

Downeast Maine Public Health District

Hancock and Washington County

Annual District Report: 2025



Public Health
Prevent. Promote. Protect.
Downeast Public Health District



**DOWNEAST PUBLIC
HEALTH COUNCIL**



ACKNOWLEDGMENT

This report was prepared by the Downeast Public Health District in collaboration with the Downeast Public Health Council. The production of this report was made possible through the collective efforts of individuals who contributed their time, expertise and insights.

The Downeast Public Health District would like to thank the Downeast Public Health Council's Executive Committee, members and interested parties, in addition to the leadership at Maine CDC for their invaluable time to review and provide insights.

The Downeast Public Health District is also grateful for the valuable contributions from the Downeast Public Health Unit and the Maine Prevention Network for providing information and data to create this report.

Special thanks to-

- Maine CDC, Director: *Dr. Puthiery Va*
- DEPHC Executive Committee: *Angela Fochesato, Tracy Parker, Maria Donahue, Andrew Sankey and Helen Burlock*
- Maine CDC, Office of Readiness and Response Director: *James Markiewicz*
- Maine CDC, Communications and Marketing: *Daniel Dent*
- Maine CDC, Drinking Water Program: *Amy Lachance*
- Maine CDC, Public Health Nursing Program: *Cynthia Grass*
- Maine CDC, Health Inspection Program: *Lisa Silva*
- Maine CDC, Infectious Disease Program: *Maura Lockwood*
- Maine CDC, Local Health Officer: *Heather Sneff*
- Maine Prevention Network, Healthy Acadia: *Maria Donahue*

Prepared by: Alfred May, Downeast District Liaison and Kawther Mohamed, Downeast Public Health Educator.

LETTER FROM THE DIRECTOR- DR. PUTHIERY VA, D.O.

Dear Colleagues,

During our Town Hall in December, I shared a look back on 2025 and my vision for the future for the Maine CDC. This past year we faced plenty of headwinds, but we also showed incredible resilience. Now, I truly want to thank our people who made a difference, starting with you in the Downeast Public Health District.

In 2025, Maine CDC achieved record high childhood immunization rates, declines in opioid related deaths, more resilient and happy students, a legislative win to get universal adult vaccine access, and the debut of our new vaccine application, Docket for Schools.

The Downeast District was right there with us, fostering social connectedness in the services, programs, and work we do – which is one of my priorities. It was exciting to hear you were recognized for creating an age-friendly public health system by the Trust for America’s Health in partnership with the John A. Hartford Foundation.

Just as exciting, you made strides in another of my priorities – strengthening Maine’s emergency preparedness and response – with your contributions to the Healthcare Coalition of Maine, Downeast Chapter’s Hazard Vulnerability Assessment Action Plan.

Looking ahead to 2026, I know we are poised for great things. I look forward to our work together on the Rural Health Transformation Program, our school-based health centers, our mobile health clinics, and so much more. Congratulations on a great year, and thanks for all you do for the Maine CDC.

Warmly,

Thiery



EXECUTIVE SUMMARY

Welcome to the 2025 Annual Report for the Downeast Maine Public Health District. The 2024 Annual Report introduced readers to the programs working in the Downeast District from Maine CDC's Public Health Unit extending to district partners and municipal local health officers. This report will provide an update of health issues impacting the people of our two counties. In addition to providing a comprehensive overview of the programs and strategies that the public health unit, district partners and local health officers are using to meet our vision of having the healthiest communities in Maine.

INTRODUCTION

The Downeast Public Health District is one of eight geographic public health districts in Maine, serving a population of over 86,000 in Hancock and Washington Counties that includes two jurisdictions of the Passamaquoddy Tribe. The Downeast District spans over 5,600 square miles of land and sea with a population density of 34 persons per square mile in Hancock and 12 persons per square mile in Washington County. The District assures a working public health system through the delivery of the ten essential public health services. We actively promote a public health system built on collaboration that enables optimal health for all. In working with our district partners, we work together to remove systemic and structural barriers at the local level and strive for changes at the state and national level with the help of our advocates.

VISION

Downeast Maine Communities are among the healthiest in the state.

MISSION

Promote the health of all our communities by providing public health information, coordination, collaboration, and advocacy.

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Maine Blueberry fields in Autumn

Report Date: January 30, 2026

Authors: Alfred May and Kawther Mohamed.

*Downeast Maine Public Health District
Annual Report 2025*

Public Health Unit

The Downeast Public Health Unit staff are located within the Maine DHHS offices in Ellsworth, Machias and Calais.

