

Maine Shared Community Health Needs Assessment

District Summary: 2015

Western District

Updated: October 2015

Qualitative Stakeholder Input

A survey of 185 health professionals and community stakeholders in the Western 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
- Mental health
- Obesity
- Physical activity and nutrition
- Depression

Top five health factors

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

Maine Shared CHNA Health Indicators	Year	Western	Androscoggin	Franklin	Oxford	Maine	U.S.
Demographics							
Total Population	2013	195,376	107,604	30,495	57,277	1,328,302	319 Mil
Population – % ages 0-17	2013	20.9%	22.2%	18.7%	19.8%	19.7%	23.3%
Population – % ages 18-64	2013	62.1%	62.4%	62.6%	61.4%	62.6%	62.6%
Population – % ages 65+	2013	16.9%	15.5%	18.7%	18.8%	17.7%	14.1%
Population – % White	2013	94.8%	93.0%	97.2%	97.0%	95.2%	77.7%
Population – % Black or African American	2013	2.3%	3.8%	0.4%	0.4%	1.4%	13.2%
Population – % American Indian and Alaska Native	2013	0.4%	0.4%	0.4%	0.4%	0.7%	1.2%
Population – % Asian	2013	0.7%	0.7%	0.6%	0.6%	1.1%	5.3%
Population – % Hispanic	2013	1.5%	1.7%	1.2%	1.2%	1.4%	17.1%
Population – % with a disability	2013	16.6%	15.8%	17.9%	17.5%	15.9%	12.1%
Population density (per square mile)	2013	NA	230.2	18.1	27.8	43.1	87.4
Socioeconomic Status Measures							
Adults living in poverty	2009-2013	15.4%	15.6%	15.6%	14.9%	13.6%	15.4%
Children living in poverty	2009-2013	22.3%	23.8%	19.9%	20.4%	18.5%	21.6%
High school graduation rate	2013-2014	84.0%	80.6%	89.6%	86.5%	86.5%	81.0%
Median household income	2009-2013	NA	\$44,921	\$41,626	\$40,674	\$48,453	\$53,046
Percentage of people living in rural areas	2013	61.8%	30.4%	100.0%	100.0%	66.4%	NA
Single-parent families	2009-2013	39.8%	41.5%	39.4%	36.0%	34.0%	33.2%
Unemployment rate	2014	6.1%	5.5%	6.6%	7.0%	5.7%	6.2%
65+ living alone	2009-2013	39.0%	42.2%	31.8%	37.3%	41.2%	37.7%
General Health Status							
Adults who rate their health fair to poor	2011-2013	16.8%	16.8%	15.9%	17.3%	15.6%	16.7%
Adults with 14+ days lost due to poor mental health	2011-2013	12.7%	13.5%	11.9%	11.8%	12.4%	NA
Adults with 14+ days lost due to poor physical health	2011-2013	13.6%	13.2%	14.1%	13.9%	13.1%	NA
Adults with three or more chronic conditions	2011, 2013	30.9%	31.5%	29.9%	30.5%	27.6%	NA
Mortality							
Life expectancy (Female)	2012	NA	80.4	80.7	81.1	81.5	81.2
Life expectancy (Male)	2012	NA	75.7	77.2	76.4	76.7	76.4
Overall mortality rate per 100,000 population	2009-2013	785.2	789.0	758.0	794.2	745.8	731.9

