

Portland Maine

Yes. Public Health's Good Here.

Public Health Division
Health and Human Services Department
City of Portland



2012-2013 Annual Report



Welcome

On behalf of the City of Portland, Health and Human Services Department, Public Health Division, I am pleased to share our Fiscal Year 2012-2013 Annual Report.

Portland Public Health was involved in some noteworthy initiatives that began last year. First was our involvement with Mayor Michael Brennan's Health Care Initiative, which works to leverage local resources to maximize the value of the Affordable Care Act for Portland's vulnerable populations. As a local health department, we work hard to make sure all benefits of the ACA are maximized in Portland.

Our Food Service Establishment Inspection process was streamlined last year, which resulted in many positive changes. These include the posting of all inspection reports on our website, an online form to submit a comment or complaint, and a direct line to call for assistance with food service establishment concerns. We take pride in ensuring safe dining for Portland residents and visitors.

We are one of sixteen teams funded by the Robert Wood Johnson Foundation to explore the potential benefits of cross-jurisdictional sharing. We are working with a broad-based collaborative to strengthen our ability to provide essential public health services while improving effectiveness and efficiency, possibly through more regional approaches.

Another new project we began last year was CHANNELS. This project is a collaboration with the University of New England, Portland Housing Authority, Portland Community Health Center, and our Minority Health Program, and provides culturally competent public health and health care services to Greater Portland's refugee and immigrant communities.

Portland Public Health 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 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

