health Council Meeting Dates for 2025** (third Friday of the month at new time 10:00 am to 12:00 pm): January 17, March 21, May 16, July 18, September 19, and November 21.

### September 19, 2025 Meeting

In Person Meeting in Steuben: 25 attendees

➤ **Topic:** For council business, we provided a summary of the September 18 SCC Meeting and then had two presentations: Maine CDC Drinking Water Program and the Community Outreach Initiative on Dementia. The Community Outreach Initiative on Dementia is a collaborative project between Maine CDC's Alzheimer's Prevention Program, the Alzheimer's Association Maine Chapter and the Downeast Public Health Council. The presentation provided an overview of dementia statistics and key focus of the Healthy Brain Initiative, including risk reduction. The Risk Reduction Collaborative was introduced for Downeast, which consists of two community convenings to address the communities' priorities and teach brain health strategies and promote action plans. The second half of the meeting allowed the four district committees to prioritize their one-year objectives, strategies, and activities for Downeast Public Health.

### November 21, 2025 Meeting

In Person Meeting in Steuben: 24 attendees

➤ **Topic:** The first half of the meeting was dedicated to the annual review of the Maine Prevention Services in Downeast with a focus on substance use prevention (alcohol and cannabis) and youth activities using MIYHS data. After a brief overview of the Downeast statistics, Healthy Acadia staff facilitated breakout groups with a set of questions that discussed youth and use of substances, programs that help improve youth health and minimize risks, mentoring programs and how businesses and organizations can support programs and services that improve youth positive health and growth. The second half of the meeting utilized the four committees and finalizing the coming year's work plans.

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

➤ 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: <https://afphs.org/recognized-leaders/>

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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:**

- Two Living with Cancer Conferences in Washington County on October 3 and Hancock County on November 7 were conducted with good attendance and learning, hosted by the Beth C. Wright Cancer Center with support from various organizations and funders.
- 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 winter/spring 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.

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

- 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.
- 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.

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## Statewide Coordinating Council for Public Health District Project Update

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- 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:**

- Rabies in animals and tick-borne disease prevention (Lyme disease, anaplasmosis, babesiosis, Borrelia miyamotoi disease, and Powassan encephalitis) continue to be issues needing community outreach and education.
- Hepatitis and HIV education and outreach occurring in response to potential increase in cases in the state.

*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.

*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.
- 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*

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## Statewide Coordinating Council for Public Health District Project Update

**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 in 2024:** *Healthy Acadia staff provide the prevention work in Downeast.*

### ***Healthy Eating, Active Living (HEAL)***

- ❖ School Nutrition Culinary Training professional development sessions have been highly successful, engaging 140 school nutrition staff in learning kitchen efficiency practices, proper use of food processors, and other time-saving small equipment. Introduced Robot Coup food processor loan program available for Downeast schools.
- ❖ Collaboration with Gleaning Initiatives has supported Early Care providers in accessing local produce and sparked growing interest in Farm to Early Care and Education (ECE) efforts. Distribution of gleaned produce at regional ECE conferences and community baby showers has further boosted community awareness and enthusiasm. Provided 110 lunch bags filled with gleaned veggies and nutrition resources at the WIC Community Baby Shower and Washington County ECE Conference.
- ❖ Beals Elementary School was selected as a New Balance Elite Package recipient in the 100 Mile Club program. The school has integrated the EZ Scan platform for tracking progress and Toe Tokens to recognize student milestones. All staff and students have elected to participate.
- ❖ Participation in the Family Fun Zone and Food Fest in Ellsworth provided an opportunity to showcase a variety of initiatives—including Gleaning, Physical Activity (with parachute play), and Breastfeeding support through the Lactation Station. These community events highlight the broad range of services we offer and strengthen community engagement.
- ❖ We conducted the annual Washington County Turkey-A-Thon, raising over \$40,000 in a single day to support area food pantries.

