

# Maine Shared Community Health Needs Assessment County Summary: 2015

**Aroostook  
County**

Updated: October 2015

## Qualitative Stakeholder Input

A survey of 110 health professionals and community stakeholders in Aroostook County provided insight into the most critical health issues and determinants impacting the lives of those living in the area. According to these stakeholders, the following five health issues and health factors have the most impact on Aroostook County resulting in poor health outcomes for residents.

### Top five health issues

- Obesity
- Drug and alcohol abuse
- Cardiovascular diseases
- Diabetes
- Respiratory diseases

### Top five health factors

- Access to behavioral care/mental health care
- Poverty
- Employment
- Health care insurance
- Transportation


Maine Shared CHNA Health Indicators	Year	Aroostook	Trend	Maine	U.S.
<b>Demographics</b>					
Total Population	2013	70,055		1,328,302	319 Mil
Population – % ages 0-17	2013	19.1%		19.7%	23.3%
Population – % ages 18-64	2013	60.4%		62.6%	62.6%
Population – % ages 65+	2013	20.6%		17.7%	14.1%
Population – % White	2013	95.5%		95.2%	77.7%
Population – % Black or African American	2013	0.8%		1.4%	13.2%
Population – % American Indian and Alaska Native	2013	1.8%		0.7%	1.2%
Population – % Asian	2013	0.5%		1.1%	5.3%
Population – % Hispanic	2013	1.1%		1.4%	17.1%
Population – % with a disability	2013	21.6%		15.9%	12.1%
Population density (per square mile)	2013	10.8		43.1	87.4
<b>Socioeconomic Status Measures</b>					
Adults living in poverty	2009-2013	16.3%	NA	13.6%	15.4%
Children living in poverty	2009-2013	23.7%	NA	18.5%	21.6%
High school graduation rate	2013-2014	88.1%	NA	86.5%	81.0%
Median household income	2009-2013	\$37,855	NA	\$48,453	\$53,046
Percentage of people living in rural areas	2013	100.0%	NA	66.4%	NA
Single-parent families	2009-2013	33.0%	NA	34.0%	33.2%
Unemployment rate	2014	7.6%	NA	5.7%	6.2%
65+ living alone	2009-2013	45.5%	NA	41.2%	37.7%
<b>General Health Status</b>					
Adults who rate their health fair to poor	2011-2013	21.0%		15.6%	16.7%
Adults with 14+ days lost due to poor mental health	2011-2013	11.5%		12.4%	NA
Adults with 14+ days lost due to poor physical health	2011-2013	17.2%		13.1%	NA
Adults with three or more chronic conditions	2011, 2013	35.1%		27.6%	NA
<b>Mortality</b>					
Life expectancy (Female)	2012	81.3	NA	81.5	81.2
Life expectancy (Male)	2012	75.1	NA	76.7	76.4
Overall mortality rate per 100,000 population	2009-2013	800.8	NA	745.8	731.9
<b>Access</b>					
Adults with a usual primary care provider	2011-2013	87.0%		87.7%	76.6%
Individuals who are unable to obtain or delay obtaining necessary medical care due to cost	2011-2013	11.1%		11.0%	15.3%
MaineCare enrollment	2015	37.4%	NA	27.0%	23.0%
Percent of children ages 0-19 enrolled in MaineCare	2015	52.3%	NA	41.8%	48.0%
Percent uninsured	2009-2013	10.9%	NA	10.4%	11.7%
<b>Health Care Quality</b>					
Ambulatory care-sensitive condition hospital admission rate per 100,000 population	2011	1,791.9	+	1,499.3	1457.5


