

Maine Center for Disease Control and Prevention (Maine CDC)

Dr. Puthiery Va, Director
March 2025



Maine Center for Disease Control and Prevention

1

Disclosure

None of the planners or speakers for this event have any financial relationships to disclose.

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2

Our Shared Mission

The American Academy of Pediatrics' (AAP) mission is to attain optimal **physical, mental, and social health and well-being** for all infants, children, adolescents, and young adults, while supporting the professional needs of its members.

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**.

Public health focuses on the health of entire populations across the lifespan, from birth to death, aiming to improve and protect health through various strategies and interventions.

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3

My Childhood



4

My Childhood

Me



5

My Mission



Where we live, work, learn, play, and ***community we connect with*** impacts the quality of our lives and life expectancy.

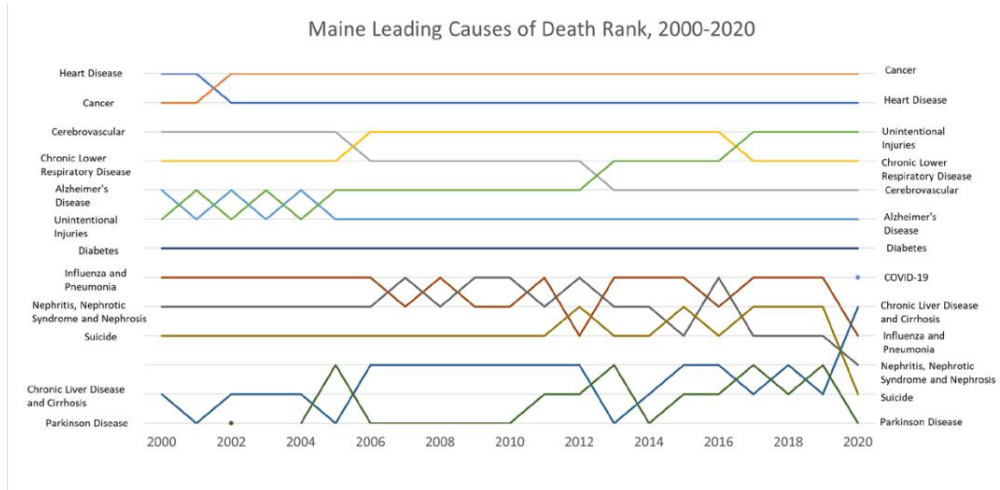
Health outcomes are heavily determined by zip codes.

Social drivers of health impact health outcomes and shape communities.

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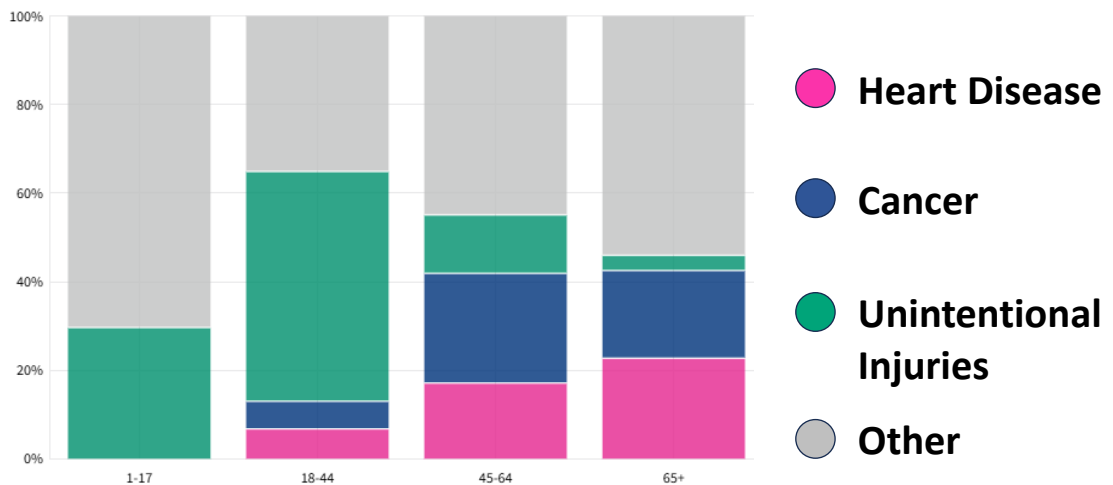
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Health Status – Maine



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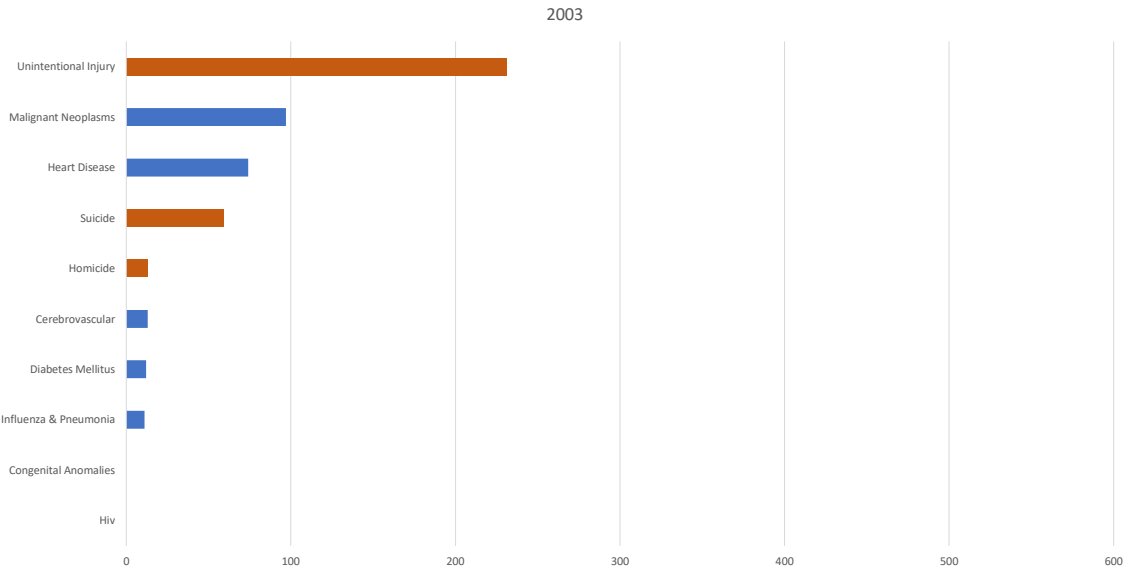
The Impact of the Top Causes of Death Varies Across Age Groups



Source: Centers for Disease Control and Prevention

8

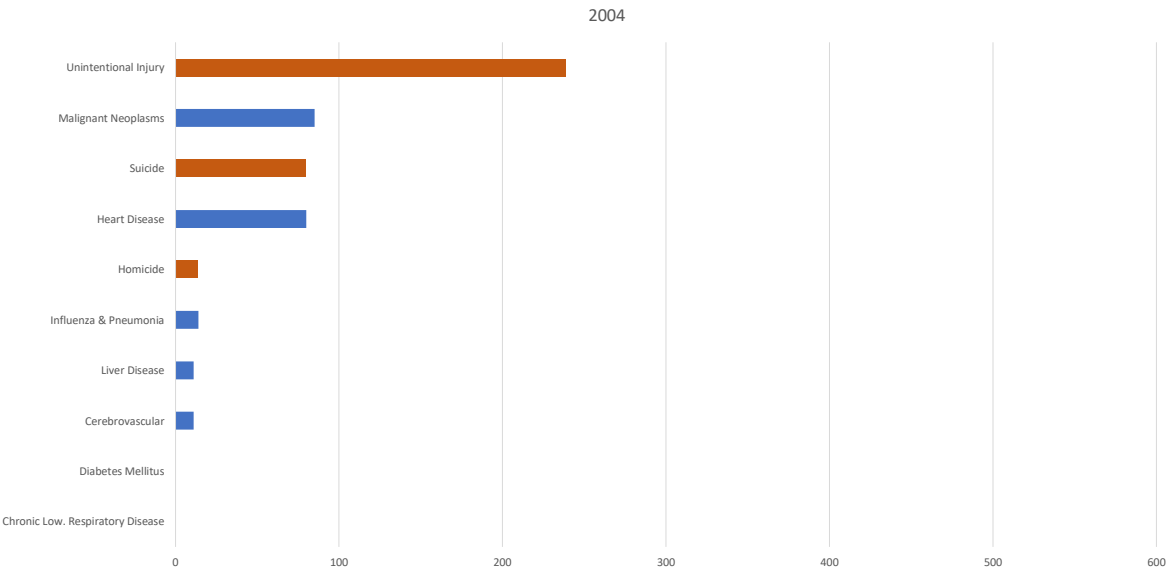
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<https://wisqars.cdc.gov/>



