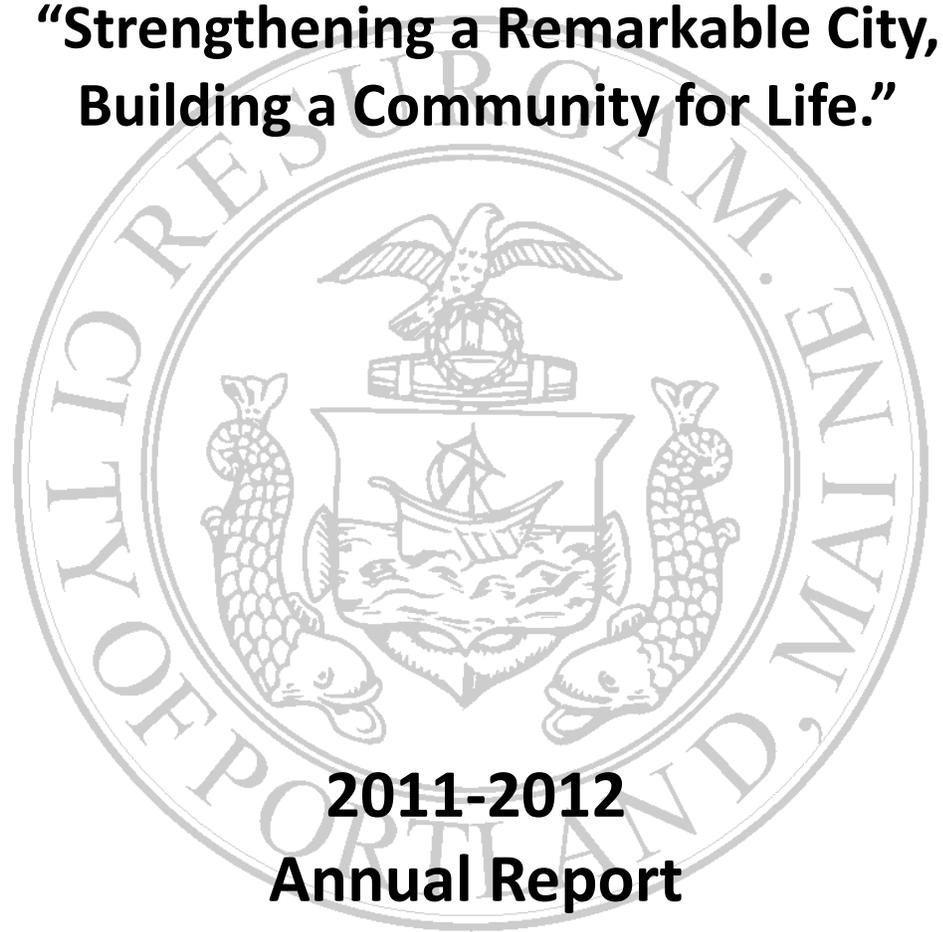




# Portland Maine

**“Strengthening a Remarkable City,  
Building a Community for Life.”**



**2011-2012  
Annual Report**

**Public Health Division  
Health and Human Services Department  
City of Portland**



# Welcome

On behalf of the City of Portland, Health and Human Services Department, Public Health Division, I am pleased to share our Fiscal Year 2011-2012 Annual Report. Thank you for taking the time to celebrate the successes of the past year with us.

It is a testament to the strength of the Division that, through tough economic times, we were not only able to maintain capacity but in some areas we were able to expand. This would not have been possible without the tireless efforts of our community partners, who worked with us to ensure needed services were being delivered.

We received a Family Violence Prevention grant, Defending Childhood, funded through the US Department of Justice, which is providing families, caregivers, and schools in Portland with resources they need to prevent children's exposure to violence, and to treat children who are currently experiencing trauma associated with past exposure to violence. We are proud to be at the forefront of violence prevention statewide.

