

Maine Shared Community Health Needs Assessment

District Summary: 2015

Central District

Updated: October 2015

Qualitative Stakeholder Input

A survey of 285 health professionals and community stakeholders in the Central Public Health District 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 the District resulting in poor health outcomes for residents.

Top five health issues

- Obesity
- Drug and alcohol abuse
- Physical activity and nutrition
- Mental health
- Depression

Top five health factors

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

Maine Shared CHNA Health Indicators	Year	Central	Kennebec	Somerset	Maine	U.S.
Demographics						
Total Population	2013	172,870	121,164	51,706	1,328,302	319 Mil
Population – % ages 0-17	2013	20.0%	19.9%	20.3%	19.7%	23.3%
Population – % ages 18-64	2013	62.5%	63.0%	61.5%	62.6%	62.6%
Population – % ages 65+	2013	17.5%	17.1%	18.3%	17.7%	14.1%
Population – % White	2013	96.6%	96.4%	97.0%	95.2%	77.7%
Population – % Black or African American	2013	0.6%	0.6%	0.5%	1.4%	13.2%
Population – % American Indian and Alaska Native	2013	0.5%	0.5%	0.5%	0.7%	1.2%
Population – % Asian	2013	0.7%	0.8%	0.6%	1.1%	5.3%
Population – % Hispanic	2013	1.3%	1.4%	1.0%	1.4%	17.1%
Population – % with a disability	2013	17.9%	17.6%	18.5%	15.9%	12.1%
Population density (per square mile)	2013	NA	140.8	13.3	43.1	87.4
Socioeconomic Status Measures						
Adults living in poverty	2009-2013	14.8%	13.4%	17.8%	13.6%	15.4%
Children living in poverty	2009-2013	19.9%	17.7%	24.9%	18.5%	21.6%
High school graduation rate	2013-2014	84.9%	85.5%	83.9%	86.5%	81.0%
Median household income	2009-2013	NA	\$46,808	\$38,642	\$48,453	\$53,046
Percentage of people living in rural areas	2013	100.0%	100.0%	100.0%	66.4%	NA
Single-parent families	2009-2013	37.0%	36.7%	37.7%	34.0%	33.2%
Unemployment rate	2014	6.1%	5.4%	7.9%	5.7%	6.2%
65+ living alone	2009-2013	40.7%	42.7%	36.3%	41.2%	37.7%
General Health Status						
Adults who rate their health fair to poor	2011-2013	17.9%	16.1%	22.1%	15.6%	16.7%
Adults with 14+ days lost due to poor mental health	2011-2013	14.3%	14.0%	14.9%	12.4%	NA
Adults with 14+ days lost due to poor physical health	2011-2013	15.0%	14.1%	17.1%	13.1%	NA
Adults with three or more chronic conditions	2011, 2013	29.2%	27.7%	32.5%	27.6%	NA
Mortality						
Life expectancy (Female)	2012	NA	80.9	80.2	81.5	81.2


