

Linking Local People to Local Data

A Snapshot in Time

*Understanding Where We Are:
Knowing Where We Want to Go*

Community Assessment Completed Spring 2004
Southern Kennebec Healthy Communities



230 Water Street, Gardiner, Maine 04345
207-582-6738
207-582-8011

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- *The Bingham Program* and the *Betterment Foundation* for core operating support as we evolve from a volunteer affiliation to a staffed non-profit with a broad mission.
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A goal of Southern Kennebec Healthy Communities and Getting Healthy is to share information related to quality of life within the 23 town service area. This report provides a combination of town, county, state and national data and goals in order to provide a context for understanding the local differences and similarities within the SKHC region. The patterns and trends emerging from this and subsequent reports can inform the work of a broad array of community efforts. The intent is to connect community groups with information that will increase shared success in generating resources, initiating change, planning and evaluating effectively, and ultimately, in improving life and health within our communities.

In Maine, there are a number of efforts underway to assess the well-being of our children, families, communities, health, natural environment, and economy. These initiatives, undertaken from a variety of perspectives, shape a vision for the future, develop desirable outcomes, and assemble indicators to measure progress. However, the number of 'indicator' reports (See Appendix 1) and the complexity of data that goes into their creation often means that the connection between this work and local community efforts is lost. Consequently, it is rare that these indicator reports are used to develop goals, design initiatives, and measure success at the local level. It is also true that often the most needed data for local efforts is not available or difficult to obtain.

Report Objectives

- To provide data that supports community initiatives across a broad range of sectors – such as health, environment, social service, business, faith, recreation and cultural --that influence quality of life.
- To link local community efforts with the vision, outcomes, and indicators which have been developed by others throughout the state.
- To provide each of our 23 towns a set of base line information that can be useful for goal setting within communities.
- To share the results of preliminary “community conversations” convened in the East and South Clusters.
- To foster partnerships with others who work on improving the lives of local people and bridge the divide between data and deed.

Report Process

- This report grew out of collaboration among three Healthy Community partners: Southern Kennebec Healthy Communities; Getting Healthy: a Healthy Maine Partnership, and a project of SKHC; and Healthy Futures, a Healthy Community Coalition and nonprofit health organization providing health education to the eight West Cluster towns in the SKHC area.
- The three groups hired Paradigm Consultants to create a “Fact Sheet” for each of the 23 towns in the service area, and to assemble a wide range of secondary data relating to indicators of well-being. All of this information is available as a CD.
- A series of community forums were held to begin to collect opinions and ideas from citizens in the region. Each one of eight Healthy Futures towns held a forum or conducted a survey. SKHC and Getting Healthy held two community forums in the south and east, and surveyed a sample of Litchfield residents.

Report Findings

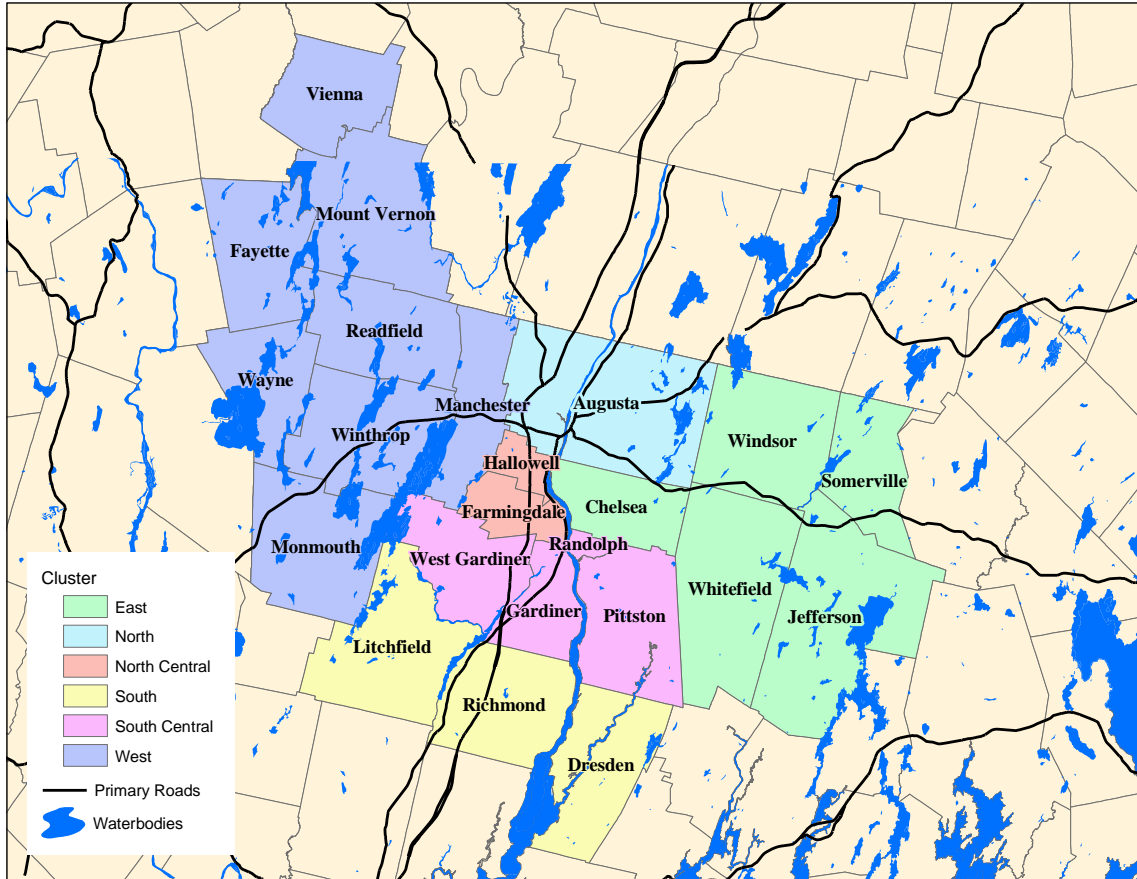
This is the first time an attempt has been made to examine a broad range of measures of well-being, as they apply to this 23-town area of Maine. It is also the first time there has been an effort to look at the connection between what the data says, and the feelings and opinions of local people.