Through the Community Transformation Grant, funded by the US Centers for Disease Control and Prevention, we are tackling obesity on the front line by partnering with schools and child care providers to ensure our youngest generation has the tools necessary to both prevent and combat obesity. This work complements other initiatives undertaken by the Healthy Maine Partnerships and formerly by the federal Communities Putting Prevention to Work grant. I am proud to say that we are making sustainable change by continuing to work on community health concerns, such as obesity, on a daily basis.

The Division took on the responsibility of conducting Food Service Establishment Inspections, which was previously housed in the City's Code Enforcement Division. Our commitment is to the health of the public in making sure that all food service establishments are complying with local, state, and federal guidelines.

The Public Health Division will continue providing the same quality public health and health care services to those who live, work, and play in Portland, as we have for over a century. Please visit our website at [publichealth.portlandmaine.gov](http://publichealth.portlandmaine.gov) for a look at the complete list of services we provide, as well as health indicator data we produce.

Yours in good health,



Julie A. Sullivan, MPH, MBA  
Public Health Division Director

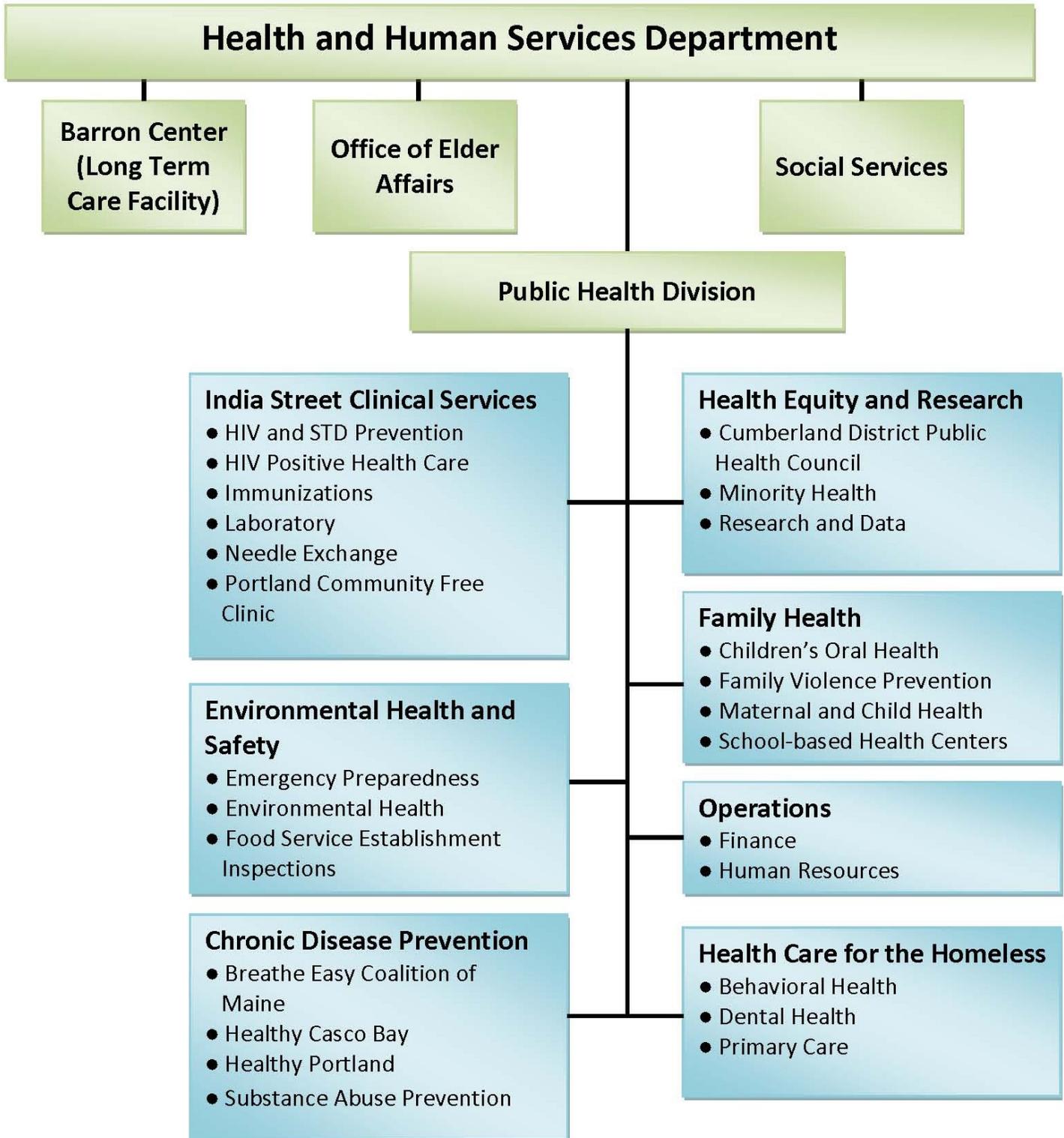
## Mission

The mission of the Public Health Division is to improve the health of individuals, families, and the community through disease prevention, health promotion, and protection from environmental threats.

## Vision

To be a community where the public can enjoy health and wellbeing in a clean environment, protection from public health threats, and high quality care.

# Our Organization



# Where We Are



1. Riverton Community School, 1600 Forest Avenue
2. Casco Bay High School, School-based Health Center, 196 Allen Avenue
3. Deering High School, School-based Health Center, 370 Stevens Avenue
4. King Middle School, School-based Health Center, 92 Deering Avenue
5. Reiche Community School, 166 Brackett Street
6. Health Care for the Homeless, 20 Portland Street
7. Portland High School, School-based Health Center, 284 Cumberland Avenue
8. City Hall, 389 Congress Street
9. India Street Clinic, 103 India Street
10. Healthy Portland and Healthy Casco Bay, 134 Congress Street



# What is Public Health?

## Breathe Easy Coalition of Maine

Consists of three programs that work across Maine to promote the creation of smoke-free environments for multi-unit housing, hospitals, and colleges/universities.

