Health in Maine: Ethnicity

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.

Population (Maine 2022)
Hispanic
25,898
Non-Hispanic
1,341,051

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 by Ethnicity

Indicator	Hispanic	Non-Hispanic	Maine
		Ethnicity	
Demographics			
Population (percent of total Maine population)	2022 **2.1%**	2022 **97.9%**	2022 **100.0%**
Veterans	2015-2019 **5.8%**	2015-2019 **9.8%**	2015-2019 **9.6%**
Transgender adults	2017-2021 **3.0%**	2017-2021 **1.4%**	2017-2021 **1.4%**
Persons with a disability	2018-2022 **13.8%**	2018-2022 **15.9%**	2018-2022 **15.8%**
Social Drivers of Health			
Individuals living in poverty	2018-2022 **13.4%**	2018-2022 **10.5%**	2018-2022 **10.9%**
Median household income	2018-2022 **$65,650**	2018-2022 **$68,812**	2018-2022 **$68,251**
Asset Poverty	2021 **31.0%**	—	2021 **18.0%**
High school student graduation	2022-2023 **10.7%**	—	2022-2023 **87.3%**
Housing insecure (high school students)	2023 **10.7%**	2023 **2.3%**	2023 **2.6%**
Adverse childhood experiences (high school students)	2023 **37.6%**	2023 **26.3%**	2023 **36.7%**

Indicator	Ethnicity		Maine
	Hispanic	Non-Hispanic	
General Health Status			
Fair or poor health	2012-2021 18.4%	2012-2021 15.8%	2012-2021 15.8%
14 or more days lost due to poor physical health	2012-2021 9.8%	2012-2021 12.5%	2012-2021 12.5%
14 or more days lost due to poor mental health	2012-2021 14.7%	2012-2021 13.0%	2012-2021 13.0%
Three or more chronic conditions	2012-2021 10.4%	2012-2021 15.5%	2012-2021 15.5%
Overall Mortality			
Overall death rate per 100,000 population	2013-2022 284.7	2013-2022 783.7	^
Access			
Uninsured	2018-2022 17.6%	2018-2022 5.9%	2018-2022 8.7%
MaineCare enrollment (all ages)	2023 33.0%	—	2023 27.3%
MaineCare enrollment (ages 0-19)	^	—	2023 49.6%
Usual primary care provider (adults)	2012-2021 81.1%	2012-2021 87.6%	2012-2021 87.5%
Primary care visit to any primary care provider in the past year	2012-2021 70.1%	2012-2021 74.4%	2012-2021 74.3%
Cost barriers to health care	2012-2021 17.8%	2012-2021 10.3%	2012-2021 10.5%
Health Care Quality			
Ambulatory care-sensitive condition hospitalizations per 10,000 population	2016-2021 28.5	2016-2021 50.8	2016-2021 51.9
Ambulatory care-sensitive condition emergency department rate per 10,000 population	^	^	^
Cancer			
All cancer deaths per 100,000 population	2014-2022 67.9	2014-2022 165.3	2014-2022 164.6
Colorectal cancer deaths per 100,000 population	2014-2022 6.2	2014-2022 12.8	2014-2022 12.8
Female breast cancer deaths per 100,000 population	2014-2022 6.6	2014-2022 17.5	2014-2022 17.4
Lung cancer deaths per 100,000 population	2014-2022 12.7	2014-2022 43.4	2014-2022 43.1
Prostate cancer deaths per 100,000 population	2014-2022 7.6	2014-2022 19.9	2014-2022 19.8
Tobacco-related cancer deaths per 100,000 population	2014-2022 25.3	2014-2022 52.7	2014-2022 52.5