Where it is possible to compare state level data with the SKHC/Getting Healthy area, it appears that, generally speaking, we are not that different from the state as a whole. Where we can compare SKHC to Kennebec County there is also no data that indicates we are statistically different from the rest of the county. Our median incomes are higher than the eastern and northern parts of the state, and we are fortunate not to face the high housing costs relative to income prevalent in southern Maine communities. Standard health indicators are also similar to the state averages.

We do not yet have, or have not yet collected, enough information to draw conclusions on some indicators of community vitality and civic engagement.

The community conversations have revealed a different set of concerns, and to a large extent, the available secondary data does not support or counter these. For example, the lack of rural transportation came up repeatedly in conversations, yet there are no indicators that track this. The assets and concerns raised by the community forums and surveys revealed a high degree of commonality among the towns, but we recognize that a general forum format is not necessarily representative of the whole community or addresses all topics of concern.

Towns and Clusters of Southern Kennebec Healthy Communities Getting Healthy: A Healthy Maine Partnership



What is a Healthy Community?

According to the World Health Organization, a healthy city or community is one that is **safe** with **affordable housing** and **accessible transportation** systems, **work** for all who want to work, a healthy and **safe environment** with a **sustainable** ecosystem, and offers access to **health care services** which **focus on prevention** and **staying healthy**.

People participating in the community forums held by Southern Kennebec Healthy Communities have used slightly different words, but the sense is consistent.¹

- "a town where people can live, work, and shop"
- "support for families and children"
- "intergenerational activities"
- "provides living wages"
- "blend of ages and cultures"
- "clean air, clean water"
- "healthy town starts with active kids"
- "active engaged citizens"
- "adequate transportation"
- "watching out for each other"

Southern Kennebec Healthy Communities is part of a growing movement dedicated to building health in a way that recognizes that individuals are only as healthy as their families; families as healthy as their communities; and communities only as healthy as the society that contains them.

¹ Some local responses to the question "What is a healthy community? The complete responses are included in Appendix 2.

It is a movement that recognizes ordinary people, given support and an effective process can make a huge difference on locally identified issues.

The principles of Healthy Community Coalitions:

- ***A broad definition of health*** that is more than the absence of disease, and encompasses all of the things we have come to associate with improved “quality of life.” This includes the physical, cultural, and economic environment, and the behavior choices that people make within those environments.
- ***A broad definition of community*** that encompasses communities based on shared experience and shared identity as well as geography.
- ***A shared vision*** that arises from community values and community conversations.
- ***Improved quality of life for everyone*** that recognizes the basic emotional, physical, and spiritual needs of everyone in the community.
- ***Diverse citizen participation and widespread community ownership*** in which all people take active and ongoing responsibility for themselves, their families, their property and their community.
- ***A focus on the big picture***, understanding how elements of community life are interrelated.
- ***Development of local assets and resources***, building on a community's strengths and successes. ¹

Individuals and community groups in the greater southern Kennebec region can use this report as a foundation for collaboration toward the common purpose of improved quality of life.

¹ Adapted from Norris T. The Healthy Communities Movement and True Coalitions for Healthier Cities and Communities; Public Health Reports 2000: 115 114-115

How Do We Measure a Community's Health?

Because there are so many dimensions to health within this broad definition it can be difficult to know what efforts make a difference, and if so, how much of a difference. A community assessment begins to provide a baseline level of measurement against which it may be possible to evaluate change. There are two categories of measurement used in this report: numbers and opinions. The numbers come from a variety of sources that are collected at the federal, state, and local level by a variety of agencies such as the US Census Bureau. The opinions come from talking to people - community conversations, and surveys. We asked for opinions about:

- What is a healthy community?
- What makes you most proud of your town?
- What are examples of people working together?
- What issues does your town face in improving health and quality of life?
- What is keeping your community from addressing these issues?

These questions reflect a key element of the healthy community approach- to begin by building on existing community strengths and assets - what is right about a community, not what's wrong.

Which Measurements Matter?

