HEALTH IN MAINE: SEXUAL ORIENTATION

The Maine Shared Community Health Needs Assessment (Maine Shared CHNA) highlights populations and geographies that experience disparate health and well-being outcomes due to social and institutional inequities. These disparities are documented through a community engagement process and the health equity data profiles.

For data in the health equity profiles, there are several factors currently limiting what is included:

- Not all data sources collect sufficient data elements for all populations of interest.

- Some populations and geographies in Maine are numerically small, resulting in data that is less reliable due to low numbers, unavailable due to suppression and/or privacy concerns, and/or missing entirely.

- Some health equity profiles may include fewer indicators than others and what appears in the County Data Profiles, given data availability, suppressed data rates, and what is and is not collected at the state and national level.

- Disparities are generally only analyzed at the state level for more reliable estimates with less suppression. However, this assumes disparities found at the state level have similar patterns for smaller geographical areas, which do not account for unique characteristics of population throughout the state.

- The data sets used by the Maine Share CHNA follow federal reporting guidelines for race, ethnicity, sexual orientation, and gender identity, which may not encompass nor resonate with everyone. Thus, some people may not see their identity in the health equity profiles.

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. Additional information on data commitments, how data is selected, data limitations, and data sources and definitions can be found in the data profiles for each County.

Youth Population (Maine 2023)
Gay or Lesbian
1,510
Bisexual
5,270
Heterosexual
45,616

How to Read This Document

The following symbols are used in the tables 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.

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.

Health Indicators for Sexual Orientation

INDICATOR	Sexual Orientation					Maine
	Heterosexual	Gay or lesbian	Bisexual	Something Else	Not Sure	
Demographics						
Gay, lesbian and bisexual (adults)	^	^	^	^	^	2017-2021 **5.1%**
Gay, lesbian and bisexual (high school students)	2023 **72.5%**	2023 **4.0%**	2023 **12.7%**	2023 **5.1%**	2023 **4.0%**	2023 **16.7%**
Transgender adults	2017-2021 **0.9%**	2017-2021 **7.5%**	2017-2021 **5.3%**	2017-2021 **21.4%**	—	2017-2021 **1.4%**
Transgender youth (high school students)	—	—	—	—	2023 **2.6%**	2023 **4.5%**
Social Drivers of Health						
Housing insecure (high school students)	2023 **1.7%**	2023 **7.2%**	2023 **3.1%**	2023 **3.1%**	2023 **3.6%**	2023 **2.6%**
Adverse childhood experiences (high school students)	2023 **20.8%**	2023 **45.6%**	2023 **45.0%**	2023 **46.9%**	2023 **33.5%**	2023 **6.7%**
General Health Status						
Fair or poor health	2011-2015 & 2017-2021 **15.6%**	2011-2015 & 2017-2021 **17.9%**	2011-2015 & 2017-2021 **19.3%**	2011-2015 & 2017-2021 **23.0%**	—	2011-2015 & 2017-2021 **15.8%**
14 or more days lost due to poor physical health	2011-2015 & 2017-2021 **12.4%**	2011-2015 & 2017-2021 **13.9%**	2011-2015 & 2017-2021 **15.8%**	2011-2015 & 2017-2021 **19.8%**	—	2011-2015 & 2017-2021 **12.5%**
14 or more days lost due to poor mental health	2011-2015 & 2017-2021 **12.2%**	2011-2015 & 2017-2021 **18.8%**	2011-2015 & 2017-2021 **34.0%**	2011-2015 & 2017-2021 **34.3%**	—	2011-2015 & 2017-2021 **13.0%**
Three or more chronic conditions	2011-2015 & 2017-2021 **15.6%**	2011-2015 & 2017-2021 **14.5%**	2011-2015 & 2017-2021 **12.8%**	2011-2015 & 2017-2021 **16.4%**	—	2011-2015 & 2017-2021 **15.3%**