Maine Shared CHNA Health Indicators	Year	Aroostook	Trend	Maine	U.S.
Ambulatory care-sensitive condition emergency department rate per 100,000 population	2011	6,147.5	NA	4,258.8	NA
<b>Oral Health</b>					
Adults with visits to a dentist in the past 12 months	2012	51.9%	NA	65.3%	67.2%
MaineCare members under 18 with a visit to the dentist in the past year	2014	58.4%	NA	55.1%	NA
<b>Respiratory</b>					
Asthma emergency department visits per 10,000 population	2009-2011	113.5	-	67.3	NA
COPD diagnosed	2011-2013	10.6%		7.6%	6.5%
COPD hospitalizations per 100,000 population	2011	380.7	-	216.3	NA
Current asthma (Adults)	2011-2013	13.2%		11.7%	9.0%
Current asthma (Youth 0-17)	2011-2013	13.6%†	NA	9.1%	NA
Pneumonia emergency department rate per 100,000 population	2011	736.3		719.9	NA
Pneumonia hospitalizations per 100,000 population	2011	445.0	-	329.4	NA
<b>Cancer</b>					
Mortality – all cancers per 100,000 population	2007-2011	197.5	NA	185.5	168.7
Incidence – all cancers per 100,000 population	2007-2011	487.6	NA	500.1	453.4
Bladder cancer incidence per 100,000 population	2007-2011	26.9	NA	28.3	20.2
Female breast cancer mortality per 100,000 population	2007-2011	24.2	NA	20.0	21.5
Breast cancer late-stage incidence (females only) per 100,000 population	2007-2011	34.7	NA	41.6	43.7
Female breast cancer incidence per 100,000 population	2007-2011	100.2	NA	126.3	124.1
Mammograms females age 50+ in past two years	2012	85.3%	NA	82.1%	77.0%
Colorectal cancer mortality per 100,000 population	2007-2011	20.0	NA	16.1	15.1
Colorectal late-stage incidence per 100,000 population	2007-2011	24.4	NA	22.7	22.9
Colorectal cancer incidence per 100,000 population	2007-2011	56.2	NA	43.5	42.0
Colorectal screening	2012	72.2%	NA	72.2%	NA
Lung cancer mortality per 100,000 population	2007-2011	60.6	NA	54.3	46.0
Lung cancer incidence per 100,000 population	2007-2011	87.8	NA	75.5	58.6
Melanoma incidence per 100,000 population	2007-2011	13.1	NA	22.2	21.3
Pap smears females ages 21-65 in past three years	2012	89.4%	NA	88.0%	78.0%
Prostate cancer mortality per 100,000 population	2007-2011	17.4	NA	22.1	20.8
Prostate cancer incidence per 100,000 population	2007-2011	104.3	NA	133.8	140.8
Tobacco-related neoplasms, mortality per 100,000 population	2007-2011	38.6	NA	37.4	34.3
Tobacco-related neoplasms, incidence per 100,000 population	2007-2011	95.9	NA	91.9	81.7
<b>Cardiovascular Disease</b>					
Acute myocardial infarction hospitalizations per 10,000 population	2010-2012	39.5		23.5	NA
Acute myocardial infarction mortality per 100,000 population	2009-2013	40.0	NA	32.2	32.4
Cholesterol checked every five years	2011, 2013	82.3%		81.0%	76.4%
Coronary heart disease mortality per 100,000 population	2009-2013	111.8	NA	89.8	102.6
Heart failure hospitalizations per 10,000 population	2010-2012	22.2		21.9	NA
Hypertension prevalence	2011, 2013	40.7%		32.8%	31.4%
High cholesterol	2011, 2013	47.7%		40.3%	38.4%
Hypertension hospitalizations per 100,000 population	2011	70.1		28.0	NA
Stroke hospitalizations per 10,000 population	2010-2012	20.7		20.8	NA
Stroke mortality per 100,000 population	2009-2013	39.9	NA	35.0	36.2
<b>Diabetes</b>					
Diabetes prevalence (ever been told)	2011-2013	14.2%		9.6%	9.7%
Pre-diabetes prevalence	2011-2013	9.5%		6.9%	NA
Adults with diabetes who have eye exam annually	2011-2013	NA	NA	71.2%	NA
Adults with diabetes who have foot exam annually	2011-2013	77.0%	NA	83.3%	NA

