



A **HEALTHY**
COMMUNITY IS
A **HAPPY** PLACE
TO LIVE



2017 ANNUAL REPORT

HealthyAndroscoggin.org



Great Falls, Lewiston-Auburn

FROM THE EXECUTIVE DIRECTOR

Our recent newspaper headlines have been focusing, rightly so, on the health crises of our time – particularly the challenges of health care policy and the tragedy of the opiate crisis. These issues should continue to draw our attention, but it is important that we not lose sight of the public health battles we are winning as a local community as well. We want you to know that Healthy Androscoggin and our partners are making a measurable impact on our health status the health and well-being of our communities. Here's why: We have seen the percent of screened children with elevated blood lead levels decrease by 37% (2011-2015 vs 2003-2007).¹ Our high school students have decreased their alcohol use by 8% over a 6 year period.² Androscoggin County youth use tobacco at significantly lower rates in 2015 when comparing to rates from 2009.³

Do we have new challenges to tackle? Absolutely. However, where we may sometimes feel powerless, these successes should give us hope.

Here's where the news gets even better. Our collective successes have demonstrated that we are improving lives beyond just health. Healthy Androscoggin and our partners are leading projects that have the ancillary benefit of creating a more prosperous community – a community where we are creating conditions for economic opportunity and increasing quality of life. As you thumb through these pages, keep an eye out for these projects doing double-duty:

- **Edible Lisbon Street** is beautifying downtown Lewiston and increasing neighborhood pride
- The **Medicine Take Back** is diverting drugs from polluting our water while reducing the risk that these drugs will be abused
- **Lead Poisoning Prevention** efforts are ensuring more kids are ready for school and avoiding special education costs while creating healthier housing

These are just a few examples of how we are creating a healthier and a more prosperous community together. While we chip away at creating consensus on healthcare, I hope you close this report with a little more hope than when you opened it.

Erin Guay, MPH



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Healthy Androscoggin and our partners are leading projects that have the ancillary benefit of creating a more prosperous community – a community where we are creating conditions for economic opportunity and increasing quality of life.

¹ Percent of Screened Children with an Estimated Confirmed Blood Lead Level greater than or equal to 5 ug/dL. Data from Maine's Environmental Public Health Data Tracking Network portal: <https://data.mainepublichealth.gov/tracking/>

² Percent of high school students in Androscoggin County reporting alcohol use in the past 30 days. Data from Maine Integrated Youth Health Survey 2009-2015.

³ School age youth tobacco use in past 30 days. Data from Maine Integrated Youth Health Survey 2009-2015.

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Changing the culture of an organization is always a challenge. But our cultural competency efforts at SeniorsPlus have also been fun and exciting thanks to our partnership with Healthy Androscoggin’s REACH program. From the start, REACH provided a wealth of tools: cultural brokers, trainings, focus groups and even hands-on support with new program implementation.

—Nate Miller, LMSW
ADRC Manager, SeniorsPlus



REACHING OUT TO HELP NEW MAINERS GET HEALTHY AND STAY HEALTHY

Lewiston-Auburn’s “New Mainers”—African immigrants and refugees—now account for 11% of the population. It has been a challenge for many healthcare and wellness organizations to address their needs in a culturally and linguistically appropriate way.

To help, in 2014 Healthy Androscoggin was awarded a four-year Racial and Ethnic Approaches to Community Health (REACH) Grant from the U.S Centers for Disease Control and Prevention.

The resulting REACH Partnership, comprising eight major local providers, is dedicated to addressing some common health problems of L-A’s New Mainers, including diabetes, high blood pressure, lack of exercise, and prescription drug confusion. We do this by developing culturally appropriate materials and resources, conducting trainings and assessments, and supporting programmatic improvements of our local healthcare providers and partners.





THE CENTRAL MAINE
YWCA CREATED A
SINGLE-GENDER
EXERCISE PROGRAM
THAT APPEALS TO
MUSLIM WOMEN.



BEDARD PHARMACY
DEVELOPED PICTURE-
BASED MEDICATION
COMPLIANCE INFORMATION
FOR NON-NATIVE
ENGLISH SPEAKERS.



