

[MCDPH 2016 Year in Review](#)

[BP Trainings](#)

[National Public Health Week](#)

[Free Webinar on HPV](#)

[Calendar of Events](#)



MCD Public Health - March 2017

Dear Colleagues:

Health care is the topic of conversation everywhere, on television, in newspapers, internet, around the dinner table, water cooler, construction sites, grocery stores and school yards. All for good reasons, as health care now and into the future is vital to everyone. But what about Public Health? We're not talking much about public health and, in fact, many people including our policymakers may not know enough about or understand what is public health. The truth is, public health surrounds us all every day and is essential to the health, safety, and well-being of all our people. According to the federal Centers for Disease Control and Prevention (CDC), public health in America:

- Prevents epidemics and the spread of disease
- Protects against environmental hazards
- Prevents injuries
- Promotes and encourages healthy behaviors
- Responds to disasters and assists communities in recovery
- Assures the quality and accessibility of health services

For the CDC list of the 10 greatest U.S. public health achievements in the last century, click here:



MCDPH, in collaboration with our many partners, works in these areas to address the public health issues that affect us all. That work includes program and policy development, implementation, evaluation, consulting and contract services, training/technical assistance, and much more. For more on our work, see the Spotlight Section below for our ["2016 Year in Review."](#)

We, here at MCD Public Health, are committed to being stalwarts of public health in Maine and across the nation. We're also dedicated to educating others about public health along our journey. Next week marks American Public Health Association's ["National Public Health Week."](#) A great opportunity to learn and get everyone talking about Public Health!



**Elizabeth
Foley,
Co-Director**

Best Regards,
Elizabeth and Danielle



**Danielle
Louder,
Co-Director**

Spotlight

2016 Year in Review

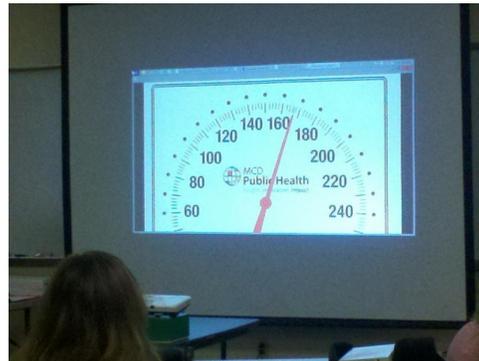


MCDPH is a member of the National Network of Public Health Institutes, improving healthcare around Maine, around the country, and around the corner.

We are pleased to announce that our **2016 MCDPH Year in Review** is now available online. Come, take a journey through the pages to learn about public health programs and projects MCDPH was a part of over the last year. From distributing automated external defibrillators (AEDs) to rural areas of Maine, to providing telehealth technical assistance and resources through the Northeast Telehealth Resource Center, to working with the Maine CDC to create web-based tutorials, webinar courses, and in-person trainings for medical certifiers and their staff on how to use Maine's Electronic Death Registration System, MCDPH is dedicated to improving the health and well-being of the people of Maine and beyond.

BP Trainings

In collaboration with the Massachusetts Department of Health (MA DPH), MCD Public Health held blood pressure trainings in locations throughout Massachusetts from March 8th to the 10th. Attendees ranged from healthcare professionals to emergency service providers to community health workers (CHWs). Information covered during the sessions included definitions of high blood pressure, how to determine what is high blood pressure, as well as hands-on training where participants learned the correct method for taking blood pressure. When asked what was helpful about the training, participants commented:



"Reviewing as a group, cuff sizes, techniques, myths, common practice."

"I thought this was excellent - both content and style/personality of presenter."

"The video, the experimentation with a partner, online training, small class size, it was a lot of great information!"

"I found this to be a wonderful training - combining theory and process."

MCDPH will be back in Massachusetts this fall and we look forward to doing more BP trainings with our partners at MA DPH. For more information or to schedule a training for your site, please contact [Elisabeth Altshuler](#).

National



HEALTHIEST NATION 2030
April 3-9, 2017 • National Public Health Week

Join the American Public Health Association (APHA) in celebrating [National Public Health Week](#) and become part of a growing movement to create the healthiest nation in one generation.

From Our Colleagues at MPHA

The Maine Public Health Association (MPHA) will be hosting a **free** webinar from 12:00 - 1:00 pm on **April 21st**. Topic - **You are the Key to HPV Cancer Prevention**. Every year in the United States people are diagnosed with a cancer caused by HPV, that's 1 case every 20 minutes. Most of these cancers can be prevented by the HPV vaccine; however, in Maine fewer than half of girls and boys are receiving the complete vaccine series. "You are the Key to HPV Cancer Prevention" is a training designed by the National AHEC Organization and the CDC to meet the educational needs of healthcare providers and public health professionals who provide and/or promote immunizations. For more information and to register, [click here](#).

Mark Your Calendars!

QC2017 - In It Together: Achieving Excellent Patient & Provider Experience, April 5, 2017, Augusta Civic Center. Join us this year to investigate the emerging link between patient experience and provider experience - and the profound impact that both have on quality and cost. [Click here for more information and 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](#).

Taking Telehealth Mainstream (NETRC Regional Conference) - May 23 & 24, 2017, Amherst, MA. [Click here for more information and to register](#).

SAVE THE DATE - APHA's 2017 Annual Meeting & Expo - Creating the Healthiest Nation: Climate Changes Health, November 4-8, 2017, Atlanta, Georgia. [Click here for more information and to register](#).

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See what's happening on our social sites:



www.mcdph.org

