

Community Health Needs Assessment (CHNA) 2014

Results for Northern Maine Medical Center:
St. John Valley population, July 2014

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Survey Background and Methodology

The goal of the 2014 Community Health Needs Assessment survey offered by Eastern Maine Healthcare Systems (EMHS) is to understand the health needs of our communities giving public health and healthcare organizations the information they need to design and implement cost-effective strategies aimed at improving the health status of the populations they serve.

The online survey was distributed as a website link via email across 8 Maine Counties (Aroostook, Cumberland, Hancock, Kennebec, Penobscot, Piscataquis, Somerset, Washington) by 17 partnering Maine Hospitals, 5 local Public Health Districts and 11 Healthy Maine Partnerships.

- The survey ran from June 4 through June 20, 2014
- We received 1,477 completed surveys
- Our target audience was anyone with a vested interest in public health and healthcare including Medical Staff, community board members, volunteers, donors, public health workers, and many others.
- Survey responses included in this “St. John Valley cut” of survey results are made up of respondents who identified their town of residence as being in the St. John Valley Region (Fort Kent, Frenchville, Fort Kent Mills, Eagle Lake, Madawaska, St. David, St. Agatha, Grand Isle, Van Buren, Allagash, Wallagrass, St. Francis, Winterville or Sinclair).

Survey Results



1,477 total survey responses



213 responses from Aroostook County (14.4% of 1,477 total)



123 St. John Valley respondents (8.3% of 1,477 total; 57.7% of Aroostook County)

St. John Valley respondents' demographics

Community Sector	# of Respondents	% of Total
Healthcare	99	80.5%
Private Sector/Business	10	8.1%
Education	5	4.1%
Public Health	3	2.4%
Social Services	2	1.6%
Student; Education	1	0.8%
Financial Services	1	0.8%
Government	1	0.8%
Other Non-Profit	1	0.8%
Grand Total	123	100%

Primary Role in Community Sector	# of Respondents	% of Total
Staffer	33	26.8%
Allied Health Provider/Clinical Provider	33	26.8%
Professional/Non-Clinical	30	24.4%
Leadership/Management	18	14.6%
Other	4	3.3%
Educator	3	2.4%
Community Member	1	0.8%
Consumer (i.e. client, patient)	1	0.8%
Grand Total	123	100%

Respondents' Town of Residence	# of Respondents	% of Total
Fort Kent	72	58.5%
Madawaska	21	17.1%
Frenchville	10	8.1%
Wallagrass	7	5.7%
Saint Agatha	4	3.3%
Eagle Lake	3	2.4%
Saint Francis	2	1.6%
Sinclair	2	1.6%
Winterville		
Plantation	1	0.8%
Allagash	1	0.8%
Grand Total	123	100%

Survey Results for St. John Valley

Preventive Screenings and Immunizations:

Screening and immunization access valued as accessible or very accessible:

- Age-related: 60%
- Cardiovascular disease: 66%
- Cervical and vaginal cancer: 70%
- Depression: 63%
- Childhood immunizations: 88%
- Colorectal: 81%
- Diabetes: 83%
- Mammography: 82%
- Prev. care visits: 71%
- Tobacco use: 66%



Screening accessibility that may need a second look:

Alcohol misuse: 43% value Accessible to Very Accessible; 33% selected Moderately Accessible

Drug misuse: 45% value Accessible to Very Accessible; 33% selected Moderately Accessible

Obesity: 59% value Accessible to Very Accessible; 24% selected Moderately Accessible

Oral Health: 47% value Accessible to Very Accessible; 34% selected Moderately Accessible

Survey Results for St. John Valley

Mental Health and Substance Abuse:

Top unmet mental/behavioral healthcare needs

- Affordable options for people who are uninsured or under-insured
- Pain management alternatives to prescription drugs/opioids
- Substance abuse treatment providers

Top substance abuse issues

- Alcohol abuse
- Prescription drug misuse and abuse
- Marijuana use

Healthy Food and Nutrition:

Top barriers that prevent healthy eating

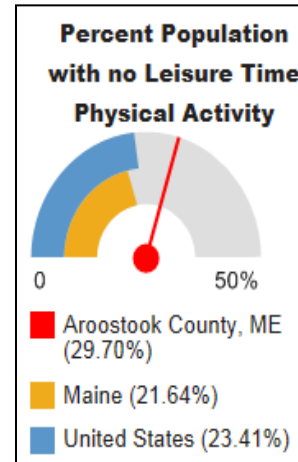
- Affordability of healthy food options
- Access to healthy food options in school/work environment
- Knowledge, attitudes and beliefs regarding nutrition

Cardiovascular Health:

Top barriers that prevent people from being physically active

- Personal barriers (i.e. lack of time, motivation, values and beliefs)
- Weather conditions
- Insufficient facilities or lack of access to facilities for exercising

Aroostook County has the highest percentage of any Maine county reporting unmet need for mental health treatment¹



In Aroostook County, 29.70% of adults aged 20+ self-report no leisure time for activity, based on the question:

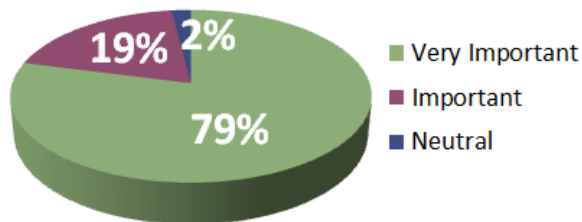
"During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?"