Program	Description	Staff
Public Health Nursing	Maine CDC Public Health Nurses are registered professional nurses, working to improve, preserve, and protect the health and quality of life for all Maine citizens.	Cynthia Grass (Supervisor); Stephanie Lavigne; Catherine MacDonald
Health Inspection	Provides licensing and inspection services for a number of different types of businesses to protect the public's health.	Weibley Dean; Holly Sault
Epidemiology	Field Epidemiologists work at the regional level to provide technical assistance and best practices in response to disease investigations and educational requests from healthcare, schools, businesses, and community organizations.	Maura Lockwood
Drinking Water (Non-Municipal Water System Inspector)	Provides the technical assistance and enforcement of drinking water standards under the Safe Drinking Water Act.	Scott Whitney
Drinking Water (Municipal Water System Inspector)		Kelly Shores
District Public Health Liaison	Provides leadership to the public health district, coordinates staff of the public health unit, provides technical assistance and training to local health officers, and responds to the policy and actions of the Maine CDC Director.	Alfred May
District Public Health Educator	Provides technical support and communication expertise in developing messaging and education materials relevant to national and state public health topics.	Kawther Mohamed

Public Health Nursing (PHN)

INTRODUCTION

Public Health Nurses provide vital services and support to vulnerable populations in homes and in communities. Additionally, they offer expertise in community and stakeholder groups.

PHN SERVICES AND FOCUS

- Maternal and Child Health Services
- Older Adult Services
- Immunizations
- Tuberculosis
- Tuberculin Skin Test Training
- Public Health Emergencies

DATA

2025 PHN Referrals

County	Programs											Grand Total
County	Adult Health <60 yrs	Child (0-17)	CradleME Child	CradleME Child Caregiver	CradleME Postpartum	CradleME Prenatal	Older Adults >60 yrs	TB - Case	TB - Contact	TB - Suspect	Non nursing	Grand Total
Hancock		7	97	5	73	43	4	1	1	1	20	252
Washington	1	3	78	4	65	21	2				18	192
Grand Total	1	10	175	9	138	64	6	1	1	1	38	444

DATA SOURCE: TAMMY MITCHELLE, PHN SUPERVISOR

2025 PHN Visits

2025 Visits	Adult Health <60 yrs	Child (0-17)	Community/Environmental Health	CradleME Child	CradleME Child Caregiver	CradleME Postpartum	CradleME Prenatal	LTBI - Home Visit	Older Adults >60 yrs	TB - Case	TB - Contact	TB - Suspect	Grand Total
Hancock		6		128	33	145	79	13	21	38	1	13	477
Washington	4	16	71	197	199	249	113						849
Grand Total	4	22	71	325	232	394	192	13	21	38	1	13	1326

DATA SOURCE: TAMMY MITCHELLE, PHN SUPERVISOR

Health Inspection Program (HIP)

FUNCTIONS

The Health Inspection Program is part of the Division of Environmental and Community Health that provides licensing and inspection services to businesses to protect public health. These businesses include but are not limited to restaurants, lodging, campgrounds, youth camps, public swimming pools and spas, tattooists, micropigmentation, body piercing, electrolysis, school cafeterias and mass gatherings.

HEALTH INSPECTORS

The program's 17 health inspectors cover Maine's eight public health districts. Health inspectors are FDA standardized for food inspections and have education and experience in safe food handling practices. Providing licensees with food safety education for compliance with the Maine Food Code is a core function of their job duties. Two health inspectors have jurisdiction over the Downeast District: Weibley Dean oversees District D which includes Washington County, portions of Aroostook, Penobscot and Hancock counties. Holly Sault oversees District E, which includes Hancock County and portions of Penobscot, and Knox counties.

ONGOING AND UPCOMING PROGRAM PROJECTS AND PRIORITIES

- Maine Food Safety Workgroup
- Northeast Food and Drug Officials Association Meeting
- Annual Youth Camp Field Training
- FDA Food Protection Seminar
- Rules and regulations: [RULES](#)

HIP MAINE STATISTICS 2025

Description	Count
Inspections	6,776
Complaints	450
Applications	1,656
Total Licenses- not including tobacco	9,009
Penalty Assessments Issued	12
Enforcement Letters Sent	2,311

DATA SOURCE: LISA SILVA, HIP PROGRAM MANAGER

Drinking Water Program (DWP)

FUNCTIONS

The Drinking Water Program is part of the Division of Environmental and Community Health, which works to ensure safe drinking water in Maine, to protect public health, by administering and enforcing drinking water and subsurface wastewater regulations, providing education and technical and financial assistance. The program has six areas within its structure that employ 55 full-time staff: Field Inspection, Rule Administration, Engineering and Water Resources, Data Management and Program Support, Subsurface Wastewater and Laboratory Certification. There are two DWP inspectors covering the Downeast Water Systems: Scott Whitney and Kelly Shores.

PUBLIC WATER SYSTEMS

There are 1,905 Public Water Systems in Maine, all regulated by the DWP in accordance with the Safe Drinking Water Act (SDWA).