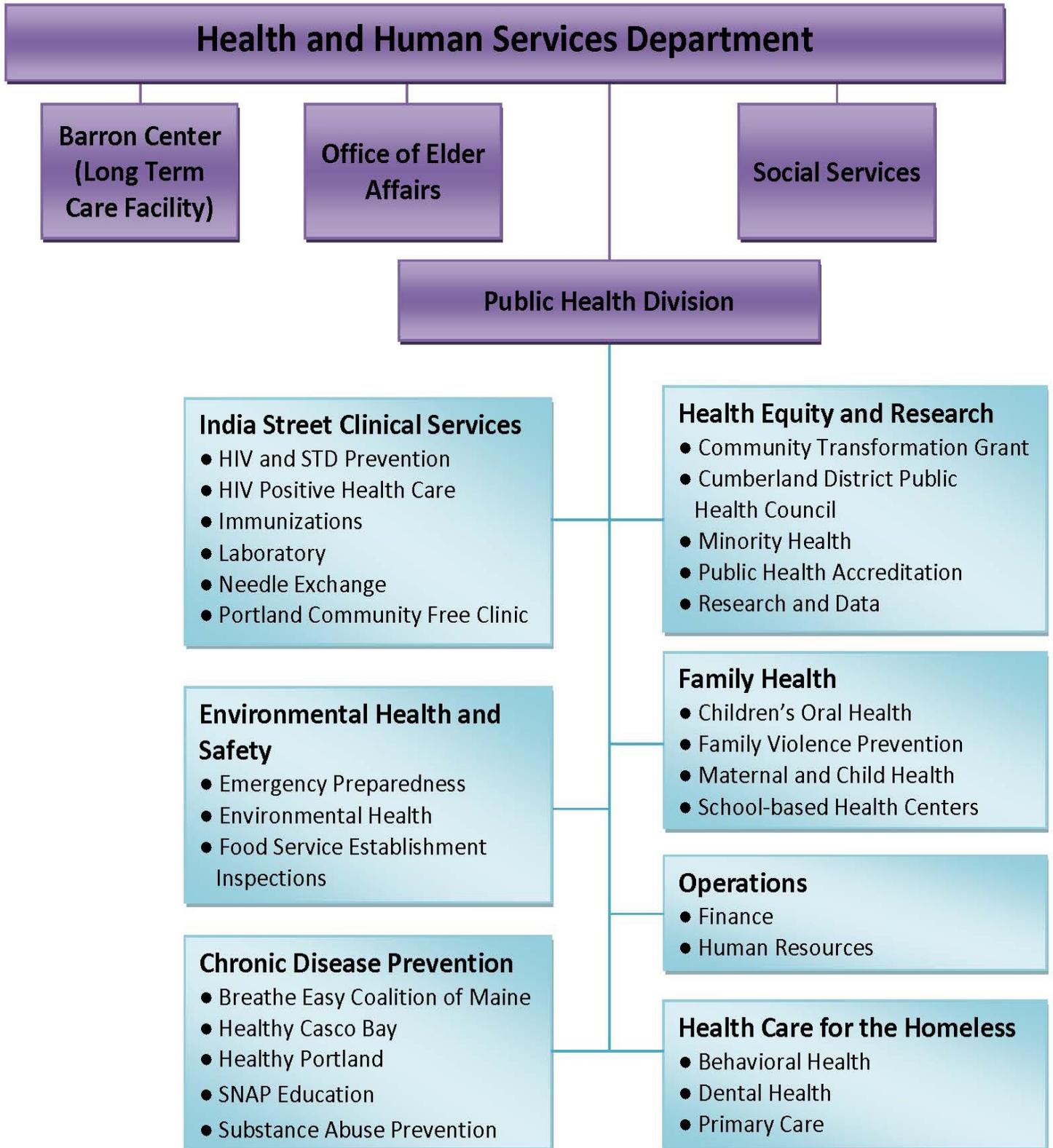
Mission

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.

