

STATE HEALTH PROFILE 2018

Maine Shared Community Health
Needs Assessment

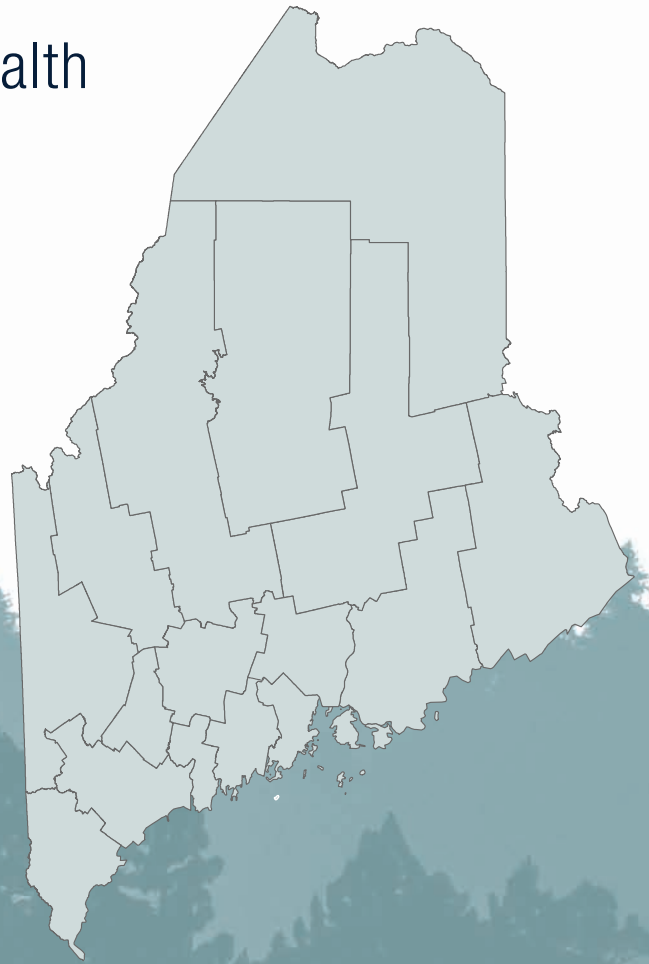




TABLE OF CONTENTS

Introduction	1	Physical Activity, Nutrition, and Weight.....	28
How to Read this Document.....	3	Pregnancy and Birth Outcomes.....	29
Demographics	5	Children with Special Health Care Needs	30
Past Maine Statewide Priorities.....	9	Elder Health.....	30
Key Indicators.....	13	Environmental Health	31
All Indicators	19	Immunization.....	31
Demographics.....	20	Infectious Disease	32
Social Determinants of Health	20	Unintentional Injury	33
General Health Status	21	Intentional Injury	34
Mortality	21	Mental Health	35
Access.....	23	Oral Health	36
Health Care Quality	23	Substance and Alcohol Use.....	36
Cancer.....	24	Tobacco Use	38
Cardiovascular Disease.....	25	Data Sources and Definitions	41
Diabetes	26	Acknowledgments.....	52
Respiratory.....	27		

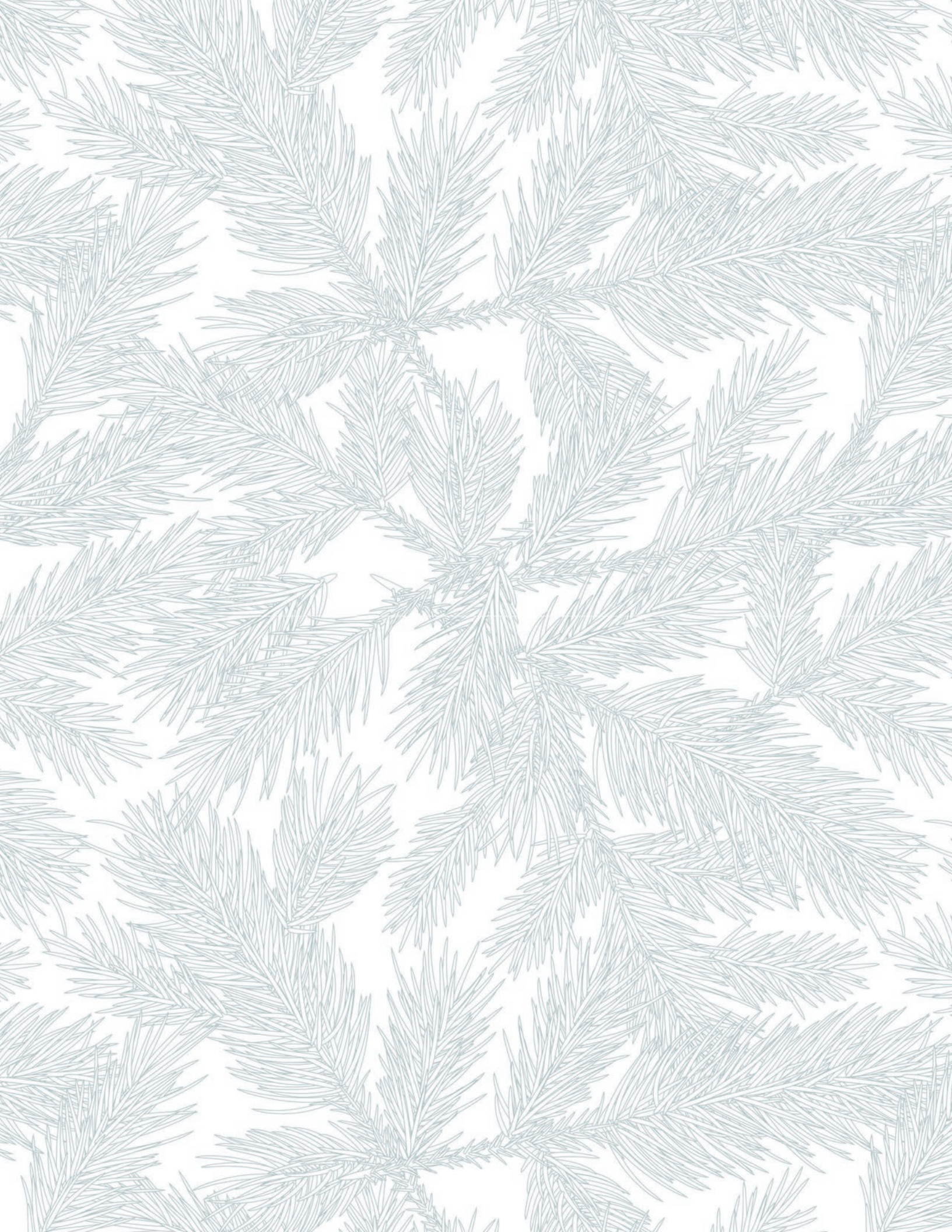
INTRODUCTION

The Maine Shared Community Health Needs Assessment (CHNA) is a partnership with the vision to turn health data into actions to improve the health of all Maine people. This is the third Maine Shared CHNA and the second conducted on a triennial basis.

The mission of the Maine Shared CHNA is to:

- Create Shared CHNA Reports,
- Engage and activate communities, and
- Support data-driven health improvements for Maine people.

These reports, as well as additional information and data, can be found at the Maine Center for Disease Control and Prevention (Maine CDC) webpage for the Maine Shared CHNA (www.mainechna.org).



HOW TO READ THIS DOCUMENT

This document provides almost 200 health data indicators that describe demographics, health outcomes, behaviors, and the conditions that influence our health. The following list describes the sections of this document in the order in which they appear.

- **Demographic Maps** look at who makes up our communities. These maps show age, educational attainment, and poverty. They are meant to help frame our understanding of each county and the state.
- **Past Maine Statewide Priorities** provide an overview of the top six priorities identified across the state as a result of the 2016 Maine Shared CHNA process.
- **Key Indicators** provide an overview of the health of the state. These show a broad sample of health topics, including health behaviors, outcomes, and conditions.
- **All Indicators** compare state and national level health data (where possible). The tables include a trend line showing data over time and symbols indicate if state data is significantly better or worse than national data.

The data come from over 30 sources and represent the most recent data available as of March 2018. For some indicators, the years of data available do not directly line up with the years noted in the column headers. For these indicators, the year for the data point is noted in the cell with these data. For indicators with three or more years of consecutive data starting in 2011, line graphs portray the trends over time. For indicators with data gaps or only two data points, a bar graph of available data is presented. For indicators with just one data point, no trend line is shown. For each key indicator, linear regression analysis was used to determine whether trends are significantly changing—increasing or decreasing—over time. Linear regression is a statistical technique used to find the best fit for a straight line over a series of data points. Significant differences in trend are shown in the "Change" column.

Comparisons of the most recent state data to the U.S. data are noted in the "Benchmark" column and are based on 95% confidence intervals. 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 indication of significant difference has been made.

The tables use symbols to show significant differences. See the box below for a key to the symbols:

CHANGE shows **statistically significant changes** in the indicator over time, based on regression analysis (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.

BENCHMARK compares Maine data to national data, based on 95% confidence interval (see description above).

- ★ means Maine is doing **significantly better** than the national average.
- ! means Maine is doing **significantly worse** than the 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.

ADDITIONAL SYMBOLS

- * means results may be statistically unreliable due to small numbers, use caution when interpreting.
- means data is unavailable because of lack of data or suppressed data due to a small number of respondents.

Data in this report are presented as both rates and percentages.

- For data that is presented 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.

DEMOGRAPHICS

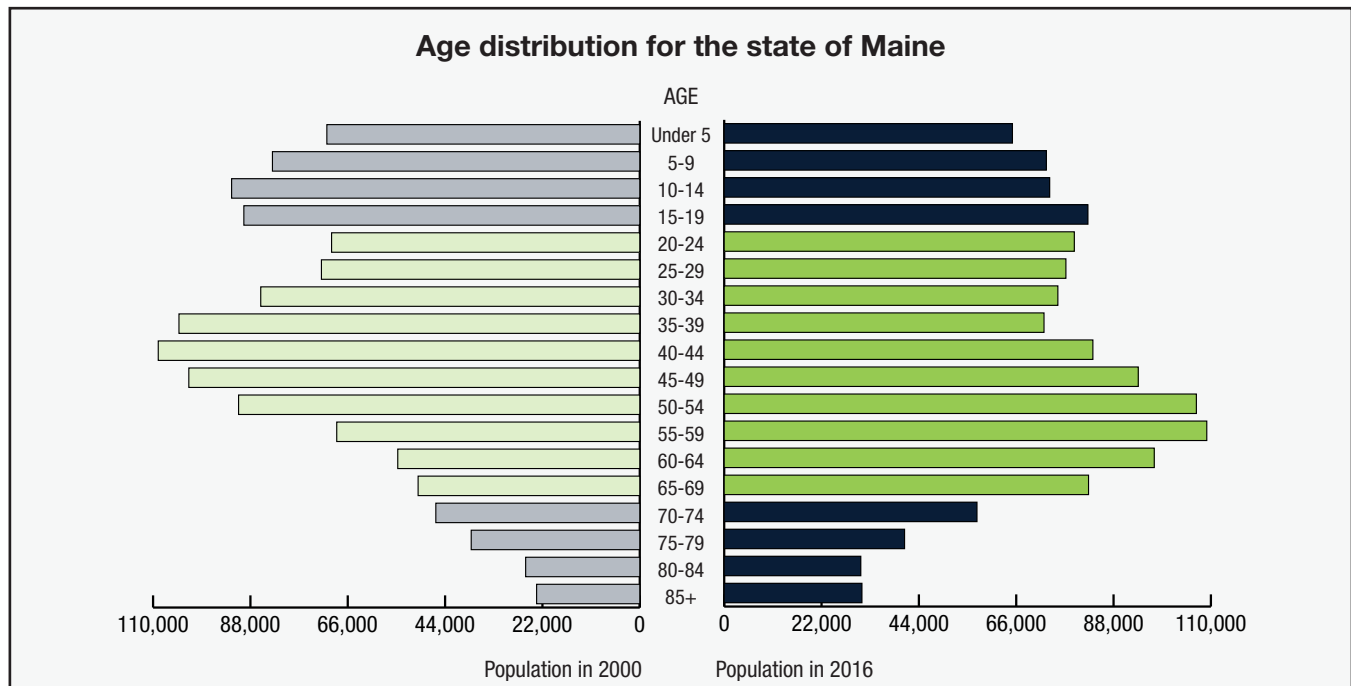
The graphs and charts—as well as the maps on the following pages—show information about the make-up of Maine’s counties. The differences in age, education, and poverty affect a wide range of health risks and outcomes.