Maine Shared CHNA Health Indicators	Year	Central	Kennebec	Somerset	Maine	U.S.
Life expectancy (Male)	2012	NA	75.6	75.4	76.7	76.4
Overall mortality rate per 100,000 population	2009-2013	811.8	805.1	826.3	745.8	731.9
Access						
Adults with a usual primary care provider	2011-2013	87.3%	88.0%	85.5%	87.7%	76.6%
Individuals who are unable to obtain or delay obtaining necessary medical care due to cost	2011-2013	11.1%	10.4%	12.6%	11.0%	15.3%
MaineCare enrollment	2015	30.9%	29.0%	35.5%	27.0%	23.0%
Percent of children ages 0-19 enrolled in MaineCare	2015	47.0%	44.8%	52.3%	41.8%	48.0%
Percent uninsured	2009-2013	10.2%	9.6%	12.2%	10.4%	11.7%
Health Care Quality						
Ambulatory care-sensitive condition hospital admission rate per 100,000 population	2011	1,472.2	1,390.4	1,665.2	1,499.3	1458
Ambulatory care-sensitive condition emergency department rate per 100,000 population	2011	4,960.2	3,892.4	7,478.6	4,258.8	NA
Oral Health						
Adults with visits to a dentist in the past 12 months	2012	64.8%	67.4%	59.1%	65.3%	67.2%
MaineCare members under 18 with a visit to the dentist in the past year	2014	54.3%	54.4%	54.1%	55.1%	NA
Respiratory						
Asthma emergency department visits per 10,000 population	2009-2011	77.5	67.6	101.2	67.3	NA
COPD diagnosed	2011-2013	8.1%	7.7%	9.1%	7.6%	6.5%
COPD hospitalizations per 100,000 population	2011	191.1	166.5	246.8	216.3	NA
Current asthma (Adults)	2011-2013	13.1%	12.6%	14.4%	11.7%	9.0%
Current asthma (Youth 0-17)	2011-2013	11.2%†	10.7%†	12.1%†	9.1%	NA
Pneumonia emergency department rate per 100,000 population	2011	941.3	754.2	1,379.2	719.9	NA
Pneumonia hospitalizations per 100,000 population	2011	324.6	299.7	380.4	329.4	NA
Cancer						
Mortality – all cancers per 100,000 population	2007-2011	200.8	199.4	204.9	185.5	169
Incidence – all cancers per 100,000 population	2007-2011	486.7	493.5	472.0	500.1	453
Bladder cancer incidence per 100,000 population	2007-2011	27.2	25.4	31.2	28.3	20.2
Female breast cancer mortality per 100,000 population	2007-2011	20.9	22.1	18.5	20.0	21.5
Breast cancer late-stage incidence (females only) per 100,000 population	2007-2011	42.0	44.5	36.2	41.6	43.7
Female breast cancer incidence per 100,000 population	2007-2011	128.3	138.0	105.9	126.3	124
Mammograms females age 50+ in past two years	2012	82.9%	82.9%	82.8%	82.1%	77.0%
Colorectal cancer mortality per 100,000 population	2007-2011	18.2	18.1	18.8	16.1	15.1
Colorectal late-stage incidence per 100,000 population	2007-2011	22.3	21.0	25.1	22.7	22.9
Colorectal cancer incidence per 100,000 population	2007-2011	40.4	40.2	41.2	43.5	42.0
Colorectal screening	2012	75.2%	77.7%	70.1%	72.2%	NA
Lung cancer mortality per 100,000 population	2007-2011	56.8	56.6	57.6	54.3	46.0
Lung cancer incidence per 100,000 population	2007-2011	77.3	78.8	74.3	75.5	58.6
Melanoma incidence per 100,000 population	2007-2011	16.0	15.6	17.1	22.2	21.3
Pap smears females ages 21-65 in past three years	2012	85.9%	85.7%	86.7%	88.0%	78.0%
Prostate cancer mortality per 100,000 population	2007-2011	26.2	27.0	23.6	22.1	20.8
Prostate cancer incidence per 100,000 population	2007-2011	134.9	138.3	126.6	133.8	141
Tobacco-related neoplasms, mortality per 100,000 population	2007-2011	42.2	41.1	44.5	37.4	34.3
Tobacco-related neoplasms, incidence per 100,000 population	2007-2011	92.7	89.3	99.8	91.9	81.7
Cardiovascular Disease						
Acute myocardial infarction hospitalizations per 10,000 population	2010-2012	28.6	27.8	30.4	23.5	NA

