KNOX COUNTY HEALTH PROFILE

Maine Shared Community Health Needs Assessment

January 2025

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Introduction

The Maine Shared Community Health Needs Assessment (Maine Shared CHNA) is a collaborative partnership between Central Maine Healthcare, Northern Light Health, MaineGeneral Health, MaineHealth, the Maine Center for Disease Control and Prevention, and the Maine Community Action Partnership. By engaging and learning from people and communities and through data analysis, the partnership aims to improve the health and well-being of all people living in Maine. This is the fifth collaborative Maine Shared CHNA.

The mission of the Maine Shared CHNA is to:

- Create shared CHNA reports,
- Engage and activate communities, and
- Support data-driven improvements in health and well-being for all people living in Maine.

These data profiles, as well as additional information and data, can be found online at the Maine Shared CHNA's website – www.mainechna.org.

Data Commitments

The Maine Shared CHNA uses a set of data stewardship guidelines to ensure data is collected, analyzed, shared, published, and stored in a transparent and responsible manner. Included in these guidelines is a commitment to promote data equity in data collection, analyses, and reporting, including:

- Correctly assign the systemic factors that compound and contribute to health behaviors and health outcomes rather than implying that social or demographic categories are "causes" of disparities. We will use a systems-level approach when discussing inequities to avoid judging, blaming, and/or marginalizing populations.
- Lead with and uplift the assets, strengths, and resources when discussing populations and communities, specifically with qualitative data collection.
- Acknowledge missing data and data biases and limitations.
- Identify and address important issues for which we lack data.
- Share data with communities affected by challenges, including sharing analysis, reporting and ownership of findings.

Data Criteria

The Metrics Committee, one of two standing Committees of the Maine Shared CHNA, is charged with reviewing and revising a common set of population and community health and well-being indicators and measures every three years. Each cycle, the following criteria are used to guide an extensive review of the data:

- Describes an existing or emerging health issue;

- Describes one or more social drivers of health (SDOH);
- Describes the people in Maine;
- Measures an issue that is actionable;
- Describes issues that are known to have high health and/or social costs;
- Collectively provide for a comprehensive description of population health;
- Aligns with national health assessments (i.e.: County Health Rankings, American Health Rankings, Healthy People);
- Aligns with data previously included in Maine Community Health Partnership Assessments;
- Aligns with data routinely analyzed by the Maine CDC for program planning, monitoring, and evaluation;
- Have recent data less than two years old or have updates coming; and/or
- Were previously included, allowing for trends to be presented.

Additionally, the Metrics Committee, Maine CDC, and Crescendo Consulting Group (the Maine Shared CHNA vendor) reviewed the data to check for changes in data sources and definitions, potential new sources of data, and any discrepancies or errors in the data.

Data Limitations, Gaps, & Considerations

Quantitative data collection and analysis has several benefits, including the ability to see health and well-being trends over time. The Maine Shared CHNA draws on many data sets at the state and national level. Some of these include self-reported surveys while others are reports of health and well-being care and utilization rates. Each methodology has its own advantages and disadvantages and both have limitations in response options and sample sizes. Additionally, some quantitative data representing the same indicators may be slightly different due to the source of the data and the methods used for interpretation. For example, this occurs with death data from the Maine's Data, Research, and Vital Statistics database versus the U.S. CDC's WONDER database.

The data sets used by the Maine Shared CHNA generally follow federal reporting guidelines and responses for race, ethnicity, sexual orientation, and gender identity, which may not encompass nor resonate with everyone and leave them without an option that represents their identity. Additionally, for some demographics, the numbers may be too small to have data disaggregated at certain levels, specifically the city and county level. Small sample sizes may pose the risk of unreliable or identifiable data. Both a lack of comprehensive response options and small sample sizes can lead to a gap in data analysis and reporting and leave some populations and communities underrepresented or missing entirely. The Maine Shared CHNA generally relies on state-level data and the aggregation of multiple years of data for more reliable estimates with less suppression. This implies an assumption that disparities found at the state level have similar patterns for smaller geographical areas, which does not account for the unique characteristics of populations throughout the state.

These data limitations may result in programming and policies that do not meet the needs of certain populations. To try to account for some of these gaps and complement the quantitative data, the Maine Shared CHNA engaged in an extensive community engagement process. That process and the results are outlined in the Community Engagement Overviews.

Specific data changes and limitations relevant to the 2024 Maine Shared CHNA data analysis are further described below.

Data Changes

This cycle brought a number of new indicators to the data set with the addition of the Maine Community Action Partnership to the Maine Shared CHNA collaborative, specifically related to social drivers of health. Social drivers of health (SDOH) are conditions in the environments where people are born, live, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks. Previous versions of the Maine Shared CHNA have used the term social determinants of health to capture that same type of data. These and other changes were made based on currently available data and reviews by the Metrics Committee, Maine CDC, and Crescendo Consulting Group (the Maine Shared CHNA vendor). New indicators, indicator changes, and retired indicators are listed in Appendix A: New and Retired Indicators.

Data Discrepancies

COVID's Impact

The COVID-19 pandemic impacted health and well-being behaviors, utilization of health care, and health and well-being outcomes, among other things. Although we have mostly emerged from the pandemic, we are still experiencing a myriad of lingering effects and impacts from it. These impacts are now being reflected in a multitude of data sets from roughly 2020 through 2023. In most cases, more recent, post-pandemic data is not yet available. Rather than exclude data collected during the pandemic, unless advised by the data source, we encourage readers to interpret data collected during the pandemic with this context in mind and recognize that it may not be representative of a non-pandemic year.

Health Equity Profiles

The Maine Shared CHNA highlights populations and geographies that experience disparate health and well-being outcomes due to social and institutional inequities through a community engagement process and health equity data profiles. Due to limitations in data availability and capacity of Maine Shared CHNA partners, health equity profiles on rurality and disability status will not be ready until early 2025. Additionally, some health equity profiles may include fewer indicators than others given data availability, suppressed data rates, and what is and is not collected at the state and national level. As noted above, disparities are generally only analyzed at the state level. The Maine Shared CHNA website and dashboard will be updated as data is available and analyzed.

How To Read This Document

This document provides more than 250 health and well-being indicators that describe demographics, health outcomes and behaviors, and conditions that influence our health and well-being. The data come from more than 30 sources and represent the most recent information available and analyzed as of November 2024. Data from several years is often combined to ensure there is enough data to draw conclusions. County data are compared to benchmarks in several ways: between two time periods; to the state; and to the U.S. The two

time periods can be found within the tables under columns marked, “Point 1” and “Point 2.” The majority of comparisons are based on 95% confidence intervals. In some instances, a 90% confidence interval is used and is noted with a “#” symbol. Confidence intervals may be determined using various methodologies (e.g. using weighting in calculations), resulting in a more narrow or wide margin of error and impacting the frequency of statistically significant differences. A 95% confidence interval is a way to say that if this indicator were measured over and over for the same population, we are 95% confident that the true value among the total population falls within the given range/interval. When the confidence intervals of two measurements do not overlap, the difference between them is statistically significant. Where confidence intervals were not available, no indicator of significant difference has been made.

The tables use symbols to show whether there are significant changes for each indicator over time, and to show if local data is notably better or worse than the state or the U.S. Additional symbols are used to note when data may be too small for statistical reliability and suppressed due to a small number of responses and when data is pending (available at a later date) or unavailable.

See the box below for a key to the symbols:

CHANGE shows statistically significant changes in the indicator over time, based on 95% confidence interval (see description above).	
★	means the health issue or problem is getting better over time.
!	means the health issue or problem is getting worse over time.
○	means the change was not statistically significant.
N/A	means there is not enough data to make a comparison.
#	means compared at 90% Confidence Interval.
BENCHMARK compares Knox data to state and national data, based on 95% confidence interval (see description above).	
★	means Knox is doing significantly better than the state or national average.
!	means Knox is doing significantly worse than the state or national average.
○	means there is no statistically significant difference between the data points.
N/A	means there is not enough data to make a comparison.
#	means compared at 90% Confidence Interval.
ADDITIONAL SYMBOLS	
*	means results may be statistically unreliable due to small numbers, use caution when interpreting.
~	means suppressed data due to a small number of respondents.
^	means data is pending.
—	means data is unavailable.

Data in this report are presented as either rates, percentages, numbers, or ratios.

- For data that is represented as a percentage, the "%" symbol appears with the data point. The most common conditions and behaviors are presented as percentages.
- When the health condition, behavior, or outcome is less common, the numbers are presented as rates per 1,000, 10,000, or 100,000 people. For indicators that are a rate, look below the indicator name to see the rate denominator (per 1,000 or per 10,000, etc.). The less common the health condition, behavior, or outcome is, the larger the denominator.
- For a few indicators, a denominator is not available, and the data is presented as a number.
- For health care provider availability, the standard measure is a ratio, representing 1 provider for the specified number of people in the population.

Demographics

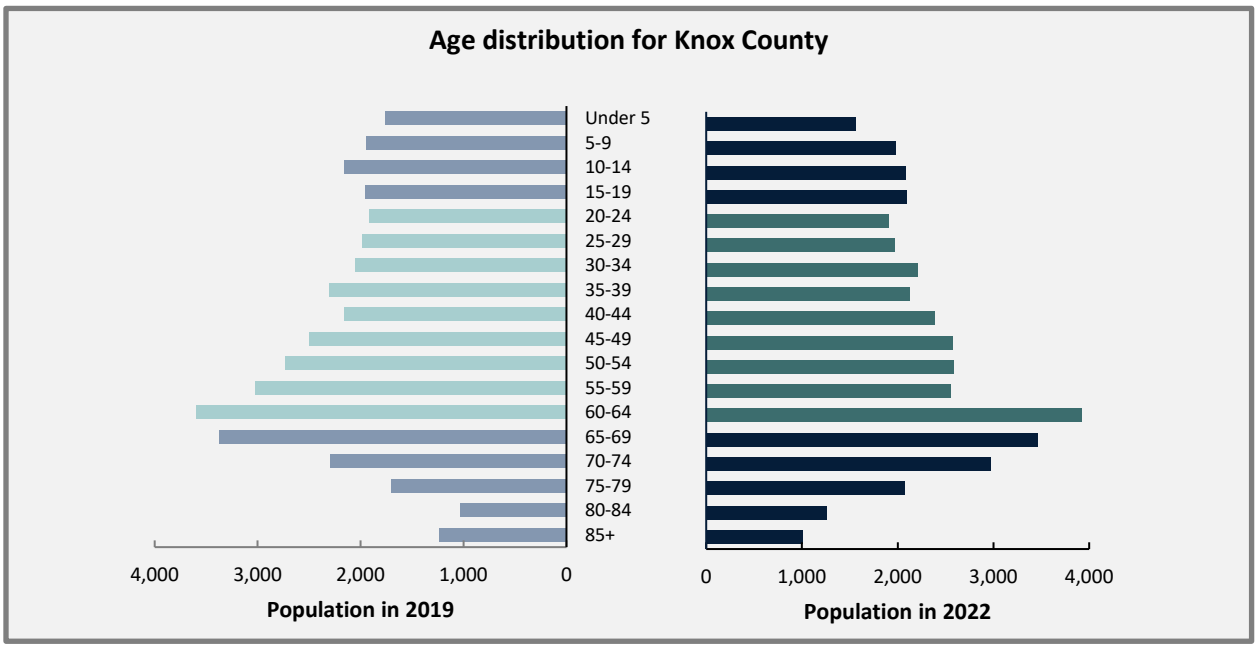
The following tables and chart show information about the population of Knox County. The differences in age and poverty are important to note as they may affect a wide range of health and well-being outcomes.

Knox County Population **40,729**
State of Maine Population **1,366,949**

	Knox	Maine
Median household income	**$68,904**	**$68,251**
Unemployment rate	**2.8%**	**3.1%**
Individuals living in poverty	**10.0%**	**10.9%**
Children living in poverty	**12.9%**	**13.4%**
65+ living alone	**28.6%**	**29.5%**

	Knox County	
	Percent	Number
American Indian/Alaskan Native	**0.2%**	**98**
Asian	**0.4%**	**146**
Black/African American	**0.4%**	**157**
Native Hawaiian or Pacific Islander	**0.0%**	**4**
Some other race	**0.8%**	**314**
Two or more races	**3.3%**	**1,328**
White	**95.0%**	**38,682**
Hispanic	**1.7%**	**680**
Non-Hispanic	**98.3%**	**40,049**

The chart below shows the shift in the age of the population between 2015-2019 and 2018-2022. As Maine's population grows older, there may be impacts on health care costs, caregivers, and workforce capacity, while on the other end, increases in children may cause impacts on child care availability and educational institutions.



Data for Knox County

	Knox County			Benchmarks			
Indicator	**Point 1**	**Point 2**	**Change**	**Maine**	**+/-**	**U.S.**	**+/-**
Demographics							
Population (percent of total Maine population)	2015-2019 **3.0%**	2018-2022 **3.0%**	N/A	—	N/A	—	N/A
Veterans	2015-2019 **9.0%**	2018-2022 **8.4%**	N/A	2018-2022 **9.0%**	N/A	2018-2022 **6.6%**	N/A
Gay, lesbian and bisexual (adults)	2011-2015 & 2017 **3.2%**	2015 & 2017-2021 **4.2%**	N/A	2015 & 2017-2021 **4.9%**	N/A	—	N/A
Transgender youth	2019 **0.7%**	2023 **2.4%**	N/A	2023 **4.5%**	N/A	—	N/A
Transgender adults	—	2017-2021 **1.2%***	N/A	2017-2021 **1.4%**	N/A	—	N/A
Persons with a disability	2015-2019 **15.4%**	2018-2022 **13.1%**	N/A	2018-2022 **15.8%**	N/A	2018-2022 **12.9%**	N/A
Foreign born	2015-2019 **2.3%**	2018-2022 **3.0%**	N/A	2018-2022 **3.8%**	N/A	2018-2022 **13.7%**	N/A
Limited English Proficiency	2015-2019 **0.7%**	2018-2022 **1.2%**	N/A	2018-2022 **1.5%**	N/A	2018-2022 **8.2%**	N/A
Social Drivers of Health							
People living in rural areas	2019 **100.0%**	2022 **100.0%**	N/A	2019 **66.2%**	N/A	—	N/A
Individuals living in poverty	2015-2019 **9.9%**	2018-2022 **10.0%**	○#	2018-2022 **10.9%**	○#	2018-2022 **12.5%**	★#
Percentage of families living below the federal poverty level	2015-2019 **8.0%**	2018-2022 **7.6%**	○#	2018-2022 **6.4%**	○#	2018-2022 **8.8%**	○#
Children living in poverty	2015-2019 **15.7%**	2018-2022 **12.9%**	○#	2018-2022 **13.4%**	○#	2018-2022 **16.7%**	○#
School-aged children living below 185% of poverty	2019 **39.7%**	2024 **33.0%**	N/A	2024 **36.8%**	N/A	—	N/A
Households living above the federal poverty level but below the Asset Limited Income Constrained Employed threshold of financial survival	2019 **31.8%**	2022 **29.6%**	N/A	2022 **30.2%**	N/A	—	N/A
Households living above the Asset Limited Income Constrained Employed threshold of financial survival	2019 **59.1%**	2022 **59.5%**	N/A	2022 **58.0%**	N/A	—	N/A
Asset poverty (insufficient net worth to live without income at or above the poverty level for three months)	2018 **17.0%**	2021 **14.0%**	N/A	2021 **18.0%**	○	2021 **19.0%**	○
Median household income	2015-2019 **$57,751**	2018-2022 **$68,904**	★#	2018-2022 **$68,251**	○#	2018-2022 **$75,149**	!#
Unemployment	2020 **5.4%**	2023 **2.8%**	N/A	2023 **3.1%**	N/A	2023 **3.6%**	N/A