UNITED AMBULANCE
HAS IMPROVED THEIR
COMMUNITY PARAMEDICINE
PROGRAM TO BE CULTURALLY
APPROPRIATE FOR
NEW MAINERS.

eliminating racism
empowering women
ywca

bedard
Pharmacy & Medical Supplies

United Ambulance Service
Serving Central and Southern Maine

 **COMMUNITY
CLINICAL SERVICES**
FQHC - Federally Qualified Health Center

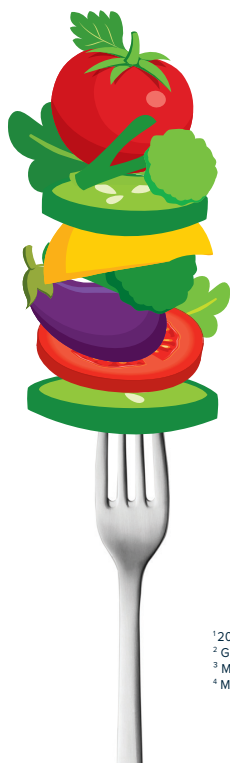
 **ST. MARY'S**
REGIONAL MEDICAL CENTER

 **SeniorsPlus**

HEALTHIER EATING, FROM FARM...TO YUM!



With obesity marked as a top health priority in Androscoggin County and over 15% of residents experiencing food insecurity, it is now more important than ever to help make the healthy choice the easy choice.^{1,2} To address this pressing health concern and help avoid preventable chronic diseases associated with obesity, Healthy Androscoggin partners with 5-2-1-0 Let's Go! and Maine SNAP-Ed to foster positive change in our community. Healthy Androscoggin works to update wellness policies, support teachers, build container gardens, champion healthier lunchrooms, provide resources, and deliver direct nutrition education across our county. Our highly-trained SNAP-Ed Nutrition Educators use numerous customized class formats in over 48 unique sites to educate and empower Maine's low-income communities to shop, cook, and eat healthier on a limited food budget. Through multi-level partnerships and delivery methods we seek to increase lasting access to and consumption of nutritious and affordable food for all of our neighbors.



2,723

Androscoggin County participants took part in Maine SNAP-Ed classes to learn how to shop, cook, and eat healthier on a budget.³

85% of teacher respondents said that more students choose fruits and vegetables in the cafeteria or during classroom parties, after monthly participation in the Pick A Better Snack program.⁴



¹ 2015 Health Index Report. *MaineHealth*.

² Gundersen, C., A. Dewey, A. Crumbaugh, M. Kato & E. Engelhard. Map the Meal Gap 2017: Food Insecurity and Child Food Insecurity Estimates at the County Level. *Feeding America*, 2017.

³ Maine SNAP-Ed evaluation data. Androscoggin County, 2017.

⁴ Maine SNAP-Ed Pick a Better Snack™ evaluation data. Androscoggin County, 2017.



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I truly was struck by the number of different sites: adult education training, child care centers, public and community health centers, grocery stores, food pantries, farmers' markets, churches, senior centers, public housing sites...You're everywhere and I think that's a real strength in getting the program delivered and I congratulate you for that.