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9

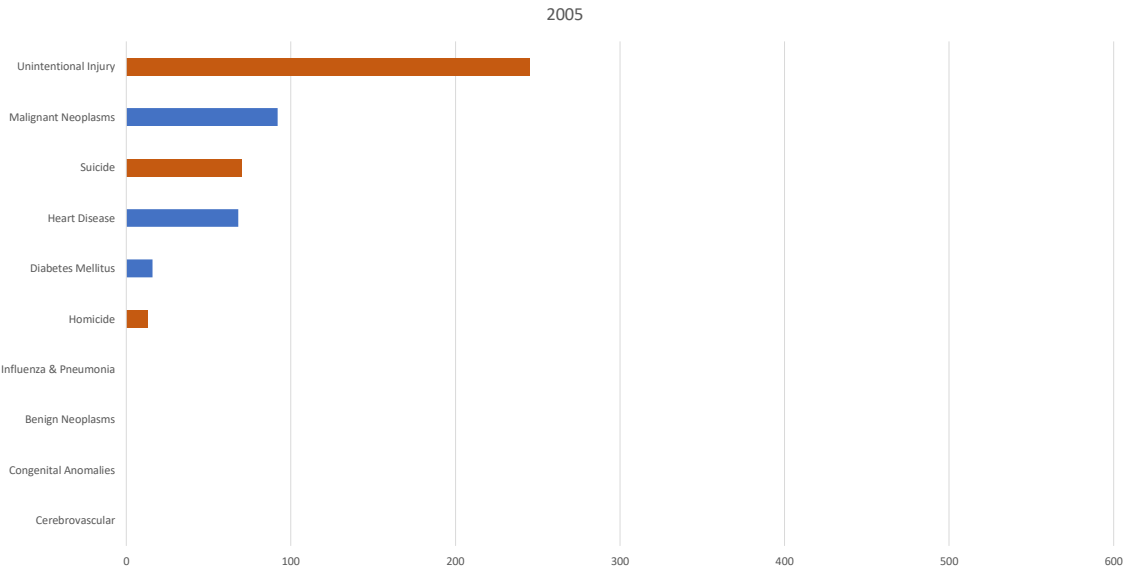
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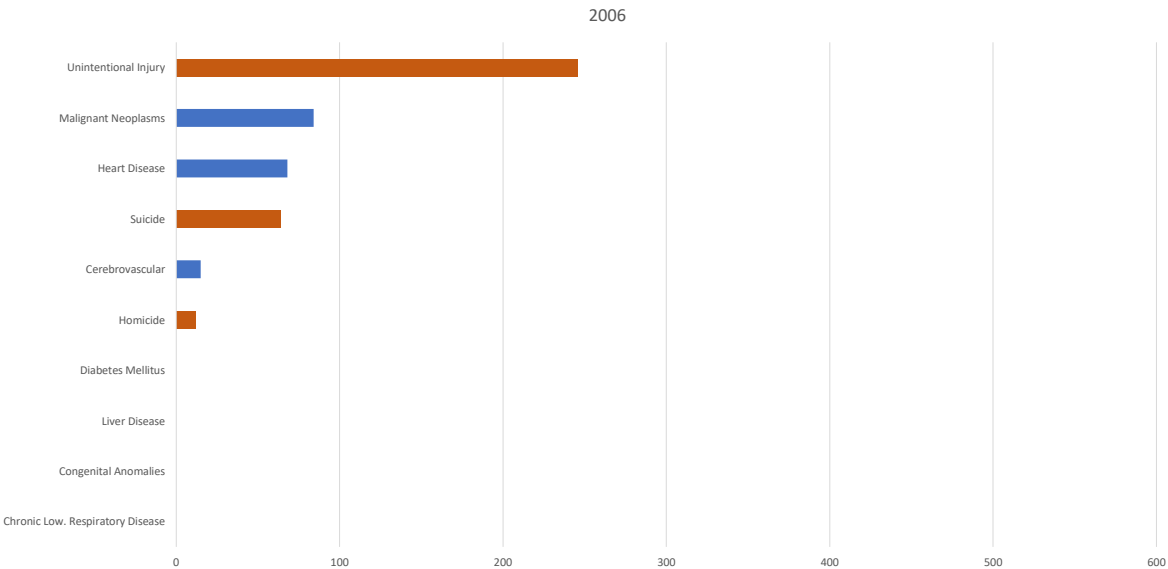
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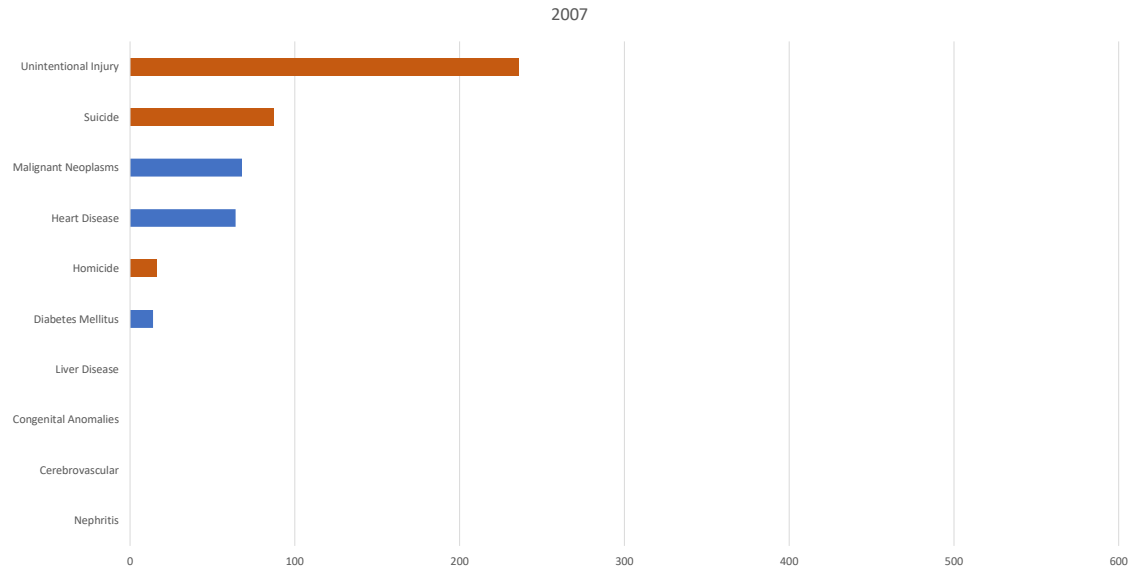
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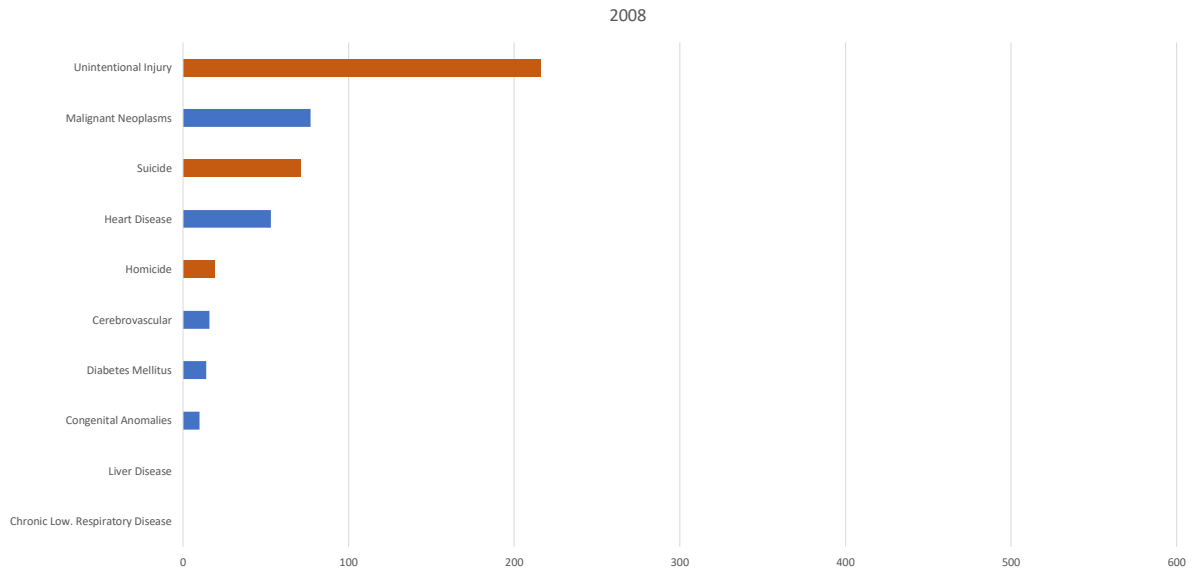
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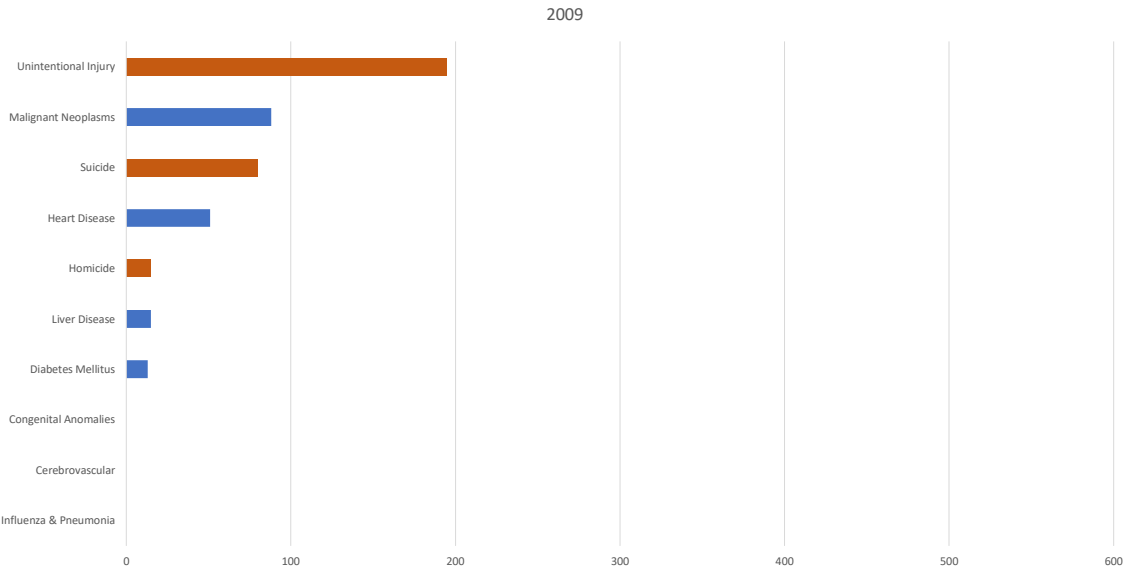
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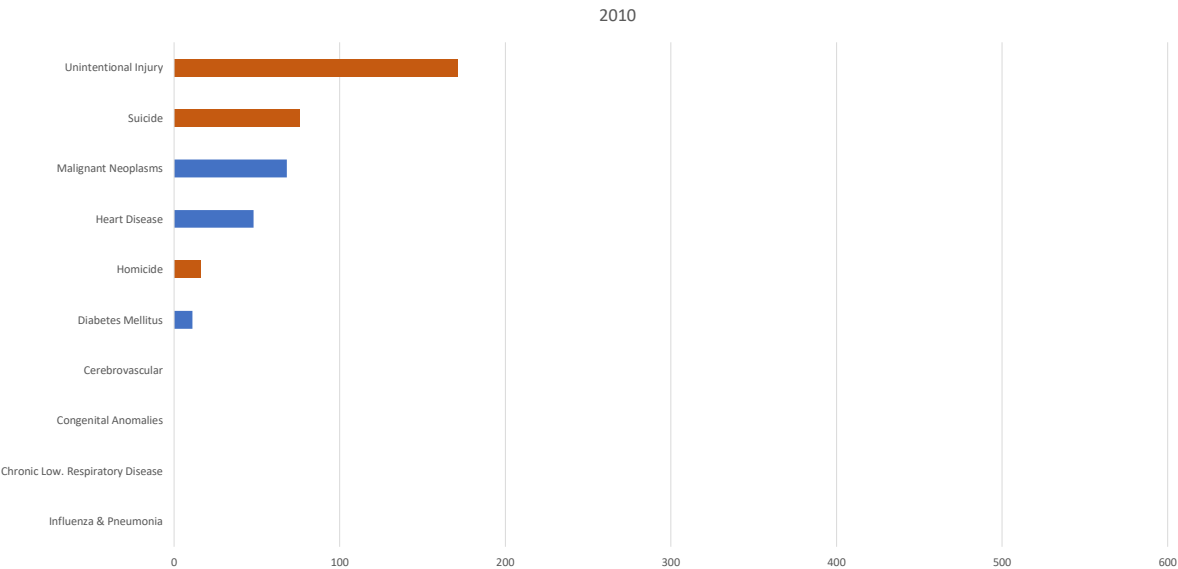
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15