Indicator	Sexual Orientation					Maine
	Heterosexual	Gay or lesbian	Bisexual	Something Else	Not Sure	
Access						
Usual primary care provider (adults)	2011-2015 & 2017-2021 **88.0%**	2011-2015 & 2017-2021 **89.0%**	2011-2015 & 2017-2021 **83.3%**	2011-2015 & 2017-2021 **80.1%**	—	2011-2015 & 2017-2021 **87.4%**
Primary care visit to any primary care provider in the past year	2011-2015 & 2017-2021 **74.5%**	2011-2015 & 2017-2021 **71.0%**	2011-2015 & 2017-2021 **69.1%**	2011-2015 & 2017-2021 **74.2%**	—	2011-2015 & 2017-2021 **74.1%**
Cost barrier to care	2011-2015 & 2017-2021 **9.9%**	2011-2015 & 2017-2021 **16.4%**	2011-2015 & 2017-2021 **23.3%**	2011-2015 & 2017-2021 **17.8%**	—	2011-2015 & 2017-2021 **10.6%**
Cardiovascular Disease						
High blood pressure	2011, 2013, 2015, 2017, 2019 & 2021 **35.0%**	2011, 2013, 2015, 2017, 2019 & 2021 **29.4%**	2011, 2013, 2015, 2017, 2019 & 2021 **17.0%**	2011, 2013, 2015, 2017, 2019 & 2021 **26.2%**	—	2011, 2013, 2015, 2017, 2019 & 2021 **34.1%**
Diabetes						
Diabetes	2011-2015 & 2017-2021 **10.3%**	2011-2015 & 2017-2021 **8.9%**	2011-2015 & 2017-2021 **6.4%**	2011-2015 & 2017-2021 **8.6%**	—	2011-2015 & 2017-2021 **10.1%**
A1c test at least twice/year (adults with diabetes)	2011-2015 & 2017-2021 **75.7%**	2011-2015 & 2017-2021 **81.1%**	—	2011-2015 & 2017-2021 **84.3%**	—	2011-2015 & 2017-2021 **75.7%**
Respiratory Health						
Current asthma (adults)	2011-2015 & 2017-2021 **11.4%**	2011-2015 & 2017-2021 **15.6%**	2011-2015 & 2017-2021 **19.5%**	2011-2015 & 2017-2021 **18.0%**	—	2011-2015 & 2017-2021 **11.6%**
Chronic obstructive pulmonary disease (COPD)	2011-2015 & 2017-2021 **8.2%**	2011-2015 & 2017-2021 **6.9%**	2011-2015 & 2017-2021 **9.2%**	2011-2015 & 2017-2021 **7.6%**	—	2011-2015 & 2017-2021 **8.1%**
Physical Activity, Nutrition and Weight						
Obesity (adults)	2011-2015 & 2017-2021 **29.9%**	2011-2015 & 2017-2021 **30.5%**	2011-2015 & 2017-2021 **31.6%**	2011-2015 & 2017-2021 **33.9%**	—	2011-2015 & 2017-2021 **29.7%**
Obesity (high school students)	2023 **13.9%**	2023 **22.0%**	2023 **20.6%**	2023 **23.1%**	2023 **18.2%**	2023 **15.7%**
Obesity (middle school students)	2023 **14.1%**	2023 **24.8%**	2023 **25.5%**	2023 **23.1%**	2023 **19.4%**	2023 **16.0%**
Overweight (adults)	2011-2015 & 2017-2021 **36.0%**	2011-2015 & 2017-2021 **30.6%**	2011-2015 & 2017-2021 **24.5%**	2011-2015 & 2017-2021 **25.6%**	—	2011-2015 & 2017-2021 **35.6%**
Overweight (high school students)	2023 **15.8%**	2023 **15.9%**	2023 **17.0%**	2023 **17.4%**	2023 **13.9%**	2023 **16.0%**
Overweight (middle school students)	2023 **16.1%**	2023 **14.8%**	2023 **17.3%**	2023 **16.3%**	2023 **18.0%**	2023 **16.3%**

