

PORTLAND MAINE

Strengthening a Remarkable City

Building a Community for Life

Public Health Division

Health and Human Services Department

City of Portland

Fiscal Year

2009-2010

Annual Report



Welcome to the 2009-2010 Annual Report

On behalf of the over one hundred staff employed by the City of Portland, Health and Human Services Department, Public Health Division, I am pleased to share our Fiscal Year 2009-2010 Annual Report.

This past year, with the emergence of the H1N1 flu pandemic, public health was brought to the forefront in every community. Portland was no different. The Public Health Division worked diligently with other City departments, the Maine CDC, and community partners to ensure necessary services for those in need. The community support for this effort was remarkable and I am grateful for that.

As the H1N1 pandemic proved, partnerships and community outreach are key strategies that the Public Health Division continues to embrace. This year's annual report illustrates this holistic approach by highlighting specific needs in the community and how each program contributed to their solution.

Another highlight for the Division was its recent award of funds from the American Recovery and Reinvestment Act of 2009 (ARRA) that allows the Health Promotion and Chronic Disease Prevention Program to implement evidence-based policy and environmental strategies to increase physical activity and improve nutrition. Portland was one of 44 communities funded among 263 applicants nationwide.


The Division's ARRA-funded Portland Community Health Center opened its doors at 180 Park Avenue last November. In less than a year, the clinic has become the medical home for nearly one thousand patients, and was featured in *The New York Times* as an example of how community clinics offering low-cost primary care and disease prevention services can prevent costly emergency room visits.

Staff also gathered documentation and began formal quality improvement efforts as part of its beta test process for local public health accreditation. Laying this groundwork early helps the Division when it applies for full accreditation in 2011.

Along with systemic changes to expand public health services, the recent passage of health care reform will create new funding opportunities that the Division hopes to leverage. While specific details are as yet unknown, we look forward to expanding our prevention initiatives while continuing to provide the same quality services to those who live, work, and play in Portland, as we have for over a century.

I hope this report proves useful to you. Please send all questions, comments, and corrections to phweb@portlandmaine.gov. Further information about the Division can be found on our website at <http://publichealth.portlandmaine.gov>.

