

# Maine Shared Community Health Needs Assessment

## District Summary: 2015

Penquis District

Updated: October 2015

### Qualitative Stakeholder Input

A survey of 251 health professionals and community stakeholders in the Penquis 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
- Cardiovascular disease
- Physical activity and nutrition

#### Top five health factors

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

Maine Shared CHNA Health Indicators	Year	Penquis	Penobscot	Piscataquis	Maine	U.S.
<b>Demographics</b>						
Total Population	2013	170,488	153,364	17,124	1,328,302	319 Mil
Population – % ages 0-17	2013	18.7%	18.8%	17.9%	19.7%	23.3%
Population – % ages 18-64	2013	64.6%	65.2%	59.2%	62.6%	62.6%
Population – % ages 65+	2013	16.7%	16.0%	22.9%	17.7%	14.1%
Population – % White	2013	95.5%	95.4%	96.8%	95.2%	77.7%
Population – % Black or African American	2013	0.8%	0.9%	0.5%	1.4%	13.2%
Population – % American Indian and Alaska Native	2013	1.1%	1.2%	0.6%	0.7%	1.2%
Population – % Asian	2013	1.0%	1.0%	0.8%	1.1%	5.3%
Population – % Hispanic	2013	1.2%	1.2%	1.1%	1.4%	17.1%
Population – % with a disability	2013	NA	18.1%	NA	15.9%	12.1%
Population density (per square mile)	2013	NA	45.3	4.4	43.1	87.4
<b>Socioeconomic Status Measures</b>						
Adults living in poverty	2009-2013	17.2%	17.0%	18.5%	13.6%	15.4%
Children living in poverty	2009-2013	21.6%	20.8%	28.9%	18.5%	21.6%
High school graduation rate	2013-2014	86.6%	86.9%	83.3%	86.5%	81.0%
Median household income	2009-2013	NA	\$43,734	\$36,646	\$48,453	\$53,046
Percentage of people living in rural areas	2013	48.8%	43.1%	100.0%	66.4%	NA
Single-parent families	2009-2013	32.9%	32.0%	40.8%	34.0%	33.2%
Unemployment rate	2014	6.3%	6.2%	7.5%	5.7%	6.2%
65+ living alone	2009-2013	40.5%	40.5%	40.0%	41.2%	37.7%
<b>General Health Status</b>						
Adults who rate their health fair to poor	2011-2013	18.1%	18.3%	17.1%	15.6%	16.7%
Adults with 14+ days lost due to poor mental health	2011-2013	13.7%	13.8%	13.2%	12.4%	NA
Adults with 14+ days lost due to poor physical health	2011-2013	13.9%	14.0%	13.3%	13.1%	NA
Adults with three or more chronic conditions	2011, 2013	29.6%	29.7%	29.0%	27.6%	NA
<b>Mortality</b>						
Life expectancy (Female)	2012	NA	80.4	80.3	81.5	81.2


