

Maine Shared Community Health Needs Assessment

District Summary: 2015

Midcoast District

Updated: October 2015

Qualitative Stakeholder Input

A survey of 158 health professionals and community stakeholders in the Midcoast 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

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

Top five health factors

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

Maine Shared CHNA Health Indicators	Year	Midcoast	Knox	Lincoln	Sagadahoc	Waldo	Maine	U.S.
Demographics								
Total Population	2013	147,591	39,550	34,088	35,013	38,940	1,328,302	319 Mil
Population – % ages 0-17	2013	19.1%	18.6%	17.7%	19.9%	20.0%	19.7%	23.3%
Population – % ages 18-64	2013	60.1%	59.7%	57.7%	61.3%	61.4%	62.6%	62.6%
Population – % ages 65+	2013	20.8%	21.7%	24.6%	18.8%	18.6%	17.7%	14.1%
Population – % White	2013	96.9%	97.0%	97.4%	96.3%	97.0%	95.2%	77.7%
Population – % Black or African American	2013	0.6%	0.6%	0.4%	0.8%	0.5%	1.4%	13.2%
Population – % American Indian and Alaska Native	2013	0.4%	0.4%	0.3%	0.4%	0.5%	0.7%	1.2%
Population – % Asian	2013	0.6%	0.5%	0.6%	0.8%	0.5%	1.1%	5.3%
Population – % Hispanic	2013	1.1%	1.1%	0.9%	1.5%	1.1%	1.4%	17.1%
Population – % with a disability	2013	15.4%	16.1%	14.1%	15.6%	15.7%	15.9%	12.1%
Population density (per square mile)	2013	NA	108.8	75.6	139.1	53.1	43.1	87.4
Socioeconomic Status Measures								
Adults living in poverty	2009-2013	12.5%	10.8%	11.7%	11.1%	16.4%	13.6%	15.4%
Children living in poverty	2009-2013	18.5%	14.6%	19.8%	17.2%	22.2%	18.5%	21.6%
High school graduation rate	2013-2014	84.3%	86.2%	88.9%	77.9%	85.4%	86.5%	81.0%
Median household income	2009-2013	NA	\$49,755	\$50,181	\$56,733	\$42,221	\$48,453	\$53,046
Percentage of people living in rural areas	2013	100.0%	100.0%	100.0%	100.0%	100.0%	66.4%	NA
Single-parent families	2009-2013	34.9%	39.0%	36.0%	27.5%	37.1%	34.0%	33.2%
Unemployment rate	2014	5.5%	5.2%	5.9%	4.6%	6.1%	5.7%	6.2%
65+ living alone	2009-2013	38.9%	41.5%	34.3%	37.3%	42.3%	41.2%	37.7%
General Health Status								
Adults who rate their health fair to poor	2011-2013	14.1%	14.5%	12.5%	13.6%	15.9%	15.6%	16.7%
Adults with 14+ days lost due to poor mental health	2011-2013	11.3%	12.3%	11.8%	11.3%	9.7%	12.4%	NA
Adults with 14+ days lost due to poor physical health	2011-2013	12.3%	11.8%	11.3%	11.1%	14.8%	13.1%	NA
Adults with three or more chronic conditions	2011, 2013	27.2%	24.9%	26.1%	29.4%	28.7%	27.6%	NA
Mortality								
Life expectancy (Female)	2012	NA	82.7	82.6	81.8	81.2	81.5	81.2
Life expectancy (Male)	2012	NA	77.2	77.0	78.3	77.6	76.7	76.4
Overall mortality rate per 100,000 population	2009-2013	708.1	672.3	714.3	713.1	752.3	745.8	731.9