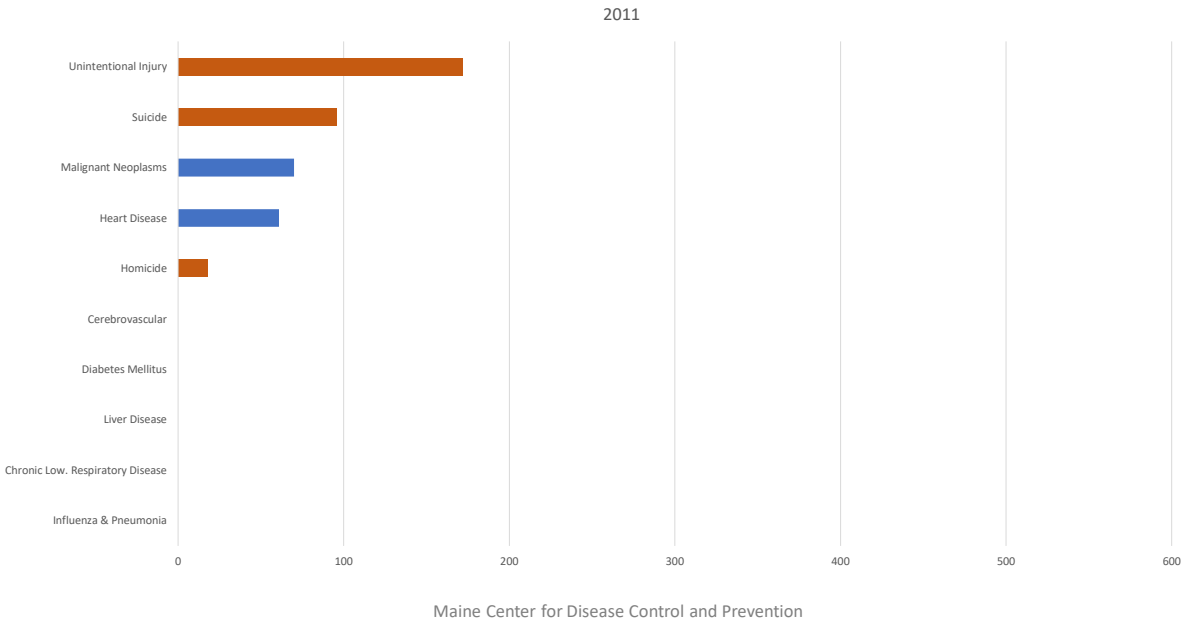
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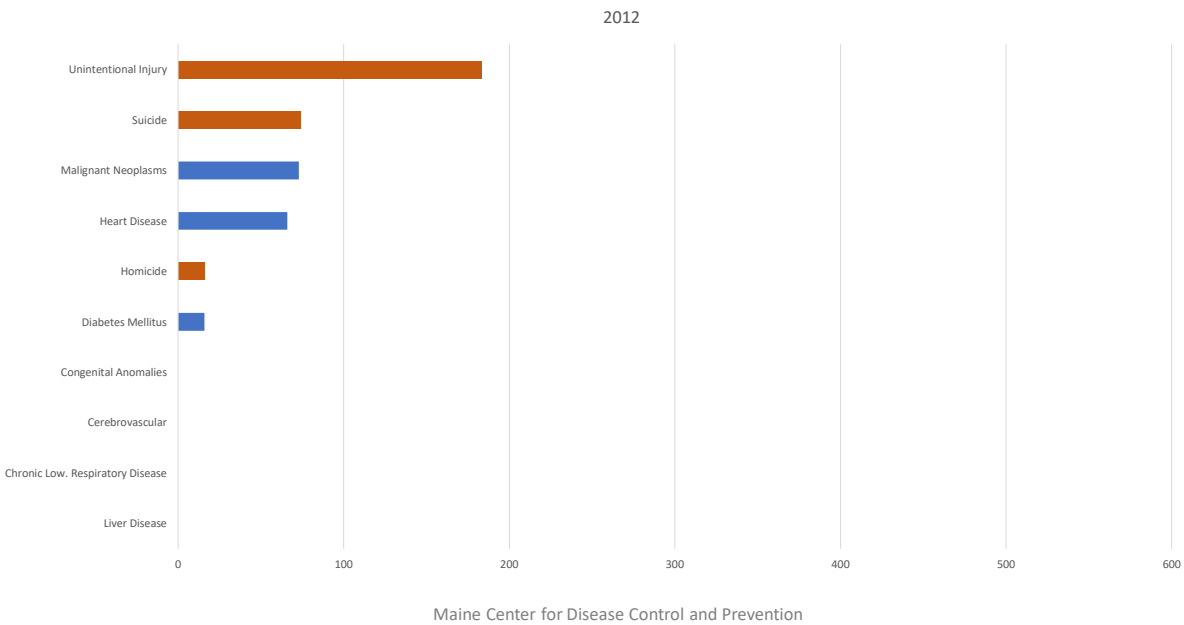
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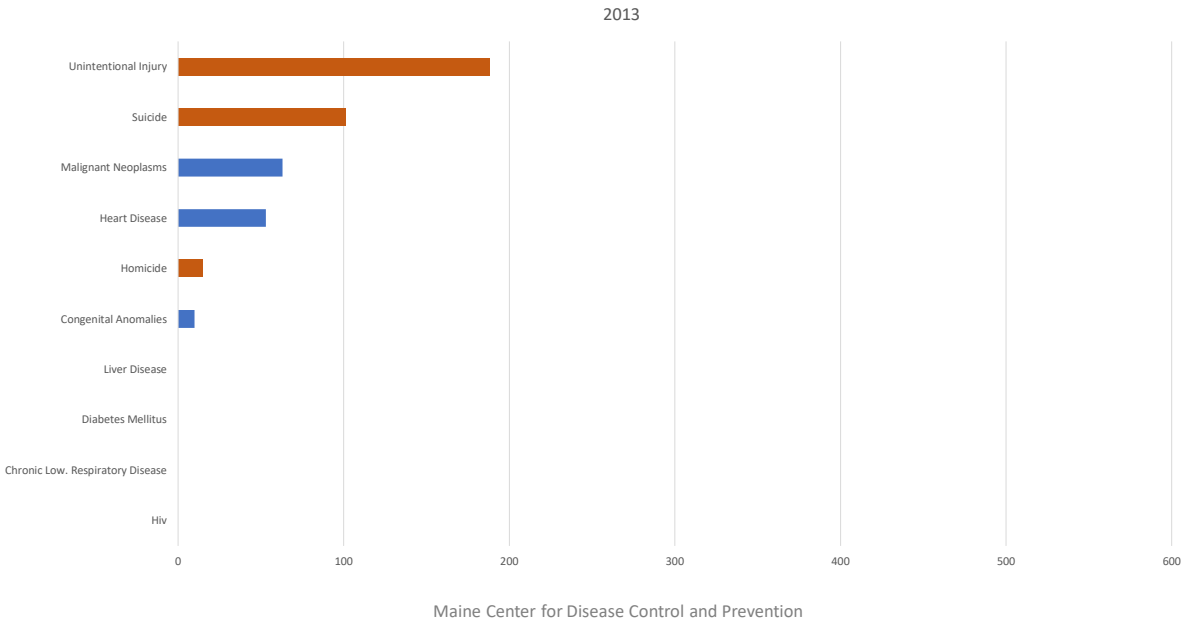
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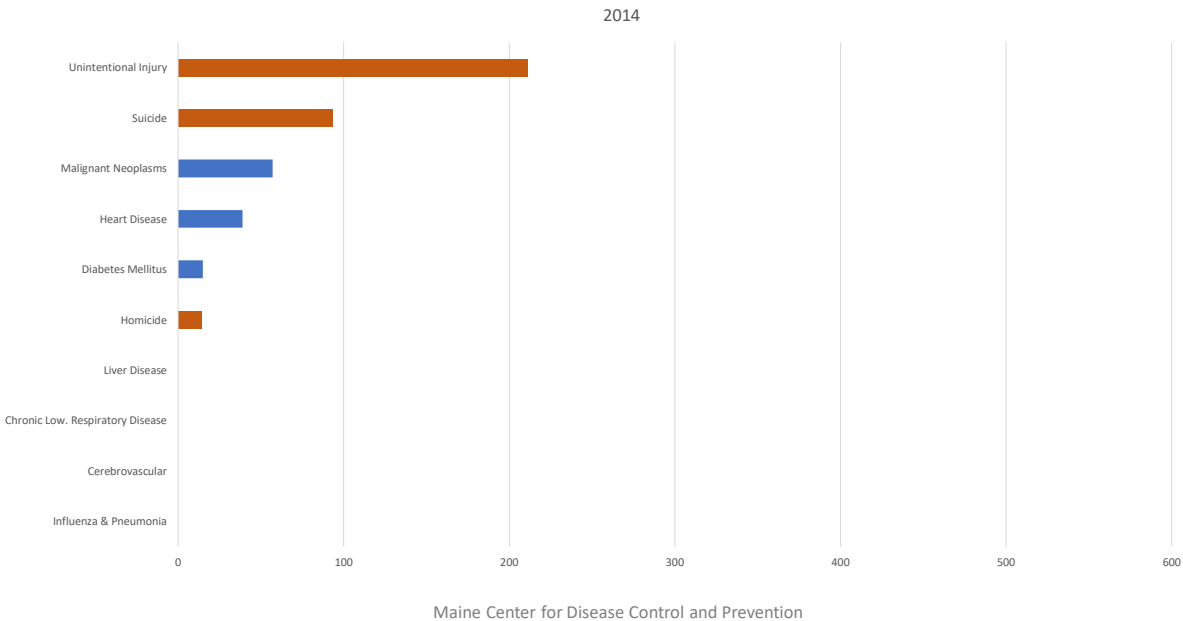
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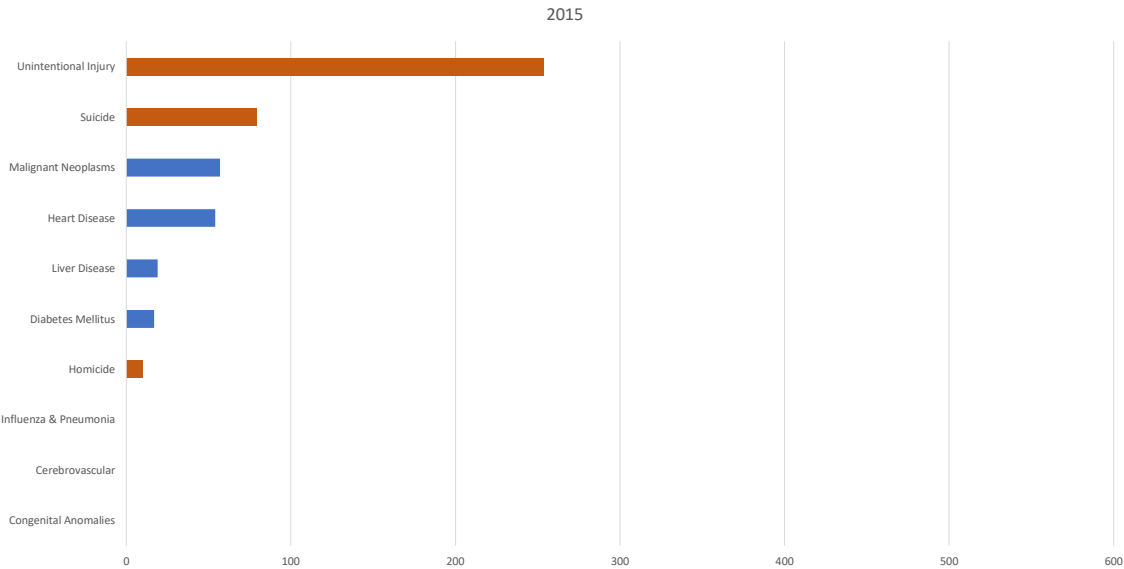
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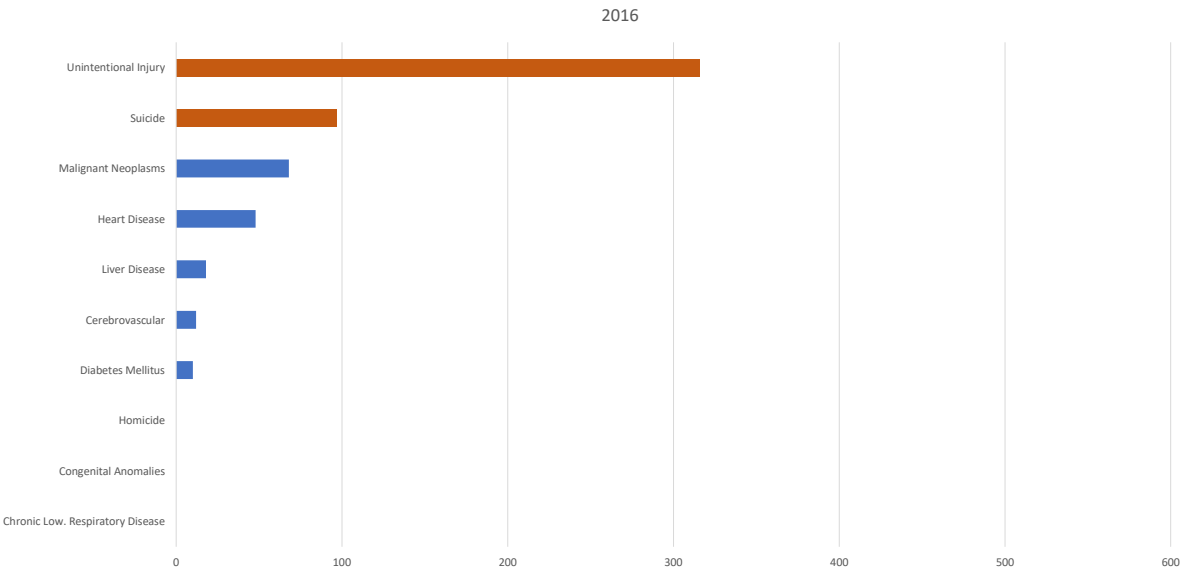
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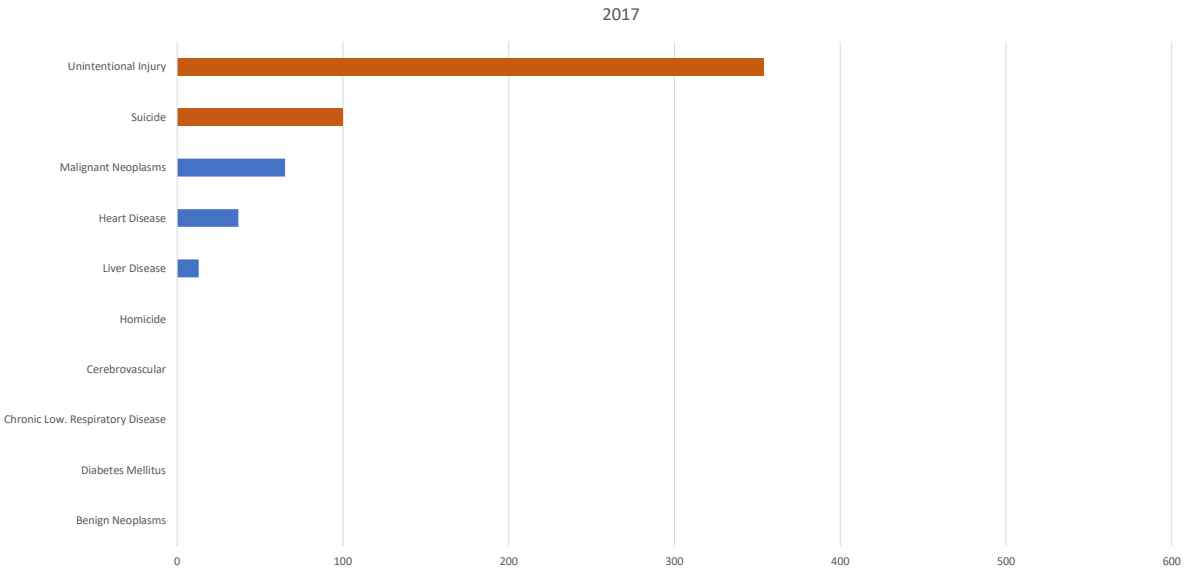
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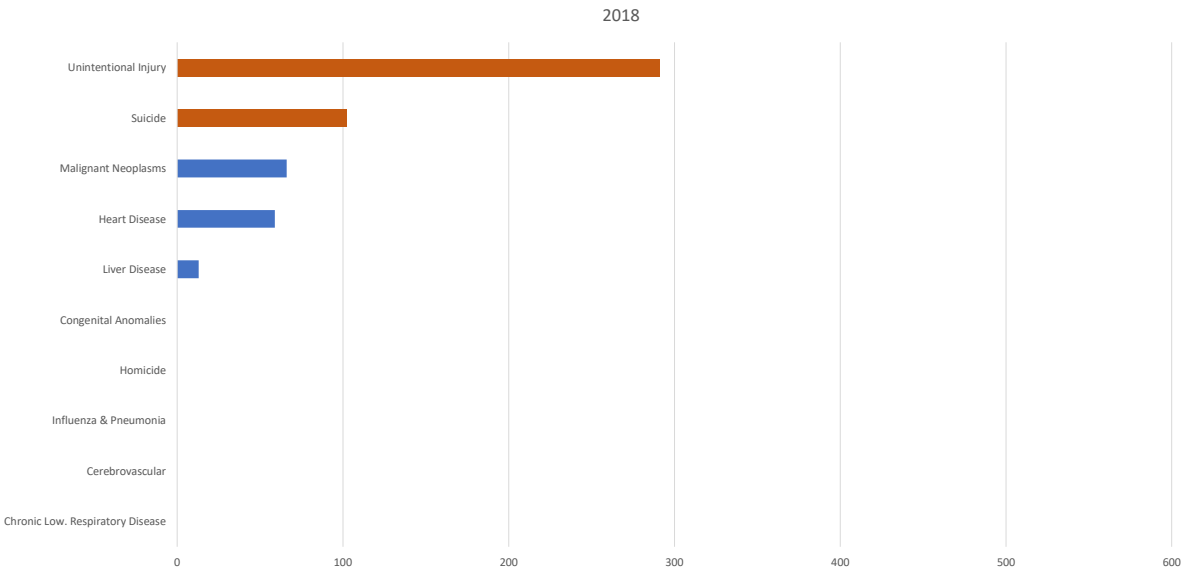
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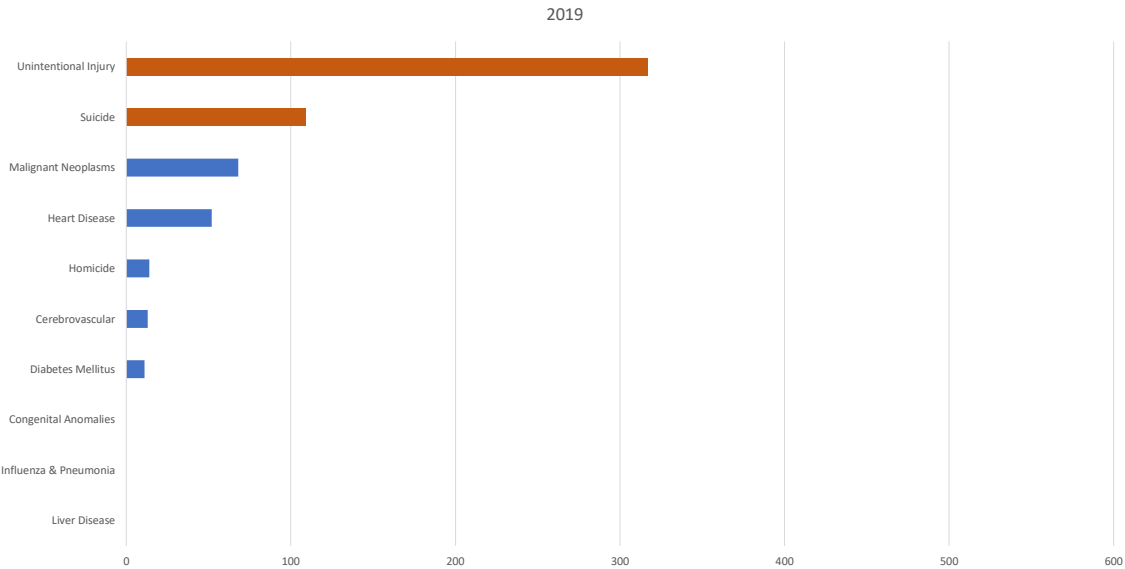
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24