Water System Type	Hancock	Washington
CWS- Community Public Water System (towns, mobile home parks, condos, etc.)	29	22
TNC- Transient Non-Community Public Water System (campgrounds, motels, restaurants, etc.)	103	50
NTNC- Non-Transient, Non-Community Public Water System (schools, day cares, places of employment on their own well with 25 or more people)	42	36

DATA SOURCE: AMY LACHANCE, DRINKING WATER PROGRAM MANAGER

PROGRAM FOCUS AREAS

29

Cu

Copper
63.546

82

Pb

Lead
207.2

Lead and Copper

A new federal rule is in effect that applies to CWS and NTNC Systems to locate existing Lead pipes, replace them within 10 years, strengthen tap sampling and reduce Lead exposure.

PFAS

Testing and sampling of all CWS and schools/daycares that are on separate public water system following a Maine Legislature Law from 2021 requiring the implementation of an interim drinking water standard of 20 ng/L or ppt for a combination of six PFAS compounds. New December 2025 Maine PFAS Rules will implement MCLs for PFOS and PFOA of 4 ppt for all CWS and NTNCs starting in April 2027.

Drinking Water State Revolving Fund (DWSRF)

Helps states and water systems achieve the health protection objectives of the SDWA. The DWSRF funded 97 infrastructure projects, with 17 projects funded in the Downeast District (12 in Hancock County and 5 in Washington).

Infectious Disease Program

FUNCTIONS

The Infectious Disease Epidemiology Program is part of the Division of Disease Surveillance and its primary purpose is to study the distribution and determinants of notifiable infectious diseases among citizens and visitors in Maine and to apply this study to prevention and control of infectious disease. The Field Epidemiologist's function is to outbreaks and individual investigations, consults and laboratory coordination. Maura Lockwood covers both the Downeast and Aroostook Districts.

REPORTABLE DISEASES

Notifiable Diseases or Conditions are any communicable, occupational or environmental disease or condition that are designated by the department and established requirement for reporting cases and suspected cases of such diseases and conditions. Health Care Providers, Medical Laboratories, Health Care Facilities, Child Care Facilities, Correctional Facilities, Educational Institutions, Local Health Officers and Veterinarians who attend or have knowledge of a confirmed or strongly suspected case or death from any Notifiable Diseases or Condition must report the case.

The list of Notifiable Disease or Conditions have been updates in June 2025 to include certain disease and changes/ clarifications to others such as COVID-19, Monkeypox virus, Eastern Equine Encephalitis and many more.

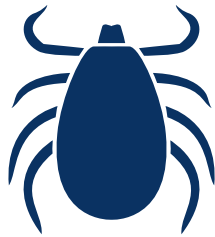
- [Control of Notifiable Conditions Rule](#)
- [Notifiable Conditions List \(2025\)](#)
- [Notifiable Disease Reporting Form](#)

2025 DISTRICT STATISTICS

- The Downeast District reported 1,434 cases of notifiable conditions.
 - Of the reported cases; 879 were individual cases and 39 were outbreaks.
- Most educational facilities are required to report to Maine CDC when the percentage of absence due to sickness is 15% or greater.
 - A total of 22 schools in the district reported more than 15% of children out sick during 2025.
- No reported outbreaks of Vaccine Preventable Diseases in any Downeast schools.
- 17 outbreaks were identified in Downeast this year to date; 14 were Influenza-Like-Illness outbreak.

Infectious Diseases Data

VECTORBORNE ILLNESSES (DOWNEAST DATA)



Tickborne Illnesses

 502 Lyme

 196 Anaplasmosis

 46 Babesiosis

Vectorborne Illness	Hancock	Washington	Statewide
Anaplasma	166	30	1,296
Babesia	39	7	333
Ehrlichiosis	0	0	1
Lyme*	366	136	3,578
Powassan	1	0	1

DATA WAS OBTAINED FROM DOWNEAST DECEMBER 2025 ID YTD REPORT: [HTTPS://WWW.MAINE.GOV/DHHS/MECDC/DATA-REPORTS/DISEASES/INFECTIOUS-DISEASE](https://www.maine.gov/dhhs/mecdc/data-reports/diseases/infectious-disease)

*The number of Lyme Disease cases in Downeast's Hancock County is one of the highest in the state of Maine.

Infectious Diseases Data

EMERGING CONDITIONS: ARBOVIRAL ILLNESSES (MAINE DATA)

 West Nile Encephalitis (WNV)

 Dengue

       Malaria

NOTEABLE CONDITIONS

Rabies in animals has been a disease of concern recently, with a reported case of [Rabies in a raccoon in Wells, Maine](#). To date there has only been two cases of Rabies (animals) reported in the Downeast; one in each county. Learn more about rabies prevention: [About Rabies](#).

