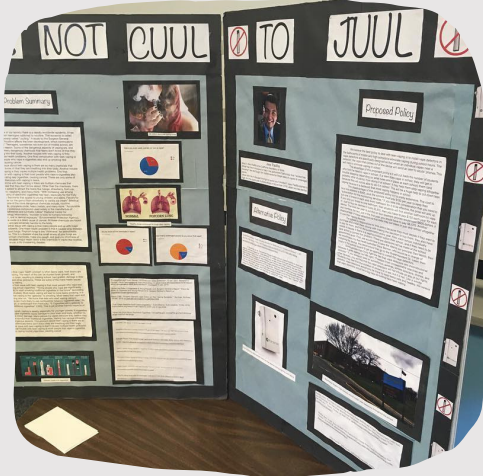


Healthy LINCOLN COUNTY



2019 ANNUAL REPORT

Welcome!

A Message From Our Director

Thank you for taking the time to review our Annual Report for 2019!

Over the course of my four years at Healthy Lincoln County, I have found so much to be inspired by and grateful for in our work. This past year was no exception. It was a year of growth and change for us as we brought two new team members on board. This really helped bring stability back to our nutrition education program, and build our capacity in our food security programs.



One area I am particularly excited about is a new innovation with our Summer Meals program in the form of a mobile meals unit we affectionately refer to as "Lulu the Lunch Wagon". For several years, we have been challenged by the idea that there are children in our community who may not be able to get to one of our meal sites for a free meal in the summer. With Lulu on the road, we are really excited to see what she can do in 2020, bringing meals to the harder to reach areas of our communities.

Another exciting development was the growth of the Lincoln County Gleaners program. With a small grant, and a lot of support from our volunteers and farms, we were able to dedicate paid staff time to this program for the first time, and we are prioritizing its continued growth into next year.

Finally, we were so fortunate to be one of the first recipients of a donation from "Oranges from Morgan", a charity formed by the family of Morgan Mayo in her honor. This donation was an amazing gift, allowing us to further our reach in preventing and reducing youth drug and alcohol use. Gifts like this are a significant stepping stone to meeting our mission as substance use in our community continues to evolve.

We are deeply grateful for all of the support we have received this year. We believe in the power of the whole, and know that we would not be able to meet our mission without our community's support. We are always interested in new partnerships as well, so get in touch if you want to help make health happen here in our community!

Yours in good health,

A handwritten signature in cursive script that reads "Kate Martin".

Kate Martin
Director, Healthy Lincoln County

Overview



WHO WE ARE

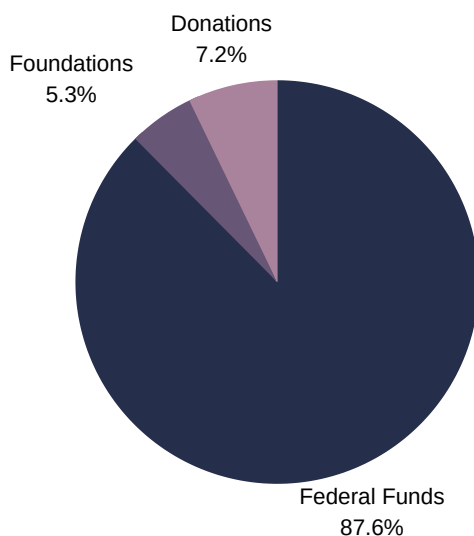
Healthy Lincoln County (HLC) supports thriving, healthy communities by working with our partners to improve the health and well-being of our residents.

HLC is a local community health non-profit agency serving all of Lincoln County, Maine. With our partners, we implement a number of data-supported strategies to improve community health including substance use prevention, food security programs, and nutrition education, specifically for our most vulnerable populations.

AN OUNCE OF PREVENTION

An investment in prevention is a good deal.

Our 2019 budget was \$306,374, the majority of which comes from federally funded grants through USDA and SAMHSA.



OUR AREAS OF FOCUS

SUBSTANCE USE PREVENTION

Supporting people of all ages to be healthy and well, free of substance misuse and substance use disorder.

FOOD SECURITY

Ensuring that all people have reliable access to healthy, nutritious, affordable food.