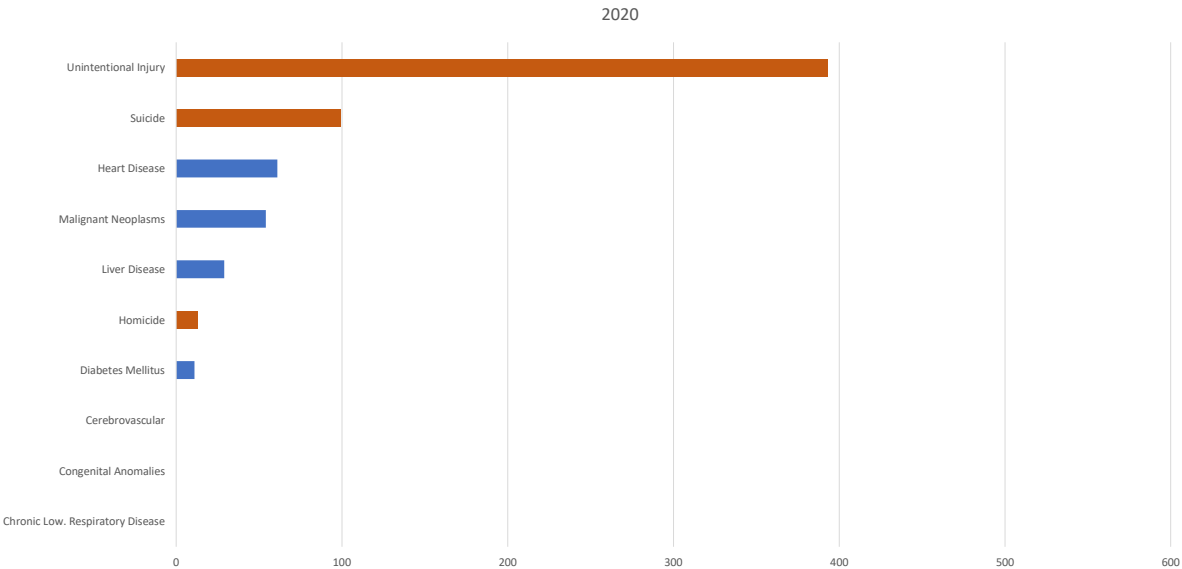
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25

