Dear Colleagues,

Fall has quickly snuck up on us, and the nation continues to navigate unprecedented challenges, with rising cases of COVID-19, sustained economic hardship for many, and historical polarization on the political front. We are incredibly proud of our MCD team, and all who are working to address the pandemic and related issues, and while we know that “normal” is not likely around the corner, we wish our colleagues both stamina and balance in the coming weeks and months.

There are several awareness campaigns held in the month of October, and in this newsletter, we highlight three related to public health issues affecting many people living in the United States. Coming together to raise awareness and spotlight these nationwide issues is important, especially during these challenging times.

The next time you hear from us, Election Day (November 3rd) will have passed, and we hope all will have taken the opportunity to shape our future, by exercising your right to VOTE! Absentee voting is now available in-person, by mail, and online. And finally, we encourage everyone to make time to spend outdoors, enjoying leaf peeping, carving pumpkins and other Fall traditions, while continuing to be vigilant with both professional and personal efforts to reduce the spread of COVID-19, and other health issues, as we roll into flu season.

We wish everyone a healthy and productive Fall, and as always, don’t hesitate to reach out with questions and/or opportunities for collaboration.

Best Regards,
Danielle Louder & Elizabeth Foley
Co-Directors, MCD Public Health

In October, people worldwide come together to spread awareness about the prevention, screening, diagnosis and treatment of breast cancer.

The American Cancer Society estimates that in 2020, 276,480 new cases of invasive breast cancer will be diagnosed in women and 42,170 women will die from breast cancer.
Although rare, men can also develop breast cancer. Click here for more information.

Know the signs and symptoms. Know the risk factors. Know the treatment options.

Domestic Violence Awareness Month

Intimate partner violence, more commonly known as domestic violence, is a major public health issue, and is on the rise during this challenging time. Each year, millions of people in the United States are affected by intimate partner violence. Click here, to learn more about intimate partner violence and explore some prevention strategies.

COVID Special Report

The National Domestic Violence Hotline published a COVID Special Report disclosing the results of data collected by the hotline in the first 60 days of the pandemic. The hotline experienced a 9% increase in total contacts received, and 6,210 of the total contacts cited COVID-19 as a contributing factor. The report further analyzes the data according to key demographics such as age, gender identity, ethnicity, and type.

The National Domestic Violence Hotline is a great resource for those who need help or want to learn more about recognizing the signs.

Click here or on the picture above for the full infographic from the CDC and NISVS.
The National Prescription Drug Take Back Day is a country-wide event that addresses a growing public health issue. Unused or expired prescription medications are a public safety issue, leading to accidental poisoning, overdose, and abuse. Pharmaceutical drugs can be just as dangerous as street drugs when taken without a prescription or a health care provider's supervision. Help make a stand against prescription drug misuse by turning in your unused or expired medication for safe disposal.

For more information on Drug Take Back Day, visit the DEA's website.

In 2018, **9.9 million** Americans Misused Controlled Prescription Drugs

Meet Our Team

**Libby Arbour**

Libby Arbour is MCD’s new Project Coordinator for the WellStarME program. Libby Arbour, a native Mainer, received her Bachelor of Science degree in Community Health Education in 2010 from the University of Maine at Farmington. Libby recently came to MCD Public Health from MaineGeneral Health, where she acted as a wellness coordinator at multiple employers’ throughout Kennebec and Somerset County since 2013. Most of her work involved facilitating the development, implementation and evaluation of wellness initiatives, delivering individual health coaching and group educational opportunities on various wellness topics to help develop and achieve personal wellness goals, including lifestyle changes and behavior modification. She worked closely with employers’ wellness committees to establish goals that support positive health behaviors aimed at enhancing health, productivity and controlling costs.

Libby has a strong passion for health and wellness and is excited to begin her work with the State of Maine as the Health and Wellness Navigator. Libby’s downtime includes spending time with her husband and two dogs at their camp in the Moosehead Lake Region and participating in many outdoor activities.
Connor Huggins

Connor will be working on a number of MCD programs as a Program Assistant. He is currently in his second year of the Masters of Public Health program at the University of Southern Maine and received his bachelor’s degree in Human Ecology from College of the Atlantic. He has worked as a graduate assistant at the Cutler Institute and has held several patient care roles.

His interests include health and wellness, environmental protection, and hiking with his fiancée and dog Blueberry.

Join Our Team

Domestic Public Health

International Public Health

Click here to see current opportunities.

Partner Events*

Maine Public Health Association (MPHA) Virtual Annual Meeting
September 29th through October 23rd. Learn more and register here.

Fifteenth Annual University of Maine Clinical Geriatrics Colloquium (Virtual)
Tuesday, October 27, 2020 | 8:30 a.m. - 3:30 p.m. (Eastern Time).
To register on-line with a credit card or electronic, click here.

American Public Health Association (APHA) Annual Meeting is Going Virtual -
October 24-28, 2020. For more information, click here.

*Please visit the links provided to confirm events are still taking place or being offered virtually.

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