### ***Substance Use Prevention***

- ❖ Healthy Acadia developed a “Back to School Resource” to advertise their prevention programs, with an accompanying school partnership form to learn how HA can best support their schools.
- ❖ The team coordinated with local youth to plan, implement, and evaluate their 2025 Down East Teen Leadership Camp, which was held over the course of 5 days and 6 nights with youth staff,

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## Statewide Coordinating Council for Public Health District Project Update

**Public Health**  
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and 4 days and 5 nights with youth campers. At this camp, community partners provided workshops, team building activities, and excursions.

- ❖ Healthy Acadia held a sticker shock campaign at Bucksport Hannaford.
- ❖ Healthy Acadia supported five youth in career exploration activities through an extended learning opportunity to support youth in gaining hands on experience at Princeton Recreation.
- ❖ The UPENN Resilience curriculum is being implemented at Princeton Middle School.
- ❖ Maine Youth Action Network was engaged by Healthy Acadia to support the planning and development for their youth civic engagement project.

### ***Tobacco Prevention***

- ❖ Prevention of tobacco: program data went through a thorough cleaning process, including the aggregation of data.
- ❖ During the quarter, 154 activities were reported for Q3 compared to 158 for Q2; 4,565 people were reached in Q3 compared to 7,889 for Q2; Great work in schools with youth and parents; and Great work in the policy space this quarter.
- ❖ The settings for the 154 quarter activities included: 8 health care facilities; 82 other settings; 25 schools; 2 higher education sites; 21 businesses; 3 church or faith based; 5 non-town owned public venues; 5 county; 1 town, and 2 neighborhoods.
- ❖ The target populations for these activities included: 16 adults; 12 general population; 11 high school; 1 middle school; 13 middle and high school; 63 youth and parents; 27 youth; 1 municipal leader; 3 young adults (18 – 24 years); 2 seniors, and 4 parents (1 not categorized).

### ***Maine Youth***

- ❖ No report this time.

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## Statewide Coordinating Council for Public Health District Project Update

### **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 partnered with DHHS agencies to submit the Rural Health Transformation Initiative Grant to the federal government.

### **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

<b>Midcoast District (Knox, Lincoln, Sagadahoc &amp; Waldo Counties)</b>	<b>Date: December 18th, 2025</b>
<b>Office of Readiness and Response includes</b> District Public Health, Rural Health and Primary Care and Oral Health; Public Health Emergency Preparedness (PHEP), Data, Research and Vital Statistics (DRVS)	
<p>Agendas and minutes available on District’s webpage:  <a href="https://www.maine.gov/dhhs/mecdc/public-health-systems/lphd/district4/publications.shtml">https://www.maine.gov/dhhs/mecdc/public-health-systems/lphd/district4/publications.shtml</a></p> <p><b>Midcoast Public Health Council:</b></p> <p>The Midcoast Public Health Council (MPHC) meeting held on November 18<sup>th</sup>, 2025 featured a Food Insecurity Panel Discussion. Leaders from local and state organizations were present and included <b>Good Shepard Food Bank, Area Interfaith Outreach (AIO) Food Pantry, Belfast Soup Kitchen, Midcoast Hunger Prevention and Department of Agriculture, Conservation and Forestry (DACF)</b>. Each member described their organization’s mission and how they tackle food insecurity in the Midcoast District.</p> <p>The MPHC Steering Committee Meeting is scheduled for January 13<sup>th</sup>, 2025, and the SC will be focusing on the feedback received from the District Council meeting breakout sessions, the District Infrastructure Plan and preparing for the annual election at the February meeting.</p> <p><b>Ongoing or upcoming Public Health Council projects or priority issues:</b></p> <ul style="list-style-type: none"> <li>➤ The Midcoast Public Health Unit (PHU) meets on December 16<sup>th</sup>, 2025. 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.</li> <li>➤ Midcoast Public Health Educator supported the planning and hosting of the Waldo County Community Baby Shower. The event offered free and local resources for infants and families in Waldo County. Midcoast Public Health Educator will begin working to plan the Lincoln/Knox Community Baby Shower with Public Health Nursing (PHN) and partners in the district.</li> <li>➤ Midcoast Public Health Educator delivered a presentation to the Regional School Nurse Cooperative meeting on November 19<sup>th</sup> about the Midcoast Public Health District and opportunities for collaboration between Public Health Districts and School Nurses throughout the state.</li> </ul> <p><b>In-district or multi-district collaborations:</b></p>	

