



This month's newsletter highlights our work in the prevention and management of chronic conditions.

February is Heart Health month, and we here at MCD Public Health have worked with a number of state-wide partners on various cardiovascular health initiatives over the years, dating back to the 1970s. Back then, there were no formal guidelines for the detection and management of high blood pressure. In fact, it used to be that a normal blood pressure was 100 plus your age. So someone age 60 with a blood pressure of 160/90 would have been told they have a normal blood pressure! Times of course have changed significantly, and just this past November, the American College of Cardiology and American Heart Association published the new 2017 Guideline for the Prevention, Detection, Evaluation, and Management of High Blood Pressure in Adults. MCD Public Health staff attended the 2017 BP guideline launch and brought back valuable information to inform our work, and the work of our partners across the United States. Just in time for Heart Health month, we hosted a [virtual BP Guideline learning session](#).

As it's never too early to start building the foundation for good health, this month's newsletter also highlights the prevention and wellness efforts taking place in the communities we serve. Staff from [Healthy Lincoln County](#) are teaching young children about healthy nutrition, and the connection with their overall health, including healthy hearts, bodies and minds.

Our Northeast Telehealth Resource Center (NETRC) team has also announced their annual telehealth conference to be held June 5-6 in Portland, ME! Stakeholders from across the eight-state NETRC region (New England, New Jersey, and New York) and beyond will share telehealth best practice and innovation, network with colleagues, and identify opportunities to advance telehealth. Don't miss this year's discussion as we look to optimize value, enhance engagement, and revolutionize health care access! **Visit our [conference website](#) to submit a proposal for presentations, become an event sponsor, and/or register to attend!**

Enjoy this month's newsletter, and as always, feel free to reach out to learn more about our work, and how we might partner moving forward!



Elizabeth
Foley



Danielle
Louder



MCD 2017 BP Guideline Update

MCD Public Health hosted a virtual learning session in January, for the newly released 2017 Blood Pressure Guidelines. We had participants from various health care systems and public health departments across the U.S. join the session through our live video classroom. If you're interested in viewing the webinar, the full recording is available on our [Detection and Management of High Blood Pressure Online Training Program](#) site. On this site, you will also find our Self-Measured Blood Pressure

Monitoring (SMBP) Online Training, which has been updated to reflect the new 2017 Blood Pressure guidelines. The online SMBP training has also been updated to include a whole new section on Self-Measured Blood Pressure Monitoring Loaner Programs, and guidance on how to implement this type of program into any clinical practice setting.

MCD Public Health's Detection and Management of High Blood Pressure Online trainings are currently available via open access (no cost) to participants from Maine, New York, Nebraska, and Massachusetts. Users from others states also have the opportunity to register for a small fee. Visit <https://bponline.mcdph.org/> to register. If you are interested in learning about how to gain open access for your state, email dianec@mcdph.org.

HLC's Lara Cogar Teaches Nutrition & Healthy Habits

Healthy Lincoln County's SNAP-Ed Nutrition Educator, Lara Cogar (pictured right, captured by Lincoln County News) was recently highlighted in the Lincoln County News for her efforts to bring nutrition education to local schools. Lara collaborates with schools throughout Lincoln County and visits the classrooms of kindergarten to sixth graders,



discussing everything from different types of fruit and healthy snacks, to how food grows, where it comes from, how it's processed and how it ultimately ends up on our plates. Lara's classes are built into many of the schools' health curriculums and is geared towards getting students to try new, healthy foods. After class, students are encouraged to bring reading materials home to their families, to share what they learned about nutrition. The ultimate goal is that students will learn about and experience new healthy foods, share that with their families, and integrate these healthy choices into their home life.

For more information, visit healthylincolncounty.org

Welcome



Emilee Winn, Maura Lockwood, and Phoebe Downer (featured left to right) will be taking on the roles of Council Coordinators for Maine's Public Health District Coordinating Councils, facilitating their day to day operations and assisting with development and implementation of the District Public Health Improvement Plan (DPHIP). In subsequent issues of the newsletter, we will get to know each of our new teammates a bit further. Please join us in welcoming the newest members of the MCD Public Health Team!

Kudos

The MCD Public Health Team would like to congratulate current team members on their exemplary accomplishments.

Phonse Allen-Laney is being promoted to Project Coordinator! Phonse is a long-time MCDPH team member, who has served vital and growing roles within the Telephonic Diabetes Education and Support (TDES) and WellStarME programs, while taking on a variety of other duties with a positive approach and a smile over the years. She will continue to grow her scope of work and expertise in her new role. Please join us in congratulating Phonse on this well-deserved promotion!



Mark Your Calendars!

National Public Health Week 2018 - April 2-8, 2018.

Theme: "Healthiest Nation 2030: Changing Our Future Together."

QC 2018: Quality, Collaboration, Innovation ... It All Counts! - April 4, 2018. Keynote: Dr. Sanjeev Arora - Dr. Arora's [Project ECHO®](#) shares knowledge and amplifies best-practice care for underserved people all over the world.

Global Health & Innovation Conference - April 14-15, 2018 - Yale University, New Haven, CT. For more information and to register, [click here](#).

National Network of Public Health Institutes (NNPHI) Annual Conference and Public Health Workforce Forum - May 22-24, 2018 - New Orleans, LA. For more information and to register, [click here](#).

Northeast Telehealth Resource Center's 2018 Regional Telehealth Conference - June 5-6, 2018 - Portland, Maine. To register, [click here](#).

Career Opportunities

If you're interested in joining the MCD Team, visit our [website](#) for current career opportunities.

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