It depends. There are a host of measurements, that can be used to indicate progress, or the lack of it, in a number of areas-- environmental, health, economic, and demographic to name a few. Which is chosen depends on what the intent is, and where the passion is.

The indicators a society chooses to report to itself about itself are surprisingly powerful. They reflect collective values and inform collective decisions. A nation that keeps a watchful eye on its salmon run or the safety of its streets makes different choices than does a nation that is only paying attention to its GNP. The idea of citizens choosing their own indicators is something new under the sun-something intensely democratic. Donella Meadows. Sustainable Seattle 1998.

Examples of Outcomes and Indicators

The tables below illustrate just a few examples of the possible outcomes and indicators that are available from six of the major tracking projects underway in Maine, and what the corresponding local data says, where available. A more complete description of each of the reports used in these examples is in Appendix 1.

Outcomes (sometimes results or goals) are conditions of well-being for children, families, or communities.

Indicators are measures that help quantify the achievement of an outcome.

Rather than present a comprehensive listing of all outcomes and indicators that may have relevance to this area of the state, this report presents a few examples to illustrate the connection between local and state data. Southern Kennebec Healthy Communities is available to work with communities and groups in developing indicators that fits local needs.

Figure 1.

Outcome: Improved health, fitness, and quality of life through daily physical activity and good nutrition:

Trends:

- The **percentage of overweight adults did not change significantly** in Maine from 1994 to 2002.
- The **percentage of Maine adults who were obese significantly increased** from 15% in 1994 to 21% in 2002.

Table 1

Outcome: Reduced tobacco use, to protect health, safety, & quality of life for all, especially children

Indicator	State Goal ¹	Current: Maine ²	Current: County	Current: SKHC ³
%Middle School smokers	NA	8.7%	?	?
% high school students	15%	20.5%	?	?

Trends:

- The Maine High School smoking rate has fallen from 39.2% in 1997 to 20.5% in 2003. In 2001, the national rate was 28.5%.
- Maine Middle School smoking rates have dropped even more dramatically from 21% in 1997 to 8.7% in 2003, a **59% decrease**.

Figure 2

Outcome: Poverty and unemployment continually decrease⁴

¹ Healthy Maine 2010: Longer and Healthier Lives. Bureau of Health , Maine Department of Human Services. <http://www.state.me.us/dhs/boh/healthyme2k/hm2010a.htm>

² Youth Risk Behavior Survey 2003. Maine Department of Education

³ Data collected at the school level in participating school, but not available to the public to protect confidentiality

⁴ Measures of Growth 2004:Performance Measures and Benchmarks to Achieve a Vibrant and Sustainable Economy for Maine. www.mdf.org

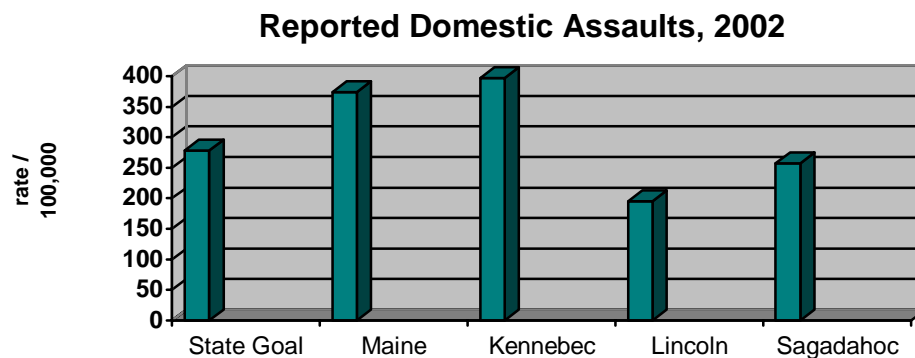
Table 2

Outcome: Vital Cities and Towns¹

Indicator	State Goal	Current: Maine	Current: County	Current: SKHC
% who walk to services & shops in their communities	To increase percentage	27%	Central ME 24%	We do not have local data on these indicators, but this is the type of information which might be gathered by students for school projects.
% who walk or ride bikes to local recreational activities	To increase percentage	47%	Central ME 47%	
% reporting cultural opportunities important in choosing where to live	NA	79%	Central ME 75.7%	

Figure 3

Outcome: Families living safer and healthier lives



Trends:

- Domestic assault reports have generally increased over the last 15 years. It is not known what amount of the increase is due to better reporting by victims and police departments and what represents an actual increase. Reporting among police departments is also not always consistent.

¹ Indicators of Livable Communities http://www.mdf.org/megc/pubs/livable_communities.htm

Table 3

Outcome: Children and youth respected, safe, and nurtured in their communities ¹

Indicator	State Goal	Current: Maine	Current: County	Current: SKHC
% youth given chance to make their towns better	Increase %	2001 = 47% 2000 = 50%	?	?

The involvement of young people in activities that help promote their bonding to their community, and involvement which promotes participation on behalf of a greater civic good, is an outcome in the Maine Marks Report. There is no local data that allows us to know how youth in this area compare with others.