Indicator	Ethnicity		Maine
	Hispanic	Non-Hispanic	
Cancer (Continued)			
All cancer new cases per 100,000 population	2012-2021 **260.5**	2012-2021 **480.2**	2012-2021 **478.4**
Bladder cancer new cases per 100,000 population	2012-2021 **11.5**	2012-2021 **27.0**	2012-2021 **26.9**
Colorectal cancer new cases per 100,000 population	2012-2021 **16.0**	2012-2021 **36.4**	2012-2021 **36.2**
Female breast cancer new cases per 100,000 population	2012-2021 **85.5**	2012-2021 **130.5**	2012-2021 **130.0**
Lung cancer new cases per 100,000 population	2012-2021 **32.0**	2012-2021 **70.8**	2012-2021 **70.5**
Melanoma skin cancer new cases per 100,000 population	2012-2021 **3.5**	2012-2021 **26.7**	2012-2021 **26.5**
Prostate cancer new cases per 100,000 population	2012-2021 **66.3**	2012-2021 **97.6**	2012-2021 **97.4**
Tobacco-related cancer (excluding lung cancer) new cases per 100,000 population	2012-2021 **73.0**	2012-2021 **136.1**	2012-2021 **135.6**
HPV-associated cancer new cases per 100,000 population	2012-2021 **3.4**	2012-2021 **13.9**	2012-2021 **13.8**
Obesity-associated cancer (excluding colon cancer) new cases per 100,000 population	2012-2021 **92.6**	2012-2021 **136.3**	2012-2021 **135.9**
Alcohol-associated cancer new cases per 100,000 population	2012-2021 **80.3**	2012-2021 **133.6**	2012-2021 **133.1**
Colorectal late-stage new cases per 100,000 population	2012-2021 **12.6**	2012-2021 **20.3**	2012-2021 **20.3**
Female breast cancer late-stage new cases per 100,000 population	2012-2021 **24.7**	2009-2018 **39.4**	2012-2021 **39.2**
Lung cancer late-stage incidence per 100,000 population	2012-2021 **23.4**	2012-2021 **49.0**	2012-2021 **48.8**
Breast cancer screening up-to-date	2012, 2014, 2016, 2018 & 2020 **86.0%**	2012, 2014, 2016, 2018 & 2020 **82.2%**	2012, 2014, 2016, 2018 & 2020 **82.3%**
Colorectal cancer screening up-to-date	2020 **87.5%**	2020 **81.0%**	2020 **81.2%**
Cervical cancer screening up-to-date	2012, 2014, 2016, 2018 & 2020 **84.0%**	2012, 2014, 2016, 2018 & 2020 **83.6%**	2012, 2014, 2016, 2018 & 2020 **83.6%**
Lung cancer screening rate among eligible adults	—	2017-2021 **15.6%**	2017-2021 **15.8%**

Indicator	Ethnicity		Maine
	Hispanic	Non-Hispanic	
Cardiovascular Disease			
Coronary heart disease deaths per 100,000 population	2014-2022 **22.2**	2014-2022 **81.7**	2014-2022 **81.3**
Heart attack deaths per 100,000 population	2014-2022 **8.5**	2014-2022 **25.4**	2014-2022 **25.3**
Cardiovascular disease deaths per 100,000 population	2014-2022 **55.5**	2014-2022 **199.0**	2014-2022 **197.9**
Stroke deaths per 100,000 population	2013-2022 **13.1**	2013-2022 **33.1**	^
High blood pressure hospitalizations per 10,000 population	2016-2021 **9.1**	2016-2021 **16.6**	2016-2021 **16.7**
Heart failure hospitalizations per 10,000 population	2016-2021 **2.2**	2016-2021 **7.5**	2016-2021 **7.7**
Heart attack hospitalizations per 10,000 population	2016-2021 **11.8**	2016-2021 **20.4**	2016-2021 **20.7**
Stroke hospitalizations per 10,000 population	2016-2021 **13.7**	2016-2021 **19.8**	2016-2021 **20.1**
High blood pressure	2011, 2013, 2015, 2017, 2019 & 2021 **25.0%**	2011, 2013, 2015, 2017, 2019 & 2021 **34.2%**	2011, 2013, 2015, 2017, 2019 & 2021 **34.1%**
High cholesterol	2011, 2013, 2015, 2017 & 2019 **31.3%**	2011, 2013, 2015, 2017 & 2019 **38.3%**	2011, 2013, 2015, 2017 & 2019 **38.3%**
Cholesterol checked in past five years	2011, 2013, 2015, 2017 & 2019 **72.9%**	2011, 2013, 2015, 2017 & 2019 **83.6%**	2011, 2013, 2015, 2017 & 2019 **83.5%**
Diabetes			
Diabetes	2012-2021 **7.1%**	2012-2021 **10.2%**	2012-2021 **10.2%**
Diabetes deaths (underlying cause) per 100,000 population	2014-2022 **15.6**	2014-2022 **23.8**	2014-2022 **23.8**
Diabetes hospitalizations (principal diagnosis) per 10,000 population	2016-2021 **9.5**	2016-2021 **12.7**	2016-2021 **12.9**
A1c test at least twice/year (adults with diabetes)	—	2012-2021 **76.0%**	2012-2021 **75.8%**
Formal diabetes education (adults with diabetes)	—	2012-2021 **56.4%**	2012-2021 **56.4%**
Dilated eye exam annually (adults with diabetes)	—	2012-2021 **71.3%**	2012-2021 **71.3%**

