

## The Latest News From MCDPH - May 2018

Dear Colleagues;

Each month we learn about various national awareness campaigns. This month we can't think of two more important topics than mental health and stroke awareness. Both have significant impact on our families, friends, coworkers and community members across the nation. In fact, 1 in 5 Americans is affected by mental health conditions and every 4 minutes someone dies of a stroke. While these are alarming statistics, there are things we all can do to address these public health issues.

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. They work to fight stigma, provide support, educate the public and advocate for policies that support people with mental illness and their families. In 2018, they launched the "**Cure Stigma**" campaign to combat the shame associated with mental health issues. The stigma of mental illness creates an environment of humiliation, fear and silence that prevents people from seeking help and treatment. We can all support the elimination of stigma.

Certainly, not to be overshadowed, stroke is the 5th leading cause of death and the leading cause of adult disability in the United States. As public health professionals we can promote healthy prevention measures like controlling high blood pressure and teaching others how to recognize stroke and **ActFAST**. You can learn more about our stroke prevention resources and the American Stroke Association's **ActFAST** campaign in this month's newsletter.

As always we hope you enjoy this month's edition and feel free to reach out if we can highlight a topic or resource to support your public health work.

Best Regards,  
*Danielle Louder & Elizabeth Foley*  
Co-Directors, MCD Public Health

## Stroke Awareness

MCD Public Health in partnership with the Massachusetts Paul Coverdell Stroke Program developed a practical hands-



<sup>PAUL</sup>  
**Coverdell**  
NATIONAL ACUTE STROKE PROGRAM

on NIH Stroke Scale training. This training helps participants become more comfortable in the performance and scoring of the NIH Stroke Scale and provides an opportunity to take some NIHSS training tips back to their facility. The training is delivered by our expert team of Eileen Hawkins, Stroke Program Coordinator at Penobscot Bay Medical Center and Dr. Laura Stein, Vascular Neurology Fellow, Icahn School of Medicine at Mount Sinai New York. For information on our stroke trainings contact [dianec@mcdph.org](mailto:dianec@mcdph.org)

Knowing the symptoms of a stroke can not only prevent disability, it can save lives. Learn to **ActFast** by accessing the American Stroke Association resource below.



## FAST: ONE OF THE MOST POWERFUL 4-LETTER WORDS.

**F** | Face Drooping   **A** | Arm Weakness   **S** | Speech Difficulty   **T** | Time to Call 911

**LEARN WHY**

## MCDPH Offers CEUs for all BP Trainings

We are pleased to announce that we now offer national continuing education credits for all in-person and online blood pressure trainings.

THE DETECTION AND MANAGEMENT  
OF HIGH BLOOD PRESSURE  
ONLINE TRAINING PROGRAM



This includes Accurate BP Measurement, Self-Measured Blood Pressure Monitoring, BP Quality Improvement, BP Train-the-trainer and the 2017 ACC/AHA High Blood Pressure Guideline Update. Visit our [BP online training site](#) or contact Diane Campbell [dianec@mcdph.org](mailto:dianec@mcdph.org) to discuss hosting training in your state or health care facility.

## News From the Nation & Abroad

### Insects and Vector-Borne Illnesses: How to Protect Yourself

Whether you live here in the U.S. or across the globe you're likely to encounter biting insects and vector-borne diseases. Here in Maine it's the start of a significant tick season and we typically experience high rates of tick-borne diseases. If your state is anything like Maine, you're probably searching for ways to protect your family, your pets, and yourself from insect bites and the diseases they carry. Mosquitoes and ticks are more than just pests, they carry Lyme disease, Anaplasmosis, Powassan virus, Rocky Mountain spotted fever, West Nile and Zika virus to name a few. Early in May, the [Centers for Disease Control and Prevention](#)



[released a statement](#) sharing how disease cases from mosquitoes, tick, and flea bites have more than tripled in the United States between 2004 and 2016, and continue to threaten the population's health. If you want to learn more about vector-borne illnesses in your state, visit the [CDC's Vital Signs website](#).

[Click here](#) for more information on preventing tick-related illnesses.

[Click here](#) for more information on preventing mosquito-related illnesses.

While we are trying to prevent vector-borne diseases here in Maine and across the nation, our colleagues at MCD International are working to prevent Malaria, Zika, and other communicable diseases across the globe. To learn more about their work, [visit their website](#).

**Kudos**



## MPHA Recognizes Diane Campbell

We wanted to take a moment to share a special recognition and well deserved congratulations to our colleague Diane Campbell, who has been selected as one of Maine Public Health Association's 2018 Public Health Heroes! This award is the result of Diane's long-time commitment to supporting key efforts of the Maine Public Health Association, including conference and training coordination, member recruitment and maintenance, policy efforts, and more. Diane will further be recognized at their Spring Public Health Awards Ceremony.

For more information, [click here](#).

## MCDPH Events & Opportunities



### MCDPH Events for 2018

[See All Upcoming Events](#)

**Northeast Regional  
Telehealth Conference**  
Optimizing Value. Enhancing Engagement. Revolutionizing Access.

**NORTHEAST  
TELEHEALTH<sup>4</sup>**  
RESOURCE CENTER



June 5+6, 2018  
Portland, Maine

[www.netrc.org/conference](http://www.netrc.org/conference) | 800-379-2021 | [Register or Save The Date!](#)

## Partner Events

**Ethical Decision Making at Razor's Edge - May 30-31, 2018** - Augusta, ME. Maine Primary Care Association in partnership with the Maine State Office of Rural Health and Primary Care is hosting a two day training on ethical decision making. Day one will focus on leadership ethics and moral management day two will discuss the ethics of gender, sex, and sexuality. For more information and to register, [click here](#)

**HPV Summit: HPV Cancer Free for ME- June 1, 2018** - Hosted by: Maine Primary Care Association, American Cancer Society, and Maine Area Health Education Centers (AHECs). Brewer, Maine. To register, [click here](#).

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

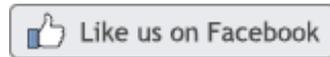
**Consumers for Affordable Health Care Celebrating 30 Years of Advocacy- June 7, 2018** - Between 5pm and 8pm at Maple Hill Farm in Hallowell. To RSVP, [click here](#).

**New England Rural Health Round Table's 2018 Rural Health Conference- November 7-8, 2018** - Sunday River Resort, Newry, ME. For more information, [click here](#).

**APHA Annual Meeting and Expo- November 10-14, 2018** - San Diego, CA.  
Theme - "Creating the Healthiest Nation: Health Equity Now." For more information and submissions, [click here](#). Registration will open on June 4th.

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