	Knox County			Benchmarks			
Indicator	**Point 1**	**Point 2**	**Change**	**Maine**	**+/-**	**U.S.**	**+/-**
Social Drivers of Health (continued)							
High school student graduation	2020-2021 **87.4%**	2022-2023 **86.7%**	N/A	2022-2023 **87.3%**	N/A	—	N/A
Associate's degree or higher among those age 25 and older	2015-2019 **41.3%**	2018-2022 **45.7%**	○#	2018-2022 **44.4%**	○#	2018-2022 **43.1%**	○#
Households that spend more than 50% of income toward housing	2015-2019 **12.7%**	2018-2022 **12.2%**	○#	2018-2022 **11.3%**	○#	2018-2022 **14.1%**	★#
Median gross rent	2015-2019 **$856**	2018-2022 **$1,027**	!#	2018-2022 **$1,009**	○#	2018-2022 **$1,268**	★#
Median housing value	2015-2019 **$213,400**	2018-2022 **$260,800**	N/A	2018-2022 **$244,800**	N/A	2018-2022 **$281,900**	N/A
Total housing units	2015-2019 **24,400**	2018-2022 **24,331**	○#	2018-2022 **741,803**	N/A	2018-2022 **140,943,613**	N/A
Housing units that are vacant and either for rent or for sale	2017 **1.9%**	2022 **2.0%**	N/A	2022 **1.6%**	N/A	2022 **2.5%**	N/A
Housing occupancy	2015-2019 **69.8%**	2018-2022 **73.1%**	N/A	2018-2022 **78.2%**	N/A	2018-2022 **89.2%**	N/A
Owner-occupied housing	2015-2019 **77.2%**	2018-2022 **79.2%**	N/A	2018-2022 **73.5%**	N/A	2018-2022 **64.8%**	N/A
Owner-occupied households without mortgage	2015-2019 **40.4%**	2018-2022 **41.8%**	○#	2018-2022 **40.2%**	○#	2018-2022 **38.5%**	★#
65+ living alone	2015-2019 **30.5%**	2018-2022 **28.6%**	N/A	2018-2022 **29.5%**	N/A	2018-2022 **27.2%**	N/A
Households with no phone services	2015-2019 **1.4%**	2018-2022 **0.6%**	○#	2018-2022 **0.9%**	○#	2018-2022 **1.0%**	○#
Households with a broadband subscription	2015-2019 **84.8%**	2018-2022 **88.5%**	★#	2018-2022 **87.3%**	○#	2018-2022 **88.3%**	○#
Households with a computer	2015-2019 **91.2%**	2018-2022 **93.1%**	○#	2018-2022 **92.9%**	○#	2018-2022 **94.0%**	○#
Children experiencing homelessness (pre-k to high school)	—	2023 **58**	N/A	2023 **2,825**	N/A	—	N/A
Housing insecure (high school students)	2021 **2.3%**	2023 **2.6%**	○	2023 **2.6%**	○	—	N/A
No vehicle for the household	2015-2019 **6.3%**	2018-2022 **5.8%**	○#	2018-2022 **6.9%**	○#	2018-2022 **8.3%**	★#
Commute of greater than 30 minutes driving alone	2015-2019 **18.8%**	2018-2022 **23.8%**	!#	2018-2022 **33.9%**	★#	2018-2022 **36.5%**	★#
Children served in publicly funded state and local preschools	2019 **45.0%**	2023 **44.8%**	N/A	2023 **48.5%**	N/A	—	N/A
Head Start eligible infants, toddlers, preschool age children	2015-2019 **24.9%**	2017-2021 **15.5%**	N/A	2017-2021 **14.9%**	N/A	2017-2021 **18.4%**	N/A
Children served by Child Development Services	—	—	N/A	2021 **97.7%**	N/A	—	N/A
Children served by Maine Home Visiting	—	—	N/A	2023-2024 **1,815**	N/A	—	N/A

	Knox County			Benchmarks			
Indicator	**Point 1**	**Point 2**	**Change**	**Maine**	**+/-**	**U.S.**	**+/-**
Social Drivers of Health (continued)							
Caregivers served by Maine Home Visiting	—	—	N/A	2023-2024 **2,013**	N/A	—	N/A
Child care centers	2020 **27**	2024 **29**	N/A	2024 **783**	N/A	—	N/A
Family child care programs	2020 **22**	2024 **18**	N/A	2024 **683**	N/A	—	N/A
Head Start teachers hourly wage average	—	—	N/A	2021-2022 **$17.91**	N/A	2021-2022 **$19.23**	N/A
Head Start teacher assistants hourly wage average	—	—	N/A	2021-2022 **$13.14**	N/A	2021-2022 **$12.52**	N/A
Adverse childhood experiences (high school students)	2021 **23.3%**	2023 **24.0%**	○	2023 **26.7%**	○	—	N/A
Children in foster care per 1,000 children	2019 **4.9**	2024 **8.3**	N/A	2024 **10.3**	N/A	—	N/A
General Health Status							
Fair or poor health (self-rated)	2015-2017 **14.2%**	2019-2021 **16.3%**	○	2019-2021 **15.3%**	○	2021 **14.8%**	N/A
14 or more days lost due to poor physical health	2015-2017 **9.4%**	2019-2021 **11.8%**	○	2019-2021 **11.6%**	○	2021 **11.0%**	N/A
14 or more days lost due to poor mental health	2015-2017 **9.6%**	2019-2021 **12.1%**	○	2021 **14.0%**	N/A	2021 **14.7%**	N/A
Three or more chronic conditions	2018-2020 **16.0%**	2019-2021 **17.4%**	○	2019-2021 **16.0%**	○	—	N/A
Overall Mortality							
Life expectancy	2018-2020 **79.3**	2019-2021 **78.6**	○	2019-2021 **78.6**	○	—	N/A
Overall death rate per 100,000 population	2015-2019 **749.9**	2018-2022 **737.7**	○	2022 **844.3**	N/A	2019 **715.2**	N/A
Rate of years of potential life lost per 100,000 population	2016-2018 **6,808.9**	2019-2021 **7,993.5**	○	2019-2021 **7,811.8**	○	2019-2021 **8,000.0**	N/A
Access							
Uninsured	2015-2019 **9.4%**	2018-2022 **7.4%**	○#	2018-2022 **7.1%**	○#	2018-2022 **8.7%**	○#
MaineCare enrollment (all ages)	2020 **27.8%**	2023 **25.9%**	N/A	2023 **27.6%**	N/A	—	N/A
MaineCare enrollment (ages 0-19)	2020 **45.6%**	2023 **48.6%**	N/A	2023 **48.5%**	N/A	—	N/A
Ratio of population to primary care physicians	2019 **1,362**	2024 **1,361**	N/A	2024 **1,047**	N/A	—	N/A
Usual primary care provider (adults)	2015-2017 **85.0%**	2019-2021 **89.3%**	○	2019-2021 **87.5%**	○	2020 **76.9%**	N/A
Primary care visit to any primary care provider in the past year	2015-2017 **65.4%**	2019-2021 **78.0%**	★	2019-2021 **79.0%**	○	2020 **74.7%**	N/A
Child preventative visits	—	—	N/A	2021-2022 **85.9%**	N/A	2021-2022 **76.8%**	N/A
Cost barriers to health care	2015-2017 **9.5%**	2019-2021 **9.2%**	○	2019-2021 **9.7%**	○	2021 **9.9%**	N/A

	Knox County			Benchmarks			
Indicator	**Point 1**	**Point 2**	**Change**	**Maine**	**+/-**	**U.S.**	**+/-**
Health Care Quality							
Ambulatory care-sensitive condition hospitalizations per 10,000 population	2016-2018 **52.2**	2019-2021 **31.7**	★	2019-2021 **42.8**	★	—	N/A
Ambulatory care-sensitive condition emergency department rate per 10,000 population	2016-2018 **259.8**	—	N/A	2016-2018 **282.5**	N/A	—	N/A
Cancer							
All cancer deaths per 100,000 population	2015-2019 **176.2**	2018-2022 **155.6**	○	2018-2022 **159.9**	○	2020 **144.1**	N/A
Colorectal cancer deaths per 100,000 population	2015-2019 **12.4**	2018-2022 **14.7**	○	2018-2022 **12.7**	○	2021 **12.8**	N/A
Female breast cancer deaths per 100,000 population	2015-2019 **28.4**	2018-2022 **18.4**	○	2018-2022 **16.7**	○	2020 **19.1**	N/A
Lung cancer deaths per 100,000 population	2015-2019 **40.2**	2018-2022 **32.9**	○	2018-2022 **40.2**	○	2020 **31.8**	N/A
Prostate cancer deaths per 100,000 population	2015-2019 **23.0**	2018-2022 **21.8**	○	2018-2022 **19.9**	○	2020 **18.5**	N/A
Tobacco-related cancer deaths per 100,000 population	2015-2019 **50.9**	2018-2022 **49.0**	○	2018-2022 **52.8**	○	2020 **42.1**	N/A
All cancer new cases per 100,000 population	2015-2019 **501.5**	2019-2021 **477.3**	○	2019-2021 **476.0**	○	2019 **438.6**	N/A
Bladder cancer new cases per 100,000 population	2016-2018 **26.9**	2019-2021 **32.2**	○	2019-2021 **26.4**	○	2019 **18.3**	N/A
Colorectal cancer new cases per 100,000 population	2016-2018 **40.0**	2019-2021 **39.6**	○	2019-2021 **35.0**	○	2019 **36.3**	N/A
Female breast cancer new cases per 100,000 population	2016-2018 **150**	2019-2021 **124.6**	○	2019-2021 **135.4**	○	2019 **129.7**	N/A
Lung cancer new cases per 100,000 population	2016-2018 **55.7**	2019-2021 **46.9**	○	2019-2021 **65.3**	★	2019 **52.9**	N/A
Melanoma skin cancer new cases per 100,000 population	2016-2018 **30.9**	2019-2021 **32.4**	○	2019-2021 **26.6**	○	2019 **22.7**	N/A
Prostate cancer new cases per 100,000 population	2016-2018 **122.6**	2019-2021 **111.9**	○	2019-2021 **106.2**	○	2019 **111.6**	N/A
Tobacco-related cancer (excluding lung cancer) new cases per 100,000 population	2016-2018 **142.2**	2019-2021 **149.2**	○	2019-2021 **137.2**	○	2019 **125.0**	N/A
HPV-associated cancer new cases per 100,000 population	2016-2018 **18.1**	2019-2021 **15.4**	○	2019-2021 **15.4**	○	2019 **12.5**	N/A
Obesity-associated cancer (excluding colon cancer) new cases per 100,000 population	2016-2018 **128.1**	2019-2021 **139.1**	○	2019-2021 **138.3**	○	2019 **133.2**	N/A
Alcohol-associated new cancer cases per 100,000 population	2017-2019 **142.8**	2019-2021 **134.9**	○	2019-2021 **135.4**	○	—	N/A

	Knox County			Benchmarks			
Indicator	**Point 1**	**Point 2**	**Change**	**Maine**	**+/-**	**U.S.**	**+/-**
Cancer (continued)							
Colorectal late-stage new cases per 100,000 population	2016-2018 **24.0**	2019-2021 **24.6**	○	2019-2021 **20.7**	○	2019 **21.8**	N/A
Female breast cancer late-stage new cases per 100,000 population	2016-2018 **38.6**	2019-2021 **49.0**	○	2019-2021 **41.2**	○	2019 **41.1**	N/A
Lung cancer late-stage new cases per 100,000 population	2016-2018 **34.5**	2019-2021 **33.2**	○	2019-2021 **42.2**	○	2019 **34.3**	N/A
Breast cancer screening up-to-date	2014 & 2016 **79.1%**	2018 & 2020 **83.5%**	○	2018 & 2020 **82.0%**	○	2020 **78.3%**	N/A
Cervical cancer screening up-to-date	2014 & 2016 **80.3%**	2018 & 2020 **83.0%**	○	2018 & 2020 **81.6%**	○	2020 **77.6%**	N/A
Colorectal cancer screening up-to-date	—	2020 **77.0%**	N/A	2020 **81.2%**	○	2020 **74.3%**	○
Lung cancer screening rate among eligible adults	2017-2020 **7.8%***	2018-2021 **8.8%***	○	2018-2021 **15.5%**	○	—	N/A
Cardiovascular Disease							
Cardiovascular disease deaths per 100,000 population	2015-2019 **205.1**	2018-2022 **195.0**	○	2018-2022 **200.4**	○	2021 **231.8**	N/A
Coronary heart disease deaths per 100,000 population	2015-2019 **81.8**	2018-2022 **67.2**	○	2018-2022 **82.0**	○	2021 **92.8**	N/A
Heart attack deaths per 100,000 population	2015-2019 **28.2**	2018-2022 **23.0**	○	2018-2022 **24.6**	N/A	2021 **26.8**	N/A
Stroke deaths per 100,000 population	2015-2019 **32.6**	2018-2022 **27.9**	○	2022 **29.4**	N/A	2021 **41.1**	N/A
High blood pressure hospitalizations per 10,000 population	2016-2018 **12.9**	2019-2021 **13.7**	○	2019-2021 **19.4**	★	—	N/A
Heart failure hospitalizations per 10,000 population	2016-2018 **9.4**	2019-2021 **4.4**	★	2019-2021 **4.5**	○	—	N/A
Heart attack hospitalizations per 10,000 population	2016-2018 **16.5**	2019-2021 **15.1**	○	2019-2021 **18.9**	★	—	N/A
Stroke hospitalizations per 10,000 population	2016-2018 **19.3**	2019-2021 **16.9**	○	2019-2021 **19.2**	○	—	N/A
High blood pressure	2015 & 2017 **36.6%**	2017 & 2019 **36.8%**	○	2017 & 2019 **35.5%**	○	2021 **32.4%**	N/A
High cholesterol	2015 & 2017 **42.8%**	2017 & 2019 **41.9%**	○	2017 & 2019 **36.2%**	!	2019 **33.1%**	N/A
Cholesterol checked in past five years	2015 & 2017 **78.8%**	2017 & 2019 **83.6%**	○	2017 & 2019 **87.2%**	○	2019 **86.6%**	N/A
Diabetes							
Diabetes	2015-2017 **9.0%**	2019-2021 **10.1%**	○	2019-2021 **10.4%**	○	2021 **10.9%**	N/A
Diabetes deaths (underlying cause) per 100,000 population	2015-2019 **17.4**	2018-2022 **13.3**	○	2018-2022 **25.2**	★	2021 **25.4**	N/A
Diabetes hospitalizations (principal diagnosis) per 10,000 population	2016-2018 **13.1**	2019-2021 **10.3**	○	2019-2021 **13.1**	★	—	N/A