Various	Hancock	Washington	Statewide
Campylobacteria	10	3	191
HIV	4	2	49
Hepatitis B, Chronic	1	3	111
Hepatitis B, Acute	0	1	36
Hepatitis C, Chronic	24	26	756
Salmonella	2	1	121
Tuberculosis	1	0	36

DATA WAS OBTAINED FROM DOWNEAST DECEMBER 2025 ID YTD REPORT: [HTTPS://WWW.MAINE.GOV/DHHS/MECDC/DATA-REPORTS/DISEASES/INFECTIOUS-DISEASE](https://www.maine.gov/dhhs/mecdc/data-reports/diseases/infectious-disease)

Downeast Public Health Council

WHAT IS A PUBLIC HEALTH COUNCIL?

The Downeast Public Health Council is a representative, district-wide body formed to engage in collaborative planning and decision-making for the delivery of the ten Essential Public Health Services. The core principles of the district council are assessment, system change, partner mobilization, and assurance to be accountable to the standards and services.



**DOWNEAST PUBLIC
HEALTH COUNCIL**

2025 EXECUTIVE COMMITTEE MEMBERS

- Angela Fochesato- Beth C. Wright Cancer Resource Center **Chair**;
- Tracy Parker- Community Health and Counseling Services, **Vice Chair**;
- Maria Donahue- Healthy Acadia, **SCC Representative**;
- Helen Burlock- Maine Hospice Council;
- Andrew Sankey- Hancock County EMA.

2025 EXECUTIVE COMMITTEE MEETING DATES:

February 21; April 25; June 20; August 15; October 17; December 19.

2025 COUNCIL MEETING DATES:

January 17; March 21; May 16; July 18; September 19; and November 21.

2025 COUNCIL MEETINGS SPEAKERS

◆ Meet Your Downeast Neighbor:

- Beth C. Wright Cancer Resource Center: *Angela Fochesato*.
- The Connection Initiative: *Dante Zanoni*.

◆ What is Public Health?

- Public Health Nursing: *Cynthia Grass*.
- Health Inspection Program: *Becky Walsh*.
- Infectious Disease Program- Field Epidemiology: *Maura Lockwood*.
- Drinking Water Program: *Susan Breau*.

◆ Guest Speakers:

- Maine Public Health Association Legislative Update: *Rebecca Boulos*.
- Older Adults Driving Safety and Mobility Training: *Dr. Tom Meuser*.
- Dementia Risk Reduction Initiative: *Marissa Romano* and *Jill Carney*.
- Downeast Prevention Services (Healthy Acadia): *Mia Petrini*, *Julie Daigle* and *Maria Donahue*.

Downeast Public Health Council

2025 COUNCIL COMMITTEES GOALS AND ACTIVITIES

PRIMARY AND SECONDARY PREVENTION

- All people in the district will be aware of the risks that chronic disease cause and educated on the benefits of early detection through preventive screenings.

MENTAL HEALTH: PRIMARY CARE EDUCATION AND WORKFORCE DEVELOPMENT

- All mental health services will be coordinated in community and/or home setting, relieving stress on hospital and other healthcare sites.

OLDER ADULTS HEALTH AND SAFETY

- All older adults will live in safe environments and have access to appropriate community wraparound services.

COMMITTEE WORK UPDATE:

- The work for each committee is ongoing: finalizing the strategies, activities, and developing measures to track the plan's progress towards the committees' individual goals.
- The workplans are being created for one year, to form the base for the subsequent four years.
- Committees are due to report progress during each council meeting and provide actions to be implemented by the next meeting.

EMERGENCY OPERATIONS RESPONSE & HEALTH CARE

- All healthcare entities meet CMS requirements for emergency preparedness and planning.

TRAININGS AND EXERCISES

The Downeast Public Health Council in collaboration with the Maine Health Care Coalition-Downeast Chapter and Medical Reserve Corps have hosted and conducted numerous emergency preparedness trainings and exercises, some of which were:

- Mass Casualty Tabletop Exercise
- PER 211 Medical Management of Chemical, Biological, Radiological, Nuclear Explosive Events
- Mass Casualty Functional Exercise
- MGT 348 Responding to Bombing Incidents
- Wildfires Tabletop Exercise

Age-Friendly Public Health System (AFPHS)

WHAT IS AGE-FRIENDLY PUBLIC HEALTH SYSTEMS?

The [Age-Friendly Public Health Systems Initiative](#) is designed to help state and local health departments support healthy aging. Trust for America's Health, in partnership with The John A. Hartford Foundation has developed a 6Cs framework that outline six areas of age-friendly public health activities.

In August 2025, the Downeast Public Health District submitted an Action Plan to meet the [AFPHS Health Department Recognition](#), which then received [Advanced Recognition](#) in September 2025.



DOWNEAST PUBLIC HEALTH COUNCIL: OLDER ADULTS HEALTH AND SAFETY COMMITTEE

The Older Adult Healthy and Safety Committee is working towards a goal were *"all older adults will live in safe environments and have access to appropriate community wraparound services."*

The work is ongoing and includes a multi-collaborator approach to address the health and safety of older adults.