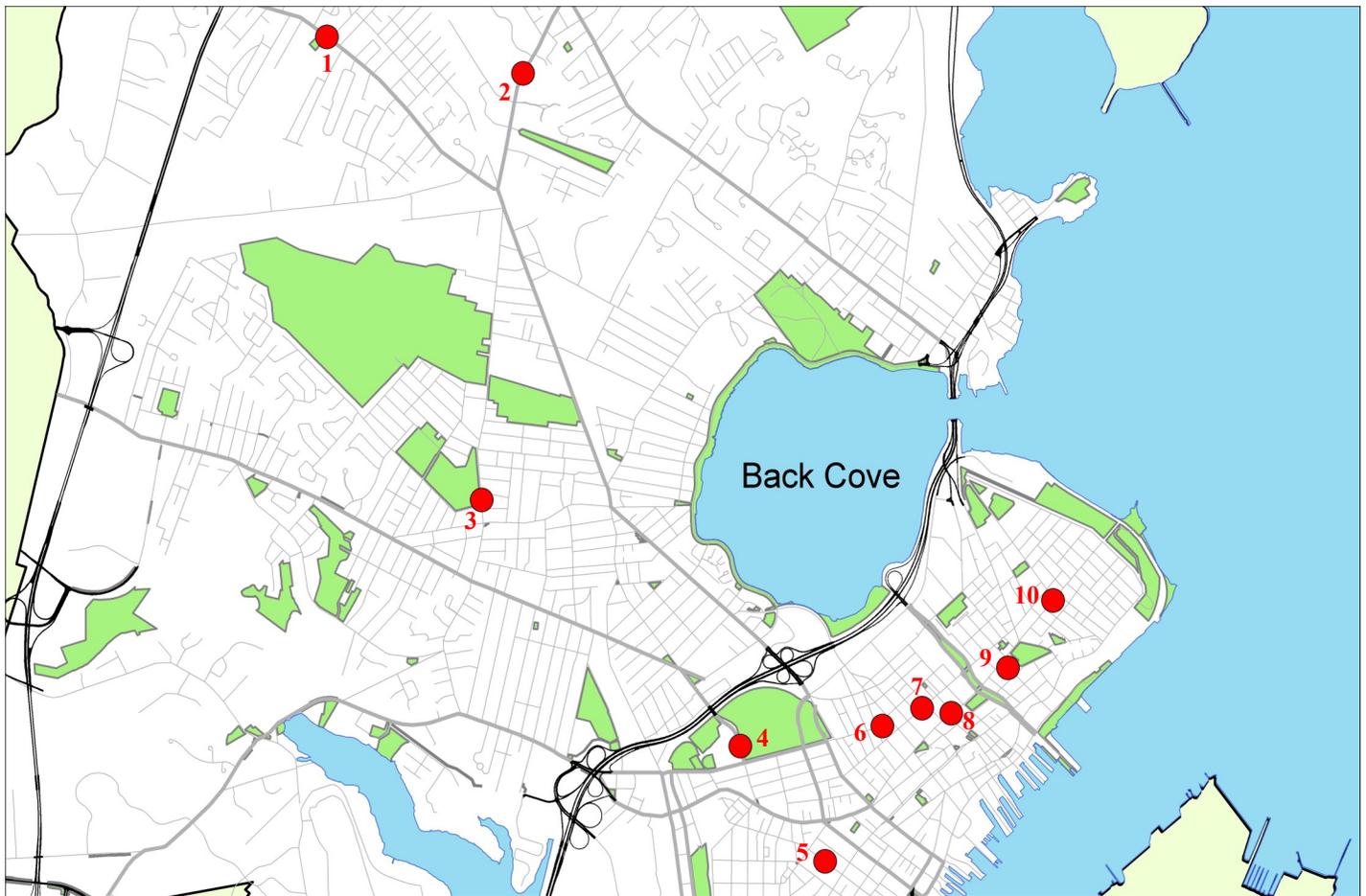
Vision

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

Public Health in the News

BANGOR DAILY NEWS

Health magazines: Portland one of America's best cities for men, even better for women

Portland Press Herald

Portland posts all restaurant inspection reports online

Portland Press Herald

3:25 PM

[Portland mayor: Donations will keep free clinic open through 2013](#)

Portland Press Herald

Yesterday at 11:14 PM

[New Portland health center opens doors to community](#)

The clinic, designed to serve low-income and immigrant populations in the Riverton neighborhood, will open to patients June 27.

Portland Press Herald

December 20

[Federal grant to enlarge Portland High health clinic](#)

The center, which provides a variety of services and is used by hundreds of students, will triple in size.



PREVENTION MEANS BUSINESS

A healthy, thriving workforce makes for a healthier business. Investing in health—in the workplace and in the community—reduces health care costs, improves productivity and makes businesses stronger.

POOR HEALTH IS BAD FOR BUSINESS

Chronic disease drives health care expenditures, which cuts into company profits and productivity.



67%
of our workforce is overweight or obese



1 IN 4
Americans has heart disease



1 IN 3
Americans has high blood pressure



\$73 B
annual cost of obesity among full-time employees



50%
of company profits go towards health care costs



\$153 B
loss to employers annually due to absenteeism from workers who are overweight or obese and have other chronic health conditions



450 M
additional work days missed every year by full-time workers who are overweight or obese and have chronic health conditions

PREVENTION PAYS AT WORK

Even small investments in health within the workplace can create big returns:



WORKPLACE WELLNESS

For every **\$100** spent on workplace wellness programs, employers can save up to **\$600**

ADDRESS HEALTH RISKS

1% reduction in health risks would save as much as **= \$83-103** annually in medical costs, per person.

SAVE MONEY

Workplace wellness programs can reduce sick leave, medical costs and worker's comp claims by as much as:

25%

HEALTHY COMMUNITIES = HEALTHY BUSINESSES

Building a healthier community saves lives and money.

BIKING SAVES MILLIONS

Do you have bike racks? Are there bike lanes on your streets? Bicycle commuters saved Iowa \$13.2 million a year in health care costs and \$75.9 million for those who cycle recreationally.



SMOKE-FREE SPACES SAVE LIVES

Are your shared community spaces and workplace smoke-free? Smoke-free strategies and education prevented 800 thousand deaths related to lung cancer between 1975-2000.

WALKABLE SPACES + ECONOMIC GROWTH

Do your workplace and community make physical activity easier? In one California city, \$10 million spent on more walkable public outdoor spaces spurred a \$125 million economic investment in the local downtown area, which led to the creation of 40 new businesses and 800 new jobs.



HEALTHY OPTIONS. HEALTHY CHOICES.

Are healthy foods affordable and accessible at work meetings, in vending machines and in your community? Research shows that making the healthier option the default can lead to healthier choices.



What Is Public Health?

Everyone is touched by the public health system more often than they realize, whether it's seeing a commercial with an educational message or visiting a restaurant that has benefited from a recent health inspection. It helps to visualize the public health system at work and how it affects community members directly.

For example, do you know what the protocol is in the event of a major disaster? Who would react and what would occur?