Maine Shared CHNA Health Indicators	Year	Central	Kennebec	Somerset	Maine	U.S.
Acute myocardial infarction mortality per 100,000 population	2009-2013	37.3	36.1	40.1	32.2	32.4
Cholesterol checked every five years	2011, 2013	81.2%	82.2%	79.2%	81.0%	76.4%
Coronary heart disease mortality per 100,000 population	2009-2013	105.6	100.7	117.4	89.8	103
Heart failure hospitalizations per 10,000 population	2010-2012	22.8	20.3	28.5	21.9	NA
Hypertension prevalence	2011, 2013	34.6%	32.4%	39.6%	32.8%	31.4%
High cholesterol	2011, 2013	41.0%	40.0%	43.3%	40.3%	38.4%
Hypertension hospitalizations per 100,000 population	2011	23.8	18.4	36.8	28.0	NA
Stroke hospitalizations per 10,000 population	2010-2012	22.4	22.4	22.3	20.8	NA
Stroke mortality per 100,000 population	2009-2013	37.3	36.1	40.3	35.0	36.2
Diabetes						
Diabetes prevalence (ever been told)	2011-2013	10.2%	9.5%	11.8%	9.6%	9.7%
Pre-diabetes prevalence	2011-2013	6.0%	5.0%	8.1%†	6.9%	NA
Adults with diabetes who have eye exam annually	2011-2013	69.8%	74.5%	NA	71.2%	NA
Adults with diabetes who have foot exam annually	2011-2013	79.5%	79.8%	NA	83.3%	NA
Adults with diabetes who have had an A1C test twice per year	2011-2013	70.4%	NA	NA	73.2%	NA
Adults with diabetes who have received formal diabetes education	2011-2013	59.8%	65.1%	NA	60.0%	55.8%
Diabetes emergency department visits (principal diagnosis) per 100,000 population	2011	273.4	233.9	364.7	235.9	NA
Diabetes hospitalizations (principal diagnosis) per 10,000 population	2010-2012	12.2	12.5	11.4	11.7	NA
Diabetes long-term complication hospitalizations	2011	64.7	72.3	47.2	59.1	NA
Diabetes mortality (underlying cause) per 100,000 population	2009-2013	24.2	25.8	20.8	20.8	21.2
Environmental Health						
Children with confirmed elevated blood lead levels (% among those screened)	2009-2013	2.3%	2.3%	2.4%	2.5%	NA
Children with unconfirmed elevated blood lead levels (% among those screened)	2009-2013	6.9%	5.7%	9.1%	4.2%	NA
Homes with private wells tested for arsenic	2009, 2012	52.6%	56.5%	45.4%	43.3%	NA
Lead screening among children age 12-23 months	2009-2013	38.8%	37.9%	41.1%	49.2%	NA
Lead screening among children age 24-35 months	2009-2013	31.3%	27.3%	40.7%	27.6%	NA
Immunization						
Adults immunized annually for influenza	2011-2013	41.6%	43.4%	37.6%	41.5%	NA
Adults immunized for pneumococcal pneumonia (ages 65 and older)	2011-2013	73.7%	74.0%	73.1%	72.4%	69.5%
Immunization exemptions among kindergarteners for philosophical reasons	2015	3.4%	3.1%	3.9%	3.7%	NA
Two-year-olds up to date with "Series of Seven Immunizations" 4-3-1-3-3-1-4	2015	NA	81.0%	NA	75.0%	NA
Infectious Disease						
Hepatitis A (acute) incidence per 100,000 population	2014	0.0†	0.0†	0.0†	0.6	0.4
Hepatitis B (acute) incidence per 100,000 population	2014	2.9†	4.1†	0.0†	0.9	0.9
Hepatitis C (acute) incidence per 100,000 population	2014	2.9†	3.3†	2.0†	2.3	0.7
Incidence of past or present hepatitis C virus (HCV) per 100,000 population	2014	38.3	39.6	35.2†	107.1	NA
Incidence of newly reported chronic hepatitis B virus (HBV) per 100,000 population	2014	2.9†	3.3†	2.0†	8.1	NA
Lyme disease incidence per 100,000 population	2014	90.0	113.9	33.2†	105.3	10.5
Pertussis incidence per 100,000 population	2014	35.4	14.0†	86.0	41.9	10.3
Tuberculosis incidence per 100,000 population	2014	0.6†	0.8†	0.0†	1.1	3.0
STD/HIV						
AIDS incidence per 100,000 population	2014	2.3†	0.0†	7.8†	2.1	8.4
Chlamydia incidence per 100,000 population	2014	276.3	295.6	230.6	265.5	452
Gonorrhea incidence per 100,000 population	2014	16.3	19.0	9.8†	17.8	110
HIV incidence per 100,000 population	2014	4.1†	3.3†	5.9†	4.4	11.2

