

Maine Center for Disease Control and Prevention (Maine CDC)

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January 2023



Maine Center for Disease Control and Prevention (Maine CDC)

Maine CDC, the public health agency within the Maine Department of Health and Human Services (DHHS), is responsible for providing essential public health services that preserve, promote, and protect health.

Maine CDC is accredited by the Public Health Accreditation Board (PHAB).

70% of the funding for Maine CDC's work is through grants.

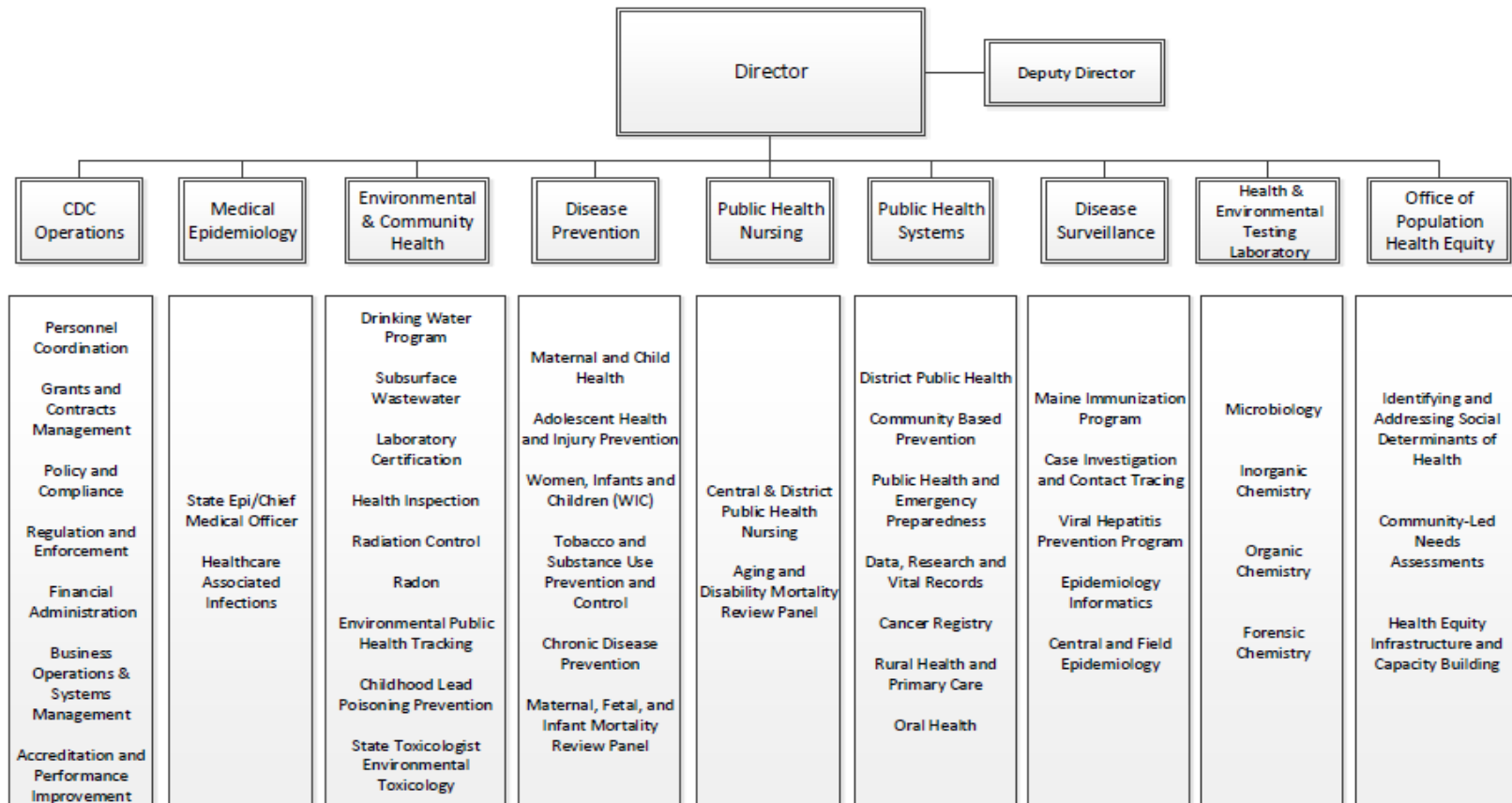
Maine CDC Staffing

Total State Positions: 405

Current Vacancies: 94

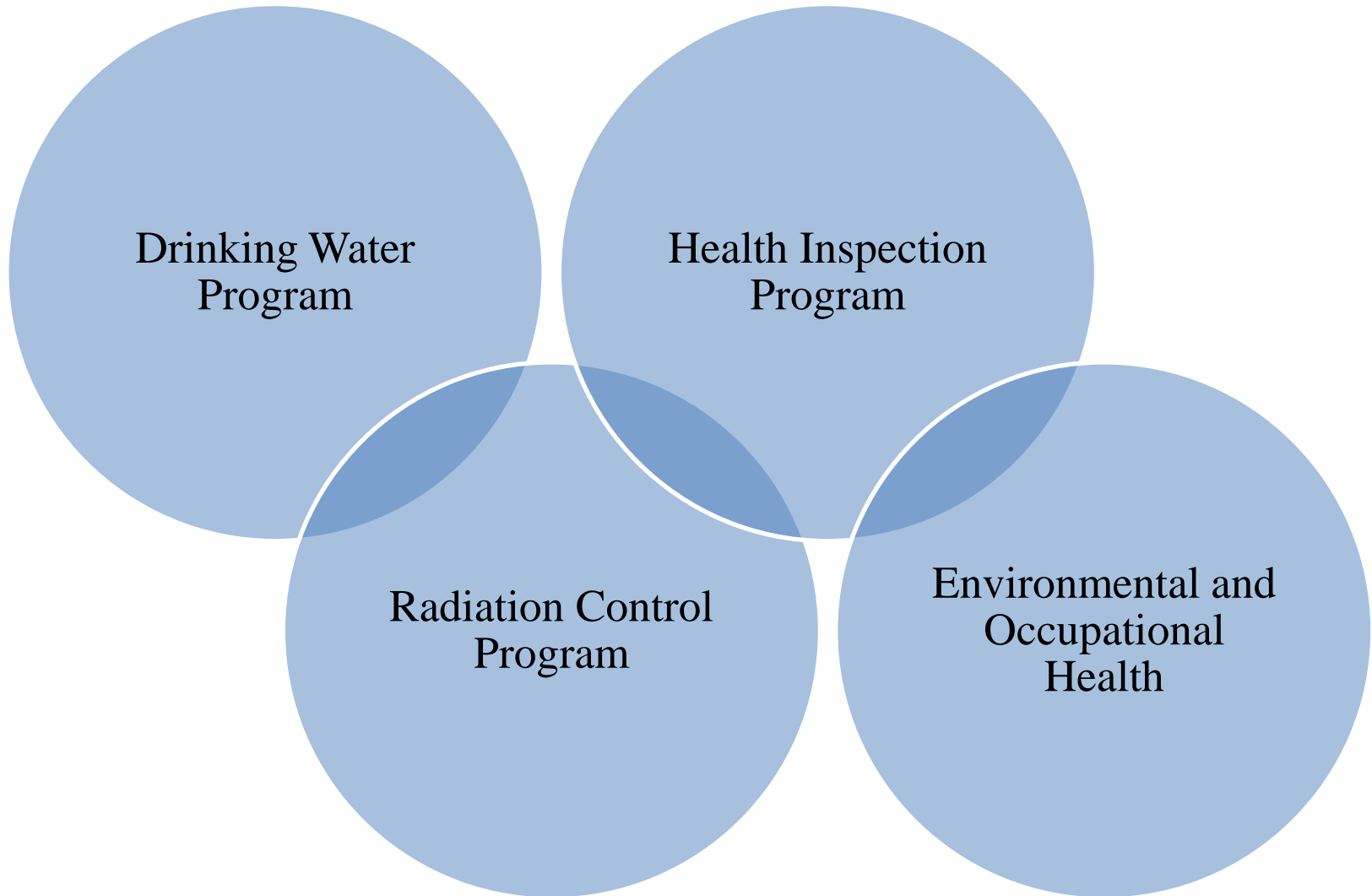
Maine CDC Organization

Maine Center for Disease Control and Prevention
January 2023



Maine CDC

Division of Environmental & Community Health



Drinking Water Program

- Working to keep public drinking water safe for all Maine people
- Funds public drinking water infrastructure projects (wells, pipes, and treatment plants) through State Revolving Fund – Federal Cap Grant plus State Match.
- Supplemental ARPA and BIL in '23-'26 will at least double project capacity, along with additional \$25M for projects in 2022-23 through Maine Jobs & Recovery Plan
- Supports nearly 500 local plumbing inspectors to properly site and construct subsurface wastewater systems (septic systems)
- Oversees accreditation of water and wastewater testing laboratories
- Manages PFAS sampling at all community public water systems and regulated schools - provides technical assistance and funding to remove PFAS and other contaminants from public drinking water

