

The Latest News From MCDPH - March 2019

Dear Colleagues,

Last month, we kicked off our "What is Public Health?" campaign by asking our readers what public health means to them at a personal, local and community level. When reviewing the preliminary responses, a word that kept resurfacing was "prevention". We all have a stake in prevention, and improving the health and well-being of our communities and the people we serve. To accomplish this, it takes a diverse, dedicated and skilled team to tackle the numerous public health issues we face on a local, state, national, and global level. Here at MCD, we are building our team of public health professionals and encourage you to explore our career opportunities here in Maine, Maryland and in international locations across the globe. **Join our team and together, we can collectively work toward improving health for all people.**

As always, we hope you enjoy this edition of our newsletter.

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

March is Colorectal Cancer Awareness Month

March is Colorectal Cancer Awareness Month, and this year, the theme is "Don't Assume." The Colorectal Cancer Alliance has spearheaded this campaign as a way to challenge assumptions and misconceptions about colorectal cancer. For example, colorectal cancer isn't just a 50+ disease. In fact, the rates of young onset colorectal cancer have increased, so don't assume you and your loved ones don't need to get checked. Among cancers that affect both men and women, colorectal cancer is the second leading cause of cancer deaths in the US, but it doesn't have to be. Screening for colorectal cancer saves lives

Preventing colorectal cancer starts with screening.
What's your reason to get screened?



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

During this colorectal cancer awareness month, encourage your loved ones to get screened for colorectal cancer, and be sure to do the same.

Visit the following resources for more information on colorectal cancer and available resources:

- [Colorectal Cancer Alliance](#)

- **Screen for Life: National Colorectal Cancer Action Campaign**
- **Centers for Disease Control & Prevention**
- **American Cancer Society**



Reminder: As part of the Community Health Workers and Chronic Conditions Training Program, MCD Public Health offers a training module on colorectal cancer. The training is primarily focused on colorectal cancer screening and prevention.

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

Physical Activity and Nutrition in Early Care and Education Settings

On March 7th and 8th, as part of the Healthy Kids Healthy Futures Project, MCD Public Health provided support to the statewide Physical Activity and Nutrition in Early Care and Education (PAN in ECE) strategic planning meeting at Maple Hill Farm- Hallowell, Maine. The PAN in ECE stakeholder group provides technical assistance and support for Physical Activity and Nutrition best practices in the setting of ECE. The overall objective of the meeting was to develop a strategic plan to drive statewide efforts supporting ECE providers in the integration of physical activity and nutrition best practices. The first day set the stage and grounded the group in the prevalence of obesity, evidence-based strategies and tools and featured national speakers from U.S. CDC, Nemours Children’s Health System and University of North Carolina. On the second day, attendees rolled up their sleeves and successfully drafted a five-year strategic plan that includes the development of systemic and policy change that will anchor efforts and improve healthy eating and active living in ECE setting through Maine.



For more information, contact: Meredith Backus at mbackus@mcdph.org.

"What is Public Health?" Campaign

The MCD Public Health team is launching a "What is Public Health?" educational campaign, and we want to hear from you. We invite you to take a few moments and answer 3 very brief questions on what public health means to you and your community, and if you’re willing, share your stories.

Public health is at the heart of so much in the communities where we live, work and play and we need you to help us tell those stories and spread the word on “what is public health.”



[Click here to tell us what public health means to you.](#)

Meet Our Team

Sally Ingraham - Project Assistant, Healthy Lincoln County

Sally Ingraham joins HLC as the Project Assistant supporting the office with administrative, operational and implementation of project activities.

With 17 years of experience as an entrepreneur, a rich background in non-profit work and prior experience in program development, Sally is dedicated to making an impact on her community. Previously employed educating low income and older adult households about the SNAP program and making healthy choices, advocating for quality food has become a passion.



Reid Plimpton – Project Manager, Northeast Telehealth Resource Center



Reid Plimpton joins our NETRC team after having previously worked within MCD as the Maine Integrated Youth Health Survey Project Coordinator for the past 4 years. Reid is originally from New Hampshire, and has lived in Maine since completing his Community Health Sciences B.S. degree at the University of Maine at Farmington in 2014. Mr. Plimpton expects to complete his Master of Public Health from The Dartmouth Institute for Health Policy and Clinical Practice in June of 2019.

He is passionate about the telehealth field and its capacity to improve access to healthcare and quality of care for rural and underserved areas, along with policy research and development. Reid is excited to dive into assisting both existing and new telehealth programs across the Northeast and beyond.

Join Our Team

MCD is seeking talented individuals for both domestic and international positions:

Domestic Public Health



Project Assistant - Maternal Child

International Public Health



Assistant Project Officer- Equatorial

Health - Augusta, ME

Guinea Project - Silver Spring, MD

**Project Coordinator- SNAP ED -
Damariscotta, ME**

**Geographic Information Systems &
Data Analysis Intern- Silver Spring, MD**

**Project Coordinator- AIDS Drug
Assistance Program - Augusta, ME**

**Laboratory Technical Advisor-
Monrovia, Liberia**

**Project Coordinator- Maine Integrated
Youth Health Survey - Augusta, ME**

**Malaria in Pregnancy Advisor-
Monrovia, Liberia**

[Click here](#) to see more opportunities.

[Click here](#) to see more opportunities.

2019 Northeast Regional Telehealth Conference Sponsorship/Exhibitor Opportunities are Open!

The Northeast Telehealth Resource Center is thrilled to return to Portland, ME.

There are multiple opportunities to sponsor and exhibit at this year's event.

Visit the [NETRC Conference webpage](#) or click on the buttons below for more information. **We hope to see you there!**

[NETRC 2019 Sponsorship](#)



a practical tour of the telehealth landscape



June 17 + 18, 2019 | Westin Portland Harborview | Portland, ME

Upcoming Events

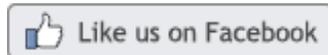
World Health Day - April 7, 2019 - For more information, [click here](#).

2019 NNPHI Annual Conference - May 20-22, 2019 - Washington, DC. For more information, [click here](#).

2019 Northeast Regional Telehealth Conference - Save the Date!! – June 17-18, 2019 – Portland, Maine. [Click here](#) for more details.

2019 American Public Health Association (APHA) Annual Meeting & Expo - November 2-6, 2019 - Philadelphia, PA. For more information, [click here](#).

Get In Touch
MCD Public Health
11 Parkwood Dr.
Augusta, ME 04330
P: 207-622-7566
Email: info@mcdph.org



Join Our Team



Website

About Us

Contact Us