Maine Shared CHNA Health Indicators	Year	Midcoast	Knox	Lincoln	Sagadahoc	Waldo	Maine	U.S.
Access								
Adults with a usual primary care provider	2011-2013	89.9%	88.5%	93.6%	90.6%	87.1%	87.7%	76.6%
Individuals who are unable to obtain or delay obtaining necessary medical care due to cost	2011-2013	10.9%	12.1%	10.4%	10.2%	10.9%	11.0%	15.3%
MaineCare enrollment	2015	25.4%	25.5%	23.6%	21.0%	30.7%	27.0%	23.0%
Percent of children ages 0-19 enrolled in MaineCare	2015	43.8%	45.8%	43.2%	37.2%	48.2%	41.8%	48.0%
Percent uninsured	2009-2013	11.2%	13.0%	11.9%	8.0%	12.3%	10.4%	11.7%
Health Care Quality								
Ambulatory care-sensitive condition hospital admission rate per 100,000 population	2011	1,504.7	1,609.9	1,353.7	1,530.0	1,509.1	1,499.3	1458
Ambulatory care-sensitive condition emergency department rate per 100,000 population	2011	3,776.0	3,387.6	3,925.3	3,374.7	4,410.3	4,258.8	NA
Oral Health								
Adults with visits to a dentist in the past 12 months	2012	65.2%	67.4%	66.8%	64.8%	62.2%	65.3%	67.2%
MaineCare members under 18 with a visit to the dentist in the past year	2014	51.5%	53.6%	50.4%	50.7%	50.9%	55.1%	NA
Respiratory								
Asthma emergency department visits per 10,000 population	2009-2011	53.1	60.8	49.3	50.5	50.9	67.3	NA
COPD diagnosed	2011-2013	6.6%	6.5%	7.1%	6.6%	6.5%	7.6%	6.5%
COPD hospitalizations per 100,000 population	2011	183.0	153.7	175.5	238.0	180.7	216.3	NA
Current asthma (Adults)	2011-2013	10.8%	11.2%	8.3%	12.6%	11.2%	11.7%	9.0%
Current asthma (Youth 0-17)	2011-2013	6.5%†	9.6%†	3.1%†	6.7%†	5.7%†	9.1%	NA
Pneumonia emergency department rate per 100,000 population	2011	614.1	516.9	581.1	458.8	919.2	719.9	NA
Pneumonia hospitalizations per 100,000 population	2011	270.5	294.7	209.1	236.5	357.9	329.4	NA
Cancer								
Mortality – all cancers per 100,000 population	2007-2011	174.2	173.8	167.8	166.8	189.2	185.5	169
Incidence – all cancers per 100,000 population	2007-2011	486.3	523.5	449.5	453.8	513.8	500.1	453
Bladder cancer incidence per 100,000 population	2007-2011	27.2	28.3	28.8	28.8	22.9	28.3	20.2