Maine Shared CHNA Health Indicators	Year	Penquis	Penobscot	Piscataquis	Maine	U.S.
Life expectancy (Male)	2012	NA	75.5	75.5	76.7	76.4
Overall mortality rate per 100,000 population	2009-2013	802.5	797.5	847.4	745.8	731.9
Access						
Adults with a usual primary care provider	2011-2013	86.4%	86.4%	86.8%	87.7%	76.6%
Individuals who are unable to obtain or delay obtaining necessary medical care due to cost	2011-2013	11.0%	11.0%	10.9%	11.0%	15.3%
MaineCare enrollment	2015	29.9%	29.2%	35.8%	27.0%	23.0%
Percent of children ages 0-19 enrolled in MaineCare	2015	44.0%	42.7%	56.9%	41.8%	48.0%
Percent uninsured	2009-2013	10.8%	10.6%	14.4%	10.4%	11.7%
Health Care Quality						
Ambulatory care-sensitive condition hospital admission rate per 100,000 population	2011	1,993.4	1,981.9	2,095.3	1,499.3	1458
Ambulatory care-sensitive condition emergency department rate per 100,000 population	2011	4,349.9	4,123.5	6,342.8	4,258.8	NA
Oral Health						
Adults with visits to a dentist in the past 12 months	2012	64.2%	63.8%	66.5%	65.3%	67.2%
MaineCare members under 18 with a visit to the dentist in the past year	2014	53.2%	52.9%	55.5%	55.1%	NA
Respiratory						
Asthma emergency department visits per 10,000 population	2009-2011	56.3	55.5	67.6	67.3	NA
COPD diagnosed	2011-2013	8.1%	8.0%	9.2%	7.6%	6.5%
COPD hospitalizations per 100,000 population	2011	307.2	307.1	312.4	216.3	NA
Current asthma (Adults)	2011-2013	13.1%	13.4%	11.0%	11.7%	9.0%
Current asthma (Youth 0-17)	2011-2013	10.4%†	10.9%†	7.4%†	9.1%	NA
Pneumonia emergency department rate per 100,000 population	2011	610.7	570.6	990.1	719.9	NA
Pneumonia hospitalizations per 100,000 population	2011	421.6	424.3	408.5	329.4	NA
Cancer						
Mortality – all cancers per 100,000 population	2007-2011	190.4	189.4	197.4	185.5	169
Incidence – all cancers per 100,000 population	2007-2011	523.8	529.9	480.2	500.1	453
Bladder cancer incidence per 100,000 population	2007-2011	26.3	26.7	23.2	28.3	20.2
Female breast cancer mortality per 100,000 population	2007-2011	18.0	17.7	20.1†	20.0	21.5
Breast cancer late-stage incidence (females only) per 100,000 population	2007-2011	44.5	43.2	54.1	41.6	43.7
Female breast cancer incidence per 100,000 population	2007-2011	130.3	129.1	139.8	126.3	124
Mammograms females age 50+ in past two years	2012	85.3%	85.4%	84.8%	82.1%	77.0%
Colorectal cancer mortality per 100,000 population	2007-2011	16.5	16.3	17.7	16.1	15.1
Colorectal late-stage incidence per 100,000 population	2007-2011	23.2	23.2	23.4	22.7	22.9
Colorectal cancer incidence per 100,000 population	2007-2011	46.2	47.1	40.0	43.5	42.0
Colorectal screening	2012	72.9%	72.7%	73.7%	72.2%	NA
Lung cancer mortality per 100,000 population	2007-2011	59.7	61.2	51.0	54.3	46.0
Lung cancer incidence per 100,000 population	2007-2011	88.3	89.8	81.6	75.5	58.6
Melanoma incidence per 100,000 population	2007-2011	20.9	21.2	17.6	22.2	21.3
Pap smears females ages 21-65 in past three years	2012	89.3%	89.0%	91.4%	88.0%	78.0%
Prostate cancer mortality per 100,000 population	2007-2011	20.3	NA	NA	22.1	20.8
Prostate cancer incidence per 100,000 population	2007-2011	127.6	134.3	87.5	133.8	141
Tobacco-related neoplasms, mortality per 100,000 population	2007-2011	34.8	33.8	40.5	37.4	34.3
Tobacco-related neoplasms, incidence per 100,000 population	2007-2011	91.2	91.6	86.7	91.9	81.7
Cardiovascular Disease						
Acute myocardial infarction hospitalizations per 10,000 population	2010-2012	27.5	27.1	30.9	23.5	NA
Acute myocardial infarction mortality per 100,000 population	2009-2013	43.1	41.9	50.8	32.2	32.4