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**Public Health**  
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- The Midcoast Public Health Educator attended the Nurture ME’s Summit and facilitated a Midcoast District Roundtable for attendees. The round table discussion focused on ways that the group can individually and collectively strengthen and support families within their community based on conditions in their district.
- The Midcoast District Chapter of the Health Care Coalition of Maine (HCC) is scheduled to meet on December 10<sup>th</sup> from 2-3pm via Zoom. The Midcoast Chapter continues to seek a Chapter Representative for the district. The group also reviewed the statewide HVA and timeline for upcoming training opportunities in the district.

**\*\* 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 continuing educational webinar to Local Health Officer’s (LHO) about annual disease surveillance cases seen across the district and state of Maine.

**\*\* 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.
- PHN’s are continuing to partner with Waldo County YMCA and Maine Families with their “Bumps and Babies” to support new and expectant families in Waldo County.
- PHN’s partnered with a local school to provide a flu clinic this fall and will be partnering for a catch-up vaccine clinic this winter.

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

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## Statewide Coordinating Council for Public Health District Update

**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 July-September 2025:**

**Midcoast Substance Use Prevention (SUP) 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.
- MPN staff in **Lincoln County** and in partnership with Wiscasset Prevention Coalition organized group listening sessions for the coalition members to garner feedback from the members about the coalition's future organization and direction. Healthy Lincoln County (HLC) has been designated as a Recovery Friendly Workplace.
- 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."
- MPN Staff in **Sagadahoc County** presented Mt. Ararat High School to 45 students on MIYHS data and how Mid Coast can support the school with SUP programming. Another presentation to the Mid Coast Hospital's Board of Directors, a decision-making group, focused on Community Health Improvement Plan (CHIP) priorities, including a focus on substance use prevention.

**Midcoast Healthy Eating Active Living (HEAL) Activities from July-September 2025:**

- **Sagadahoc County** staff met with the Merrymeeting Food Council to discuss ways to increase access to healthy foods for those who have lost or are going to be losing SNAP benefits. Staff from **Sagadahoc County** staff convened the 3<sup>rd</sup> Cross Town Bike and Ped Lunch and Learn with attendance from Brunswick and Topsham citizens. Safe routes to School efforts and collaboration between Brunswick and Topsham around the new bridge and bike lane occurred.
- **District 4 HEAL Team** has developed and is promoting the new breastfeeding resource dashboard that will include educational materials, support group information, return to work toolkit and ME CDC,

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**Public Health**  
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Public Health Nursing (PHN) Information. Upon discharge, patients will receive a magnet with a QR code to connect with outpatient resources.

- **Sagadahoc County Tobacco Prevention Staff** promoted My Life, My Quit (MLMQ) and Maine QuitLink (MQL) at Brunswick and Topsham National Night Out events, providing over 100 materials to attendees.
- **Lincoln County HEAL Staff** partnered with MaineHealth Lincoln Hospital’s OBGYN and Women’s Health Department to distribute new parent dashboard resources to community members and is seeking additional partners to expand their reach.
- **Lincoln County HEAL Staff** promoted and participated in the Playworks Workshop in Boothbay, held in partnership with Let’s Go. The training supported K-5 educators in fostering student development through play and our team engaged with schools to share resources and strengthen community connections.
- **Knox/Waldo County HEAL Staff** successfully fostered a relationship with the Waldo County Sheriff’s Department Reentry Garden Program and RSU 71. This collaboration resulted in RSU 71 receiving about 1200 pounds of fresh local produce for their school district.
- **Knox/Waldo County HEAL Staff** continued to chair the Workplace Support Committee for the Maine State Breastfeeding Coalition (MSBC). This committee assists with the promotion of the “Return to Work” Toolkit for employees and employers and reviews applications for the MSBC Lactation Friendly Workplace Recognition Program.