STATE OF MAINE
POPULATION
1,329,923

	MAINE
Median household income	\$50,826
Unemployment rate	3.8%
Individuals living in poverty	13.5%
Children living in poverty	17.2%
65+ living alone	45.3%

	MAINE	
	PERCENT	NUMBER
American Indian/Alaskan Native	0.6%	8,013
Asian	1.1%	14,643
Black/African American	1.2%	16,303
Hispanic	1.5%	19,772
Some other race	0.2%	3,151
Two or more races	2.0%	27,126
White	94.8%	1,260,476

The chart below shows the shift in the age of the population. As Maine’s population grows older, there is an impact on things such as increases in healthcare costs, decreases in number of caregivers, and a shortage in the supply of employees in the workforce, to name a few.



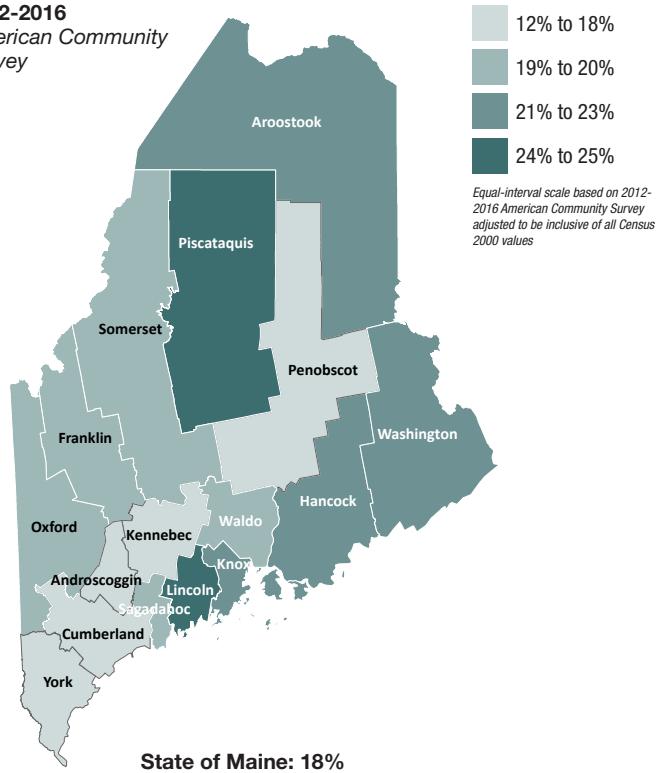
All data on this page is from the U.S. Census Bureau, American Community Survey 2012-2016, with the exception of the unemployment rate, for which the source is the U.S. Bureau of Labor Statistics, 2015-2017.

Percent of population over age 65

2000
U.S. Census



2012-2016
American Community Survey



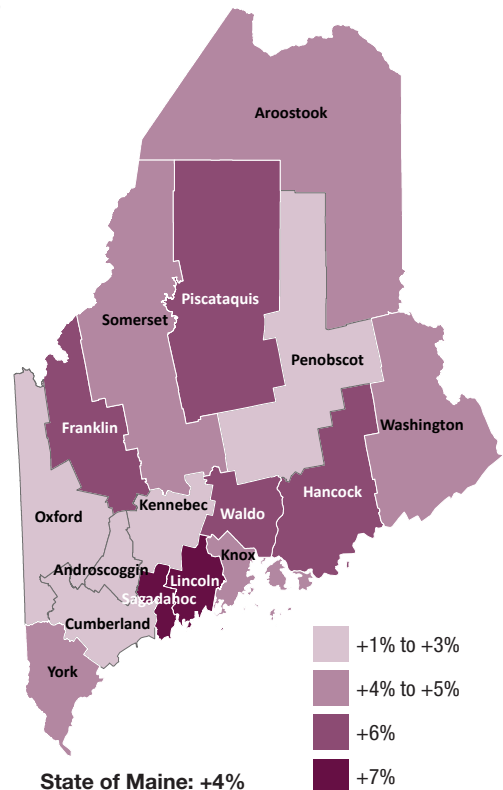
The maps on this page reflect a further breakdown in the population for those over age 65. The two maps at the top of this page show the percentage of population over age 65 by county during two time periods. The map on the top left shows the population over age 65 in 2000 as measured by the U.S. Census. The map on the top right shows the population over age 65 from years 2012 through 2016 as estimated by the American Community Survey.

The darker the shade on the maps, the greater the percentage of those over age 65. Lincoln County has the largest proportion of people over age 65 in 2000 and 2016.

The map to the right shows the change in percent of population over age 65 by county. The darker shades on the map indicate a greater increase. Lincoln and Sagadahoc are the two counties with the greatest increase in the percentage of those over age 65.

Change in percent of population over age 65

2000-2016

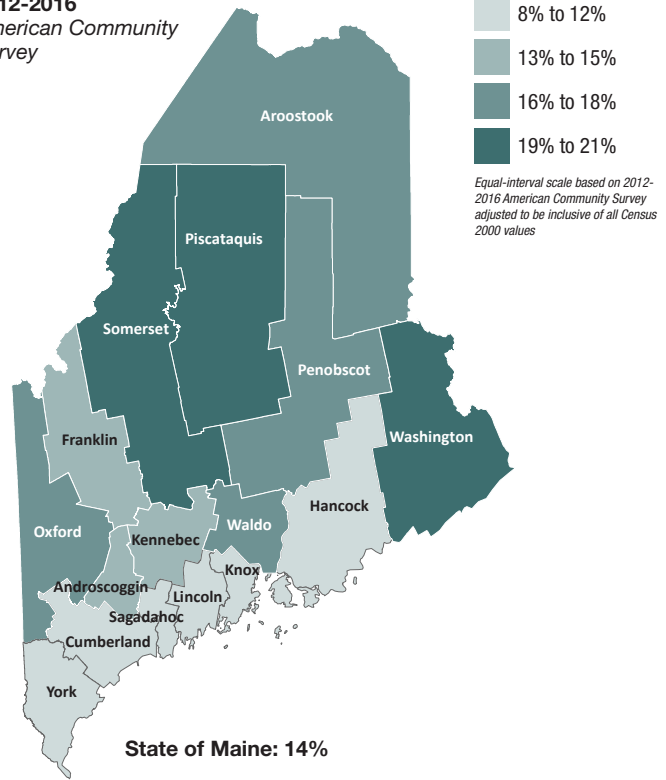


Percent of population in poverty

2000
U.S. Census



2012-2016
American Community Survey



8% to 12%
13% to 15%
16% to 18%
19% to 21%

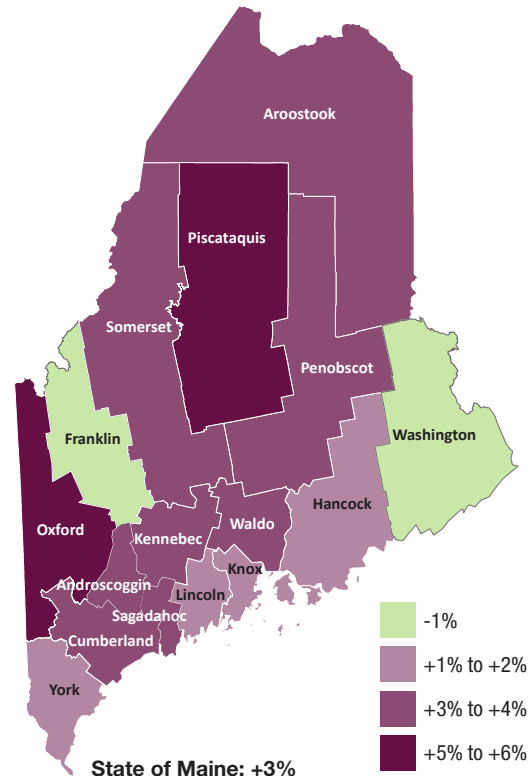
Equal-interval scale based on 2012-2016 American Community Survey adjusted to be inclusive of all Census 2000 values

The two maps at the top of this page show the percentage of population in poverty by county during two time periods. The map on the top left shows the population in poverty in 2000 as measured by the U.S. Census. The map on the top right shows the population in poverty from years 2012 through 2016 as estimated by the American Community Survey.

The darker the shade is on the top two maps, the greater the percentage of those in poverty. Washington County has the greatest percentage in both maps. In the 2012-2016, Washington County is joined by Somerset and Piscataquis Counties.

The map to the right shows the change in percent of population in poverty by county. The darker the shade is on the map, the larger the increase. Interestingly, while Washington County has maintained one of the highest rates of poverty, there was a slight decrease, shown in the light shade of green. Likewise, in Franklin County, while there was not enough decrease of population living in poverty to change shade used in the 2012-2016 map below, there was a 1% decrease of population in poverty, shown in the light shade of green on the map to the right. This may indicate some leveling off of those rates.