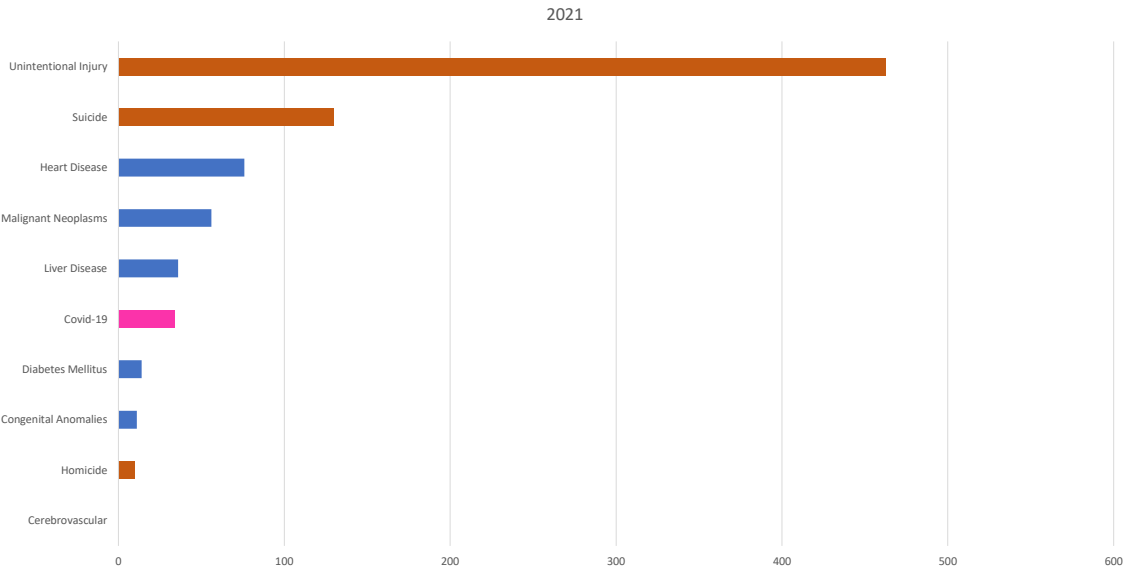
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26