**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

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

Template updated 03/2023

<b>District:</b> Penquis	<b>Date:</b> 12/15/2025
<p><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> <p>Agendas and minutes available on the district’s webpage.</p> <ul style="list-style-type: none"> <li>• Next DCC Meeting: 02/04/2025</li> </ul> <p><b>Ongoing or upcoming Public Health Council projects or priority issues:</b></p> <ul style="list-style-type: none"> <li>➤ Public Health Council planning for 2026 meetings</li> <li>Sustainability in a changing funding environment</li> <li>Leveraging partnerships to access and fill gaps</li> </ul> <p><b>Ongoing or upcoming District projects or priority issues:</b></p> <ul style="list-style-type: none"> <li>➤ Aging Adults Pannel Discussion</li> <li>Legislative Updates from Partners for 2026</li> <li>Maine Prevention Network Information Sharing</li> </ul> <p><b>In-district or multi-district collaborations:</b></p> <ul style="list-style-type: none"> <li>➤ Health Care Coalition- Member discussion about Chemical Packs and Points of Dispensing</li> <li>Training and Exercises- Cyber Security for Health Care Organization</li> <li>HIV Response</li> </ul>	
<p><b>** Division of Disease Surveillance;</b> Infectious Disease Epidemiology; Infectious Disease Prevention, Maine Immunization Program</p> <p><b>Ongoing or upcoming District projects or priority issues:</b></p> <ul style="list-style-type: none"> <li>➤ <ul style="list-style-type: none"> <li>• <i>September 12, 2025:</i> The U.S. Food and Drug Administration (FDA) has approved 2025–2026 COVID-19 vaccines for all people 65 years of age and older and people 6 months to 64 years of age at high risk for COVID-19 severe illness.</li> <li>• <i>September 23, 2025:</i> The Maine CDC, along with the American Academy of Pediatrics, is maintaining its existing guidance that the Measles, Mumps, Rubella and Varicella (MMRV) vaccine remain an option for children under 4 years of age, and strongly supports the current universal hepatitis B</li> </ul> </li> </ul>	

istrict Name: Aroostook

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22 M.R.S. §412 (2011).

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vaccine recommendations for giving newborns a dose of hepatitis B vaccine within 24 hours of birth.

- *October 17, 2025:* So far in 2025, case numbers of some human tickborne illnesses have surpassed incidence rates of earlier years. Health care providers should consider testing patients presenting with possible tickborne disease at any time of the year, including this fall and winter when deer ticks are active.
- *November 12, 2025:* The Maine Center for Disease Control and Prevention (Maine CDC) reported 96 pertussis cases between January 1 and November 2, 2025, including 16 (17%) under 5 years old, 16 (17%) age 5–9 years, 53 (55%) age 10–19 years old, and 11 (11%) ages 20 years and older. At this time last year, Maine had 120 pertussis cases.
- *November 17, 2025:* The Maine CDC is currently investigating one suspected botulism case in a Maine infant who consumed ByHeart infant formula. The suspected case is currently hospitalized and will be treated with BabyBIG®. Confirmatory testing is underway. As of November 14, 2025, this multi-state outbreak includes 23 infants with suspected or confirmed infant botulism from 13 states.
- *November 19, 2025:* The Maine CDC is currently investigating a cluster of seven shigellosis cases in Cumberland, Kennebec, and Androscoggin County residents. In the past five years the median number of annual shigellosis cases was 11. So far in 2025 there have been 22 cases (preliminary data as of November 19, 2025).
- *November 26, 2025:* Routine HIV surveillance by the Department of Health and Human Services' (DHHS) Maine Center for Disease Control and Prevention has identified an increase in new HIV diagnoses among people who inject drugs in Cumberland County. From 2020 to 2024, Cumberland County averaged one new HIV diagnosis per year among PWID. In 2025, five PWID have been diagnosed with HIV as of November 17 (preliminary data). The Maine CDC recommends HIV testing at least every three months for people with ongoing risk factors.
- *December 10, 2025:* The Maine Department of Health and Human Services' Maine Center for Disease Control and Prevention (Maine CDC) continues to recommend all newborns receive a first dose of hepatitis B vaccine within 24 hours of delivery and complete a three-dose series by age 18 months. The Maine CDC's guidance for hepatitis B vaccination practices is based on the evidence-based recommendations from the [American Academy of Pediatrics \(AAP\)](#), [American Medical Association \(AMA\)](#), and [American Academy of Family Physicians \(AAFP\)](#). Vaccination remains the best defense against hepatitis B.