This indicator may illustrate a cause of significant health issues, such as obesity and poor cardiovascular health.²

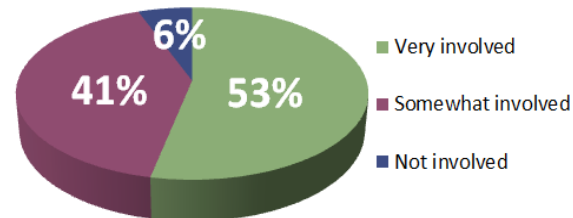
Aroostook County has the 2nd highest prevalence of heart disease in Maine¹

Survey Results for St. John Valley

How important is it for healthcare organizations to support community health improvement?



How involved is Northern Maine Medical Center in community health improvement efforts?



Additional comments from respondents about Northern Maine Medical Center's community health involvement.

"Hold support groups and community events, such as Rally in the Valley for local youth."

"...involved in a variety of wellness programs."

"Healthy activities for children (4 seasons), food drives, exercise room at NMMC."

"Trying to partner up with other organizations to provide wellness center."

"Support local exercise events including Edgar J. Paradis Tour de la Vallee, child bike fair, etc."

"Diabetic teaching. Dieticians, physical therapy, College gym is available. Our ER is always available to the community if they want their blood pressures checked. Our ER is available 24 hours a day, 7 days a week. Educate our patients before leaving the hospital on their diagnosis. Follow-up courtesy visit after discharged."

"Northern Maine Medical offers great activities for children and families both in summer and winter."

"...due to past experience with the hospital, many people still hesitate to be involved with NMMC even though many of the faces have changed. Cost is also an issue. Many voluntary programs have been cut due to lack of funding such as regular public screenings etc."

"Having NMMC participate in a local foods program to meet the hospital's dietary needs would be a healthy alternative to the status quo, and would provide NMMC with an excellent local marketing opportunity."

"Hospital has been involved promoting active lifestyle. Many resources are available to them to access to promote Active lifestyle that are under used. (College and school gyms, 10th Mountain Center, Lonesome Pine Trails)."

"Doctors that come and go every couple of years don't have a vested interest in their patients and often seem unaware of facilities that may or may not be available in the community; stable local doctors won't see new patients; everyone insists that follow-up include an office visit & will not contact patients via phone for information (presumably because they can't charge the insurance companies for phone calls)."

Survey Results for St. John Valley

Social Factors:

- 94% agree the community is a safe place to live
- 93% agree people in the community know and trust one another
- 91% agree that neighbors look out for each other

Top social concerns

- Unemployment/Economic Opportunity
- Substance Abuse
- Domestic Violence

Top vulnerable populations most likely to encounter barriers to good health

- Homeless
- Mentally Ill
- Older Adults/Elderly

Access to Care:

Greatest Gaps in Healthcare Services

- Behavioral/Mental health services (adults)
- Behavioral/Mental health services (children)
- Substance abuse treatment/counseling

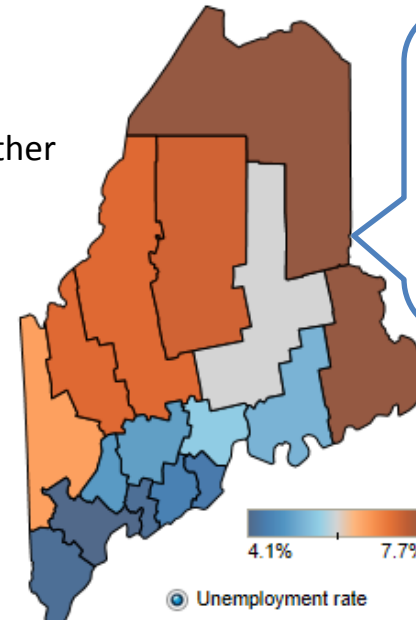
Issues preventing access to care

- Out of pocket costs associated with insurance plans
- Lack of insurance and unable to pay for the care
- Don't understand or value the importance of seeking healthcare

Strategies that could measurably improve the health of your community

- Jobs/Economic development/Livable wages
- Improved access to healthcare services
- Improved access to transportation

Maine Unemployment Rates June 2014



Aroostook and Washington County are tied at 7.7% for Maine's highest rate of unemployment as of June 2014. Aroostook County has seen a -1.5% change in this rate over the past 12 months.¹

The National CDC reports from 2011-2012, 22% of Maine children have one or more emotional, behavioral, or developmental conditions.

These are children ages 2 to 17 with a parent who reports that a doctor has told them their child has autism, developmental delays, depression or anxiety, ADD/ADHD, or behavioral/conduct problems.²

Survey Results for St. John Valley

Key Takeaways:

- Residents of Fort Kent represent a majority of respondents and primarily identify themselves within the healthcare sector.
- Access to mental health and substance abuse (including alcohol, prescription drugs and illegal drugs) services/screening are perceived as lacking in the community.
- Barriers to good health seem to be rooted in an inability to pay for services, unemployment and a need for improved economic opportunities.

Building on valued St. John Valley assets:

- Natural environment: clean air, open spaces, abundance of outdoor recreational opportunities.
- Safe communities with strong social networks.
- Engaged healthcare providers who make an effort to connect with the community.