Indicator	Sexual Orientation					Maine
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Physical Activity, Nutrition and Weight (continued)						
Sedentary lifestyle – no leisure-time physical activity in past month (adults)	2011-2015 & 2017-2021 **23.9%**	2011-2015 & 2017-2021 **23.9%**	2011-2015 & 2017-2021 **19.9%**	2011-2015 & 2017-2021 **28.2%**	—	2011-2015 & 2017-2021 **23.7%**
Met physical activity recommendations (high school students)	2023 **54.4%**	2023 **28.5%**	2023 **30.6%**	2023 **24.6%**	2023 **31.5%**	2023 **47.7%**
Met physical activity recommendations (middle school students)	2023 **56.0%**	2023 **32.9%**	2023 **32.7%**	2023 **31.1%**	2023 **31.0%**	2023 **22.9%**
Fewer than two hours combined screen time (high school students)	2023 **23.8%**	2023 **19.3%**	2023 **17.3%**	2023 **16.6%**	2023 **20.8%**	2023 **22.9%**
Fewer than two hours combined screen time (middle school students)	2023 **30.2%**	2023 **21.4%**	2023 **19.6%**	2023 **20.5%**	2023 **25.3%**	2023 **28.8%**
Fruit consumption (adults reporting less than one serving per day)	2013, 2015, 2017, 2019 & 2021 **33.7%**	2013, 2015, 2017, 2019 & 2021 **40.3%**	2013, 2015, 2017, 2019 & 2021 **40.6%**	2013, 2015, 2017, 2019 & 2021 **42.1%**	—	2013, 2015, 2017, 2019 & 2021 **34.2%**
Vegetable consumption (adults reporting less than one serving per day)	2013, 2015, 2017, 2019 & 2021 **14.7%**	2013, 2015, 2017, 2019 & 2021 **11.7%**	2013, 2015, 2017, 2019 & 2021 **13.4%**	2013, 2015, 2017, 2019 & 2021 **24.4%**	—	2013, 2015, 2017, 2019 & 2021 **14.8%**
Fruit and vegetable consumption (high school students reporting 5 or more a day)	2023 **15.0%**	2023 **11.9%**	2023 **11.4%**	2023 **10.9%**	2023 **14.3%**	2023 **14.2%**
Fruit and vegetable consumption (middle school students reporting 5 or more a day)	2023 **19.6%**	2023 **14.7%**	2023 **15.6%**	2023 **17.7%**	2023 **16.4%**	2023 **18.9%**
Soda/sports drink consumption (high school students reporting 1 or more a day)	2023 **24.8%**	2023 **27.4%**	2023 **26.9%**	2023 **27.6%**	2023 **21.3%**	2023 **25.3%**
Soda/sports drink consumption (middle school students reporting 1 or more a day)	2023 **22.7%**	2023 **25.1%**	2023 **26.8%**	2023 **26.8%**	2023 **21.3%**	2023 **23.3%**
Cognitive Health						
Caregiving at least 20 hours per week	2015, 2017, 2019 & 2021 **5.1%**	2015, 2017, 2019 & 2021 **3.4%**	2015, 2017, 2019 & 2021 **5.0%**	2015, 2017, 2019 & 2021 **0.8%**	—	2015, 2017, 2019 & 2021 **5.0%**
Arthritis						
Arthritis	2011-2015 & 2017-2021 **31.4%**	2011-2015 & 2017-2021 **30.7%**	2011-2015 & 2017-2021 **22.1%**	2011-2015 & 2017-2021 **27.0%**	—	2011-2015 & 2017-2021 **30.8%**
Immunizations						
Influenza vaccination in the past year (adults)	2011-2015 & 2017-2021 **43.8%**	2011-2015 & 2017-2021 **47.4%**	2011-2015 & 2017-2021 **36.5%**	2011-2015 & 2017-2021 **43.0%**	—	2011-2015 & 2017-2021 **43.7%**
Pneumococcal pneumonia vaccination (adults ages 65+)	2011-2015 & 2017-2021 **74.9%**	2011-2015 & 2017-2021 **71.0%**	2011-2015 & 2017-2021 **63.1%**	2011-2015 & 2017-2021 **58.9%**	—	2011-2015 & 2017-2021 **74.6%**

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Unintentional Injury						
Always wear seatbelt (high school students)	2023 **69.8%**	2023 **73.9%**	2023 **70.6%**	2023 **73.9%**	2023 **73.9%**	2023 **70.0%**
Always wear seatbelt (middle school students)	2023 **76.1%**	2023 **68.6%**	2023 **72.2%**	2023 **74.7%**	2023 **77.1%**	2023 **75.6%**
Intentional Injury						
Bullying on school property (high school students)	2023 **18.2%**	2023 **36.4%**	2023 **31.9%**	2023 **33.4%**	2023 **24.9%**	2023 **21.9%**
Bullying on school property (middle school students)	2023 **44.0%**	2023 **68.1%**	2023 **68.5%**	2023 **64.8%**	2023 **55.9%**	2023 **48.6%**
Intentional self-injury (high school students)	2023 **14.9%**	2023 **47.9%**	2023 **48.4%**	2023 **45.3%**	2023 **33.9%**	2023 **22.9%**
Intentional self-injury (middle school students)	2023 **16.4%**	2023 **57.6%**	2023 **54.0%**	2023 **56.5%**	2023 **37.6%**	2023 **23.6%**
Mental Health						
Depression, current symptoms (adults)	2011-2015 & 2017-2021 **9.5%**	2011-2015 & 2017-2021 **17.2%**	2011-2015 & 2017-2021 **23.6%**	2011-2015 & 2017-2021 **25.1%**	—	2011-2015 & 2017-2021 **10.1%**
Depression, lifetime	2011-2015 & 2017-2021 **22.6%**	2011-2015 & 2017-2021 **37.2%**	2011-2015 & 2017-2021 **54.3%**	2011-2015 & 2017-2021 **44.5%**	—	2011-2015 & 2017-2021 **23.6%**
Sad/hopeless for two weeks in a row (high school students)	2023 **26.2%**	2023 **59.2%**	2023 **62.8%**	2023 **63.1%**	2023 **48.4%**	2023 **35.0%**
Sad/hopeless for two weeks in a row (middle school students)	2023 **25.7%**	2023 **67.0%**	2023 **62.6%**	2023 **64.0%**	2023 **46.4%**	2023 **32.7%**
Anxiety, lifetime	2011-2015 & 2017-2021 **20.5%**	2011-2015 & 2017-2021 **32.3%**	2011-2015 & 2017-2021 **51.7%**	2011-2015 & 2017-2021 **36.4%**	—	2011-2015 & 2017-2021 **21.5%**
Seriously considered suicide (high school students)	2023 **11.5%**	2023 **35.9%**	2023 **37.8%**	2023 **38.7%**	2023 **25.4%**	2023 **17.8%**
Seriously considered suicide (middle school students)	2023 **15.0%**	2023 **52.2%**	2023 **52.0%**	2023 **50.4%**	2023 **33.9%**	2023 **21.8%**
Currently receiving outpatient mental health treatment (adults)	2011-2015 & 2017-2021 **17.8%**	2011-2015 & 2017-2021 **31.5%**	2011-2015 & 2017-2021 **38.0%**	2011-2015 & 2017-2021 **33.4%**	—	2011-2015 & 2017-2021 **18.6%**