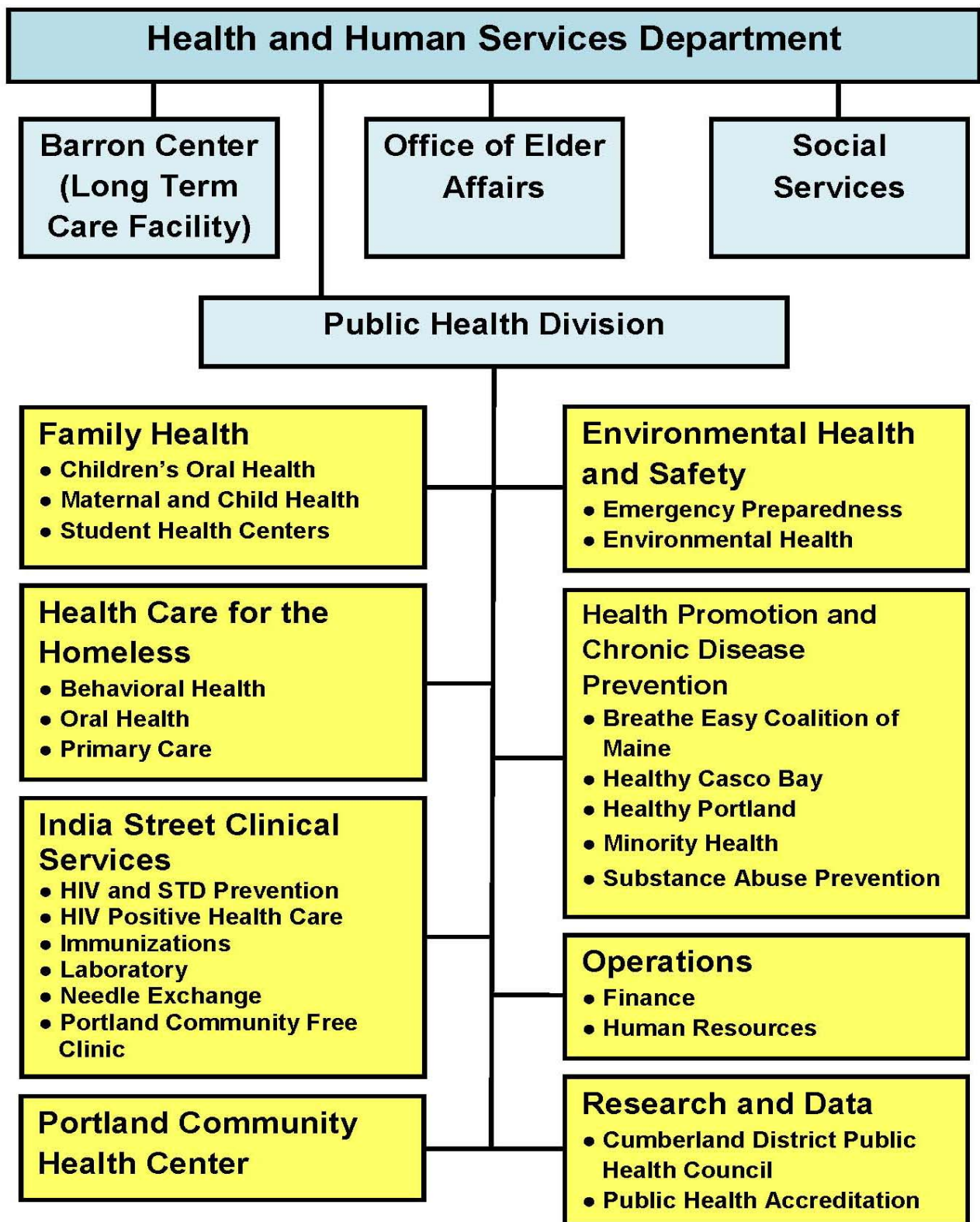
Yours in good health,



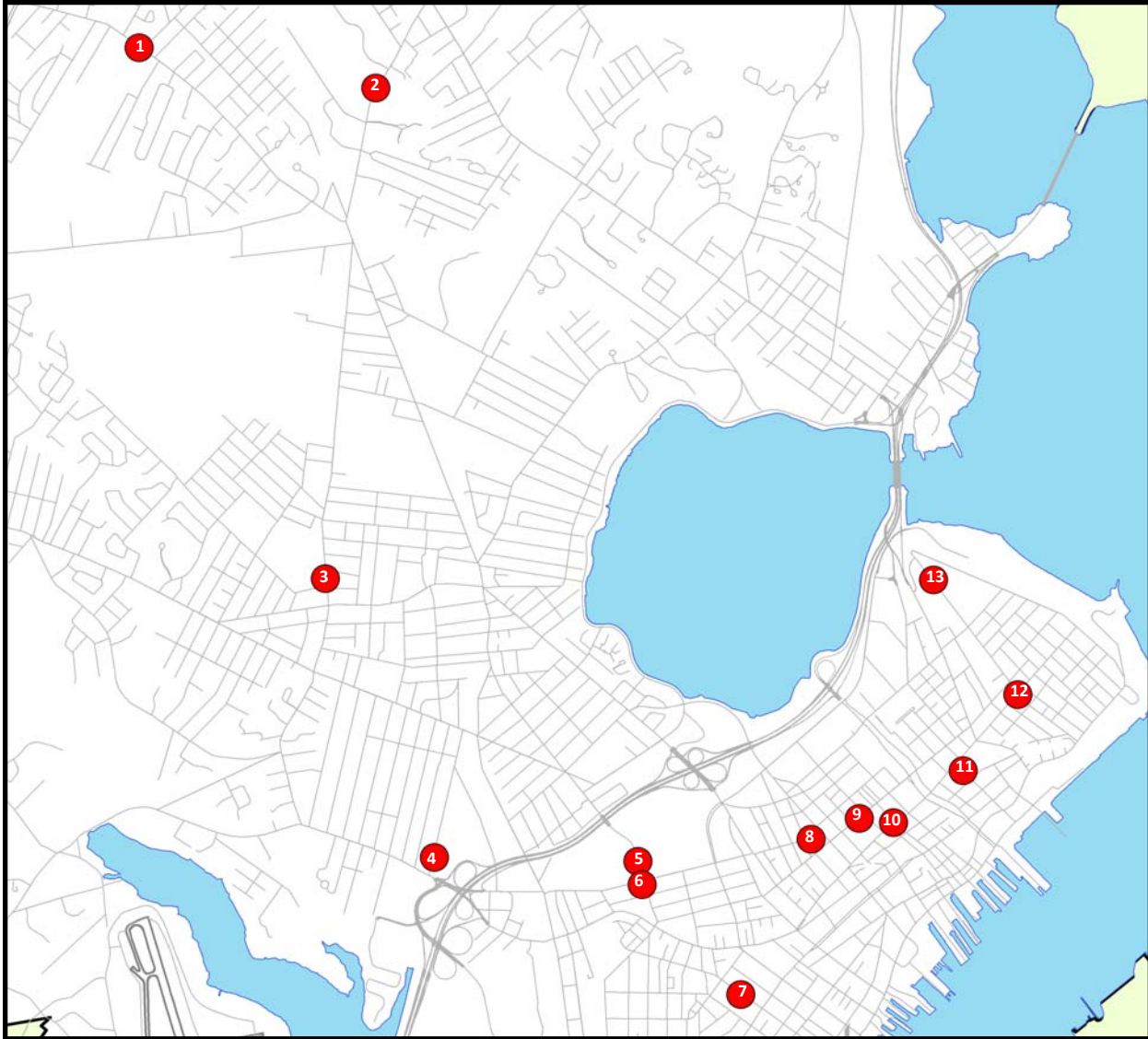
Julie Alfred Sullivan, MPH, MBA
Director, Public Health Division
Portland Health and Human Services Department