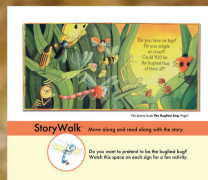
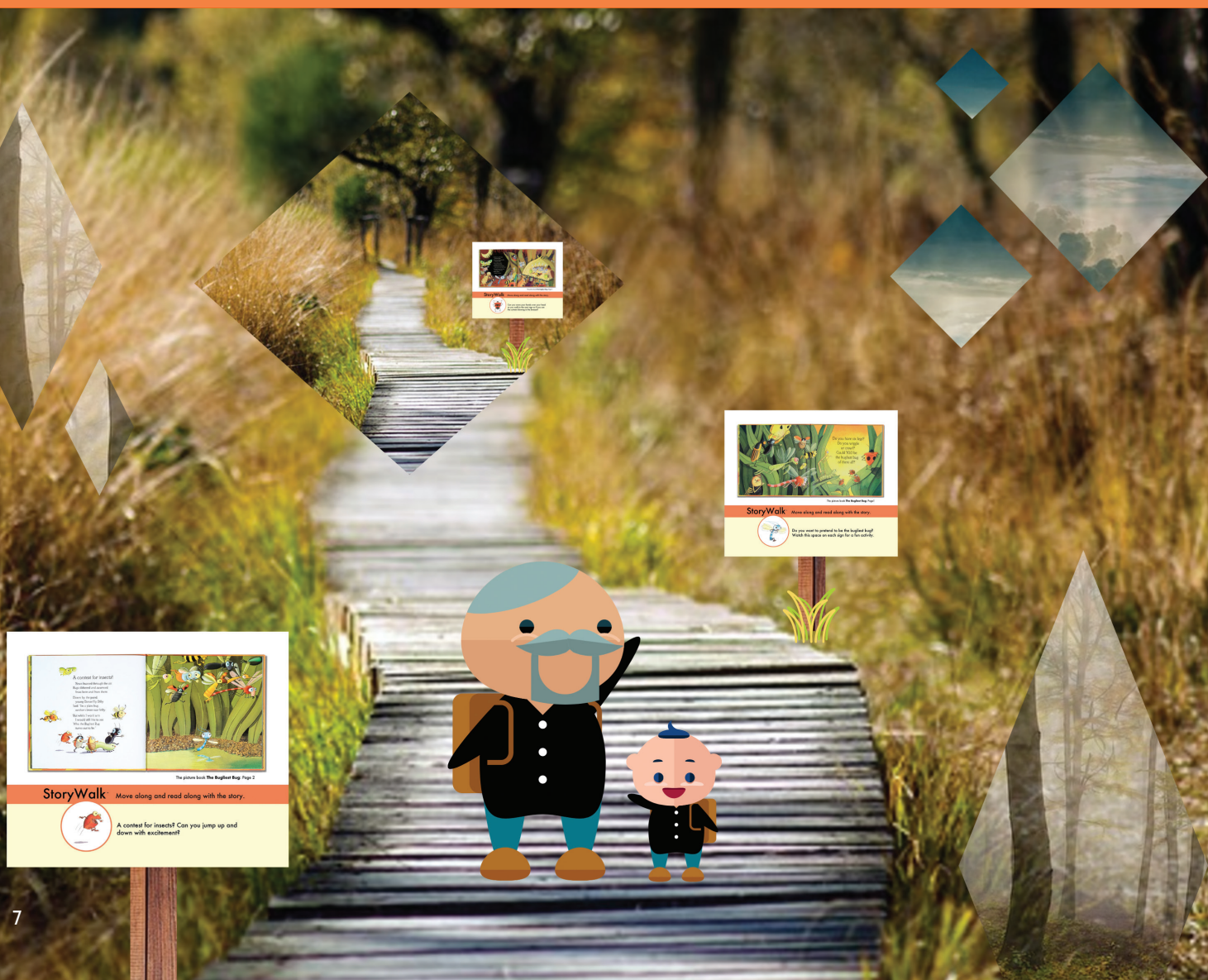
—Senator Susan Collins

Speaking about state-wide Maine SNAP-Ed program during the U.S. Senate Special Committee on Aging, in Washington, D.C. on July 12, 2017.

“

I was touched when a little girl told me that she enjoyed StoryWalk and that she used to do it with her grandmother. That is the kind of rich and engaging activity we want to foster.

—Chrissy A., StoryWalk Coordinator



THE ROLE OF THE BUILT ENVIRONMENT IN PROMOTING ACTIVE LIVING AND WELLNESS

Active living is more than just getting exercise; it's about providing people opportunities to experience a higher quality of life by enriching the communities where they live. The physical spaces that make up a community - such as homes, buildings, streets and open spaces - is called the "built environment," which influences a person's daily level of physical activity. Healthy Androscoggin aims to increase active living in our community by improving the quality of the built environment. We do this by enhancing public spaces and creating opportunities for people to engage in physical activity in their daily life. When there are safe sidewalks, parks, and creative community spaces people are more likely to be active. By changing our physical landscape, we can make positive changes to our health.

In the summer of 2017 Healthy Androscoggin coordinated two projects to promote active living:

StoryWalk placed the pages of a nature-based children's story along a walk in Lewiston. Each page included a physical activity that kids could act out as they proceeded to the next page. The project was popular, reaching 9,253 people through social media sharing in 24 hours.