Change in percent of population in poverty 2000-2016



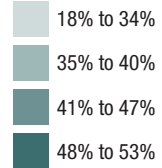
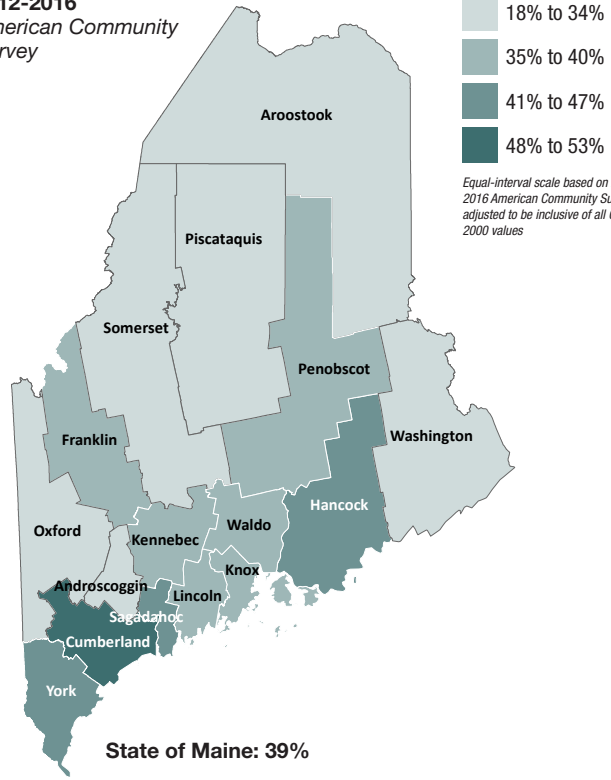
-1%
+1% to +2%
+3% to +4%
+5% to +6%

Percent of population over age 25 with an associates degree or higher

2000
U.S. Census



2012-2016
American Community Survey



Equal-interval scale based on 2012-2016 American Community Survey adjusted to be inclusive of all Census 2000 values

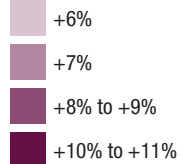
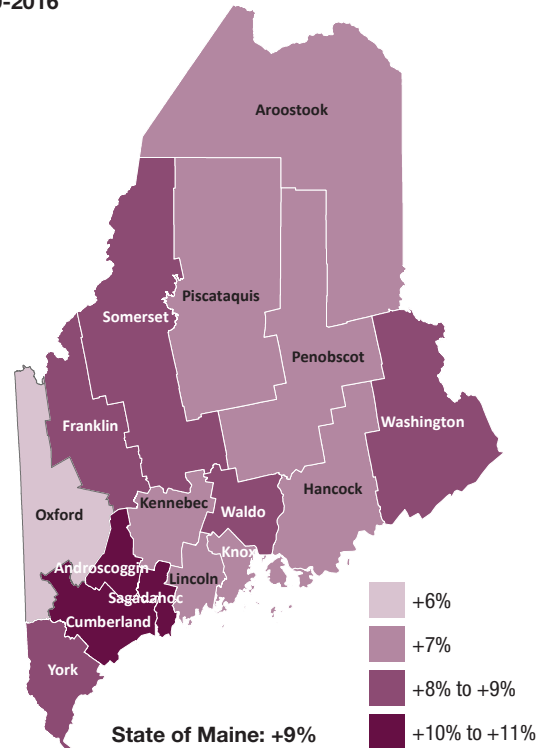
The two maps at the top of this page show the percentage of population over age 25 with an associate's degree or higher by county during two time periods. The map on the top left shows the population over age 25 with an associate's degree or higher in 2000 as measured by the U.S. Census. The map on the top right shows the population over age 25 with an associate's degree or higher from years 2012 through 2016 as estimated by the American Community Survey.

The darker the shade on the map, the larger the percentage of those with an associate's degree or higher. Cumberland County has the largest percentage of those in both maps.

The map to the right shows the change in percent of population over age 25 with an associate's degree or higher by county. The darker the shade, the larger the increase of those over age 25 with an associate's degree or higher. Cumberland, Androscoggin, and Sagadahoc counties show the largest increases of population over age 25 with an associate's degree or higher.

Change in percent of population over age 25 with an associates degree or higher

2000-2016



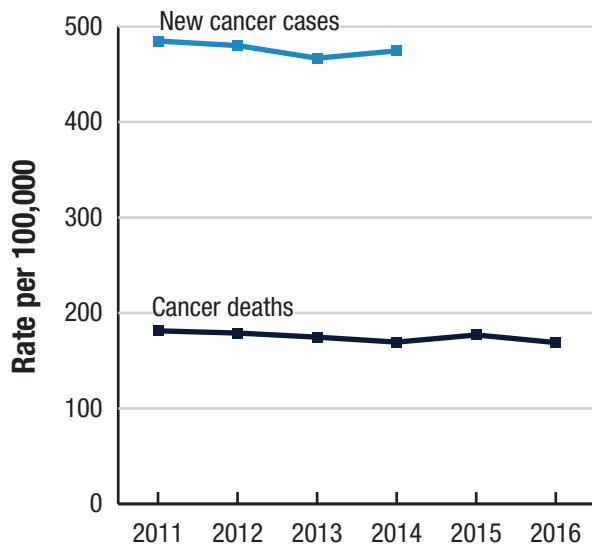
PAST MAINE STATEWIDE PRIORITIES

The following six topics have been priorities in Maine since 2016. They were addressed in one or more of the following planning documents based on the 2016 Maine Shared CHNA: the State Health Improvement Plan, District Public Health Improvement Plans, and/or Hospital Implementation Strategies.

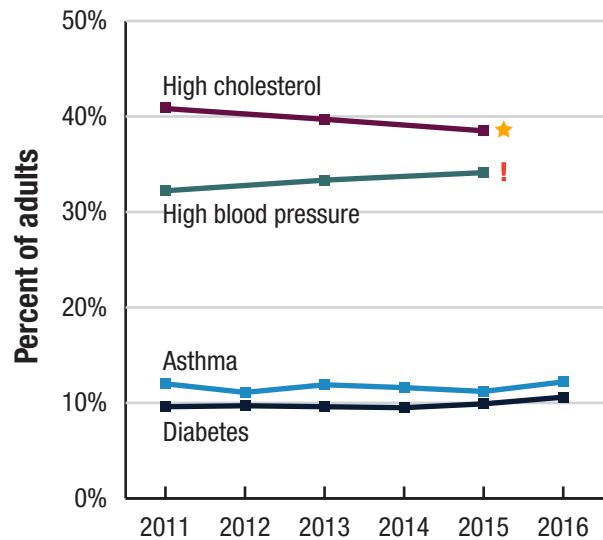
1. Cancer
2. Chronic disease
3. Mental health
4. Obesity and physical activity
5. Nutrition
6. Substance use, including tobacco

The following charts show trends in the data for these areas.

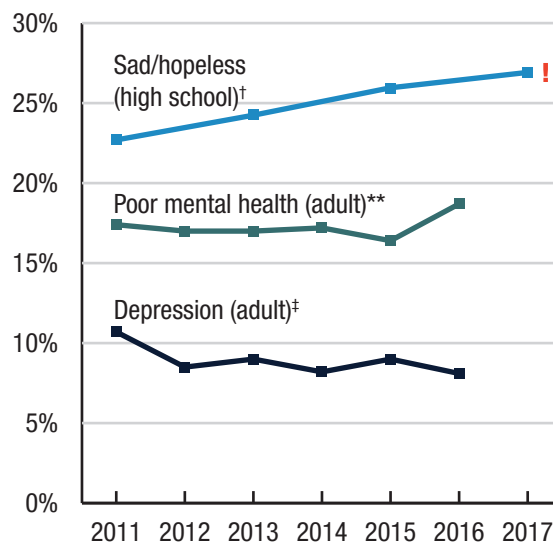
CANCER



CHRONIC DISEASE



MENTAL HEALTH



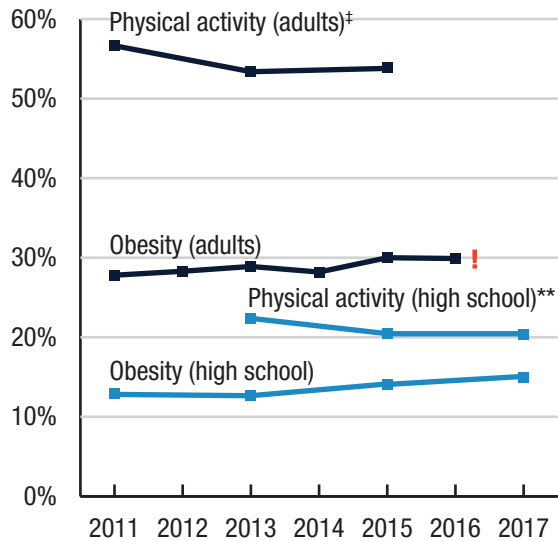
† Sad/hopeless for two weeks in a row (high school)

**14+ days lost due to poor mental health (adult)

‡ Current symptoms of depression (adult)

OBEISITY AND PHYSICAL ACTIVITY

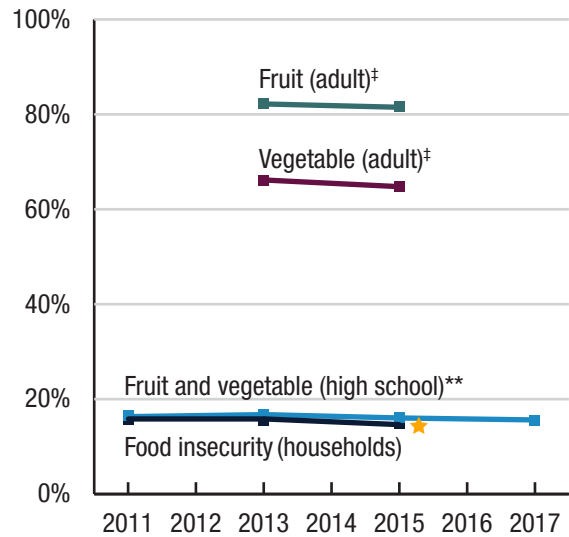
Physical activity and obesity levels for adults and high school students



‡ Met aerobic physical activity recommendations (adults)
 ** Physical activity for at least 60 minutes per day on seven of the past seven days (high school)

NUTRITION

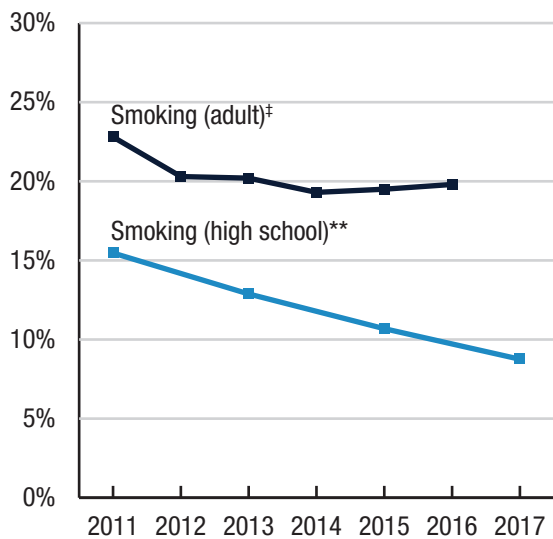
Nutrition indicators for adults, high school students, and households



‡ Adults reporting more than one serving of fruits/vegetables per day
 ** High school students reporting five or more servings of fruits and vegetables a day

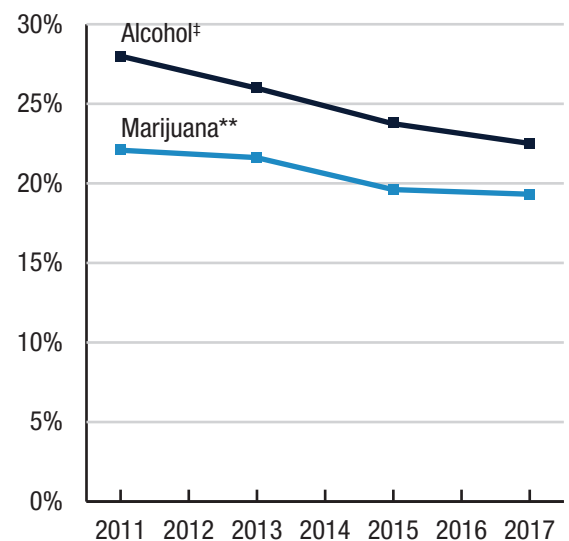
SUBSTANCE USE, INCLUDING TOBACCO

Current cigarette smoking



‡ Adults who report cigarette smoking every day or some days
 ** High school students who report past 30 day cigarette smoking