	Knox County			Benchmarks			
Indicator	**Point 1**	**Point 2**	**Change**	**Maine**	**+/-**	**U.S.**	**+/-**
Diabetes (continued)							
Diabetes emergency department rate (principal diagnosis) per 10,000 population	2016-2018 **32.3**	—	N/A	2016-2018 **31.2**	N/A	—	N/A
A1c test at least twice/year (adults with diabetes)	2011-2017 **77.9%**	2014-2021 **77.8%**	N/A	2014-2021 **75.9%**	○	2021 **72.7%**	N/A
Formal diabetes education (adults with diabetes)	2011-2017 **68.3%**	2014-2021 **67.4%**	N/A	2014-2021 **55.6%**	★	2021 **52.5%**	N/A
Dilated eye exam annually (adults with diabetes)	2011-2017 **71.4%**	2014-2021 **75.2%**	N/A	2014-2021 **71.4%**	○	2021 **67.1%**	N/A
Respiratory Health							
Current asthma (adults)	2015-2017 **9.2%**	2019-2021 **10.5%**	○	2021 **11.6%**	N/A	2021 **9.8%**	N/A
Current asthma (youth ages 0-17)	2014-2016 **6.5%***	2019-2021 **7.6%***	○	2019-2021 **8.2%**	○	2020 **7.5%**	N/A
Chronic obstructive pulmonary disease (COPD)	2015-2017 **6.0%**	2019-2021 **8.6%**	○	2019-2021 **8.8%**	○	2021 **6.1%**	N/A
Chronic lower respiratory disease deaths per 100,000 population	2015-2019 **41.5**	2018-2022 **35.8**	N/A	2022 **40.0**	N/A	2019 **38.2**	N/A
Asthma emergency department rate per 10,000 population	2016-2018 **51.3**	—	N/A	2016-2018 **42.5**	N/A	—	N/A
Chronic obstructive pulmonary disease hospitalizations per 10,000 population	—	—	N/A	—	N/A	—	N/A
Pneumonia hospitalizations per 10,000 population	2016-2018 **15.8**	2019-2021 **7.8**	○	2019-2021 **12.0**	○	—	N/A
Physical Activity, Nutrition and Weight							
Obesity (adults)	2017 **31.2%**	2021 **29.8%**	○	2021 **31.9%**	○	2021 **33.9%**	○
Obesity (high school students)	2019 **11.5%**	2023 **12.0%**	○	2023 **15.7%**	○	—	N/A
Obesity (middle school students)	2019 **16.2%**	2023 **~**	N/A	2023 **16.0%**	N/A	—	N/A
Overweight (adults)	2017 **33.3%**	2021 **29.9%**	○	2021 **34.0%**	○	2021 **34.4%**	○
Overweight (high school students)	2019 **12.8%**	2023 **15.7%**	○	2023 **16.0%**	○	—	N/A
Overweight (middle school students)	2019 **21.5%**	2023 **~**	N/A	2023 **16.3%**	N/A	—	N/A
Sedentary lifestyle – no leisure-time physical activity in past month (adults)	2017 **21.5%**	2021 **24.9%**	○	2021 **26.5%**	N/A	2021 **23.7%**	○
Met aerobic physical activity recommendations (adults)	2015 & 2017 **53.8%**	2017 & 2019 **55.5%**	○	2017 & 2019 **52.1%**	○	2017 **50.6%**	N/A

	Knox County			Benchmarks			
Indicator	**Point 1**	**Point 2**	**Change**	**Maine**	**+/-**	**U.S.**	**+/-**
Physical Activity, Nutrition and Weight (continued)							
Met physical activity recommendations (high school students)	2019 **19.1%**	2023 **49.0%**	★	2023 **47.7%**	○	—	N/A
Met physical activity recommendations (middle school students)	2019 **31.6%**	2023 **~**	N/A	2023 **50.2%**	N/A	—	N/A
Fewer than two hours combined screen time (high school students)	2019 **42.1%**	2023 **30.3%**	○	2023 **22.9%**	○	—	N/A
Fewer than two hours combined screen time (middle school students)	2019 **26.0%**	2023 **~**	N/A	2023 **28.8%**	N/A	—	N/A
Fruit consumption (adults reporting less than one serving per day)	2017 **27.0%**	2021 **36.6%**	○	2021 **35.0%**	○	2021 **39.7%**	○
Vegetable consumption (adults reporting less than one serving per day)	2017 **11.1*%**	2021 **11.0%**	○	2021 **13.1%**	○	2021 **20.4%**	★
Fruit and vegetable consumption (high school students reporting five or more a day)	2019 **16.0%**	2023 **18.9%**	○	2023 **14.2%**	○	—	N/A
Fruit and vegetable consumption (middle school students reporting five or more a day)	2019 **26.0%**	2023 **~**	N/A	2023 **18.9%**	N/A	—	N/A
Soda/sports drink consumption (high school students reporting one or more a day)	2019 **14.9%**	2023 **21.1%**	○	2023 **25.3%**	○	—	N/A
Soda/sports drink consumption (middle school students reporting one or more a day)	2019 **12.4%**	2023 **~**	N/A	2023 **23.3%**	N/A	—	N/A
Food insecurity	2019 **11.0%**	2022 **11.9%**	N/A	2022 **13.0%**	N/A	2022 **13.5%**	N/A
Food insecurity (youth)	2019 **18.1%**	2022 **17.6%**	N/A	2022 **18.7%**	N/A	2022 **18.5%**	N/A
Pregnancy and Birth Outcomes							
Infant deaths per 1,000 live births	2015-2019 **7.5**	2018-2022 **~**	N/A	2018-2022 **5.7**	N/A	2020 **5.4**	N/A
Low birth weight (<2,500 grams)	2018-2019 **8.5%**	2021-2022 **7.6%**	○	2021-2022 **7.8%**	○	2022 **8.6%**	N/A
Pre-term live births	2018-2019 **8.9%**	2021-2022 **8.3%**	○	2021-2022 **9.5%**	○	2022 **10.4%**	N/A
Unintended births	2016-2019 **27.3%**	2017-2020 **25.5%**	○	2017-2020 **20.7%**	○	—	N/A

	Knox County			Benchmarks			
Indicator	**Point 1**	**Point 2**	**Change**	**Maine**	**+/-**	**U.S.**	**+/-**
Pregnancy and Birth Outcomes (continued)							
Births to 15-19-year olds per 1,000 population	2018-2019 **8.8**	2021-2022 **5.5***	○	2021-2022 **8.1**	○	2022 **13.6**	N/A
Adequate prenatal care	—	2021-2022 **90.6%**	N/A	2021-2022 **84.6%**	★	2022 **74.9%**	N/A
C-sections among low-risk first births	2018-2019 **24.7%**	2021-2022 **20.1%**	○	2021-2022 **25.5%**	○	2022 **26.3%**	N/A
Smoked during pregnancy	2016-2017 **17.3%**	2021-2022 **11.4%**	★	2021-2022 **9.1%**	○	2022 **3.7%**	N/A
Drank alcohol during pregnancy	—	—	N/A	2021-2022 **10.6%**	N/A	—	N/A
Depression during pregnancy	—	—	N/A	2022 **16.3%**	N/A	2021 **16.5%**	N/A
Post-partum depression	—	—	N/A	2022 **9.8%**	N/A	2021 **12.7%**	N/A
Infants who are ever breast fed	2018-2019 **90.1%**	2021-2022 **93.1%**	○	2021-2022 **87.6%**	★	2022 **85.2%**	N/A
Infants who are exclusively breast fed to 6 months	—	—	N/A	2020 **32.4%**	N/A	2020 **25.4%**	N/A
Head Start eligible expectant mothers	—	—	N/A	2022 **1,556**	N/A	—	N/A
Children with Special Health Care Needs							
Children with special health care needs	—	—	N/A	2020-2021 **22.3%**	N/A	2020-2021 **19.5%**	N/A
Developmental screening for MaineCare members	2020 **24.7%**	2023 **32.6%**	N/A	2023 **26.9%**	N/A	—	N/A
Developmental screening for children	—	—	N/A	2020-2021 **49.0%**	N/A	2020-2021 **34.8%**	N/A
Cognitive Health							
Cognitive decline	2016 **6.4%**	2018 & 2020 **6.1%**	N/A	2018 & 2020 **9.2%**	★	2018 **10.8%**	N/A
Caregiving at least 20 hours per week	2015, 2017 & 2019 **4.0%***	2017, 2019 & 2021 **3.1%***	○	2017, 2019 & 2021 **5.1%**	○	—	N/A
Arthritis							
Arthritis	2015-2017 **31.8%**	2019-2021 **35.1%**	○	2019-2021 **30.7%**	!	2021 **25.8%**	N/A
Environmental Health							
Children with lead poisoning (estimated)	2013-2017 **6.4%**	2018-2022 **3.1%**	★	2018-2022 **2.2%**	!	—	N/A
Lead screening among children (ages 12-23 months)	2019 **51.6%**	2022 **77.3%**	★	2022 **68.5%**	★	—	N/A
Lead screening among children (ages 24-35 months)	2019 **41.6%**	2022 **32.4%**	○	2022 **46.4%**	!	—	N/A
Adults living in households with private wells tested for arsenic	—	2016-2019 & 2021 **57.1%**	N/A	2016-2019 & 2021 **52.7%**	○	—	N/A

	Knox County			Benchmarks			
Indicator	**Point 1**	**Point 2**	**Change**	**Maine**	**+/-**	**U.S.**	**+/-**
Environmental Health (continued)							
Adults living in households tested for radon	—	2016-2019 & 2021 **35.0%**	N/A	2021 **34.9%**	N/A	—	N/A
Immunization							
Influenza vaccination in the past year (adults)	2015-2017 **45.1%**	2019-2021 **52.4%**	★	2019-2021 **50.0%**	○	2021 **45.1%**	N/A
Pneumococcal pneumonia vaccination (adults ages 65+)	2015-2017 **77.2%**	2019-2021 **74.0%**	○	2019-2021 **73.2%**	○	2021 **70.1%**	N/A
Infectious Disease							
Lyme disease new cases per 100,000 population	2020 **304.2**	2022 **335.9**	N/A	2022 **191.4**	N/A	—	N/A
Gastrointestinal disease new cases per 100,000 population	2020 **35.2**	2022 **14.6**	N/A	2022 **31.5**	N/A	—	N/A
Hepatitis A (acute) new cases per 100,000 population	2020 **5.0**	2022 **2.4**	N/A	2022 **4.6**	N/A	2019 **5.7**	N/A
Hepatitis B (acute) new cases per 100,000 population	2020 **5.0**	2022 **0.0**	N/A	2022 **2.1**	N/A	2019 **1.1**	N/A
Hepatitis B (chronic) new cases per 100,000 population	2020 **10.1**	2022 **0.0**	N/A	2022 **14.1**	N/A	2019 **5.9**	N/A
Hepatitis C (acute) new cases per 100,000 population	2020 **10.1**	2022 **17.0**	N/A	2022 **9.5**	N/A	2019 **1.7**	N/A
Hepatitis C (chronic) new cases per 100,000 population	2020 **171.0**	2022 **123.9**	N/A	2022 **96.4**	N/A	—	N/A
Pertussis new cases per 100,000 population	2020 **2.5**	2022 **0.0**	N/A	2022 **5.7**	N/A	2019 **1.7**	N/A
Tuberculosis new cases per 100,000 population	2020 **0.0**	2022 **0.0**	N/A	2022 **1.2**	N/A	2019 **2.7**	N/A
Chlamydia new cases per 100,000 population	2020 **178.5**	2022 **157.9**	N/A	2022 **226.4**	N/A	2019 **551.0**	N/A
Gonorrhea new cases per 100,000 population	2020 **10.1**	2022 **17.0**	N/A	2022 **44.8**	N/A	2019 **187.8**	N/A
Syphilis new cases per 100,000 population	2020 **2.5**	2022 **2.4**	N/A	2022 **8.1**	N/A	2019 **39.6**	N/A
HIV new cases per 100,000 population	2020 **0.0**	2022 **0.0**	N/A	2022 **3.0**	N/A	2019 **9.7**	N/A
Age-adjusted rates of COVID death per 100,000/year	—	—	N/A	2022 **37.2**	N/A	2022 **61.3**	N/A
COVID hospital admissions per 100,000/year	2020 **50.3**	2023 **160.9**	N/A	2023 **159.2**	N/A	—	N/A
Unintentional Injury							
Injury deaths per 100,000 population	2015-2019 **84.4**	2018-2022 **108.8**	○	2018-2022 **99.4**	○	2021 **89.0**	N/A

	Knox County			Benchmarks			
Indicator	**Point 1**	**Point 2**	**Change**	**Maine**	**+/-**	**U.S.**	**+/-**
Unintentional Injury (continued)							
Fall-related deaths (unintentional) per 100,000 population	2015-2019 **16.9**	2018-2022 **23.4**	○	2018-2022 **17.5**	!	2021 **11.8**	N/A
Motor vehicle traffic crash (unintentional) deaths per 100,000 population	2015-2019 **10.9**	2018-2022 **9.5**	○	2018-2022 **11.7**	○	2021 **13.3**	N/A
Poisoning deaths (unintentional and undetermined intent) per 100,000 population	2015-2019 **21.4**	2018-2022 **39.5**	!	2018-2022 **40.7**	○	2021 **32.2**	N/A
Work-related deaths (number)	—	—	N/A	2022 **23**	N/A	2019 **5,333**	N/A
Fall-related injury (unintentional) emergency department rate per 10,000 population	2016-2018 **332.8**	2019-2021 **304.7**	★	2019-2021 **264.3**	!	—	N/A
Traumatic brain injury emergency department rate per 10,000 population	2016-2018 **51.1**	2019-2021 **53.9**	○	2019-2021 **35.7**	!	—	N/A
Always wear seatbelt (high school students)	2019 **72.2%**	—	N/A	2023 **70.0%**	N/A	—	N/A
Always wear seatbelt (middle school students)	2019 **76.2%**	—	N/A	2023 **75.6%**	N/A	—	N/A
Intentional Injury							
Suicide deaths per 100,000 population	2015-2019 **20.3**	2018-2022 **22.6**	○	2018-2022 **18.3**	○	2021 **14.1**	N/A
Firearm deaths per 100,000 population	2015-2019 **10.6**	2018-2022 **12.6**	○	2018-2022 **11.3**	○	2021 **14.6**	N/A
Rape/non-consensual sex (among females, lifetime)	2011, 2012, 2014, 2016 & 2017 **12.0%**	—	N/A	2011, 2012, 2014, 2016 & 2017 **14.9%**	N/A	—	N/A
Violence by current or former intimate partners in past 12 months (among females)	2011, 2012, 2014, & 2016 **0.2%**	—	N/A	—	N/A	—	N/A
Intentional self-injury (high school students)	2019 **16.5%**	2023 **21.0%**	○	2023 **22.9%**	○	—	N/A
Intentional self-injury (middle school students)	2019 **18.8%**	2023 **~**	N/A	2023 **23.6%**	N/A	—	N/A
Bullying on school property (high school students)	2019 **22.2%**	2023 **17.9%**	○	2023 **21.9%**	★	—	N/A

	Knox County			Benchmarks			
Indicator	**Point 1**	**Point 2**	**Change**	**Maine**	**+/-**	**U.S.**	**+/-**
Intentional Injury (continued)							
Bullying on school property (middle school students)	2019 **46.8%**	2023 **~**	N/A	2023 **48.6%**	N/A	—	N/A
Electronic bullying (high school students)	2021 **19.7%**	2023 **16.6%**	★	2023 **20.0%**	★	—	N/A
Electronic bullying (middle school students)	2021 **28.7%**	2023 **~**	N/A	2023 **35.1%**	N/A	—	N/A
Violent crime rate per 1,000 population	2020 **0.3**	2022 **0.5**	N/A	2022 **1.0**	N/A	2022 **3.8**	N/A
Nonfatal child maltreatment per 1,000 population	—	—	N/A	2022 **15.3**	N/A	2022 **7.7**	N/A
Mental Health							
Depression, current symptoms (adults)	2015-2017 **7.5%**	2019-2021 **9.0%**	○	2019-2021 **10.4%**	○	—	N/A
Depression, lifetime	2015-2017 **21.7%**	2019-2021 **22.6%**	○	2019-2021 **23.0%**	○	2021 **19.5%**	N/A
Sad/hopeless for two weeks in a row (high school students)	2019 **29.0%**	2023 **31.2%**	○	2023 **35.0%**	○	—	N/A
Sad/hopeless for two weeks in a row (middle school students)	2019 **25.1%**	2023 **~**	N/A	2023 **32.7%**	N/A	—	N/A
Anxiety, lifetime	2015-2017 **18.9%**	2019-2021 **22.8%**	○	2019-2021 **23.9%**	○	—	N/A
Seriously considered suicide (high school students)	2019 **14.0%**	2023 **13.6%**	○	2023 **17.8%**	○	—	N/A
Seriously considered suicide (middle school students)	2019 **21.1%**	2023 **~**	N/A	2023 **21.8%**	N/A	—	N/A
Ratio of population to mental health providers	2020 **190**	2024 **190**	N/A	2024 **180**	N/A	—	N/A
Ratio of population to psychiatrists	2019 **10,278**	2024 **5,802**	N/A	2024 **8,380**	N/A	—	N/A
Currently receiving outpatient mental health treatment (adults)	2015-2017 **16.1%**	2019-2021 **18.9%**	N/A	2019-2021 **20.1%**	N/A	—	N/A
Children with mental health disorders who receive treatment	—	—	N/A	2020-2021 **59.3%**	N/A	2020-2021 **51.6%**	N/A
Oral Health							
Ratio of population to practicing dentists	2019 **1,729**	2024 **1,666**	N/A	2024 **2,375**	N/A	—	N/A
Tooth loss (adults)	2016 **17.7%**	2020 **16.6%**	○	2020 **18.6%**	○	2020 **13.5%**	N/A

