Maine Center for Disease Control and Prevention
An Office of the Department of Health and Human Services
Paul R. LePage, Governor Mary C. Mayhew, Commissioner

County and District Data from the 2012 Maine State Health Assessment

Midcoast District

Updated 1/2/2013

Indicators from the "2010 Call to District Action"	Knox County	Lincoln County	Sagadahoc County	Waldo County	District Rate	Maine Rate	US Rate
General health status							
Fair or poor health - adults	15.1%	16.1%	12.7%	13.2%	14.3%	14.7%	14.9%
Average number of unhealthy days in the past month (physical health)	3.6	4.4	3.4	3.6	3.7	3.8	NA
Average number of unhealthy days in the past month (mental health)	3.3	3.7	3.8	4.9	3.9	3.7	NA
Access							
Proportion of persons with a usual primary care provider	89.8%	87.4%	93.1%	90.7%	90.2%	88.4%	NA
No dental care in past year	30.1%	25.8%	32.6%	33.1%	30.5%	32.4%	NA
Physical Activity, Nutrition and Weight							
Obesity - adults	28.7%	24.1%	23.8%	26.3%	25.8%	27.7%	27.5%
Obesity - high school students	20.1%	NA	18.4%	16.8%	18.1%	12.9%	NA
Overweight - high school students	16.2%	NA	14.0%	18.1%	15.8%	15.5%	NA
Sedentary lifestyle - adults	21.2%	22.8%	18.7%	25.7%	22.2%	22.5%	23.9%
Cardiovascular Health							
High blood pressure	35.8%	31.5%	27.5%	28.9%	31.1%	30.0%	28.7%
High cholesterol	41.8%	40.4%	37.4%	40.3%	40.0%	38.8%	37.5%
Diabetes							
Diabetes - adults	11.4%	8.4%	7.4%	10.0%	9.3%	8.7%	8.7%
Adults with diabetes who have had a A1c test 2x per yr	NA	NA	NA	NA	68.8	79.5%	NA
Diabetes hospitalizations per 100,000 population (principal diagnosis)	110.2	115.1	112.4	114.5	113.0	118.4	NA
Respiratory							
Current asthma - adults	10.6%	12.7%	7.5%	10.3%	10.3%	10.0%	9.1%
Current asthma - children and youth (ages 0-17)	7.3%	7.4%	7.8%	9.8%	8.0%	8.9%	NA
Bronchitis and Asthma ED visits per 100,000 population	768	840	902	949	864	1,105	NA
COPD hospitalizations per 100,000 population	172.9	175.4	183.4	176.3	176.6	198.3	NA
Tobacco Use							
Current smoking - high school students	24.1%	NA	17.3%	18.9%	18.9%	15.5%	NA
Current smoking - adults	14.5%	16.1%	13.5%	18.7%	15.8%	18.2%	17.2%
Alcohol Use							
Binge drinking - adults	12.8%	11.8%	14.9%	15.5%	13.8%	14.5%	15.1%
Current alcohol use - high school students	27.7%	NA	29.0%	32.7%	29.8%	28.0%	NA
Infectious Disease							
Influenza Vaccine Coverage - Ages 18 Years and Older	44.3%	48.5%	47.7%	44.7%	46.2%	47.1%	NA
Pneumococcal Vaccination Coverage - Ages 65 Years & Older	74.1%	73.1%	NA	63.7%	69.8%	71.8%	68.8%

For a number of reasons, several indicators from the "Call to Action" were not analyzed for the 2012 State Health Assessment, and therefore are not included in this update, including: adult asthma hospitalizations, bacterial pneumonia hosptializations, congestive heart failure hospitalizations, hypertension hospitalizations, diabetes short and long term complication hospitalizations, uncontrolled diabetes hospitalizations, the rate of lower-extremity amupation among patients with diabetes, the percent of adults with greater than 14 days of frequent mental distress, and the number of visit to KeepME Well.org

Demographics							
Population	39,736	34,457	35,293	38,786	148,272	1,328,361	3.08 mil.
Population ages 0-17	7,710	6,468	7,422	8,147	29,747	274,533	0.74 mil.
Population ages 65-74	3,983	4,022	3,341	3,591	14,937	112,651	0.21 mil.
Population ages 75+	3,611	3,371	2,447	2,689	12,118	98,429	0.17 mil.
Population Density	108.8	75.6	139.1	53.1	82.2	43.1	87.4
Population - White, non-Hispanic	96.5%	97.0%	95.4%	96.6%	96.4%	94.4%	63.7%
Population - Hispanic	0.8%	0.8%	1.3%	0.9%	1.0%	1.3%	16.3%
Population - Two or more races	1.4%	1.1%	1.6%	1.4%	1.4%	1.6%	2.9%