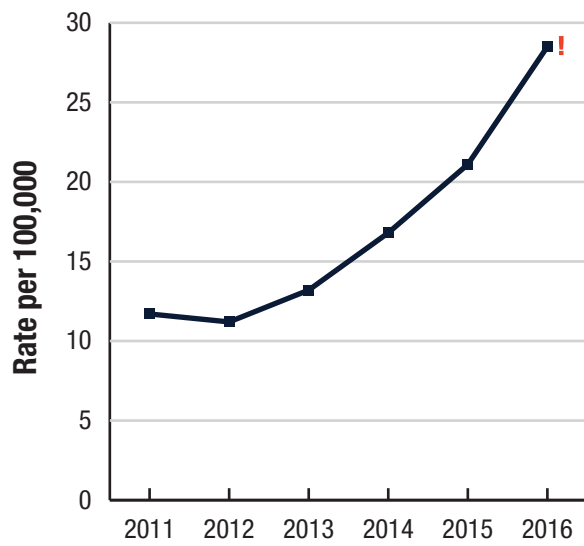
High school alcohol and marijuana use



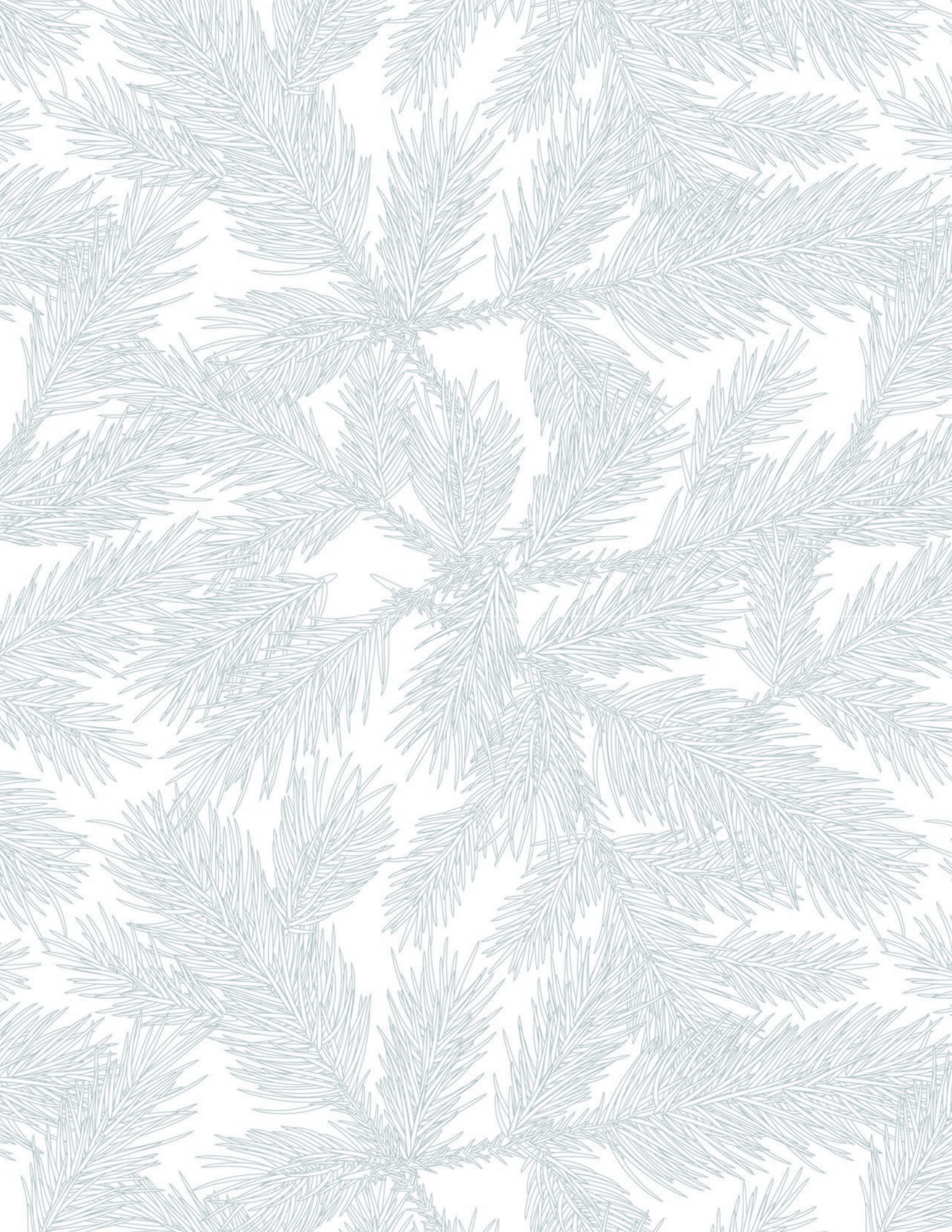
‡ High school students who report past 30 day alcohol use
 ** High school students who report past 30 day marijuana use

SUBSTANCE USE, INCLUDING TOBACCO

Overdose deaths



YEAR	NUMBER OF DEATHS
2011	155
2012	146
2013	174
2014	216
2015	268
2016	351



KEY INDICATORS

The Key Indicators provide an overview of the health of the state. They are a broad sampling of health topics, including health behaviors, outcomes, living conditions, and health care quality and access.

A trend line shows each year's data. These trends have been tested for significant changes based on regression analyses, as indicated in the "Change" column. The table uses symbols to show whether there are significant changes in each indicator over time, and to show if state data is notably better or worse than the nation. See the table below for a key to the symbols:

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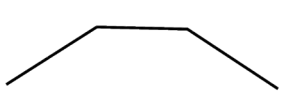
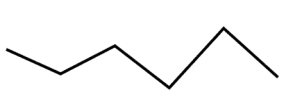
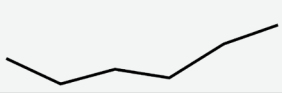
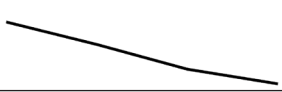
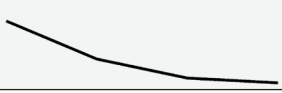
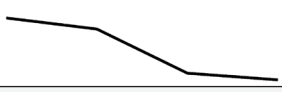
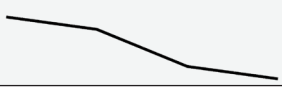

ADDITIONAL SYMBOLS

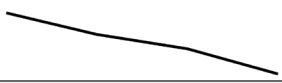



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INDICATOR	MAINE STATEWIDE DATA									BENCHMARK	
	STATEWIDE TREND	2011	2012	2013	2014	2015	2016	2017	CHANGE	U.S.	+/-
SOCIAL, COMMUNITY & PHYSICAL ENVIRONMENT											
Children living in poverty		18.7%	20.9%	17.7%	19.1%	17.4%	17.2%	—	○	2016 21.1%	○
Median household income		\$46,033	\$46,709	\$46,974	\$49,462	\$51,494	\$53,079	—	★	2016 \$57,617	!
Estimated high school student graduation rate		83.8%	85.3%	86.4%	86.5%	87.7%	87.1%	86.9%	★	—	N/A
Food insecurity		15.7%	15.5%	15.5%	15.3%	14.8%	—	—	★	2015 13.4%	N/A
HEALTH OUTCOMES											
14 or more days lost due to poor physical health		20.8%	21.2%	20.5%	20.3%	19.2%	22.4%	—	○	2016 11.4%	N/A
14 or more days lost due to poor mental health		17.4%	17.0%	17.0%	17.2%	16.4%	18.7%	—	○	2016 11.2%	N/A
Years of potential life lost per 100,000 population		—	2010-2012 6,198.7	2011-2013 6,314.1	2012-2014 6,378.5	—	2014-2016 6,529.2	—	○	2014-2016 6,658.0	N/A
All cancer deaths per 100,000 population		181.3	179.0	174.7	169.5	177.0	169.0	—	○	2016 155.8	!
Cardiovascular disease deaths per 100,000 population		196.8	192.6	197.9	191.8	200.7	195.6	—	○	2016 218.2	★
Diabetes		9.6%	9.7%	9.6%	9.5%	9.9%	10.6%	—	○	2016 10.5%	○
Chronic obstructive pulmonary disease (COPD) (adults who had ever been told)		7.8%	7.8%	7.0%	7.7%	8.1%	7.4%	—	○	2016 6.3%	○
Obesity (adults)		27.8%	28.3%	28.9%	28.2%	30.0%	29.9%	—	!	2016 29.9%	N/A

INDICATOR	MAINE STATEWIDE DATA										BENCHMARK	
	STATEWIDE TREND	2011	2012	2013	2014	2015	2016	2017	CHANGE	U.S.	+/-	
HEALTH OUTCOMES (CONTINUED)												
Obesity (high school students)		12.9%	—	12.7%	—	14.1%	—	15.0%	○	—	N/A	
Obesity (middle school students)		15.5%	—	14.2%	—	14.3%	—	15.3%	○	—	N/A	
Infant deaths per 1,000 live births		2007-2011 5.8	—	—	—	—	2012-2016 6.5	—	N/A	2012-2016 5.9	○	
Cognitive decline		—	14.2%	—	—	—	10.3%	—	N/A	2016 10.6%	○	
Lyme disease new cases per 100,000 population		76.3	83.8	104.1	106.0	91.4	112.4	138.3	!	2016 11.3	N/A	
Chlamydia new cases per 100,000 population		233.5	256.8	258.8	262.3	289.7	311.8	340.9	!	2016 494.7	N/A	
Fall-related injury (unintentional) emergency department rate per 10,000 population		361.3	354.5	336.1	331.9	—	—	—	★	—	N/A	
Suicide deaths per 100,000 population		16.6	14.5	17.4	15.5	16.0	15.9	—	○	2016 13.5	!	
Overdose deaths per 100,000 population		11.7	11.2	13.2	16.8	21.1	28.5	—	!	2016 19.8	!	
HEALTH CARE ACCESS AND QUALITY												
Uninsured		10.7%	10.2%	11.2%	10.1%	8.4%	8.0%	—	★	2016 8.6%	○	
Ratio of primary care physicians to 100,000 population		—	—	—	—	—	—	67.3	N/A	—	N/A	

INDICATOR	MAINE STATEWIDE DATA										BENCHMARK	
	STATEWIDE TREND	2011	2012	2013	2014	2015	2016	2017	CHANGE	U.S.	+/-	
HEALTH CARE ACCESS AND QUALITY (CONTINUED)												
Ratio of psychiatrists to 100,000 population		–	–	–	–	–	–	8.4	N/A	–	N/A	
Ratio of practicing dentists to 100,000 population		–	–	–	–	–	–	32.1	N/A	–	N/A	
Ambulatory care-sensitive condition hospitalizations per 10,000 population		–	–	–	–	–	74.6	–	N/A	–	N/A	
Two-year-olds up-to-date with recommended immunizations		–	–	–	73.9%	76.6%	76.5%	73.7%	○	–	N/A	
HEALTH BEHAVIORS												
Sedentary lifestyle – no leisure-time physical activity in past month (adults)		23.0%	20.9%	23.3%	19.7%	24.8%	20.6%	–	○	2016 23.2%	N/A	
Chronic heavy drinking (adults)		7.3%	6.6%	7.0%	6.8%	7.7%	8.3%	–	○	2016 5.9%	N/A	
Past-30-day alcohol use (high school students)		28.0%	–	26.0%	–	23.8%	–	22.5%	★	–	N/A	
Past-30-day alcohol use (middle school students)		6.3%	–	4.7%	–	3.9%	–	3.7%	○	–	N/A	
Past-30-day marijuana use (high school students)		22.1%	–	21.6%	–	19.6%	–	19.3%	★	–	N/A	
Past-30-day marijuana use (middle school students)		4.6%	–	4.4%	–	3.8%	–	3.6%	★	–	N/A	
Past-30-day misuse of prescription drugs (high school students)		7.1%	–	5.6%	–	4.8%	–	5.9%	○	–	N/A	

INDICATOR	MAINE STATEWIDE DATA										BENCHMARK	
	STATEWIDE TREND	2011	2012	2013	2014	2015	2016	2017	CHANGE	U.S.	+/-	
HEALTH BEHAVIORS (CONTINUED)												
Past-30-day misuse of prescription drugs (middle school students)		3.2%	—	2.6%	—	2.2%	—	1.5%	★	—	N/A	
Current (every day or some days) smoking (adults)		22.8%	20.3%	20.2%	19.3%	19.5%	19.8%	—	○	2016 17.0%	N/A	
Past-30-day cigarette smoking (high school students)		15.5%	—	12.9%	—	10.7%	—	8.8%	★	—	N/A	
Past-30-day cigarette smoking (middle school students)		4.2%	—	3.2%	—	2.7%	—	1.9%	★	—	N/A	

Leading Causes of Death

The following chart shows the leading causes of death for the state of Maine and the U.S.