	Knox County			Benchmarks			
Indicator	**Point 1**	**Point 2**	**Change**	**Maine**	**+/-**	**U.S.**	**+/-**
Oral Health (continued)							
Ambulatory care sensitive dental emergency department rates for adults per 10,000 population	2016-2018 **184.8**	—	N/A	2016-2018 **136.9**	N/A	—	N/A
Ambulatory care sensitive dental emergency department rates for children per 10,000 population	2016-2018 **24.1**	—	N/A	2016-2018 **17.9**	N/A	—	N/A
Dentist visits in the past year (adults)	2016 **69.4%**	2020 **73.7%**	○	2020 **66.7%**	★	2020 **66.7%**	★
Insured children with at least one dental claim	2019 **64.8%**	2022 **51.7%**	N/A	2022 **54.2%**	N/A	—	N/A
Insured children with at least one preventative dental visit	2019 **60.6%**	2022 **47.9%**	N/A	2022 **49.9%**	N/A	—	N/A
Children covered by dental insurance	2019 **55.3%**	2022 **69.7%**	N/A	2022 **70.5%**	N/A	—	N/A
Dentist visits in the past year (MaineCare members under age 21)	2020 **37.0%**	2021 **47.0%**	N/A	—	N/A	—	N/A
Substance Use							
Overdose deaths per 100,000 population	2019 **18.0**	2023 **35.0**	N/A	2023 **43.3**	N/A	2019 **21.5**	N/A
Drug-induced deaths per 100,000 population	2015-2019 **21.8**	2018-2022 **35.5**	○	2018-2022 **55.6**	★	2019 **22.8**	N/A
Alcohol-induced deaths per 100,000 population	2015-2019 **8.7**	2018-2022 **14.3**	○	2022 **18.6**	N/A	2019 **10.4**	N/A
Alcohol-impaired driving deaths per 100,000 population	2019 **5.0**	—	N/A	2022 **4.5**	N/A	2022 **4.1**	N/A
Drug-affected infant reports per 1,000 births	2018-2019 **119.5**	—	N/A	2018-2019 **73.2**	N/A	—	N/A
Chronic heavy drinking (adults)	2015-2017 **9.2%**	2019-2021 **9.9%**	○	2019-2021 **8.4%**	○	2021 **6.3%**	N/A
Past-30-day alcohol use (high school students)	2019 **27.5%**	2023 **22.9%**	★	2023 **20.5%**	!	—	N/A
Past-30-day alcohol use (middle school students)	2019 **4.4%**	2023 **~**	N/A	2023 **4.8%**	N/A	—	N/A
Binge drinking (adults)	2015-2017 **17.6%**	2019-2021 **14.3%**	○	2019-2021 **15.5%**	○	2021 **15.4%**	N/A
Binge drinking (high school students)	2019 **10.8%**	2023 **10.9%**	○	2023 **9.6%**	○	—	N/A

	Knox County			Benchmarks			
Indicator	**Point 1**	**Point 2**	**Change**	**Maine**	**+/-**	**U.S.**	**+/-**
Substance Use (continued)							
Binge drinking (middle school students)	2019 **2.3%**	2023 **~**	N/A	2023 **1.8%**	N/A	—	N/A
Past-30-day marijuana use (adults)	2017 **18.3%**	2021 **22.7%**	○	2021 **21.3%**	○	—	N/A
Past-30-day marijuana use (high school students)	2019 **25.0%**	2023 **17.4%**	N/A	2023 **18.7%**	N/A	—	N/A
Past-30-day marijuana use (middle school students)	2019 **5.7%**	2023 **~**	N/A	2023 **5.0%**	N/A	—	N/A
Past-30-day misuse of prescription drugs (adults)	2011-2021 **1.5%**	—	N/A	2011-2021 **0.9%**	N/A	—	N/A
Past-30-day misuse of prescription drugs (high school students)	2019 **6.1%**	2023 **5.5%**	○	2023 **5.2%**	○	—	N/A
Past-30-day misuse of prescription drugs (middle school students)	2019 **2.5%**	2023 **~**	N/A	2023 **4.9%**	N/A	—	N/A
Lifetime illicit drug use (high school students)	—	2024 **6.1%**	N/A	2024 **3.6%**	!	—	N/A
Narcotic doses dispensed per capita by retail pharmacies	2020 **16.1**	—	N/A	2020 **12.1**	N/A	—	N/A
Adults who needed treatment for substance use in the past year	—	—	N/A	2021-2022 **20.7%**	N/A	2021-2022 **20.1%**	N/A
Adults who needed and did not receive treatment for substance use	—	—	N/A	2021-2022 **70.6%**	N/A	2021-2022 **76.9%**	N/A
Overdose emergency medical service responses per 10,000 population	2020 **51.6**	2023 **107.1**	N/A	2023 **96.1**	N/A	—	N/A
Opiate poisoning emergency department rate per 10,000 population	2016-2018 **5.4**	—	N/A	2016-2018 **9.9**	N/A	—	N/A
Opiate poisoning hospitalizations per 10,000 population (ICD-10)	2016-2018 **1.5**	2019-2021 **0.8***	○	2021 **1.1**	○	—	N/A
Tobacco Use							
Current cigarette smoking (adults)	2017 **19.3%***	2021 **15.2%**	○	2021 **15.6%**	○	2021 **14.4%**	○
Past-30-day cigarette smoking (high school students)	2019 **8.5%**	2023 **9.0%**	○	2023 **5.6%**	!	—	N/A
Past-30-day cigarette smoking (middle school students)	2019 **2.3%**	2023 **~**	N/A	2023 **2.0%**	N/A	—	N/A
Past-30-day tobacco use (high school students)	2019 **11.7%**	2023 **8.6%**	○	2023 **7.6%**	○	—	N/A

	Knox County			Benchmarks			
Indicator	**Point 1**	**Point 2**	**Change**	**Maine**	**+/-**	**U.S.**	**+/-**
Tobacco Use (continued)							
Past-30-day tobacco use (middle school students)	2019 **3.5%**	2023 **~**	N/A	2023 **3.1%**	N/A	—	N/A
Current E-cigarette use (adults)	2015-2017 **3.3%***	2019-2021 **4.6%**	○	2019-2021 **5.3%**	○	2021 **6.6%**	N/A
Past-30-day use of vaping products (high school students)	2019 **27.4%**	2023 **16.8%**	○	2023 **15.6%**	○	—	N/A
Past-30-day use of vaping products (middle school students)	2019 **8.4%**	2023 **~**	N/A	2023 **5.7%**	N/A	—	N/A
Environmental tobacco smoke exposure (high school students)	2019 **24.4%**	2023 **~**	N/A	2023 **19.3%**	N/A	—	N/A
Environmental tobacco smoke exposure (middle school students)	2019 **23.1%**	2023 **~**	N/A	2023 **19.9%**	N/A	—	N/A
Maine QuitLink users	2020 **3.4%**	2024 **3.7%**	N/A	2023 **2.2%**	N/A	—	N/A

Languages Spoken by Language Category, 2018-2022

The following chart compares the languages spoken for the state of Maine and Knox County.

Language	Maine	Knox County
English only	94.1%	95.5%
Other Indo-European language	3.6%	2.2%
Spanish	0.9%	1.7%
Asian and Pacific Islander language	0.7%	0.5%
Other languages	0.7%	0.1%

Gay, Lesbian and Bisexual (High School Students), 2023

The following chart compares the percentage of gay, lesbian and bisexual (high school students) for the state of Maine and Knox County.

Sexual Orientations	Maine	Knox County
Straight or heterosexual	72.5%	74.7%
Bisexual	12.7%	11.5%
Something else	5.1%	4.7%
Gay or lesbian	4.0%	3.2%
Not sure	4.0%	3.6%
Did not understand question	1.8%	2.3%

Percentage of Population with Disability by Type, 2018-2022

The following chart compares the percentage of population with disability by type for the state of Maine and Knox County.

Disability Type	Maine	Knox County
Ambulatory difficulty	7.2%	5.8%
Cognitive difficulty	7.0%	5.0%
Independent living difficulty	6.3%	5.1%
Hearing difficulty	5.0%	4.1%
Self-care difficulty	2.5%	1.9%
Vision difficulty	2.1%	2.4%

Children with Disabilities by Type, 2018-2022

The following chart compares children with disabilities by type for the state of Maine and Aroostook Knox.

Disability Type	Maine	Knox County
Cognitive difficulty	**6.5%**	**4.4%**
Self-care difficulty	**1.5%**	**0.3%**
Hearing difficulty	**0.6%**	**0.1%**
Ambulatory difficulty	**0.6%**	**0.1%**
Vision difficulty	**0.5%**	**0.2%**

Percentage of Households by Income Groups, 2018-2022

The following chart compares percentage of households by income groups for the state of Maine and Knox County.

Income	Maine	Knox County
Less than $10,000	**4.2%**	**5.0%**
$10,000 to $14,999	**4.5%**	**4.5%**
$15,000 to $24,999	**8.0%**	**6.7%**
$25,000 to $34,999	**8.2%**	**6.6%**
$35,000 to $49,999	**11.9%**	**12.0%**
$50,000 to $74,999	**17.3%**	**18.5%**
$75,000 to $99,999	**13.5%**	**16.3%**
$100,000 to $149,999	**17.2%**	**15.4%**
$150,000 to $199,999	**7.8%**	**8.2%**
$200,000 or more	**7.4%**	**6.8%**

Employment by Industry and Occupation, 2018-2022

The following chart compares employment by industry and occupation for the state of Maine and Knox County.

Industry/Trade	Maine	Knox County
Education services, health care, and social assistance	27.4%	22.1%
Retail trade	12.9%	12.5%
Professional, scientific, administrative, and management services	9.6%	10.9%
Manufacturing	9.0%	8.1%
Arts, entertainment, recreation, accommodation, and food services	7.8%	8.1%
Construction	7.6%	8.5%
Finance, insurance, real estate, rental, and leasing	6.4%	5.8%
Other services, except public administration	4.5%	6.7%
Public administration	4.4%	3.7%
Transportation, warehousing, and utilities	4.3%	4.4%
Agriculture, forestry, fishing, hunting, and mining	2.5%	5.7%
Wholesale trade	1.9%	2.0%
Information	1.6%	1.4%

Households by Type of Head of Household, 2018-2022

The following chart compares households by type of head of household for the state of Maine and Knox County.

Household Type	Maine	Knox County
Married-couple household	47.9%	47.7%
Female household, no spouse/partner present	25.3%	27.7%
Male household, no spouse/partner present	17.7%	15.2%
Cohabiting couple household	9.1%	9.4%

Number of Vehicles for Household Owners and Renters, 2018-2022

The following chart compares the number of vehicles for household owners and renters for the state of Maine and Knox County.

Number of Vehicles by Household	Maine	Knox County
2 vehicles available	40.1%	43.7%
1 vehicle available	33.3%	32.1%
3 or more vehicles available	19.8%	18.4%
No vehicles available	6.9%	5.8%

Commute by Transportation Type, 2018-2022

The following chart compares commute by transportation type for the state of Maine and Knox County.

Commute Type	Maine	Knox County
Car, truck, or van – drove alone	73.5%	71.3%
Worked from home	12.3%	12.9%
Car, truck, or van – carpooled	8.7%	9.7%
Walked	3.6%	4.9%
Other means	1.4%	1.2%
Public transportation (excluding taxicab)	0.4%	0.1%

Number of Vehicles for Household Owners and Renters, 2018-2022

The following chart compares the number of vehicles for household owners and renters for the state of Maine and Knox County.

Number of Vehicles by Household	Maine	Knox County
2 vehicles available	40.1%	43.7%
1 vehicle available	33.3%	32.1%
3 or more vehicles available	19.8%	18.4%
No vehicles available	6.9%	5.8%

Age of Housing Stock, 2018-2022

The following chart compares the age of housing stock for the state of Maine and Knox County.

Age of Housing Stock	Maine	Knox County
Built 1949 or earlier	28.0%	36.3%
Built 1950 to 1979	28.0%	21.8%
Built 1980 to 2009	37.6%	36.9%
Built 2010 or later	6.4%	5.0%

Heating Fuel Type, 2018-2022

The following chart compares heating fuel type for the state of Maine and Knox County.

Heating Fuel Type	Maine	Knox County
Fuel oil, kerosene, etc.	59.3%	60.6%
Bottled, tank, or LP gas	12.4%	19.7%
Electricity	9.0%	8.3%
Wood	8.8%	9.3%
Utility gas	8.0%	0.5%
Other fuel	1.7%	0.7%
No fuel used	0.4%	0.1%
Solar energy	0.3%	0.5%
Coal or coke	0.2%	0.2%

Households that Spend More than 50% Income toward Housing, 2018-2022

The following table compares the categories of people that spend more than 50% of their income on housing for the state of Maine and Knox County.

Type	Maine	Knox County
Household with mortgage	25,779	966
Household without mortgage	10,660	387
Renters	28,951	819

Leading Causes of Death, 2022

The following chart compares leading causes of death for the state of Maine and Knox County.

