
















## Sex and Health in Maine

This table shows the percentage or rate of each indicator among males and females in Maine.

For example, 29.5% of female adults have an annual income of less than \$25,000 per year.

Sex	Female	Male	Maine Overall	Indicator by Sex
Indicator, Year	Estimate 95% CI	Estimate 95% CI	Estimate 95% CI	
<b>Overall proportion of adults by sex, 2016<sup>1</sup></b>	<b>51.6</b> 50.0 – 53.1	<b>48.4</b> 46.9 – 50.0	<b>NA</b> –	
Income less than \$25,000 per year, adults, 2016 <sup>1</sup>	<b>29.5</b> 27.5 – 31.5	<b>24.0</b> 22.0 – 26.1	<b>26.8</b> 25.4 – 28.3	
High school degree or less, adults, 2016 <sup>1</sup>	<b>39.1</b> 37.0 – 41.2	<b>45.2</b> 42.9 – 47.5	<b>42.0</b> 40.5 – 43.6	
Unemployment rate, adults, 2016 <sup>2</sup>	<b>3.0</b> 2.5 – 3.5	<b>4.8</b> 4.1 – 5.5	<b>3.9</b> 3.5 – 4.3	
Uninsured, all ages, 2016 <sup>2</sup>	<b>6.8</b> 6.2 – 7.4 <sup>†</sup>	<b>9.4</b> 8.7 – 10.1 <sup>†</sup>	<b>8.0</b> 7.5 – 8.5 <sup>†</sup>	
Health rating: fair to poor, adults, 2016 <sup>1</sup>	<b>16.0</b> 14.6 – 17.5	<b>16.7</b> 15.0 – 18.5	<b>16.4</b> 15.3 – 17.5	
Obesity, adults, 2016 <sup>1</sup>	<b>29.5</b> 27.6 – 31.4	<b>30.3</b> 28.2 – 32.4	<b>29.9</b> 28.5 – 31.3	
Current smoking, adults, 2016 <sup>1</sup>	<b>18.1</b> 16.3 – 19.8	<b>21.6</b> 19.6 – 23.6	<b>19.8</b> 18.4 – 21.1	
Sedentary lifestyle, adults, 2016 <sup>1</sup>	<b>22.4</b> 20.8 – 24.1	<b>18.7</b> 17.0 – 20.3	<b>20.6</b> 19.4 – 21.8	
Past 30-day misuse of prescription drugs, adults, 2011-2016 <sup>1</sup>	<b>0.7</b> 0.5 – 0.9	<b>1.0</b> 0.7 – 1.3	<b>0.9</b> 0.7 – 1.1	
Coronary heart disease deaths per 100,000 (age-adjusted), 2016 <sup>3</sup>	<b>50.7</b> 46.7 – 55.1	<b>115.5</b> 108.1 – 123.3	<b>79.7</b> 75.7 – 83.9	
High blood pressure adults, 2015 <sup>1</sup>	<b>31.2</b> 29.5 – 32.8	<b>37.3</b> 35.2 – 39.4	<b>34.1</b> 32.8 – 35.5	
Diabetes, adults, 2016 <sup>1</sup>	<b>9.7</b> 8.6 – 10.7	<b>11.5</b> 10.2 – 12.8	<b>10.6</b> 9.7 – 11.4	
Current asthma, adults, 2016 <sup>1</sup>	<b>14.8</b> 13.3 – 16.3	<b>9.4</b> 8.0 – 10.9	<b>12.2</b> 11.2 – 13.2	
Diagnosed depression (lifetime), adults, 2016 <sup>1</sup>	<b>25.9</b> 23.9 – 27.8	<b>16.0</b> 14.2 – 17.9	<b>21.1</b> 19.8 – 22.4	

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Indicator, Year	Estimate 95% CI	Estimate 95% CI	Estimate 95% CI	
Poverty status, 2016 <sup>2</sup>	<b>13.6</b> 12.7 – 14.5 <sup>†</sup>	<b>11.3</b> 10.4 – 12.2 <sup>†</sup>	<b>12.5</b> 11.4 – 13.3 <sup>†</sup>	
Dentist visits in the past year, adults, 2016 <sup>1</sup>	<b>66.1</b> 64.1 – 68.1	<b>60.3</b> 58.0 – 62.3	<b>63.3</b> 61.7 – 64.8	
Usual primary care provider, adults, 2016 <sup>1</sup>	<b>92.2</b> 90.9 – 93.4	<b>82.9</b> 81.0 – 84.8	<b>87.7</b> 86.6 – 88.8	
Cholesterol checked in past 5 years, adults, 2015 <sup>1</sup>	<b>84.0</b> 82.1 – 85.8	<b>78.2</b> 76.1 – 80.4	<b>81.2</b> 79.8 – 82.6	
Past 30-day cigarette smoking, high school students, 2017 <sup>4</sup>	<b>7.3</b> 6.6 – 8.0	<b>9.8</b> 9.1 – 10.5	<b>8.8</b> 8.2 – 9.4	
Sad/hopeless for 2 weeks in a row, high school students, 2017 <sup>4</sup>	<b>35.5</b> 34.2 – 36.7	<b>18.5</b> 17.7 – 19.3	<b>26.9</b> 26.0 – 27.8	
Sexual assault, high school students, 2017 <sup>4</sup>	<b>10.3</b> 9.4 – 11.2	<b>4.2</b> 3.7 – 4.8	<b>7.2</b> 6.7 – 7.8	
Poisoning deaths (unintentional and undetermined intent) per 100,000 (age-adjusted), 2016 <sup>3</sup>	<b>16.6</b> 13.4 – 20.3	<b>38.8</b> 33.9 – 44.3	<b>27.6</b> 24.6 – 30.8	
Suicide deaths per 100,000 (age-adjusted), 2016 <sup>3</sup>	<b>7.9</b> 5.8 – 10.5	<b>24.3</b> 20.6 – 28.4	<b>15.9</b> 13.8 – 18.2	
All cancer deaths per 100,000 (age-adjusted), 2016 <sup>3</sup>	<b>145.4</b> 138.0 – 153.2	<b>200.4</b> 190.8 – 210.4	<b>169.0</b> 163.1 – 175.2	
Current outpatient mental health treatment, adults, 2016 <sup>1</sup>	<b>24.3</b> 22.4 – 26.2	<b>12.7</b> 11.2 – 14.3	<b>18.8</b> 17.5 – 20.0	

All estimates are percentages unless otherwise noted.

<sup>1</sup> BRFSS, Behavioral Risk Factor Surveillance System.

<sup>2</sup> U.S. Census Bureau, American Community Survey.

<sup>3</sup> Maine Mortality Database; Data, Research, and Vital Statistics Program, Maine CDC.

<sup>4</sup> MIYHS, Maine Integrated Youth Health Survey.

^ Interpret with caution; unweighted numerator less than 50.

NA: Not available.

DSU: Data is suppressed if total respondents less than 50 or 95% confidence interval half-widths are less than 1

† Indicates 90% margin of error was used.

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