MAINE			U.S.		
CAUSE OF DEATH	NUMBER OF DEATHS	AGE-ADJUSTED RATE PER 100,000	CAUSE OF DEATH	NUMBER OF DEATHS	AGE-ADJUSTED RATE PER 100,000
Cancer	3,275	168.9	Heart disease	635,260	165.5
Heart disease	2,907	149.5	Cancer	598,038	155.8
Chronic lower respiratory disease	928	47.4	Unintentional injury	161,374	47.4
Unintentional injury	909	62.4	Chronic lower respiratory disease	154,596	40.6
Cerebrovascular disease	663	34.4	Cerebrovascular disease	142,142	37.3
Alzheimer's disease	577	29.6	Alzheimer's disease	116,103	30.3
Diabetes	463	23.9	Diabetes	80,058	21
Liver disease	239	12.4	Influenza and pneumonia	51,537	13.5
Influenza and pneumonia	231	12.0	Liver disease	50,046	13.1
Suicide	226	15.9	Suicide	44,965	13.5

Years of Potential Life Lost

The following chart shows the causes of death with the highest values of years of potential life lost for the state of Maine and the U.S.

RANK	MAINE		U.S.	
	CAUSE OF YEARS OF POTENTIAL LIFE LOST	NUMBER OF YEARS	CAUSE OF YEARS OF POTENTIAL LIFE LOST	NUMBER OF YEARS
1	Cancer	21,529	Cancer	4,362,037
2	Unintentional injury	20,003	Unintentional injury	3,901,259
3	Heart disease	12,332	Heart disease	3,225,740
4	Suicide	6,185	Suicide	1,289,181
5	Chronic lower respiratory disease	3,602	Perinatal period*	860,014
6	Liver disease	2,887	Homicide	795,211
7	Diabetes	2,868	Chronic lower respiratory disease	622,866
8	Perinatal period*	2,700	Liver disease	61,0807
9	Cerebrovascular disease	1,941	Diabetes	596,730
10	Congenital anomalies	1,663	Cerebrovascular disease	543,414

*The deaths during the perinatal period include fetal death (stillbirth) or an early neonatal death before 28 days after birth. They exclude deaths due to congenital anomalies, metabolic injuries, poisonings, cancer, and tetanus.

ALL INDICATORS

The following is the complete list of health data indicators. The indicators in these tables are the measures that give us evidence about the health of our population.

Visit the Maine Shared CHNA website, www.mainechna.org, for more information on the health of the population by gender, race, ethnicity, completed education, sexual orientation, or insurance status. The website includes an interactive tool to explore additional data with customized maps and additional data tables.

A trend line shows each year's data, but these trends have not been tested for statistical significance. The tables use symbols to show if state data is notably better or worse than the nation. See the table below for a key to the symbols:

BENCHMARK compares Maine data to national data, based on 95% confidence interval (see description on page 3).

- ★ means Maine is doing **significantly better** than the state or national average.
- ! means Maine 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.

ADDITIONAL SYMBOLS

- * means results may be statistically unreliable due to small numbers, use caution when interpreting.
- means data is unavailable because of lack of data or suppressed data due to a small number of respondents.

INDICATOR CATEGORIES

Demographics	20	Children with Special Health Care Needs	30
Social Determinants of Health	20	Elder Health	30
General Health Status	21	Environmental Health	31
Mortality	21	Immunization	31
Access	23	Infectious Disease	32
Health Care Quality	23	Unintentional Injury	33
Cancer.....	24	Intentional Injury	34
Cardiovascular Disease	25	Mental Health	35
Diabetes.....	26	Oral Health.....	36
Respiratory	27	Substance and Alcohol Use.....	36
Physical Activity, Nutrition, and Weight.....	28	Tobacco Use.....	38
Pregnancy and Birth Outcomes	29		

INDICATOR	MAINE STATEWIDE DATA								BENCHMARK	
	STATEWIDE TREND	2011	2012	2013	2014	2015	2016	2017	U.S.	+/-
DEMOGRAPHICS										
Population		1,328,188	1,329,192	1,328,302	1,330,089	1,329,328	1,331,479	—	2016 323,127,515	N/A
Veterans		12.2%	11.6%	11.2%	11.0%	10.0%	9.6%	—	2016 7.4%	N/A
Persons with a disability		15.5%	15.9%	16.3%	16.1%	16.3%	15.8%	—	2016 12.8%	N/A
Gay, lesbian, and bisexual (high school students)		5.8%	—	5.9%	—	7.9%	—	10.8%	—	N/A
Gay, lesbian, and bisexual (adults)		3.2%	3.1%	3.3%	3.4%	3.8%	—	—	—	N/A
SOCIAL DETERMINANTS OF HEALTH										
Children living in poverty		18.7%	20.9%	17.7%	19.1%	17.4%	17.2%	—	2016 21.1%	○
Individuals living in poverty		14.1%	14.7%	14.0%	14.1%	13.4%	12.5%	—	2016 14.0%	○
Median household income		\$46,033	\$46,709	\$46,974	\$49,462	\$51,494	\$53,079	—	2016 \$57,617	○
People living in rural areas		2010 61.3%	—	—	—	—	—	—	—	N/A
No vehicle for the household		2.2%	2.0%	2.3%	2.7%	2.5%	2.4%	—	2016 4.3%	N/A
Long commute - driving alone		29.9%	30.3%	30.2%	30.6%	31.0%	31.4%	—	2017 34.7%	N/A

INDICATOR	MAINE STATEWIDE DATA								BENCHMARK	
	STATEWIDE TREND	2011	2012	2013	2014	2015	2016	2017	U.S.	+/-
SOCIAL DETERMINANTS OF HEALTH (CONTINUED)										
Unemployment rate		7.9%	7.5%	6.6%	5.6%	4.4%	3.8%	3.3%	2017 4.4%	N/A
Adverse childhood experiences		–	–	–	–	–	–	23.4%	–	N/A
Estimated high school student graduation rate		83.8%	85.3%	86.4%	86.5%	87.7%	87.1%	86.9%	–	N/A
Associate's degree or higher among those age 25+		35.3%	34.3%	35.2%	37.3%	39.8%	39.9%	–	2016 39.6%	N/A
Housing insecure (high school students)		–	–	–	–	–	–	3.6%	–	N/A
65+ living alone		45.3%	46.0%	44.8%	45.4%	45.7%	45.0%	–	2016 42.6%	N/A
GENERAL HEALTH STATUS										
14 or more days lost due to poor physical health		20.8%	21.2%	20.5%	20.3%	19.2%	22.4%	–	2016 11.4%	N/A
14 or more days lost due to poor mental health		17.4%	17.0%	17.0%	17.2%	16.4%	18.7%	–	2016 11.2%	N/A
Fair or poor health (self-rated)		15.9%	16.1%	14.9%	15.1%	16.1%	16.4%	–	2016 15.9%	○
Three or more chronic conditions		14.7%	14.2%	14.7%	14.7%	16.1%	16.5%	–	–	N/A
MORTALITY										
Overall death rate per 100,000 population		752.0	730.6	753.6	739.2	783.2	758.6	–	2016 728.8	!

INDICATOR	MAINE STATEWIDE DATA								BENCHMARK	
	STATEWIDE TREND	2011	2012	2013	2014	2015	2016	2017	U.S.	+/-
MORTALITY (CONTINUED)										
Years of potential life lost per 100,000 population		—	2010-2012 6,198.7	2011-2013 6,314.1	2012-2014 6,378.5	—	2014-2016 6,529.2	—	2014-2016 6,658.0	N/A
Years of potential life lost - cerebrovascular disease		2.4%	1.9%	1.8%	2.4%	2.1%	2.1%	—	2016 2.5%	N/A
Years of potential life lost - chronic lower respiratory disease		3.8%	3.4%	4.0%	4.4%	3.7%	3.8%	—	2016 3.8%	N/A
Years of potential life lost - congenital anomalies		2.1%	2.9%	2.7%	1.9%	2.0%	1.8%	—	—	N/A
Years of potential life lost - diabetes		2.7%	3.6%	2.9%	3.3%	3.0%	3.0%	—	2016 2.7%	N/A
Years of potential life lost - heart disease		14.3%	14.0%	13.3%	12.5%	14.2%	13.1%	—	2016 14.6%	N/A
Years of potential life lost - liver disease		2.4%	2.3%	2.6%	2.5%	3.1%	3.1%	—	2016 2.8%	N/A
Years of potential life lost - cancer		26.5%	26.0%	25.2%	24.5%	24.0%	22.8%	—	2016 19.8%	N/A
Years of potential life lost - perinatal period		3.6%	2.9%	3.6%	3.8%	3.0%	2.9%	—	2016 3.9%	N/A
Years of potential life lost - suicide		7.5%	6.5%	7.7%	7.2%	6.5%	6.6%	—	2016 5.8%	N/A
Years of potential life lost - unintentional injury		13.8%	14.4%	14.5%	15.8%	17.8%	21.2%	—	2016 17.7%	N/A
Years of potential life lost - all others		20.9%	22.2%	21.8%	21.7%	20.7%	19.8%	—	2016 23.8%	N/A