Cause of Death	Maine	Knox County
Cancer	**25.9%**	**29.8%**
Heart disease	**27.2%**	**26.3%**
Accidents	**10.5%**	**7.8%**
Chronic lower respiratory disease	**6.8%**	**6.8%**
COVID 19	**6.0%**	**6.0%**
Alzheimer's disease	**4.1%**	**5.8%**
Cerebrovascular disease	**4.8%**	**5.3%**
Diabetes	**4.6%**	**3.3%**
Nephritis, nephrotic syndrome and nephrosis	**1.8%**	**3.0%**
Suicide	**2.0%**	**2.3%**
Chronic liver disease and cirrhosis	**2.3%**	**2.0%**
Parkinson's disease	**1.7%**	**1.3%**
Influenza & pneumonia	**2.1%**	**0.8%**

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Appendix A: New and Retired Indicators

New Indicator
Transgender adults
Foreign born
Limited English Proficiency
Percentage of families living below the federal poverty line
School-aged children living below 185% of poverty
Households living above the federal poverty line but below the Asset Limited Income Constrained Employed threshold of financial survival
Households living above the Asset Limited Income Constrained Employed threshold of financial survival
Asset poverty (insufficient net worth to live without income at or above the poverty level for three months)
Households receiving emergency rental assistance
Median gross rent
Median housing value
Total housing units
Housing units that are vacant and either for rent or for sale
Housing occupancy
Owner-occupied housing
Owner-occupied households without a mortgage
Age of housing stock
Households with no phone services
Total households with a broadband subscription
Total households with a computer
Children served in publicly funded state and local preschools
Head Start eligible infants, toddlers, preschool age children
Children served by Child Development Services
Children served by Maine Home Visiting
Families served by Maine Home Visiting
Child care centers
Family child care programs
Head Start teachers hourly wage average
Head Start teacher assistants hourly wage average
Children in foster care per 1,000 children
Child preventative visits
Alcohol-associated new cancer cases per 100,000 population
Adequate prenatal care
Head Start eligible expectant mothers
Children with lead poisoning (estimated)
Age-adjusted rates of COVID death per 100,000/year
COVID hospital admissions per 100,000/year
Electronic bullying (high school students)
Electronic bullying (middle school students)
Lifetime illicit drug use (high school students)

Adults who needed treatment for substance use in the past year
Adults who needed and did not receive treatment for substance use
Percent of population with disability by type
Children with disabilities by type
Languages spoken by language category
Language spoken by specific language
Percentage of households by income groups
Number of vehicles for household owners and renters
Commute by transportation type
Employment by industry and occupation
Heating fuel type
Households by type of head of household
Ratio of population to mental health providers

Retired/Paused Indicator	**Reason**
Children with a medical home	This indicator is only available at the state level and given the complexity of its definition does not provide an actionable outcome.
School children eligible for free and reduced meals	Because Maine now provides school meals to all children, this data is no longer available from Maine Department of Education. It has been replaced with “School-aged children with family income below 185% of poverty” from the US Census.
Hospital readmissions within 30 days of discharge (medical)	This measure has not been updated by the original source. Hospitals track this independently at a systems level.
Hospital readmissions within 30 days of discharge (surgical)	This measure has not been updated by the original source. Hospitals track this independently at a systems level.
Pre-diabetes	The Metrics Committee determined this indicator is often underreported and underdiagnosed, and therefore has limited value.
Foot exam annually (adults with diabetes)	Behavioral Risk Factor Surveillance System (BRFSS) has changed their methodology for collecting this indicator in 2022.
Births for which the mother received more than 80% of expected prenatal visits	This has been replaced with “Adequate prenatal care” to align with the Adequacy of Prenatal Care Utilization Index.
Homes with private wells tested for arsenic	Household estimates are no longer being collected. This has been replaced with “Adults living in households with private wells tested for arsenic.”

Homes tested for radon	Household estimates are no longer being collected. This has been replaced with “Adults living in households tested for radon.”
Children with confirmed elevated blood lead levels	Replaced with “Children with lead poisoning” to mirror definitions in the Maine Environmental Tracking Network.
Children with unconfirmed elevated blood lead levels	Replaced with “Children with lead poisoning” to mirror definitions in the Maine Environmental Tracking Network.
Immunization exemptions among kindergarteners for philosophical reasons	Maine State Law no longer allows for immunization exemptions due to philosophical reasons.
13-year-olds with up-to-date MCV4 immunization	Immunizations historically tracked by where children receive their immunizations and not where they live, thus not providing data helpful for Counties. New data based on the child’s residence is expected in 2025.
13-year-olds with up-to-date Tdap immunization	Immunizations historically tracked by where children receive their immunizations and not where they live, thus not providing data helpful for Counties. New data based on the child’s residence is expected in 2025.
13-year-olds with up-to-date HPV immunization	Immunizations historically tracked by where children receive their immunizations and not where they live, thus not providing data helpful for Counties. New data based on the child’s residence is expected in 2025.
Two-year-olds up-to-date with recommended immunizations	Immunizations historically tracked by where children receive their immunizations and not where they live, thus not providing data helpful for Counties. New data based on the child’s residence is expected in 2025.
Adults with mental health disorders who receive treatment	The National Survey on Drug Use and Health is not releasing this data.
12–17-year-olds with major depressive disorder who receive treatment	The National Survey on Drug Use and Health is not releasing this data.
Adults who needed and did not receive treatment for illicit drug use	The National Survey on Drug Use and Health is not releasing this data.
Adults who needed and did not receive treatment of alcohol use	The National Survey on Drug Use and Health is not releasing this data.
Drank alcohol during pregnancy	Further analysis of county-level data and consultation with the US CDC have determined that the survey sampling frame does not provide for valid county-level estimates.
Depression during pregnancy	Further analysis of county-level data and consultation with the US CDC have determined

	that the survey sampling frame does not provide for valid county-level estimates.
Post-partum depression	Further analysis of county-level data and consultation with the US CDC have determined that the survey sampling frame does not provide for valid county-level estimates.
Hospitalization and emergency department rates	Due to delays in the final Maine Health Data Organization's Hospital Inpatient and Outpatient Data Sets for 2022 and 2023, the data profiles include data only through 2021 for hospitalizations, which is presented as the most recent data available for comparison. The most recent analysis for emergency department rates is for 2019, and these are presented as baseline data ("Point 1"), with no data provided for more up-to-date comparisons ("Point 2"). The profiles will be amended in April 2025 with updated hospitalization and emergency department data.

Appendix B: Data Sources and Definitions

Indicator	Data Source	Definition
Demographics		
Population (percent of total Maine population)	US Census Bureau, American Community Survey Tables DP05 (sex, age, race, and ethnicity), S1501 (education), S2001 (income), S2701 (insurance status).	Percentage of the total Maine population who reside in the specified geographic area (e.g. Maine or a Maine County) or belong to a specific population group.
Veterans	US Census Bureau, American Community Survey Table S2101.	Percentage of civilians, age 18 and older, who are veterans.
Gay, lesbian and bisexual (adults)	Behavioral Risk Factor Surveillance System	Percentage of adults who identify as gay or lesbian, or bisexual. Data collected every year, except 2016.
Transgender youth	Maine Integrated Youth Health Survey	Percentage of high school students who identify as transgender. Data collected in odd numbered years.
Transgender adults	Behavioral Risk Factor Surveillance System	Percentage of adults who identify as transgender or non-binary. Data collected every year beginning in 2017.
Persons with a disability	US Census Bureau, American Community Survey ACS Tables S1810 (geography), B18135 (health insurance), S1810 (sex, race, and age), S1811 (income and education).	Percentage of residents who report having any one of the six disability types: hearing difficulty, vision difficulty, cognitive difficulty, ambulatory difficulty, self-care difficulty, or independent living difficulty.
Foreign born	US Census Bureau, American Community Survey	Percentage of population born outside of the United States.
Limited English Proficiency	US Census Bureau, American Community Survey	Percentage of people who speak English "less than very well" by county.
Social Drivers of Health		
People living in rural areas	Data, Research and Vital Statistics town-level population file	Percentage of residents in the specified geographic area who live in rural areas, based on non-metropolitan ZIP codes, as defined by Rural Urban Commuting Area Codes.
Individuals living in poverty	US Census Bureau, American Community Survey Table S1701.	Percentage of individuals who live in households where the total income of the householder's family is below the established federal poverty level.
Percentage of families living below the federal poverty level	US Census Bureau, American Community Survey. Table DP03	Percentage of households where the total income of the householder's family is below the established federal poverty level.
Children living in poverty	US Census Bureau, Small Area Income and Poverty Estimates. Table DP03	Percentage of children, ages 0-17 years, who live in households where the total income of the householder's family is below the established federal poverty level.

Indicator	Data Source	Definition
Social Drivers of Health (continued)		
School-aged children living below 185% of poverty	Kids Count	Percentage of school aged children, ages 5-17 years, who live in households where the total income of the householder's family is less than 185% of the established federal poverty level.
Households living above the federal poverty level but below the Asset Limited Income Constrained Employed threshold of financial survival	United for ALICE	Percentage of households living above the federal poverty level but below the ALICE (Asset Limited, Income Constrained, Employed) threshold of financial survival. The ALICE Household Survival Budget is the bare minimum cost of household basics necessary to live and work in the current economy. These basic budget items include housing, child care, food, transportation, health care, and technology, plus taxes and a contingency fund (miscellaneous) equal to 10% of the household budget.
Households living above the Asset Limited Income Constrained Employed threshold of financial survival	United for ALICE	Percentage of households living above the ALICE (Asset Limited. Income Constrained, Employed) threshold of financial survival. The ALICE Household Survival Budget is the bare minimum cost of household basics necessary to live and work in the current economy. These basic budget items include housing, child care, food, transportation, health care, and technology, plus taxes and a contingency fund (miscellaneous) equal to 10% of the household budget.
Asset Poverty (insufficient net worth to live without income at or above the poverty level for three months)	Prosperity Now Scorecard	Percentage of households without sufficient net worth to live without income at or above at the poverty level for three months.
Median household income	US Census Bureau, American Community Survey Table S1903.	Dollar amount that divides all households in the specified geographic area into two equal groups: half of the households having more income and the other half having less income. Median income is in the past 12 months in 2020 inflation-adjusted dollars.
Unemployment	US Bureau of Labor Statistics	Percentage of non-institutionalized civilians in the labor force who were not employed. Reported monthly and rates are averaged for the full year. State data is adjusted for seasonality.
High school student graduation	Maine Dept. of Education	Percentage of high school students who graduate with a regular diploma four years after starting ninth grade. Graduation rates are determined for students in all public schools and in all private schools that have 60% or more publicly funded students. Excludes students who never start ninth grade or transfer to a private or an out-of-state school.
Associate's degree or higher among those age 25 and older	US Census Bureau, American Community Survey. Table S1501	Percentage of residents, age 25 and older, who have an associate's degree or higher.

Indicator	Data Source	Definition
Social Drivers of Health (continued)		
Households receiving emergency rental assistance	MaineHousing Emergency Rental Assistance Program	Number of unique households that utilized the Emergency Rental Assistant (ERA) Program.
Median gross rent	US Census Bureau, American Community Survey. Table DP04	Dollar amount that divides households who rent into two equal groups: half of the households having higher rent and the other half having lower rent. Values are gross rent: the amount of rent stipulated in a rental lease.
Median housing value	US Census Bureau, American Community Survey. Table DP04	Dollar amount that divides housing properties into two equal groups: half of the properties having higher values and the other half having lower values. A housing property is defined as a house and lot, a mobile home and lot (if lot is owned by the mobile homeowner), or a condominium unit. The value is based on the owner's estimate of how much the property would sell for if it were for sale.
Total housing units	US Census Bureau, American Community Survey. Table DP04	Estimate of the number of housing units.
Housing units that are vacant and either for rent or for sale	MaineHousing: Housing Characteristics of the State of Maine, Counties and Towns	Percentage of housing units that are vacant and either for rent or for sale.
Housing occupancy	US Census Bureau, American Community Survey. Table DP04	Percentage of housing units that are occupied, including both owners and renters. A housing unit is occupied if a person or group of persons is living in it at the time of the interview or if the occupants are only temporarily absent, as for example on vacation.
Owner-occupied housing	US Census Bureau, American Community Survey. Table DP04	The percentage of occupied housing units that are occupied by the owner of the unit.
Owner-occupied households without mortgage	US Census Bureau, American Community Survey	Percentage of owner-occupied housing units that do not have a mortgage.
65+ living alone	US Census Bureau, American Community Survey. Table B09021	Percentage of all people ages 65 years or older who are living alone.
Households with no phone services	US Census Bureau, American Community Survey. Table DP04	Percentage of households that do not have access to any type of phone service, including cell phones, land lines, or other phone devices.
Households with a broadband subscription	US Census Bureau, American Community Survey	Percentage of households with a broad band subscription.
Households with a computer	US Census Bureau, American Community Survey	Percentage of households with a computer.

Indicator	Data Source	Definition
Social Drivers of Health (continued)		
Children experiencing homelessness (pre-k to high school)	Maine Dept. of Education	McKinney Vento Act: a person under the age of 21 who lacks having a fixed, regular and adequate nighttime residence. This includes youth living in temporary settings with others due to economic hardship – motels, campgrounds emergency shelters, and those awaiting foster care placement or left in hospitals. State data represents a total count of all county data with the exception of Washington County which is suppressed.
Housing insecure (high school students)	Maine Integrated Youth Health Survey	Percentage of high school students who report they usually do not sleep in their parent's or guardian's home.
No vehicle for the household	US Census Bureau, American Community Survey. Table DP04	Among occupied housing units, the percentage of households without a motor vehicle. Immobile vehicles, motorcycles, and other recreational vehicles are excluded. Note the previous data were based on employed individuals who lived in households without a vehicle.
Commute of greater than 30 minutes driving alone	US Census Bureau, American Community Survey. Table B08134	Among workers ages 16 and older, the percentage who commute longer than 30 minutes to work in a car, truck or van alone (excludes those that carpool or take public transportation).
Children served in publicly funded state and local preschools	Kids Count	The number and percent of children aged 4 years enrolled in a program for children aged 4 years offered through a school administrative unit. Children must be four years of age by October 15 of the entering school year to be eligible for a public preschool program, also known as pre-kindergarten. Data marked as 2023 is for students enrolled as of October 2023.
Head Start eligible infants, toddlers, preschool age children	US Census Bureau, American Community Survey	Number of children under 6 years who live in households where the total income of the householder's family has been below the established federal poverty level in the past 12 months.
Children served by Child Development Services	Maine Dept. Of Education	Number of infants and toddlers with Individual Family Services Plans (IFSPs) who receive the early intervention services on their IFSPs in a timely manner. Data not available at the county level.
Children served by Maine Home Visiting	Maine Families Home Visiting/Maine Children's Trust	Number of children served by Maine Home Visiting.
Caregivers served by Maine Home Visiting	Maine Families Home Visiting	Number of caregivers (including parents and legal guardians) served by Maine Home Visiting – a family with one caregiver and multiple children served would be counted as one, a family with two caregivers would be counted as two. Data not available at the county level.

Indicator	Data Source	Definition
Social Drivers of Health (continued)		
Child care centers	OCFS Dashboard, Early Childhood Education Data, High Quality Care, Rising Stars program	Number of licensed child care centers (child care centers, nursery schools, or small child care facility, serving 3 or more children in a facility other than the operator's residence, or any program serving any number of children under 5 located in a private school or a program that contracts with one or more Child Development Services Systems sites to provide services for any number of children.
Family child care programs	OCFS Dashboard, Early Childhood Education Data, High Quality Care, Rising Stars program	Number of licensed family child care providers (a person who provides child care in that person's home on a regular basis, for consideration, for 3 to 12 children under 13 years who are not the children of the provider or who are not residing in the provider's home).
Head Start teachers hourly wage average	Head Start (via Urban Institute)	Hourly wage (derived from adjusted average annual salaries) for center-based Head Start lead classroom teachers. Data not available at the county level.
Head Start teacher assistants hourly wage average	Head Start (via Urban Institute)	Hourly wage (derived from adjusted average annual salaries) for center-based Head Start assistant teachers. Data not available at the county level.
Adverse childhood experiences (high school students)	Maine Integrated Youth Health Survey	Percentage of high school students who report at least 4 out of 9 adverse childhood experiences.
Children in foster care per 1,000 children	DHHS, Children in Foster Care ages 0-17	The rate per 1,000 children in State custody, based on the county where they lived immediately prior to being placed into State custody.
General Health Status		
Fair or poor health (self-rated)	Behavioral Risk Factor Surveillance System	Percentage of adults who rate their health as fair or poor (vs. excellent, very good or good).
14 or more days lost due to poor physical health	Behavioral Risk Factor Surveillance System	Percentage of adults whose physical health was not good during 14 or more out of the past 30 days.
14 or more days lost due to poor mental health	Behavioral Risk Factor Surveillance System	Percentage of adults whose mental health was not good during 14 or more out of the past 30 days.
Three or more chronic conditions	Behavioral Risk Factor Surveillance System	Percentage of adults who have been diagnosed with three or more chronic health conditions (chronic conditions including skin cancer, other types of cancer, cardiovascular disease [such as stroke], coronary heart disease [such as heart attack], arthritis, chronic obstructive pulmonary disease (COPD) and asthma, obesity, and chronic kidney disease. Hypertension and high cholesterol are not included in this definition, because data on these conditions are collected biennially whereas the other conditions are collected annually.