Edible Lisbon Street was an interactive project that united the public, local farmers, and businesses by growing fresh healthy foods in colorful planters along Lisbon Street in Lewiston. The goals of the project were multi-pronged; to provide education about healthy foods, relief to the food insecure, and a new walk. Each planter contained information about the plants growing, including how to pick and prepare them to eat. Community members could build a ¼ mile walk into their day by visiting the planters. Additionally, the planters contributed to a more welcoming downtown feel, an important factor in getting people to walk or bike to their destination.



10 Farms

Had information about their farms posted on the planters for the public to view. Many farms donated plants and soil to Edible Lisbon Street.



16 Businesses

Made donations to and maintained Edible Lisbon Street. Bios were posted for the 9 businesses that maintained the planters.



4 Community Groups

Coordinated, built, and installed Edible Lisbon Street. Each planter contained information about the plants growing in them.

“

Since 2009, Androscoggin County has had the lowest 30-day, underage drinking rate amongst high school students in the state. I would absolutely chalk that up to the work of Healthy Androscoggin and Project Unite!. Together we were able to really change the conversations and community norms around underage alcohol use, and become a leader in the state in creating healthy communities that prioritized the wellness and healthy development of our youth.

—Scott Gagnon,
Maine Director of Operations,
AdCare Educational Institute

REDUCING SUBSTANCE MISUSE

Healthy Androscoggin works to create a community free of drug misuse by working with partners in law enforcement, schools, businesses, healthcare providers, and municipalities.

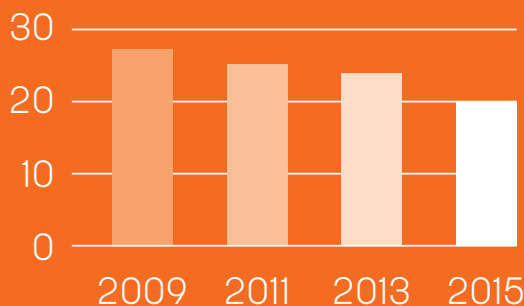
Together we reduce alcohol misuse by providing parents tips and tools on how to prevent their teens from using alcohol and the consequences associated with providing alcohol and/or a place to consume it.

We give youth skills to make healthy decisions, educate alcohol servers and sellers about alcohol laws, and increase alcohol enforcement throughout the community.

To reduce prescription drug misuse, we work with local partners to dispose of unwanted drugs so they are not used improperly, and we educate about safe medicine storage techniques.

Finally, we educate the community, including landlords and worksites, about marijuana laws.

OUR EFFORTS HAVE REDUCED HIGH SCHOOL AGE ALCOHOL USE RATES BY 8%





22
SERVER/
SELLERS
TRAINED

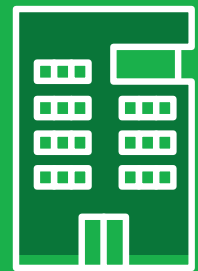
FROM 6 BUSINESSES

272

COMMUNITY MEMBERS
WERE PROVIDED
PREVENTION EDUCATION
THROUGH SPEAKING
ENGAGEMENTS

OVER
6 TONS
OF MEDICATIONS
HAVE BEEN COLLECTED
SINCE 2010

OVER
400
PARTICIPANTS
IN L-A MEDICINE
DISPOSAL DAY

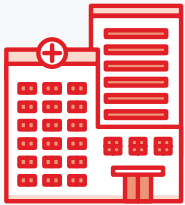


75

LANDLORDS WERE PROVIDED
TECHNICAL ASSISTANCE FOR
MARIJUANA POLICIES

**FOR 2017,
TOBACCO POLICY
ASSISTANCE WAS
PROVIDED TO:**

ONE AREA
HOSPITAL



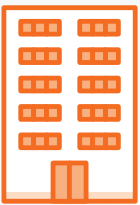
THREE
BEHAVIORAL
HEALTH
AGENCIES



THREE SCHOOL
DISTRICTS



TWO LOCAL
MUNICIPALITIES



75 LANDLORDS



Some of the Quit & Win participants



Tobacco-Free Movie Night
Photo courtesy of Joe Philippon

SUPPORTING A TOBACCO-FREE LIFE

Healthy Androscoggin works with adults, youth, providers, and other organizations to raise awareness of tobacco addiction, support those wishing to quit, and create tobacco-free environments and events. Two examples of our work in the community:

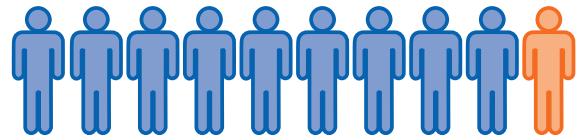
- We helped St. Mary's Health System create a tobacco-free campus, which will protect patients and St. Mary's employees from secondhand smoke.
- We coordinate referrals to the Maine Tobacco HelpLine, offer classes on quitting tobacco, and host a free weekly tobacco support group.