Other Key Health Indicators from the 2012 Maine State Health Assessment	Knox County	Lincoln County	Sagadahoc County	Waldo County	District Rate	Maine Rate	US Rate
Life expectancy (years) (2007)	76.7/81.4	77.3/81.0	76.5/80.5	75.4/80.8	NA	78.7	78.6
Oral Health							
Adults who have lost 6 or more teeth to gum disease or tooth decay	17.4%	18.7%	17.7%	26.7%	20.3%	19.7%	NA
Maternal and Child Health							
Low Birthweight, <2500 grams per 100,000 births	5.1	7.4	5.5	7.7	6.4	6.4	8.2
Infant death per 100,000 births	5.4	3.6	4.7	6.9	5.3	6.1*	6.4*
Live births, for which the mother received early & adequate prenatal care	90.9%	89.7%	89.0%	84.9%	88.6%	85.4%	NA
Live birth rate per 1,000 females aged 15-19	31.9	21.9	22.8	32.2	27.5	24.9	34.2
Injury							
Suicide deaths per 100,000 population	17.1	14.5	9.7	14.9	14.1	12.6	11.8*
Violence by current or former intimate partners	NA	NA	NA	NA	1.0%	1.0%*	NA
Rape or attempted rape	7.5%	5.4%	6.3%	6.2%	6.4%	11.9%*	NA
Non-fatal child maltreatment per 1,000 population	6.7	6.2	5.1	5.6	5.9	11.9	9.2
Motor vehicle crash related deaths per 100,000 pop.	13.5	18.1	13.0	11.6	14.1	12.5	11.1*
Unintentional poisoning deaths per 100,000 population	16.6	10#	8.3#	8.5#	10.9	11.4	11.8
Emergency department visits due to falls among older adults per 10,000 population	7,450	8,772	6,445	7,798	7,691	7,325	NA
TBI Hospitalizations per 10,000 population	96.3	81.3	68.1	72.6	80.7	82.3	NA
Cancer							
Sigmoid/colonoscopy (ever) for people age 50 & over	79.2%	78.2%	76.4%	69.2%	75.7%	74.2%	65.2%
Mammograms in past 2 years for women age 50 & over	85.8%	84.2%	82.2%	76.9%	82.2%	83.6%	77.9%
Pap smears in past three years for women age 18 & over	86.4%	85.9%	88.7%	81.4%	85.5%	85.0%	85.0%
Mortality - all cancers per 100,000 population	177.6	185.2	189.0	197.6	186.7	196.0	175.8*
Incidence - all cancers per 100,000 population	515.9	450.4	440.0	526.7	484.7	480.8*	456.4*
Mental Health							
Co-morbidity for persons with mental illness	NA	NA	NA	NA	45.3	NA	NA
Lifetime depression	20.0%	20.4%	21.8%	22.4%	21.2%	21.1%*	NA
Lifetime anxiety	16.1%	12.1%	15.8%	22.0%	16.6%	17.3%*	NA
Alzheimer's disease, & related disorders, or senile dementia per 1,000 population (age-adjusted)	11.3	10.3	10.0	10.0	10.5	12.0	NA
Environmental Health							
Homes with elevated radon	11.2%	16.1%	10.9%	11.2%	12.6%	14.8%*	NA
Homes with private wells tested for arsenic	49.6%	27.7%	NA	45.0%	39.9%	NA	NA
Children with elevated blood lead levels per 10,000	1.5	1.2	1.1	0.9	1.2	1.0	0.6*
Carbon monoxide poisoning ED visits per 100,000	6.6	8.7	8.2	10.7	8.1	9.9	NA
Infectious Disease							
Chronic Hepatitis B per 100,000 population	7.6	5.8	2.8	7.7	6.1	7.9	NA
Lyme disease incidence per 100,000 population	259.4	154.9	133.5	64.5	154.2	75.7	7.9
Salmonellosis incidence per 100,000 population	22.7	11.7	2.8	25.8	16.2	10.1	17.6
Pertussis Incidence per 100,000 population	2.5	2.9	5.7	12.9	6.1	15.4	8.9
Gonorrhea incidence per 100,000 population	7.6	5.8	11.4	2.6	6.8	20.5	100.8
Chlamydia incidence per 100,000 population	186.4	131.5	318.1	126.7	188.7	232.9	426.0
HIV incidence per 100,000 population	2.5	0.0	2.8	0.0	1.4	4.1	19.7

Additonal Socio-Ecomonic Status measures							
People who speak English less than very well, >5 years	0.4%	0.4%	0.6%	0.3%	0.4%	1.7%	8.7%
Poverty - total under 100% of the Federal Poverty Level	12.5%	10.8%	8.8%	14.6%	11.8%	12.6%	13.8%
No current health insurance	13.1%	11.8%	8.2%	14.1%	11.9%	10.2%	15.0%
Unemployment	7.0%	7.1%	6.6%	8.4%	7.3%	7.5%	8.9%
HS graduation rate, 2011	85.6%	85.3%	91.4%	86.3%	87.1%	83.8%	NA
Persons 25 and older with less than a HS education	10.3%	7.6%	8.2%	10.0%	9.1%	10.2%	15.0%
Disability status	18.0%	16.4%	14.1%	17.8%	16.6%	15.7%	12.0%
Veterans Status	14.0%	15.6%	16.7%	14.5%	14.5%	13.2%	9.9%
65+ living alone	31.2%	27.6%	27.5%	29.8%	29.1%	29.8%	27.3%

data may be unreliable due to small numbers