Female breast cancer mortality per 100,000 population	2007-2011	20.1	24.1	14.2	19.1	22.0	20.0	21.5
Breast cancer late-stage incidence (females only) per 100,000 population	2007-2011	40.7	49.6	31.7	38.3	42.8	41.6	43.7
Female breast cancer incidence per 100,000 population	2007-2011	123.6	129.5	112.2	115.2	136.8	126.3	124
Mammograms females age 50+ in past two years	2012	78.2%	78.4%	78.9%	84.9%	71.7%	82.1%	77.0%
Colorectal cancer mortality per 100,000 population	2007-2011	13.9	11.7	13.1	13.1	18.2	16.1	15.1
Colorectal late-stage incidence per 100,000 population	2007-2011	20.7	21.7	16.2	18.5	26.4	22.7	22.9
Colorectal cancer incidence per 100,000 population	2007-2011	38.9	36.6	34.5	36.2	48.4	43.5	42.0
Colorectal screening	2012	69.6%	70.1%	75.0%	73.0%	61.2%	72.2%	NA
Lung cancer mortality per 100,000 population	2007-2011	49.9	48.4	45.0	52.6	54.1	54.3	46.0
Lung cancer incidence per 100,000 population	2007-2011	65.9	70.0	54.0	55.3	83.6	75.5	58.6
Melanoma incidence per 100,000 population	2007-2011	25.4	34.5	24.5	24.1	17.6	22.2	21.3
Pap smears females ages 21-65 in past three years	2012	88.7%	89.6%	88.9%	90.6%	85.8%	88.0%	78.0%
Prostate cancer mortality per 100,000 population	2007-2011	21.4	22.0	18.7	23.8	21.2	22.1	20.8
Prostate cancer incidence per 100,000 population	2007-2011	141.9	162.1	123.6	141.8	141.6	133.8	141
Tobacco-related neoplasms, mortality per 100,000 population	2007-2011	33.8	38.4	32.6	30.6	32.5	37.4	34.3
Tobacco-related neoplasms, incidence per 100,000 population	2007-2011	87.5	93.2	87.0	82.8	85.7	91.9	81.7
Cardiovascular Disease								
Acute myocardial infarction hospitalizations per 10,000 population	2010-2012	21.6	18.4	18.8	23.6	26.7	23.5	NA
Acute myocardial infarction mortality per 100,000 population	2009-2013	27.7	30.5	23.7	25.1	30.0	32.2	32.4
Cholesterol checked every five years	2011, 2013	81.2%	81.1%	79.3%	83.4%	81.0%	81.0%	76.4%
Coronary heart disease mortality per 100,000 population	2009-2013	78.6	65.6	85.2	76.1	90.2	89.8	103