Maine Shared CHNA Health Indicators	Year	Penquis	Penobscot	Piscataquis	Maine	U.S.
Cholesterol checked every five years	2011, 2013	79.2%	78.9%	80.9%	81.0%	76.4%
Coronary heart disease mortality per 100,000 population	2009-2013	106.3	105.5	110.6	89.8	103
Heart failure hospitalizations per 10,000 population	2010-2012	26.6	27.5	20.8	21.9	NA
Hypertension prevalence	2011, 2013	33.9%	33.5%	36.9%	32.8%	31.4%
High cholesterol	2011, 2013	41.7%	42.1%	39.5%	40.3%	38.4%
Hypertension hospitalizations per 100,000 population	2011	40.9	43.2	25.8	28.0	NA
Stroke hospitalizations per 10,000 population	2010-2012	27.0	27.4	25.0	20.8	NA
Stroke mortality per 100,000 population	2009-2013	38.8	38.0	44.4	35.0	36.2
<b>Diabetes</b>						
Diabetes prevalence (ever been told)	2011-2013	10.6%	10.3%	12.1%	9.6%	9.7%
Pre-diabetes prevalence	2011-2013	7.1%	7.1%	6.8%†	6.9%	NA
Adults with diabetes who have eye exam annually	2011-2013	78.3%	78.1%	NA	71.2%	NA
Adults with diabetes who have foot exam annually	2011-2013	88.1%	87.6%	NA	83.3%	NA
Adults with diabetes who have had an A1C test twice per year	2011-2013	76.6%	78.1%	NA	73.2%	NA
Adults with diabetes who have received formal diabetes education	2011-2013	58.6%	57.6%	NA	60.0%	55.8%
Diabetes emergency department visits (principal diagnosis) per 100,000 population	2011	262.7	253.0	337.4	235.9	NA
Diabetes hospitalizations (principal diagnosis) per 10,000 population	2010-2012	14.2	14.3	15.5	11.7	NA
Diabetes long-term complication hospitalizations	2011	78.2	80.0	63.7	59.1	NA
Diabetes mortality (underlying cause) per 100,000 population	2009-2013	25.9	26.4	22.6	20.8	21.2
<b>Environmental Health</b>						
Children with confirmed elevated blood lead levels (% among those screened)	2009-2013	1.9%	1.6%	5.5%	2.5%	NA
Children with unconfirmed elevated blood lead levels (% among those screened)	2009-2013	2.0%	2.1%	1.4%	4.2%	NA
Homes with private wells tested for arsenic	2009, 2012	35.2%	35.5%	33.7%	43.3%	NA
Lead screening among children age 12-23 months	2009-2013	51.9%	52.8%	42.3%	49.2%	NA
Lead screening among children age 24-35 months	2009-2013	30.7%	31.5%	22.6%	27.6%	NA
<b>Immunization</b>						
Adults immunized annually for influenza	2011-2013	43.3%	44.2%	37.6%	41.5%	NA
Adults immunized for pneumococcal pneumonia (ages 65 and older)	2011-2013	76.8%	77.0%	76.2%	72.4%	69.5%
Immunization exemptions among kindergarteners for philosophical reasons	2015	3.1%	2.9%	4.8%	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
<b>Infectious Disease</b>						
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	0.6†	0.7†	0.0†	0.9	0.9
Hepatitis C (acute) incidence per 100,000 population	2014	4.1†	4.6†	0.0†	2.3	0.7
Incidence of past or present hepatitis C virus (HCV) per 100,000 population	2014	101.5	106.9	52.9†	107.1	NA
Incidence of newly reported chronic hepatitis B virus (HBV) per 100,000 population	2014	4.7†	3.9†	11.7†	8.1	NA
Lyme disease incidence per 100,000 population	2014	30.5	32.6	11.7†	105.3	10.5
Pertussis incidence per 100,000 population	2014	73.3	63.2	164.5	41.9	10.3
Tuberculosis incidence per 100,000 population	2014	0.0†	0.0†	0.0†	1.1	3.0
<b>STD/HIV</b>						
AIDS incidence per 100,000 population	2014	1.2†	1.3†	0.0†	2.1	8.4
Chlamydia incidence per 100,000 population	2014	336.2	350.0	211.4	265.5	452
Gonorrhea incidence per 100,000 population	2014	10.6†	11.7†	0.0†	17.8	110
HIV incidence per 100,000 population	2014	3.5†	3.9†	0.0†	4.4	11.2