Indicator	Data Source	Definition
Overall Mortality		
Life expectancy	National Center for Health Statistics, US CDC	Life expectancy at birth.
Overall death rate per 100,000 population	Maine CDC, Data, Research, and Vital Statistics.	Rate per 100,000 people of deaths from any cause.
Rate of years of potential life lost per 100,000 population	Maine CDC, Data, Research, and Vital Statistics.	Rate per 100,000 people of the total number of years lost before the age of 75. Years of potential life lost (YPLL) is calculated by subtracting the age at which a person died from 75. The difference in years (of potential life lost) for all those who died before age 75 is added together.
Access		
Uninsured	US Census Bureau, American Community Survey Table S2701.	Percentage of people who do not currently have any form of health insurance (either individually purchased, provided through their employer, or provided through the government).
MaineCare enrollment (all ages)	MaineCare	Percentage of individuals of all ages who were participating in MaineCare. Figures exclude individuals who were nonresidents or who reside out of state. Data is preliminary.
MaineCare enrollment (ages 0-19)	MaineCare	Percentage of children, ages 0-19 years, who were participating in MaineCare. Figures exclude individuals who were nonresidents or who were out of state. Data is preliminary.
Ratio of population to primary care physicians	Health Resources and Services Administration	Ratio of population to practicing primary care physicians.
Usual primary care provider (adults)	Behavioral Risk Factor Surveillance System	Percentage of adults who have at least one person they think of as their personal doctor or healthcare provider.
Primary care visit to any primary care provider in the past year	Behavioral Risk Factor Surveillance System	Percentage of adults who had a regular physical exam (not for a specific injury, illness, or condition) within the last 12 months.
Child preventative visits	National Survey on Children's Health	Percentage of children, ages 0-17 years, who had one or more preventive care visits during the past 12 months. A preventive check-up is when a child is not sick or injured, such as an annual or sports physical, or a well-child visit. Data not available at the county level.
Cost barriers to health care	Behavioral Risk Factor Surveillance System	Percentage of adults reporting that there was a time during the last 12 months when they needed to see a doctor but could not because of the cost.
Health Care Quality		
Ambulatory care-sensitive condition hospitalizations per 10,000 population	Maine Health Data Organization's Hospital Inpatient Data as submitted to MHDO per the terms and conditions in 90 590 Chapter 241, *Uniform Reporting*	Rate per 10,000 people of hospitalizations with a principal diagnosis of an ambulatory care-sensitive condition. Ambulatory care-sensitive conditions (ACSCs) are conditions for which good outpatient care can potentially prevent the need for hospitalization, or

	System for Hospital Inpatient Data Sets and Hospital Outpatient Data Sets.	for which early intervention can prevent complications or more severe disease.

Indicator	Data Source	Definition
Heath Care Quality (continued)		
Ambulatory care-sensitive condition emergency department rate per 10,000 population	Maine Health Data Organization's Hospital Inpatient and Outpatient Data Sets as submitted to MHDO per the terms and conditions in 90 590 Chapter 241, *Uniform Reporting System for Hospital Inpatient Data Sets and Hospital Outpatient Data Sets.*	Rate per 10,000 people of emergency department discharges with a principal diagnosis of an ambulatory care-sensitive condition. Ambulatory care-sensitive conditions (ACSCs) are conditions for which good outpatient care can potentially prevent the need for hospitalization, or for which early intervention can prevent complications or more severe disease.
Cancer		
All cancer deaths per 100,000 population	Maine CDC. Data, Research, and Vital Statistics. Mortality Data Files.	Rate per 100,000 people of deaths from any type of cancer.
Colorectal cancer deaths per 100,000 population	Maine CDC. Data, Research, and Vital Statistics. Mortality Data Files.	Rate per 100,000 people of deaths from colon or rectum cancers.
Female breast cancer deaths per 100,000 population	Maine CDC. Data, Research, and Vital Statistics. Mortality Data Files.	Rate per 100,000 females of deaths from breast cancer.
Lung cancer deaths per 100,000 population	Maine CDC. Data, Research, and Vital Statistics. Mortality Data Files.	Rate per 100,000 people of deaths from lung or bronchus cancers.
Prostate cancer deaths per 100,000 population	Maine CDC. Data, Research, and Vital Statistics. Mortality Data Files.	Rate per 100,000 males of deaths from prostate cancer.
Tobacco-related cancer deaths per 100,000 population	Maine CDC. Data, Research, and Vital Statistics. Mortality Data Files.	Rate per 100,000 people of deaths from tobacco-related cancers, excluding lung and bronchus cancers.
All cancer new cases per 100,000 population	Maine Cancer Registry	Rate per 100,000 people of new cases of any type of cancer.
Bladder cancer new cases per 100,000 population	Maine Cancer Registry	Rate per 100,000 people of new cases of bladder cancer.
Colorectal cancer new cases per 100,000 population	Maine Cancer Registry	Rate per 100,000 people of new cases of colon or rectum cancers.
Female breast cancer new cases per 100,000 population	Maine Cancer Registry	Rate per 100,000 females of new cases of breast cancer.
Lung cancer new cases per 100,000 population	Maine Cancer Registry	Rate per 100,000 people of new cases of lung or bronchus cancers.
Melanoma skin cancer new cases per 100,000 population	Maine Cancer Registry	Rate per 100,000 people of new cases of melanoma of the skin.

Indicator	Data Source	Definition
Cancer (continued)		
Prostate cancer new cases per 100,000 population	Maine Cancer Registry	Rate per 100,000 males of new cases of prostate cancer.
Tobacco-related cancer (excluding lung cancer) new cases per 100,000 population	Maine Cancer Registry	Rate per 100,000 people of new cases of tobacco-related cancers, excluding lung and bronchus cancers.
HPV-associated cancer new cases per 100,000 population	Maine Cancer Registry	Rate per 100,000 people of new cases of Human Papillomavirus (HPV)-associated cancers.
Obesity-associated cancer (excluding colon cancer) new cases per 100,000 population	Maine Cancer Registry	Rate per 100,000 people of new cases of obesity-associated cancers, excluding colon and rectal cancers.
Alcohol-associated new cancer cases per 100,000 population	Maine Cancer Registry	Rate per 100,000 people of new cases of alcohol-associated cancers (lip, oral cavity, pharynx; esophagus; colon and rectum; liver; larynx; and female breast).
Colorectal late-stage new cases per 100,000 population	Maine Cancer Registry	Rate per 100,000 people of new cases of colon or rectum cancers diagnosed after the cancer has spread beyond the local site.
Female breast cancer late-stage new cases per 100,000 population	Maine Cancer Registry	Rate per 100,000 females of new cases of breast cancer diagnosed after the cancer has spread beyond the local site.
Lung cancer late-stage new cases per 100,000 population	Maine Cancer Registry	Rate per 100,000 people of new cases of lung or bronchus cancers diagnosed after the cancer has spread beyond the local site.
Breast cancer screening up-to-date	Behavioral Risk Factor Surveillance System	Percentage of females, ages 50-74 years, who had a mammogram within the past 2 years. Data collected in even numbered years.
Cervical cancer screening up-to-date	Behavioral Risk Factor Surveillance System	Percentage of females, ages 21-65 years, with an intact cervix, who have had a pap smear within the past three years. Data collected in even numbered years.
Colorectal cancer screening up-to-date	Behavioral Risk Factor Surveillance System	Percentage of adults, ages 50-75 years, who met 2021 U.S. Preventive Screening Task Force (USPSTF) colorectal cancer screening guidelines. Data collected in even numbered years. 2020 and later data cannot be directly compared to earlier data for this measure due to questionnaire and screening guideline changes.

Indicator	Data Source	Definition
Cancer (continued)		
Lung cancer screening rate among eligible adults	Behavioral Risk Factor Surveillance System	Percentage of adults who received a computed tomography (CT) scan to check for lung cancer, reported among smokers aged 55–80 who had at least a 30 pack-year smoking history and who currently smoke or quit less than 15 years ago, meeting the 2013 U.S. Preventive Services Task Force (USPSTF) lung cancer screening criteria.
Cardiovascular Disease		
Cardiovascular disease deaths per 100,000 population	Maine CDC. Data, Research, and Vital Statistics. Mortality Data Files.	Rate per 100,000 people of deaths with cardiovascular disease as an underlying cause of death.
Coronary heart disease deaths per 100,000 population	Maine CDC. Data, Research, and Vital Statistics. Mortality Data Files.	Rate per 100,000 people of deaths with coronary heart disease as an underlying cause of death.
Heart attack deaths per 100,000 population	Maine CDC. Data, Research, and Vital Statistics. Mortality Data Files.	Rate per 100,000 people of deaths with heart attack as an underlying cause of death.
Stroke deaths per 100,000 population	Maine CDC. Data, Research, and Vital Statistics. Mortality Data Files.	Rate per 100,000 people of deaths with stroke as an underlying cause of death.
High blood pressure hospitalizations per 10,000 population	Maine Health Data Organization's Hospital Inpatient Data Sets as submitted to MHDO per the terms and conditions in 90 590 Chapter 241, *Uniform Reporting System for Hospital Inpatient Data Sets and Hospital Outpatient Data Sets.*	Rate per 10,000 people of hospital discharges with a principal diagnosis of hypertension.
Heart failure hospitalizations per 10,000 population	Maine Health Data Organization's Hospital Inpatient Data Sets as submitted to MHDO per the terms and conditions in 90 590 Chapter 241, *Uniform Reporting System for Hospital Inpatient Data Sets and Hospital Outpatient Data Sets.*	Rate per 10,000 people of hospital discharges with a principal diagnosis of heart failure.
Heart attack hospitalizations per 10,000 population	Maine Health Data Organization's Hospital Inpatient Data Sets as submitted to MHDO per the terms and conditions in 90 590 Chapter 241, *Uniform Reporting System for Hospital Inpatient Data Sets and Hospital Outpatient Data Sets.*	Rate per 10,000 people of hospital discharges with a principal diagnosis of heart attack.

Indicator	Data Source	Definition
Cardiovascular Disease (continued)		
Stroke hospitalizations per 10,000 population	Maine Health Data Organization's Hospital Inpatient Data Sets as submitted to MHDO per the terms and conditions in 90 590 Chapter 241, *Uniform Reporting System for Hospital Inpatient Data Sets and Hospital Outpatient Data Sets.*	Rate per 10,000 people of hospital discharges with a principal diagnosis of stroke.
High blood pressure	Behavioral Risk Factor Surveillance System	Percentage of adults who have ever been told by a healthcare provider that they have high blood pressure. Data collected in odd numbered years.
High cholesterol	Behavioral Risk Factor Surveillance System	Percentage of adults who have been told by a healthcare provider that their blood cholesterol is high, among those who have ever had their cholesterol checked. Data collected in odd numbered years.
Cholesterol checked in past five years	Behavioral Risk Factor Surveillance System	Percentage of adults who had their blood cholesterol checked within the past 5 years. Data collected in odd numbered years.
Diabetes		
Diabetes	Behavioral Risk Factor Surveillance System	Percentage of adults that have ever been told by a doctor or healthcare provider that they have diabetes, excluding diabetes during pregnancy.
Diabetes deaths (underlying cause) per 100,000 population	Maine CDC. Data, Research, and Vital Statistics. Mortality Data Files.	Rate per 100,000 people of deaths with diabetes as an underlying cause of death.
Diabetes hospitalizations (principal diagnosis) per 10,000 population	Maine Health Data Organization's Hospital Inpatient Data Sets as submitted to MHDO per the terms and conditions in 90 590 Chapter 241, *Uniform Reporting System for Hospital Inpatient Data Sets and Hospital Outpatient Data Sets.*	Rate per 10,000 people of hospital discharges with a principal diagnosis of diabetes.
Diabetes emergency department rate (principal diagnosis) per 10,000 population	Maine Health Data Organization's Hospital Inpatient and Outpatient Data Sets as submitted to MHDO per the terms and conditions in 90 590 Chapter 241, *Uniform Reporting System for Hospital Inpatient Data Sets and Hospital Outpatient Data Sets.*	Rate per 10,000 people of emergency department discharges with a principal diagnosis of diabetes.
A1c test at least twice/year (adults with diabetes)	Behavioral Risk Factor Surveillance System	Percentage of Maine adults with diabetes who had an HbA1c test at least twice within the past 12 months.

Indicator	Data Source	Definition
Diabetes (continued)		
Formal diabetes education (adults with diabetes)	Behavioral Risk Factor Surveillance System	Percentage of Maine adults with diabetes who have taken a diabetes self-management (DSME) course to manage their diabetes.
Dilated eye exam annually (adults with diabetes)	Behavioral Risk Factor Surveillance System	Percentage of Maine adults with diabetes who had a dilated eye exam within the past year.
Respiratory Health		
Current asthma (adults)	Behavioral Risk Factor Surveillance System	Percentage of adults who have been told by a healthcare provider that they had asthma and who still have asthma.
Current asthma (youth ages 0-17)	Behavioral Risk Factor Surveillance System	Percentage of children, ages 0-17 years, who have been diagnosed with asthma and still have asthma.
Chronic obstructive pulmonary disease (COPD)	Behavioral Risk Factor Surveillance System	Percentage of adults who have ever been told by a healthcare provider that they have chronic obstructive pulmonary disease (COPD), including emphysema or chronic bronchitis.
Chronic lower respiratory disease deaths per 100,000 population	Maine Center for Disease Control and Prevention, Data, Research, and Vital Statistics.	Rate per 100,000 people of deaths due to chronic lower respiratory disease.
Asthma emergency department rate per 10,000 population	Maine Health Data Organization's Hospital Inpatient and Outpatient Data Sets as submitted to MHDO per the terms and conditions in 90 590 Chapter 241, *Uniform Reporting System for Hospital Inpatient Data Sets and Hospital Outpatient Data Sets.*	Rate per 10,000 people of emergency department discharges with a principal diagnosis of asthma.
Chronic obstructive pulmonary disease hospitalizations per 10,000 population	Maine Health Data Organization's Hospital Inpatient Data Sets as submitted to MHDO per the terms and conditions in 90 590 Chapter 241, *Uniform Reporting System for Hospital Inpatient Data Sets and Hospital Outpatient Data Sets.*	Rate per 10,000 people of hospital discharges with a principal diagnosis of chronic obstructive pulmonary disease (COPD).
Pneumonia hospitalizations per 10,000 population	Maine Health Data Organization's Hospital Inpatient Data Sets as submitted to MHDO per the terms and conditions in 90 590 Chapter 241, *Uniform Reporting System for Hospital Inpatient Data Sets and Hospital Outpatient Data Sets.*	Rate per 10,000 people of hospital discharges with a principal diagnosis of pneumonia.