Indicator	Ethnicity		Maine
	Hispanic	Non-Hispanic	
Respiratory Health			
Current asthma (adults)	2012-2021 **13.2%**	2012-2021 **11.6%**	2012-2021 **11.6%**
Current asthma (youth ages 0-17)	2012-2021 **9.1%**	2012-2021 **8.7%**	2012-2021 **8.6%**
Chronic obstructive pulmonary disease (COPD)	2012-2021 **5.3%**	2012-2021 **8.1%**	2012-2021 **8.1%**
Chronic lower respiratory disease deaths per 100,000 population	2013-2022 **4.4**	2013-2022 **46.3**	**^**
Asthma emergency department rate per 10,000 population	**^**	**^**	**^**
Chronic obstructive pulmonary disease hospitalizations per 10,000 population	2016-2022 **5.8**	2016-2022 **12.3**	2016-2022 **12.7**
Pneumonia hospitalizations per 10,000 population	2016-2022 **7.5**	2016-2022 **15.1**	2016-2022 **15.5**
Physical Activity, Nutrition and Weight			
Obesity (adults)	2012-2021 **28.7%**	2012-2021 **29.9%**	2012-2021 **29.9%**
Obesity (high school students)	2023 **19.7%**	2023 **15.5%**	2023 **15.7%**
Obesity (middle school students)	2023 **20.8%**	2023 **16.0%**	2023 **16.0%**
Overweight (adults)	2012-2021 **33.3%**	2012-2021 **35.4%**	2012-2021 **35.4%**
Overweight (high school students)	2023 **18.2%**	2023 **15.9%**	2023 **16.0%**
Overweight (middle school students)	2023 **16.0%**	2023 **16.5%**	2023 **16.3%**
Sedentary lifestyle – no leisure-time physical activity in past month (adults)	2012-2021 **24.0%**	2012-2021 **23.4%**	2012-2021 **23.5%**
Met physical activity recommendations (high school students)	2023 **45.2%**	2023 **47.8%**	2023 **47.7%**
Met physical activity recommendations (middle school students)	2023 **50.9%**	2023 **50.2%**	2023 **50.2%**
Fewer than two hours combined screen time (high school students)	2023 **25.7%**	2023 **22.7%**	2023 **22.9%**
Fewer than two hours combined screen time (middle school students)	2023 **29.1%**	2023 **28.1%**	2023 **28.8%**

Indicator	Ethnicity		Maine
	Hispanic	Non-Hispanic	
Physical Activity, Nutrition and Weight (continued)			
Fruit consumption (adults reporting less than one serving per day)	2013, 2015, 2017, 2019 & 2021 **33.5%**	2013, 2015, 2017, 2019 & 2021 **34.2%**	2013, 2015, 2017, 2019 & 2021 **34.2%**
Vegetable consumption (adults reporting less than one serving per day)	2013, 2015, 2017, 2019 & 2021 **18.1%**	2013, 2015, 2017, 2019 & 2021 **14.7%**	2013, 2015, 2017, 2019 & 2021 **14.8%**
Fruit and vegetable consumption (high school students reporting 5 or more a day)	2023 **19.2%**	2023 **14.1%**	2023 **14.2%**
Fruit and vegetable consumption (middle school students reporting 5 or more a day)	2023 **27.0%**	2023 **18.6%**	2023 **18.9%**
Soda/sports drink consumption (high school students reporting 1 or more a day)	2023 **26.7%**	2023 **25.3%**	2023 **25.3%**
Soda/sports drink consumption (middle school students reporting 1 or more a day)	2023 **30.1%**	2023 **23.0%**	2023 **23.3%**
Pregnancy and Birth Outcomes			
Infant deaths per 1,000 live births	2018-2022 **2.9**	2018-2022 **5.7**	2018-2022 **5.7**
Low birth weight (<2500 grams)	2020-2022 **8.1%**	2020-2022 **7.7%**	2018-2022 **7.7%**
Pre-term live births	2020-2022 **9.8%**	2020-2022 **9.3%**	2020-2022 **9.3%**
Births to 15-19 year olds per 1,000 population	2018-2022 **12.6**	2018-2022 **9.2**	2018-2022 **9.4**
Unintended births	2018-2022 **16.8%**	2018-2022 **20.0%**	2018-2022 **19.9%**
Adequate prenatal care	2020-2022 **79.3%**	2020-2022 **84.9%**	2020-2022 **84.7%**
Smoked during pregnancy	2020-2022 **8.0%**	2020-2022 **10.0%**	2020-2022 **9.9%**
Drank alcohol during pregnancy	2018-2022 **3.1%**	2018-2022 **10.1%**	2018-2022 **10.0%**
Depression during pregnancy	2018-2022 **17.1%**	2018-2022 **19.4%**	2018-2022 **19.3%**
Post-partum depression	2018-2022 **11.2%**	2018-2022 **10.7%**	2018-2022 **10.7%**
Infants who are ever breast fed	2020-2022 **87.1%**	2020-2022 **87.6%**	2020-2022 **87.5%**
C-sections among low-risk first births	2020-2022 **30.7%**	2020-2022 **24.7%**	2020-2022 **24.8%**
Children with Special Health Care Needs			
Children with special health care needs	~	2020-2021 **50.7%**	2020-2021 **22.3%**
Developmental screening for MaineCare members	2023 **22.1%**	—	2023 **26.9%**