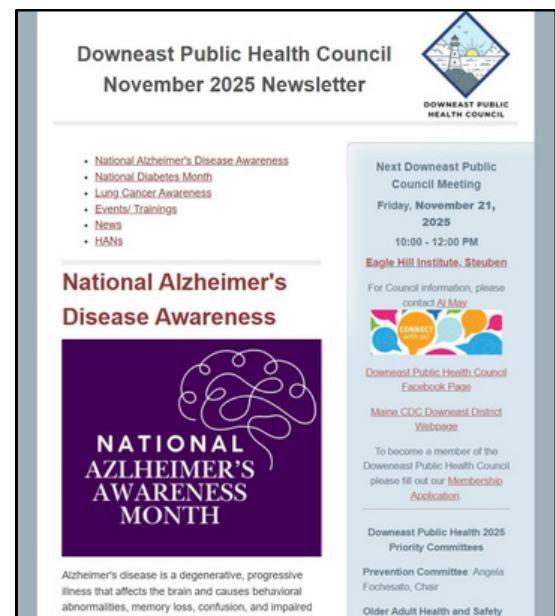
Focus areas include:

1. Access to oral health
2. Home visits
3. Palliative care
4. Coordinated health and safety assessments (home structure, safety issues)
5. Developing improved means of monitoring health and safety through telehealth technologies.

Communications

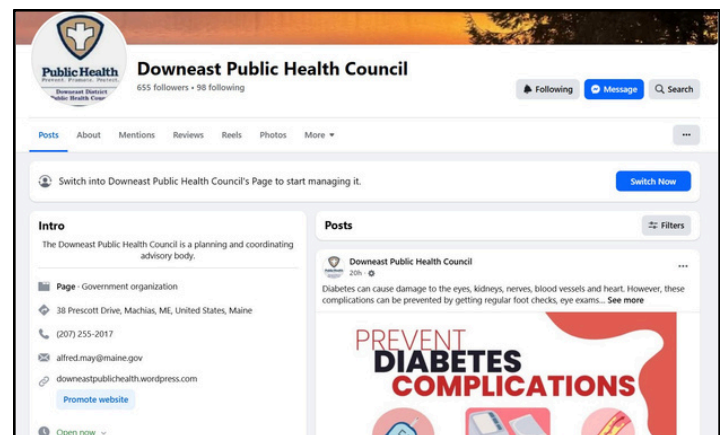
NEWSLETTER

The Downeast Public Health District issues a monthly newsletter with various content from the Maine CDC, U.S. CDC, American Cancer Society and other trusted sources. The newsletter include health topics consistent with the National Health Observances, Public Health News, Training Opportunities, Events and Public Health Advisories published by the Maine Health Alert Network (HAN). There are over 3,000 subscribers who receive the newsletter with a 95.3% delivery rate.



SOCIAL MEDIA

The Downeast Public Health Council manages a Facebook page where posts on current National Health Observances, Public Health News, Trainings and Events are published. The page focuses on delivering public health messages and engaging with community partners by liking published posts, reposting and sharing content. The page has gained almost 100 new followers this past year.



2025 NEWSLETTER AND SOCIAL MEDIA TOPICS

- Partner Highlights: An overview of some of the Downeast District Partners that featured County Emergency Management Agency and Community Caring Collaborative's The Connection Initiative.
- Downeast Public Health Unit Programs Highlights: Public Health Nursing, Health Inspection Program, Drinking Water Program, Infectious Disease Epidemiology.
- National Health Observances and Public Health Topics: Cancers, Nutrition, Diabetes, Infectious Diseases, Oral Health, Minority Health, Older Adults Health, Air Quality, Alzheimer's Disease, Men's Health, Mental Health, Immunization, Women and Children's Health and Emergency Preparedness.
- Events, News and Health Advisories.

