Health in Maine: Older Adults

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)

65-74 Years Old
13.4%

75-84 Years Old
6.8%

85 Years Old or Older
2.4%

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 and Well-Being Indicators by Age Group, 65 and Older

Indicator	Older Adults 65-74	Older Adults 75-84	Older Adults 75 or older	Older Adults 85 or older	Maine
Demographics					
Population (percent of total Maine population)	2022 **13.4%**	2022 **6.8%**	—	2022 **2.4%**	2022 **100.0%**
Veterans	2018-2022 **24.8%**	—	2018-2022 **28.1%**	—	2018-2022 **9.0%**
Gay, lesbian and bisexual (adults)	2017-2021 **2.5%**	—	2017-2021 **1.3%**	—	2017-2021 **5.1%**
Transgender adults	2017-2021 **1.2%**	—	2017-2021 **1.4%**	—	2017-2021 **1.4%**
Persons with a disability	2018-2022 **22.7%**	—	2018-2022 **46.7%**	—	2018-2022 **15.8%**
Social Drivers of Health					
Individuals living in poverty	—	—	—	—	2018-2022 **10.9%**
General Health Status					
Fair or poor health	2021 **19.2%**	—	2021 **19.9%**	—	2021 **14.8%**
14 or more days lost due to poor physical health	2021 **14.2%**	—	2021 **14.0%**	—	2021 **11.7%**
14 or more days lost due to poor mental health	2021 **8.3%**	—	2021 **6.7%**	—	2021 **15.2%**
Three or more chronic conditions	2021 **28.9%**	—	2021 **34.9%**	—	2021 **16.7%**

Indicator	Older Adults				Maine
	65-74	75-84	75 or older	85 or older	
Overall Mortality					
Overall death rate per 100,000 population	2022 **1,880.4**	2022 **4,785.1**	—	2022 **15,873.0**	2022 **844.3**
Access					
Uninsured	2018-2022 **0.2%**	—	2018-2022 **0.0%**	—	2018-2022 **7.1%**
Usual primary care provider (adults)	2021 **97.8%**	—	2021 **96.5%**	—	2021 **90.7%**
Primary care visit to any primary care provider in the past year	2021 **89.0%**	—	2021 **91.9%**	—	2021 **78.9%**
Cost barriers to health care	2021 **1.7%**	—	2021 **2.0%**	—	2021 **7.6%**
Health Care Quality					
Ambulatory care-sensitive condition hospitalizations per 10,000 population	2021 **94.0**	2021 **188.3**	—	2021 **367.7**	2021 **37.6**
Ambulatory care-sensitive condition emergency department rate per 10,000 population	^	^	^	^	^
Cardiovascular Disease					
Cardiovascular disease deaths per 100,000 population	2022 **457.4**	2022 **1,274.6**	—	2022 **5,462.9**	2022 **304.8**
Coronary heart disease deaths per 100,000 population	2022 **204.1**	2022 **564.6**	—	2022 **2,042.6**	2022 **126.2**
Heart attack deaths per 100,000 population	2022 **64.8**	2022 **148.6**	—	2022 **492.0**	2022 **38.1**
Stroke deaths per 100,000 population	2022 **58.9**	2022 **188.2**	—	2022 **849.9**	2022 **29.4**
High blood pressure hospitalizations per 10,000 population	2021 **55.0**	2021 **145.0**	—	2021 **328.3**	2021 **19.8**
Heart failure hospitalizations per 10,000 population	2021 **11.5**	2021 **23.8**	—	2021 **50.4**	2021 **3.9**
Heart attack hospitalizations per 10,000 population	2021 **57.0**	2021 **93.0**	—	2021 **130.8**	2021 **18.0**
Stroke hospitalizations per 10,000 population	2021 **59.1**	2021 **117.4**	—	2021 **186.5**	2021 **18.1**
High blood pressure	2021 **54.2%**	—	2021 **60.6%**	—	2021 **33.9%**
High cholesterol	2019 **51.1%**	—	2019 **47.2%**	—	2019 **34.9%**
Cholesterol checked in past five years	2019 **97.0%**	—	2019 **97.5%**	—	2019 **89.0%**

