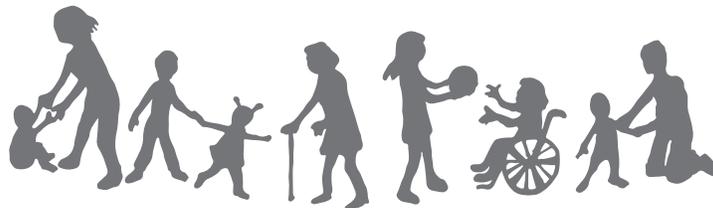


# VISION FOR HEALTH

Children and adults in Kennebec County will have opportunities to engage in healthy behaviors and leverage prevention and wellness services.

Measurement: Years of potential life lost before age 75 per 100,000 population.

**Baseline: 7,287.7 → Goal: 6,900**



## Desired Outcomes for **HEALTH**

Children and adults will have...

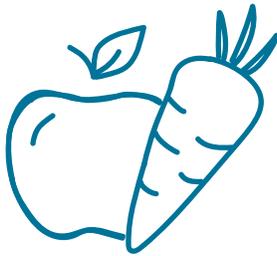
1. Resources to participate in behaviors that promote health and wellness.
2. Access to prevention and wellness services for improved health outcomes.
3. The ability to achieve optimum health regardless of social and economic barriers.

# OUTCOME 1:

Children and adults will have resources to participate in behaviors that promote health and wellness.



## Baseline Measurements:



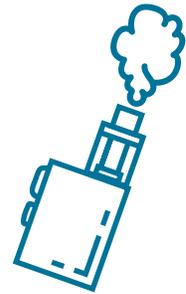
**20.6%** Middle School  
**12.4%** High School

Percentage of students who eat fruits and/or vegetables five or more times a day.



**25.9%** Middle School  
**22.6%** High School  
**51.9%** Adults

Percentage of students and adults who engage in recommended levels of physical activity.



**5.9%** Middle School  
**30.9%** High School

Percentage of students who use any tobacco (including electronic vaping products).

## Key Strategies:

- 1 Increase the availability of healthier food and beverage choices in all places where food and beverages are sold or served.
- 2 Create opportunities for achieving recommended levels of physical activity throughout each day.
- 3 Increase public communications that support the consumption of healthier food and beverages and physical activity.
- 4 Educate and train health professionals to link community members to resources for quitting tobacco.
- 5 Advocate for, develop and strengthen smoke- and tobacco-free policies.
- 6 Develop workplace strategies to encourage exercise, healthy diets, and smoking cessation amongst employees.
- 7 Develop local strategies to make outdoor exercise and walkability convenient for residents.

# OUTCOME 2:

Children and adults will have access to prevention and wellness services for improved health outcomes.



## Baseline Measurements:



**7.5%**

Percentage of adults who experience current symptoms of depression.



**18.6**

Number of suicide deaths per 100,000 population.



**39.9**

Number of overdose deaths per 100,000 population.



**65.2%**

Percentage of insured children under age 21 who received preventive dental care.



**212.4**

Number of cardiovascular disease deaths per 100,000 population.

## Key Strategies:

- 1 Teach coping and critical thinking skills to help people overcome stress and adversity.
- 2 Improve access to and delivery of physical and behavioral health care.
- 3 Increase access to or knowledge of substance use recovery services (via messaging campaigns, workplaces, etc.).
- 4 Support expansion of substance use services, such as recovery coaches and NARCAN training for diverse groups in the community.
- 5 Advocate for policies that reduce access to substances and lethal means among at-risk individuals.
- 6 Provide information and support for schools and early learning programs to establish and/or improve oral health services.
- 7 Advocate for state-level initiatives to increase preventive oral health care availability to children.
- 8 Offer affordable dental insurance to employees and their families so that they can access preventive care.
- 9 Fund community organizations that will advance primary prevention activities and support individual behavior change.
- 10 Improve consumer knowledge of health risks associated with certain behaviors or conditions.

# OUTCOME 3:

Children and adults will have the ability to achieve optimum health regardless of social and economic barriers.



## Baseline Measurements:



12.9%

Percentage of residents who are food insecure.



7.5% Overall    7.3% White people    \*X% People of Color    16.5% People at or below 200% of poverty

Percentage of people who do not have health insurance coverage.

## Key Strategies:

- 1 Focus food distribution on the most food insecure areas of Kennebec County.
- 2 Identify individuals experiencing food insecurity who are not receiving help and provide them with education and connections to local resources.
- 3 Promote policies and programs that support connecting individuals and families to health care coverage.
- 4 Advocate for employers to cover the costs of individual health insurance for those who cannot afford it.