Finally, we know we can't beat tobacco alone, so we thank the Maine Legislature for raising the legal age for purchasing tobacco products from 18 to 21. This bill supports our tobacco initiatives and will improve the health and well-being of our community, especially our youth.

QUIT & WIN CLASS RESULTS

After 5 weeks

9 OUT OF 10 PARTICIPANTS



were **completely tobacco-free.**



**MAINE
PREVENTION
SERVICES**

Maine Center for Disease Control & Prevention
Department of Health and Human Services

“

Without this group, I would not have the same motivation to quit!
Thank you so much for all you guys have done.

—Quit & Win Participant

PREVENTING CHILDHOOD LEAD POISONING

Healthy Androscoggin has worked with local partners to reduce childhood lead poisoning since 2008. A child poisoned by lead can experience learning delays, speech problems, and other irreversible harm to brain development. Our role in this work is to raise community-wide awareness about the issue, build partnerships with others who impact lead poisoning, and advocate for local policies that enable us to better prevent or track lead poisoning. We provide families with concrete skills and resources to identify and address lead paint in their homes through in-home education and group classes. We also encourage parents to screen children who may be exposed to lead dust. To get at the root cause of lead poisoning, we connect landlords with resources to address lead paint in their rental units to protect kids now and into the future.

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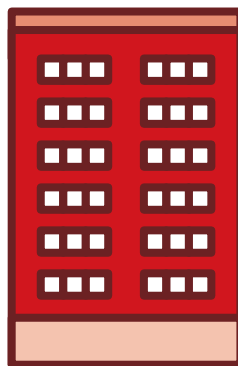
Healthy Androscoggin has been an essential partner in helping to get people knowledgeable about the dangers of lead and the steps they can take to keep their families safe.

