



Agency Data Profile

Community Needs Assessment



Midcoast Maine Community Action Profile



About Midcoast Maine Community Action

Midcoast Maine Community Action (MMCA) empowers people to build better lives for stronger communities. The agency connects the community with resources that promote health and quality of life, education and economic independence. MMCA supports regional activities which encourage economic sustainability and social equity within the midcoast area.

Services Offered by MMCA

- Assistance with Utility disconnects
- Assistance with heating if tank is under ¼ of a tank and a maximum of 100 Gallons per year
- Emergency Rental Assistance through the Maine State Housing ERA program
- Assistance with Security deposits for rent
- Covid Social Supports
- Health Insurance Marketplace Navigation
- Family Development Account Programs
- Women, Infant, and Children Program (WIC)
- Child Abuse and Neglect Prevention Program (Families CAN!)
- Head start and Early Head Start
- Family Development Case Management

Environmental Scan

The following tables provide an overview of the community that Midcoast Maine Community Action (MMCA) serves in their service area. For more detailed statewide data by county, please see the full 2021 MeCAP Statewide Community Needs Assessment.

Figure 1: Social Vulnerability Index

Measure	United States	Maine	Sagadahoc County	Lincoln County	Knox County	Waldo County
Population	324,697,795	1,335,492	35,452	34,201	39,759	39,539
Median Age	38.1	44.7	46.9	51.0	48.4	46.2
Below Poverty	13.4%	11.8%	9.6%	12.3%	9.9%	13.5%
Median Household Income	\$62,843	\$57,918	\$63,694	\$57,720	\$57,751	\$51,931
Age 65+	15.6%	20.0%	21.8%	27.1%	24.3%	21.7%
Age 17 or Younger	22.6%	18.9%	19.0%	16.7%	18.1%	18.8%
Unemployment (July 2021)	5.4%	5.0%	4.3%	4.3%	4.3%	5.1%
Households with Disability	12.6%	16.0%	11.8%	16.9%	15.4%	16.8%
Single Parent Household	14.0%	21%	24%	21%	25%	23.0%
Speak English less than "very well"	8.4%	1.5%	0.8%	0.4%	0.7%	0.5%
Housing Units - Mobile Homes %	6.2%	9.5%	22.3%	26.4%	15.5%	30.0%
No Vehicle	8.6%	7.1%	6.1%	4.9%	6.3%	5.5%

SOURCE: American Community Survey, 2019 5-Year Estimates; 2021 County Health Rankings

Figure 2: Age and Demographics

Measure	United States	Maine	Sagadahoc County	Lincoln County	Knox County	Waldo County
Under 5 Years	6.1%	4.8%	5.1%	4.0%	4.4%	4.5%
5 to 9 Years	6.2%	5.2%	5.6%	5.4%	4.9%	5.1%
10 to 19	12.9%	11.3%	10.1%	9.0%	10.3%	11.5%
20 to 34	20.7%	17.5%	15.7%	14.4%	15.0%	15.7%
35 to 54	25.6%	25.3%	25.3%	23.0%	24.4%	24.8%
55 to 64	12.9%	15.7%	16.4%	17.1%	16.6%	16.6%
65+	15.6%	20.0%	21.8%	27.1%	24.3%	21.7%
Race and Ethnicity						
White alone, Not Hispanic or Latino	60.7%	98.3%	97.9%	97.9%	98.1%	97.9%
Hispanic or Latino	18.0%	1.7%	1.7%	1.2%	1.5%	1.5%
Black or African American	12.7%	2.0%	1.3%	0.5%	1.3%	1.2%
American Indian or Alaska Native	0.8%	1.7%	1.1%	1.0%	1.4%	1.3%
Asian	5.5%	1.7%	1.2%	1.3%	0.9%	0.9%
Other	5.5%	0.4%	0.5%	0.3%	0.5%	0.6%
Foreign Born Population	13.3%	3.6%	4.0%	2.7%	2.3%	2.2%

