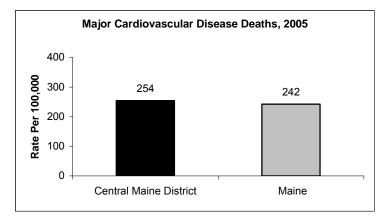# CENTRAL MAINE DISTRICT: Chronic Diseases
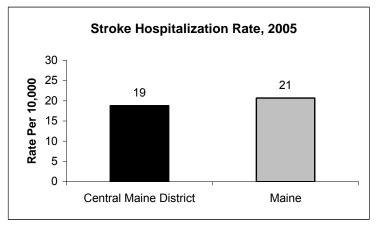
Cardiovascular Disease

Cardiovascular disease refers to a group of diseases and conditions affecting the heart and blood vessels, and is the leading killer of adults in Maine. Heart disease, stroke, and hypertension, among other conditions, also create a vast burden of illness and need for health care in Maine.

Cardiovascular disease is not an inevitable consequence of life. Many cardiovascular diseases can be prevented or modified through basic healthy lifestyle choices. Screening and early identification of disease and those at risk of disease, and monitoring of blood pressure and cholesterol, changes in health care delivery, and policies and environments that support healthy choices can make a difference.

The Maine CDC's Cardiovascular Health Program and links to many partners can be found at www.maine.gov/dhhs/boh/hmp/mcvhp/.
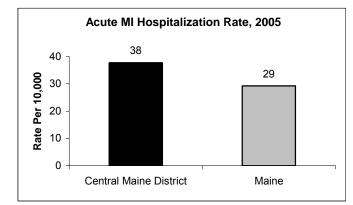
Major Cardiovascular Disease Deaths, 2005

Rate Per 100,000

Central Maine District	Maine
254	242

Source: 2005 Maine Office of Data, Research and Vital Statistics; Age-adjusted to 2000 U.S. Standard Population

Stroke Hospitalization Rate, 2005
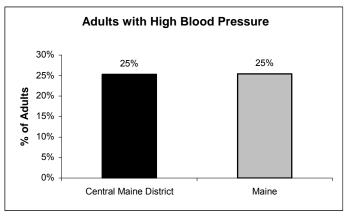
Rate Per 10,000

Central Maine District	Maine
19	21

Source: 2005 Maine Hospital Discharge Datasets; Age-adjusted to 2000 U.S. Standard Population

Acute MI Hospitalization Rate, 2005

Source: 2005 Maine Hospital Discharge Datasets; Age-adjusted to 2000 U.S. standard population

Adults with High Blood Pressure

Source: 2005 BRFSS

Adults with High Cholesterol, 2005

Source: 2005 BRFSS

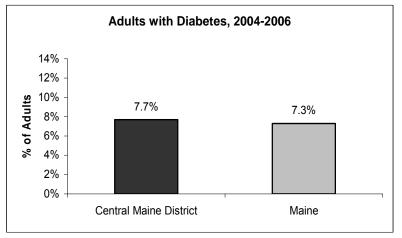|	Central Maine District Number	Central Maine District Rate or Percent (± Margin of Error)	Maine State Rate or Percent (± Margin of Error)
Major CVD Deaths[1]	521	254.0 (±21.8) (per 100,000)	242.0 (±7.6) (per 100,000)
Stroke Hospitalizations[2]	384	18.8 (±1.9) (per 10,000)	20.7 (±0.7) (per 10,000)
Acute Myocardial Infarction Hospitalizations[2]	777	37.7 (±2.7) (per 10,000)	29.2 (±0.8) (per 10,000)
High Blood Pressure Among Adults[3]	N/A	25.3% (±4.5)	25.4% (±1.6)
High Cholesterol Among Adults[3]	N/A	36.4% (±5.1)	36.4% (±2.0)

1) Source: 2005 Maine Office of Data, Research and Vital Statistics; Age-adjusted to 2000 U.S. standard population
2) Source: 2005 Maine Hospital Discharge Datasets; Age-adjusted to 2000 U.S. standard population
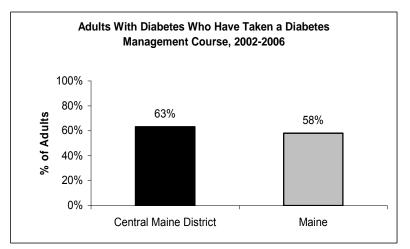3) Source: 2005 BRFSS: Ever told by a doctor

Diabetes

Diabetes mellitus, if left unidentified or managed poorly, can lead to problems that include urgent emergency department visits and hospitalizations, a higher risk of heart attack, blindness, kidney disease, or amputation.   Many cases of diabetes are preventable or lead to a chronic condition that can be managed if adequate supports are available and used.

