



Preventing disease, promoting wellness, increasing access, and improving quality.



This Month at MCD Public Health

It's harvest time--that time of year when we celebrate the bounty of our summer labors. To celebrate, we're highlighting the success of [Healthy Lincoln County's Summer Food services](#) program and ways to continue to connect to [Maine's agricultural fairs and farmer's markets](#) this fall. September also marks the shift from summer daydreaming to structured learning. To that end, we have shined a spotlight on the [Maine Integrated Health Survey](#) as organizers turn their attention to recruiting schools to participate in the survey. This is THE survey that helps us all understand what's going well and where help is needed most. To that end, we are proud announce the launch of [Community Health Worker online training](#)--an accessible tool to help those who help others. As always, we also bring you the highlights of [what's happening](#) in public health.



Kate
Perkins
Director
MCDPH

Thank you for all you do to help our neighbors get and stay healthy.

Be well,

Kate

Project Spotlight

We recently caught up with Reid Plimpton, an MCD Public Health team member working as a Maine Integrated Youth Health Survey (MIYHS) Project Coordinator in the Division of Disease Prevention, Maine CDC. Here's the highlights:

MCDPH: Can you tell us what the Maine Integrated Youth Health Survey is and why it is important?

RP: The MIYHS (MY-has) is an anonymous and voluntary survey offered every other year. It is a collaborative effort between the Maine Department of Health and Human Services and the Maine Department of Education. The MIYHS collects data on the health-related attitudes and behaviors of Maine students K-12 in order to monitor health and safety risks which contribute to preventable diseases and injuries. The data is used to help our young people live healthy lives.

MCDPH: Where does Maine get the MIYHS questions or are they unique?

RP: We pull questions from existing validated and reliable sources such as the national Youth Risk Behavior Survey, Monitoring the Future, California Healthy Kids Survey, Search Institute, National Youth Tobacco Survey and others. So while MIYHS may use common questions, the assortment of questions doesn't necessarily match other state surveys. That said, since many states pull their

questions from similar sources, we can compare some data points with other states, which provides Maine with additional context.

MCDPH: Are the questions the same at every grade level and does every school participate?

RP: The questions differ by grade groupings depending on student's stage of development. Middle School (grades 7 & 8) surveys asks simpler, shorter questions that are easier to understand, and surveys for grades 5-6 even more so. K-3 is a parent survey and we do an oral health and a height-weight screening of the children whose parents participate.

K-3 & 5-6 are sample surveys, meaning these surveys are designed to get representative data. The state recruits 22 schools from the K-3 level and over 100 schools at the 5-6 level to capture a wide variety of districts that best mirrors Maine's overall population.

Our goal is 100% participation at the Middle and High School level. In 2015 we had over 80% Maine's High School and Middle Schools participate. We would love to see that percentage increase, as there are areas where data has been unavailable due to low response rates.

MCDPH: Since the survey is administered one month every two years, what do you do during the other 23 months?

RP: There is much to be done! You could say it all begins with creating or updating the survey itself. There are certain Youth Risk Behavior Survey requirements, including the number of questions. Other questions meet program or funder requirements. We also look at what else we need to know. For instance, in the 2017 High School survey we are introducing a question about housing security. Stable housing, or the lack of it, has important influences on youth's health and behavior and there are too few sources of data on this risk factor.

MCDPH: At this point in the cycle-September of an even year-what are some of your highest priorities?

RP: Recruiting schools. The next survey is due to be implemented between February and March, 2017. At this point we are reaching out to school administrators in order to ensure a robust sample size from across the state and within each district.

MCDPH: What is the benefit of participating in the MIYHS?

RP: For schools who participate, they benefit from a comprehensive look of their own student's strengths and needs. This allows each them to make the most effective programming decisions tailored to their community.

In addition to assisting school-level decision making, the High School and Middle School survey data are relied upon to create accurate county and Public Health District reports, needs assessments, and strategic plans.

MCDPH: Where can folks access the data from previous surveys?

RP: This year we are rolling out a [Dashboard](#) which has 20 data points at both the High School and Middle School level with data from 2009-2015 for County and Public Health District level data.

The new tool allows each user to customize their analysis. There is also a health rankings function. Users can export the data into a jpeg graph or an excel spreadsheet for later reference. Full data sheets from 2009-2015 are also available on the [MIYHS website](#).

MCDPH: What's your background?

RP: I graduated from University of Maine Farmington in 2014 in Community Health with minors in Chemistry, Coaching, and Personal Fitness. I had an internship during the spring of my senior year with the Maine CDC in Infectious Disease Epidemiology. After graduation I participated in a Hanley Center Internship at MCDPH to work on Healthy Maine Streets with **Kala Ladenheim, Dawn Littlefield-Gordon, Robin Hetzler, Danielle Louder, and Joanna Stocker** along with **Ann Ball at Maine Development Foundation**. I love my job. Every day feels important. I also get to go around the state and meet people-like when I went to Caribou in August.

Kudos Corner



CHW Online Training

MCDPH is proud to announce the launch of our online [Community Health Worker Online Training Program!](#) This training is intended for community health workers who assist clients in the prevention, management, and self-management of chronic conditions such as high

blood pressure, pre-hypertension, hypertension, pre-diabetes, diabetes and asthma. The training consists of 5 training modules: an overview followed by modules for each chronic condition.

Around Town

Summer Food Rocks!

Healthy Lincoln County provided 500 children with 10,259 healthy breakfasts and lunches thanks to the Summer Food Service Program staff, volunteers, and partners at nine sites. Way to go HLC!

Accessing fresh and local fruits and veggies has never been easier. It's agricultural fair season and harvest time at your local farmer's markets! There are still some great agricultural fairs including the upcoming Common Ground, Cumberland, and Fryeburg Fairs. [Click here for a list of dates and times.](#)

Harvest time brings pumpkins, tomatoes, squash, and sunflowers to the markets! [Click here for a list of farmer's markets](#) times and locations near you!

What do you do with all those fresh fruits and veggies from markets and fairs? [Here is a collection of great tasting recipes](#) from the Produce for Better Life foundation. Remember HALF YOUR PLATE should contain fruits and veggies at every meal!

Mark Your Calendars!

National Association of Chronic Disease Director's onference call, Thursday September 22, 2016, 3:00-4:30 eastern, [Click here FMI.](#)

Achieving Health Equity - One Policy at a Time-Webcast, Thursday, September 22, 2016, 3:00 pm EST, Office of Minority Health. [Click here](#) for more information.

NAMI Gate Keeper Suicide Prevention Training, Saturday, September 24, 2016, 8:30 - 4:00, Togus VA Hospital, Bldg 205, Rm 330. This one day class will have an extra focus on the veteran and LGBTQ+ communities. FREE. [Click here to register](#) and learn more.

Maine Public Health Association's 32nd Fall Conference, Tuesday, October 18th, Hannaford Lecture Hall, University of Southern Maine, Portland. Conference keynote by Dr. Camara Jones, current APHA President and a Senior Fellow at the Satcher Health Leadership Institute and the Cardiovascular Research Institute, Morehouse School of Medicine. [Click here to register](#).

American Public Health Association's 144th Annual Meeting, October 29-November 2, 2016, Denver, CO. [Click here to register](#).

Innovations in Managing Cardiovascular Disease (Maine Cardiovascular Health Council's 2016 Summit) Thursday, November 10, 2016. [Click here to register](#).

Comprehensive Sexuality Education Conference, April 7, 2017, Augusta Civic Center, sponsored by Maine Family Planning, Maine CDC, New Beginnings, UMF, MCEDV, MECASA, Maine DOE. [Click here to register](#).

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