NUTRITION EDUCATION

Ensuring that all people have the knowledge, skills, and access to eat healthy, and be physically active, making the healthy choice the easy choice.

OUR ADVISORY BOARD

Mary Ellen Barnes, Chair, Lincoln County Regional Planning Commission
Cathy Cole, LincolnHealth
Leslie Livingston, Healthy Kids
Marianne Pinkham, Community Member
Drexell White, Maine CDC



Our Team:

Jess Breithaupt, Substance Use Prevention
Sally Ingraham, Food Security
Kate Martin, Director
Lindsey Williams, Nutrition Education



2019 Highlights

SUBSTANCE USE PREVENTION PROGRAMS



SUBSTANCE USE PREVENTION PARTNERSHIP

The SUPP Coalition is a partnership of community members who are committed to **strengthening our communities to support alcohol and drug free youth** in Lincoln County. The SUPP coalition includes parents, youth, schools, law enforcement, businesses, and community organizations.

YOUTH ENGAGEMENT

"Nothing about them without them" was our focus when we launched an innovative strategy with Lincoln Academy and Boothbay Region High School to share health data. We collected input from over 500 students to help us set priorities.

PARENT SUPPORT

This year, we met with parent groups from five area schools, and several Head Starts, answering questions and providing resources. We also administered a survey to over 400 parents of local middle and high school students to assess their beliefs, behaviors, and needs on substance use prevention. We have used that data to develop a parent social norms campaign with resources to help them support their children to be substance free.



COMMUNITY BUILDING & COLLABORATION

Whether it is presenting to middle school students on vaping and addiction, or training teachers on how to incorporate prevention theory into their classroom, we believe that building our community is central to our mission.

One example is our ongoing collaboration with our five law enforcement agencies and healthcare partners, which resulted in a record number of pounds of drugs collected for proper disposal at the semi-annual Drug Take Back Day events.

155

The number of local high school students who received evidence-based prevention programming in school.

91,470

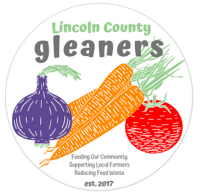
The number of times our social media prevention messages were viewed.

80

The number of store and restaurant staff trained to prevent underage alcohol sales and over-consumption.

2019 Highlights

FOOD SECURITY PROGRAMS



LINCOLN COUNTY SUMMER MEALS

Every summer, once school lets out, many children who rely on free or reduced price school meals may go hungry. Healthy Lincoln County is a Summer Meals sponsor, working with local partner meal sites to make free, nutritious meals available to any child, all summer long. With partners like the schools, YMCAs, libraries, camps, law enforcement, and businesses, this program continues to grow.

In 2019, free meals were available at a record-setting 21 meal sites in Lincoln County and beyond. As a result, just over 12,000 meals were served to area children, including 3,591 breakfasts and 8,419 lunches. This is a **13.8% increase in the number of meals served in previous years.**

New this summer, we pilot-tested a mobile meal site in the form of a trailer delivering free lunches to local kids in their neighborhoods. The mobile meal site, also known as "Lulu the Lunch Wagon", will be expanding the delivery route and reach in 2020.

LINCOLN COUNTY GLEANERS

Established in 2017, the Lincoln County Gleaners became a program of Healthy Lincoln County in 2019. The Gleaners mission is to feed our community, support local farmers, and reduce food waste.

This year, we partnered with three local farms (Brown's, Goranson's and Veggies to Table) and dozens of volunteers, as well as organized volunteer groups from businesses and the community, to harvest a variety of produce from the fields.

We **distributed the food to 17 unique sites in our community which are not already serviced by other food initiatives.** This allowed anyone to access the free, fresh, healthy food. We also hosted our first preserving event, resulting in 278 pounds of processed pumpkin for winter distribution.



12,010

The number of free, nutritious meals served to children this summer.

250.5

The number of volunteer hours contributed by Lincoln County Gleaners volunteers.

9,514

The number of pounds of food rescued and distributed to community sites.

2019 Highlights

SNAP-ED NUTRITION EDUCATION PROGRAM



WHAT IS SNAP-ED?

Maine SNAP-Ed is a federally funded program that supports evidence-based nutrition education and obesity prevention. The program provides nutrition education services in settings like schools, Head Starts, grocery stores, and housing developments. This program is made up of community-level Nutrition Educators and Program Coordinators. Our goal is to provide participants with the skills and knowledge needed to make healthier food choices within a limited budget, and choose physically active lifestyles.