The Cities Readiness Initiative is a program at the Public Health Division that prepares to hand out life-saving medications throughout Southern Maine in response to widespread public health emergencies. These would serve all residents of Cumberland, Sagadahoc, and York Counties. As with some public health programs, this is not an interaction you get on a daily basis, although in a time of need, it would be evident if the infrastructure were missing.

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 **31** members.
- Serves **40%** of Maine's population through Cumberland, Sagadahoc and York counties.
- CRI training and exercising included **250** participants in 2012.
- Received a **97 out of 100** on the U.S. CDC's annual federal Technical Assistance Review.



The following fictional story is intended to help you visualize how you are affected by local public health system:

The Crockett Family resides in a single family home in the Deering neighborhood of Portland. They have two children--their oldest, Gina, is a freshman at the University of New England in the Nursing Program, and their younger child Michael is an active student at Deering High School who loves any opportunity to get outdoors and explore. Their father, Frank, is a Nurse Practitioner at Maine Medical Center who volunteers at the **Portland Community Free Clinic**, where he works closely with a Latino **Community Health Outreach Worker** to provide care to some of Portland's most vulnerable residents. Frank is proud to work at Maine Medical Center, which is now tobacco-free thanks to the **Healthy Portland Healthy Maine Partnership** and the **Maine Tobacco-Free Hospital Network**. Their mother, Laura, is a home-based day child provider enrolled in Let's Go! and the **Community Transformation Grant**, which focuses on ensuring healthy attitudes and behaviors among the kids in her care.

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: **2,568** clients for **3,080** visits.
- HIV/STD Prevention Program: **1,703** clients for **8,736** tests.
- Needle Exchange Program: **624** clients exchanged **162,000** needles.
- Portland Community Free Clinic: **586** clients for **1,954** visits.
- HIV Positive Care Program: **223** clients for **3,860** visits.

Minority Health Program

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

- Trained **22** new Community Health Outreach Workers.
- Trained **10** new Living Well leaders from **5** communities on the Chronic Disease Self Management program.
- Organized the **3rd** Maine Minority Health Conference with **200** individuals in attendance.
- **4** ethnic stores registered as NO BUTS! stores to prevent youth access to tobacco.
- Organized a basketball clinic with youth on youth smoking prevention; **25** kids participated.
- Community Health Outreach Workers provided outreach and services to **486** clients.



Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.

-World Health Organization

Healthy Portland

A Healthy Maine Partnership serving Portland.

- Portland City Council unanimously adopted a Complete Streets policy. Funded by Healthy Portland and led by Public Services, a Complete Streets policy ensures that transportation planners and engineers consistently design and operate the entire roadway with **all users** in mind - including bicyclists, motorists, public transportation vehicles and riders, and pedestrians of all ages and abilities.
- A smoke-free parks ordinance went into effect, affecting **38** parks.
- A total of **33** Let's Go! Sites, including **18** child care, **7** schools and **8** after-school programs enrolled to improve physical activity and nutrition.

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.

- Maine was the **first** state in the nation to implement a threshold requirement for smoke-free housing in their qualified allocation plan.
- **8** Colleges/Universities in Maine are currently tobacco-free, protecting **30,540** students from secondhand-smoke exposure.
- **31** hospitals are tobacco-free. Cumulatively, tobacco-free hospitals in Maine have **4,075** beds.

Community Transformation Grant, Cumberland County

Supports communities in the development and implementation of initiatives to create healthier communities and reduce chronic disease in the United States. The CTG program is funded by the U.S. Centers for Disease Control and Prevention with funding to Maine CDC.

- Enrolled **50** Early Child Care sites.
- Enrolled **12** schools.
- Enrolled **2** Active Community Environment Teams.

It is now fall. The kids are back in school and everyone is settling into a routine. Laura decides to take her childcare kids to the Cumberland County Fair to get some exercise and learn about the animals. Something that weighs into her decision is knowing that thanks to the **Healthy Casco Bay** Healthy Maine Partnership, she'll be bringing the kids to a smoke-free midway.

Later that afternoon, Gina volunteers to staff a **Health on the Move** event at Riverton Park Public Housing. At this event, residents receive free health screenings, a flu shot, and health education information. It's a great experience for her as a nursing student and community member. Michael is volunteering to help his community. He hears through staff at his **School-Based Health Center** that he can volunteer at Wayside Soup Kitchen and begins volunteering twice a week. Soon he meets a woman who is in desperate need of medical care but doesn't know where to go. He refers her to **Health Care for the Homeless**.

