

Newborn Bloodspot Screening in Maine

A databrief for providers



Newborn bloodspot screening can detect rare but serious medical conditions. Infants who are diagnosed and treated early can avoid serious complications.



All newborns delivered in Maine (about 11,000 per year) are required to be tested for certain congenital genetic disorders that can cause intellectual and developmental disability, serious illness, or death if left untreated. The newborn bloodspot screening test helps identify infants in need of follow-up testing.

Maine tested for 51 conditions in 2020, and 4 more conditions were added in 2021. Types of conditions include endocrine, metabolic, hematologic, pulmonary, neuromuscular, and immune system disorders.

Maine Screening Data

99.3%

of babies born in Maine in 2020 received a newborn bloodspot screening. Home births accounted for approximately 80% of the babies who did not receive a screen.



95%

of screenings had results in the normal range



5%

of screenings required follow-up testing



0.3%

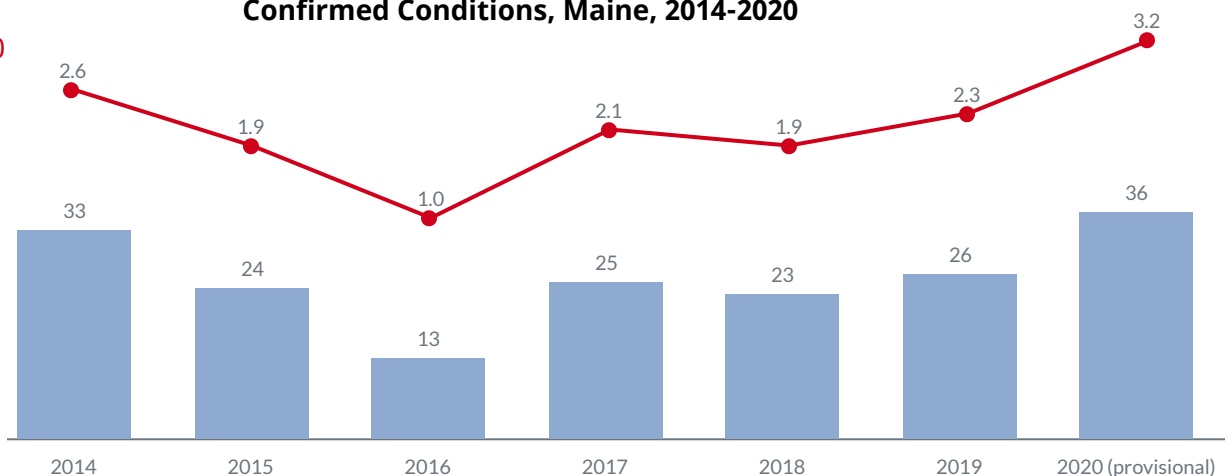
of all births in Maine had a confirmed condition upon additional testing

The overall number of conditions confirmed as positive is small. The rate of confirmed conditions per 1,000 Maine births has been increasing for the past four years.

Confirmed Conditions, Maine, 2014-2020

Rate per 1,000
occurrent¹
births

Count



Data by Condition

The most frequent conditions identified are:

- Endocrine Disorders that disrupt the release of specific hormones necessary for important energy and growth functions. Maine averaged 13.5 confirmed cases per year from 2015-2020.
- Cystic Fibrosis in which the body produces thick and sticky mucus that can clog the lungs and obstruct the pancreas. Maine averaged 5.3 confirmed cases per year from 2015-2020.
- Inborn Errors of Metabolism in which the body cannot properly turn food into energy. Maine averaged 3.3 confirmed cases per year from 2015-2020.
- Sickling Diseases are a group of inherited red blood cell disorders. Maine averaged 1.7 cases per year from 2015-2020.

Data Collection and Use

Maine providers are a vital link between parents and test results.

Providers help ensure initial testing takes place and conduct follow-up testing if necessary.



Birth attendants help ensure initial bloodspot collection takes place



The Newborn Bloodspot Program monitors lab results and notifies primary care providers



Pediatricians and Pediatric Specialty Care **providers** perform follow-up testing and care



Maine CDC Newborn Bloodspot Screening Program

For more information, contact us at: www.mainepublichealth.gov/bloodspot
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1. Occurrent births are those occurring in Maine, regardless of whether the mother is a Maine resident.

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