Maine Shared CHNA Health Indicators	Year	Penquis	Penobscot	Piscataquis	Maine	U.S.
HIV/AIDS hospitalization rate per 100,000 population	2011	16.8	16.2	30.2	21.4	NA
Syphilis incidence per 100,000 population	2014	2.9†	3.3†	0.0†	1.6	19.9
<b>Intentional Injury</b>						
Domestic assaults reports to police per 100,000 population	2013	321.7	321.2	326.0	413.0	NA
Firearm deaths per 100,000 population	2009-2013	11.3	10.5	18.4†	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	13.5	15.0	0.0†	27.0	25.2
Suicide deaths per 100,000 population	2009-2013	15.9	15.3	21.8†	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	103.1	91.2	209.6	125.0	368
<b>Unintentional Injury</b>						
Always wear seatbelt (Adults)	2013	84.6%	85.3%	79.3%	85.2%	NA
Always wear seatbelt (High School Students)	2013	52.1%	52.6%	49.6%	61.6%	54.7%
Traumatic brain injury related emergency department visits (all intents) per 10,000 population	2011	88.2	89.8	76.9	81.4	NA
Unintentional and undetermined intent poisoning deaths per 100,000 population	2009-2013	11.1	11.1	11.1†	11.1	13.2
Unintentional fall related deaths per 100,000 population	2009-2013	6.9	6.9	7.3†	6.8	8.5
Unintentional fall related injury emergency department visits per 10,000 population	2011	311.5	303.3	392.3	361.3	NA
Unintentional motor vehicle traffic crash related deaths per 100,000 population	2009-2013	9.8	10.0	8.2†	10.8	10.5
<b>Occupational Health</b>						
Deaths from work-related injuries (number)	2013	NA	NA	NA	19.0	4,585
Nonfatal occupational injuries (number)	2013	1,720.0	1,630.0	90.0	13,205.0	NA
<b>Mental Health</b>						
Adults who have ever had anxiety	2011-2013	21.5%	21.8%	19.7%	19.4%	NA
Adults who have ever had depression	2011-2013	25.2%	25.8%	21.8%	23.5%	18.7%
Adults with current symptoms of depression	2011-2013	10.9%	10.8%	11.2%	10.0%	NA
Adults currently receiving outpatient mental health treatment	2011-2013	19.4%	19.8%	17.5%	17.7%	NA
Co-morbidity for persons with mental illness	2011, 2013	32.9%	33.6%	NA	35.2%	NA
Mental health emergency department rates per 100,000 population	2011	1,859.5	1,830.4	2,238.8	1,972.1	NA
Sad/hopeless for two weeks in a row (High School Students)	2013	23.2%	22.8%	25.0%	24.3%	29.9%
Seriously considered suicide (High School Students)	2013	13.3%	13.1%	14.3%	14.6%	17.0%
<b>Physical Activity, Nutrition and Weight</b>						
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	13.9%	13.5%	15.6%	16.8%	NA
Fruit consumption among Adults 18+ (less than one serving per day)	2013	39.1%	38.4%	NA	34.0%	39.2%
Met physical activity recommendations (Adults)	2013	48.8%	48.7%	NA	53.4%	50.8%
Physical activity for at least 60 minutes per day on five of the past seven days (High School Students)	2013	43.1%	43.3%	43.3%	43.7%	47.3%
Sedentary lifestyle – no leisure-time physical activity in past month (Adults)	2011-2013	26.1%	25.8%	28.2%	22.4%	25.3%
Soda/sports drink consumption (High School Students)	2013	29.4%	29.7%	27.3%	26.2%	27.0%
Vegetable consumption among Adults 18+ (less than one serving per day)	2013	19.1%	19.4%	17.3%†	17.9%	22.9%
Obesity (Adults)	2013	33.5%	32.4%	NA	28.9%	29.4%
Obesity (High School Students)	2013	14.6%	14.8%	14.1%	12.7%	13.7%