SOURCE: American Community Survey, 2019 5-Year Estimates

Figure 3: Household Income and Poverty

	United States	Maine	Sagadahoc County	Lincoln County	Knox County	Waldo County
Median Household (HH) Income	\$62,843	\$57,918	\$63,694	\$57,720	\$57,751	\$51,931
Total Below 100% Federal Poverty Level (FPL)	13.4%	11.8%	9.6%	12.3%	9.9%	13.5%
Under 5 years	20.3%	17.0%	15.9%	25.0%	24.4%	24.8%
5 to 17 years	17.9%	14.4%	14.6%	18.1%	12.9%	15.7%
18 to 34 years	16.3%	16.0%	15.2%	17.4%	12.0%	19.4%
35 to 64 years	10.5%	9.9%	6.4%	10.0%	7.4%	12.4%
65 years and over	9.3%	8.7%	7.0%	8.2%	8.3%	7.2%
Below 50% of FPL	5.5%	4.0%	ND	ND	ND	ND
Below 125% of FPL	16.3%	14.6%	ND	ND	ND	ND
Below 150% of FPL	20.3%	18.6%	ND	ND	ND	ND
Below 185% of FPL	26.3%	24.8%	ND	ND	ND	ND
Below 200% of FPL	28.9%	27.7%	ND	ND	ND	ND

SOURCE: American Community Survey, 2019 5-Year Estimates

Figure 4: Social Characteristics Measures

	United States	Maine	Sagadahoc County	Lincoln County	Knox County	Waldo County
Total Households	120,756,048	559,921	15,980	15,336	17,020	17,236
Homeownership Percentage	64.0%	72.3%	74.5%	79.2%	77.2%	79.2%
Single Parent Household¹	14%	21%	24.1%	26.7%	27.6%	23.0%
Living Alone	13.3%	15.1%	16.2%	15.6%	16.7%	14.2%
Grandparents Responsible for Grandchildren	34.1%	34.1%	41.7%	30.6%	35.0%	21.4%
Veteran Status	7.3%	9.6%	12.9%	11.5%	9.0%	10.3%
Educational Attainment						
Less than 9th grade	5.1%	2.6%	1.5%	2.1%	1.6%	2.4%
9th to 12th grade, no diploma	6.9%	4.8%	4.5%	4.9%	4.8%	5.4%
High school graduate/ GED	27.0%	31.5%	30.0%	34.4%	32.9%	32.2%
Some college, no degree	20.4%	19.3%	18.1%	17.7%	19.3%	20.1%
Associate degree	8.5%	10.1%	9.6%	7.5%	7.8%	8.5%
Bachelor's degree	19.8%	20.0%	20.9%	18.3%	21.2%	20.1%
Graduate degree	12.4%	11.8%	15.4%	15.2%	12.4%	11.3%
HS Graduation rate (2020)	88.0%	87.4%	86.8%	86.8%	91.3%	85.1%
No Health Insurance	8.8%	7.9%	6.5%	10.0%	9.4%	11.1%
Receiving SNAP Benefits	11.7%	13.5%	8.8%	13.3%	9.9%	14.1%
Food Insecurity – All Ages	10.9%	12.1%	15.8%	19.9%	18.1%	19.5%
Median Mortgage (2019)	\$1,595	\$1,398	\$1,440	\$1,299	\$1,368	\$1,207
Median Rent	\$1,062	\$853	\$894	\$819	\$856	\$814
Housing Cost Burdened²	32.88%	29.75%	29.53%	29.73%	30.26%	26.77%
Children Eligible for Free/Reduced Price Lunch	49.5%	38.3%	25.2%	34.4%	36.3%	49.1%

SOURCE: American Community Survey, 2019 5-Year Estimates; Source: Feeding America, State-By-State Resource: The Impact of Coronavirus on Food Insecurity, 2019; Annie E. Casey Foundation, Kids Count Data Center, County Graduation Rates 2014-2020 Maine.

¹ 2021 County Health Rankings.

² The percentage of households that spend 30% or more of their income on housing.