Radiation Control Program

- Registers and ensures competency of radon testers, labs and mitigators
- Works with cancer prevention experts to limit exposure to radon
- Inspects x-ray, mammography, and nuclear medicine equipment to ensure proper operation and safety
- Oversees new requirements for landlords to test for radon in drinking water and inform tenants of results
- Oversees safety of nuclear waste stored at the former Maine Yankee site
- Emergency response training with neighboring states to prepare for events involving radiation exposure

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Division of Environmental & Community Health

Health Inspection Program

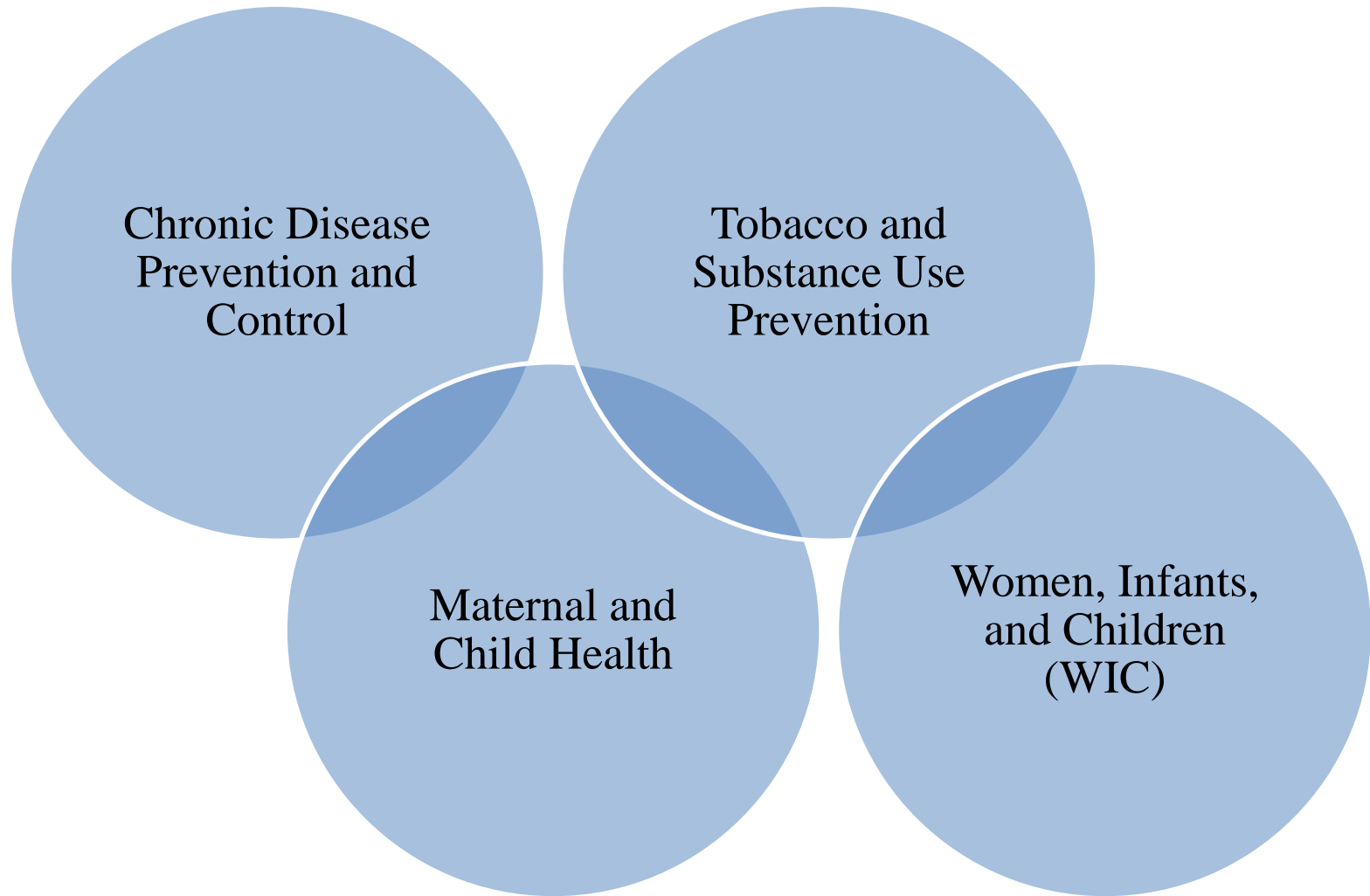
- Ensures health and safety at Maine's 8,000 licensed restaurants, hotels, motels, campgrounds, youth camps, public pools and body artist shops
- Responds daily to complaints related to unhealthy or unsafe conditions at licensed eating and lodging establishments
- Works with CDC epidemiologists and others to respond to foodborne illness outbreaks or other health hazards (e.g., legionella)
- In 2021/22, addition of six(6) new inspector positions has greatly increased capacity to perform more frequent and thorough inspections and respond to foodborne illness outbreaks
- Processes applications for tobacco retailers