Indicator	Data Source	Definition
Physical Activity, Nutrition and Weight		
Obesity (adults)	Behavioral Risk Factor Surveillance System	Percentage of Maine adults with a body mass index (BMI) ≥ 30.0 kg/m², based on self-reported height and weight.
Obesity (high school students)	Maine Integrated Youth Health Survey	Percentage of high school students who were obese (i.e., at or above the 95th percentile for body mass index, by age and sex). Data collected in odd numbered years.
Obesity (middle school students)	Maine Integrated Youth Health Survey	Percentage of seventh- and eighth-grade students who were obese (i.e., at or above the 95th percentile for body mass index, by age and sex). Data collected in odd numbered years.
Overweight (adults)	Behavioral Risk Factor Surveillance System	Percentage of adults with a Body Mass Index between 25.0 and 29.9 kg/m², based on self-reported height and weight.
Overweight (high school students)	Maine Integrated Youth Health Survey	Percentage of high school students who were overweight (at or above the 85th percentile but below the 95th percentile for body mass index, by age and sex). Data collected in odd numbered years.
Overweight (middle school students)	Maine Integrated Youth Health Survey	Percentage of seventh- and eighth-grade students who were overweight (at or above the 85th percentile but below the 95th percentile for body mass index, by age and sex). Data collected in odd numbered years.
Sedentary lifestyle – no leisure-time physical activity in past month (adults)	Behavioral Risk Factor Surveillance System	Percentage of adults who did not participate in any physical activities or exercises during the past month, other than during their regular job.
Met aerobic physical activity recommendations (adults)	Behavioral Risk Factor Surveillance System	Percentage of adults who reported doing enough physical activity to meet the aerobic recommendations. Data collected in odd numbered years.
Met physical activity recommendations (high school students)	Maine Integrated Youth Health Survey	Percentage of high school students who were physically active for a total of at least 60 minutes per day on seven of the past seven days. Data collected in odd numbered years.
Met physical activity recommendations (middle school students)	Maine Integrated Youth Health Survey	Percentage of seventh- and eighth-grade students who were physically active for a total of at least 60 minutes per day on seven of the past seven days. Data collected in odd numbered years.
Fewer than two hours combined screen time (high school students)	Maine Integrated Youth Health Survey	Percentage of high school students watching two or fewer hours of combined screen time (including television, video games, and computers) per day on an average school day. Data collected in odd numbered years.
Fewer than two hours combined screen time (middle school students)	Maine Integrated Youth Health Survey	Percentage of seventh- and eighth-grade students watching two or fewer hours of combined screen time (including television, video games, and computers) per day on an average school day. Data collected in odd numbered years.

Indicator	Data Source	Definition
Physical Activity, Nutrition and Weight (continued)		
Fruit consumption (adults reporting less than one serving per day)	Behavioral Risk Factor Surveillance System	Percentage of adults who consume less than one serving per day of fruits or fruit juice. Data collected in odd numbered years. 2017 data cannot be compared to earlier data for this measure due to questionnaire changes.
Vegetable consumption (adults reporting less than one serving per day)	Behavioral Risk Factor Surveillance System	Percentage of adults who consume less than one serving per day of vegetables. Data collected in odd numbered years. 2017 data cannot be compared to earlier data for this measure due to questionnaire changes.
Fruit and vegetable consumption (high school students reporting five or more a day)	Maine Integrated Youth Health Survey	Percentage of high school students who drank 100% fruit juice, ate fruit and/or ate vegetables five or more times per day during the past seven days. Data collected in odd numbered years.
Fruit and vegetable consumption (middle school students reporting five or more a day)	Maine Integrated Youth Health Survey	Percentage of seventh- and eighth-grade students who drank 100% fruit juice, ate fruit and/or ate vegetables five or more times per day during the past seven days. Data collected in odd numbered years.
Soda/sports drink consumption (high school students reporting one or more a day)	Maine Integrated Youth Health Survey	Percentage of high school students who drank at least one can, bottle, or glass of sugar-sweetened beverages per day during the past week. Data collected in odd numbered years.
Soda/sports drink consumption (middle school students reporting one or more a day)	Maine Integrated Youth Health Survey	Percentage of seventh- or eighth-grade students who drank at least one can, bottle, or glass of sugar-sweetened beverages per day during the past week. Data collected in odd numbered years.
Food insecurity	Feeding America: Map the Meal	Percentage of households that lack access, at times, to enough food for an active, healthy life for all household members, or that have limited or uncertain availability of nutritionally adequate food.
Food insecurity (youth)	Feeding America: Map the Meal	Percentage of households that lack access, at times, to enough food for an active, healthy life for all household members or that have limited or uncertain availability of nutritionally adequate food. Youth refers to children under 18.

Indicator	Data Source	Definition
Pregnancy and Birth Outcomes		
Infant deaths per 1,000 live births	Maine CDC. Data, Research, and Vital Statistics. Mortality. Natality. Linked Death and Birth file.	Rate per 1,000 births of babies who died before their first birthday.
Low birth weight (<2,500 grams)	Maine CDC. Data, Research, and Vital Statistics. Birth file.	Percentage of babies born with a weight less than 2,500 grams.
Pre-term live births	Maine CDC. Data, Research, and Vital Statistics. Birth file.	Percentage of babies born before 37 weeks of gestation.
Unintended births	Pregnancy Risk Assessment Monitoring System	Percentage of new mothers who reported that they had not wanted to be pregnant at all or wanted to be pregnant later.
Births to 15-19-year olds per 1,000 population	Maine CDC. Data, Research, and Vital Statistics. Birth file.	Rate per 1,000 women, ages 15-19 years, who gave birth.
Adequate prenatal care	Maine CDC, Data, Research, and Vital Statistics. Birth file	Percentage of new mothers who received adequate or adequate plus prenatal care, as determined by the Adequacy of Prenatal Care Utilization Index.
C-sections among low-risk first births	Maine CDC, Data, Research, and Vital Statistics. Birth file.	Percentage of low-risk first births for which a cesarean section was completed.
Smoked during pregnancy	Maine CDC. Data, Research, and Vital Statistics. Birth file.	Percentage of new mothers who smoked cigarettes at any time during pregnancy.
Drank alcohol during pregnancy	Pregnancy Risk Assessment Monitoring System	Percentage of new mothers who drank alcohol during the last three months of pregnancy. Data not available at the county level.
Depression during pregnancy	Pregnancy Risk Assessment Monitoring System	Number of people who self-report depression during pregnancy. Data not available at the county level.
Post-partum depression	Pregnancy Risk Assessment Monitoring System	Number of people who self-report depressive symptoms post-partum. Depressive symptoms are defined as "always" or "often" feeling down, depressed, or hopeless, or having little interest or little pleasure in doing things enjoyed since delivery. Data not available at the county level.
Infants who are ever breast fed	Maine CDC. Data, Research, and Vital Statistics. Birth file.	Percentage of babies who were ever fed breast milk.
Infants who are exclusively breast fed to 6 months	National Immunization Survey	Percentage of babies who were only fed breast milk (no solids, water, or other liquids) from birth to six months of age.
Head Start eligible expectant mothers	CDC Wonder & U.S. Census	The estimated number of expectant mothers who are income eligible for Head Start based on the state fertility rate for Maine and the estimated population of women aged 15-44 living below poverty. Data not available at the county level.

Indicator	Data Source	Definition
Children with Special Health Care Needs		
Children with special health care needs	National Survey of Children's Health	Percentage of children, ages 0-17 years, whose parents report that they have a special health care need. Data not available at the county level. To qualify as having special health care needs, the following criteria must be met: a) the child currently experiences a specific consequence (use or need of prescription medication, above average use or need of medical, mental health or educational services, functional limitations compared with others of same age, use or need of specialized therapies (OT, PT, speech, etc.), or treatment or counseling for emotional or developmental problems); b) the consequence is due to a medical or other health condition; and c) the duration or expected duration of the condition is 12 months or longer.
Developmental screening for MaineCare members	MaineCare	Percentage of MaineCare members at ages 0, 1, 2 and 3 years who received developmental screening using a parent-completed evidence-based screening tool. Data is preliminary.
Developmental screening for children	National Survey of Children's Health	Percentage of children, ages 9-35 months, who received developmental screening using a parent-completed screening tool. Data not available at the county level.
Cognitive Health		
Cognitive decline	Behavioral Risk Factor Surveillance System	Percentage of adults, ages 45 and over, who experienced confusion or memory loss that happened more often or got worse within the past 12 months. Data collected in 2012 and then in even numbered years from 2016 on.
Caregiving at least 20 hours per week	Behavioral Risk Factor Surveillance System	Percentage of adults who provided regular care or assistance to a friend or family member who has a health problem or disability for at least 20 hours a week during the past 30 days. Data collected in odd numbered years beginning in 2015.
Arthritis		
Arthritis	Behavioral Risk Factor Surveillance System	Percentage of adults who have been told by a healthcare provider that they have arthritis.

Indicator	Data Source	Definition
Environmental Health		
Children with lead poisoning (estimated)	Maine CDC Childhood Lead Poisoning Prevention Unit	The percentage of children with a blood lead level ≥5 micrograms per deciliter (µg/dL) with no prior history of a confirmed blood lead test ≥5 µg/dL. Estimated numbers are calculated from the total number of children with a confirmed blood lead test ≥5 µg/dL plus 38% of children with an unconfirmed test 5-<10 µg/dL. The conversion factor of 38% is based on the historically observed percent of unconfirmed test results 5-<10 µg/dL that have a confirmatory test result ≥5 µg/dL. Under Maine law, lead poisoning is defined as having a confirmatory blood lead level at or above 5 µg/dL. The estimated number of children with lead poisoning is divided by number of children tested for lead poisoning who have no prior history of a confirmed blood lead test ≥5 ug/dL. Five-year values are the sum of the estimated number of children with lead poisoning divided by the sum of children tested.
Lead screening among children (ages 12-23 months)	Maine CDC Childhood Lead Poisoning Prevention Unit	Percentage of children, ages 12-23 months, who have had their blood tested for elevated blood lead levels.
Lead screening among children (ages 24-35 months)	Maine CDC Childhood Lead Poisoning Prevention Unit	Percentage of children, ages 24-35 months, who have had their blood tested for elevated blood lead levels.
Adults living in households with private wells tested for arsenic	Behavioral Risk Factor Surveillance System	Percentage of adults who report that their home has a private well and that the well water has been tested for arsenic. This data is weighted to be representative of individuals living in Maine, not households, in order to measure differences in individual level characteristics.
Adults living in households tested for radon	Behavioral Risk Factor Surveillance System	Percentage of adults who report that their household air has been tested for the presence of radon gas. This data is weighted to be representative of individuals living in Maine, not households, in order to measure differences in individual level characteristics.

Indicator	Data Source	Definition
Immunizations		
Influenza vaccination in the past year (adults)	Behavioral Risk Factor Surveillance System	Percentage of adults who had either a seasonal flu shot or a seasonal flu vaccine that was sprayed in their nose during the past 12 months.
Pneumococcal pneumonia vaccination (adults ages 65+)	Behavioral Risk Factor Surveillance System	Percentage of adults, ages 65 and older, who have ever had a pneumonia vaccine.
Infectious Disease		
Lyme disease new cases per 100,000 population	Maine Infectious Disease Surveillance System	Rate per 100,000 people of new cases of lyme disease.
Gastrointestinal disease new cases per 100,000 population	Maine Infectious Disease Surveillance System	Rate per 100,000 people of new cases of the four most common reportable enteric diseases.
Hepatitis A (acute) new cases per 100,000 population	Maine Infectious Disease Surveillance System	Rate per 100,000 people of new cases of hepatitis A.
Hepatitis B (acute) new cases per 100,000 population	Maine Infectious Disease Surveillance System	Rate per 100,000 people of new cases of acute hepatitis B.
Hepatitis B (chronic) new cases per 100,000 population	Maine Infectious Disease Surveillance System	Rate per 100,000 people of newly reported cases of chronic hepatitis B.
Hepatitis C (acute) new cases per 100,000 population	Maine Infectious Disease Surveillance System	Rate per 100,000 people of new cases of acute hepatitis C.
Hepatitis C (chronic) new cases per 100,000 population	Maine Infectious Disease Surveillance System	Rate per 100,000 people of newly reported cases of chronic hepatitis C.
Pertussis new cases per 100,000 population	Maine Infectious Disease Surveillance System	Rate per 100,000 people of new cases of pertussis.
Tuberculosis new cases per 100,000 population	Maine Infectious Disease Surveillance System	Rate per 100,000 people of new cases of active acute tuberculosis.
Chlamydia new cases per 100,000 population	Maine Infectious Disease Surveillance System	Rate per 100,000 people of new cases of chlamydia.
Gonorrhea new cases per 100,000 population	Maine Infectious Disease Surveillance System	Rate per 100,000 people of new cases of gonorrhea.
Syphilis new cases per 100,000 population	Maine Infectious Disease Surveillance System	Rate per 100,000 people of new cases of syphilis.
HIV new cases per 100,000 population	Maine Infectious Disease Surveillance System	Rate per 100,000 people of newly diagnosed cases of Human Immunodeficiency Virus (HIV).

Indicator	Data Source	Definition
Infectious Disease (continued)		
Age-adjusted rates of COVID death per 100,000/year	CDC Wonder	Age-adjusted rates of deaths where COVID is listed as a factor in the death per 100,000 per year. Data not available at the county level.
COVID hospital admissions per 100,000/year	US CDC COVID Data Tracker System	Rate of COVID hospital admissions per 100,000 per year.
Unintentional Injury		
Injury deaths per 100,000 population	Maine CDC. Data, Research, and Vital Statistics. Mortality Data Files.	Rate per 100,000 people of deaths due to injuries.
Fall-related deaths (unintentional) per 100,000 population	Maine CDC. Data, Research, and Vital Statistics. Mortality Data Files.	Rate per 100,000 people of deaths due to unintentional falls.
Motor vehicle traffic crash (unintentional) deaths per 100,000 population	Maine CDC. Data, Research, and Vital Statistics. Mortality Data Files.	Rate per 100,000 people of deaths due to unintentional motor vehicle crashes.
Poisoning deaths (unintentional and undetermined intent) per 100,000 population	Maine CDC. Data, Research, and Vital Statistics. Mortality Data Files.	Rate per 100,000 people of deaths due to poisonings of unintentional and undetermined intent.
Work-related deaths (number)	Maine Dept. of Labor	Number of deaths from work-related injuries. Data not available at the county level.
Fall-related injury (unintentional) emergency department rate per 10,000 population	Maine Health Data Organization's Hospital Inpatient and Outpatient Data Sets as submitted to MHDO per the terms and conditions in 90 590 Chapter 241, *Uniform Reporting System for Hospital Inpatient Data Sets and Hospital Outpatient Data Sets.*	Rate per 10,000 people of emergency department discharges with a diagnosis of a fall-related injury.
Traumatic brain injury emergency department rate per 10,000 population	Maine Health Data Organization's Hospital Inpatient and Outpatient Data Sets as submitted to MHDO per the terms and conditions in 90 590 Chapter 241, *Uniform Reporting System for Hospital Inpatient Data Sets and Hospital Outpatient Data Sets.*	Rate per 10,000 people of emergency department discharges with a diagnosis of traumatic brain injury.
Always wear seatbelt (high school students)	Maine Integrated Youth Health Survey	Percentage of high school students who always wear a seatbelt when riding in a vehicle. Data collected in odd numbered years. Data not available at the county level.

Indicator	Data Source	Definition
Unintentional Injury (continued)		
Always wear seatbelt (middle school students)	Maine Integrated Youth Health Survey	Percentage of seventh- and eighth-grade students who always wear a seatbelt when riding in a vehicle. Data collected in odd numbered years. Data not available at the county level.
Intentional Injury		
Suicide deaths per 100,000 population	Maine CDC. Data, Research, and Vital Statistics. Mortality Data Files.	Rate per 100,000 people of deaths due to suicide.
Firearm deaths per 100,000 population	Maine CDC. Data, Research, and Vital Statistics. Mortality Data Files.	Rate per 100,000 people of deaths due to firearms, all intents.
Rape/non-consensual sex (among females, lifetime)	Behavioral Risk Factor Surveillance System	Percentage of females who have ever had sex with someone after they said or showed that they didn't want them to or without their consent.
Violence by current or former intimate partners in past 12 months (among females)	Behavioral Risk Factor Surveillance System	Percentage of women ages, 18 and older, who report that they have experience violence by a current or former intimate partner in the last year.
Intentional self-injury (high school students)	Maine Integrated Youth Health Survey	Percentage of high school students who have done something to purposely hurt themselves without wanting to die, such as cutting or burning themselves on purpose in the past 6 months. Data collected in odd numbered years.
Intentional self-injury (middle school students)	Maine Integrated Youth Health Survey	Percentage of seventh- and eighth-grade students who have ever done something to purposely hurt themselves without wanting to die, such as cutting or burning themselves on purpose. Data collected in odd numbered years.
Bullying on school property (high school students)	Maine Integrated Youth Health Survey	Percentage of high school students who have been bullied on school property in the past 12 months. Data collected in odd numbered years.
Bullying on school property (middle school students)	Maine Integrated Youth Health Survey	Percentage of seventh- and eighth-grade students who have ever been bullied on school property. Data collected in odd numbered years.
Electronic bullying (high school students)	Maine Integrated Youth Health Survey	Percentage of high school students who have been bullied electronically, including through texting, Instagram, Facebook, or other social media. Data collected in odd numbered years.
Electronic bullying (middle school students)	Maine Integrated Youth Health Survey	Percentage of seventh- and eighth-grade students who have been bullied electronically in the past 12 months. including through texting, Instagram, Facebook, or other social media. Data collected in odd numbered years.
Violent crime rate per 1,000 population	Maine Dept. of Public Safety	Rate per 1,000 people of violent crime offenses. Violent crime is defined as a murder, rape, robbery or aggravated assault.