Health and Human Services Department

Organizational Chart



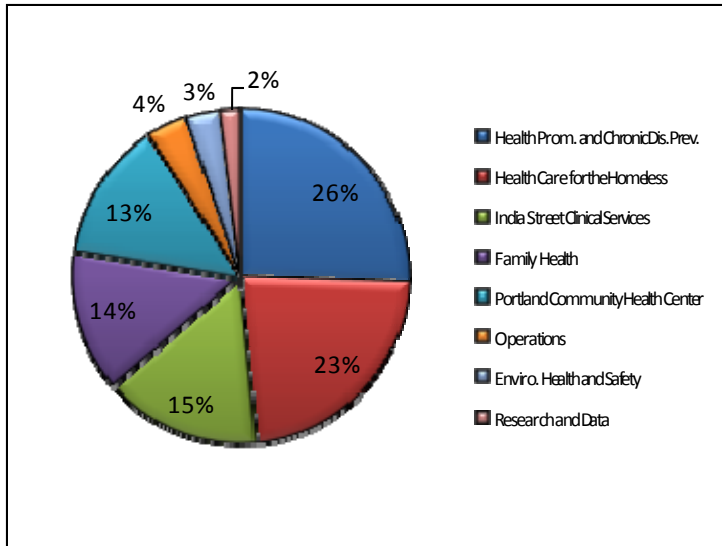
Where We Are



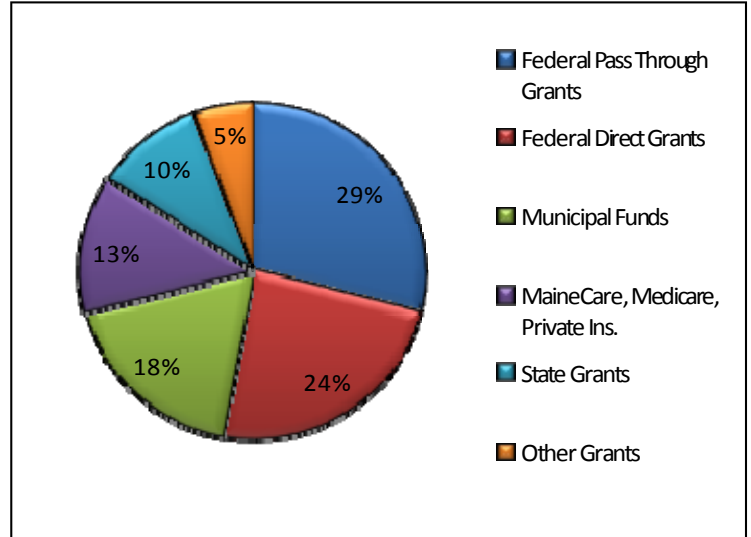
1. Riverton Community School, 1600 Forest Avenue
2. Casco Bay High School, Student Health Center, 196 Allen Avenue
3. Deering High School, Student Health Center, 370 Stevens Avenue
4. West School, Student Health Center, 57 Douglass Street
5. King Middle School, Student Health Center, 92 Deering Avenue
6. Portland Community Health Center, 180 Park Avenue
7. Reiche Community School, Student Health Center, 166 Brackett Street
8. Health Care for the Homeless, 20 Portland Street
9. Portland High School, Student Health Center, 284 Cumberland Avenue
10. City Hall, 389 Congress Street
11. India Street Clinic, 103 India Street
12. Healthy Portland and Healthy Casco Bay, 134 Congress Street
13. East End Community School, Student Health Center, 195 North Street

Financials

Budget by Program



Budget by Funding Source



Public Health Division Annual Budget by Source and Program, Fiscal Year 2009-2010

	Health Prom. and Chronic Dis. Prev.	Health Care for the Homeless	India Street Clinical Services	Family Health	Portland Community Health Center	Operations	Enviro. Health and Safety	Research and Data	Total
Federal Pass Through Grants	\$1,847,666	\$136,832	\$260,415	\$95,650	\$0	\$0	\$190,600	\$0	\$2,531,163
Federal Direct Grants	\$0	\$733,466	\$375,298	\$0	\$970,595	\$0	\$0	\$0	\$2,079,359
Municipal Funds	\$164,736	\$336,240	\$321,000	\$309,232	\$0	\$317,758	\$89,187	\$51,734	\$1,589,887
MaineCare, Medicare, Private Ins.	\$0	\$691,120	\$151,040	\$127,601	\$186,817	\$0	\$0	\$0	\$1,156,578
State Grants	\$115,000	\$99,500	\$0	\$579,560	\$0	\$0	\$0	\$87,629	\$881,689
Other Grants	\$95,935	\$5,200	\$220,772	\$98,712	\$0	\$30,496	\$0	\$27,280	\$478,395
Total	\$2,223,337	\$2,002,358	\$1,328,525	\$1,210,755	\$1,157,412	\$348,254	\$279,787	\$166,643	\$8,717,071

Indicators

Indicator	Portland	Cumberland County	Maine	U.S.
Gender: ¹				
Female	51.7%	51.2%	51.2%	50.7%
Male	48.3%	48.8%	48.8%	49.3%
Age distribution: ¹				
Under 18 years old	18.0%	21.7%	21.2%	24.5%
65 years and older	13.6%	13.7%	14.9%	12.6%
Racial and ethnic distribution: ¹				
Hispanic/Latino	2.8%	1.7%	1.2%	15.1%
Non-Hispanic/Latino:				
African American/Black	5.6%	2.2%	1.1%	12.3%
Asian and Pacific Islander	3.6%	1.8%	0.9%	4.5%
Native American	0.4%	0.2%	0.5%	0.8%
White	87.2%	94.0%	95.3%	74.3%
Multiracial or Other	2.2%	1.3%	1.8%	2.2%
Socio-economic indicators: ¹				
Median household income	\$44,906	\$55,647	\$46,807	\$52,175
Percent living in poverty	16.2%	10.3%	12.6%	13.2%
Percent age 25 and older who have a bachelor's degree	42.2%	38.8%	25.9%	27.4%
Healthcare access indicators:				
Percent with no health care coverage ²	No data	8.1%	11.4%	14.4%
Number of residents per primary care physician ³	No data	759	980	No data
Number of residents per dentist ⁴	No data	1,478	2,252	No data
Maternal and child health indicators:				
Percent of all pregnancies carried by women under 20 years old ⁵	No data	5.4%	8.4%	10.5%
Annual infant mortality rate per 1,000 live births ⁵	No data	No data	6.3	6.7
Percent of 0 to 2 year olds immunized with 4:3:1:3:3:1 series ⁶	No data	No data	58.8%	68.8%
Average annual age-adjusted cancer mortality rates per 100,000 population: ⁷				
Lung cancer	No data	58.8	61.9	53.4
Male prostate cancer	No data	28.1	26.2	25.6
Female breast cancer	No data	24.8	23.4	24.5
Colorectal cancer	No data	20.6	18.7	18.2
Percent of women 40 and older having a mammogram in the past two years ⁸	No data	84.3%	83.3%	76.0%
Other health indicators: ²				
Percent obese, as defined by having a body mass index (BMI) of 30 or more	No data	22.5%	26.4%	26.9%
Percent of adults who currently smoke	No data	12.9%	17.3%	17.9%
Percent binge drinkers (5 drinks on one occasion for men, 4 for women)	No data	18.6%	15.1%	15.8%
Percent ever diagnosed with asthma	No data	13.3%	15.2%	13.5%
Percent ever diagnosed with non-gestational diabetes	No data	6.2%	8.3%	8.3%