¹ Maine Marks for Children, Families & Communities <http://www.mainemarks.org/indicators>

Southern Kennebec Healthy Communities and Getting Healthy: A Healthy Maine Partnership, share the same service area and work closely together. Together with a third partner, Healthy Futures, a nonprofit community based health organization that serves eight of the 23 towns served by SKHC, these groups collaborated on a community assessment funded through the Community Health Promotion Program, Division of Community Health, Bureau of Health, within the Department of Human Services.

The 23-town service area is divided into six smaller community clusters. This division is based on geography and common institutions (e.g. school unions). The clustering of communities allows SKHC to work in a sequential and focused way with communities. More important, it affords communities an opportunity to become connected with the interests and activities in surrounding towns, which can lead to more regionally based efforts.

These are the steps taken in the assessment process.

1. **Healthy Futures** identified and engaged key community members in each of the towns to: 1) update existing secondary data at the town level; 2) initiate preliminary stages of asset mapping in each town; and, 3) introduce the concept of Community Health planning. The process served as a model for other Southern Kennebec Healthy Communities town clusters. The complete Healthy Futures Report is included in Part II, or at www.healthyfuturesmaine.org/

2. **Southern Kennebec Healthy Communities (SKHC)** collected secondary data throughout the entire region. Fact sheets were compiled on each town along with other regional and statewide data. A larger set of data from a wide variety of sources is available on a CD produced for this assessment and included in the report or at www.skhealthycommunities.org

3. **Getting Healthy**, in collaboration with SKHC, created a web site to help community groups access the collected data, links to other relevant sites, and provide a forum for sharing ideas and resources around a variety of community efforts. All of the indicator reports described below will be available on this site, www.skhealthycommunities.org

Together, SKHC and Getting Healthy conducted community conversations in the South and East Clusters, and surveyed a sample of Litchfield residents through the town newspaper as summarized above, and presented in Appendix 2.

SKHC Trends and Comparisons

Of the 23 towns served by Southern Kennebec Healthy Communities and Getting Healthy, 18 are within Kennebec County (K), four are within Lincoln County (L), and one is within Sagadahoc County (S). The process that allocated funds from the tobacco settlement to 31 Healthy Maine Partnerships encompassing the entire state in 1997 defined the service area.

Table 2. Population by Town and Cluster of SKHC Service Area

Cluster	Town	Population	Total Population
-	-	-	-
-	-	-	-
-	-	-	-
-	-	-	-
-	-	-	-
-	-	-	-

SKHC Service Area: Total Population: 74,401 5.8% of Maine total

Maine: Total Population 1,274,923

Demographic Trends

Figure 4: SKHC Service Area Population Changes

Source:U.S. Bureau of the Census 2000

Figure 5: 1990 – 2000 Cluster Comparisons

Source:U.S. Bureau of the Census 2000

Income and Poverty

Figure 6: SKHC Per Capita Income, 2000

Source: U.S. Bureau of the Census 2000

Figure 7: SKHC Median Household Income, 2000

Source: U.S. Bureau of the Census 2000

Living Wage

A "living wage" is the actual income needed to meet the basic needs of a family in a given community. When living expenses are calculated, using the actual costs of goods and services, and family size and the number of wage earners is taken into account; living wage estimates can be calculated. As an example, Table 4 compares the estimated living wage in three counties and the state for a two earner, two child family.

Table 4 .

Livable wages for 2 earner, 2 child families, 1999

	Kennebec	Lincoln	Sagadahoc	State
Required Annual Income	\$41,577	\$42,073	\$45,774	\$42,963
Equivalent Hourly Wage	\$19.99	\$20.23	\$22.01	\$20.66

Source: Maine Center for Economic Policy www.mecep.org

Figure 8. Persons Living Below the Poverty Line, 2000

Source:U.S. Bureau of the Census 2000

Housing Affordability

Figure 9.
Ratio of Median Home Price to Median Household Income, 2000

Source:U.S. Bureau of the Census 2000

Figure 10. Educational Attainment

Source:U.S. Bureau of the Census 2000

Town Specific Data: The Fact Sheets

The Fact Sheets in Part III represent a snapshot in time for a set of town characteristics. These particular characteristics were chosen because the same data can be consistently collected, now and in the future, from reliable sources across all of 23 towns. Depending on the goals of a community, any of the data sets could be used as indicators of change if put in the proper context. It depends on the vision and desired outcomes.

The data collected in each Fact Sheet include:

- General Governmental Highlights
- Local Property taxes
- Population Data
- Poverty Indicators
- Income Characteristics
- Labor Force Characteristics

- Occupational Profile
- Housing Data
- Schools and Education
- Commuting to Work

There are also Profiles on each town, developed by U.S. Census Bureau. Both these documents for each town are available in CD format and at www.skhealthycommunities.org

Town Specific Data: What People Said

The full results of the two community conversations, held in the South and East Cluster, and a survey of Litchfield residents distributed in the town newsletter, are in Appendix 3. A summary of emerging themes include:

Assets: There were lots of affirmations about what is good in these communities that showed up in every conversation and survey response:

- the natural beauty
- sense of history, personal history-roots
- knowing neighbors
- neighbors who care about one another
- privacy
- valued local institutions (clubs, schools, churches, committees etc.)
- open spaces, farmland, woods, lakes, streams, ponds
- walking, hiking and equestrian trails