Indicator	Data Source	Definition
Intentional Injury (continued)		
Nonfatal child maltreatment per 1,000 population	Child Maltreatment Report, US Agency for Children Youth and Families	Rate per 1,000 children, under age 18, of child maltreatment that is a threat to a child's health or welfare. Data not available at the county level.
Mental Health		
Depression, current symptoms (adults)	Behavioral Risk Factor Surveillance System	Percentage of adults who have current symptoms of depression based on the Patient Health Questionnaire-2 (PHQ-2).
Depression, lifetime	Behavioral Risk Factor Surveillance System	Percentage of adults who have ever been told by a healthcare provider that they have a depressive disorder.
Sad/hopeless for two weeks in a row (high school students)	Maine Integrated Youth Health Survey	Percentage of high school students who felt so sad or hopeless almost every day for two weeks or more in a row during the past 12 months that they stopped doing some usual activities. Data collected in odd numbered years.
Sad/hopeless for two weeks in a row (middle school students)	Maine Integrated Youth Health Survey	Percentage of seventh- and eighth-grade students who ever felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities. Data collected in odd numbered years.
Anxiety, lifetime	Behavioral Risk Factor Surveillance System	Percentage of adults who have ever been told by a healthcare provider that they have an anxiety disorder.
Seriously considered suicide (high school students)	Maine Integrated Youth Health Survey	Percentage of high school students who seriously considered attempting suicide during the past 12 months. Data collected in odd numbered years.
Seriously considered suicide (middle school students)	Maine Integrated Youth Health Survey	Percentage of seventh- and eighth-grade students who ever seriously considered attempting suicide. Data collected in odd numbered years.
Ratio of population to psychiatrists	Health Resources and Services Administration	Ratio of the population to practicing psychiatrists.
Ratio of population to mental health providers	Centers for Medicare and Medicaid Services National Provider Identifier Standard	Ratio of the population to practicing mental health providers.
Currently receiving outpatient mental health treatment (adults)	Behavioral Risk Factor Surveillance System	Percentage of adults who are currently taking medicine or receiving treatment from a doctor for any type of mental health condition or emotional problem.
Children with mental health disorders who receive treatment	National Survey of Children's Health	Percentage of children, ages 3-17 years, who have been diagnosed by a healthcare provider with a mental or behavioral condition and who receive treatment. Data not available at the county level.

Indicator	Data Source	Definition
Oral Health		
Ratio of population to practicing dentists	Health Resources and Services Administration	Ratio of population to practicing dentists.
Tooth loss (adults)	Behavioral Risk Factor Surveillance System	Percentage of adults who have lost six or more teeth due to tooth decay or gum disease. Data collected in even numbered years.
Ambulatory care sensitive dental emergency department rates for adults per 10,000 population	Maine Health Data Organization's Hospital Inpatient and Outpatient Data Sets	Rate per 10,000 adults with emergency department visits for dental-related reasons for which good regular dental care can potentially prevent the need for hospitalization, or for which early intervention can prevent complications or more severe disease. Note that included conditions are different for adults than for children.
Ambulatory care sensitive dental emergency department rates for children per 10,000 population	Maine Health Data Organization's Hospital Inpatient and Outpatient Data Sets	Rate per 10,000 children with emergency department visits for dental-related reasons for which good regular dental care can potentially prevent the need for hospitalization, or for which early intervention can prevent complications or more severe disease. Note that included conditions for children are primarily for untreated cavities and are different for adults.
Dentist visits in the past year (adults)	Behavioral Risk Factor Surveillance System	Percentage of adults who visited the dentist or a dental clinic for any reason in the past 12 months. Data collected in even numbered years.
Insured children with at least one dental claim	Maine Health Data Organization All Payer Claims Database	Percentage of children and young adults, under age 21, who had MaineCare or commercial insurance for at least 11 out of 12 months with at least one dental claim during the year.
Insured children with at least one preventative dental visit	Maine Health Data Organization All Payer Claims Database	Percentage of children and young adults, under age 21, who had MaineCare or commercial insurance for at least 11 out of 12 months with at least one claim for a preventive dental service during the year.
Children covered by dental insurance	Maine Health Data Organization All Payer Claims Database	Percentage of children and young adults, under age 21, who had MaineCare or commercial insurance for dental health care for at least 11 out of 12 months during the year.
Dentist visits in the past year (MaineCare members under age 21)	MaineCare	Percentage of MaineCare members, under age 21, who visited the dentist in the past 12 months.
Substance Use		
Overdose deaths per 100,000 population	Maine Office of the Medical Examiner	Rate per 100,000 people of deaths due to drug overdose.
Drug-induced deaths per 100,000 population	Maine Center for Disease Control and Prevention, Data, Research, and Vital Statistics.	Rate per 100,000 people of deaths for which drugs are the underlying cause, including those attributable to acute poisoning by drugs and those from medical conditions resulting from chronic drug use. Deaths due to alcohol use are excluded.

Indicator	Data Source	Definition
Substance Use (continued)		
Alcohol-induced deaths per 100,000 population	Maine Center for Disease Control and Prevention, Data, Research, and Vital Statistics.	Rate per 100,000 people of deaths for which alcohol is the underlying cause, including those attributable to acute alcohol poisoning and those from medical conditions resulting from chronic alcohol use.
Alcohol-impaired driving deaths per 100,000 population	Maine Dept. of Transportation	Rate per 100,000 population of alcohol-impaired driving fatalities (with a blood alcohol content of .08 or over).
Drug-affected infant reports per 1,000 births	Maine Automated Child Welfare Information System (Maine Office of Child and Family Services)	Rate per 1,000 births of infants for which a healthcare provider reported that there was reasonable cause to suspect the baby may be affected by illegal substance abuse or demonstrating withdrawal symptoms resulting from prenatal drug exposure or has a fetal alcohol spectrum disorder.
Chronic heavy drinking (adults)	Behavioral Risk Factor Surveillance System	Percentage of adults who drink more than two drinks per day for men or more than one drink per day for women.
Past-30-day alcohol use (high school students)	Maine Integrated Youth Health Survey	Percentage of high school students who had at least one drink of alcohol on at least one day in the past 30 days. Data collected in odd numbered years.
Past-30-day alcohol use (middle school students)	Maine Integrated Youth Health Survey	Percentage of seventh- and eighth-grade students who had at least one drink of alcohol on at least one day in the past 30 days. Data collected in odd numbered years.
Binge drinking (adults)	Behavioral Risk Factor Surveillance System	Percentage of adults who had five or more drinks on at least one occasion for men or four or more drinks on at least one occasion for women in the past 30 days.
Binge drinking (high school students)	Maine Integrated Youth Health Survey	Percentage of high school students who had five or more alcoholic drinks on at least one day in the last 30 days. Data collected in odd numbered years.
Binge drinking (middle school students)	Maine Integrated Youth Health Survey	Percentage of seventh- and eighth-grade students who had five or more alcoholic drinks in a row on at least one day in the last 30 days. Data collected in odd numbered years.
Past-30-day marijuana use (adults)	Behavioral Risk Factor Surveillance System	Percentage of adults who used marijuana during the past 30 days.
Past-30-day marijuana use (high school students)	Maine Integrated Youth Health Survey	Percentage of high school students who used marijuana at least one time in the last 30 days. Data collected in odd numbered years.
Past-30-day marijuana use (middle school students)	Maine Integrated Youth Health Survey	Percentage of seventh- and eighth-grade students who used marijuana at least one time in the last 30 days. Data collected in odd numbered years.
Past-30-day misuse of prescription drugs (adults)	Behavioral Risk Factor Surveillance System	Percentage of adults who used prescription drugs that were either not prescribed and/or not used as prescribed to get high at least once within the past 30 days.

Indicator	Data Source	Definition
Substance Use (continued)		
Past-30-day misuse of prescription drugs (high school students)	Maine Integrated Youth Health Survey	Percentage of high school students who used a prescription drug without a doctor's prescription at least one time in the last 30 days. Data collected in odd numbered years.
Past-30-day misuse of prescription drugs (middle school students)	Maine Integrated Youth Health Survey	Percentage of seventh- and eighth-grade students who used a prescription drug without a doctor's prescription at least one time in the last 30 days. Data collected in odd numbered years.
Lifetime illicit drug use (high school students)	Maine Integrated Youth Health Survey	Percentage of high school students who have ever used illicit drugs (cocaine, heroin, methamphetamines, ecstasy, and/or synthetic marijuana). Hallucinogenic drugs are excluded. Data collected in odd numbered years.
Narcotic doses dispensed per capita by retail pharmacies	Prescription Monitoring Program	Narcotic doses dispensed per capita by retail pharmacies. This excludes doses dispensed in other health care settings such as ambulatory health care offices, emergency rooms and hospitals.
Adults who needed treatment for substance use in the past year	National Survey on Drug Use and Health	Percentage of individuals, ages 18 and older, who needed treatment for substance use during the past 12 months. Data not available at the county level.
Adults who needed and did not receive treatment for substance use	National Survey on Drug Use and Health	Percentage of individuals, ages 18 and older, who needed but did not receive treatment for substance use during the past 12 months. Data not available at the county level.
Overdose emergency medical service responses per 10,000 population	Maine Emergency Medical Services	Rate per 10,000 population of overdose emergency medical service responses, including overdoses from drugs, medications, alcohol, and inhalants.
Opiate poisoning emergency department rate per 10,000 population	Maine Health Data Organization's Hospital Inpatient and Outpatient Data Sets	Rate per 10,000 population of emergency department discharges with a principal diagnosis of opiate poisoning.
Opiate poisoning hospitalizations per 10,000 population (ICD-10)	Maine Health Data Organization's Hospital Inpatient Data Sets	Rate per 10,000 population of hospital discharges with a principal diagnosis of opiate poisoning.
Tobacco Use		
Current cigarette smoking (adults)	Behavioral Risk Factor Surveillance System	Percentage of adults who have smoked at least 100 cigarettes in their lifetime and currently smoke either every day or some days.
Past-30-day cigarette smoking (high school students)	Maine Integrated Youth Health Survey	Percentage of high school students who smoked cigarettes on at least one day in the past 30 days. Data collected in odd numbered years.
Past-30-day cigarette smoking (middle school students)	Maine Integrated Youth Health Survey	Percentage of seventh- and eighth-grade students who smoked cigarettes on at least one day in the past 30 days. Data collected in odd numbered years.

Indicator	Data Source	Definition
Tobacco Use (continued)		
Past-30-day tobacco use (high school students)	Maine Integrated Youth Health Survey	Percentage of high school students who smoked cigarettes or cigars or used chewing tobacco, snuff, or dip on one or more of the past 30 days. Data collected in odd numbered years.
Past-30-day tobacco use (middle school students)	Maine Integrated Youth Health Survey	Percentage of seventh- and eighth-grade students who smoked cigarettes or cigars or used chewing tobacco, snuff, or dip on one or more of the past 30 days. Data collected in odd numbered years.
Current E-cigarette use (adults)	Behavioral Risk Factor Surveillance System	Percentage of adults who currently use electronic "vaping" products every day or some days.
Past-30-day use of vaping products (high school students)	Maine Integrated Youth Health Survey	Percentage of high school students who used an electronic vapor product at least one day in the last 30 days. Data collected in odd numbered years.
Past-30-day use of vaping products (middle school students)	Maine Integrated Youth Health Survey	Percentage of seventh- and eighth-grade students who used an electronic vapor product at least one day in the last 30 days. Data collected in odd numbered years.
Environmental tobacco smoke exposure (high school students)	Maine Integrated Youth Health Survey	Percentage of high school students who were in the same room with someone who was smoking cigarettes at least one day during the past 7 days. Data collected in odd numbered years.
Environmental tobacco smoke exposure (middle school students)	Maine Integrated Youth Health Survey	Percentage of seventh- and eighth-grade students who were in the same room with someone who was smoking cigarettes at least one day during the past 7 days. Data collected in odd numbered years.
Maine QuitLink Users	Center for Tobacco Independence	Percentage of current adult smokers who received treatment services (counseling and/or nicotine replacement therapy) from the Maine QuitLink (Formerly the Maine Tobacco Help Line).
Multivariate Indicators		
Languages spoken by language category	US Census Bureau, American Community Survey	Percentage of people, ages 5 years and older, by the primary language spoken at home, by language region.
Languages spoken by specific language	US Census Bureau, American Community Survey.	Percentage of people, ages 5 years and older, by the primary language spoken at home, by specific language. Data available at the state level only.
Gay, lesbian and bisexual (high school students)	Maine Integrated Youth Health Survey	Percentage of high school students who identify as gay, lesbian or bisexual. Data collected in odd numbered years.
Percent of population w/ disability by type	US Census Bureau, American Community Survey, Table DP02	Percentage of population with a disability by county by type (Hearing Difficulty, Vision Difficulty, Cognitive Difficulty, Ambulatory Difficulty, Self-care Difficulty, and Independent Living Difficulty).
Children with disabilities by type	US Census Bureau, American Community Survey	Percentage of children with a disability by county by type (Hearing Difficulty, Vision Difficulty, Cognitive Difficulty, Ambulatory Difficulty, and Self-care Difficulty).

Indicator	Data Source	Definition
Multivariate Indicators (continued)		
Percentage of households by income groups	US Census Bureau, American Community Survey	Percentage of households earning various levels of income. Income groups are based on income received on a regular basis before payments for taxes, social security, etc., and does not reflect non-cash benefits.
Employment by Industry and Occupation	US Census Bureau, American Community Survey	Among workers, ages 16 and older, the percentage who work in various industries and occupations. Industry is the type of activity at a person's place of work; occupation is the kind of work a person does to earn a living; and class of worker categorizes people according to the type of ownership of the employing organization.
Households by type of head of household	US Census Bureau, American Community Survey	Percentage of households by type of head of household, including married or cohabitating couples and single heads of households.
Number of vehicles for household owners and renters	US Census Bureau, American Community Survey	Vehicle ownership per household is the total number of vehicles divided by the total number of households. Immobile vehicles, motorcycles, and other recreational vehicles are excluded.
Commute by transportation type	US Census Bureau, American Community Survey	Among workers, ages 16 and older, the percentage who commute to work using various modes of transportation, including air, rail, water, road and pipeline.
Age of housing stock	US Census Bureau, American Community Survey	Percentage of housing units by various ages based on year built.
Heating fuel type	US Census Bureau, American Community Survey	Percentage of households by the type of fuel that is used most for heating the house, apartment, or mobile home.
Households that spend more than 50% of income toward housing	US Census Bureau, American Community Survey. Table B25070 for renter house. Table B25091 for house with and without mortgage. B25003 for total housing unit	Percentage of households that spend 50% or more of their household income on housing.
Leading causes of death	National Center for Health Statistics, US CDC	List of the causes of death that are the most frequent in the population, based on the number of deaths, sorted from highest to lowest frequency.


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