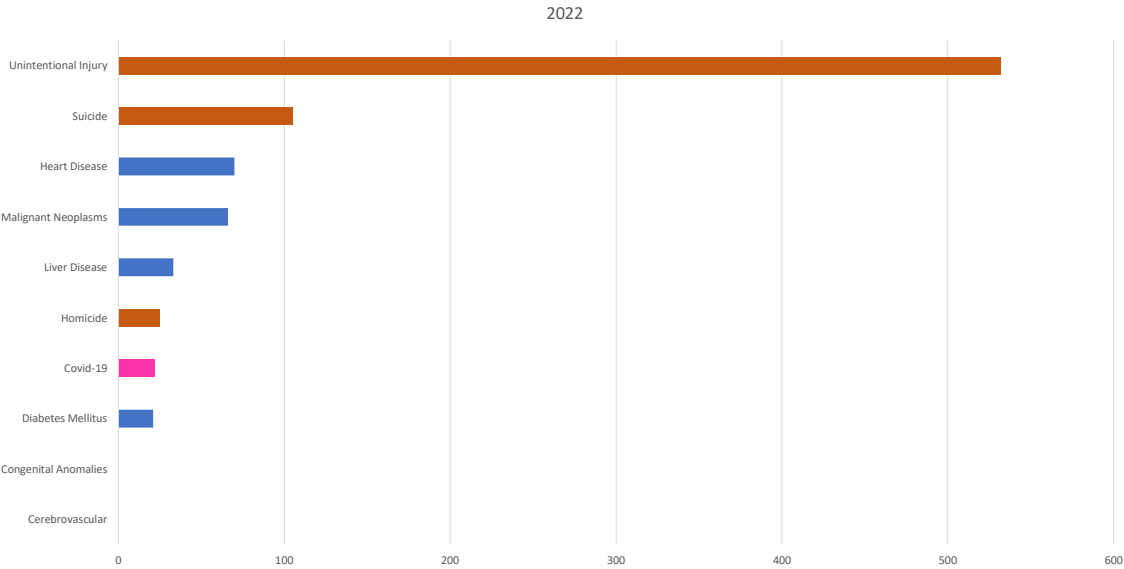
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27

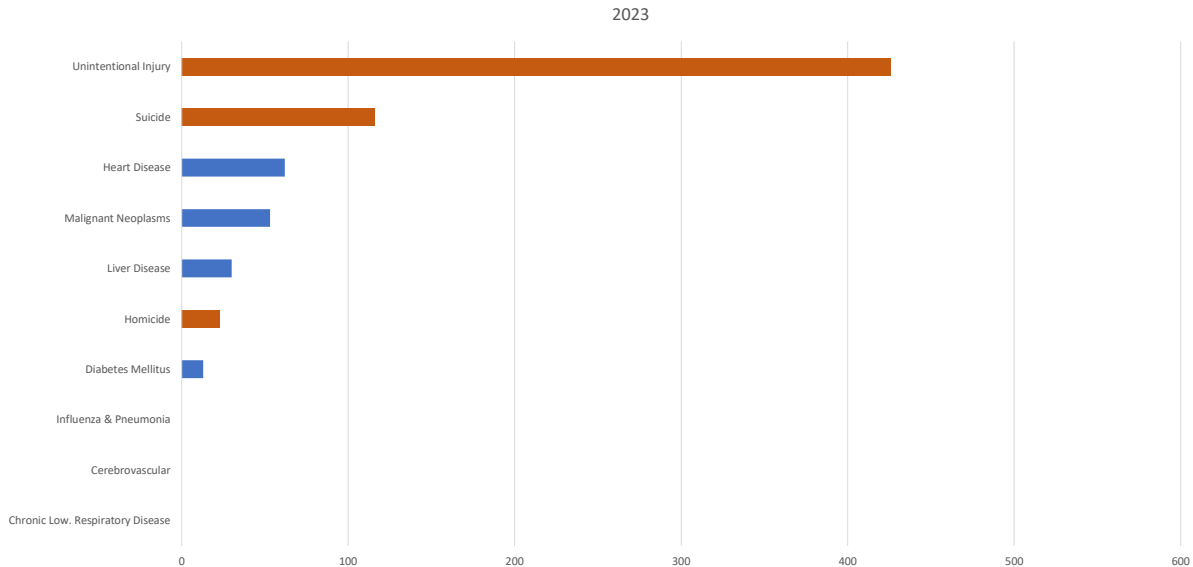
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28