Maine Shared CHNA Health Indicators	Year	Western	Androscoggin	Franklin	Oxford	Maine	U.S.
Access							
Adults with a usual primary care provider	2011-2013	88.0%	89.7%	87.8%	85.4%	87.7%	76.6%
Individuals who are unable to obtain or delay obtaining necessary medical care due to cost	2011-2013	11.9%	10.9%	12.8%	13.0%	11.0%	15.3%
MaineCare enrollment	2015	32.7%	32.9%	27.8%	34.7%	27.0%	23.0%
Percent of children ages 0-19 enrolled in MaineCare	2015	49.6%	49.7%	42.8%	53.2%	41.8%	48.0%
Percent uninsured	2009-2013	10.4%	9.5%	11.6%	11.8%	10.4%	11.7%
Health Care Quality							
Ambulatory care-sensitive condition hospital admission rate per 100,000 population	2011	1,611.6	1,466.0	1,741.7	1,807.0	1,499.3	1458
Ambulatory care-sensitive condition emergency department rate per 100,000 population	2011	4,567.9	4,060.6	4,301.9	5,639.7	4,258.8	NA
Oral Health							
Adults with visits to a dentist in the past 12 months	2012	61.7%	61.9%	58.5%	63.0%	65.3%	67.2%
MaineCare members under 18 with a visit to the dentist in the past year	2014	51.9%	51.0%	56.2%	51.8%	55.1%	NA
Respiratory							
Asthma emergency department visits per 10,000 population	2009-2011	75.9	81.8	58.0	73.9	67.3	NA
COPD diagnosed	2011-2013	9.0%	9.1%	9.0%	8.8%	7.6%	6.5%
COPD hospitalizations per 100,000 population	2011	254.8	237.1	264.8	277.3	216.3	NA
Current asthma (Adults)	2011-2013	11.8%	13.0%	12.7%	9.3%	11.7%	9.0%
Current asthma (Youth 0-17)	2011-2013	6.6%†	5.3%†	9.8%†	7.0%†	9.1%	NA
Pneumonia emergency department rate per 100,000 population	2011	829.4	692.4	611.1	1,166.0	719.9	NA
Pneumonia hospitalizations per 100,000 population	2011	372.2	338.1	420.5	404.4	329.4	NA
Cancer							
Mortality – all cancers per 100,000 population	2007-2011	193.4	195.5	182.9	196.4	185.5	169
Incidence – all cancers per 100,000 population	2007-2011	492.9	501.3	452.9	500.9	500.1	453
Bladder cancer incidence per 100,000 population	2007-2011	30.0	30.9	31.2	27.8	28.3	20.2
Female breast cancer mortality per 100,000 population	2007-2011	20.0	19.4	18.0	22.4	20.0	21.5
Breast cancer late-stage incidence (females only) per 100,000 population	2007-2011	36.4	34.4	35.9	40.7	41.6	43.7
Female breast cancer incidence per 100,000 population	2007-2011	114.6	111.8	118.4	117.9	126.3	124
Mammograms females age 50+ in past two years	2012	81.8%	82.3%	81.4%	81.1%	82.1%	77.0%
Colorectal cancer mortality per 100,000 population	2007-2011	16.7	15.0	24.8	15.7	16.1	15.1
Colorectal late-stage incidence per 100,000 population	2007-2011	20.9	19.0	21.4	24.0	22.7	22.9
Colorectal cancer incidence per 100,000 population	2007-2011	42.1	40.9	45.6	43.0	43.5	42.0
Colorectal screening	2012	73.3%	71.5%	69.6%	77.7%	72.2%	NA
Lung cancer mortality per 100,000 population	2007-2011	59.3	61.1	55.6	59.2	54.3	46.0
Lung cancer incidence per 100,000 population	2007-2011	79.0	83.9	67.6	78.0	75.5	58.6
Melanoma incidence per 100,000 population	2007-2011	17.7	15.3	16.1	22.8	22.2	21.3
Pap smears females ages 21-65 in past three years	2012	89.0%	94.3%	NA	81.4%	88.0%	78.0%
Prostate cancer mortality per 100,000 population	2007-2011	19.1	20.7	18.6	17.4	22.1	20.8
Prostate cancer incidence per 100,000 population	2007-2011	133.8	139.3	133.8	126.1	133.8	141
Tobacco-related neoplasms, mortality per 100,000 population	2007-2011	41.7	42.8	31.9	44.9	37.4	34.3
Tobacco-related neoplasms, incidence per 100,000 population	2007-2011	94.6	97.0	82.3	96.6	91.9	81.7
Cardiovascular Disease							
Acute myocardial infarction hospitalizations per 10,000 population	2010-2012	21.7	22.8	20.6	20.3	23.5	NA
Acute myocardial infarction mortality per 100,000 population	2009-2013	30.5	30.2	36.4	27.8	32.2	32.4
Cholesterol checked every five years	2011. 2013	82.6%	85.0%	79.3%	80.5%	81.0%	76.4%
Coronary heart disease mortality per 100,000 population	2009-2013	97.2	101.0	82.0	98.5	89.8	103
Heart failure hospitalizations per 10,000 population	2010-2012	22.4	23.1	24.4	20.2	21.9	NA