¹U.S. Census Bureau. "2006-2008 American Community Survey 3-year Estimates."

²Centers for Disease Control and Prevention (CDC). *Behavioral Risk Factor Surveillance System Survey Data*. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2009.

³Maine Department of Health and Human Services; Office of Data, Research, and Vital Statistics; *Maine Cooperative Health Manpower Resource Inventory, Physicians*, 2004.

⁴Maine Department of Health and Human Services; Office of Data, Research, and Vital Statistics; *Maine Cooperative Health Manpower Resource Inventory, Dentists*, 2006.

⁵Centers for Disease Control and Prevention; National Center for Health Statistics. National Vital Statistics System. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2006.

⁶Centers for Disease Control and Prevention, National Immunization Program. *National Immunization Survey Data*. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2008.

⁷Centers for Disease Control and Prevention, National Cancer Institute. *State Cancer Profiles, 2002 – 2006*. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2006.

⁸Centers for Disease Control and Prevention (CDC). *Behavioral Risk Factor Surveillance System Survey Data*. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2008.

Program Indicators

As of Fiscal Year 2011, Portland Community Health Center and Health Care for the Homeless will be linked under one Federally Qualified Health Center, but will remain two separate service centers.

The Portland Community Health Center is a Federally Qualified Health Center that provides primary care and mental health services to both insured and uninsured patients.

- Clients served at the Health Center: **915 clients for 4,139 visits**

Health Care for the Homeless operates at 20 Portland Street and provides behavioral health, oral health, and primary care services to Portland's homeless population.

- Clients served by the Primary Care Program: **1,610 clients for 8,450 visits**
- Clients served by the Oral Health Program: **1,108 clients for 2,411 visits**
- Clients served by the Behavioral Health Program: **902 clients for 4,369 visits**

Environmental Health and Safety

Portland Community Health Center

Health Care for the Homeless

Research and Data

The goal of the Environmental Health and Safety Program is to minimize the harmful health effects and premature deaths due to public health disasters and environmental hazards.

- Was awarded a **Community Action for a Renewed Environment (CARE) grant** from the federal Environmental Protection Agency. This is Maine's first CARE grant.
- Earned an **87 out of 100** on a federal review of the Cities Readiness Initiative (CRI) Program. CRI coordinates mass dispensing of medication during a public health or bioterrorist event.
- Received approval from the City's Health and Recreation Committee on a proposal requiring a **Certified Food Protection Manager** at all restaurants. The proposal now moves to the full City Council for review and approval.

The Research and Data Program supports other Division programs with health assessment, evaluation, and quality improvement efforts. It also works on accreditation efforts and supports the Cumberland District Public Health Council.

- People surveyed for the Cumberland County Health Assessment: **1,819**
- Documents indexed for the public health accreditation beta test: **256**
- Members of the Cumberland District Public Health Council: **37**

The India Street Clinical Services Program focuses on the testing, treatment, management, and immunization of various infectious diseases. It is also home to the Portland Community Free Clinic.