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

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

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## Ongoing or upcoming District projects or priority issues:

➤ PHN has been busy this past quarter rebuilding the district 6 team. We now have a full team of six PHN's that cover the Penquis region. We are fortunate enough to have a wide range of experience on our team that will be valuable to our communities. As we move forward, we intend to expand on the education and services that we provide to meet the needs of our community.

### Events

- Baby Boo Fest-October 22nd in Dover-Foxcroft
- Penobscot Parenting Expo-November 13th in Bangor
- Vaccine Clinic-November 19th in Dexter
- Baby It's Cold Outside (baby shower w/community partners)-December 13th
- Older Adult Expo-Spring 2025 in Dover-Foxcroft

### Support Groups

- Baby & Me-Dover-Foxcroft library-done weekly in partnership with Mayo Hospital OB nurses.
- Baby & Me-Lincoln Library-potential re-launch Spring 2026

### Additional Project/Meetings

- Helping Hands with Heart-monthly-Dover-Foxcroft
- Maine Highlands Integrated Regional Network-weekly-Dover-Foxcroft
- Bi-Annual PHN meeting will be at UMaine for Spring 2026
- START Meeting-monthly meetings
- Domestic Violence Task Force- monthly meetings
- Penquis Steering Committee-quarterly meetings
- Rape Response Dessert Auction-yearly event
- Maine Breastfeeding Coalition-monthly meetings
- Bangor Breastfeeding Coalition-monthly meetings
- Maine Newborn Screening Committee
- Northern Light OB Presentation-quarterly presentation
- Mobile Health Clinic-returning Spring 2026
- HIV Outbreak

### Education

- AWHONN-Perinatal Orientation and Education Program
- TEEX Training

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TST Education provided to local hospitals  
Car Seat Training  
Quit Link/Tobacco training

**\*\* 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:**

**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 Highlights**

November 2025 (for period July-September 2025)

- Bangor Public Health developed a schedule for upcoming Responsible Beverage Server/Seller trainings, with two sessions scheduled virtually each month. The mailing list for Penquis PHD was updated to ensure all alcohol licensees were receiving communications.
- BPH presented to the Maine Families Home Visitors on Cannabis, Pregnancy, and Lactation; this presentation focused on how to have conversations with clients about cannabis use and safe storage.
- The team prepared information on youth substance use prevention strategies for the City of Bangor’s Opioid Settlement Funds Committee. This committee will make recommendations to the city council on a funding distribution strategy.
- Jamie and Robin were interviewed by the Maine Monitor on their piece focusing on substance use issues among older adults, including the role of the alcohol and cannabis landscape.
- Robin and Jamie participated in a meeting with MPHA and Rep. Anne Graham, providing education on public health and prevention concerns related to cannabis.