Indicator	Sexual Orientation					Maine
	Heterosexual	Gay Or Lesbian	Bisexual	Something Else	Not Sure	
Substance Use						
Chronic heavy drinking (adults)	2011-2015 & 2017-2021 **7.7%**	2011-2015 & 2017-2021 **9.4%**	2011-2015 & 2017-2021 **10.9%**	2011-2015 & 2017-2021 **10.1%**	—	2011-2015 & 2017-2021 **7.9%**
Past-30-day alcohol use (high school students)	2023 **19.8%**	2023 **22.8%**	2023 **26.0%**	2023 **15.0%**	2023 **19.9%**	2023 **20.5%**
Past-30-day alcohol use (middle school students)	2023 **4.3%**	2023 **7.3%**	2023 **7.9%**	2023 **7.5%**	2023 **4.3%**	2023 **4.8%**
Binge drinking (adults)	2011-2015 & 2017-2021 **16.4%**	2011-2015 & 2017-2021 **18.4%**	2011-2015 & 2017-2021 **22.4%**	2011-2015 & 2017-2021 **19.0%**	—	2011-2015 & 2017-2021 **16.8%**
Binge drinking (high school students)	2023 **37.8%**	2023 **33.9%**	2023 **29.3%**	2023 **25.5%**	2023 **27.7%**	2023 **19.6%**
Binge drinking (middle school students)	2023 **1.6%**	2023 **4.3%**	2023 **2.5%**	2023 **3.9%**	2023 **1.7%**	2023 **1.8%**
Past-30-day marijuana use (adults)	2011-2015 & 2017-2021 **12.9%**	2011-2015 & 2017-2021 **25.7%**	2011-2015 & 2017-2021 **34.6%**	2011-2015 & 2017-2021 **23.4%**	—	2011-2015 & 2017-2021 **13.6%**
Past-30-day marijuana use (high school students)	2023 **16.3%**	2023 **25.5%**	2023 **28.9%**	2023 **19.7%**	2023 **19.9%**	2023 **18.7%**
Past-30-day misuse of prescription drugs (adult)	2011-2015 & 2017-2021 **1.7%**	2011-2015 & 2017-2021 **0.8%**	2011-2015 & 2017-2021 **1.7%**	2011-2015 & 2017-2021 **4.4%**	—	^
Past-30-day misuse of prescription drugs (high school students)	2023 **4.4%**	2023 **10.9%**	2023 **6.1%**	2023 **7.2%**	2023 **5.3%**	2023 **5.2%**
TOBACCO USE						
Current E-cigarette use (adults)	2015 & 2017-2021 **4.2%**	2015 & 2017-2021 **8.3%**	2015 & 2017-2021 **13.8%**	2015 & 2017-2021 **10.5%**	—	2015 & 2017-2021 **4.7%**
Past-30-day tobacco use (high school students)	2023 **6.9%**	2023 **8.5%**	2023 **10.3%**	2023 **5.8%**	2023 **7.5%**	2023 **7.6%**
Past-30-day use of vaping products (high school students)	2023 **14.2%**	2023 **18.7%**	2023 **22.9%**	2023 **14.3%**	2023 **13.4%**	2023 **15.6%**
Past-30-day use of vaping products (middle school students)	2023 **4.9%**	2023 **9.4%**	2023 **12.0%**	2023 **9.2%**	2023 **3.9%**	2023 **5.7%**
Environmental tobacco smoke exposure (high school students)	2023 **17.4%**	2023 **25.7%**	2023 **26.2%**	2023 **23.3%**	2023 **19.4%**	2023 **19.3%**
Environmental tobacco smoke exposure (middle school students)	2023 **18.1%**	2023 **28.1%**	2023 **30.9%**	2023 **31.3%**	2023 **19.2%**	2023 **19.9%**

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.