Many Mainers are currently at risk for or have diabetes but are unaware of it.   Once diagnosed, diabetes is a challenging disease with which to live, and creates costs for families, employers, communities, and the State's health care safety net system.

For more information, contact the Maine Diabetes Prevention and Control Program at www.maine.gov/dhhs/bohdcfh/dcp/.

Adults with Diabetes, 2004-2006

Central Maine District: 7.7%
Maine: 7.3%

Source:2004 2006 BRFSS: Non-Gestational Diabetes Prevalence

Adults With Diabetes Who Have Taken a Diabetes Management Course, 2002-2006

Central Maine District: 63%
Maine: 58%

Source: 2002-2006 BRFSS; among those with diabetes

	Central Maine District Number	Central Maine District Rate or Percent (± Margin of Error)	Maine State Rate or Percent (± Margin of Error)
Diabetes Mortality[1]	55.6 (avg. per yr.)	28.2 (±3.3) (per 100,000)	25.8 (±1.1) (per 100,000)
Diabetes Hospitalizations[2]	214	11.3 (±1.5) (per 10,000)	10.5 (±0.5) (per 10,000)
Non-Gestational Diabetes Prevalence (%) Among Adults[3]	N/A	7.7% (± 1.6)	7.3% (±0.6)
Adults With Diabetes Who Have Taken a Diabetes Management Course[3]	N/A	63.2% (±7.8)	58.1% (±3.1)
Hemoglobin A1c Test at Least Once a Year[3]	N/A	94.8% (±5.1)	91.9% (±2.0)

1) Source: 2001-2005 Maine Office of Data, Research and Vital Statistics; (ICD)-10 codes E10–E14
2) Source: 2005 Maine Hospital Discharge Datasets, (ICD)-10 codes E10–E14; Age-adjusted to 2000 U.S. Standard Population
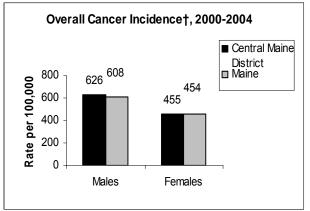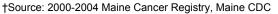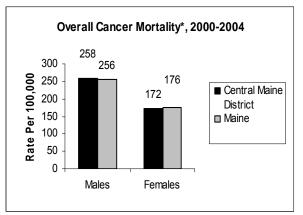3) Source: 2004-2006 BRFSS

Cancer

Cancers are caused by modifiable risk factors, by genes, and influenced by environmental factors. Four cancers account for the majority of new cancer diagnoses: lung, colorectal, female breast, and in men, prostate. It is the second leading cause of death in Maine.

Data are collected and analyzed by the Maine CDC's certified Maine Cancer Registry to monitor trends and investigate possible cancer clusters. The Maine Comprehensive Cancer Program supports strategic planning in partnership with its nonprofit partners and provides targeted prevention activities if there are gaps as identified in the Maine Cancer Plan. The Maine Breast and Cervical Cancer Program reduces disparities in health by supporting outreach and screening for breast and cervical cancer in women at risk who cannot afford them.

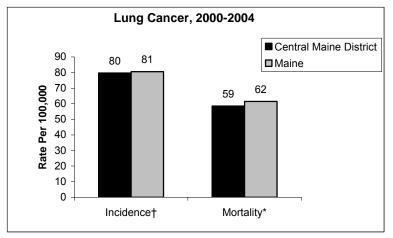Contact Maine's cancer programs at www.mainepublichealth.gov

†Source: 2000-2004 Maine Cancer Registry, Maine CDC

* Source: 2000-2004 National Center for Health Stats data

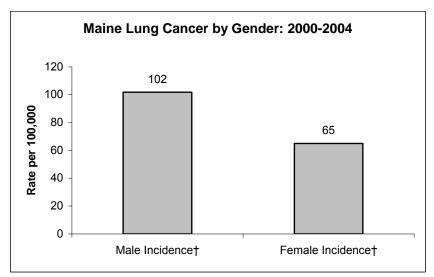|	Central Maine District Rate (± Margin of Error) Male	Central Maine District Rate (± Margin of Error) Female	Maine State Rate (± Margin of Error) Male	Maine State Rate (± Margin of Error) Female
Overall Cancer Incidence† Rate (Per 100,000)	625.9 (±24.3)	454.6 (±18.6)	608.3 (±8.6)	454.2 (±6.7)
Overall Cancer Mortality* Rate (Per 100,000)	258.3 (±15.9)	172.3 (±11.2)	255.6 (±5.7)	175.6 (±4.1)