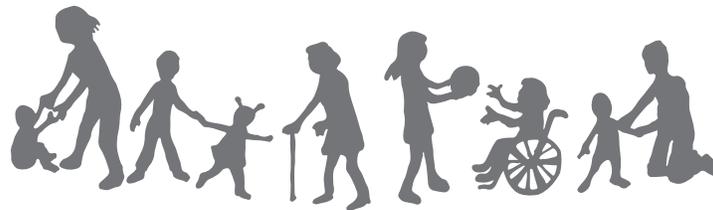
\* Black or African American alone- 12.8%  
American Indian and Alaska Native alone - 2.1%  
Asian alone - 19.6%  
Native Hawaiian or Other Pacific Islander alone - 0.0%  
Some other race alone - 32.6%  
Two or more races - 10.6%  
Hispanic or Latino (of any race) - 12.3%

# VISION FOR EDUCATION

Children and families in Kennebec County will have access to quality early learning experiences prior to kindergarten.

Measurement: Percentage of 3rd graders who score at or above state expectations for reading.

**Baseline: 82.6% → Goal: 87%**



## Desired Outcomes for **EDUCATION**

Children and families will have...

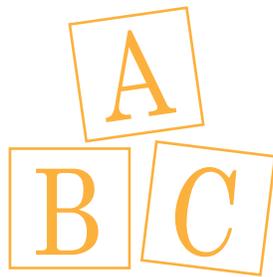
1. Opportunities to develop literacy and language skills to support school readiness.
2. Resources needed to promote their social and emotional development.
3. Basic health and safety needs met to be ready for learning.

# OUTCOME 1:

Children and families will have opportunities to develop literacy and language skills to support school readiness.

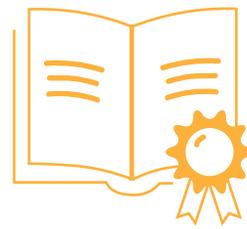


## Baseline Measurements:



**48.0%**

Percentage of four-year-old children enrolled in public prekindergarten.



**87.4%**  
Non-economically disadvantaged

**75.5%**  
Economically disadvantaged

Percentage of all 3rd graders who score at or above state expectations for reading.

## Key Strategies:

- 1 Incorporate literacy component into early childhood education staff training and into curriculum for children.
- 2 Expand community-based opportunities for children to access books and tools that support reading.
- 3 Encourage reading mentors for students and promote shared reading opportunities at all levels.
- 4 Advocate for workplace policies that support parent participation in school activities.
- 5 Promote benefits of Pre-K through pediatricians, dentists, community organizations, workplaces, peer-to-peer advocacy, etc.
- 6 Advocate to reduce barriers to accessing public Pre-K, such as transportation, program schedule, etc.
- 7 Support childcare providers with free or low-cost professional development to improve instructional practices and early childhood teaching and learning.
- 8 Provide financial incentives for people to start or further their education in early childhood education.

# OUTCOME 2:

Children and families will have resources needed to promote their social and emotional development.



## Baseline Measurements:



**1856**

Number of youth-related calls to the Maine Statewide Crisis Hotline.



**22.3%**

Percentage of high schoolers who have reported four or more Adverse Childhood Experiences (ACEs).

## Key Strategies:

- 1 Train educators, resource officers, childcare providers, and parents to prevent, understand, identify, and treat adverse childhood experiences (ACEs) and associated resiliency.
- 2 Offer comprehensive training for educators, resource officers, and childcare providers to prepare them for working with children and families with complex challenges, including but not limited to trauma, mental health diagnoses, substance use disorders, co-occurring disorders, etc.
- 3 Promote social and emotional curriculum among early childhood education programs.
- 4 Support reducing the impact of toxic stress on children and families.
- 5 Provide high-quality childcare with wraparound services for youth and families.

# OUTCOME 3:

Children and families will have basic health and safety needs met to be ready for learning.

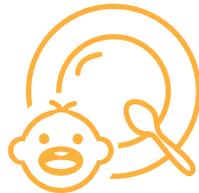


## Baseline Measurements:



**6.7%**

Percentage of babies born exposed to or affected by substances.



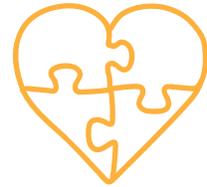
**18.9%**

Percentage of children who experience food insecurity.



**26.7**

Rate of substantiated child abuse and/or neglect per 1,000 population.



**55.0%**

Percentage of children referred for early intervention, special education services that resulted in an active Individualized Education Program (IEP).