Figure 5: Health Overview

	United States	Maine	Sagadahoc County	Lincoln County	Knox County	Waldo County
Poor Mental Health Days	3.8	5.0	4.7	4.8	4.5	4.8
Poor Physical Health Days	3.4	4.2	3.6	3.8	3.8	4.1
Frequent Mental Health Distress	11.7%	12.7%	14%	15%	14%	15%
Ratio of Primary Care Providers	880:1	900:1	1,620:1	880:1	990:1	1,370:1
Ratio of Mental Health Providers	170:1	200:1	450:1	470:1	190:1	380:1
Ratio of Dentists	1,210:1	1,480:1	1,710:1	2,890:1	1,370:1	2,840:1
Chronic Disease Prevalence (per 100,000)						
Adults with Heart Disease	26.81%	22.48%	21.12%	21.09%	23.43%	24.91%
High Blood Pressure	57.20%	48.71%	43.50%	43.69%	46.50%	46.74%
Adults with Asthma	4.97%	4.68%	3.57%	4.10%	4.93%	4.82%
Diagnosed Diabetes	26.95%	22.55%	18.68%	18.69%	19.06%	22.20%
Leading Causes of Death (deaths per 100,000)³						
Heart Disease	166.0	147.9	148.9	145.7	154.1	167.2
Cancer	155.5	169.2	170.9	156.5	174.7	163.4
Unintentional Injury	45.7	59.1	41.2	59.3	60.6	58.4
Diabetes	21.2	22.3	12.7	20.5	18.8	20.2
Alzheimer's	29.4	27.6	13.9	18.8	28.2	22.0
Suicide Rates (Age-Adjusted Rate per 100,000)	14.5	18	24	22	20	22
Adult Obesity Prevalence (Age-Adjusted Rate per 100,000)	42.2	31.7	26.8	19.8%	29.3	29.8
Maine Adults Past Month Binge Drinking	25.8%	17.9%	16.7%	16.5%	17.6%	15.5%
Percent Adults Current Smokers	16.1%	22.6	19.4%	19.8%	17.8%	28.3%
COVID-19 Confirmed Cumulative Cases (as of 9/12/21)	41.3M	57,752	1,221	1,080	1,254	1,293
COVID-19 Deaths (as of 9/12/21)	662K	897	8	4	9	24

Source: County Health Rankings & Roadmaps, 2018; National Institute on Minority Healthy & Health Disparities HDPulse; Death Rate Report for Maine by County 2014 – 2018; National Center for Chronic Disease Prevention & Health Promotion; Division of Population Health Places Database, 2018; The State Epidemiological Outcomes Workgroup, Tobacco Prevention & Control Dashboard, 2015 – 2017

³ NIH, HDPulse. Death Rates Table.

Qualitative Research Findings

	Number of Participants
Focus Group Participants	4
Stakeholders Interviewed	18
Community Survey Respondents	1,058

Key Stakeholder Interview Quotes

A total of 18 stakeholders were interviewed from the MMCA service area. A selection of quotes that provide some insight into the strengths, needs, and challenges and barriers include the following:

- “People are great. There’s a wonderful work ethic and sense of pride in the Midcoast region.”
- “People are supportive in the Midcoast area. If something happens to a family, the community jumps in to help.”
- “Maine is undergoing a homeless system redesign. More resources need to be focused on diversion – identify natural supports, shorter-term remedies, rental assistance – to help on the front end and to keep people out of homelessness.”
- “Affordable housing is very difficult to find.”
- “Poverty is a real issue and intergenerational poverty.”
- “Unless you live right in town, [transportation] is difficult. MaineCare rides are there, but people can’t afford to take a taxi every day. Rockland and surrounding areas had a connector, but it took away a bus and changed things because they couldn’t afford it – not sustainable.”
- “Awful public transportation.”
- “Housing is a major problem. Midcoast has more mobile home parks than any other area of the state, which is good because people have places to live, but places are isolated and may not have running water.”
- “Rockland and other areas were talking about regulating [short-term] rentals.”
- “So many people have experienced homelessness or instability due to domestic violence.”
- “Childcare is much needed. There’s quality childcare for 0 to 4, but not a lot. A few programs, but a lot of slots.”
- “Universal Pre-K would help lift families out of systemic poverty. Women can’t gain financial independence if they have to stay home and take care of the kids.”
- “Affordable and accessible childcare is a major barrier. People can’t get to work or go to classes.”
- “Children are affected by trauma, and adults need more training on trauma and what the child and family has been through. There is ACEs training but people also need to know how to apply it to their work.”
- “There are not enough primary care providers because they’re used for mental health help because so few psychiatrists.”
- “MaineCare expansion was a huge step but doesn’t include dental care so this is a huge gap. Many dentists don’t take MaineCare because costs of care aren’t covered.”