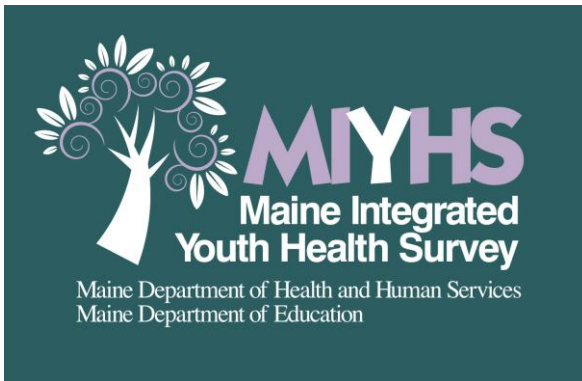
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29

Maine Youth By the Numbers



Biennial survey of Maine students in grades 5 thru 12.

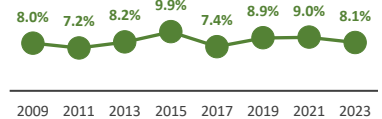
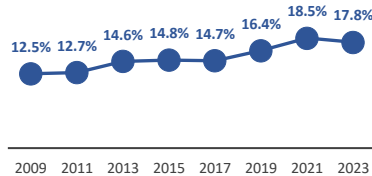
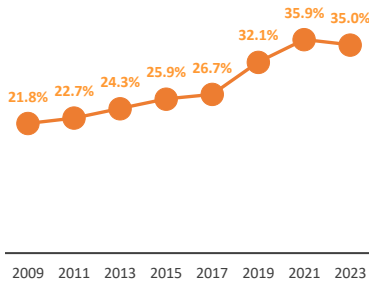
Monitors health behaviors and attitudes regarding tobacco, alcohol, substance use, mental health, nutrition, physical activity, and protective factors.

Valued by schools, communities, clinicians, researchers, and public health policy makers.

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30

Mental Health in High School



35.0% felt sad or hopeless for 2 or more weeks (past 12 months)

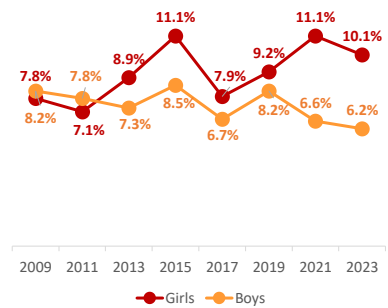
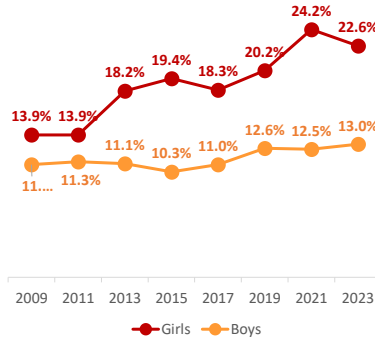
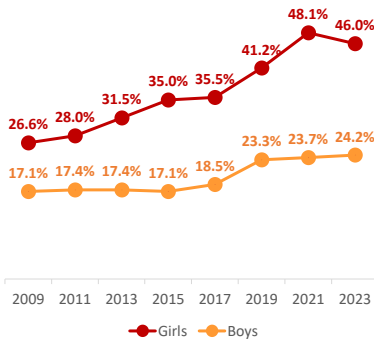
17.8% seriously considered suicide in the past 12 months

8.1% attempted suicide at least once in the past 12 months

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31

Mental Health by Gender in High School



46.0% of girls felt sad or hopeless for 2 or more weeks (past 12 months), as compared to **24.2%** of boys

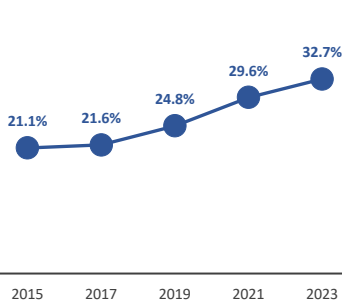
22.6% of girls seriously considered suicide in the past 12 months, as compared to **13.0%** of boys

10.1% of girls attempted suicide at least once in the past 12 months, as compared to **6.2%** of boys

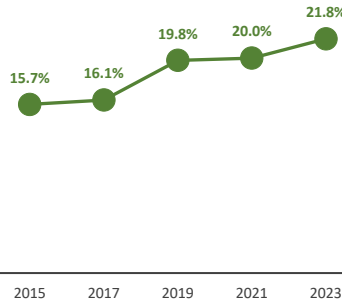
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32

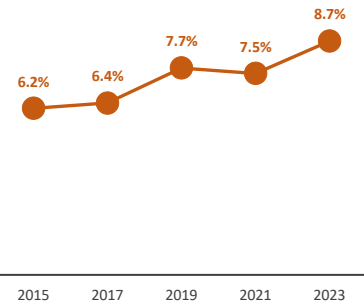
Mental Health in Middle School



32.7% felt sad or hopeless for 2 or more weeks (ever)



21.8% reported ever seriously considering Killing themselves

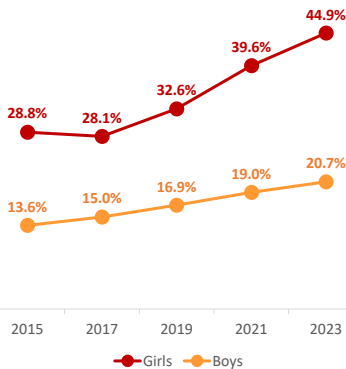


8.7% report ever trying to kill themselves

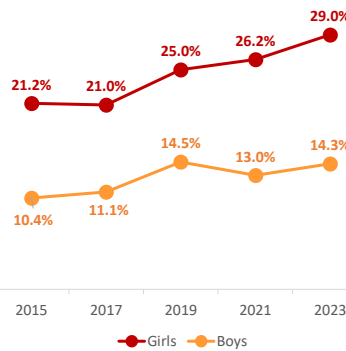
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33

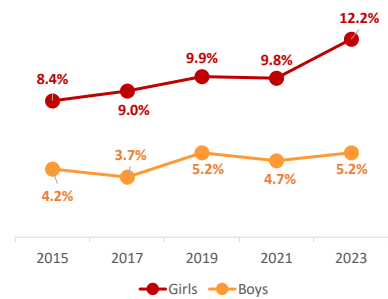
Mental Health by Gender in Middle School



44.9% of girls felt sad or hopeless for 2 or more weeks (ever), as compared to **20.7%** of boys



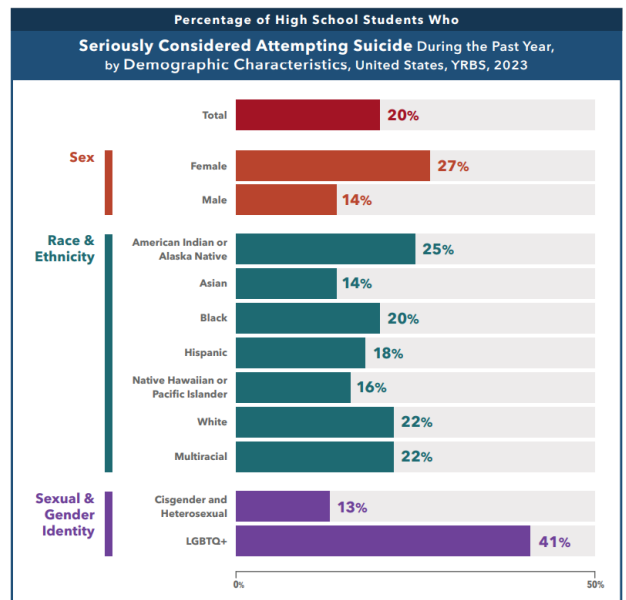
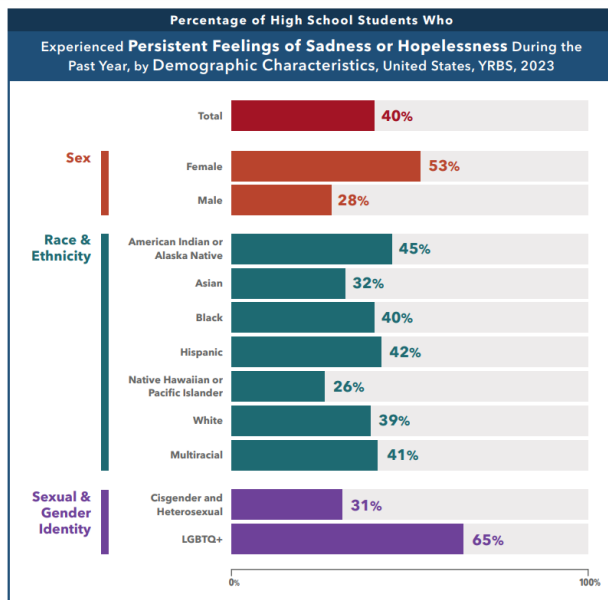
29.0% of girls seriously considered killing themselves (ever), as compared to **14.3%** of boys