- **48%** of Maine private landlords have voluntarily adopted **100%** smoke-free policies.
- Distributed information to more than **16,000** landlords about the Maine Secondhand Smoke Policy Disclosure Law (enacted Sept. 2011).
- **20%** of Maine colleges and universities participated in the Maine Tobacco-Free College Network Gold Star Standards of Excellence Program.
- **71%** of Maine hospitals participated in the Maine Tobacco-Free Hospital Network Gold Star Standards of Excellence Program.

In order to better explain what public health is and how it affects our community on a daily basis, we will take you through a fictional case family, the Smith Family, who live in Portland. Where their lives interact with and are affected by the local public health system will be highlighted.

The Smith Family lives in Portland's Parkside Neighborhood. The mother, Lorena, is a school library aide and the father, Lyle, works as a lobsterman on Commercial Street. Their two children, Anna (11) and Ben (12), attend King Middle School. Anna has severe asthma that is triggered by tobacco smoke. This was a concern when moving to their current apartment, but due to a recent policy change led by the **Breathe Easy Coalition of Maine** and **Healthy Portland**, all Portland Public Housing Authority Buildings are now 100%

smoke-free. Because of this new policy, they feel reassured about the safety of their current unit.

Every morning, Lyle leaves for work at 4:00 AM and Lorena gets the kids ready for school. Thanks to an anti-obesity program, **Communities Putting Prevention to Work**, the kids are able to have healthy meals at school throughout the day. Both students are patients at the **school-based health center**, which provides primary care, mental health services, and **oral health services** to students. They are also screened for violence in the home thanks to a new federal violence prevention grant initiative, **Defending Childhood**. On his way home from school, Ben receives a **Positive Ticket** redeemable for a free game of bowling. These tickets are issued by law enforcement to youth for staying out of trouble or performing good deeds, and have been shown to build a positive relationship between youth and law enforcement. This program is an initiative of **One Maine One Portland**, which is part of the **Substance Abuse Prevention Program**.



### Healthy Portland

A Healthy Maine Partnership serving Portland.