Maine Shared CHNA Health Indicators	Year	Western	Androscoggin	Franklin	Oxford	Maine	U.S.
Hypertension prevalence	2011, 2013	34.9%	37.0%	30.6%	33.8%	32.8%	31.4%
High cholesterol	2011, 2013	42.3%	41.0%	44.6%	43.2%	40.3%	38.4%
Hypertension hospitalizations per 100,000 population	2011	24.0	33.1	15.3	13.0	28.0	NA
Stroke hospitalizations per 10,000 population	2010-2012	19.5	20.4	22.7	16.7	20.8	NA
Stroke mortality per 100,000 population	2009-2013	33.3	34.0	38.0	30.0	35.0	36.2
Diabetes							
Diabetes prevalence (ever been told)	2011-2013	10.6%	11.5%	9.1%	10.0%	9.6%	9.7%
Pre-diabetes prevalence	2011-2013	5.9%	5.4%	4.7%†	7.2%	6.9%	NA
Adults with diabetes who have eye exam annually	2011-2013	69.4%	69.9%	NA	NA	71.2%	NA
Adults with diabetes who have foot exam annually	2011-2013	87.8%	87.6%	NA	89.3%	83.3%	NA
Adults with diabetes who have had an A1C test twice per year	2011-2013	70.4%	74.0%	NA	NA	73.2%	NA
Adults with diabetes who have received formal diabetes education	2011-2013	57.6%	NA	NA	NA	60.0%	55.8%
Diabetes emergency department visits (principal diagnosis) per 100,000 population	2011	262.3	236.2	236.8	327.1	235.9	NA
Diabetes hospitalizations (principal diagnosis) per 10,000 population	2010-2012	14.3	13.7	18.1	13.6	11.7	NA
Diabetes long-term complication hospitalizations	2011	72.9	77.2	80.3	60.9	59.1	NA
Diabetes mortality (underlying cause) per 100,000 population	2009-2013	24.6	24.2	23.9	25.6	20.8	21.2
Environmental Health							
Children with confirmed elevated blood lead levels (% among those screened)	2009-2013	3.7%	4.7%	2.3%	2.3%	2.5%	NA
Children with unconfirmed elevated blood lead levels (% among those screened)	2009-2013	5.6%	5.4%	4.7%	6.5%	4.2%	NA
Homes with private wells tested for arsenic	2009, 2012	38.5%	44.5%	26.7%	37.5%	43.3%	NA
Lead screening among children age 12-23 months	2009-2013	57.0%	51.1%	70.9%	63.9%	49.2%	NA
Lead screening among children age 24-35 months	2009-2013	37.0%	29.1%	52.8%	47.6%	27.6%	NA
Immunization							
Adults immunized annually for influenza	2011-2013	40.1%	42.8%	37.0%	37.5%	41.5%	NA
Adults immunized for pneumococcal pneumonia (ages 65 and older)	2011-2013	73.1%	75.8%	74.5%	68.6%	72.4%	69.5%
Immunization exemptions among kindergarteners for philosophical reasons	2015	3.9%	3.4%	4.2%	5.3%	3.7%	NA
Two-year-olds up to date with "Series of Seven Immunizations" 4-3-1-3-3-1-4	2015	NA	NA	81.0%	NA	75.0%	NA
Infectious Disease							
Hepatitis A (acute) incidence per 100,000 population	2014	0.0†	0.0†	0.0†	0.0†	0.6	0.4
Hepatitis B (acute) incidence per 100,000 population	2014	1.0†	0.9†	3.3†	0.0†	0.9	0.9
Hepatitis C (acute) incidence per 100,000 population	2014	2.6†	3.7†	0.0†	1.7†	2.3	0.7
Incidence of past or present hepatitis C virus (HCV) per 100,000 population	2014	87.7	90.3	82.5	85.6	107.1	NA
Incidence of newly reported chronic hepatitis B virus (HBV) per 100,000 population	2014	10.8	16.8†	9.9†	0.0†	8.1	NA
Lyme disease incidence per 100,000 population	2014	74.9	87.5	33.0†	73.4	105.3	10.5
Pertussis incidence per 100,000 population	2014	52.8	34.4	165.0	28.0†	41.9	10.3
Tuberculosis incidence per 100,000 population	2014	2.1†	3.7†	0.0†	0.0†	1.1	3.0
STD/HIV							
AIDS incidence per 100,000 population	2014	1.0†	1.9†	0.0†	0.0†	2.1	8.4
Chlamydia incidence per 100,000 population	2014	365.2	485.9	214.5	218.4	265.5	452
Gonorrhea incidence per 100,000 population	2014	38.0	63.3	16.5†	1.7†	17.8	110
HIV incidence per 100,000 population	2014	1.5†	2.8†	0.0†	0.0†	4.4	11.2
HIV/AIDS hospitalization rate per 100,000 population	2011	23.8	24.3	21.6	23.9	21.4	NA
Syphilis incidence per 100,000 population	2014	2.1†	3.7†	0.0†	0.0†	1.6	19.9
Intentional Injury							
Domestic assaults reports to police per 100,000 population	2013	545.1	608.1	540.6	429.4	413.0	NA
Firearm deaths per 100,000 population	2009-2013	8.3	7.2	8.9†	10.1	9.2	10.4
Intentional self-injury (Youth)	2013	NA	NA	NA	NA	17.9%	NA
Lifetime rape/non-consensual sex (among females)	2013	NA	NA	NA	NA	11.3%	NA