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Heart failure hospitalizations per 10,000 population	2010-2012	19.4	19.7	23.0	17.5	16.6	21.9	NA
Hypertension prevalence	2011, 2013	35.9%	29.6%	37.9%	42.3%	34.9%	32.8%	31.4%
High cholesterol	2011, 2013	39.3%	37.6%	41.3%	39.8%	38.4%	40.3%	38.4%
Hypertension hospitalizations per 100,000 population	2011	29.6	19.8	28.4	35.8	36.5	28.0	NA
Stroke hospitalizations per 10,000 population	2010-2012	20.5	22.4	18.0	21.8	19.5	20.8	NA
Stroke mortality per 100,000 population	2009-2013	40.2	34.3	37.8	50.7	42.8	35.0	36.2
Diabetes								
Diabetes prevalence (ever been told)	2011-2013	9.0%	8.0%	9.1%	9.5%	9.4%	9.6%	9.7%
Pre-diabetes prevalence	2011-2013	7.4%	8.0%	9.2%	6.6%†	5.9%†	6.9%	NA
Adults with diabetes who have eye exam annually	2011-2013	72.2%	NA	NA	NA	NA	71.2%	NA
Adults with diabetes who have foot exam annually	2011-2013	NA	NA	NA	NA	84.9%	83.3%	NA
Adults with diabetes who have had an A1C test twice per year	2011-2013	74.6%	NA	NA	NA	NA	73.2%	NA
Adults with diabetes who have received formal diabetes education	2011-2013	66.3%	NA	NA	NA	NA	60.0%	55.8%
Diabetes emergency department visits (principal diagnosis) per 100,000 population	2011	197.6	161.7	168.2	233.4	236.4	235.9	NA
Diabetes hospitalizations (principal diagnosis) per 10,000 population	2010-2012	12.1	12.3	10.3	14.5	11.6	11.7	NA
Diabetes long-term complication hospitalizations	2011	68.7	67.0	64.0	90.8	52.7	59.1	NA
Diabetes mortality (underlying cause) per 100,000 population	2009-2013	15.8	16.9	12.4	12.6	21.4	20.8	21.2
Environmental Health								
Children with confirmed elevated blood lead levels (% among those screened)	2009-2013	3.3%	5.0%	4.5%	3.3%	1.3%	2.5%	NA
Children with unconfirmed elevated blood lead levels (% among those screened)	2009-2013	2.8%	2.0%	2.0%	1.4%	5.0%	4.2%	NA
Homes with private wells tested for arsenic	2009, 2012	39.6%	47.4%	31.8%	38.9%	41.9%	43.3%	NA
Lead screening among children age 12-23 months	2009-2013	34.0%	32.8%	31.4%	33.3%	37.5%	49.2%	NA
Lead screening among children age 24-35 months	2009-2013	15.0%	14.4%	10.2%	12.3%	21.4%	27.6%	NA
Immunization								
Adults immunized annually for influenza	2011-2013	43.6%	41.9%	47.0%	47.0%	39.0%	41.5%	NA
Adults immunized for pneumococcal pneumonia (ages 65 and older)	2011-2013	70.8%	69.3%	69.8%	74.4%	70.2%	72.4%	69.5%
Immunization exemptions among kindergarteners for philosophical reasons	2015	4.7%	5.7%	2.5%	3.0%	6.5%	3.7%	NA
Two-year-olds up to date with "Series of Seven Immunizations" 4-3-1-3-3-1-4	2015	NA	74.0%	63.0%	NA	NA	75.0%	NA
Infectious Disease								
Hepatitis A (acute) incidence per 100,000 population	2014	2.7†	0.0†	0.0†	0.0†	10.2†	0.6	0.4
Hepatitis B (acute) incidence per 100,000 population	2014	0.0†	0.0†	0.0†	0.0†	0.0†	0.9	0.9
Hepatitis C (acute) incidence per 100,000 population	2014	2.7†	5.0†	5.9†	0.0†	0.0†	2.3	0.7
Incidence of past or present hepatitis C virus (HCV) per 100,000 population	2014	99.4	221.8	73.2	28.5†	61.5	107.1	NA
Incidence of newly reported chronic hepatitis B virus (HBV) per 100,000 population	2014	2.7†	2.5†	2.9†	0.0†	5.1†	8.1	NA
Lyme disease incidence per 100,000 population	2014	203.5	267.2	240.0	182.6	125.5	105.3	10.5
Pertussis incidence per 100,000 population	2014	66.9	45.4†	58.5	25.7†	133.2	41.9	10.3
Tuberculosis incidence per 100,000 population	2014	0.0†	0.0†	0.0†	0.0†	0.0†	1.1	3.0
STD/HIV								
AIDS incidence per 100,000 population	2014	0.0†	0.0†	0.0†	0.0†	0.0†	2.1	8.4
Chlamydia incidence per 100,000 population	2014	197.4	128.5	187.3	219.7	256.1	265.5	452
Gonorrhea incidence per 100,000 population	2014	9.5†	7.6†	8.8†	11.4†	10.2†	17.8	110
HIV incidence per 100,000 population	2014	2.0†	2.5†	0.0†	0.0†	5.1†	4.4	11.2
HIV/AIDS hospitalization rate per 100,000 population	2011	20.9	13.3	23.1	17.0	29.8	21.4	NA
Syphilis incidence per 100,000 population	2014	1.4†	0.0†	0.0†	2.9†	2.6†	1.6	19.9