- Worked to enable SNAP and credit/debit card usage at the Portland Farmers' Markets. The first year of the program brought in **\$48,231** in SNAP sales and **\$99,458** in credit/debit sales.
- Installed **2 StoryWalks™**—one at Payson Park and one at Riverton Park.
- Created Portland Walkways, **one mile walking routes** to each elementary and middle school.
- Helped passed Portland Public Schools' district-wide, comprehensive **wellness policy package**.

### Family Health

Targets its services to Portland students, expectant parents, new parents, and young children. It is composed of three programs: Children's Oral Health, Maternal and Child Health, and School-based Health Centers.

- Children's Oral Health Program: **2,049** clients for **2,633** visits.
- Maternal and Child Health Services: **348** clients for **732** visits.
- School-based Health Centers: **1,041** clients for **3,321** visits.



Community Health Promotion Specialist Shelby Briggs asks a Portland resident to take the Prevention Pledge for substance abuse prevention.

Public Health plays an important role in protecting the lives and well being of the residents of our communities. From 'No Smoking' signs to immunization clinics, from water filtration plants to bike paths, public health is all around us – protecting our health by safeguarding the places where we live, work, and play.

— Association of Schools of Public Health, "This is Public Health" campaign.

**Substance Abuse Prevention**  
 Uses an array of strategies to target populations, ranging from adolescents to adults, with the goal of empowering people to make choices that will ensure healthy and productive lives, while providing options that help reduce the harm caused by substance abuse.

**Cumberland District Public Health Council**  
 Promotes the health of all the communities in Cumberland County by providing information, coordination, collaboration, and advocacy. The council is a component of the State's district public health infrastructure. There are **30** Voting Members and **70** Interested Parties.

- **6** Standing Committees: Advocacy, Communications, Finance & Fundraising, Health Data, Healthy Cumberland and Membership
- **1** Ad hoc Committee: Community Transformation Grant (CTG) Oversight Committee
- **4** Workgroups: Health Equity, Flu/Pneumococcal, Communications, and Community Transformation Grant Physical Activity and Nutrition.

Thanks to a notice placed by the **Cumberland District Public Health Council**, Lorena learns that there is a flu vaccine clinic tonight at City Hall. At the clinic, run by the **India Street Public Health Clinic**, the whole family was able to get immunized against flu. After receiving their flu vaccines, they decided to have dinner at a local restaurant, where, due to a **recent health inspection**, they can feel safe eating. Also, thanks to menu labeling from **Communities Putting Prevention to Work**, they are able to make healthier, more informed choices. They also have the **Healthy Maine Partnerships** to thank for being able to eat in a smoke-free environment.

### India Street Public Health Clinic

Focuses on the testing, treatment, management and immunization of various infectious diseases. It is also home to the Portland Community Free Clinic.

- Immunization Program: **1,801** clients for **2,293** visits.
- HIV/STD Prevention Program: **1,270** clients for **1,463** visits.
- Needle Exchange Program: **449** clients exchanged **108,071** needles.
- Portland Community Free Clinic: **497** clients for **1,884** visits.
- HIV Positive Care Program: **211** clients for **2,260** visits.

### Food Service Inspections

The public health division conducts inspections on hundreds of restaurants, including new openings, schools, churches, mobile food pushcarts and festivals within the city.

- The **City's Food Code** was revised and updated to be in line with state standards.
- The city completed **174** inspections.

### Minority Health Program

Reached out to some of Portland's most vulnerable minority populations to increase access to needed health services.

- Community Health Outreach Workers provided outreach and services to **89 new clients** and **394 existing clients**.
- Surveyed **22 ethnic stores** in **5 districts** and assisted **5 stores** to become WIC authorized.
- At farmers' markets, **over 200 people** were reached through outreach using culturally competent materials.

That weekend, a new neighbor moves across the hall from them. His name is Pablo, and he is an immigrant from Honduras who speaks very little English and lacks a primary care provider. The Smiths refer him to the **India Street Public Health Clinic**, where he can become a patient of the **Portland Community Free Clinic**, receive **HIV/STD testing**, and speak with a **Community Health Outreach Worker** who will connect him with other services he needs.