†Source: 2000-2004 Maine Cancer Registry, Maine CDC, DHHS
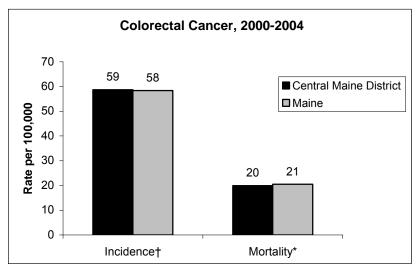*Source: 2000-2004 National Center for Health Statistics data

Lung Cancer, 2000-2004

Legend:
- ■ Central Maine District
- ▨ Maine

Category	Central Maine District	Maine
Incidence†	80	81
Mortality*	59	62

Y-axis: Rate Per 100,000

†Incidence Source: 2000-2004 Maine Cancer Registry, Maine CDC, DHHS
*Mortality Source: 2000-2004 National Center for Health Statistics data

	Central Maine District Rate (± Margin of Error)	Maine State Rate (± Margin of Error)
Lung Cancer Incidence† Rate (Per 100,000)	79.7 (±5.7)	80.6 (±2.1)
Lung Cancer Mortality* Rate (Per 100,000)	58.5 (±4.9)	61.5 (±1.8)

†Incidence Source: 2000-2004 Maine Cancer Registry, Maine CDC, DHHS
*Mortality Source: 2000-2004 National Center for Health Statistics data

Maine Lung Cancer by Gender: 2000-2004

Category	Rate per 100,000
Male Incidence†	102
Female Incidence†	65

†Incidence Source: 2000-2004 Maine Cancer Registry, Maine CDC, DHHS

Colorectal Cancer, 2000-2004

Rate per 100,000

- ■ Central Maine District
- ☐ Maine

	Incidence†	Mortality*
Central Maine District	59	20
Maine	58	21

†Incidence Source: 2000-2004 Maine Cancer Registry, Maine CDC, DHHS
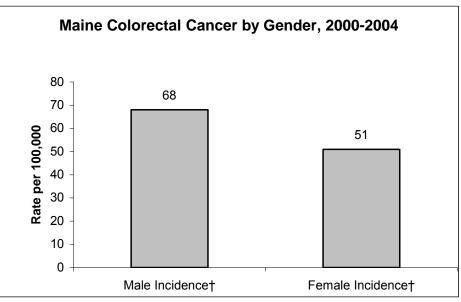*Mortality Source: 2000-2004 National Center for Health Statistics data

	Central Maine District Rate (± Margin of Error)	Maine State Rate (± Margin of Error)
Colorectal Cancer Incidence† Rate (Per 100,000)	58.7 (±4.9)	58.4 (±1.8)
Colorectal Cancer Mortality* Rate (Per 100,000)	19.9 (±2.9)	20.5 (±1.1)

†Incidence Source: 2000-2004 Maine Cancer Registry, Maine CDC, DHHS
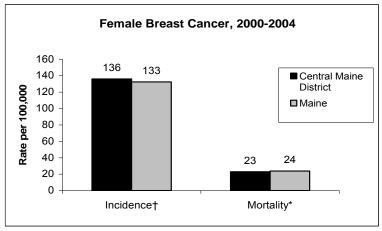*Mortality Source: 2000-2004 National Center for Health Statistics data

Maine Colorectal Cancer by Gender, 2000-2004

Rate per 100,000

Male Incidence†	Female Incidence†
68	51

†Incidence Source: 2000-2004 Maine Cancer Registry, Maine CDC, DHHS
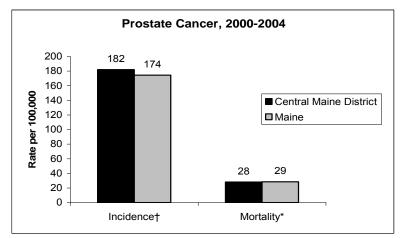
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Female Breast Cancer, 2000-2004

†Incidence Source: 2000-2004 Maine Cancer Registry, Maine CDC, DHHS
*Source: 2000-2004 National Center for Health Statistics data

	Central Maine District Rate (± Margin of Error)	Maine State Rate (± Margin of Error)
Female Breast Cancer Incidence† Rate (Per 100,000)	136.0 (±10.3)	132.5 (±3.6)
Female Breast Cancer Mortality* Rate (Per 100,000)	23.0 (±4.2)	23.7 (±1.5)

†Incidence Source:2000-2004 Maine Cancer Registry, Maine CDC, DHHS
*Mortality Source: 2000-2004 National Center for Health Statistics data

Prostate Cancer, 2000-2004

†Incidence Source: 2000-2004 Maine Cancer Registry, Maine CDC, DHHS
*Source: 2000-2004 National Center for Health Statistics data

	Central Maine District Rate (± Margin of Error)	Maine State Rate (± Margin of Error)
Prostate Cancer Incidence† Rate (Per 100,000)	182.0 (±13.2)	174.5 (± 4.6)
Prostate Cancer Mortality* Rate (Per 100,000)	28.1 (±5.7)	28.5 (±2.1)