Environmental and Occupational Health Program

- Monitors environmental exposure risks including lead, PFAS, private well water contamination, and other chemical and climate hazards
- Oversees Universal Blood Lead Testing for infants and coordinates mitigation for lead poisoning cases – increasing collaboration with ECBOs in Lewiston/Auburn, Portland.
- Provides toxicological assessment to assist DEP, DACF, DMR, IFW with investigations of PFAS-impacted soil, water, crops, wildlife and consumption advisories.
- Working with DWP to develop new State Maximum Contaminant Levels (MCLs) for six PFAS compounds.
- Maintains Maine Tracking Network – online public health portal with data on several environmental public health outcomes

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Division of Disease Prevention



Maine CDC

Division of Disease Prevention

Chronic Disease Prevention

Implement evidence-based interventions, strategies, and activities to address the following chronic diseases:

- Comprehensive cancer
- Breast and cervical health
- Cardiovascular disease (Heart disease and stroke)
- Diabetes, asthma, obesity
- Colorectal cancer
- Alzheimer's Disease and related dementias

In 2022, the Division of Disease Prevention also:

- Launched the Community Health Worker Initiative
- Participated in the update to Maine's Cancer Plan
- Collaborated with MaineCare to make National Diabetes Prevention Programming a covered service

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Division of Disease Prevention

Maternal and Child Health

- Reduce maternal, infant and fetal mortality
- Implement safe sleep strategies
- Address substance exposed infants (SEI)
- Address children with special health needs (CSHN)
- Continue collaborative relationships with home visiting (HV) and Public Health Nursing (PHN) for prevention
 - Maine Families Home Visiting served 1,653 families with 1,725 children and conducted 17,205 home visits
- Support maternal anxiety mood disorder screening, referral and treatment
- Support increased access to behavioral health services for children and youth
- Launch Rare Diseases Advisory Council once a part time coordinator has been hired; follow up on outreach from potential participants for engagement
- In 2022, added four new conditions to the Newborn Bloodspot Screening panel
- Also in 2022, successfully received new federal funding to support improved maternal health outcomes

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Division of Disease Prevention

Tobacco and Substance Use Prevention

- Through the Maine Prevention Services structure, implement evidence-based interventions to support youth engagement and address use of tobacco, alcohol, cannabis, opioids, and other substances;
- Provide support for the statewide Tobacco Quitline;
- Implement mass-reach media campaigns addressing tobacco and substance use prevention and control;
- Provide funding and oversight for suicide prevention interventions
- Collaborate with Maine DOE and other state agency partners on adolescent health initiatives and the Maine Integrated Youth Health Survey.
- In 2022, redesigned the structure for prevention service delivery, creating the Maine Prevention Network; distributed lock boxes and Deterra drug disposal pouches; created the Marijuana Prevention Education toolkit; supported and expanded services at Maine's 15 school-based health centers

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Division of Disease Prevention

Women, Infants and Children Nutritional Services (WIC)

- Provide nutritional services for pregnant women, infants and children up to age 5
- Increase consumption of fresh, local produce as well as support local food production via WIC Farmers' Market Nutrition Program
- Provide education and support for breastfeeding
- Facilitate parenting support and referrals to other critical services needed for WIC recipients
- In 2022, WIC launched the electronic Farmers Market Nutrition Program and responded to a nationwide infant formula recall

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Division of Public Health Nursing

Public Health Nurses support maternal and child health

- Provide care and support for substance-affected babies/caregivers
- Support early childhood programs such as: Help Me Grow, MaineMOM, Plan of Safe Care
- PHN's Certified Lactation Counselors provide in-home breastfeeding support
- Provide home visits to new moms and babies
- Support Safe Sleep Initiatives as a Crib for Kids distributor
- PHN's Child Passenger Safety Technicians provide car seat safety checks
- Provide childhood catch up vaccinations for families with limited access to healthcare
- Collaborate with the Childhood Lead Program to provide home visits for children with lead exposure