—Lincoln Jeffers,
*Economic and Community
Development Director*
City of Lewiston

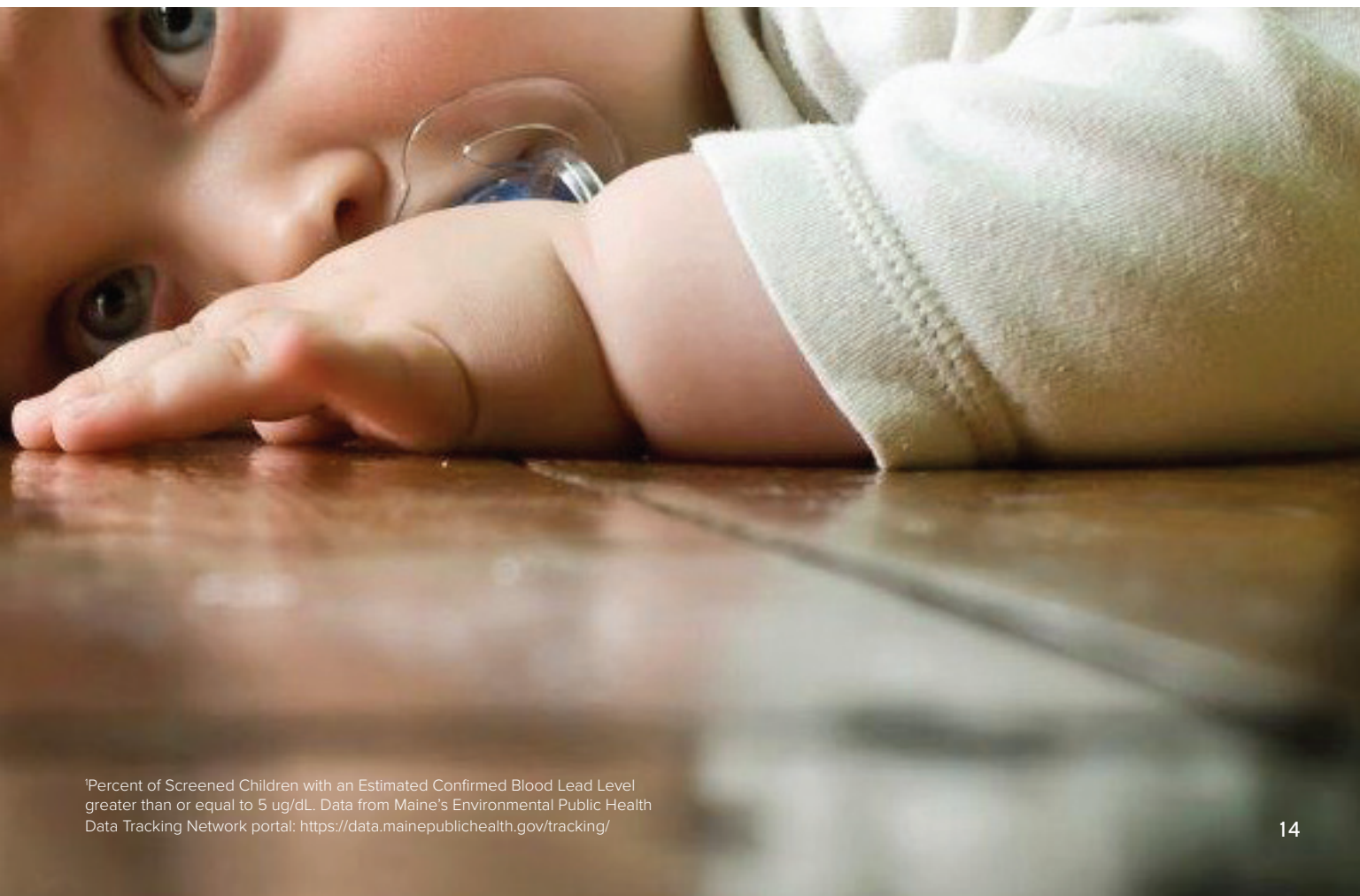




THE PERCENT
OF SCREENED
CHILDREN IN
LEWISTON-AUBURN
WITH ELEVATED
BLOOD LEAD
LEVELS DECREASED
BY **37%** OVER
AN EIGHT-YEAR
PERIOD¹



OVER THREE YEARS,
WE HAVE
EDUCATED
4,800
RESIDENTS ABOUT
LEAD POISONING
INCLUDING
RENTERS IN
165 UNITS



¹Percent of Screened Children with an Estimated Confirmed Blood Lead Level greater than or equal to 5 ug/dL. Data from Maine's Environmental Public Health Data Tracking Network portal: <https://data.mainepublichealth.gov/tracking/>

OUR TEAM

INNOVATIVE, COMMITTED, COLLABORATIVE, FUN



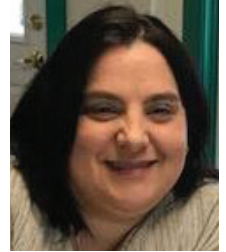
Erin Guay
Executive Director



Holly Lasagna
Health Promotion Manager



Katie Boss
Health Promotion Manager



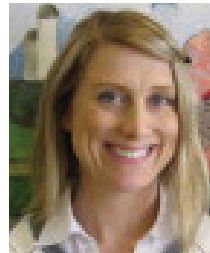
Corrie Brown
Health Promotion Manager



Emily Dooling-Hamilton
Health Promotion Coordinator



Tracey Crane
Health Promotion Coordinator



Missy North-Drain
Health Promotion Coordinator



Ellen Shrader
Health Promotion Coordinator



Emily Coye
Health Promotion Coordinator



Rebecca Schoen
Health Promotion Coordinator



Hassan Olhayeh
Health Promotion Coordinator



Taysir Jama
Health Promotion Coordinator



Chrissy Adamowicz
Health Promotion Coordinator



Hillary Jean
Health Promotion Coordinator



Fowsia Musse
Health Promotion Coordinator



Shelemiah Baiei-Makinen
Grants and Development Coordinator



Mary Lou Hofmann
Administrative Assistant

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STRONG PARTNERSHIPS ARE CRITICAL TO OUR SUCCESS

Thank You!