- Clients served by the Immunization Program: **5,925 clients for 6,834 visits**
- Clients served by the HIV/STD Prevention Program: **1,140 clients for 1,326 visits**
- Clients served by the Needle Exchange Program: **796 clients exchanged 46,300 needles**
- Clients served by the Portland Community Free Clinic: **579 clients for 1,911 visits**
- Clients served by the HIV Positive Care Program: **191 clients for 2,334 visits**

Operations provides billing, accounting, grant management, and human resources support for the departments within the Public Health Division.

- Number of grants managed: **55**
- Processed billing for **11,624** unique encounters

Operations

Health Promotion and Chronic Disease Prevention

India Street Clinical Services

Family Health

The Health Promotion and Chronic Disease Prevention Program delivers services that promote an array of health issues, including nutrition, physical activity, minority health, and substance and tobacco-free living.

- Clients served by the Minority Health Program's Community Health Outreach Workers: **185 new clients and 388 existing clients**
- Percent of privately-owned apartment buildings in Maine that are smoke-free: **44.5%**
- Healthy Casco Bay provided the Yarmouth Clam Festival and Cumberland County Fair organizers with signage to help them comply with the new **statewide smoke-free outdoor dining law**.
- During World Breastfeeding Week in August, Healthy Portland promoted breastfeeding in public by displaying life-sized cutouts of women breastfeeding in **18 locations** throughout Portland
- The Substance Abuse Prevention Program was recognized by the Community Anti-Drug Coalitions of America for holding **15 parent workshops**, where protecting teens from substance abuse and pathways to recovery from addiction were highlighted.

The Family Health Program targets its services to Portland students, expectant parents, new parents, and infants. It is composed of the Children's Oral Health Program, Maternal and Child Health Services, and Student Health Centers.

- Clients served by the Children's Oral Health Program: **2,228 clients for 3,787 visits**
- Clients served by Maternal and Child Health Services: **902 clients for 2,832 visits**
- Clients served by Student Health Centers: **669 clients for 1,656 visits**

H1N1 Influenza

At 36.7%, Maine had the fourth highest rate of H1N1 vaccine uptake among all states, compared to a national median of 23.9%.¹ Each program within the Public Health Division played a vital role in controlling the spread of the pandemic, the likes of which had not been seen in a generation.

To get a sense of the breadth of the epidemic, the team tracked the number of calls made to 211's H1N1 information line, cases of influenza-like illness at local colleges and universities, and over-the-counter medication sales at area pharmacies.

When the state health department recommended that schools would serve as the best venue to immunize children, staff did their part by helping coordinate clinics in Portland's public and private schools, and child care centers.

Staff took the lead on developing health education materials illustrating basic flu prevention techniques, such as covering your cough and washing your hands. Staff created specific flyers targeting long-term care facilities, child care, young adults, and non-English speakers.

The Cumberland District Public Health Council, of which the Public Health Division is a founding member, became an ideal setting for the exchange of materials and ideas about H1N1 prevention and treatment.

**Health Promotion
and Chronic
Disease Prevention**

**Research
and Data**

**Community
Organizations**

**Family
Health**

Already used to organizing seasonal flu vaccination clinics every year, staff ensured that H1N1 vaccines were also available at more than twenty community clinics. The Immunization Program served as the central storage and distribution site for all vaccine.

The Portland Community Health Center opened in the midst of vaccination efforts, and therefore served as a fitting venue to host vaccine clinics for the community. This also introduced the clinic and its regular services to a wider audience.

Because Portland's homeless population has a higher underlying rate of poor health, the Clinic offered vaccine to their clients on-site. Staff from neighborhood shelters and other homeless agencies were offered the vaccine as well.

Organizing the vaccine clinics required many resources, and the Program's existing emergency preparedness efforts made the process run smoothly. Through its federal Cities Readiness Initiative grant, clinics already had signs, patient flowcharts, and staff assignments prepared.

The Operations Program submitted demographic data to the Maine Center for Disease Control and Prevention on people who received the vaccine at a Public Health Division clinic. They also submitted necessary paperwork to enable private insurance billing.