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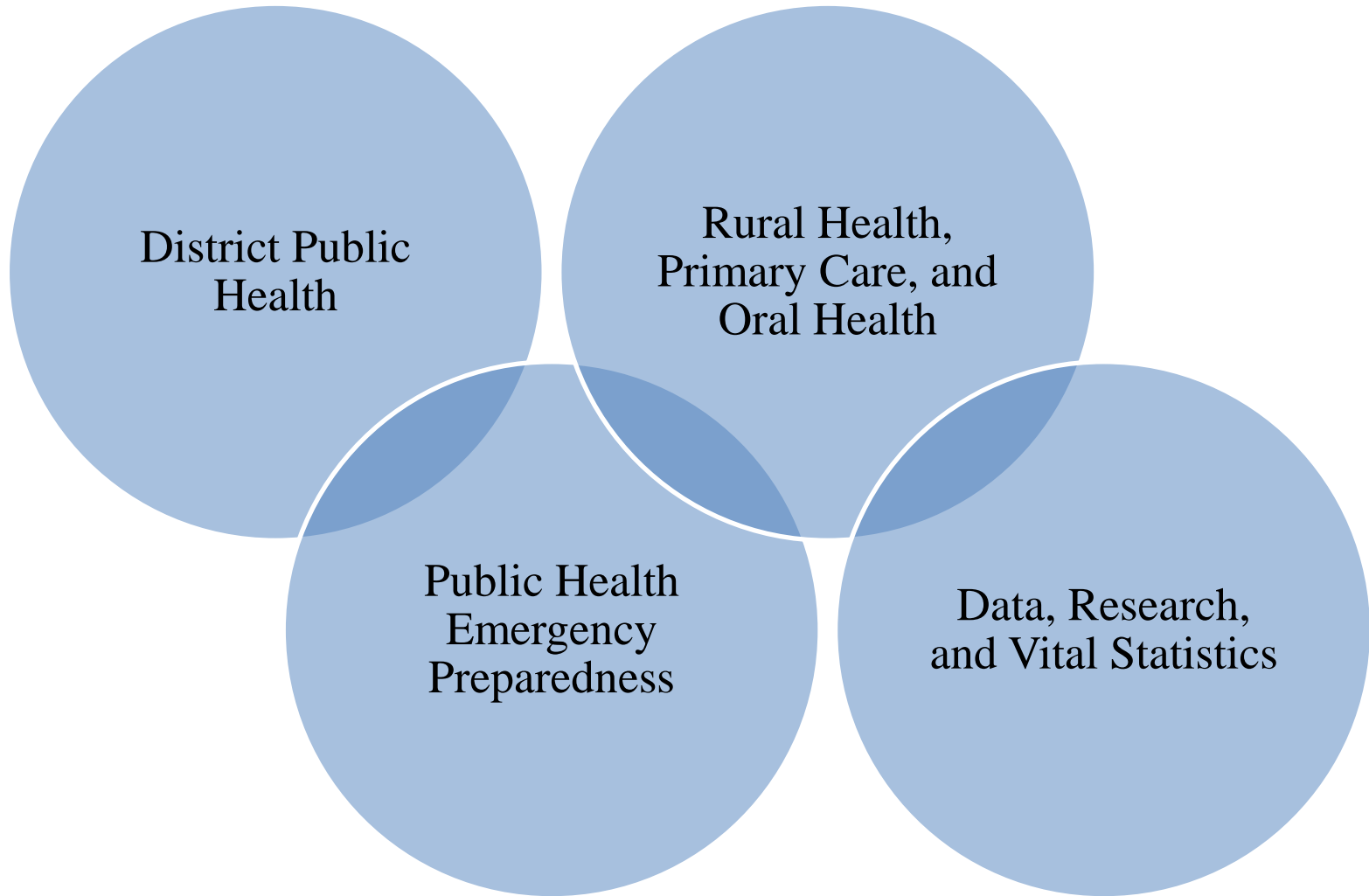
Division of Public Health Nursing

Public Health Nurses work to prevent infectious diseases

- Assist with public health emergencies, including infectious disease outbreaks, natural disasters, and bioterrorism
 - Responded to Covid-19 with emergency staffing relief, case investigation, testing, treatment, and vaccine efforts
 - Monkeypox (Mpox) vaccination clinics and assisted with vaccine distribution
- Provide training and education to community partners
- Hold vaccine clinics for childhood immunizations, Covid-19, flu, and other outbreaks
- Partner with TB Control to provide treatment for active tuberculosis (TB) and latent tuberculosis clients
- Provide tuberculosis training for healthcare partners
- Partner with Schools of Nursing to host student nurses

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Division of Public Health Systems



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Division of Public Health Systems

District Public Health

- There are 8 geographically based districts and one population-based district, Wabanaki Public Health District.
- District Liaisons (DL) embedded in each public health district assist with local coordination and planning to support and improve the local public health system, including coordinating with Maine CDC staff in the Public Health Unit.
- Implements the State Public Health System (SPSA) and Local Public Health System (LPHSA) assessments.
- Assists in the planning, training, and response to public health emergencies through partnership with Maine CDC's PHEP program and local emergency management staff (EMA Directors, Fire Chiefs, etc.).
- Coordinates technical assistance and trainings to Local Health Officers in their districts.