Communications

DOWNEAST PUBLIC HEALTH DISTRICT IN THE COMMUNITY

PASSAMAQUODDY HEALTH FAIRS

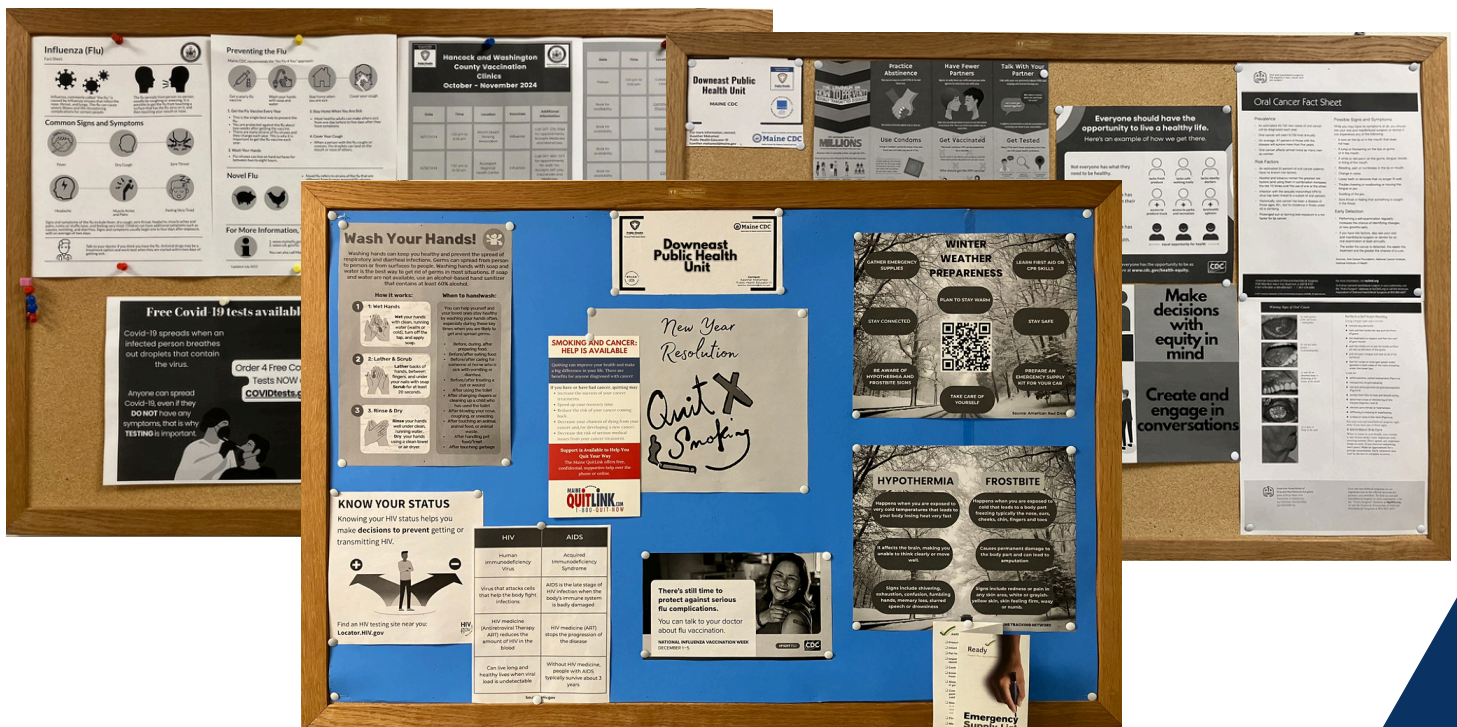


Maine CDC and District Public Health Unit staff at Pleasant Point



Maine CDC and District Public Health Unit staff at Indian Township

DHHS OFFICE BULLETIN BOARDS



Emergency Preparedness

HEALTH CARE COALITION- DOWNEAST CHAPTER

The Downeast HCC has over 90 members who meets quarterly to address and present high-priority emergency preparedness topics. The Chapter has **Danielle Day** from MDI Hospital as the District Chair/Representative and **Alfred May**, Downeast District Liaison as the Vice Chair. **2026 Meeting Dates:** January 13; April 14; July 13 and October 13 , 2026.



DOWNEAST CHAPTER HVA AND WORKPLAN

The Downeast Chapter utilized the Maine CDC Hazard Vulnerability Assessment Report from 2024 to examine the current state of preparedness and set district priorities. This assessment has led to the development of a one-year plan that aims to increase preparedness by identifying objectives and activities to fulfil the goal of enhanced healthcare preparedness. This process resulted in the prioritization of Wildfires and Poor Air Quality incidents for the Downeast Chapter.

WILDFIRES AND POOR AIR QUALITY

Maine is the most forested state in the U.S. with an average of 650 wildfires yearly. To date there has been [525 fires](#) in the state with 137 wildfires reported in Downeast and Penobscot County. Additionally, dry periods are [frequent](#) in Maine, with drought being a contributing [factor](#) to wildfires, increasing the risk and the urgency of being prepared. Wildfires not only damages infrastructure but has negative consequences on air quality. The impact of poor air quality on individuals and patients in healthcare facilities is a growing concern that needs to be addressed. To address these priorities the Chapter has adopted a framework of activities to prepare for these incidents:

1. Subject Matter Expert Presentation;
2. Tabletop Exercise;
3. Functional Exercise and
4. Full-scale Exercise.



DOWNEAST MRC AND MAINE RESPONDS

The Downeast Maine MRC Unit (#2644) is the only active Medical Reserve Corps in Maine, which prepares for and responds to disasters through its individual and collaborative public health initiatives and efforts. [Maine Responds](#) is an online registration system for public health, healthcare and emergency response volunteers for the State of Maine that provides volunteer credentialling for the Downeast MRC. Volunteers need to register first with Maine Responds to join the Downeast MRC.