Environmental Health and Safety

India Street Clinical Services

Health Care for the Homeless

Portland Community Health Center

Operations

¹ Interim Results: State-Specific Influenza A (H1N1) 2009 Monovalent Vaccination Coverage—United States, October 2009—January 2010. MMWR. 2010;59(12):363-368.

Addressing Disparities in the Community

The Public Health Division works to ensure that disparities in the community are addressed by providing health and social services to populations in need. We have highlighted a few initiatives of our programs that help to reduce disparities in Portland.

The new Portland Community Health Center serves as a medical home for its patients and does not discriminate based on insurance status or ability to pay. The Portland Community Health Center offers a sliding fee system for patients who are uninsured or underinsured. These patients may not have otherwise sought care. Interpreter services are also available for those whose primary language is not English.

Health Care for the Homeless completed an Access and Redesign Collaborative through the Maine Primary Care Association, which led to same-day scheduling. Now, one of the city's most vulnerable populations is able to get an appointment within 24 hours.

Environmental Health and Safety

Portland Community Health Center

Health Care for the Homeless

Research and Data

Medication Collection Drives are aimed at reducing the amount of drugs on the street and in the environment. Portland hosted two successful collection drives in the past fiscal year and likely prevented both accidental and intentional overdoses. These events have brought in over \$400,000 in street value of controlled substances.

The cities and towns in Cumberland County are not all alike. We have an urban center, suburbs, rural towns, and islands. To investigate health disparities among the cities and towns in Cumberland County, the Research and Data Program annually collects demographic and health indicators to create individual Town Fact Sheets. These fact sheets have served as helpful guides for health planning and assessment activities. They can be downloaded for free at <http://publichealth.portlandmaine.gov/hhsreports.asp>.

The Portland Women's Task Force has created a safety net for opiate-addicted women in recovery. The task force, through its community advocates and more than 20 partner agencies, provides women with better access to treatment services and recovery support. It has successfully created the first Moms in Recovery Network, which runs a peer-based weekly support group. Substance abuse resources can be found at <http://substanceabuse.portlandmaine.gov>.

The India Street Clinic houses HIV Positive Health Care, which provides comprehensive medical care to individuals living with HIV. It serves as a primary medical home and offers a comprehensive range of services, including HIV specialty care, psychiatry, case management, sexually transmitted disease counseling and testing, nutrition advice, a wellness program, and referrals to dental services.

Operations

Health Promotion and Chronic Disease Prevention

India Street Clinical Services

Family Health

In order to provide services to our community that aid in addressing disparities, the Division must apply for and receive grant funding. Nearly 80% of funding for the Public Health Division comes from public and private grants, and only 18% of the Public Health Division's funds are from city taxpayers. The Operations Program provides grant writing assistance and grant management to the entire Public Health Division.

Oral health remains an important public health challenge across all age groups. The Children's Oral Health Program serves Portland Public Schools students who might not otherwise see a dentist. In particular, the program runs a free monthly dental clinic for uninsured children. Many of these children do not qualify for MaineCare because of their immigration or asylum status. Other children have working parents who fall above the income level for MaineCare but cannot afford the expense of dental care.

Our Staff

Health and Human Services Administration

Douglas Gardner, Director
Julie Sullivan, MPH, MBA, Public Health Director
Linda Momborquette, Executive Assistant

Environmental Health and Safety

Michael Russell, MS, MEP*

Family Health

Peggy Akers, NP
Kim Anderson
Lisa Belanger, MSN, NP*
Sandy Boland, RDH
Heather Burke
Connie Collins
Pam Dietz, MD
Lynn Holaday, RN
Connie Hughes, RN
Barbara LaVallee, RDH
Abigail Leavitt, RN
Ann Lemire, MD
Mary Anne MacDormand, RN
Kathy Martin, RDH, MS
Ava Moskin, MD
Patricia Patterson, MD
Phyl Rubinstein, MSW
Asha Suldán
Mesele Tafere
Vaneesa Woodward
Madolynne Zimmerman, NP

Health Care for the Homeless

Deborah Adams
Peggy Akers, NP
Martha Barnes, RDH
Janelle Bechard, LADC
Shulamith Bonham, MD
Megan Connolly, RN
Keith Danner, LADC
Ivana De Los Santos
Ann Deutsch, APRN
Beth Eilers, MSW*
Gail Ferry, LCSW, CADC
Nancy Flaherty, NP
Jennifer Fultz, DDS
Gretchen Gagnon
Diane Geyer, LADC, LCPC
Susan Gilmour
Laura Giroux
Claudine Grange, NP

Health Care for the Homeless (cont.)