Maine Shared CHNA Health Indicators	Year	Midcoast	Knox	Lincoln	Sagadahoc	Waldo	Maine	U.S.
Intentional Injury								
Domestic assaults reports to police per 100,000 population	2013	292.4	330.9	351.2	185.5	297.6	413.0	NA
Firearm deaths per 100,000 population	2009-2013	9.7	9.7†	13.2	6.5†	9.9	9.2	10.4
Intentional self-injury (Youth)	2013	NA	NA	NA	NA	NA	17.9%	NA
Lifetime rape/non-consensual sex (among females)	2013	NA	NA	NA	NA	NA	11.3%	NA
Nonfatal child maltreatment per 1,000 population	2013	NA	NA	NA	NA	NA	14.6	9.1
Reported rape per 100,000 population	2013	24.4	10.1†	67.3	20.0†	5.1†	27.0	25.2
Suicide deaths per 100,000 population	2009-2013	16.3	15.2	20.3	15.2	15.5	15.2	12.6
Violence by current or former intimate partners in past 12 months (among females)	2013	NA	NA	NA	NA	NA	0.8%	NA
Violent crime rate per 100,000 population	2013	75.1	63.2	122.9	59.9	59.0	125.0	368
Unintentional Injury								
Always wear seatbelt (Adults)	2013	85.2%	83.8%	84.4%	86.5%	86.5%	85.2%	NA
Always wear seatbelt (High School Students)	2013	62.0%	NA	63.8%	62.5%	NA	61.6%	54.7%
Traumatic brain injury related emergency department visits (all intents) per 10,000 population	2011	88.3	64.5	110.7	96.7	85.5	81.4	NA
Unintentional and undetermined intent poisoning deaths per 100,000 population	2009-2013	10.8	12.3	9.4†	7.1†	13.6	11.1	13.2
Unintentional fall related deaths per 100,000 population	2009-2013	5.3	6.0	5.7†	5.4†	4.0†	6.8	8.5
Unintentional fall related injury emergency department visits per 10,000 population	2011	390.3	416.5	396.5	360.2	383.9	361.3	NA
Unintentional motor vehicle traffic crash related deaths per 100,000 population	2009-2013	12.3	14.8	10.3	9.1†	14.6	10.8	10.5
Occupational Health								
Deaths from work-related injuries (number)	2013	NA	NA	NA	NA	NA	19.0	4,585
Nonfatal occupational injuries (number)	2013	1,423.0	382.0	255.0	545.0	241.0	13,205.0	NA
Mental Health								
Adults who have ever had anxiety	2011-2013	17.1%	18.3%	16.0%	17.7%	16.5%	19.4%	NA
Adults who have ever had depression	2011-2013	23.0%	24.0%	23.0%	24.2%	20.8%	23.5%	18.7%
Adults with current symptoms of depression	2011-2013	9.9%	10.6%	8.1%	11.0%	9.8%	10.0%	NA
Adults currently receiving outpatient mental health treatment	2011-2013	16.0%	15.5%	15.6%	18.7%	14.3%	17.7%	NA
Co-morbidity for persons with mental illness	2011, 2013	32.9%	26.2%	NA	NA	NA	35.2%	NA
Mental health emergency department rates per 100,000 population	2011	1,822.0	1,908.1	1,461.0	1,854.1	2,008.3	1,972.1	NA
Sad/hopeless for two weeks in a row (High School Students)	2013	26.8%	NA	25.9%	29.6%	NA	24.3%	29.9%
Seriously considered suicide (High School Students)	2013	16.6%	NA	14.6%	19.7%	NA	14.6%	17.0%
Physical Activity, Nutrition and Weight								
Fewer than two hours combined screen time (High School Students)	2013	NA	NA	NA	NA	NA	33.9%	NA
Fruit and vegetable consumption (High School Students)	2013	20.0%	NA	18.4%	21.3%	NA	16.8%	NA
Fruit consumption among Adults 18+ (less than one serving per day)	2013	32.0%	27.9%	30.0%	33.7%	37.1%	34.0%	39.2%
Met physical activity recommendations (Adults)	2013	56.0%	59.0%	55.5%	59.0%	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	44.0%	NA	46.6%	44.5%	NA	43.7%	47.3%
Sedentary lifestyle – no leisure-time physical activity in past month (Adults)	2011-2013	21.8%	19.5%	23.7%	19.1%	24.8%	22.4%	25.3%
Soda/sports drink consumption (High School Students)	2013	25.6%	NA	29.8%	23.7%	NA	26.2%	27.0%
Vegetable consumption among Adults 18+ (less than one serving per day)	2013	15.1%	14.9%	11.6%†	16.6%†	17.7%	17.9%	22.9%
Obesity (Adults)	2013	25.0%	24.3%	22.4%	24.4%	29.2%	28.9%	29.4%
Obesity (High School Students)	2013	13.2%	NA	13.4%	12.8%	NA	12.7%	13.7%
Overweight (Adults)	2013	40.1%	33.8%	40.8%	46.7%	40.1%	36.0%	35.4%