**Maine Prevention Network Contractor/Subcontractors during August 2025-October 2025**

**Healthy Eating**

- The HEAL Coordinator from Penobscot County attended a school nutrition staff meeting with representation from eight school districts across the Penquis Public Health District. In

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collaboration with the HEAL Coordinator for Washington and Hancock Counties, they led a session focused on incorporating local foods into school meals. Participants sampled three Harvest of the Month recipes—hummus, tzatziki, and zucchini bread—and shared input on which local foods they would like to use if no barriers existed, students’ favorite local recipes, and their current sources for procuring local foods.

- Piscataquis County hosted four Free Produce Pop-Up Markets in partnership with the Piscataquis Regional Food Center, distributing over 5,500 pounds of local fruits and vegetables. A total of 397 bags were given to employees and community members.
- The Mainers Feeding Mainers program continued at Northern Light Mayo Hospital and its local clinics throughout the growing season. A total of 434 pounds of produce from Ripley Farm in Dover-Foxcroft was distributed to employees and their families.
- In Piscataquis County, one garden this summer was established at Little Organics Learning Center in Dover-Foxcroft. To date, the Piscataquis County HEAL coordinator has provided technical assistance to establish gardens at four ECE programs.
- In Penobscot County, a Workplace Wellness program has been established at Bangor Public Health & Community Services.
- One School Nutrition Workgroup was held on October 21st. Three school nutrition staff from the public health district attended. The topic was From Bad Rap to Tasty Trays: Promoting School Meals Through Social Media, Websites, and Menu Appeal
- The HEAL Coordinator from Piscataquis County provided technical assistance to the school nutrition program at Greenville Consolidated School. As a result, the school is now connected with the Local Foods Fund and has begun offering local maple syrup as part of its school meals program.

### Active Living

- In Piscataquis County, 100 Mile Club programs will continue at Sedomocha, Milo Elementary, Piscataquis Community Secondary School, Piscataquis Community Elementary School, and Greenville Consolidated School. One new 100 Mile Club program will start this year at Ridge View Community School. Lactation
- In Piscataquis County, Baby & Me group meetups have continued at the Thompson Free Library, averaging 6–8 participants each week. In October, a collaborative fall event, Baby Boo Fest, was held in partnership with Public Health Nursing.

### Q3 2025 Tobacco Activities Summary

During Q3 2025, District 6 reported **79 tobacco-related activities**, an increase from **67 activities in Q2**. These efforts reached **11,118 individuals** across the district. While overall reach was lower than in the previous quarter, Q2 included a large-scale policy activity that significantly increased participation numbers. Activities in Q3 showed **strong engagement with school settings and rural communities**, reflecting effective alignment with priority populations and local needs. The district also demonstrated **continued**

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**stakeholder engagement and effective dissemination of prevention and education messaging** throughout the quarter. Overall, Q3 highlights increased activity levels, focused community engagement, and sustained collaboration in tobacco prevention efforts across District 6.

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

Shared federal policy updates at the MPHA Conference; joined the Governor for the Pink and Pearl Proclamation on breast and lung cancer screening; visited the Central District to discuss priorities, recognize the 2025 Immunization Champion, and tour community programs (Educare, High Hopes Clubhouse, MaineGeneral Harm Reduction Services). Held a Hear from a Peer session featuring the Safety and Health Committee. Provided opening remarks at the Nurture ME Summit on family well-being.

### **Health and Environmental Testing Laboratory**

Ongoing support for statewide surveillance and screening needs.