INDICATOR	MAINE STATEWIDE DATA								BENCHMARK	
	STATEWIDE TREND	2011	2012	2013	2014	2015	2016	2017	U.S.	+/-
ACCESS										
Uninsured		10.7%	10.2%	11.2%	10.1%	8.4%	8.0%	—	2016 8.6%	○
Ratio of primary care physicians to 100,000 population		—	—	—	—	—	—	67.3	—	N/A
MaineCare enrollment (all ages)		32.5%	30.3%	29.3%	27.6%	26.6%	25.0%	24.5%	—	N/A
MaineCare enrollment (children ages 0-19)		44.9%	43.3%	42.9%	42.2%	41.4%	40.0%	—	—	N/A
Children with a medical home		—	—	—	—	—	48.7%	—	2016 53.5%	○
Usual primary care provider		87.2%	87.8%	86.9%	87.4%	87.7%	87.7%	—	2016 79.0%	N/A
Primary care visit to any primary care provider in the past year		70.3%	70.6%	71.6%	71.4%	71.3%	72.6%	—	—	N/A
Cost barriers to health care		11.6%	11.2%	10.1%	10.9%	9.4%	10.8%	—	2016 12.0%	N/A
HEALTH CARE QUALITY										
Ambulatory care-sensitive condition hospitalizations per 10,000 population		—	—	—	—	—	74.6	—	—	N/A
Ambulatory care-sensitive condition emergency department rate per 10,000 population		294.5	274.5	248.2	254.6	—	—	—	—	N/A
Hospital readmissions within 30 days of discharge (medical)		14.7%	14.3%	14.0%	13.7%	—	—	—	—	N/A
Hospital readmissions within 30 days of discharge (surgical)		11.8%	11.6%	11.0%	10.6%	—	—	—	—	N/A

INDICATOR	MAINE STATEWIDE DATA								BENCHMARK	
	STATEWIDE TREND	2011	2012	2013	2014	2015	2016	2017	U.S.	+/-
CANCER										
All cancer deaths per 100,000 population		181.3	179.0	174.7	169.5	177.0	169.0	—	2016 155.8	!
Colorectal cancer deaths per 100,000 population		14.9	13.9	12.5	11.7	13.8	13.8	—	2011-2016 14.0	○
Female breast cancer deaths per 100,000 population		16.9	17.2	18.7	17.0	20.1	18.8	—	2011-2015 20.3	○
Lung cancer deaths per 100,000 population		51.6	53.0	55.1	47.6	50.3	46.5	—	2011-2015 40.6	!
Prostate cancer deaths per 100,000 population		19.6	17.9	23.3	17.5	20.1	21.7	—	2011-2015 18.9	○
Tobacco-related cancer deaths per 100,000 population		53.9	53.2	48.4	49.4	51.7	50.1	—	2011-2015 52.6	○
All cancer new cases per 100,000 population		484.9	480.1	466.9	474.6	—	—	—	2014 437.1	!
Bladder cancer new cases per 100,000 population		30.2	27.5	24.8	29.0	—	—	—	2014 19.7	!
Colorectal cancer new cases per 100,000 population		39.0	38.3	37.7	36.3	—	—	—	2014 38.5	○
Female breast cancer new cases per 100,000 population		127.4	121.1	126.2	127.9	—	—	—	2014 123.9	!
Lung cancer new cases per 100,000 population		69.8	75.3	75.5	72.1	—	—	—	2014 58.6	!
Prostate cancer new cases per 100,000 population		117.7	96.1	81.0	84.5	—	—	—	2014 95.3	★






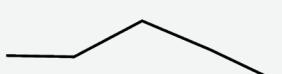

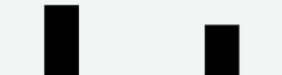
INDICATOR	MAINE STATEWIDE DATA								BENCHMARK	
	STATEWIDE TREND	2011	2012	2013	2014	2015	2016	2017	U.S.	+/-
CANCER (CONTINUED)										
Tobacco-related cancer (excluding lung cancer) new cases per 100,000 population		137.8	136.4	129.1	136.7	—	—	—	2014 128.3	!
Colorectal late-stage new cases per 100,000 population		20.9	20.2	19.3	20.0	—	—	—	2014 21.3	○
Melanoma skin cancer new cases per 100,000 population		22.3	23.8	24.6	25.1	—	—	—	2014 21.3	!
Female breast cancer late-stage new cases per 100,000 population		45.0	35.2	39.8	40.4	—	—	—	2014 41.8	○
Cervical cancer screening up-to-date		—	88.0%	—	85.1%	—	81.6%	—	2016 79.8%	○
Breast cancer screening up-to-date		—	83.6%	—	83.0%	—	80.8%	—	2016 77.3%	○
Colorectal cancer screening up-to-date		—	72.5%	—	74.3%	—	75.5%	—	2016 67.5%	★
CARDIOVASCULAR DISEASE										
Cardiovascular disease deaths per 100,000 population		196.8	192.6	197.9	191.8	200.7	195.6	—	2016 218.2	★
Coronary heart disease deaths per 100,000 population		88.6	83.7	89.5	83.1	84.3	79.7	—	2016 94.3	★
Heart attack deaths per 100,000 population		31.5	28.9	33.4	28.0	28.3	26.0	—	2016 29.1	★
Stroke deaths per 100,000 population		35.8	34.1	33.3	32.8	32.5	34.4	—	2016 37.3	○

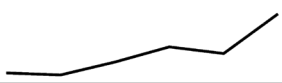

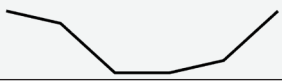
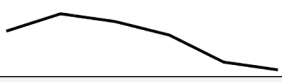
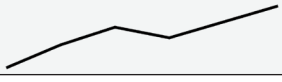

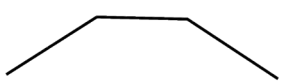

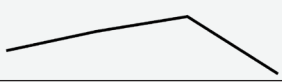
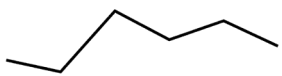
INDICATOR	MAINE STATEWIDE DATA								BENCHMARK	
	STATEWIDE TREND	2011	2012	2013	2014	2015	2016	2017	U.S.	+/-
CARDIOVASCULAR DISEASE (CONTINUED)										
High blood pressure hospitalizations per 10,000 population		–	–	–	–	–	5.2	–	–	N/A
Heart failure hospitalizations per 10,000 population		22.5	20.1	21.2	21.5	–	19.8	–	–	N/A
Heart attack hospitalizations per 10,000 population		23.6	23.4	23.5	22.3	–	23.4	–	–	N/A
Stroke hospitalizations per 10,000 population		21.1	19.6	19.4	18.9	–	21.4	–	–	N/A
High cholesterol		40.9%	–	39.7%	–	38.5%	–	–	2015 36.3%	○
Cholesterol checked in past five years		80.5%	–	81.4%	–	81.2%	–	–	2015 77.7%	N/A
High blood pressure		32.2%	–	33.3%	–	34.1%	–	–	2015 30.9%	!
DIABETES										
Diabetes		9.6%	9.7%	9.6%	9.5%	9.9%	10.6%	–	2016 10.5%	○
Pre-diabetes		6.3%	7.0%	7.4%	7.8%	7.8%	8.5%	–	2015 7.5%	○
Diabetes deaths (underlying cause) per 100,000 population		19.9	21.4	20.4	22.2	21.9	23.9	–	2016 21.0	!
Diabetes emergency department rate (principal diagnosis) per 100,000 population		16.9	16.9	16.5	16.2	–	–	–	–	N/A

INDICATOR	MAINE STATEWIDE DATA								BENCHMARK	
	STATEWIDE TREND	2011	2012	2013	2014	2015	2016	2017	U.S.	+/-
DIABETES (CONTINUED)										
Diabetes hospitalizations (principal diagnosis) per 10,000 population		12.0	11.4	12.1	11.9	-	11.9	-	-	N/A
A1c test at least twice/year (adults with diabetes)		77.5%	75.8%	75.5%	79.0%	78.3%	78.6%	-	2015 74.9%	○
Formal diabetes education (adults with diabetes)		60.4%	61.5%	58.0%	58.8%	59.9%	56.8%	-	2015 54.8%	○
Foot exam annually (adults with diabetes)		85.1%	81.8%	82.9%	82.7%	84.9%	85.2%	-	2015 75.7%	★
Dilated eye exam annually (adults with diabetes)		71.0%	71.3%	71.3%	64.7%	71.7%	74.2%	-	2015 70.1%	○
RESPIRATORY										
Current asthma (youth ages 0-17)		7.9%	9.5%	9.8%	9.6%	9.7%	7.4%	-	2015 8.5%	○
Current asthma (adults)		12.0%	11.1%	11.9%	11.6%	11.2%	12.2%	-	2016 9.3%	!
Chronic lower respiratory disease deaths per 100,000 population		48.1	45.1	48.8	47.7	53.4	47.4	-	2016 40.6	!
Asthma emergency department rate per 10,000 population		66.2	65.1	53.9	54.2	-	-	-	-	N/A
Pneumonia hospitalizations per 100,000 population		-	-	-	-	-	22.4	-	-	N/A
Chronic obstructive pulmonary disease hospitalizations per 100,000 population		-	-	-	-	-	16.5	-	-	N/A
Chronic obstructive pulmonary disease (COPD) (adults who had ever been told)		7.8%	7.8%	7.0%	7.7%	8.1%	7.4%	-	2016 6.3%	○

INDICATOR	MAINE STATEWIDE DATA								BENCHMARK	
	STATEWIDE TREND	2011	2012	2013	2014	2015	2016	2017	U.S.	+/-
PHYSICAL ACTIVITY, NUTRITION, AND WEIGHT										
Obesity (adults)		27.8%	28.3%	28.9%	28.2%	30.0%	29.9%	—	2016 29.9%	N/A
Obesity (high school students)		12.9%	—	12.7%	—	14.1%	—	15.0%	—	N/A
Obesity (middle school students)		15.5%	—	14.2%	—	14.3%	—	15.3%	—	N/A
Sedentary lifestyle – no leisure-time physical activity in past month (adults)		23.0%	20.9%	23.3%	19.7%	24.8%	20.6%	—	2016 23.2%	N/A
Food insecurity		15.7%	15.5%	15.5%	15.3%	14.8%	—	—	2015 13.4%	N/A
Overweight (adults)		37.2%	35.8%	36.0%	36.2%	36.5%	35.3%	—	2016 35.3%	N/A
Overweight (high school students)		15.9%	—	16.0%	—	16.5%	—	17.5%	—	N/A
Overweight (middle school students)		20.1%	—	17.5%	—	17.2%	—	17.0%	—	N/A
Met aerobic physical activity recommendations (adults)		56.7%	—	53.4%	—	53.9%	—	—	—	N/A
Met physical activity recommendations (high school students)		—	—	22.4%	—	20.5%	—	20.3%	—	N/A
Met physical activity recommendations (middle school students)		—	—	28.7%	—	26.4%	—	25.7%	—	N/A
Fewer than two hours combined screen time (high school students)		—	—	33.9%	—	34.0%	—	33.5%	—	N/A


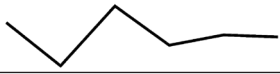


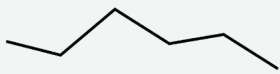
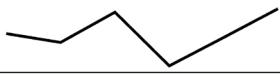