Concerns. Topics most frequently mentioned in all the forums and surveys include:

- **Transportation.** This concern included transportation for elderly and low income residents who need to get to the city service centers for health care, shopping, socializing, as well as young people who need help getting to and from "town" for after school activities.
- **Recreational opportunities.** The need for more trails, bike paths and lanes, as well as inside recreation opportunities was frequently mentioned.
- **Land Use.** Concerns about sprawl, loss of farmland, in town vs. out of town land use planning, and water access were consistently expressed. Feelings about the benefits of growth were mixed.
- **Money, taxes and the economy.** The lack of money was commonly, but not overwhelmingly, cited as a barrier. Some considered taxes too high and the state of the economy was lamented.

Qualifying Considerations

Although the opinions gathered thus far are useful and quite consistent, it should be noted that they are by no means complete or comprehensive. The forum attendees, by and large, were older residents, possibly a reflection of the fact that it is difficult for working families with children to come to evening meetings. It also may be that those who do attend meetings such as these tend to have a relatively high commitment to the community already.

It is also important to note that general forums such as these, hosted by a new and unknown entity such as SKHC, are not likely to surface more difficult topics, such as substance abuse, poverty or domestic violence.

Southern Kennebec Healthy Communities : Assessment, Indicators and Outcomes

We recognize there are many more community stories to be told, and that we need to fashion additional ways to capture them. Whether this means creating conversations across the life span, convening around specific topics, or developing new ways of assessment, depends on the community outcomes desired.

Because community assessment is potentially so broad as to be confusing rather than clarifying, it makes sense to consider and connect with the number of thoughtful and well-developed indicator efforts already underway within the state. However, deciding which indicators are important is ultimately up to the community or group addressing a need.

This report helps establish a baseline for future assessments of quality of life within SKHC and Getting Healthy's 23 towns. As we revisit these indicators and make decisions about which has the most resonance, their value will be reassessed. The patterns that emerge over time will help us to understand where we are, and know where we want to go.

"You are what you measure. Measure what you want to be."¹

¹ Hart, Maureen. *A Guide to Sustainable Community Indicators. Second Edition* available from Sustainable Measures P.O. Box 361, North Andover, MA 01845 <http://www.sustainablemeasures.com/>

There are a variety of sources that track the indicators of how well we, as a state, county, region, and to some degree town, are doing across many dimensions of well being. Which indicators are important depends very much on the nature of the effort under consideration –the vision and the desired outcomes. This section briefly describes some of the indicator projects underway in Maine.

Healthy Maine 2010: Longer and Healthier Lives is an extensive report that lays out where the state is in relation to 10 health priority areas, and sets goals for 2010. <http://www.state.me.us/dhs/boh/healthyme2k/hm2010a.htm>

Measures of Growth 2004: Performance Measures and Benchmarks to Achieve a Vibrant and Sustainable Economy for Maine. This is a report of the Maine Economic Growth Council that looks at progress, or lack of it, in a wide variety of indicators within three major areas: Economy, Community, and Environment. Within each of these, there are indicators that relate directly to community quality of life. www.mdf.org

Indicators of Livable Communities: A report on Smart Growth and the impact of land use decisions on Maine communities, environment and countryside, is a report by the Land and Water Resources Council which focuses on the impacts of sprawl and unplanned growth, and includes indicators on such things as walk-ability, outdoor recreational access, and downtown vitality. http://www.mdf.org/megc/pubs/livable_communities.htm

Maine Marks for Children, Families, and Communities, a project of the Children's Cabinet has developed a vision for increased well being of Maine's children, families, and communities, identifying twelve outcomes within the vision and 80 indicators which measure progress toward achieving these outcomes. <http://www.mainemarks.org>

Maine KIDS COUNT Data Book, produced by the Maine Children's Alliance and funded by the Annie E. Casey Foundation, an annual report that focus on children and family indicators, is part of a national effort to track changes in the status of families. It is the most comprehensive picture of the social, economic, physical, and educational environments of Maine children and presents county as well as state-level data and breakdowns on a variety of issues. www.mekids.org

Indicators and Goals at the County Level

Community Health Profile 2000; *a report on adult health behaviors as of December 2000.* (For 10 counties in south and central Maine, including Kennebec, Lincoln and Sagadahoc). This report presents data from the Behavioral Risk Factor Surveillance System (BRFSS) on 12 health indicators: Physical activity; tobacco use; nutrition; overweight and obesity; medical care costs; access to health care; asthma; diabetes; hypertension, mammograms; and pap smears. The Kennebec County report looks at southern and northern portions of the county separately. www.mainehealth.org

Kennebec Valley Indicators Project. The Kennebec Valley Indicators Project developed out of the need for consistent tracking of key community indicators in the greater Kennebec Valley region. The project collects indicators for: population demographics, economics, housing, education, health, aging and elderly issues, environment, culture, and crime. The first Indicators Report was published in 1998. Beginning in 2004, indicators are reported in a web-based format at www.kvindicators.org which will be updated annually and as new data becomes available.