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

- 
- Community engagement and district updates
- Pink and Pearl cancer screening awareness
- Continued cross-program communication and feedback

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Template updated 02/2024

<b>District:</b> Western	<b>Date:</b> 12/18/25
<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 <a href="#">district's webpage</a>.</p> <p>Dates of note in Western District:</p> <ul style="list-style-type: none"> <li>➤ Next DCC meeting January 20, 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> </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</li> <li>➤ New Androscoggin EMA staff Director and Deputy Director</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>➤ New infection preventionist at Stephens Hospital</li> <li>➤ No current TB epi</li> </ul> <p>Infectious Disease Prevention:</p> <ul style="list-style-type: none"> <li>➤ No reports</li> </ul> <p>Immunization:</p> <ul style="list-style-type: none"> <li>➤ New coordinator covering Androscoggin and Franklin counties</li> </ul>	

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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:**

- Working with CCI on family health literacy training
- Two open PHN positions
- Starting process for Bumps and Babies in Farmington as well as an evening Bumps and Babies in Lewiston

**\*\* 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

**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:

- No reports

Tobacco:

- 217 activities reported for Q3 2025 compared to 241 for Q2. 10,688 people reached in Q3 2025 compared to 16,361 for Q2. Strong work with local school and youth spaces.

Chronic Disease Prevention:

- In October 2025, HCC Franklin partnered with the new ECE site, *Our Place to Grow*, a collaborative childcare center established through the local MaineHealth Franklin Hospital and Western Maine Community Action organization.
- In October 2025, HOH staff presented at the MaineHealth Center for Health Improvement (CHI) Conference on collaborating with farmers markets
- In October 2025, HOH staff co-presented at the Nurture ME Conference alongside a Public Health Nurse and the Stephens Hospital Perinatal Outreach Educator.
- In October 2025, Healthy Androscoggin continued to support the Bumps & Babies perinatal support group at Lewiston Public Library.

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<b>Maine CDC Administration:</b> CDC Operations, Medical Epidemiology, Communications, Office of Public Health Equity
<b>Ongoing or upcoming District projects or priority issues:</b> OPHE: <ul style="list-style-type: none"> <li>➤ Working on health equity trainings</li> <li>➤ Working with OIVP on gun violence prevention initiatives</li> </ul>
<b>** Maine Health and Environmental Testing Laboratory (HETL):</b>
<b>Ongoing or upcoming District projects or priority issues:</b> <ul style="list-style-type: none"> <li>➤ No reports received</li> </ul>

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# Statewide Coordinating Council for Public Health District Project Update

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Template updated 03/2023

<b>District:</b> York Public Health District	<b>Date:</b> 12/18/2025
<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 Maine Public Health Association based on organizational story telling and how to share the messages and success of your organization’s work. <a href="mailto:adam.hartwig@maine.gov">adam.hartwig@maine.gov</a></li> </ul>	
<b>Ongoing or upcoming Public Health Council projects or priority issues:</b> ➤ The council is still working to attract new members.	
<b>Ongoing or upcoming District projects or priority issues:</b> ➤ The District Coordinating Council is working on the development of the Local Public Health Systems Improvement Plan.	
<b>In-district or multi-district collaborations:</b>  <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.	
The York District Healthcare Coalition held a tabletop exercise based on a hurricane scenario for healthcare, long term care, and first responders in York County, the exercise was also attended by others from neighboring counties and the state.	
<b>Rural Health and Primary Care</b> <hr/>	
Stay Updated on the Latest Developments	

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## Rural Health and Primary Care

### Challenges to Health Care Access

Access to health care can be complex and becomes more of a challenge in rural and underserved areas of Maine. Challenges include:

People who have low-income and are uninsured have more trouble finding a health care provider to see them, are less likely to seek medical services, and have greater difficulty paying their medical bills.

Lack of transportation is the top, non-cost, reason people with low-income delay medical care.

Almost 20% of adults without a high school diploma do not have a regular health care provider, compared with 14% of high school graduates, 11% of those with some college, and 8% with a bachelor's degree or higher.

Compared to white adults, members of racial or ethnic minority groups are more likely not to have a regular health care provider (21% vs. 12%) and more likely to have gone without care in the prior year because of cost (17% vs. 10%).

### Successes

There is areas Maine is doing well, including:

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.

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

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

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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.

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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**Public Health**  
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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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