Maine Shared CHNA Health Indicators	Year	Penquis	Penobscot	Piscataquis	Maine	U.S.
Overweight (Adults)	2013	35.9%	36.7%	30.2%	36.0%	35.4%
Overweight (High School Students)	2013	15.8%	15.9%	15.5%	16.0%	16.6%
<b>Pregnancy and Birth Outcomes</b>						
Children with special health care needs	2009-2010	NA	NA	NA	23.6%	19.8%
Infant deaths per 1,000 live births	2003-2012	6.5	6.6	6.5	6.0	6.0
Live births for which the mother received early and adequate prenatal care	2010-2012	90.0%	90.9%	80.6%	86.4%	84.8%
Live births to 15-19 year olds per 1,000 population	2010-2012	18.7	18.2	24.4	20.5	26.5
Low birth weight (<2500 grams)	2010-2012	6.2%	6.3%	4.7%	6.6%	8.0%
<b>Substance and Alcohol Abuse</b>						
Alcohol-induced mortality per 100,000 population	2009-2013	8.6	8.4	10.6†	8.0	8.2
Binge drinking of alcoholic beverages (High School Students)	2013	16.1%	16.9%	12.2%	14.8%	20.8%
Binge drinking of alcoholic beverages (Adults)	2011-2013	16.2%	16.2%	16.0%	17.4%	16.8%
Chronic heavy drinking (Adults)	2011-2013	5.6%	5.6%	6.1%†	7.3%	6.2%
Drug-affected baby referrals received as a percentage of all live births	2014	15.6%	16.0%	11.9%	7.8%	NA
Drug-induced mortality per 100,000 population	2009-2013	NA	12.2	NA	12.4	14.6
Emergency medical service overdose response per 100,000 population	2014	559.7	593.8	252.6	391.5	NA
Opiate poisoning (ED visits) per 100,000 population	2009-2011	25.8	25.7	29.8	25.1	NA
Opiate poisoning (hospitalizations) per 100,000 population	2009-2011	18.4	18.2	22.6	13.2	NA
Past-30-day alcohol use (High School Students)	2013	27.7%	28.1%	27.0%	26.0%	34.9%
Past-30-day inhalant use (High School Students)	2013	3.4%	3.6%	3.0%	3.2%	NA
Past-30-day marijuana use (Adults)	2011-2013	8.4%	8.6%†	7.5%†	8.2%	NA
Past-30-day marijuana use (High School Students)	2013	20.0%	21.0%	15.8%	21.6%	23.4%
Past-30-day nonmedical use of prescription drugs (Adult)	2011-2013	1.1%†	1.4%†	NA	1.1%	NA
Past-30-day nonmedical use of prescription drugs (High School Students)	2013	5.8%	6.3%	3.9%	5.6%	NA
Prescription Monitoring Program opioid prescriptions (days supply/pop)	2014-2015	6.3	6.1	8.2	6.8	NA
Substance-abuse hospital admissions per 100,000 population	2011	143.4	150.2	88.6†	328.1	NA
<b>Tobacco Use</b>						
Current smoking (Adults)	2011-2013	22.8%	22.5%	24.5%†	20.2%	19.0%
Current smoking (High School Students)	2013	13.5%	13.3%	15.1%	12.9%	15.7%
Current tobacco use (High School Students)	2013	19.3%	19.6%	18.2%	18.2%	22.4%
Secondhand smoke exposure (Youth)	2013	40.3%	39.6%	46.1%	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.