Key Focus Group Quotes

Comments and Ideas	
Top Challenges Mentioned	<ul style="list-style-type: none"> • Access to multiple resources - foster care; childcare; utility assistance; housing • Accessibility; no programs for disabled single parents or kids.
Unique Strength or Challenge Mentioned	<ul style="list-style-type: none"> •
Housing	<ul style="list-style-type: none"> • Lack of affordable housing.
Mental Health	<ul style="list-style-type: none"> • There is a great need for children’s mental health needs. I think there was a deficiency before the pandemic, now it’s awful.
Childcare	<ul style="list-style-type: none"> • It would be nice if Early HS was expanded especially for people on the brink. When looking at income deficiency, they should look at all the bills and not select bills/expenses.
Transportation	<ul style="list-style-type: none"> •
Employment	<ul style="list-style-type: none"> • There is employment, but the question is around livable wages. The wages being paid here are way too low to support a family, our economy here is built around 2 earners supporting a Household. • The sense of community here can help people strive and be successful, even when money is tight
Basic Needs	<ul style="list-style-type: none"> • Dental is a major issue, and also a real barrier for people, if you don’t have a good dental situation.
Magic Wand Highlight	<ul style="list-style-type: none"> • Clinics and childcare for lower and middle income families. The class divide in the area is huge and there is lots of classism.
Noted Policy Area	<ul style="list-style-type: none"> • The state is inputting new building standards, which is good, but it’s going to continue to drive up cost.

Community Survey Results

Figure 6: Top Needs Identified in the Community Survey

Midcoast Maine Community Action		
	Need	Percent
1	Developing more livable-wage jobs	44.8%
2	Increasing the number of mental health providers in rural communities	42.7%
3	Creating more affordable public transportation options	42.5%
4	Expanding crisis services for mental health and substance use disorders	42.2%
5	Providing more flexible and affordable childcare options for working parent(s)	42.0%
6	Reducing the amount of opioid misuse	41.6%
7	Creating more emergency shelter beds for people who are homeless	41.6%
8	Reducing building costs of new affordable housing units	41.6%
9	Increasing the number of affordable houses for sale	41.3%
10	Providing job growth opportunities	41.2%
11	Providing help with utility assistance (heating fuel, electricity, etc.)	41.2%
12	Increasing the number of affordable apartments	41.2%
13	Developing rental and mortgage assistance programs	41.1%
14	Creating more shelter beds for certain populations (children, women, families, LGBTQ, veterans, etc.)	41.0%
15	Increasing the number of dentists who serve MaineCare patients	40.9%
16	Providing more recreational opportunities for youth	40.9%
17	Increasing programs for major housing repairs (roofs, windows, etc.)	40.5%
18	Making public transportation available in rural communities	40.1%
19	Increasing the number of landlords who accept housing vouchers	40.0%
20	Providing more after-school programs for school-aged children	39.9%
21	Creating technical school, trade school, or other job training options	39.9%
22	Making dental care more affordable	39.8%
23	Increasing the number of affordable childcare providers	39.8%
24	Reducing the amount of childhood obesity	39.4%
25	Providing more senior housing options	39.3%
26	Increasing the number of high quality licensed childcare providers	39.1%
27	Improving access to high-speed internet and technology	38.9%
28	Creating higher quality rental apartments and houses	38.7%
29	Increasing the number of substance use disorder providers and services	38.3%
30	Helping more people who are homeless to find their missing identification documents (driver's license, social security number, etc.)	38.1%
31	Reducing the amount of adult obesity	37.9%
32	Providing help with weatherization	37.9%
33	Providing help with the cost of vehicle repairs	37.8%
34	Reducing stigma associated with the housing voucher program	37.8%
35	Increasing the number of detox facilities	37.7%
36	Reducing stigma associated with mental health and substance misuse	37.5%
37	Reducing the amount of other drug misuse (heroin, cocaine, etc.)	37.4%
38	Reducing the amount of alcohol misuse	37.4%
39	Increasing the availability of prepared foods for seniors (Meals on Wheels, etc.)	37.2%