Indicator	Older Adults				Maine
	65-74	75-84	75 or older	85 or older	
Diabetes					
Diabetes	2021 20.2%	—	2021 18.6%	—	2021 10.4%
Diabetes deaths (underlying cause) per 100,000 population	2022 92.3	2022 147.6	—	2022 348.9	2022 38.5
Diabetes hospitalizations (principal diagnosis) per 10,000 population	2021 25.5	2021 28.4	—	2021 25.0	2021 12.5
Diabetes emergency department rate (principal diagnosis) per 10,000 population	^	^	^	^	^
A1c test at least twice/year (adults with diabetes)	2015-2021 77.8%	—	2015-2021 75.0%	—	2015-2021 75.5%
Formal diabetes education (adults with diabetes)	2015-2021 57.0%	—	2015-2021 50.0%	—	2015-2021 55.2%
Dilated eye exam annually (adults with diabetes)	2017-2021 77.6%	—	2017-2021 82.5%	—	2017-2021 71.9%
Respiratory Health					
Current asthma (adults)	2021 10.3%	—	2021 9.8%	—	2021 12.5%
Chronic obstructive pulmonary disease (COPD)	2021 14.7%	—	2021 16.7%	—	2021 9.0%
Chronic lower respiratory disease deaths per 100,000 population	2022 143.1	2022 297.3	—	2022 578.5	2022 40.0
Asthma emergency department rate per 10,000 population	^	^	^	^	^
Chronic obstructive pulmonary disease hospitalizations per 10,000 population	2021 21.2	2021 30.0	—	2021 32.0	2021 6.0
Pneumonia hospitalizations per 10,000 population	2021 22.1	2021 51.9	—	2021 107.8	2021 8.4
Physical Activity, Nutrition and Weight					
Obesity (adults)	2021 31.2%	—	2021 22.7%	—	2021 31.9%
Overweight (adults)	2021 36.5%	—	2021 40.0%	—	2021 34.0%
Sedentary lifestyle – no leisure-time physical activity in past month (adults)	2021 31.4%	—	2021 40.4%	—	2021 26.5%
Met aerobic physical activity recommendations (adults)	2019 54.7%	—	2019 49.1%	—	2019 51.5%
Fruit consumption (adults reporting less than one serving per day)	2021 31.1%	—	2021 27.9%	—	2021 35.0%
Vegetable consumption (adults reporting less than one serving per day)	2021 12.4%	—	2021 12.9%	—	2021 13.1%

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Cognitive Health					
Cognitive decline	2020 8.1%	—	2020 11.5%	—	2020 7.9%
Caregiving at least 20 hours per week	2017, 2019 & 2021 5.1%	—	2017, 2019 & 2021 4.8%	—	2017, 2019 & 2021 5.1%
Arthritis					
Arthritis	2021 49.2%	—	2021 53.1%	—	2021 31.1%
Immunizations					
Influenza vaccination in the past year (adults)	2021 68.5%	—	2021 76.3%	—	2021 50.0%
Pneumococcal pneumonia vaccination (adults ages 65+)	2021 68.4%	—	2021 78.4%	—	2021 72.4%
Infectious Disease					
COVID hospital admissions per 100,000/year	^	^	^	^	^
COVID deaths (any of multiple causes) per 100,000/year	^	^	^	^	^
Unintentional Injury					
Injury deaths per 100,000 population	2022 83.2	2022 161.5	—	2022 700.8	2022 115.4
Fall-related deaths (unintentional) per 100,000 population	2022 20.0	2022 96.2	—	2022 572.5	2022 16.2
Motor vehicle traffic crash (unintentional) deaths per 100,000 population	2022 11.3	2022 15.0	—	2022 20.9	2022 13.0
Poisoning deaths (unintentional and undetermined intent) per 100,000 population	2022 18.9	2022 ~	—	2022 ~	2022 55.6
Fall-related injury (unintentional) emergency department rate per 10,000 population	2021 357.1	2021 765.8	—	2021 1,716.8	2021 261.0
Traumatic brain injury emergency department rate per 10,000 population	2021 30.0	2021 51.0	—	2021 84.1	2021 34.8
Intentional Injury					
Suicide deaths per 100,000 population	2022 21.1	2022 19.2	—	2022 53.7	2022 17.7
Firearm deaths per 100,000 population	2022 13.5	2022 15.0	—	2022 56.7	2022 11.7
Mental Health					
Depression, current symptoms (adults)	2021 7.4%	—	2021 5.8%	—	2021 10.8%
Depression, lifetime	2021 17.6%	—	2021 11.5%	—	2021 23.6%
Anxiety, lifetime	2021 15.5%	—	2021 9.8%	—	2021 23.8%
Mental health emergency department rate per 10,000 population	2021 64.5	2021 94.0	—	2021 139.1	2021 148.5
Currently receiving outpatient mental health treatment (adults)	2021 15.8%	—	2021 10.3%	—	2021 20.6%

Indicator	Older Adults				Maine
	65-74	75-84	75 or older	85 or older	
Oral Health					
Tooth loss (adults)	2020 32.9%	—	2020 40.7%	—	2020 18.6%
Ambulatory care sensitive dental emergency department rates for adults per 10,000 population	^	^	^	^	^
Dentist visits in the past year (adults)	2020 69.1%	—	2020 66.4%	—	2020 66.7%
Substance Use					
Drug-induced deaths per 100,000 population	2022 18.9	2022 5.3	—	2022 3.0	2022 55.6
Alcohol-induced deaths per 100,000 population	2022 36.7	2022 23.5	—	2022 11.9	2022 18.6
Chronic heavy drinking (adults)	2021 6.0%	—	2021 4.8%	—	2021 8.2%
Binge drinking (adults)	2021 6.0%	—	2021 3.1%	—	2021 15.3%
Past-30-day marijuana use (adults)	2021 11.7%	—	2021 2.5%	—	2021 21.3%
Past-30-day misuse of prescription drugs (adults)	2011-2021 0.4%	—	2011-2021 0.3%	—	2011-2021 1.3%
Opiate poisoning emergency department rate per 10,000 population	^	^	^	^	^
Opiate poisoning hospitalizations per 10,000 population	2021 0.9	2021 1.0	—	2021 0.7	2021 1.1
Tobacco Use					
Current cigarette smoking (adults)	2021 9.3%	—	2021 5.7%	—	2021 15.6%
Current E-cigarette use (adults)	2021 0.9%	—	2021 1.1%	—	2021 5.8%

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.