As this story illustrates, public health touches several aspects of our lives every day. It is integral to how a community functions and in Portland is a significant presence.



Using Communities Putting Prevention to Work funding, Healthy Portland improved bicycling infrastructure in Portland by increasing the amount of bike lanes in the city, as seen on Nevens Street.

# Additional Programs

## Healthy Casco Bay

A Healthy Maine Partnership that serves the 10 towns north of Portland: Chebeague Island, Cumberland, Falmouth, Freeport, Gray, Long Island, North Yarmouth, New Gloucester, Pownal, and Yarmouth.

- Helped pass **3 tobacco-use limitations**: Gray, North Yarmouth, and all Royal River Conservation Trust Lands.
- Funded **8 physical activity mini-grants**: Casco Bay YMCA trail, Yarmouth Bike/Ped trail system, Mast Landing School, Friends School of Portland, Little Red Caboose Child Care, Port Teen Center, Falmouth Elementary School, and Freeport Conservation Trust.
- Funded **5 garden nutrition mini-grants**: Falmouth expansion of a permanent food pantry garden, Falmouth High School, Chebeague Island School, Yarmouth Schools, and Casco Bay YMCA.

## Portland's Initiative to Protect Environmental Resources (PIPER)

Portland was awarded an environmental justice grant funded through the Environmental Protections Agency's Technical Assistance Services for Communities program to conduct further environmental health assessment and intervention activities with Somali residents in Portland. Riverton Park Housing Development was selected as the focal point for the environmental justice grant.

- **10** interviews were done with a sample of residents by the University of New England and the City of Portland.
- **Secondary census data** were analyzed to provide deeper insights into the Somali population of the Riverton Park Housing Development and the most pressing environmental health risks facing them.

## Funding public health protects our communities and kids, saves lives ... and saves money

### Prevention and public health programs:



## Public health keeps kids healthy and communities strong

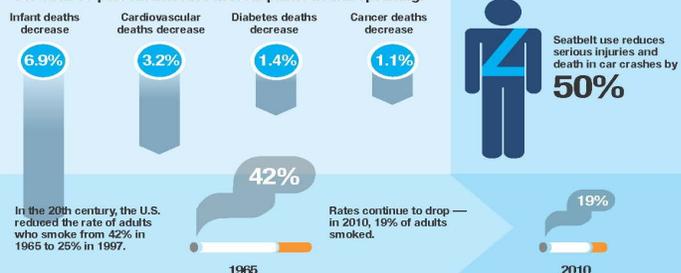
### Public health and prevention programs in your community:



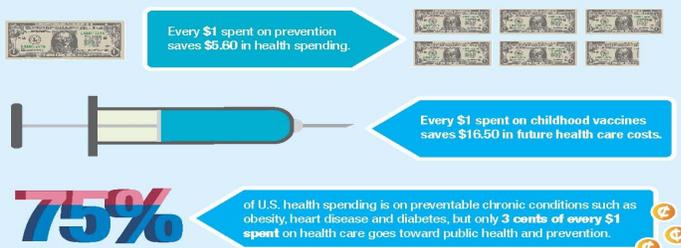
## We all benefit

## Public health saves lives

### For each 10 percent increase in local public health spending:



## Public health saves money



*"An ounce of prevention is worth a pound of cure."*  
— Benjamin Franklin



# Additional Programs



## Cities Readiness Initiative

Prevents illness and death by rapidly delivering medical countermeasures in response to a naturally occurring or bioterrorism event.

- Has a multidisciplinary Advisory Committee consisting of **27 partners**.
- Serves **40%** of Maine's population throughout York, Cumberland, and Sagadahoc counties.
- CRI training and exercising included **88 participants** in 2011.
- Received a **96 out of 100** on the U.S. CDC's annual federal Technical Assistance Review.
- Able to translate messages in **73 different languages** using the program's Phraselator.

## Health Care for the Homeless

Operates at 20 Portland Street and provides behavioral health, oral health, and primary care services to Portland's homeless population.