40	Increasing the number of childcare providers who offer age-appropriate education	37.1%
41	Providing more transportation options to childcare services	36.9%
42	Expanding open hours at food banks	36.8%
43	Providing soft skills education (customer service, showing up on time, etc.)	36.7%
44	Reducing MaineCare transportation limitations (i.e., limited to one parent and child)	36.5%
45	Adding better routes and time schedules to current public transportation system	36.4%
46	Increasing programs for minor housing repairs (paint, upgrades, etc.)	35.9%
47	Reducing the amount of smoking and vaping	35.8%
48	Expanding food options for people with dietary restrictions or allergies at food banks	34.9%
49	Providing help with the cost of vehicle insurance and regular maintenance	34.7%

Figure 7: Top 5 Needs by Household Income - MMCA

Need							
	Under \$15,000	Between \$15,000 and \$29,999	Between \$30,000 and \$49,999	Between \$50,000 and \$74,999	Between \$75,000 and \$99,999	Between \$100,000 and \$150,000	Over \$150,000
1	Developing more livable-wage jobs	Expanding crisis services for mental health and substance use disorders	Creating more shelter beds for certain populations (children, women, families, LGBTQ, veterans, etc.)	Increasing the number of mental health providers in rural communities	Reducing the amount of opioid misuse	Increasing the number of mental health providers in rural communities	Reducing the amount of adult obesity
2	Creating more affordable public transportation options	Developing more livable-wage jobs	Reducing the amount of opioid misuse	Reducing building costs of new affordable housing units	Increasing the number of mental health providers in rural communities	Providing more senior housing options	Making dental care more affordable
3	Increasing the number of dentists who serve MaineCare patients	Increasing the availability of prepared foods for seniors (Meals on Wheels, etc.)	Making public transportation available in rural communities	Reducing the amount of adult obesity	Reducing MaineCare transportation limitations (i.e., limited to one parent and child)	Increasing the number of affordable childcare providers	Creating more affordable public transportation options
4	Increasing the number of mental health providers in rural communities	Making dental care more affordable	Improving access to high-speed internet and technology	Providing more recreational opportunities for youth	Providing help with utility assistance (heating fuel, electricity, etc.)	Developing rental and mortgage assistance programs	Reducing the amount of opioid misuse
5	Reducing the amount of alcohol misuse	Increasing the number of landlords who accept housing vouchers	Increasing the number of dentists who serve MaineCare patients	Increasing the number of affordable childcare providers	Expanding crisis services for mental health and substance use disorders	Reducing MaineCare transportation limitations (i.e., limited to one parent and child)	Creating more shelter beds for certain populations (children, women, families, LGBTQ, veterans, etc.)

Needs Prioritization

Survey Rank	Need
1	Providing more after-school programs for school-aged children
2	Developing rental and mortgage assistance programs
3	Increasing programs for housing repairs
4	Increasing community awareness of Community Action Agencies and the services they provide

Stakeholder Interview Participants

Name	Organization
Meredith Pesce	Amistad
Phillip Potenziano	Brunswick School District
Jess Maurer	Maine Council on Aging
Gifford Jamison	Tedford Housing
Hannah Chatalbash	Midcoast Hunger Prevention
John Hodge	Brunswick Housing
Mary Ellen Barnes	Lincoln County Regional Planning Commission
Rebekah Shaw and Jesse Lucas	New Hope for Women
Gregory Armandi	Child Development Services
Ray Nagel	Independence Association
Jamie Dorr	Midcoast Youth Center
Katie Clark	Midcoast Literacy
Melissa Farrington Fochesato	Midcoast Hospital
Anita Ruff	Oasis Free Clinics
Holly Stover	Lincoln County Dental
Leslie Livingston	Healthy Kids
Debora Keller	Bath Housing