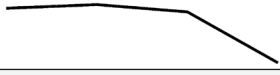
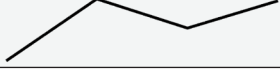
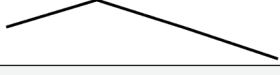
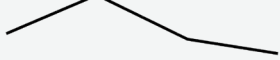
INDICATOR	MAINE STATEWIDE DATA									BENCHMARK	
	STATEWIDE TREND	2011	2012	2013	2014	2015	2016	2017	U.S.	+/-	
PHYSICAL ACTIVITY, NUTRITION, AND WEIGHT (CONTINUED)											
Fewer than two hours combined screen time (middle school students)		-	-	29.5%	-	29.9%	-	29.3%	-	N/A	
Fruit and vegetable consumption (high school students reporting five or more a day)		-	-	16.8%	-	16.1%	-	15.6%	-	N/A	
Fruit and vegetable consumption (middle school students reporting five or more a day)		-	-	19.3%	-	20.8%	-	20.6%	-	N/A	
Fruit consumption (adults reporting less than one serving per day)		-	-	34.0%	-	35.2%	-	-	2015 39.7%	N/A	
Vegetable consumption (adults reporting less than one serving per day)		-	-	17.7%	-	18.3%	-	-	2015 22.1%	N/A	
Soda/sports drink consumption (high school students reporting one or more a day)		-	-	26.2%	-	23.1%	-	20.5%	-	N/A	
Soda/sports drink consumption (middle school students reporting one or more a day)		-	-	23.4%	-	20.2%	-	17.3%	-	N/A	
PREGNANCY AND BIRTH OUTCOMES											
Infant deaths per 1,000 live births		2007-2011 5.8	-	-	-	-	2012-2016 6.5	-	2012-2016 5.9	○	
Low birth weight (<2500 grams)		6.7%	6.7%	7.1%	7.5%	6.9%	7.1%	-	2016 8.2%	N/A	
Pre-term live births		8.3%	7.7%	8.1%	8.3%	8.4%	8.5%	-	2016 9.8%	N/A	
Births for which the mother received more than 80% of expected prenatal visits		-	-	-	81.4%	81.1%	80.6%	-	-	N/A	
Infants who are ever breast fed		-	-	-	79.3%	79.4%	82.0%	-	-	N/A	

INDICATOR	MAINE STATEWIDE DATA									BENCHMARK	
	STATEWIDE TREND	2011	2012	2013	2014	2015	2016	2017	U.S.	+/-	
PREGNANCY AND BIRTH OUTCOMES (CONTINUED)											
Infants who are exclusively breast fed to 6 months		24.7%	16.6%	32.0%	26.5%	—	—	—	2014 15.5%	★	
Unintended births		—	33.8%	25.5%	27.7%	25.3%	—	—	—	N/A	
Births to 15-19-year-olds per 1,000 population		20.7	19.2	17.2	16.1	15.3	14.5	—	2016 20.3	N/A	
C-sections among low-risk births		—	—	—	22.6%	22.9%	22.4%	—	2015 25.8%	N/A	
Smoked during pregnancy		—	—	—	16.4%	15.5%	14.5%	—	2016 7.2%	N/A	
Drank alcohol during pregnancy		8.2%	8.1%	11.1%	8.7%	6.0%	—	—	—	N/A	
CHILDREN WITH SPECIAL HEALTH CARE NEEDS											
Children with special health care needs		—	—	—	—	—	23.0%	—	2016 19.4%	○	
Developmental screening for children		—	—	—	—	—	31.6%	—	2016 30.4%	○	
Developmental screening for children for MaineCare members		—	11.0%	15.8%	17.5%	21.4%	23.6%	27.4%	—	N/A	
ELDER HEALTH											
Cognitive decline		—	14.2%	—	—	—	10.3%	—	2016 10.6%	○	
Caregiving at least 20 hours per week		—	—	—	—	4.4%	—	—	—	N/A	



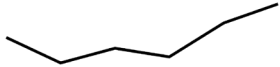
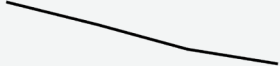
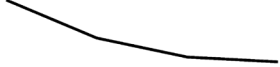
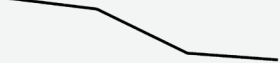
INDICATOR	MAINE STATEWIDE DATA								BENCHMARK	
	STATEWIDE TREND	2011	2012	2013	2014	2015	2016	2017	U.S.	+/-
ELDER HEALTH (CONTINUED)										
Arthritis		29.5%	29.4%	30.3%	31.3%	30.9%	33.7%	—	2013-2015 22.7%	N/A
ENVIRONMENTAL HEALTH										
Homes with private wells tested for arsenic		—	45.0%	—	47.9%	50.7%	51.4%	—	—	N/A
Children with confirmed elevated blood lead levels (percentage among those screened)		2.5%	2.4%	2.0%	2.0%	2.1%	2.5%	—	—	N/A
Children with unconfirmed elevated blood lead levels (percentage among those screened)		3.8%	4.7%	4.3%	3.6%	2.2%	1.8%	—	—	N/A
Lead screening among children (ages 12-23 months)		49.5%	50.8%	51.8%	51.2%	52.1%	53.0%	—	—	N/A
Lead screening among children (ages 24-35 months)		29.1%	30.1%	31.1%	29.4%	30.2%	31.1%	—	—	N/A
IMMUNIZATION										
Two-year-olds up-to-date with recommended immunizations		—	—	—	73.9%	76.6%	76.5%	73.7%	—	N/A
Immunization exemptions among kindergarteners for philosophical reasons		—	—	3.7%	—	—	—	4.6%	—	N/A
Influenza vaccination in the past year (children)		2010-2011 57.8%	2011-2012 58.6%	2012-2013 62.6%	2013-2014 61.0%	2014-2015 62.8%	2015-2016 60.4%	2016-2017 61.6%	2016-2017 59.0%	○
13-18-year-olds up-to-date with recommended immunizations		—	—	—	59.8%	64.9%	68.8%	53.7%	—	N/A
Influenza vaccination in the past year (adults)		40.6%	39.8%	43.9%	42.0%	43.3%	41.6%	—	2016 46.8%	N/A

INDICATOR	MAINE STATEWIDE DATA								BENCHMARK	
	STATEWIDE TREND	2011	2012	2013	2014	2015	2016	2017	U.S.	+/-
IMMUNIZATION (CONTINUED)										
Pneumococcal pneumonia vaccination (adults age 65+)		69.8%	67.6%	70.7%	71.7%	75.5%	75.3%	—	2016 72.4%	N/A
INFECTIOUS DISEASE										
Lyme disease new cases per 100,000 population		76.3	83.8	104.1	106.0	91.4	112.4	138.3	2016 11.3	N/A
Chlamydia new cases per 100,000 population		233.5	256.8	258.8	262.3	289.7	311.8	340.9	2016 494.7	N/A
Gastrointestinal disease new cases per 100,000 population		46.6	46.6	49.5	47.8	40.6	47.0	42.6	2016 54.2	N/A
Hepatitis A (acute) new cases per 100,000 population		0.5	0.7	0.8	0.6	0.6	0.6	0.5	2016 0.6	N/A
Hepatitis B (acute) new cases per 100,000 population		0.6	0.7	0.8	0.9	0.7	4.0	5.8	2016 1.0	N/A
Hepatitis B (chronic) new cases per 100,000 population		7.9	7.9	8.0	8.1	8.0	11.9	13.4	—	N/A
Hepatitis C (acute) new cases per 100,000 population		0.9	0.9	0.7	2.3	2.2	2.8	2.4	2016 0.9	N/A
Hepatitis C (chronic) new cases per 100,000 population		81.7	86.6	92.9	105.9	108.5	123.9	140.4	—	N/A
Pertussis new cases per 100,000 population		15.4	55.4	25.0	41.9	21.1	19.5	30.7	2016 5.6	N/A
Tuberculosis new cases per 100,000 population		0.7	1.3	1.1	1.1	1.4	1.7	1.0	2016 2.9	N/A

INDICATOR	MAINE STATEWIDE DATA									BENCHMARK	
	STATEWIDE TREND	2011	2012	2013	2014	2015	2016	2017	U.S.	+/-	
INFECTIOUS DISEASE (CONTINUED)											
Gonorrhea new cases per 100,000 population		20.6	34.3	18.5	17.7	31.7	33.3	43.2	2016 145.0	N/A	
HIV new cases per 100,000 population		3.8	3.5	2.5	4.6	3.6	4.0	2.2	2016 10.8	N/A	
Syphilis new cases per 100,000 population		1.4	1.5	1.3	1.1	3.7	3.5	6.2	2016 8.6	N/A	
UNINTENTIONAL INJURY											
Fall-related deaths (unintentional) per 100,000 population		6.4	7.7	8.7	8.8	10.7	11.8	—	2016 9.1	!	
Injury deaths per 100,000 population		57.9	58.0	63.4	64.6	72.9	80.6	—	2016 69.0	!	
Poisoning deaths (unintentional and undetermined intent) per 100,000 population		10.2	10.1	12.6	16.5	21.4	27.6	—	2016 19.4	!	
Motor vehicle traffic crash (unintentional) deaths per 100,000 population		10.0	11.4	10.2	9.5	10.8	12.2	—	2016 11.7	○	
Work-related deaths (number)		26	19	19	19	15	18	—	2016 5,190	N/A	
Fall-related injury (unintentional) emergency department rate per 10,000 population		361.3	354.5	336.1	331.9	—	—	—	—	N/A	
Traumatic brain injury emergency department rate per 10,000 population		81.4	85.4	83.7	86.0	—	—	—	—	N/A	
Always wear seatbelt (high school students)		59.0%	—	—	—	64.7%	—	68.2%	—	N/A	




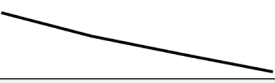



INDICATOR	MAINE STATEWIDE DATA									BENCHMARK	
	STATEWIDE TREND	2011	2012	2013	2014	2015	2016	2017	U.S.	+/-	
UNINTENTIONAL INJURY (CONTINUED)											
Always wear seatbelt (middle school students)		—	—	—	—	77.0%	—	76.4%	—	N/A	
INTENTIONAL INJURY											
Suicide deaths per 100,000 population		16.6	14.5	17.4	15.5	16.0	15.9	—	2016 13.5	!	
Rape/non-consensual sex (among females, lifetime)		—	11.3%	—	13.8%	—	18.5%	—	—	N/A	
Violence by current or former intimate partners in past 12 months (among females)		—	0.8%	—	1.7%	—	1.7%	—	—	N/A	
Firearm deaths per 100,000 population		9.5	8.9	10.9	9.4	9.8	8.3	—	2016 11.8	★	
Violent crime rate per 100,000 population		122.7	121.7	125.1	119.0	122.2	125.5	—	2016 386.3	N/A	
Nonfatal child maltreatment per 1,000 population		11.6	14.2	14.6	14.7	13.1	13.5	—	2016 9.1	!	
Intentional self-injury (high school students)		17.8%	—	17.9%	—	17.7%	—	16.3%	—	N/A	
Intentional self-injury (middle school students)		12.3%	—	15.7%	—	14.1%	—	15.6%	—	N/A	
Bullying on school property (high school students)		24.0%	—	25.8%	—	23.9%	—	21.9%	—	N/A	
Bullying on school property (middle school students)		48.1%	—	51.6%	—	47.6%	—	46.3%	—	N/A	