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Overweight (High School Students)	2013	17.8%	NA	20.7%	15.7%	NA	16.0%	16.6%
Pregnancy and Birth Outcomes								
Children with special health care needs	2009-2010	NA	NA	NA	NA	NA	23.6%	19.8%
Infant deaths per 1,000 live births	2003-2012	5.6	6.2	3.4	5.2	7.2	6.0	6.0
Live births for which the mother received early and adequate prenatal care	2010-2012	86.8%	88.5%	90.5%	90.5%	79.5%	86.4%	84.8%
Live births to 15-19 year olds per 1,000 population	2010-2012	24.2	24.5	20.0	22.5	28.4	20.5	26.5
Low birth weight (<2500 grams)	2010-2012	6.1%	6.6%	5.7%	5.2%	6.6%	6.6%	8.0%
Substance and Alcohol Abuse								
Alcohol-induced mortality per 100,000 population	2009-2013	7.3	6.8†	10.8	7.1†	5.0†	8.0	8.2
Binge drinking of alcoholic beverages (High School Students)	2013	14.7%	NA	12.5%	15.9%	NA	14.8%	20.8%
Binge drinking of alcoholic beverages (Adults)	2011-2013	15.6%	15.3%	16.9%	17.0%	13.3%	17.4%	16.8%
Chronic heavy drinking (Adults)	2011-2013	7.7%	8.3%	8.6%	7.2%	6.9%	7.3%	6.2%
Drug-affected baby referrals received as a percentage of all live births	2014	6.8%	5.7%	10.7%	2.2%	9.6%	7.8%	NA
Drug-induced mortality per 100,000 population	2009-2013	NA	12.8	13.4	NA	16.9	12.4	14.6
Emergency medical service overdose response per 100,000 population	2014	237.9	259.6	263.4	254.0	179.3	391.5	NA
Opiate poisoning (ED visits) per 100,000 population	2009-2011	23.2	31.4	16.5	23.9	20.3	25.1	NA
Opiate poisoning (hospitalizations) per 100,000 population	2009-2011	16.4	26.2	9.4	11.6	17.3	13.2	NA
Past-30-day alcohol use (High School Students)	2013	26.9%	NA	24.9%	29.0%	NA	26.0%	34.9%
Past-30-day inhalant use (High School Students)	2013	3.1%	NA	2.9%	3.7%	NA	3.2%	NA
Past-30-day marijuana use (Adults)	2011-2013	8.5%	10.4%†	9.4%†	8.9%†	5.4%†	8.2%	NA
Past-30-day marijuana use (High School Students)	2013	25.1%	NA	22.8%	28.0%	NA	21.6%	23.4%
Past-30-day nonmedical use of prescription drugs (Adult)	2011-2013	1.7%†	2.4%†	1.6%†	1.8%†	1.0%†	1.1%	NA
Past-30-day nonmedical use of prescription drugs (High School Students)	2013	5.7%	NA	4.1%	7.9%	NA	5.6%	NA
Prescription Monitoring Program opioid prescriptions (days supply/pop)	2014-2015	7.2	6.7	8.2	6.1	7.8	6.8	NA
Substance-abuse hospital admissions per 100,000 population	2011	325.8	518.0	308.8	208.2	260.3	328.1	NA
Tobacco Use								
Current smoking (Adults)	2011-2013	17.7%	24.5%	12.5%†	17.2%†	15.4%†	20.2%	19.0%
Current smoking (High School Students)	2013	15.4%	NA	13.4%	18.7%	NA	12.9%	15.7%
Current tobacco use (High School Students)	2013	19.7%	NA	16.7%	24.0%	NA	18.2%	22.4%
Secondhand smoke exposure (Youth)	2013	40.3%	NA	41.9%	42.6%	NA	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.