Maine Shared CHNA Health Indicators	Year	Western	Androscoggin	Franklin	Oxford	Maine	U.S.
Nonfatal child maltreatment per 1,000 population	2013	NA	NA	NA	NA	14.6	9.1
Reported rape per 100,000 population	2013	34.8	33.5	19.7†	45.4	27.0	25.2
Suicide deaths per 100,000 population	2009-2013	13.1	13.5	9.9†	14.0	15.2	12.6
Violence by current or former intimate partners in past 12 months (among females)	2013	NA	NA	NA	NA	0.8%	NA
Violent crime rate per 100,000 population	2013	138.3	161.1	131.1	99.5	125.0	368
Unintentional Injury							
Always wear seatbelt (Adults)	2013	83.0%	85.1%	81.9%	80.1%	85.2%	NA
Always wear seatbelt (High School Students)	2013	59.6%	61.3%	NA	56.9%	61.6%	54.7%
Traumatic brain injury related emergency department visits (all intents) per 10,000 population	2011	70.4	76.5	71.5	58.4	81.4	NA
Unintentional and undetermined intent poisoning deaths per 100,000 population	2009-2013	9.8	11.9	6.9†	7.5	11.1	13.2
Unintentional fall related deaths per 100,000 population	2009-2013	7.1	6.3	7.2†	8.3	6.8	8.5
Unintentional fall related injury emergency department visits per 10,000 population	2011	431.1	436.4	431.0	421.9	361.3	NA
Unintentional motor vehicle traffic crash related deaths per 100,000 population	2009-2013	13.4	11.2	17.7	15.4	10.8	10.5
Occupational Health							
Deaths from work-related injuries (number)	2013	NA	NA	NA	NA	19.0	4,585
Nonfatal occupational injuries (number)	2013	1,605.0	1,059.0	145.0	401.0	13,205.0	NA
Mental Health							
Adults who have ever had anxiety	2011-2013	18.9%	20.9%	17.4%	16.7%	19.4%	NA
Adults who have ever had depression	2011-2013	24.8%	27.0%	22.5%	22.3%	23.5%	18.7%
Adults with current symptoms of depression	2011-2013	10.7%	11.4%	9.8%	10.2%	10.0%	NA
Adults currently receiving outpatient mental health treatment	2011-2013	17.3%	20.8%	14.0%	13.8%	17.7%	NA
Co-morbidity for persons with mental illness	2011, 2013	45.6%	44.4%	NA	43.4%	35.2%	NA
Mental health emergency department rates per 100,000 population	2011	2,210.7	2,523.6	1,568.5	1,948.9	1,972.1	NA
Sad/hopeless for two weeks in a row (High School Students)	2013	26.6%	25.6%	NA	27.2%	24.3%	29.9%
Seriously considered suicide (High School Students)	2013	15.3%	14.7%	NA	15.9%	14.6%	17.0%
Physical Activity, Nutrition and Weight							
Fewer than two hours combined screen time (High School Students)	2013	NA	NA	NA	NA	33.9%	NA
Fruit and vegetable consumption (High School Students)	2013	14.9%	15.9%	NA	13.8%	16.8%	NA
Fruit consumption among Adults 18+ (less than one serving per day)	2013	37.9%	38.9%	37.8%	36.3%	34.0%	39.2%
Met physical activity recommendations (Adults)	2013	51.1%	50.3%	55.5%	49.9%	53.4%	50.8%
Physical activity for at least 60 minutes per day on five of the past seven days (High School Students)	2013	39.9%	38.7%	NA	41.4%	43.7%	47.3%
Sedentary lifestyle – no leisure-time physical activity in past month (Adults)	2011-2013	24.0%	24.2%	23.8%	23.9%	22.4%	25.3%
Soda/sports drink consumption (High School Students)	2013	28.2%	28.2%	NA	28.4%	26.2%	27.0%
Vegetable consumption among Adults 18+ (less than one serving per day)	2013	18.6%	19.8%	21.0%	15.3%†	17.9%	22.9%
Obesity (Adults)	2013	33.5%	37.9%	29.0%	28.4%	28.9%	29.4%
Obesity (High School Students)	2013	16.0%	16.0%	NA	15.7%	12.7%	13.7%
Overweight (Adults)	2013	35.3%	33.4%	35.0%	39.0%	36.0%	35.4%
Overweight (High School Students)	2013	17.0%	17.0%	NA	16.7%	16.0%	16.6%
Pregnancy and Birth Outcomes							
Children with special health care needs	2009-2010	NA	NA	NA	NA	23.6%	19.8%
Infant deaths per 1,000 live births	2003-2012	6.8	7.1	6.9	6.0	6.0	6.0
Live births for which the mother received early and adequate prenatal care	2010-2012	88.5%	89.2%	84.4%	88.7%	86.4%	84.8%
Live births to 15-19 year olds per 1,000 population	2010-2012	27.3	31.7	21.8	22.8	20.5	26.5
Low birth weight (<2500 grams)	2010-2012	7.5%	7.7%	7.7%	6.8%	6.6%	8.0%