The goal of this project is for community, non-profit and government organizations to work toward positively changing indicators that relate to their missions. By "adopting" indicators, organizations accept the challenge of making a difference in this aspect of community life. No one program is likely to change tobacco use single-handedly, or reduce juvenile vandalism rates, but by focusing on one or a few indicators, several things happen. An organization can explicitly incorporate indicator objectives in its planning, which may include building public awareness on the issue. Equally important, indicator adoption also provides a mechanism for programs with related goals to work together toward a common goal.

What do you like about your town?

Sense of Community, Community Institutions	
Litchfield survey¹	<ul style="list-style-type: none"> • Small (3) • Rural, country (18) • Strong K-8 school (2) • I know my neighbors, teachers • Not crowded • Quiet (9) • Fewer people than surrounding towns • Safe • Nice town (2) • County Store • Location (between Augusta and Lewiston)(4) • Personal history - roots • Food pantry (2) • Sense of history – many families have lived in this town for generations
South Cluster² Conversation	<ul style="list-style-type: none"> • Wonderful people • Village and open space with awareness that both need to be protected • Elementary school • Pownalborough Courthouse • 200 yr old church
East Cluster³ Conversation	<ul style="list-style-type: none"> • The Fair • 4th July Fire Department parade • 150th town anniversary • One room school house restoration (Chelsea) • 2nd oldest Catholic Church in New England • Historical Society • Lions Club • Sheepscot Valley Health Center • Large number of small businesses

Natural Beauty and Environment	
Litchfield survey¹	<ul style="list-style-type: none"> • Lots of open space (3) • Lakes, ponds, and streams (5) • Farmland (2) • Woods (2) • Natural beauty (2)
South Cluster² Conversation	<ul style="list-style-type: none"> • Rural flavor valued (2) • Gateway- interstate access to coast • Lakes loons & beavers • Swan Island
East Cluster Conversation³	<ul style="list-style-type: none"> • Pretty place
The People	
Litchfield survey¹	<ul style="list-style-type: none"> • Good, nice, friendly people (8) • It seems like an active little town with a lot of people interested in improving it (2) • Helpful (2) • People who work in the town office • The whole community is there when a crisis happens • Neighbors who care about one another
South Cluster² Conversation	<ul style="list-style-type: none"> • Pretty good citizen participation: job gets done, small group • Highly motivated involved volunteers
East Cluster Conversation³	<ul style="list-style-type: none"> • Neighbors (2) • Diversity of residents • People pitch in • People care • Willingness to voice opinions • Strong Irish heritage
Things to Do	
Litchfield survey¹	<ul style="list-style-type: none"> • Fair (2) • Walking, hiking, and equestrian trails (3) • Good recreation programs for kids • Swimming and boating
South Cluster² Conversation	<ul style="list-style-type: none"> • K-12 school system- musicals • Recycle swap shop (2) • Outdoor trail & classroom
East Cluster Conversation³	<ul style="list-style-type: none"> • Golf Course • Planetarium

Privacy	
Litchfield survey¹	<ul style="list-style-type: none"> • Lack of government intervention • No police department • Unimproved roads • Privacy • The right to be left alone
Government	
Litchfield survey¹	<ul style="list-style-type: none"> • Low taxes (3) • Good plowing of public roads
South Cluster² Conversation	<ul style="list-style-type: none"> • Active conservation commission • Good police department
East Cluster Conversation³	<ul style="list-style-type: none"> • 2 year comprehensive plan

Give some examples of people or groups who work together to improve the quality of life of your town?

Churches	
Litchfield survey	<ul style="list-style-type: none"> • St. Leo Church • Churches (5)
Town Committees, Boards and Community Associations	
Litchfield survey	<ul style="list-style-type: none"> • Recreation Committee (6) • Conservation committee (9) • Town appointed boards • School committee (3) • Historic society/ commission (3) • Fair committee • Comprehensive plan committee (2) • Community policing group • Tree board – Maine forestry

South Cluster Conversation	<ul style="list-style-type: none"> ● Recreation Committee ● Policing committee, ● Historic preservation ● Hazardous waste committee ● School committee, ● Comprehensive plan ● Economic development ● Yacht association ● Sportsman association ● Snowmobile Club
East Cluster Conversation	<ul style="list-style-type: none"> ● Town management ● Waste management ● Fire Department (4) ● Town newsletter ● One room school house ● Town government
Schools / Teachers / PTO	
Litchfield survey	<ul style="list-style-type: none"> ● Teachers ● PTO (3) <p>Parents</p> <ul style="list-style-type: none"> ● School made the transition for my 2 children smooth. ● Litchfield Academy Trustees
Social Organizations	
Litchfield survey	<ul style="list-style-type: none"> ● Masons (2) ● American Legion ● Social organizations ● Modern Woodman organization (2) ● Grange ● Eastern Star ● Fair ● Extension
South Cluster Conversation	<ul style="list-style-type: none"> ● Grange ● Fair