- Primary care Program: **1,421** clients for **6,956** visits.
- Oral Health Program: **1,009** clients for **2,549** visits.
- Behavioral Health Program: **586** clients for **4,593** visits.

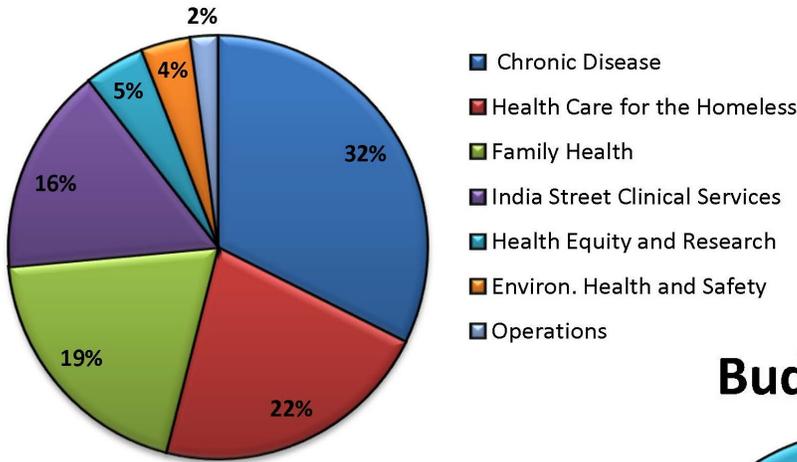
## Research and Data

Offers staff support for Public Health Division Programs and community partners with access to data and technical assistance around quality improvement, public health infrastructure, and program evaluation.

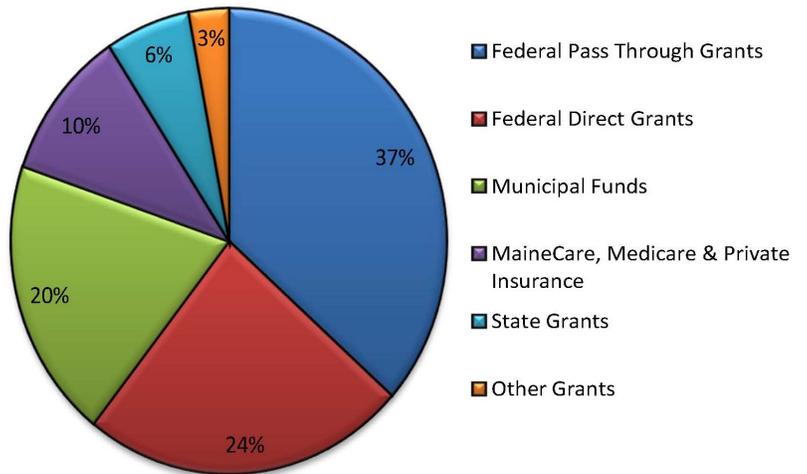
- Facilitated **2 Portland Community Free Clinic focus groups**.
- Distributed, collected and analyzed **231 surveys** for Free Clinic patients.
- Completed a health assessment of the minority communities in Portland, surveying **542 individuals**.

# Operations

## Budget by Program



## Budget by Funding Source



## Public Health Division Annual Budget by Source and Program, Fiscal Year 2011-2012

	Chronic Disease	Health Care for the Homeless	Family Health	India Street Clinical Services	Health Equity and Research	Environ. Health and Safety	Operations	TOTAL
Federal Pass Through Grants	\$2,676,481	\$39,425	\$23,520	\$193,425	\$150,000	\$175,600	\$0	\$3,258,451
Federal Direct Grants	\$0	\$884,506	\$698,269	\$465,298	\$0	\$100,000	\$0	\$2,148,073
Municipal Funds	\$108,635	\$304,945	\$411,721	\$512,126	\$152,422	\$66,017	\$186,168	\$1,742,034
MaineCare, Medicare & Private Insurance	\$0	\$618,293	\$105,580	\$213,101	\$0	\$0	\$0	\$936,974
State Grants	\$50,000	\$60,000	\$419,190	\$31,151	\$0	\$0	\$0	\$560,341
Other Grants	\$49,280	\$19,036	\$85,537	\$1,839	\$110,118	\$0	\$0	\$265,810
<b>TOTAL</b>	<b>\$2,884,396</b>	<b>\$1,926,205</b>	<b>\$1,743,817</b>	<b>\$1,416,940</b>	<b>\$412,540</b>	<b>\$341,617</b>	<b>\$186,168</b>	<b>\$8,911,683</b>