Breathe Easy

This is a
Smoke-Free Area



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.

- Provided **4** mini-grants to schools working on improving physical activity and nutrition.
- A total of **28** Let's Go! sites were enrolled, which included **8** child care sites, **10** schools, **5** after-school programs, and **5** health care facilities.

Cumberland District Public Health Council

Promotes health 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 **35** Voting Members and **95** Interested Parties.
- **11** committees and workgroups.

Family Health

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

- Children's Oral Health Program: **2,335** clients, **1,301** of which needed referrals for additional dental care.
- Maternal and Child Health Services: **450** families received **1,620** visits.
- School-based Health Centers: **602** clients for **2,547** visits.
- Violence Prevention: **450** community providers trained on issues related to childhood exposure to violence and prevention.

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: **1,311** clients for **7,505** visits.
- Oral Health Program: **912** clients for **2,522** visits.
- Behavioral Health Program: **607** clients for **6,330** visits.

Through her work with the Community Transformation Grant, Laura hears of an opportunity to attend cooking demonstrations by the **SNAP Education** staff. This helps her with healthy ideas for feeding her family and the kids in her care.

Frank's job allows him to attend many trainings, but a memorable one was a presentation the **Substance Abuse Prevention Program** did on the **Prescription Monitoring Program**, which tracks prescription medications across the state. It is important for him to stay up-to-date on the latest technology available to providers.

The first semester of school is now over and the family decides to go and have a healthy dinner to celebrate the family's accomplishments over the last few months. Laura checks the City of Portland's **Food Service Inspections** website and chooses a restaurant that has had a recent successful health inspection.

By reading this story, I hope it has hit home how closely our local public health presence is integrated in the experiences of community members locally. It is often an invisible infrastructure but one with invaluable consequences that are vital to the Portland community.



SNAP Education

Works to provide direct nutrition education to SNAP-eligible individuals. Funding started in March 2013 and the following indicators only reflect work done between April and June 2013.

- Healthy Portland: **25** classes and/or food demonstrations were conducted reaching **219** individuals.
- Healthy Casco Bay: **25** classes and/or food demonstrations were conducted reaching **202** individuals.

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.

- Overdose Prevention Project: Conducted **192** educational groups attended by **2,037** individuals, and also reached **2,571** individuals through community outreach.
- Attendance at the Annual Recovery and Wellness Resource Fair: **144** in attendance and **23** providers.
- Positive Tickets: **259** tickets were rewarded to youth in **9** schools. Ticket rewards were donated by over **25** community partners in the Portland area.
- Disseminated **1,637** Substance Abuse Mental Health Services Parent Media Materials at **16** public gathering places and through parent groups.
- Shared information daily with over **2,400** Facebook fans and over **800** Twitter followers.

Food Service Inspections

The Public Health Division conducts inspections on hundreds of restaurants, including new openings, schools, churches, food carts, and festivals within the city.

- Provided **8** informational sessions with restaurant employees and owners. Provided an overview of the health inspection program and opportunity to ask questions.
- Launched food service inspections webpage. Reports are updated on a weekly basis.
- Launched food service inspections reporting line. The public can leave concerns, and new businesses can schedule opening inspections or ask questions.
- Completed **298** inspections.

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.

- Completed **1** Quality Improvement Project that was presented at a national conference.
- Collected **65** documents to prepare for national accreditation, which will be applied for in June 2014.

PIPER

An environmental justice grant funded through the U.S. Environmental Protection Agency to conduct environmental health assessments and intervention activities with Somali residents in Portland.

- Completed **2** clean-up days, one at Riverton Park and one at Wellesley Estates.
- Collected more than **1.4 tons** of garbage at each clean-up day.
- Held community meetings with **40** Front Street Public Housing residents to learn about their environmental health concerns.