Maine CDC

Division of Public Health Systems

Public Health Emergency Preparedness (PHEP)

- Coordinates Maine CDC's public health emergency response, including incident command training and exercises by public health personnel in coordination with healthcare coalitions, emergency management, and local emergency medical services.
- Uses MaineHAN, a secure, web-based communication system, to exchange information about a specific incident or situation or important public health concern, ranging from nonemergent to critically urgent and requiring action.
- Maintains and credentials Maine CDC Public Health Emergency Volunteers through the MaineResponds Program.
- Partners with Tribal Health Centers to serve as a Point of Dispensing (POD) to administer medical countermeasures to Tribal members during a public health emergency.

Maine CDC

Division of Public Health Systems

Rural Health & Primary Care and Oral Health

- Promotes access to quality health care for residents living in all of Maine's rural and underserved areas by:
 - Increasing resources and reducing costs for health care statewide with a focus on rural areas;
 - Facilitating communication among stakeholders on rural health issues;
 - Increasing access to primary, mental and dental health care services for underserved populations; and
 - Reducing geographic, financial, transportation and other barriers that prevent access to health care.
- Implements Maine CDC's Oral Program to provide leadership in assisting community initiatives to prevent, control, and reduce oral diseases,
 - Additionally, the program provides statewide coordination and integration of community based oral health services through increased access and removal of barriers.
 - Oversees Maine CDC school based oral health prevention activities. Increased funding from 130th Legislature LD 1995 allowed for an increase in the number of schools to the program (38, for a 2023 total of 222) as well as creation of new Health Program Manager position (new hire bulletin posted January 2023)

Maine CDC

Division of Public Health Systems

Data, Research, and Vital Statistics

Data, Research and Vital Statistics (DRVS) administers Maine's vital statistics system and provides quantitative information for surveillance, planning, policy development, program management, and evaluation. The office consists of four units: Electronic Data, Statistical Services, Vital Records and Cancer Registry.

- **Electronic Data** maintains the electronic registration system for vital events, provides training for users and staffs a help desk during normal business hours to assist users with using the system and issuing records.
- **Statistical Services** conducts population-based surveillance systems, completes analysis of vital statistic data and will serve the state-wide Amyotrophic Lateral Sclerosis (ALS) registry. Provides detailed population estimates, compiles data on health status and health resources, provides technical assistance and consultation on survey procedures and statistical analysis to other agencies in the Department of Health and Human Services.