NUTRITION EDUCATION FOR KIDS & ADULTS

For the school year beginning in 2019, our Nutrition Educator provided evidence-based programs to children in **five local schools, all four Head Starts, and a private preschool reaching over 700 children** in pre-K through 4th grade. Monthly classes taught by our nutrition educator include a nutrition lesson, a fruit or vegetable tasting, and a movement activity to encourage youth to be more physically active. Materials are also sent home with kids, reinforcing messages into the household. Classes for older children include food prep, reading recipes, cooking skills, and physical activities.

Additionally, we provided **five series-based classes for adults, each of which included 4 weekly sessions** teaching adults how to shop, cook, and eat healthy on a budget while using the USDA MyPlate Guidelines. The program used across Maine has consistently shown it contributes to increases in fruit and vegetable consumption, decreases in consuming sugar-sweetened beverages, and increases in daily physical activity.

POLICY, SYSTEMS & ENVIRONMENTAL CHANGE

Using a public health approach to modify the environment and make healthy choices practical and available to all community members, our nutrition educator partners with schools, healthcare providers, farmers markets, and other programs in order to identify opportunities to improve policies and systems.

For example, in 2019 our nutrition educator partnered with a local farmers' market to educate youth and adults about existing supplemental food resources available through the market and beyond.



50%

More than half of teachers report that more students now bring fruits and vegetables as a snack.

738

The number of children receiving monthly nutrition education programs.

2/3

More than two-thirds of teachers report that more students are now choosing fruits and vegetables during classroom celebrations.

THANK YOU TO OUR DONORS

For donations of funds, goods, and services:

After-School Children's Enrichment Board
Bristol Area Lions Club
Brown's Farm
Camden National Bank
Damariscotta Bank and Trust
Daniel Jamieson & Jennie Rabinowitz
Goranson's Farm
Hagar Enterprises
Hammond Lumber
Mountains to Shore Board of Realtors
Scotty Robinson
The First National Bank
Oranges from Morgan
Rising Tide Co-Op
Rotary Club of Damariscotta-Newcastle
U Maine Cooperative Extension
Veggies to Table
Waldoboro Day 5K/Midcoast Road Racing



THANK YOU TO OUR FUNDERS

Full Plates Full Potential
Maine Center for Disease Control and Prevention/SAMHSA
Maine Community Foundation
Maine Department of Education/USDA
Maine Office of Family Independence/USDA
Onion Foundation
Quimby Family Foundation
White House Office of National Drug Control
Policy/SAMHSA

THANK YOU TO OUR COMMUNITY PARTNERS

While we cannot begin to list every partner who we have had the pleasure of working with this year, we would like to acknowledge that our work would not be possible without some amazing people. We are deeply grateful for the time, resources, and generosity that so many individuals and organizations have shown us. Community health connects us all, and we are thrilled to work in this community to help make health happen here. Let's keep up the great work!

Thank you!

HOW YOU CAN HELP

Donate

Healthy Lincoln County is a nonprofit that relies on public and private financial contributions and grant funds to improve health and health outcomes in Lincoln County. If you want to make health happen in your community, honor a loved one, or are excited about one of our programs or projects, please consider making a donation.

You can donate by mail at the address below, or online at www.mcd.org/donate and select to direct your donation to Healthy Lincoln County.

Volunteer With Us

Give back to your community by volunteering with special projects or events. Contact us to learn about upcoming opportunities.

Join A Committee

We are always looking for new voices at the table. The HLC Advisory Board and the Substance Use Prevention Partnership are both active committees. Contact us if you are interested in learning more about these opportunities.

Promote Our Work

Follow us on social media and share our messages. Invite us to speak with your book group, parent meeting, faith organization, sport club, business, fraternal organization, or other group interested in promoting a safe and healthy community for the youth of Lincoln County. We are available to customize a presentation for you. Contact us to learn more.



HLC is partnership program of MCD Public Health (MCDPH), a 501(c)3 headquartered in Augusta Maine. MCD is a Category A member of the National Network of Public Health Institutes.



Healthy Lincoln County

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