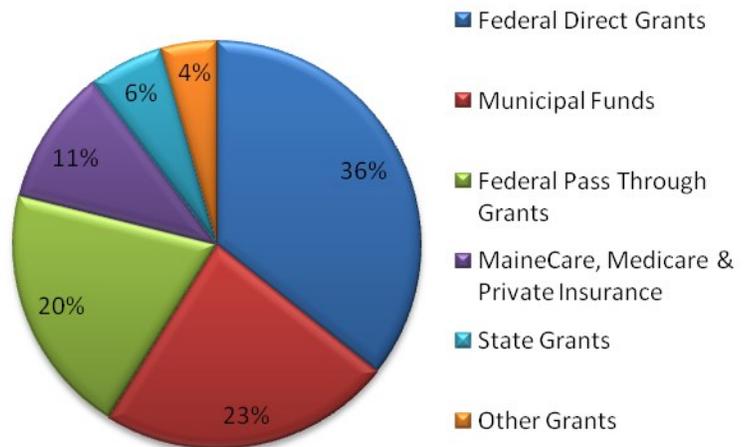
Operations

Public Health Division Annual Budget by Source and Program, Fiscal Year 2012-2013

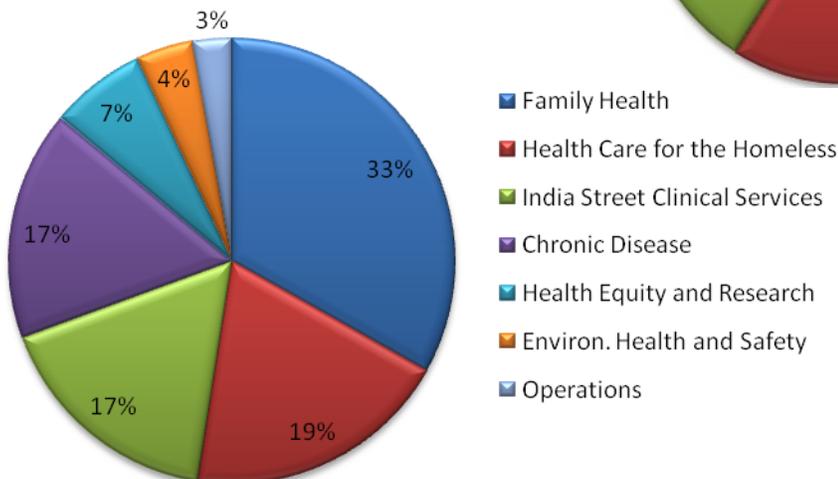
	Family Health	Health Care for the Homeless	India Street Clinical Services	Chronic Disease	Health Equity and Research	Environ. Health and Safety	Operations	TOTAL
Federal Direct Grants	\$1,923,629	\$770,189	\$493,298	\$0	\$0	\$100,000	\$0	\$3,287,116
Municipal Funds	\$504,600	\$351,581	\$479,230	\$190,632	\$248,479	\$108,388	\$258,785	\$2,141,695
Federal Pass Through Grants	\$23,520	\$48,461	\$193,425	\$1,232,057	\$163,424	\$175,600	\$0	\$1,836,487
MaineCare, Medicare & Private Insurance	\$124,897	\$537,788	\$331,185	\$0	\$0	\$0	\$0	\$993,871
State Grants	\$406,510	\$60,000	\$31,151	\$50,000	\$0	\$0	\$0	\$547,661
Other Grants	\$75,035	\$10,000	\$29,676	\$64,974	\$227,395	\$0	\$0	\$407,080
TOTAL	\$3,058,191	\$1,778,019	\$1,557,965	\$1,537,663	\$639,298	\$383,988	\$258,785	\$9,213,910

Note: Figures from this year should not be compared to figures from previous Annual Reports due to a change in the way funds were categorized.