## Key Strategies:

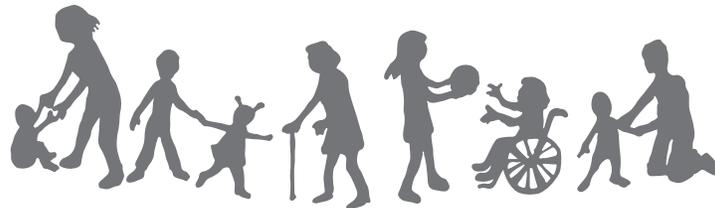
- 1 Educate parents, recovery organizations, education providers and the general community about the risks associated with substance-affected births.
- 2 Increase access to resources to help individuals have a healthy pregnancy.
- 3 Advocate for and connect children and families with appropriate nutrition programs, such as TANF, SNAP, WIC, SSDI, Medicaid, CACFP (Head Start), local food banks, and farmers' markets.
- 4 Specifically educate immigrant families about their eligibility for nutrition programs to protect their health and well-being.
- 5 Provide expanded access to high quality, nutritious food in education and community settings.
- 6 Reduce child abuse and neglect and prevent future risk by providing community education and ensuring safe reporting opportunities.
- 7 Develop coordinated and timely approaches to screening and referral services for childhood developmental or behavioral health concerns.
- 8 Educate parents about the importance of early identification and intervention services.
- 9 Advocate for reduced unmet need or waiting lists for children with special needs.

# VISION FOR FINANCIAL STABILITY

Adults and families in Kennebec County will have employment, income, and resources to achieve financial stability.

Measurement: Percentage of households paying more than 30% of household income for housing (rent or mortgage, plus utilities).

**Baseline: 26.6% → Goal: 23%**



## Desired Outcomes for **FINANCIAL STABILITY**

Adults and/or families will have...

1. A degree or credential of value to become employable.
2. The income to be financially stable.
3. The ability to afford and access services to be financially independent.

# OUTCOME 1:

Adults will have a degree or credential of value to become employable.



## Baseline Measurements:



86.3

High school graduation rate.



10.9%  
Associate

17.2%  
Bachelor's

Percentage of adults age 25+ who earn a degree.



4.0

Unemployment rate.

## Key Strategies:

- 1 Establish district-level policies and practices that provide targeted supports for students most at risk for non-advancement.
- 2 Encourage the creation of opportunities for students to stay connected to school and community.
- 3 Promote career education through opportunities for mentorship and job training.
- 4 Encourage multiple career paths to support the full spectrum of educational attainment levels.
- 5 Increase targeted supports to students who are traditionally marginalized to support post-secondary enrollment.
- 6 Support college aspirations through financial planning and education for students and families.
- 7 Offer tuition assistance programs and paid time to encourage employees to further their education.
- 8 Create opportunities for coordination between current education initiatives to unify and strengthen efforts on a broader scale.

# OUTCOME 2:

Adults and families will have the income to be financially stable.



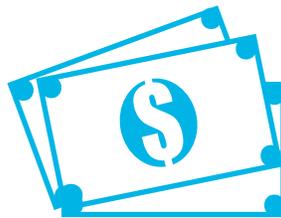
## Baseline Measurements:



**12.0%**  
White, non-hispanic

**\*X%**  
People of Color

Percentage of households who have income below the federal poverty threshold.



**\$55,365**

Median household income.



**46.0%**  
Renters

**22.6%**  
Homeowners with a mortgage

**13.7%**  
Homeowners without a mortgage

Percentage of residents who pay more than 30% of household income for housing (rent or mortgage, plus utilities).

## Key Strategies:

- 1 Advocate for employment opportunities and livable wages, especially for people of color.
- 2 Attract businesses that offer stable, quality jobs with a livable wage and a comprehensive benefits package.
- 3 Advocate for people to have safe and affordable housing near employment opportunities.
- 4 Create and expand opportunities to increase household income.

\* Black or African American alone - 28.9%  
American Indian and Alaska Native alone - 23.2%  
Asian alone - 16.4%  
Native Hawaiian and Other Pacific Islander alone - 73.1%  
Some other race alone - 14.6%  
Two or more races - 20.7%  
Hispanic or Latino origin (of any race) - 20.6%

# OUTCOME 3:

Adults will have the ability to afford and access services to be financially independent.



## Baseline Measurements:



**726**

Number of evictions.



**8.1%**

Percentage of households that have no vehicle available.



**69.8%**

Percentage of parents of children under age 6 who are in the workforce.



**20.1%**

Percentage of residents who have a subprime credit score (under 660).

## Key Strategies:

- 1 Educate tenants and landlords about community resources available to ensure financial stability on both sides.
- 2 Ensure people have supports to enter and remain in the workforce, including childcare and transportation.
- 3 Advocate for increased public transportation opportunities or private ride share availability and access.
- 4 Encourage individuals to access current trainings or programs that teach job preparation skills.
- 5 Establish easily accessible hubs to learn and practice soft skills (communication, appropriate behavior, interview skills, etc.) to become employable.
- 6 Encourage financial literacy education in high schools and increase opportunities for financial coaching in adulthood.
- 7 Establish programs with accountability measures, education, and opportunities to build credit for individuals with little to no credit.