Maine Shared CHNA Health Indicators	Year	Central	Kennebec	Somerset	Maine	U.S.
HIV/AIDS hospitalization rate per 100,000 population	2011	24.3	22.0	30.0	21.4	NA
Syphilis incidence per 100,000 population	2014	0.0†	0.0†	0.0†	1.6	19.9
Intentional Injury						
Domestic assaults reports to police per 100,000 population	2013	566.8	478.3	774.0	413.0	NA
Firearm deaths per 100,000 population	2009-2013	9.8	9.0	11.6	9.2	10.4
Intentional self-injury (Youth)	2013	NA	NA	NA	17.9%	NA
Lifetime rape/non-consensual sex (among females)	2013	NA	NA	NA	11.3%	NA
Nonfatal child maltreatment per 1,000 population	2013	NA	NA	NA	14.6	9.1
Reported rape per 100,000 population	2013	50.4	52.0	46.4	27.0	25.2
Suicide deaths per 100,000 population	2009-2013	15.6	14.7	17.7	15.2	12.6
Violence by current or former intimate partners in past 12 months (among females)	2013	NA	NA	NA	0.8%	NA
Violent crime rate per 100,000 population	2013	134.9	146.2	108.4	125.0	368
Unintentional Injury						
Always wear seatbelt (Adults)	2013	84.5%	86.5%	79.8%	85.2%	NA
Always wear seatbelt (High School Students)	2013	58.4%	61.8%	52.4%	61.6%	54.7%
Traumatic brain injury related emergency department visits (all intents) per 10,000 population	2011	104.5	100.0	115.9	81.4	NA
Unintentional and undetermined intent poisoning deaths per 100,000 population	2009-2013	12.7	13.6	10.4	11.1	13.2
Unintentional fall related deaths per 100,000 population	2009-2013	6.2	6.3	5.8†	6.8	8.5
Unintentional fall related injury emergency department visits per 10,000 population	2011	421.0	400.1	470.7	361.3	NA
Unintentional motor vehicle traffic crash related deaths per 100,000 population	2009-2013	12.5	12.0	13.8	10.8	10.5
Occupational Health						
Deaths from work-related injuries (number)	2013	NA	NA	NA	19.0	4,585
Nonfatal occupational injuries (number)	2013	1,909.0	1,539.0	370.0	13,205.0	NA
Mental Health						
Adults who have ever had anxiety	2011-2013	20.9%	20.5%	21.8%	19.4%	NA
Adults who have ever had depression	2011-2013	24.8%	24.1%	26.5%	23.5%	18.7%
Adults with current symptoms of depression	2011-2013	10.9%	9.6%	13.3%	10.0%	NA
Adults currently receiving outpatient mental health treatment	2011-2013	18.5%	18.7%	18.2%	17.7%	NA
Co-morbidity for persons with mental illness	2011, 2013	38.1%	36.0%	NA	35.2%	NA
Mental health emergency department rates per 100,000 population	2011	2,028.5	2,008.8	2,073.6	1,972.1	NA
Sad/hopeless for two weeks in a row (High School Students)	2013	23.6%	24.5%	22.1%	24.3%	29.9%
Seriously considered suicide (High School Students)	2013	15.0%	15.3%	14.4%	14.6%	17.0%
Physical Activity, Nutrition and Weight						
Fewer than two hours combined screen time (High School Students)	2013	NA	NA	NA	33.9%	NA
Fruit and vegetable consumption (High School Students)	2013	16.5%	16.7%	16.2%	16.8%	NA
Fruit consumption among Adults 18+ (less than one serving per day)	2013	38.6%	36.1%	44.4%	34.0%	39.2%
Met physical activity recommendations (Adults)	2013	53.8%	57.1%	45.9%	53.4%	50.8%
Physical activity for at least 60 minutes per day on five of the past seven days (High School Students)	2013	43.4%	44.4%	41.6%	43.7%	47.3%
Sedentary lifestyle – no leisure-time physical activity in past month (Adults)	2011-2013	24.6%	22.6%	29.3%	22.4%	25.3%
Soda/sports drink consumption (High School Students)	2013	27.9%	27.5%	28.7%	26.2%	27.0%
Vegetable consumption among Adults 18+ (less than one serving per day)	2013	20.2%	20.3%	20.1%†	17.9%	22.9%
Obesity (Adults)	2013	30.0%	28.3%	33.8%	28.9%	29.4%
Obesity (High School Students)	2013	15.2%	14.3%	16.9%	12.7%	13.7%