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Substance and Alcohol Abuse							
Alcohol-induced mortality per 100,000 population	2009-2013	8.6	10.0	7.5 [†]	6.8	8.0	8.2
Binge drinking of alcoholic beverages (High School Students)	2013	14.5%	13.2%	NA	16.6%	14.8%	20.8%
Binge drinking of alcoholic beverages (Adults)	2011-2013	16.2%	15.4%	18.0%	16.6%	17.4%	16.8%
Chronic heavy drinking (Adults)	2011-2013	6.2%	5.4%	7.5%	6.8%	7.3%	6.2%
Drug-affected baby referrals received as a percentage of all live births	2014	7.5%	8.5%	2.8%	7.5%	7.8%	NA
Drug-induced mortality per 100,000 population	2009-2013	NA	12.6	NA	8.0	12.4	14.6
Emergency medical service overdose response per 100,000 population	2014	264.1	243.9	217.9	326.7	391.5	NA
Opiate poisoning (ED visits) per 100,000 population	2009-2011	18.8	20.0	18.7	16.7	25.1	NA
Opiate poisoning (hospitalizations) per 100,000 population	2009-2011	10.8	10.5	8.8	12.5	13.2	NA
Past-30-day alcohol use (High School Students)	2013	25.6%	23.6%	NA	28.5%	26.0%	34.9%
Past-30-day inhalant use (High School Students)	2013	3.0%	2.7%	NA	3.2%	3.2%	NA
Past-30-day marijuana use (Adults)	2011-2013	7.8%	8.9% [†]	4.9% [†]	8.0% [†]	8.2%	NA
Past-30-day marijuana use (High School Students)	2013	22.5%	18.9%	NA	26.8%	21.6%	23.4%
Past-30-day nonmedical use of prescription drugs (Adult)	2011-2013	0.8% [†]	0.6% [†]	NA	1.7% [†]	1.1%	NA
Past-30-day nonmedical use of prescription drugs (High School Students)	2013	5.5%	4.7%	NA	6.3%	5.6%	NA
Prescription Monitoring Program opioid prescriptions (days supply/pop)	2014-2015	7.3	7.0	6.8	8.0	6.8	NA
Substance-abuse hospital admissions per 100,000 population	2011	399.8	516.4	205.9	279.6	328.1	NA
Tobacco Use							
Current smoking (Adults)	2011-2013	24.4%	24.4%	20.3% [†]	26.8%	20.2%	19.0%
Current smoking (High School Students)	2013	12.6%	10.7%	NA	14.3%	12.9%	15.7%
Current tobacco use (High School Students)	2013	18.3%	16.1%	NA	21.1%	18.2%	22.4%
Secondhand smoke exposure (Youth)	2013	45.0%	42.1%	NA	48.1%	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.