Holly Grant, RN
Sandra Green
Brendan Johnson
Patricia Julian, LADC
Sharon LaPlante
Susan Lindsay
Shannon Mackey*
Lorrie Marx-Adams, LCSW
Renate Masse
Jan Mordarski, NP
Catherine O'Donnell
Katherine Pinkerton, NP
William Price, LADC
Mary Remington, RDH
Jeremy Spiegel, MD
William Sullivan, MD
Margie Thumm, NP
William Toder, DDS

Health Promotion and Chronic Disease Prevention

Kolawole Bankole, MD, MS
Nelida Berke
Tracy Chalecki
Kristen Dow
Amanda Edgar
Joan Ingram, MPH
Ronni Katz
Sarah Mayberry
Peter O'Donnell, RN
Bethany Sanborn, MPH, CHES*
Toby Simon
Sarah Sullivan
Marice Tran, JD
Anne Tricomi, MPH

India Street Clinical Services

Isabella Borrero
Megan Evans, NP
Zoe Federico
Susan Gilmour
Sandra Green
Robert Haines, MD
Judy Hayes

India Street Clinical Services (cont.)

Yvonne Jumper
Kimberly Lausier
Cookie LeMieux
Ann Lemire, MD
Kim Meehan-Brown
Kate Murrane, RN
Bridget Nevers
Katherine Pinkerton, NP
Melinda Rabideau, RN
Caroline Teschke, MD*
Darla Treworgy
Katie Whitehead

Operations

Olida Arnoe
Melisa Huntley, MNM
Judith Johnson, MBA*
Lisa Peterson
Michelle Pyatt, CPC
John Schreck

Portland Community Health Center

Katie Addicott, NP
Amy Kustra Barksdale, MD
Shulamith Bonham, MD
Leslie Brancato, MSSW**
Suzanne Cobleigh, LCSW
Deborah Cutter-Reiling
Carla Dunton
Jonathan Fanburg, MD
Carrie Frost, MD, MPH
Theresa Gill
Claudine Grange, NP
Shannon Mackey*
Magili Chapman Quinn, DO
Erin Saveall, RN

Research and Data

Shane Gallagher, MS
Alexandra Kanakis, MPH
Toho Soma, MPH*

*Manager

**CEO

Public Health Division Directory of Services

Health and Human Services (<i>City Hall, Suite 304</i>).....	874-8663
Operations (<i>City Hall, Suite 307</i>)	874-8784
Environmental Health and Safety (<i>City Hall</i>)	756-8008
Family Health	874-8476
<i>166 Brackett Street</i>	
Maternal and Child Health.....	874-8475
Student Health Centers	874-8476
<i>1600 Forest Avenue</i>	
Children’s Oral Health.....	541-6628
Health Care for the Homeless (<i>20 Portland Street</i>)	874-8445
Health Promotion and Chronic Disease Prevention	756-8021
<i>134 Congress Street</i>	
Healthy Casco Bay.....	541-6957
Healthy Portland	541-6954
<i>City Hall</i>	
Breathe Easy Coalition of Maine	874-8774
Minority Health.....	874-8773
Substance Abuse Prevention.....	756-8116
India Street Clinical Services (<i>103 India Street</i>).....	874-8446
Portland Community Health Center (<i>180 Park Avenue</i>).....	482-5000
Research and Data (<i>City Hall</i>)	874-8787
Cumberland District Public Health Council	874-8966

Note: City Hall is located at 389 Congress Street

2009-2010 City of Portland Public Health Division Annual Report

Edited and designed by: Alexandra Kanakis, Amy Li, Toho Soma
Photos: Scott Caparelli, Amy Li, Jeff Tarling