Local Health Officers

MAINE'S LOCAL HEALTH OFFICER

Maine's Local Health Officers (or "LHOs") have a long and proud tradition of serving Maine's local communities, with a role established in 1885 by Maine Statute. LHOs are appointed by their municipality and serve locally and have an important role in the coordination between state and local public health.

LHO ROLE

The LHO's role and duties are outlined in [Title 22 M.R.S.A. §454-A](#). The LHO has four primary functions: Overall health resource to the community; Mediator-problem solver; Investigator-Enforcer; Reporter to municipal leadership (Select Board, Manager) on community's public health status; and Reporter to Maine CDC on any perceived local public health threats.

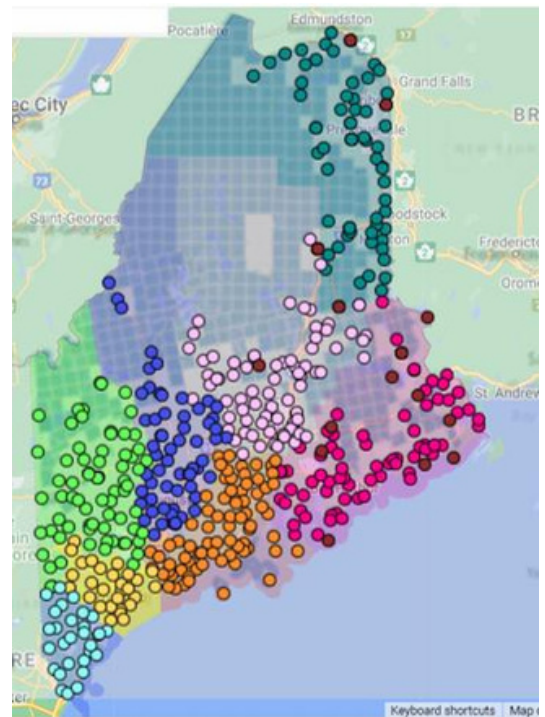
DOWNEAST DISTRICT LHO

The Downeast Public Health District has 85 municipalities with 80 Local Health Officers. **Alfred May**, the Downeast Public Health District Liaison, is responsible for coordinating technical assistance and training of Local Health Officers.

Heather Sneff is our statewide LHO Coordinator, providing expertise in training and building information supports through our website.

LHO COMPLAINTS

- Drinking Water: well water contamination and community water system breakdowns.
- Dangerous Buildings.
- Excess filth/garbage on properties.
- Rodent/Animal home invasion.
- Unlawful dumping.
- Indoor Living Moisture/Mold Issues.
- Landlord - Tenant Issues.
- Dead animals.
- Malfunctioning septic systems.
- Hoarding.



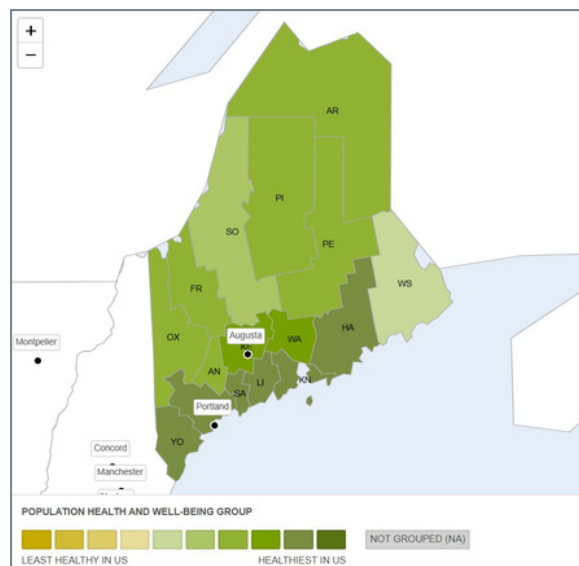
LHOs map

Downeast data



County Health Rankings & Roadmaps

A University of Wisconsin Population Health Institute program that draws attention to why there are differences in health within and across communities. Every year the program releases data that provides a revealing snapshot of how health is influenced by where people live, learn, work and play and provides a starting point to investigate where to make change.



Description	Maine	Hancock	Washington	U.S.
Life Expectancy	77.1	78.2	72.3	77.6
Poor Physical Health Days	3.8	3.6	4.5	3.9
Poor Mental Health Days	5.6	5.3	6.0	5.1
Access to Exercise Opportunities	67%	73%	35%	84%
Adult Obesity	33%	28%	38%	34%

MORE DATA: <https://www.countyhealthrankings.org/health-data/compare-counties?comparecounties=23000%2C23009%2C23029%2C00000&year=2025>