Maine Shared CHNA Health Indicators	Year	Aroostook	Trend	Maine	U.S.
Adults with diabetes who have had an A1C test twice per year	2011-2013	NA	NA	73.2%	NA
Adults with diabetes who have received formal diabetes education	2011-2013	NA	NA	60.0%	55.8%
Diabetes emergency department visits (principal diagnosis) per 100,000 population	2011	352.0		235.9	NA
Diabetes hospitalizations (principal diagnosis) per 10,000 population	2010-2012	13.8		11.7	NA
Diabetes long-term complication hospitalizations	2011	66.8		59.1	NA
Diabetes mortality (underlying cause) per 100,000 population	2009-2013	24.3	NA	20.8	21.2
<b>Environmental Health</b>					
Children with confirmed elevated blood lead levels (% among those screened)	2009-2013	0.7%	NA	2.5%	NA
Children with unconfirmed elevated blood lead levels (% among those screened)	2009-2013	3.8%	NA	4.2%	NA
Homes with private wells tested for arsenic	2009, 2012	30.2%	NA	43.3%	NA
Lead screening among children age 12-23 months	2009-2013	71.1%	NA	49.2%	NA
Lead screening among children age 24-35 months	2009-2013	27.5%	NA	27.6%	NA
<b>Immunization</b>					
Adults immunized annually for influenza	2011-2013	36.5%		41.5%	NA
Adults immunized for pneumococcal pneumonia (ages 65 and older)	2011-2013	69.5%		72.4%	69.5%
Immunization exemptions among kindergarteners for philosophical reasons	2015	0.6%	NA	3.7%	NA
Two-year-olds up to date with "Series of Seven Immunizations" 4-3-1-3-3-1-4	2015	86.0%	NA	75.0%	NA
<b>Infectious Disease</b>					
Hepatitis A (acute) incidence per 100,000 population	2014	0.0†	NA	0.6	0.4
Hepatitis B (acute) incidence per 100,000 population	2014	0.0†	NA	0.9	0.9
Hepatitis C (acute) incidence per 100,000 population	2014	1.4†	NA	2.3	0.7
Incidence of past or present hepatitis C virus (HCV) per 100,000 population	2014	64.8	NA	107.1	NA
Incidence of newly reported chronic hepatitis B virus (HBV) per 100,000 population	2014	7.2†	NA	8.1	NA
Lyme disease incidence per 100,000 population	2014	7.2†	NA	105.3	10.5
Pertussis incidence per 100,000 population	2014	97.9	NA	41.9	10.3
Tuberculosis incidence per 100,000 population	2014	0.0†	NA	1.1	3.0
<b>STD/HIV</b>					
AIDS incidence per 100,000 population	2014	2.9†	NA	2.1	8.4
Chlamydia incidence per 100,000 population	2014	161.3	NA	265.5	452.2
Gonorrhea incidence per 100,000 population	2014	1.4†	NA	17.8	109.8
HIV incidence per 100,000 population	2014	0.0†	NA	4.4	11.2
HIV/AIDS hospitalization rate per 100,000 population	2011	18.6		21.4	NA
Syphilis incidence per 100,000 population	2014	0.0†	NA	1.6	19.9
<b>Intentional Injury</b>					
Domestic assaults reports to police per 100,000 population	2013	284.1	NA	413.0	NA
Firearm deaths per 100,000 population	2009-2013	8.6	NA	9.2	10.4
Intentional self-injury (Youth)	2013	NA	NA	17.9%	NA
Lifetime rape/non-consensual sex (among females)	2013	NA	NA	11.3%	NA
Nonfatal child maltreatment per 1,000 population	2013	NA	NA	14.6	9.1
Reported rape per 100,000 population	2013	10.0†	NA	27.0	25.2
Suicide deaths per 100,000 population	2009-2013	14.5	NA	15.2	12.6
Violence by current or former intimate partners in past 12 months (among females)	2013	NA	NA	0.8%	NA
Violent crime rate per 100,000 population	2013	70.0	NA	125.0	368
<b>Unintentional Injury</b>					
Always wear seatbelt (Adults)	2013	76.2%		85.2%	NA

