



CUMBERLAND DISTRICT PUBLIC HEALTH COUNCIL



 **VISION:** THE CUMBERLAND DISTRICT PUBLIC HEALTH COUNCIL'S VISION is that communities in the Cumberland District are among the healthiest in the state.

 **MISSION:** THE COUNCIL'S MISSION is to promote the health of all our communities by providing information, coordination, collaboration and advocacy.

MEMBER ORGANIZATIONS INCLUDE:

- CarePartners
- Casco Bay Create Awareness Now
- City of Portland Public Health Division
- Cumberland County Emergency Management Agency
- Cumberland County Food Security Council
- Good Shepherd Food Bank
- Gorham Middle School
- Greater Portland Council of Governments
- Independent Public Health Consultants
- Maine Center for Disease Control
- Maine Medical Partners
- Maine State Legislature
- Maine Youth Access Network
- MaineHealth
- Portland Area Comprehensive Transportation System
- Portland Public Library
- Portland Water District
- Southern Maine Agency on Aging
- Southern Maine Regional Resource Center for Public Health Emergency Preparedness
- The Opportunity Alliance
- United Way of Greater Portland
- University of New England
- University of Southern Maine, Muskie School of Public Service
- Visiting Nurse Association Home Health and Hospice
- Westbrook Communities That Care

To learn how you can get involved with the Council, contact **Robin Hetzler** at 482-5029 or rhetzler@portlandmaine.gov

DISTRICT PUBLIC HEALTH IMPROVEMENT PLAN (DPHIP) PURPOSE

1: Improve health of district residents

2: Improve the district public health system

3: Inform the State Health Improvement Plan

DPHIP GUIDING PRINCIPLES/CRITERIA:

- Maximize impact and use of limited resources
- Use evidence-based strategies and population-based interventions
- Focus on issues best addressed at the district level
- Good faith effort to ensure the entire county is served
- Involve multiple sectors
- Seek to ensure health equity
- Address district disparities
- Strengthen and assure accountability (measurable outcomes)
- Focus on prevention
- Data driven

Survey people and organizations working on the opiate problem. Create an initial list of the efforts being done, including prevention, harm reduction, enforcement, treatment and recovery. Work with municipal leaders to build a solid understanding of all efforts being done across the county, identify gaps in the efforts to address the problem and begin to create a more coordinated response. Work with municipal leaders to provide education about and increase access to the overdose reversal drug, Naloxone (Narcan®), and to raise public awareness of secure prescription drug disposal.

SUBSTANCE USE PREVENTION



REDUCE substance use rates and prescription drug misuse rates in adults ages 25+

Contract held by Greater Portland Council of Governments

Research options for low-cost dental care for uninsured people. Share these options with people who are looking for dental care. Bring partners together to expand the SmilePartners program. SmilePartners helps people without insurance get started with dental care at an affordable cost, and helps people start saving money for preventive care in the future. Translate educational materials into four languages.

ORAL HEALTH IMPROVEMENT



INCREASE the use of preventative oral health services, especially in vulnerable populations

Contract held by University of Southern Maine Muskie School

Support towns to adopt "Complete Streets" policies, which help ensure the safety and convenience of all users. Work with major employers to encourage employees to commute by walking, biking, and using transit. Promote positive attitudes about walking, biking, wheeling, and transit use for daily travel. Identify transportation solutions to improve access to grocery stores, food pantries, and community gardens. Map existing food rescue programs and nutrition education opportunities, and identify new strategies to increase fruit and vegetable consumption.

HEALTHY WEIGHT PROMOTION



INCREASE physical activity and fruit and vegetable consumption in children and adults

Contracts held by Greater Portland Council of Governments and Good Shepherd Food Bank

Inventory and identify gaps in medical and mental health services for children aged 0-6. Inventory and identify gaps in trainings for mother-child nurses. Provide trainings on working with people from different cultures and backgrounds. Create a one-page handout on why breastfeeding is beneficial. Promote awareness of the benefits of breastfeeding among diverse groups. Work with employers to increase support for breastfeeding mothers in the workplace.

CARE FOR CHILDREN AGED 0-6 YEARS



IMPROVE the health and wellbeing of children aged 0-6 years

Contract held by City of Portland Public Health Division Family Health Program

For more information, go to <http://www.portlandmaine.gov/218/Cumberland-District-Public-Health-Council>