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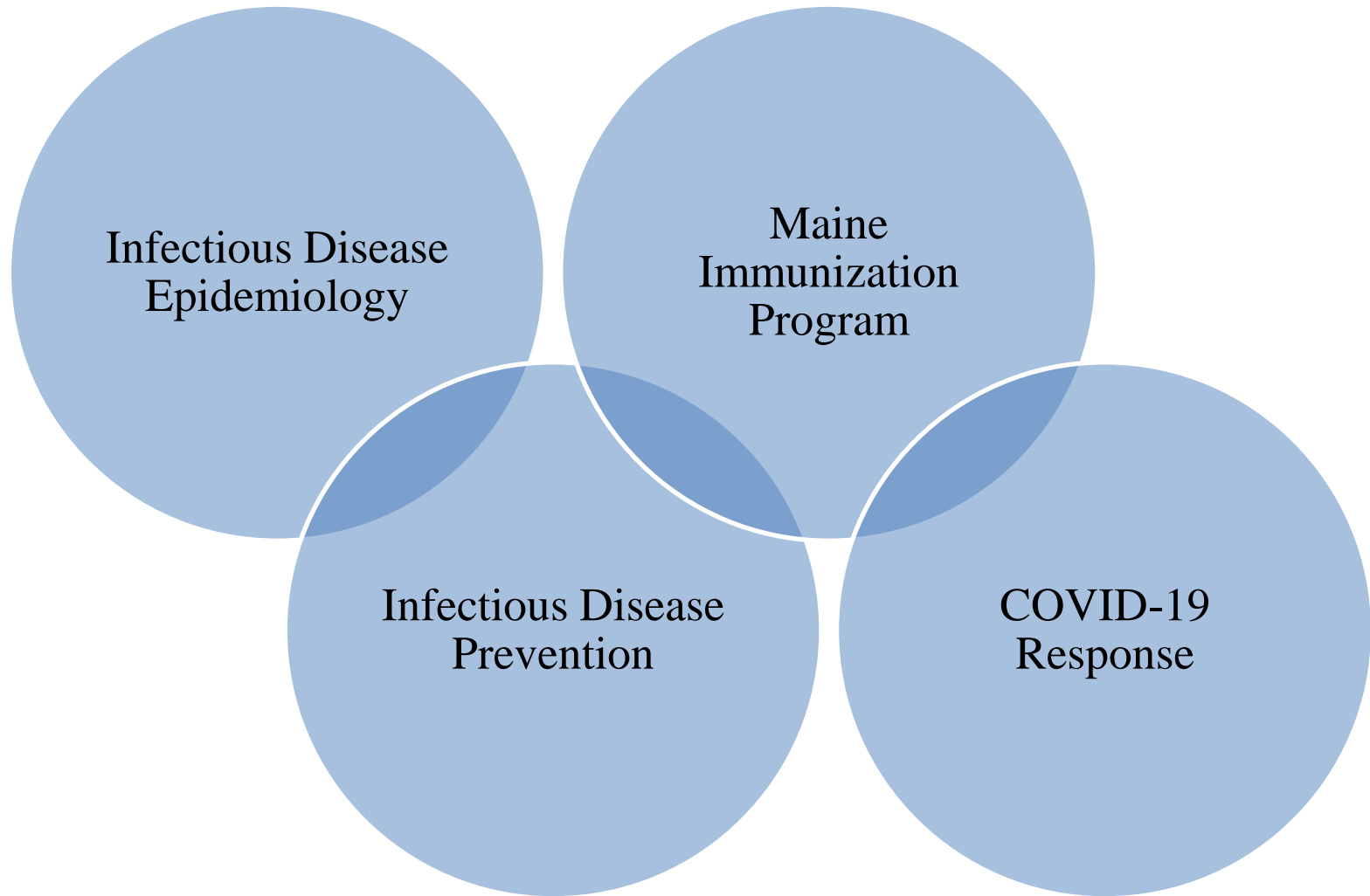
Division of Public Health Systems

Data, Research, and Vital Statistics (cont'd)

- **Vital Records** collects and maintains records of births, deaths, fetal deaths, marriages, and divorces, and provides additional vital registration services. In addition, Vital Records houses all sealed adoptions and legitimizations.
- **Cancer Registry** is a statewide population-based cancer surveillance system. The Maine Cancer Registry (MCR) collects information about most newly diagnosed cancers in Maine residents.
 - Data used to monitor and evaluate cancer patterns in Maine and improve cancer prevention
- Houses Maine CDC's new **ALS Registry** (130th Legislature LD 2007 "An Act to Create Amyotrophic Lateral Sclerosis Incidence Registry")

Maine CDC

Division of Disease Surveillance



Maine CDC

Division of Disease Surveillance

Infectious Disease Epidemiology

- Monitors, investigates, and prevents nationally notifiable infectious diseases in Maine including any associated outbreaks.
- Includes but is not limited to, COVID-19, rabies, influenza, vaccine preventable diseases such as pertussis, mumps, varicella (chicken pox), foodborne illnesses, and vector borne conditions such as Lyme disease.

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Division of Disease Surveillance

Infectious Disease Prevention

- HIV/STD program works to monitor and assist individuals with HIV/STDs
 - Prevention and Case Investigation: monitors, investigates, and prevents HIV, gonorrhea, syphilis, and chlamydia.
 - HIV/STD education and outreach, point of care HIV/ hepatitis C testing and training, condom distribution, and provider outreach.
 - HIV Care: supports individuals living with HIV in Maine through, case management, and the AIDS Drug Assistance Program (ADAP).
 - ADAP assists low-income people living with HIV with medication coverage, insurance, deductible, lab, and copay assistance.
- Harm Reduction: manages the syringe service programs, overdose prevention patient navigators, and works collaboratively with the Office of Behavioral Health to support overdose work.

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Division of Disease Surveillance

Maine Immunization Program

- The Maine Immunization Program (MIP) strives to ensure full protection of all Maine children and adults from vaccine-preventable disease.
- Through cooperative partnerships with public and private health providers as well as community members, MIP provides:
 - vaccine;
 - comprehensive education and technical assistance;
 - vaccine-preventable disease tracking and outbreak control;
 - accessible population-based management tools; and
 - support services that link individuals into comprehensive health care systems.

