

## 2019 National Public Health Week Daily Themes

### Monday {Striving for a Health Community}:



Portland's Public Health Division is made up of programs working hard every day to improve the health of both individuals and the community as a whole. You may see our Maternal Child Health nurses at post-partum home visits, or our Obesity Prevention Program offering Let's Go! in your child's school! You may notice a poster in the waiting room of your doctor's office with the steps to recognizing and responding to an overdose or a shared Facebook post with tips to help your teen have a safe and substance-free prom—that's us too!

### Tuesday {Working Together to Prevent Violence}:



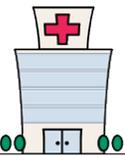
Portland's Public Health Division supports community wide efforts to reduce interpersonal violence, child abuse and neglect, sexual assault, and human trafficking by providing local resources and education in each of our three locations (Reiche Elementary School, Portland City Hall, and the India Street Public Health Center).

### Wednesday {Creating Healthy Homes Throughout Maine}:



The Public Health Division's Tobacco Prevention Program implements tobacco-free policies to reduce health risks such as secondhand smoke, which has no safe level of exposure. The Lead Poisoning Prevention Program assists home owners and landlords navigate testing for lead paint, encourage lead screening in children, and provide order forms for free lead dust wipe kits from the Maine CDC.

### Thursday {Advancing Technology at Portland Public Health}:



India Street Public Health has been offering low-barrier health care services for over 20 years. Each program addresses the unique needs of the community through education, outreach and clinical services. The Portland Community Free Clinic is run by volunteer doctors and nurses and provides primary care for residents of Cumberland County who are stably housed but uninsured. The STD Clinic is the only medical clinic in Maine specializing exclusively in sexually transmitted diseases, disease surveillance, HIV prevention and the diagnosis and treatment of STDs – and you can schedule an appointment online - by visiting: <https://www.portlandmaine.gov/863/STD-Clinic>. The Portland Needle Exchange Program offers clean syringes and supplies as well as naloxone, support and referrals to treatment and care and has created a GIS map of community sharps boxes, see it [here](#).

### Friday {Preparing for Changing Climate}:



Climate change is expected to produce serious impacts on people's health and wellbeing. Did you know that climate change is linked to more frequent and extreme natural disasters, such as hurricanes, flooding, and drought? The Public Health Division and the Emergency Preparedness Program have worked together to provide planning materials in the event of a natural disaster. Additionally, climate change has resulted in an increase in vector-borne illnesses, such as Lyme Disease! Learn how to properly identify and respond appropriately to tick bites.

### Saturday & Sunday {Providing Culturally Competent Access to Care}:



The Minority Health Program (MHP), established in 2003, works to decrease health disparities throughout Greater Portland by improving access to health care services for immigrant, refugee, and low-income Caucasian and African American populations. The MHP collaborates with other health and social service providers to ensure the provision of culturally and linguistically appropriate services, including: translation, interpretation, and cultural brokering.