Indicator	Ethnicity		Maine
	Hispanic	Non-Hispanic	
Cognitive Health			
Caregiving at least 20 hours per week	2015, 2017, 2019 & 2021 **8.0%**	2015, 2017, 2019 & 2021 **5.0%**	2015, 2017, 2019 & 2021 **5.0%**
Arthritis			
Arthritis	2012-2021 **21.9%**	2012-2021 **31.3%**	2012-2021 **31.2%**
Environmental Health			
Adults living in households with private wells tested for arsenic	—	2016-2019 & 2021 **52.6%**	2016-2019 & 2021 **31.0%**
Adults living in households tested for radon	2016-2019 & 2021 **34.1%**	2016-2019 & 2021 **33.0%**	2016-2019 & 2021 **33.0%**
Immunizations			
Influenza vaccination in the past year (adults)	2012-2021 **35.9%**	2012-2021 **44.0%**	2012-2021 **43.8%**
Pneumococcal pneumonia vaccination (adults ages 65+)	2012-2021 **66.9%**	2012-2021 **75.1%**	2012-2021 **74.9%**
Unintentional Injury			
Injury deaths per 100,000 population	2014-2022 **36.3**	2014-2022 **90.3**	2014-2022 **89.5**
Fall-related deaths (unintentional) per 100,000 population	2014-2022 **2.2**	2014-2022 **14.7**	2014-2022 **14.7**
Motor vehicle traffic crash (unintentional) deaths per 100,000 population	2014-2022 **2.7**	2014-2022 **11.7**	2014-2022 **11.5**
Poisoning deaths (unintentional and undetermined intent) per 100,000 population	2014-2022 **19.7**	2014-2022 **33.8**	2014-2022 **33.5**
Fall-related injury (unintentional) emergency department rate per 10,000 population	2016-2021 **175.9**	2016-2021 **280.5**	2016-2021 **285.9**
Traumatic brain injury emergency department rate per 10,000 population	2016-2021 **23.3**	2016-2021 **36.8**	2016-2021 **37.5**
Always wear seatbelt (high school students)	2023 **59.6%**	2023 **70.5%**	2023 **70.0%**
Always wear seatbelt (middle school students)	2023 **67.5%**	2023 **75.7%**	2023 **75.6%**

Indicator	Ethnicity		Maine
	Hispanic	Non-Hispanic	
Intentional Injury			
Suicide deaths per 100,000 population	2014-2022 6.8	2014-2022 17.7	2014-2022 17.5
Firearm deaths per 100,000 population	2014-2022 6.1	2014-2022 10.7	2014-2022 10.7
Intentional self-injury (high school students)	2023 31.0%	2023 22.5%	2023 22.9%
Intentional self-injury (middle school students)	2023 33.6%	2023 23.5%	2023 23.6%
Bullied on school property (high school students)	2023 27.7%	2023 21.6%	2023 21.9%
Bullied on school property (middle school students)	2023 54.6%	2023 48.2%	2023 48.6%
Electronic bullying (high school students)	2023 24.0%	2023 19.8%	2023 20.0%
Electronic bullying (middle school students)	2023 40.7%	2023 35.2%	2023 35.1%
Mental Health			
Mental health emergency department rate per 10,000 population	2016-2021 109.3	2016-2021 165.2	2016-2021 167.6
Depression, current symptoms (adults)	2012-2021 13.0%	2012-2021 9.8%	2012-2021 9.9%
Depression, lifetime	2012-2021 27.6%	2012-2021 23.2%	2012-2021 23.3%
Anxiety, lifetime	2012-2021 25.9%	2012-2021 21.7%	2012-2021 21.8%
Sad/hopeless for two weeks in a row (high school students)	2023 45.3%	2023 34.7%	2023 35.0%
Sad/hopeless for two weeks in a row (middle school students)	2023 43.8%	2023 32.8%	2023 32.7%
Seriously considered suicide (high school students)	2023 26.1%	2023 17.4%	2023 17.8%
Seriously considered suicide (middle school students)	2023 34.2%	2023 21.6%	2023 21.8%
Currently receiving outpatient mental health treatment (adults)	2012-2021 20.0%	2012-2021 18.6%	2012-2021 18.6%
Oral Health			
Dentist visits in the past year (adults)	2012, 2014, 2016, 2018 & 2020 65.2%	2012, 2014, 2016, 2018 & 2020 64.9%	2012, 2014, 2016, 2018 & 2020 64.9%
Adult tooth loss	2012, 2014, 2016, 2018 & 2020 10.6%	2012, 2014, 2016, 2018 & 2020 19.6%	2012, 2014, 2016, 2018 & 2020 19.5%
Ambulatory care sensitive dental emergency department rates for adults per 10,000 population	^	^	^
Ambulatory care sensitive dental emergency department rates for children per 10,000 population	^	^	^