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Division of Disease Surveillance

Maine CDC COVID-19 Response

- Maine CDC has received reports of over 310,000 COVID-19 cases and 2,854 deaths.
- As of January 23, 2023, 1,307,053 Maine people have received at least one dose of COVID vaccine, representing 95% of Maine's population.
- Maine CDC epidemiologists have answered 34,498 requests for consultation from residents and health care providers seeking guidance.
- Maine CDC has distributed 3,671,684 pieces of PPE; 363,920 BinaxNow tests; 440,163 testing swabs; 433,125 viral transport tubes
- Working in partnership with IDEXX, Maine CDC's laboratory tested 336,943 patient specimens for COVID-19
- Maine investigated 2,296 confirmed and probable outbreaks
 - Business outbreaks: 269
 - Long term care facility outbreaks: 649
 - School outbreaks: 775

Maine CDC

Division of Medical Epidemiology

Chief Medical Officer & State Epidemiologist

- Issue standing orders for vaccines and testing (e.g., COVID-19 tests)
- Manage therapeutics program (e.g., COVID-19 antivirals/monoclonals)
- Senior medical epidemiologist supporting Division of Disease Surveillance on Infectious Disease Epidemiology investigations and studies
- Liaison to U.S. CDC & other state health departments on matters that pertain to epidemiologic investigation (e.g., defining notifiable conditions)

Healthcare-Associated Infections & Antimicrobial Resistance Program

- Conduct surveillance on healthcare-associated infections (HAIs)
- Conduct outreach and education related to antimicrobial stewardship
- Provide infection control guidance and support to healthcare facilities

Maine CDC

Health and Environmental Testing Lab (HETL)

The Health and Environmental Testing Laboratory (HETL) is the State of Maine's public health laboratory.

- HETL works to isolate, identify, analyze, and monitor biological, chemical, and/or radiological hazards that can cause harm to human health and the environment, and coordinates with other agencies in the prevention, treatment, and control of such hazards that threaten the community or environment.
- These essential services are provided cost effectively through a fee schedule established with the flexibility of making them available regardless of the public's ability to pay.

Maine CDC

Health and Environmental Testing Lab (HETL)

HETL has three sections:

- **Forensics:** conducting toxicological drug testing in blood and urine; analyzing seized drug samples from State, federal, and local law enforcement agencies; managing and calibrating intoxilizer instruments used by law enforcement throughout the State.
- **Clinical:** testing for many diseases including rabies, tuberculosis, childhood blood lead, foodborne pathogens, sexually transmitted infections, influenza, COVID-19, Ebola, measles, etc.
- **Environmental:** HETL is the State primacy laboratory for testing water served by public water systems and private wells for chemical, biological, and radiological contaminants; testing water quality of lakes and streams; providing environmental lead wipe, paint, and soil testing.
 - **PFAS** testing to begin potentially in 2024.

Maine CDC

Office of Population Health Equity

The Office of Population Health Equity (OPHE) was re-established by Maine CDC in 2021. The role of OPHE is to:

- Collaborate with programs across Maine CDC, as well as external partners and community leaders to ensure that public health initiatives are informed by and reflect communities;
- Address health equity including identifying and addressing social, economic, and other systemic barriers that create obstacles to accessing care and result in poor health outcomes, such as, poverty, environmental conditions, housing, employment, education, and cultural and language differences;
- Support initiatives partnership and collaboration, and promote community-informed actions in collaboration with the Maine CDC program offices to improve health equity; and
- Look for opportunities that provide greater access to high quality medical care and improve health outcomes.

Maine CDC

Office of Population Health Equity

Key Activities

- Health Equity Infrastructure and Capacity Building
- COVID-19 Community Resilience
- COVID-19 Tribal Programs
- Health Equity Advisory Council

Long-Term Priorities

- **Investing in Communities:** Develop long-term opportunities to sustain programming in Community-Based Organizations.
- **Fostering Community Partnerships:** Formalize the advisory council, conduct regular convenings, host an annual conference.
- **Building Internal Infrastructure:** Offer trainings across Maine CDC and provide support across divisions, long-term data roadmap.
- **Working Across Government:** DEI community of practice, DHHS procurement improvements, language access study.

Maine CDC

The Year Ahead

- Transition to new Director
- Communicate science-based, accurate public health messages to the public
- Complete Strategic Plan and State Health Improvement Plan
- Apply for Public Health Re-accreditation
- Continue regular engagement with staff via town halls, monthly newsletters, lunch and learns, and grand rounds speakers
- Continue to investigate COVID-19 cases and outbreaks
- Compete for new grant opportunities
- Continue to fill vacancies and develop programs

Maine CDC

The Year Ahead

- In February, newly created Senior Scientist position will be in place at HETL
- New Communications Director to be announced soon
- New user-friendly Maine CDC website underway
- Bringing on Workforce Development Director through federal PH Infrastructure funding

Questions?

Nirav D. Shah, Director

Nancy Beardsley, Deputy Director