†Incidence Source: 2000-2004 Maine Cancer Registry, Maine CDC, DHHS*Mortality Source: 2000-2004 National Center for Health Statistics data
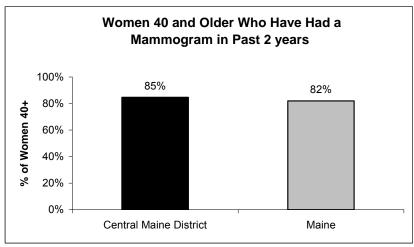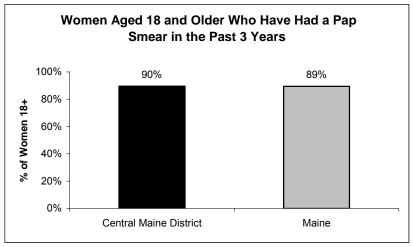
Cancer Screening

Screening tests for breast, colorectal, and cervical cancer have contributed to declines in death due to these cancers. Colonoscopies and pap smears have preventive aspects critical to early detection and treatment.
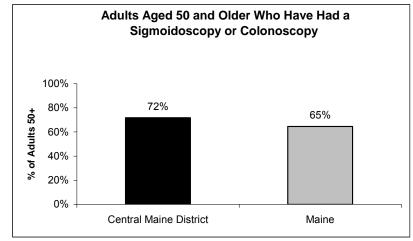
The early detection of cancer is the most effective way to improve the chances of a positive outcome through treatment. Additional information on cancer screening can be obtained from Maine CDC's Comprehensive Cancer Control Program at: www.maine.gov/dhhs/boh/ccc.html.

Women 40 and Older Who Have Had a Mammogram in Past 2 years

[Bar chart: % of Women 40+]
- Central Maine District: 85%
- Maine: 82%

Source: 2006 BRFSS

Women Aged 18 and Older Who Have Had a Pap Smear in the Past 3 Years

[Bar chart: % of Women 18+]
- Central Maine District: 90%
- Maine: 89%

Source: 2006 BRFSS

Adults Aged 50 and Older Who Have Had a Sigmoidoscopy or Colonoscopy

- Source: 2006 BRFSS

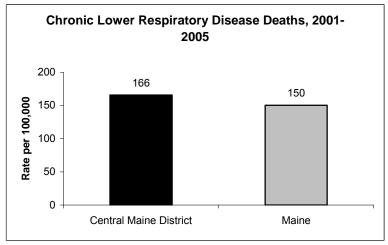|	**Central Maine District Percent** (± Margin of Error)	**Maine State Percent** (± Margin of Error)
Mammogram Among Women 40 and Older (Past 2 years)[1]	84.7 (±5.5)	82.0 (± 2.0)
Pap Smear Among Women 18 and Older (Past 3 Years)[2]	89.6 (±5.3)	89.4 (± 1.6)
Sigmoidoscopy/colonoscopy Among Adults 50 and Older[3]	71.8 (±6.3)	64.6 (± 2.4)

1)   Source: 2006 BRFSS: % of women 40 years and older who have had a mammogram in the past 2 years
2)   Source: 2006 BRFSS: % of women 18 years and older who have had a pap smear within the past 3 years
3)   Source: 2006 BRFSS: % of adults 50 years and older who have had a sigmoidoscopy or colonoscopy
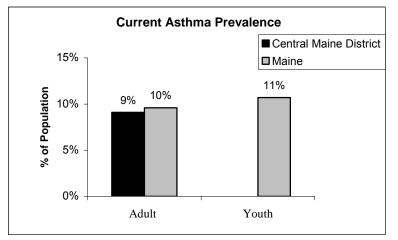
Respiratory Health

Chronic respiratory diseases include chronic obstructive pulmonary disease (COPD) and asthma, and affects approximately one in eight people in Maine. COPD is largely a result of tobacco smoke and primarily affects older adults. Asthma affects people of all ages and is increasing in Maine at a dramatic rate.

Data on chronic lower respiratory disease [includes COPD] and on asthma are collected through Maine vital records, hospital data, and state surveys.

Information on asthma can be found at Maine Asthma Control and Prevention Program at: www.maine.gov/dhhs/bohdcfh/mat/index.html and its links to its many state and local partners.

Chronic Lower Respiratory Disease Deaths, 2001-2005

	Rate per 100,000
Central Maine District	166
Maine	150

Source: 2001-2005 Maine Office of Data, Research and Vital Statistics

Current Asthma Prevalence

	Central Maine District	Maine
Adult	9%	10%
Youth		11%

Source: 2006 BRFSS, 2003 NCHS
*District level data on youth not available from NCHS