Indicator	Ethnicity		Maine
	Hispanic	Non-Hispanic	
Substance Use			
Overdose deaths per 100,000 population	2020 **31.7**	2020 **37.8**	2020 **37.3**
Drug-induced deaths per 100,000 population	2013-2022 **19.9**	2013-2022 **32.4**	^
Alcohol-induced deaths per 100,000 population	2013-2022 **3.1**	2013-2022 **13.0**	^
Chronic heavy drinking (adults)	2011-2021 **8.2%**	2011-2021 **7.9%**	2011-2021 **8.0%**
Past-30-day alcohol use (high school students)	2023 **25.9%**	2023 **20.4%**	2023 **20.5%**
Past-30-day alcohol use (middle school students)	2023 **9.5%**	2023 **4.7%**	2023 **4.8%**
Binge drinking (adults)	2012-2021 **19.7%**	2012-2021 **16.9%**	2011-2017 **16.9%**
Binge drinking (high school students)	2023 **47.1%**	2023 **35.4%**	2023 **12.2%**
Binge drinking (middle school students)	2023 **6.4%**	2023 **1.7%**	2023 **1.3%**
Past-30-day marijuana use (adults)	2011-2021 **21.4%**	2011-2021 **13.5%**	2011-2021 **13.6%**
Past-30-day marijuana use (high school students)	2023 **26.4%**	2023 **18.4%**	2023 **18.7%**
Past-30-day marijuana use (middle school students)	2023 **10.3%**	2023 **4.9%**	2023 **4.9%**
Past-30-day misuse of prescription drugs (adult)	2011-2021 **1.8%**	2011-2021 **0.8%**	2011-2021 **.01%**
Past-30-day misuse of prescription drugs (high school students)	2023 **13.7%**	2023 **4.9%**	2023 **5.2%**
Past-30-day misuse of prescription drugs (middle school students)	2023 **11.0%**	2023 **4.7%**	2023 **4.9%**
Opiate poisoning emergency department rate per 10,000 population	^	^	^
Opiate poisoning hospitalizations per 10,000 population	2016-2021 **0.5**	2016-2021 **1.2**	2016-2021 **1.3**

Indicator	Ethnicity		Maine
	Hispanic	Non-Hispanic	
Tobacco Use			
Current (every day or somedays) smoking (adults)	2012-2021 **21.2%**	2012-2021 **18.3%**	2012-2021 **18.4%**
Current (every day or somedays) e-cigarette use (adults)	2015-2021 **8.7%**	2015-2021 **4.5%**	2015-2021 **4.5%**
Past-30-day cigarette smoking (high school students)	2023 **13.4%**	2023 **5.2%**	2023 **5.6%**
Past-30-day cigarette smoking (middle school students)	2023 **7.0%**	2023 **1.9%**	2023 **2.0%**
Past-30-day e-cigarette use (high school students)	2023 **25.3%**	2023 **15.2%**	2023 **15.6%**
Past-30-day e-cigarette use (middle school students)	2023 **12.8%**	2023 **5.5%**	2023 **5.7%**
Past-30-day tobacco use (high school students)	2023 **16.1%**	2023 **7.2%**	2023 **7.6%**
Past-30-day tobacco use (middle school students)	2023 **9.2%**	2023 **2.9%**	2023 **3.1%**
Environmental tobacco smoke exposure (high school students)	2023 **26.8%**	2023 **19.0%**	2023 **19.3%**
Environmental tobacco smoke exposure (middle school students)	2023 **29.1%**	2023 **19.8%**	2023 **19.9%**
Maine QuitLink users	2023 **1.9%**	2023 **1.5%**	2023 **2.2%**

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.