The Sage Colleges, Hummingbird Farm, Oak Park Apartments, Androscoggin Bank, Cranberry Rock Farm, Forage Market, Tri-County EMS, Eastern Maine Healthcare, Maine Medical Association, Sabattus Police Department, Town of Greene, Lewiston Police Department, Lewiston Future Healthier You, Bright Paint and Wallpaper, Grace Street Recovery Services, Ronnie Paradis, Promise Farm, Diocese of Portland, Sagadahoc Board of Health, Somali Bantu Community Association, Robert Little Good Food Council of Lewiston, City of Lewiston, Lever's Daycare, Food Joy, Tri-County Mental Health Services, St. Mary's Nutrition Center, University of Maine, Healthy Oxford Hills, Safe Voices, TOPS Club, Inc, Bell Farms Inc, Quiet City, Not Here in Justice Action, Community Clinical Services, Androscoggin Sheriff's Office, DFD Russell Medical Center, Green and Healthy Homes Initiative, United Way of Franklin County, Sabattus Primary School, Tractor Supply, Central Maine, Hannaford Supermarkets, Sublime House Media, Whiting Farm, R.E. Lowell Lumber, Bedard Pharmacy, Pleasant View Acres, Bates College, Donna's Daycare, Mechanics Savings Bank, Anthem ACADIA Academy, St. Mary's Health System, Lisbon School Department, Central Maine Medical Center, University of Southern Maine, Western Maine Department of Education, Pediatric Associates of Lewiston, Maine Immigrant Resource Action, Franklin Community Resource Services, Central Maine Health Professions Center of Maine, Androscoggin Transportation and Wellness, Maine Center for Disease Control & Prevention, Central Maine Medical Center Family Medicine Residency, Central Maine Health Care Diabetes Prevention Program, Lewiston-Auburn College, University of Southern Maine, Chill Yoga, The Hive, RSU 16, Women, Infants and Children Nutrition Program, Franklin County Housing Authority, Communities of Greater Franklin, Healthy Communities Coalition, Maines Office, Poliquin's Association, Auburn Landlord Church Food Pantry, Auburn Police Department, University of New England, AHEC, Sweetser, Tribal Public Health District, RSU 4, Take 2 YouthBuild, Rainbow Federal Credit Union, Lewiston Public Works Department, University of New England, Mother India, River Working Group, SeniorsPlus, Valley View Farm, Sherwin-Williams, Town of Poland, United Ambulance, Springworks Farm, Tender Soles Farm, New Beginnings, Inc Home Depot.

Healthy Androscoggin would like to extend

A SPECIAL THANK YOU TO

our fiscal agent, who provides support so we can create a healthier community:



OUR FUNDERS

Catholic Charities of Maine • Maine Health • City of Lewiston
Maine Department of Health and Human Services
Maine Center for Disease Control and Prevention
Green and Healthy Homes Initiative
Let's Go at Barbara Bush Children's Hospital
Maine Cancer Foundation • Maine Medical Center • SeniorsPlus
Substance Abuse and Mental Health Services Administration
US Department of Housing and Urban Development
United Way of Androscoggin County
University of New England
US Centers for Disease Control and Prevention
Environmental Protection Agency • John T. Gorman Foundation

Dr. Will Richan • Friends of Mary Lou Hofmann
Friends of Erin Guay • Pediatric Associates
Rainbow Federal Credit Union • Bedard Pharmacy
Mechanic Savings Bank • Community Credit Union
Anthem Foundation • Dempsey Center
Central Maine Heart and Vascular Institute • St. Mary's Health System
Friends of Healthy Androscoggin • Central Maine Medical Center
Lewiston Public Library • Auburn Public Library
Bates College • Good Shepherd Food Bank
Healthy Androscoggin Advisory Board • Lewiston Farmers' Market

HOW YOU CAN HELP

If you want a healthier community, want to honor a loved one, and/or just get excited about the work we do, please consider sending a donation to:

Healthy Androscoggin c/o CMMC Grant Accountant
29 Lowell St, Box A, Lewiston ME 04240.

Donations are tax deductible.



Community Credit Union

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Community Credit Union feels strongly in supporting the organizations that are lifting up and improving the health and wellness of our community. Our philosophy is built on people helping people and we pride ourselves in helping our members and neighbors achieve financial wellness and that goes hand-in-hand with their physical wellness and safety which is improved by Healthy Androscoggin initiatives.

—Betsy S. Sibley,
VP of Member Services,
Community Credit Union



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