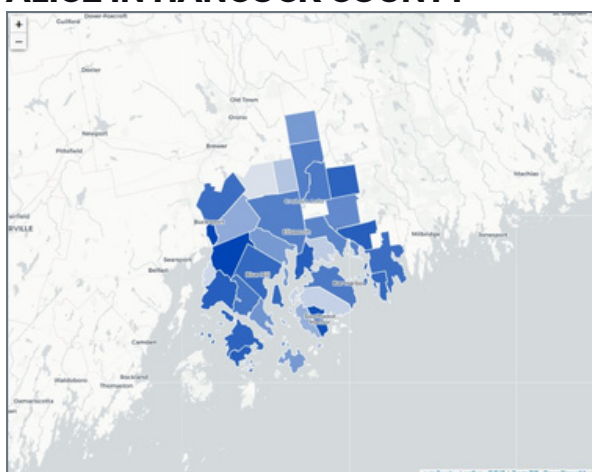
Downeast data



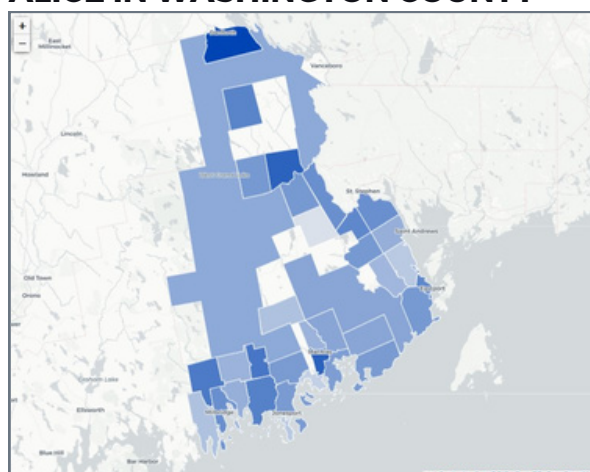
ASSET LIMITED, INCOME CONSTRAINED, EMPLOYED (ALICE)

ALICE are households with income above the Federal Poverty Level, but not enough to afford basic expenses in the counties where they live. An estimated 40% of households in Maine were below ALICE Threshold in 2023-- forced to make impossible choices between paying for utilities, buying food, filling prescriptions and others.

ALICE IN HANCOCK COUNTY



ALICE IN WASHINGTON COUNTY



The maps are shaded to show the percentage of households that are below the ALICE Threshold. The darker the blue, the higher the percentage.

Description	Maine	Hancock	Washington
Median Household Income	\$73,733	\$69,630	\$52,237
Labor Force Participation Rate	62%	61%	53%
Households in Poverty	11%	11%	20%
ALICE Households	29%	31%	29%

MORE DATA: [HTTPS://WWW.UNITEDFORALICE.ORG/COUNTY-REPORTS/MAINE#7/45.252/-69.005](https://www.unitedforalice.org/county-reports/maine#7/45.252/-69.005)

Maine Prevention Network

INTRODUCTION

Healthy Acadia is providing Maine Prevention Network programming across the Downeast District in collaboration between the Maine CDC Tobacco and Substance Use Prevention and Control Programs, Maine CDC Chronic Disease Programs, and Public Health Districts implementing evidence-based preventative programs. More on [Maine Prevention Network](#).

2025 PROGRAM ACTIVITIES HIGHLIGHT



HEAL (Healthy Eating and Active Living)

- Professional development for school cafeteria staff to prepare healthy foods and source from local farms
- Supporting ECE sites to improve physical activity and nutrition
- Lactation station pop-up tent and resources at Pride Festival, Juneteenth Commemoration, and other events
- Supporting food drives, gleaning, Senior Farm Share, and other programs to increase food access.



Tobacco Prevention

- Tobacco and Smoke-free policy implementation support for College of the Atlantic; Cherryfield Elementary School; and Narraguagus American Legion Post #8
- Safe, smoke and tobacco-free spaces for LGBTQ+ community with Pride festivals in both counties
- Rackcards to highlight the connection between social determinants of health, and secondhand smoke exposure
- Tobacco use prevention curriculum for middle school students; tobacco use treatment and recovery support at two high schools.
- Seven unique, theater and community-strengthening programs in 12 schools.



Substance Use Prevention

- Workplace Wellness trainings for businesses
- Parents Who Host Lose the Most campaign with community businesses and law enforcement partners
- Safe storage lockboxes and bags distributed to cannabis retailers and recovery centers
- Substance use prevention curriculum and resilience training for middle school students
- Community resilience workshop connecting high school students with community leaders.



Youth Engagement

- Youth Leadership Clubs in Lubec, Princeton and Harrington
- Host Downeast Teen Leadership Camp, annual camp to promote voice, belonging and positive spaces for youth.
- Support Washington County Youth to attend MYAN's Youth Leadership Conference
- Support LGBTQ+ events, training and spaces for youth in Downeast
- Member of the Maine Youth Leadership and Development Council to promote statewide collaboration.

DETAILED REPORTS CAN BE FOUND HERE: [DISTRICT REPORTS](#)

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