East Cluster Conversation	<ul style="list-style-type: none"> • Historical Society (4) • Senior Citizens Group • Grange (2) • Snowmobile Club • Women's Auxiliary • Beach Association • Lions Club
Kids / Youth	
Litchfield survey	<ul style="list-style-type: none"> • Rec. leagues • 21st century learning center – after school program • Coaches who volunteer for sports • Community pulled together during ice storm • Local business who sponsor our sports
South Cluster Conversation	<ul style="list-style-type: none"> • Scouting • Horse riding group
Health	
South Cluster Conversation	<ul style="list-style-type: none"> • No health clinic
Town Services	
Litchfield survey	<ul style="list-style-type: none"> • Volunteer fire department (3) • Town Manager • Town office (2) • Ambulance Crew
South Cluster Conversation	<ul style="list-style-type: none"> • Recycling
East Cluster Conversation	<ul style="list-style-type: none"> • School Committee • Fair Committee • Cemetery Association (2) • Conservation Commission • Park committee
Social Groups	
Litchfield survey	<ul style="list-style-type: none"> • Book club (2)
Leave it Alone	
Litchfield survey	<ul style="list-style-type: none"> • It can't be improved – only decreased • No – do not need them and do not want them
Other	

Litchfield survey	<ul style="list-style-type: none"> • When citizen bought the bridge kit on Buker Pond Road and saved the town money • Nature trail
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What would improve the quality of life in your town?

Transportation	
Litchfield survey	<ul style="list-style-type: none"> • Transportation in time of need to hospital or doctor for the elderly • Transportation for the elderly
South Cluster Conversation	<ul style="list-style-type: none"> • Transportation
East Cluster Conversation	<ul style="list-style-type: none"> • Transportation for housebound seniors
Community Growth	
Litchfield survey	<ul style="list-style-type: none"> • Community growth • A town center – need socioeconomic center • Medical care locally • Bank or credit union • Public library (2) • Lower taxes (2) • Less improvement of roads • Keeping growth controlled (3) • Strict land use ordinance • 5 year moratorium on development • Keep it rural – stop sprawl • Moratorium on trailers being installed as homes • Pass the new land use ordinance • Zoning ordinance to restrict growth • Restriction on new housing to limit growth • Indoor lap pool • Cross country ski trails
Litchfield survey	<ul style="list-style-type: none"> • Recreation areas for senior citizens – like safe areas for walking • Recreation center (2) • Bicycle and walking lanes on the sides of the road • Skate board park
South Cluster Conversation	<ul style="list-style-type: none"> • CMP acreage • Village vs. open land use • Traffic congestion • Town divided between regional centers • Keeping farms viable
East Cluster Conversation	<ul style="list-style-type: none"> • Water access

Transfer Station	
Litchfield survey	<ul style="list-style-type: none"> • Have a transfer station for all household waste or partner with another town that does have one • Transfer station open twice a month during the week instead of just on Sundays
Housing	
Litchfield survey1	<ul style="list-style-type: none"> • Affordable housing for old and young (2)
East Cluster Conversation3	<ul style="list-style-type: none"> • Elderly housing
Community Involvement	
Litchfield survey1	<ul style="list-style-type: none"> • More youth involvement on local boards and committees • Community activities – trips, festivals, craft shows • Meals of Wheels for the Elderly • More comprehensive list of contacts in the community for new people moving into the town • More community volunteer opportunities posted in the Sodalite
Education/Youth	
Litchfield survey¹	<ul style="list-style-type: none"> • Having folks with children be financially responsible for their own education
East Cluster Conversation	<ul style="list-style-type: none"> • Youth aspirations • More activities • Activities for teens • More youth faculties
Schools	
Litchfield survey¹	<ul style="list-style-type: none"> • Better school administration • Schools need be more a part of the community and should invite the community in – not just during open house
East Cluster Conversation	<ul style="list-style-type: none"> • Integration with and outreach to the community • School quality
Faith	
Litchfield survey ¹	<ul style="list-style-type: none"> • Godly pastors and churches – salvation through Christ
Health	
Litchfield survey¹	<ul style="list-style-type: none"> • Local Health Officer (one who lives in town) • Illiteracy rates
East Cluster Conversation	<ul style="list-style-type: none"> • Smoking rates • Alcohol
Improve Opportunities for Physical Activity	
East Cluster Conversation	<ul style="list-style-type: none"> • Use narrow gauge rail trail • Extend greenway trail • Cross country ski trails • More recreation (3) • Place to exercise • Exercise trail (2)

Other	
Litchfield survey¹	<ul style="list-style-type: none"> • Road maintenance, especially during the winter (plowing) • New town manger

What are the barriers to quality of life improvement?