Maine Shared CHNA Health Indicators	Year	Aroostook	Trend	Maine	U.S.
Always wear seatbelt (High School Students)	2013	47.1%		61.6%	54.7%
Traumatic brain injury related emergency department visits (all intents) per 10,000 population	2011	86.6	NA	81.4	NA
Unintentional and undetermined intent poisoning deaths per 100,000 population	2009-2013	9.9	NA	11.1	13.2
Unintentional fall related deaths per 100,000 population	2009-2013	4.1	NA	6.8	8.5
Unintentional fall related injury emergency department visits per 10,000 population	2011	427.9	NA	361.3	NA
Unintentional motor vehicle traffic crash related deaths per 100,000 population	2009-2013	14.2	NA	10.8	10.5
<b>Occupational Health</b>					
Deaths from work-related injuries (number)	2013	NA	NA	19.0	4,585
Nonfatal occupational injuries (number)	2013	637.0	NA	13,205.0	NA
<b>Mental Health</b>					
Adults who have ever had anxiety	2011-2013	21.5%		19.4%	NA
Adults who have ever had depression	2011-2013	23.2%		23.5%	18.7%
Adults with current symptoms of depression	2011-2013	11.2%		10.0%	NA
Adults currently receiving outpatient mental health treatment	2011-2013	15.5%		17.7%	NA
Co-morbidity for persons with mental illness	2011, 2013	NA	NA	35.2%	NA
Mental health emergency department rates per 100,000 population	2011	1,867.8		1,972.1	NA
Sad/hopeless for two weeks in a row (High School Students)	2013	23.6%		24.3%	29.9%
Seriously considered suicide (High School Students)	2013	14.0%		14.6%	17.0%
<b>Physical Activity, Nutrition and Weight</b>					
Fewer than two hours combined screen time (High School Students)	2013	NA	NA	33.9%	NA
Fruit and vegetable consumption (High School Students)	2013	16.5%	NA	16.8%	NA
Fruit consumption among Adults 18+ (less than one serving per day)	2013	35.1%	NA	34.0%	39.2%
Met physical activity recommendations (Adults)	2013	50.0%		53.4%	50.8%
Physical activity for at least 60 minutes per day on five of the past seven days (High School Students)	2013	45.6%	NA	43.7%	47.3%
Sedentary lifestyle – no leisure-time physical activity in past month (Adults)	2011-2013	27.7%		22.4%	25.3%
Soda/sports drink consumption (High School Students)	2013	30.1%	NA	26.2%	27.0%
Vegetable consumption among Adults 18+ (less than one serving per day)	2013	20.4%	NA	17.9%	22.9%
Obesity (Adults)	2013	38.3%		28.9%	29.4%
Obesity (High School Students)	2013	11.5%		12.7%	13.7%
Overweight (Adults)	2013	31.1%		36.0%	35.4%
Overweight (High School Students)	2013	18.1%		16.0%	16.6%
<b>Pregnancy and Birth Outcomes</b>					
Children with special health care needs	2009-2010	NA	NA	23.6%	19.8%
Infant deaths per 1,000 live births	2003-2012	6.4	NA	6.0	6.0
Live births for which the mother received early and adequate prenatal care	2010-2012	85.1%	NA	86.4%	84.8%
Live births to 15-19 year olds per 1,000 population	2010-2012	25.5	NA	20.5	26.5
Low birth weight (<2500 grams)	2010-2012	7.6%	NA	6.6%	8.0%
<b>Substance and Alcohol Abuse</b>					
Alcohol-induced mortality per 100,000 population	2009-2013	10.7	NA	8.0	8.2
Binge drinking of alcoholic beverages (High School Students)	2013	15.0%		14.8%	20.8%
Binge drinking of alcoholic beverages (Adults)	2011-2013	13.9%		17.4%	16.8%
Chronic heavy drinking (Adults)	2011-2013	4.9%		7.3%	6.2%
Drug-affected baby referrals received as a percentage of all live births	2014	8.9%	NA	7.8%	NA
Drug-induced mortality per 100,000 population	2009-2013	11.7	NA	12.4	14.6

Maine Shared CHNA Health Indicators	Year	Aroostook	Trend	Maine	U.S.
Emergency medical service overdose response per 100,000 population	2014	305.3	NA	391.5	NA
Opiate poisoning (ED visits) per 100,000 population	2009-2011	21.2		25.1	NA
Opiate poisoning (hospitalizations) per 100,000 population	2009-2011	10.8		13.2	NA
Past-30-day alcohol use (High School Students)	2013	26.5%		26.0%	34.9%
Past-30-day inhalant use (High School Students)	2013	3.4%		3.2%	NA
Past-30-day marijuana use (Adults)	2011-2013	6.8% <sup>†</sup>		8.2%	NA
Past-30-day marijuana use (High School Students)	2013	16.5%		21.6%	23.4%
Past-30-day nonmedical use of prescription drugs (Adult)	2011-2013	1.8% <sup>†</sup>	NA	1.1%	NA
Past-30-day nonmedical use of prescription drugs (High School Students)	2013	5.0%		5.6%	NA
Prescription Monitoring Program opioid prescriptions (days supply/pop)	2014-2015	7.0	NA	6.8	NA
Substance-abuse hospital admissions per 100,000 population	2011	125.7		328.1	NA
<b>Tobacco Use</b>					
Current smoking (Adults)	2011-2013	22.8%		20.2%	19.0%
Current smoking (High School Students)	2013	16.4%		12.9%	15.7%
Current tobacco use (High School Students)	2013	18.4%	NA	18.2%	22.4%
Secondhand smoke exposure (Youth)	2013	46.0%		38.3%	NA

 Indicates county is significantly better than state average (using a 95% confidence level).

 Indicates county is significantly worse than state average (using a 95% confidence level).

+ Indicates a positive trend over time at the county level (using a 95% confidence level)

- Indicates a negative trend over time at the county level (using a 95% confidence level)

<sup>†</sup> Results may be statistically unreliable due to small numerator, use caution when interpreting.

NA = No data available