Budget by Funding Source



Budget by Program



Indicators

Indicator	Portland	Cumberland Co.	Maine	U.S.
Population: ¹	66,214	283,921	1,329,192	313,914,040
Gender: ¹				
Female	51.4%	51.3%	51.0%	50.8%
Male	48.6%	48.7%	49.0%	49.2%
Age distribution: ¹				
Under 5 years old	5.2%	5.2%	5.2%	6.6%
5 to 19 years old	14.1%	18.5%	18.4%	20.0%
20 to 44 years old	42.0%	32.2%	30.2%	33.1%
45 to 64 years old	26.4%	29.1%	30.5%	25.5%
65 years and older	12.5%	14.0%	15.6%	12.6%
Racial and ethnic distribution: ¹				
Hispanic/Latino	3.4%	1.8%	1.3%	16.1%
Non-Hispanic/Latino:				
Asian and Pacific Islander	4.0%	2.1%	1.0%	4.9%
African American/Black	5.8%	2.4%	1.0%	12.2%
Native American	0.5%	0.3%	0.5%	0.7%
White	84.2%	92.0%	94.6%	64.2%
Multiracial or Other	2.1%	1.4%	1.6%	2.1%
Socio-economic indicators: ¹				
Median household income	\$45,153	\$57,267	\$47,898	\$52,762
Percent of those 16 years and older who are unemployed	4.3%	3.8%	4.6%	5.6%
Percent living in poverty	18.1%	10.7%	12.8%	14.3%
Percent of children living in poverty	27.6%	14.9%	17.0%	20.0%
Percent who have graduated high school by age 25	91.2%	93.6%	90.2%	85.4%
Healthcare access indicators:				
Percent with no healthcare coverage ^{2,3}	No data	7.4% ²	12.9% ³	17.1% ³
Maternal and child health indicators:				
Percent who are females age 15 to 44 years old ¹	24.9%	22.1%	21.0%	21.9%
Percent of all pregnancies carried by women under 20 years old ³	No data	No data	7.8%	10.0%
Annual infant mortality rate per 1,000 live births ⁴	No data	No data	4.5	4.5
Percent of 0 to 2 year olds immunized with 4:3:1:3:3:1 series ⁵	No data	No data	74.9%	71.9%
Average annual age-adjusted cancer mortality rates per 100,000 population: ⁶				
Lung cancer		51.6	56.1	49.8
Male prostate cancer	No data	24.6	22.9	23.0
Female breast cancer	No data	19.4	20.9	22.6
Colorectal cancer		16.0	16.5	16.4
Percent of women 40 and older having a mammogram in the past two years ^{2,3}		81.9% ²	79.6% ³	74.0% ³
Other health indicators: ^{2,3}				
Percent of adults who currently smoke		15.1% ²	20.3% ³	19.6% ³
Percent obese, as defined by having a body mass index (BMI) above 30	No data	20.1% ²	28.4% ³	27.6% ³
Percent binge drinkers (5 drinks on one occasion for men, 4 for women)	No data	14.8% ²	17.7% ³	16.9% ³
Percent ever diagnosed with asthma		15.2% ²	15.7% ³	13.8% ³
Percent ever diagnosed with non-gestational diabetes		6.1% ²	8.3% ³	8.7% ³

¹U.S. Census Bureau. "2012 American Community Survey 1-year Estimates."

²Centers 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.

³Centers 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, 2012.

⁴Centers 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.

⁵Centers for Disease Control and Prevention; National Center for Health Statistics. Health United 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.

⁶Centers 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, 2012.

⁷Centers for Disease Control and Prevention, National Cancer Institute. *State Cancer Profiles, 2006 – 2010*. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2010.

Staff

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Tiffany Mullen

Lisa Peterson

John Schreck

***Program Manager**

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Operations (City Hall, Suite 307)	874-8784
Environmental Health and Safety (City Hall)	756-8008
Cities Readiness Initiative (CRI)	756-8053
Food Service Establishment Inspections	756-8365
Family Health	874-8476
166 Brackett Street, Reiche School	
Maternal and Child Health	874-8475
School-based Health Centers	874-8476
Violence Prevention	874-8735
1600 Forest Avenue, Riverton School	
Children’s Oral Health	541-6628
Health Care for the Homeless (20 Portland Street)	756-8254
Health Equity and Research (City Hall)	874-8787
Cumberland District Public Health Council	874-8966
Minority Health	874-8773
Chronic Disease Prevention	756-8021
134 Congress Street	
Healthy Casco Bay	541-6957
Healthy Portland.....	541-6954
SNAP Education	541-6951
City Hall	
Breathe Easy Coalition of Maine	874-8774
Substance Abuse Prevention.....	756-8116
India Street Clinical Services (103 India Street)	874-8446

Note: City Hall is located at 389 Congress Street.

2012-2013 City of Portland Public Health Division Annual Report

Edited and designed by: Alexandra Hughes and Toho Soma