# Indicators

Indicator	Portland	Cumberland Co.	Maine	U.S.
Gender: <sup>1,2</sup>				
Female	51.2% <sup>1</sup>	51.4% <sup>2</sup>	51.1%	50.8% <sup>2</sup>
Male	48.8% <sup>1</sup>	48.6% <sup>2</sup>	48.9%	49.2% <sup>2</sup>
Age distribution: <sup>1,2</sup>				
Under 5 years old	5.4% <sup>1</sup>	5.1% <sup>2</sup>	5.1% <sup>2</sup>	6.4% <sup>2</sup>
5 to 19 years old	14.0% <sup>1</sup>	18.6% <sup>2</sup>	18.1% <sup>2</sup>	20.2% <sup>2</sup>
20 to 44 years old	42.5% <sup>1</sup>	31.7% <sup>2</sup>	29.4% <sup>2</sup>	33.6% <sup>2</sup>
45 to 64 years old	25.5% <sup>1</sup>	30.0% <sup>2</sup>	31.1% <sup>2</sup>	26.5% <sup>2</sup>
65 years and older	12.6% <sup>1</sup>	14.6% <sup>2</sup>	16.3% <sup>2</sup>	13.3% <sup>2</sup>
Racial and ethnic distribution: <sup>1,2</sup>				
Hispanic/Latino	3.0% <sup>1</sup>	1.9% <sup>2</sup>	1.4% <sup>2</sup>	16.7% <sup>2</sup>
Non-Hispanic/Latino:				
Asian and Pacific Islander	3.5% <sup>1</sup>	2.1% <sup>2</sup>	1.1% <sup>2</sup>	5.2% <sup>2</sup>
African American/Black	7.1% <sup>1</sup>	2.5% <sup>2</sup>	1.3% <sup>2</sup>	13.1% <sup>2</sup>
Native American	0.5% <sup>1</sup>	0.4% <sup>2</sup>	0.6% <sup>2</sup>	1.2% <sup>2</sup>
White	83.6% <sup>1</sup>	91.7% <sup>2</sup>	94.3% <sup>2</sup>	65.8% <sup>2</sup>
Multiracial or Other	2.7% <sup>1</sup>	1.7% <sup>2</sup>	1.5% <sup>2</sup>	2.3% <sup>2</sup>
Socio-economic indicators: <sup>2</sup>				
Median household income	\$44,422	\$55,658	\$46,933	\$51,914
Percent of those 16 years and older who are unemployed	5.6%	4.5%	5.5%	6.5%
Percent living in poverty	17.5%	10.5%	12.6%	13.8%
Percent of children living in poverty	29.9%	17.3%	18.8%	22.5%
Percent who have graduated high school by age 25	91.5%	94.0%	90.9%	85.9%
Healthcare access indicators:				
Percent with no healthcare coverage <sup>3</sup>	No data	8.6%	12.0%	15.0%
Maternal and child health indicators:				
Percent who are females age 15 to 44 years old <sup>1</sup>	24.9%	22.1%	21.0%	21.9%
Percent of all pregnancies carried by women under 20 years old <sup>4</sup>	No data	No data	7.8%	10.0%
Annual infant mortality rate per 1,000 live births <sup>5</sup>	No data	No data	4.5	4.5
Percent of 0 to 2 year olds immunized with 4:3:1:3:3:1 series <sup>5</sup>	No data	No data	53%	53%
Average annual age-adjusted cancer mortality rates per 100,000 population: <sup>7</sup>				
Lung cancer		53.5	57.5	50.6
Male prostate cancer	No data	26.7	24.4	23.6
Female breast cancer	No data	20.0	21.4	23.0
Colorectal cancer		17.3	16.9	16.7
Percent of women 40 and older having a mammogram in the past two years <sup>2</sup>		84.3%	83.3%	76.0%
Other health indicators: <sup>3</sup>				
Percent of adults who currently smoke	14.7%	14.3%	17.3%	17.9%
Percent obese, as defined by having a body mass index (BMI) of 30 or more	20.9%	22.9%	26.4%	26.9%
Percent binge drinkers (5 drinks on one occasion for men, 4 for women)	No data	16.6%	15.1%	15.8%
Percent ever diagnosed with asthma	No data	12.9%	15.7%	13.8%
Percent ever diagnosed with non-gestational diabetes	6.7%	6.9%	8.3%	8.7%