Money, Lack of Funding, Resources	
Litchfield survey¹	<ul style="list-style-type: none"> • Money(9)
South Cluster Conversation²	<ul style="list-style-type: none"> • Taxes too high, but not high enough for town
East Cluster Conversation³	<ul style="list-style-type: none"> • Frugality (plus & minus) • Fundraising hard work • Money (3)
Rural Attributes	
Litchfield survey¹	<ul style="list-style-type: none"> • transportation
East Cluster Conversation³	<ul style="list-style-type: none"> • Rural isolation
Information, Communicating Points of View	
Litchfield survey¹	<ul style="list-style-type: none"> • Use help making sense of / communicating quantitative and qualitative information which benefit level of discourse • A good rec. committee for the kids. Need to get rid of old timers who are road blocking us from moving forward. Need some new fresh people who will run things for the kids – not their egos • Keep people informed, this paper will help break barriers
South Cluster Conversation²	<ul style="list-style-type: none"> • Leadership that listens & involves others • Burn out - need to involve others • Demands on time and energy and money are barriers to greater involvement • Need more community wide communication
East Cluster Conversation³	<ul style="list-style-type: none"> • Diverging opinions • Politics
People / Motivation	
Litchfield survey¹	<ul style="list-style-type: none"> • Need more people to volunteer for on-going boards and committees • Lack of participation – motivation • Not enough concern • Lack of community volunteerism • Uneducated minds • The people • Babysitting people who cannot take care of themselves • Lack of volunteer community services for low income elderly-disabled (delivery services, grounds work, etc.) • Need to do more for our youth, like Angus King and the computer program

East Cluster Conversation³	<ul style="list-style-type: none"> • Lack of widespread involvement • Need wider volunteer base • Over reliance on volunteers • Small population base • Lack of community support
Taxes	
Litchfield survey¹	<ul style="list-style-type: none"> • Higher taxes • Taxes • Poor economy
Growth – Positive/Negative	
Litchfield survey¹	<ul style="list-style-type: none"> • Lack of a very strict land use ordinance • Urbanization • Town belief that growth is a negative • The farms are sold and land split up because people can't afford to stay in farming • Local resistance to any regulation • We have to drive for most everything – not sure we can change that and we choose to live in a rural place.
Government	
Litchfield survey¹	<ul style="list-style-type: none"> • Road improvements • Government interventions (2) • Having such a small school district (consider consolidating with Monmouth) • Town Government
East Cluster Conversation³	<ul style="list-style-type: none"> • Infrastructure
Other	
Litchfield survey¹	<ul style="list-style-type: none"> • None, we live in a free country that respects life, liberty and property
East Cluster Conversation³	<ul style="list-style-type: none"> • Community self image

Additional Comments from the Litchfield Survey

What else would you like to add?

- Deliver our mail
- Grad our dirt roads
- Plow
- Thrilled with your efforts appreciate board and directors ability to use constructive criticism
- I would like to say that too many restrictions put people on the defense. If you want to get things accomplished you need to first talk, communicate ideas, and compromise
- Leave me alone and let me live my life as I wish
- If uncontrolled development continues, rural character of Litchfield will be lost in a very few years
- Low income apartments for senior citizens, so if they need one, they won't have to leave this area
- Elderly Housing

- Have the high school begin classes one hour later
- Healthy town starts with active kids – Lets give them things to do – skateboard park, football, and hockey. Get parents involved instead of getting us frustrated.
- Litchfield is just fine, direct your efforts elsewhere.
- Would like to see greater community support and involvement. Ex. Farm tours would give an inside look at local farms/farmers, increase awareness and hopefully increase the desire to buy locally
- I'd like to see some more socials planned for families on different roads – I have neighbors I don't know
- I think if there was a place for young people to go after school and learn about the dangers of drugs and alcohol we would see less damage to property such as destroying mail boxes.
- More community activities year round at the Litchfield fair grounds
- More activities for all ages and communication about them
- Litchfield falls through the cracks for social services, i.e. transportation, volunteer services, and home health services.
- Something recreational for the kids
- I think we should have a bicycle trail somewhere around one of the lakes like the one along the river in Bath with Park Benches etc.
- Just that I need to be more assertive, and speak up and ask for what I want. Figure out a way to make ride sharing for sport events/practice. It is 15 miles one way from my home to Oak Hill.
- The state has never lived up to its promise to fund 55% of educational costs. That puts a real burden on the town budget and takes away from what the town can do for its citizens. We do need to have the state of Maine live up to its promise.

What is a Healthy Community?

Question to Community Forums, not on survey

What is a healthy community?

- Live in town-stay in town-work in town
- Blend of ages and cultures in community
- Access to adequate health care
- Adequate transportation
- “Border towns” served – special purpose regional response
- Support for families and children
- Safety- home and community
- Living wage
- Universal single payer health insurance
- Health system with emphasis on prevention
- Intergenerational activities
- Clean air clean water
- Sustainable use of natural resources
- Community identity
- Watching out for each other
- Adult physical activity programs
- Hospice support
- Activities and resources for children
- Transportation for seniors
- Safe non toxic environments
- Regional medical center
- Regional recreational center
- Active and engaged citizens
- Active service organizations
- Education for parent, worker, citizen
- Volunteers for elders
- Ability to work together
- Transportation: seniors
- Pride in community

Appendix 2

¹ Litchfield Survey: 1440 surveys were distributed in the town newspaper, The Sodalite, in February of 2004. There were 31 responses

² A South Cluster forum was held in Richmond on November 2003 with 6 residents, 4 from Litchfield, 2 from Richmond and a former resident of Dresden, in attendance.

³ A forum was held at the Whitefield Lions Club in January 2004, with 19 residents from Chelsea, Jefferson, Somerville, Whitefield and Windsor in attendance