12.2% of girls trying to kill themselves (ever), as compared to **5.2%** of boys

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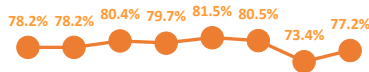
34



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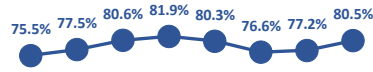
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Assets and Supports for High School Students



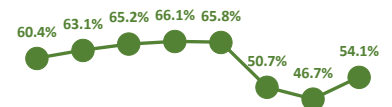
2009 2011 2013 2015 2017 2019 2021 2023

77.2% say they have at least one teacher who cares and supports them



2009 2011 2013 2015 2017 2019 2021 2023

80.5% say their parents help them succeed 'most of the time' or 'always'



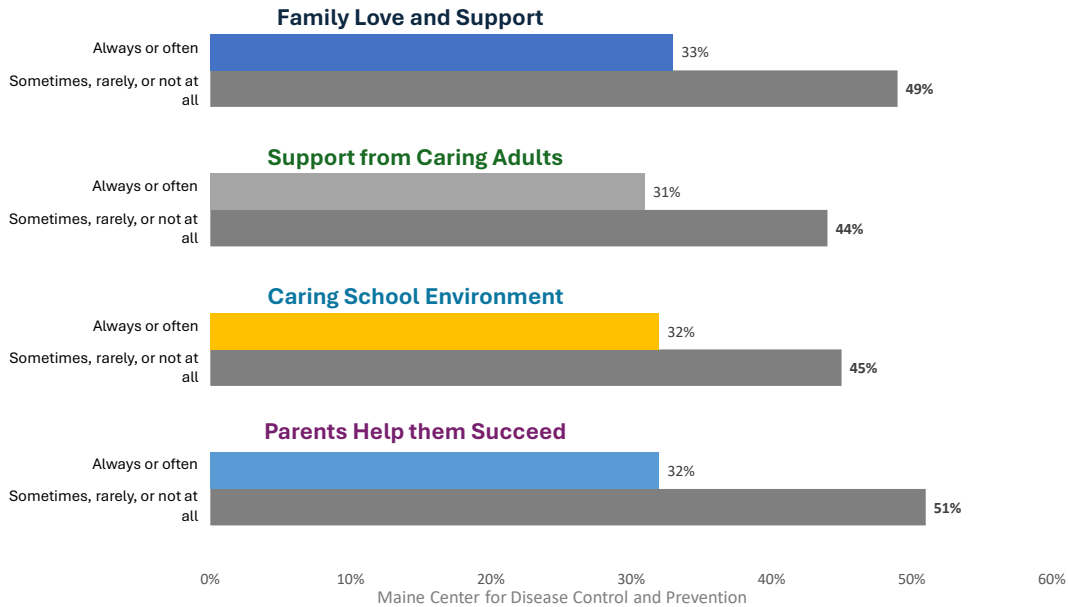
2009 2011 2013 2015 2017 2019 2021 2023

54.1% say they have support from adults other than their parents

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36

Considered Suicide Past Year, Among Students with 4 or More ACEs



37

Public Health Campaign: Filter the Noise

FILTER OUT THE NOISE

Thoughts of suicide or self-harm?

MAINE CRISIS LINE – 988

Free. Confidential. Available 24/7.

TEXT

CALL

- Public awareness campaigns for youth suicide prevention, promoting help and seeking to reduce suicide rates.
- Prevention involves healthy connections with a **trusted adult** including parents, teachers, clergy, coaches, family and friends, and happens in **many settings** including schools, sports fields, therapist offices, and faith-based places.

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38

Public Health Campaign: It's Okay To Not Be Okay

MAINE CRISIS LINE Text > Call > Find Support Friends & Family Support for Parents Resources Q

We're here to help. Let us listen.

CALL or TEXT 988


Free. Confidential. Available 24/7.


Suicide is the leading cause of violent death in Maine, but there is hope. If you or someone you know are dealing with feelings so big you're unsure what to do, you don't need to face them alone. The Maine Crisis Line is always here and ready to listen.

IT'S OKAY TO NOT BE OKAY

It can be hard to name big feelings.

Big feelings look—and feel—different to everyone. Understanding the warning signs that come with these feelings can help you realize when you or someone you know may need help.

 Here are some warning signs to watch out for:



39

Pediatrics + Public Health



On a visit to one of Maine's public health districts.

Dr. Alf Wakeman, a pediatrician and family physician at the Eastport Health Care.

This health center sees 1000+ patients a year.

Clearly, I am not the only public health provider in this room. You are, too.

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40

Vaccine Preventable Diseases

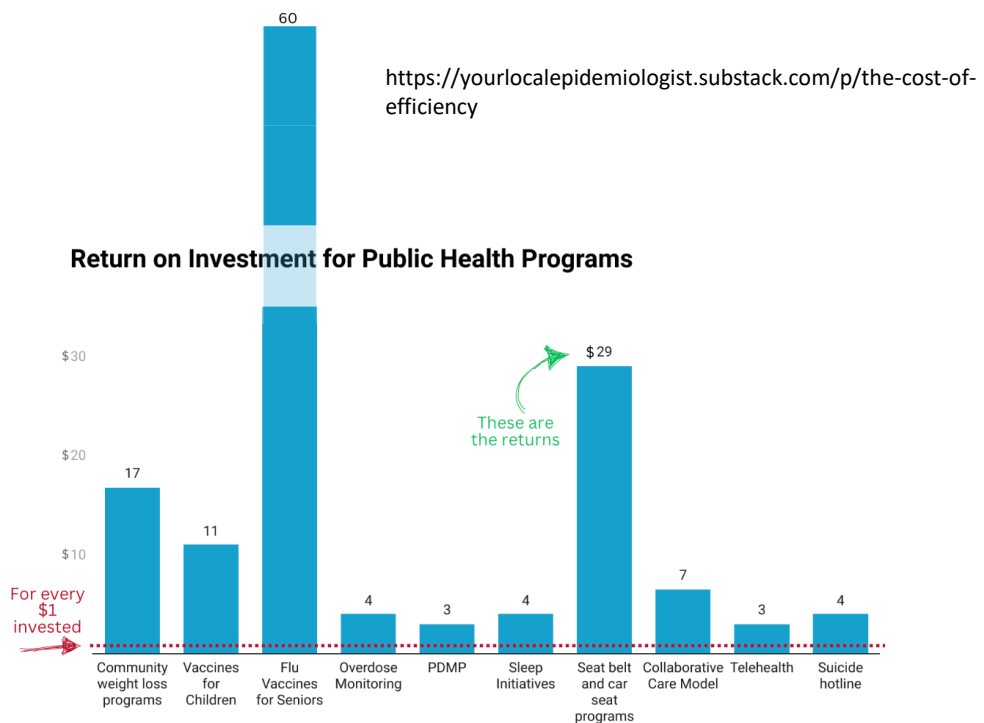


Maine's vaccination rate before and after the new immunization policy.

	2018-19	2023-24
DTaP	94.5	96.9
Polio	94.5	97.4
MMR	93.8	97.4
Varicella	95.9	97.1
Any Exemption	6.2	1.0
Medical	0.6	0.9
Non-Medical	5.6	0.1

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41



42

Questions?

Dr. Puthiery Va
Director
Maine CDC



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43

Public Health

“Public health depends on winning over hearts and minds. It’s not enough to just have a good policy, you have to convince people to actually follow it.”

Leana S. Wen

Former health commissioner for the city of Baltimore

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44