<sup>1</sup>U.S. Census Bureau; "Census 2010 Summary File 1 (SF 1) 100-Percent Data."

<sup>2</sup>U.S. Census Bureau. "2011 American Community Survey 1-year Estimates."

<sup>3</sup>Centers for Disease Control and Prevention (CDC). *Behavioral Risk Factor Surveillance System Survey Data*. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2010.

<sup>4</sup>Centers for Disease Control and Prevention; National Center for Health Statistics. National Vital Statistics System. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2009.

<sup>5</sup>Centers for Disease Control and Prevention; National Center for Health Statistics. Health Unites States 2011 with Special Feature on Socioeconomic Status and Health. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2011.

<sup>7</sup>Centers for Disease Control and Prevention, National Immunization Program. *National Immunization Survey Data*. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2007.<sup>8</sup>Centers for Disease Control and Prevention, National Cancer Institute. *State Cancer Profiles, 2005 – 2009*. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2009.

# Staff

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Hamideh Elhaei

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Mesele Tafere

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Toho Soma, MPH\*

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Isabella Borrero

Megan Evans, FNP

Sandra Green

Robert Haines, MD

Judy Hayes

Lisa Hilles

Catherine Hooper

Yvonne Jumper

Jocelyn LaPlante

Kimberly Lausier

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Darla Treworgy

### ***Operations***

Olida Arnoe

Melisa Huntley, MNM

Judith Johnson, MBA\*

Tiffany Mullen

Lisa Peterson

John Schreck

\*Manager

# Directory

<b>Health and Human Services (City Hall, Suite 304)</b> .....	<b>874-8663</b>
<b>Operations (City Hall, Suite 307)</b> .....	<b>874-8784</b>
<b>Environmental Health and Safety (City Hall)</b> .....	<b>756-8008</b>
Cities Readiness Initiative (CRI) .....	756-8053
Food Service Establishment Inspections .....	756-8016
<b>Family Health</b> .....	<b>874-8476</b>
<b>166 Brackett Street</b>	
Maternal and Child Health .....	874-8475
School-based Health Centers .....	874-8476
<b>1600 Forest Avenue</b>	
Children’s Oral Health .....	541-6628
<b>Health Care for the Homeless (20 Portland Street)</b> .....	<b>756-8254</b>
<b>Health Equity and Research (City Hall)</b> .....	<b>874-8787</b>
Cumberland District Public Health Council .....	874-8966
Minority Health .....	874-8773
<b>Health Promotion and Chronic Disease Prevention</b> .....	<b>756-8021</b>
<b>134 Congress Street</b>	
Healthy Casco Bay .....	541-6957
Healthy Portland.....	541-6954
<b>City Hall</b>	
Breathe Easy Coalition of Maine .....	874-8774
Substance Abuse Prevention.....	756-8116
<b>India Street Clinical Services (103 India Street)</b> .....	<b>874-8446</b>

**Note: City Hall is located at 389 Congress Street**

## 2011-2012 City of Portland Public Health Division Annual Report

Edited and designed by: Alexandra Hughes and Toho Soma



# Public Health

Prevent. Promote. Protect.

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## Portland Public Health Division

City of Portland, Health and Human Services Department