Maine Shared CHNA Health Indicators	Year	Central	Kennebec	Somerset	Maine	U.S.
Overweight (Adults)	2013	38.9%	38.8%	39.0%	36.0%	35.4%
Overweight (High School Students)	2013	16.9%	16.7%	17.4%	16.0%	16.6%
Pregnancy and Birth Outcomes						
Children with special health care needs	2009-2010	NA	NA	NA	23.6%	19.8%
Infant deaths per 1,000 live births	2003-2012	6.2	5.7	7.5	6.0	6.0
Live births for which the mother received early and adequate prenatal care	2010-2012	79.7%	81.3%	75.5%	86.4%	84.8%
Live births to 15-19 year olds per 1,000 population	2010-2012	24.9	23.7	27.8	20.5	26.5
Low birth weight (<2500 grams)	2010-2012	6.7%	6.9%	6.1%	6.6%	8.0%
Substance and Alcohol Abuse						
Alcohol-induced mortality per 100,000 population	2009-2013	8.4	8.0	9.1	8.0	8.2
Binge drinking of alcoholic beverages (High School Students)	2013	14.2%	14.3%	14.2%	14.8%	20.8%
Binge drinking of alcoholic beverages (Adults)	2011-2013	16.1%	15.5%	17.3%	17.4%	16.8%
Chronic heavy drinking (Adults)	2011-2013	5.6%	5.5%	5.7%	7.3%	6.2%
Drug-affected baby referrals received as a percentage of all live births	2014	9.4%	8.3%	12.3%	7.8%	NA
Drug-induced mortality per 100,000 population	2009-2013	NA	13.0	12.2	12.4	14.6
Emergency medical service overdose response per 100,000 population	2014	376.1	416.1	281.5	391.5	NA
Opiate poisoning (ED visits) per 100,000 population	2009-2011	20.6	19.6	22.7	25.1	NA
Opiate poisoning (hospitalizations) per 100,000 population	2009-2011	13.8	14.0	13.7	13.2	NA
Past-30-day alcohol use (High School Students)	2013	24.4%	24.0%	25.1%	26.0%	34.9%
Past-30-day inhalant use (High School Students)	2013	2.8%	3.0%	2.5%	3.2%	NA
Past-30-day marijuana use (Adults)	2011-2013	8.6%	8.4%	9.0%†	8.2%	NA
Past-30-day marijuana use (High School Students)	2013	20.5%	20.0%	21.6%	21.6%	23.4%
Past-30-day nonmedical use of prescription drugs (Adult)	2011-2013	0.9%†	0.1%†	2.5%†	1.1%	NA
Past-30-day nonmedical use of prescription drugs (High School Students)	2013	4.3%	4.5%	4.1%	5.6%	NA
Prescription Monitoring Program opioid prescriptions (days supply/pop)	2014-2015	9.5	9.5	9.6	6.8	NA
Substance-abuse hospital admissions per 100,000 population	2011	318.8	351.2	240.6	328.1	NA
Tobacco Use						
Current smoking (Adults)	2011-2013	20.4%	17.9%	26.1%	20.2%	19.0%
Current smoking (High School Students)	2013	14.0%	13.6%	14.9%	12.9%	15.7%
Current tobacco use (High School Students)	2013	19.0%	18.6%	19.6%	18.2%	22.4%
Secondhand smoke exposure (Youth)	2013	41.9%	39.4%	46.6%	38.3%	NA

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

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

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