INDICATOR	MAINE STATEWIDE DATA								BENCHMARK	
	STATEWIDE TREND	2011	2012	2013	2014	2015	2016	2017	U.S.	+/-
MENTAL HEALTH										
Ratio of population to psychiatrists		–	–	–	–	–	–	8.4	–	N/A
Mental health emergency department rate per 10,000 population		165.9	167.5	165.2	166.5	–	–	–	–	N/A
Sad/hopeless for two weeks in a row (high school students)		22.7%	–	24.3%	–	25.9%	–	26.9%	–	N/A
Sad/hopeless for two weeks in a row (middle school students)		21.8%	–	23.3%	–	21.2%	–	21.6%	–	N/A
Seriously considered suicide (high school students)		12.7%	–	14.6%	–	14.8%	–	14.7%	–	N/A
Seriously considered suicide (middle school students)		14.5%	–	16.8%	–	15.7%	–	16.1%	–	N/A
Depression, current symptoms (adults)		10.7%	8.5%	9.0%	8.2%	9.0%	8.1%	–	2013-2016 8.1%	N/A
Depression, lifetime		24.3%	22.7%	23.3%	23.6%	23.9%	21.0%	–	2016 17.4%	N/A
Anxiety, lifetime		19.3%	19.0%	18.7%	19.7%	19.8%	22.4%	–	–	N/A
Chronic disease among persons with mental illness		29.2%	28.6%	29.8%	31.7%	34.9%	29.1%	–	–	N/A
Currently receiving outpatient mental health treatment (adults)		17.2%	16.5%	17.4%	17.2%	16.6%	18.8%	–	2015 7.1%	N/A

INDICATOR	MAINE STATEWIDE DATA								BENCHMARK	
	STATEWIDE TREND	2011	2012	2013	2014	2015	2016	2017	U.S.	+/-
MENTAL HEALTH (CONTINUED)										
Adults with mental health disorders who receive treatment		—	2008-2012 50.4%	2009-2013 52.6%	2010-2014 54.9%	2011-2015 53.9%	—	—	2011-2015 42.9%	N/A
12-17-year-olds with major depressive episode who receive treatment		—	2008-2012 51.6%	2009-2013 47.7%	2010-2014 50.8%	2011-2015 52.8%	—	—	2011-2015 38.9%	N/A
Children with mental health disorders who receive treatment		—	—	—	—	—	49.4%	—	2016 52.8%	○
ORAL HEALTH										
Ratio of practicing dentists to 100,000 population		—	—	—	—	—	—	32.1	—	N/A
Dentist visits in the past year (adults)		—	65.0%	—	63.4%	—	63.3%	—	2016 66.3%	N/A
Dentist visits in the past year (MaineCare members under age 18)		—	—	—	—	—	—	—	—	N/A
SUBSTANCE AND ALCOHOL USE										
Overdose deaths per 100,000 population		11.7	11.2	13.2	16.8	21.1	28.5	—	2016 19.8	!
Chronic heavy drinking (adults)		7.3%	6.6%	7.0%	6.8%	7.7%	8.3%	—	2016 5.9%	N/A
Past-30-day alcohol use (high school students)		28.0%	—	26.0%	—	23.8%	—	22.5%	—	N/A
Past-30-day alcohol use (middle school students)		6.3%	—	4.7%	—	3.9%	—	3.7%	—	N/A
Past-30-day marijuana use (high school students)		22.1%	—	21.6%	—	19.6%	—	19.3%	—	N/A

INDICATOR	MAINE STATEWIDE DATA								BENCHMARK	
	STATEWIDE TREND	2011	2012	2013	2014	2015	2016	2017	U.S.	+/-
SUBSTANCE AND ALCOHOL USE (CONTINUED)										
Past-30-day marijuana use (middle school students)		4.6%	—	4.4%	—	3.8%	—	3.6%	—	N/A
Past-30-day misuse of prescription drugs (high school students)		7.1%	—	5.6%	—	4.8%	—	5.9%	—	N/A
Past-30-day misuse of prescription drugs (middle school students)		3.2%	—	2.6%	—	2.2%	—	1.5%	—	N/A
Narcotic doses dispensed per capita		—	—	55.5	60.7	67.1	58.4	49.3	—	N/A
Drug-induced deaths per 100,000 population		12.0	11.8	13.9	17.7	21.8	29.7	—	2016 20.8	!
Alcohol-induced deaths per 100,000 population		7.4	8.0	8.5	8.7	11.6	11.8	—	2016 9.5	!
Alcohol-impaired driving deaths per 100,000 population		1.7	3.8	3.1	2.8	3.8	4.1	—	2016 3.3	○
Overdose emergency medical service responses per 10,000 population		—	—	452.2	466.8	—	532.8	397.7	—	N/A
Opiate poisoning emergency department rate per 10,000 population		1.7	1.9	2.6	4.6	—	—	—	—	N/A
Opiate poisoning hospitalizations per 10,000 population		—	—	—	—	—	1.4	—	—	N/A
Substance-use hospitalizations per 10,000 population		—	—	—	—	—	18.1	—	—	N/A
Drug-affected infant reports per 1,000 births		52.6	60.8	72.6	75.8	80.5	80.6	77.9	—	N/A

INDICATOR	MAINE STATEWIDE DATA									BENCHMARK	
	STATEWIDE TREND	2011	2012	2013	2014	2015	2016	2017	U.S.	+/-	
SUBSTANCE AND ALCOHOL USE (CONTINUED)											
Binge drinking (high school students)		16.9%	—	14.8%	—	12.2%	—	—	—	N/A	
Binge drinking (middle school students)		2.8%	—	2.1%	—	1.5%	—	—	—	N/A	
Binge drinking (adults)		16.1%	17.3%	16.6%	16.2%	16.8%	17.6%	—	²⁰¹⁶ 16.9%	N/A	
Past-30-day marijuana use (adults)		—	7.1%	7.8%	10.1%	9.4%	14.4%	—	—	N/A	
Past-30-day misuse of prescription drugs (adults)		—	—	—	—	²⁰¹¹⁻²⁰¹⁵ 1.0%	²⁰¹²⁻²⁰¹⁶ 1.0%	—	—	N/A	
Adults who needed and did not receive treatment for illicit drug use		²⁰¹⁰⁻²⁰¹¹ 2.1%	²⁰¹¹⁻²⁰¹² 2.2%	²⁰¹²⁻²⁰¹³ 2.3%	²⁰¹³⁻²⁰¹⁴ 2.3%	—	²⁰¹⁵⁻²⁰¹⁶ 2.5%	—	²⁰¹⁵⁻²⁰¹⁶ 2.5%	N/A	
Adults who needed and did not receive treatment for alcohol use		²⁰¹⁰⁻²⁰¹¹ 5.2%	²⁰¹¹⁻²⁰¹² 5.8%	²⁰¹²⁻²⁰¹³ 6.1%	²⁰¹³⁻²⁰¹⁴ 5.6%	—	²⁰¹⁵⁻²⁰¹⁶ 5.4%	—	²⁰¹⁵⁻²⁰¹⁶ 5.8%	N/A	
TOBACCO USE											
Current (every day or some days) smoking (adults)		22.8%	20.3%	20.2%	19.3%	19.5%	19.8%	—	²⁰¹⁶ 17.0%	N/A	
Past-30-day cigarette smoking (high school students)		15.5%	—	12.9%	—	10.7%	—	8.8%	—	N/A	
Past-30-day cigarette smoking (middle school students)		4.2%	—	3.2%	—	2.7%	—	1.9%	—	N/A	
Maine Tobacco HelpLine users		—	—	4.2%	4.0%	3.3%	3.0%	2.6%	—	N/A	

INDICATOR	MAINE STATEWIDE DATA									BENCHMARK	
	STATEWIDE TREND	2011	2012	2013	2014	2015	2016	2017	U.S.	+/-	
TOBACCO USE (CONTINUED)											
Past-30-day tobacco use (high school students)		—	—	18.2%	—	15.7%	—	13.9%	—	N/A	
Past-30-day tobacco use (middle school students)		—	—	3.8%	—	3.4%	—	2.5%	—	N/A	
Environmental tobacco smoke exposure (high school students)		43.4%	—	38.3%	—	34.4%	—	31.1%	—	N/A	
Environmental tobacco smoke exposure (middle school students)		31.6%	—	28.1%	—	25.4%	—	22.8%	—	N/A	
Current (every day or some days) E-cigarette use (adults)		—	4.2%	3.8%	2.9%	2.6%	3.8%	—	2016 4.7%	N/A	
Past-30-day E-cigarette use (high school students)		—	—	—	—	18.4%	—	15.3%	—	N/A	
Past-30-day E-cigarette use (middle school students)		—	—	—	—	4.9%	—	3.8%	—	N/A	



DATA SOURCES AND DEFINITIONS

INDICATOR	DATA SOURCE	DEFINITION
DEMOGRAPHICS		
Population	<i>U.S. Census Bureau, American Community Survey</i>	Number of people who reside in the specified geographic area (e.g. Maine or a Maine county).
Veterans	<i>U.S. Census Bureau, American Community Survey</i>	Percentage of residents who are veterans.
Persons with a disability	<i>U.S. Census Bureau, American Community Survey</i>	Percentage of residents who report having any one of the six disability types: hearing difficulty, vision difficulty, cognitive difficulty, ambulatory difficulty, self-care difficulty, independent living difficulty.
Gay, lesbian and bisexual (high school students)	<i>Maine Integrated Youth Health Survey</i>	Percentage of high school students who identify as gay or lesbian, or bisexual. Data collected in odd numbered years.
Gay, lesbian and bisexual (adults)	<i>Behavioral Risk Factor Surveillance System</i>	Percentage of adults who identify as gay or lesbian, or bisexual. Data collected every year, except 2016.
SOCIAL DETERMINANTS OF HEALTH		
Children living in poverty	<i>U.S. Census Bureau, American Community Survey</i>	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.
Individuals living in poverty	<i>U.S. Census Bureau, American Community Survey</i>	Percentage of individuals who live in households where the total income of the householder's family is below the established federal poverty level.
Median household income	<i>U.S. Census Bureau, American Community Survey</i>	Dollar amount that divides all households into two equal groups: half of the households having more income and the other half having less income.
People living in rural areas	<i>U.S. Census Bureau, American Community Survey</i>	Percentage of residents who live in rural areas, as defined by the New England Rural Health Roundtable.
No vehicle for the household	<i>U.S. Census Bureau, American Community Survey</i>	Percentage of households where no one owns a motor vehicle.
Long commute – driving alone	<i>U.S. Census Bureau, American Community Survey</i>	Percentage of residents who drive alone for a work commute longer than 30 minutes.
Unemployment rate	<i>U.S. Bureau of Labor Statistics</i>	Percentage of non-institutionalized civilians in the labor force who were not employed. Reported monthly and rates are averaged for the full year.
Adverse childhood experiences	<i>Maine Integrated Youth Health Survey</i>	Percentage of high school students who report at least three out of eight adverse childhood experiences. Data collected in odd numbered years.
Estimated high school student graduation rate	<i>Maine Dept. of Education</i>	Percentage of 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.
Associate's degree or higher among those age 25+	<i>U.S. Census Bureau, American Community Survey</i>	Percentage of residents, age 25 and older, who have an associate's degree or higher.
Housing insecure (high school students)	<i>Maine Integrated Youth Health Survey</i>	Percentage of high school students who report they usually do not sleep in their parent's or guardian's home. Data collected in odd numbered years.
65+ living alone	<i>U.S. Census Bureau, American Community Survey</i>	Percentage of all households where a person 65 years or older is living alone.
GENERAL HEALTH STATUS		
14 or more days lost due to poor physical health	<i>Behavioral Risk Factor Surveillance System</i>	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	<i>Behavioral Risk Factor Surveillance System</i>	Percentage of adults whose mental health was not good during 14 or more out of the past 30 days.

INDICATOR	DATA SOURCE	DEFINITION
GENERAL HEALTH STATUS (CONTINUED)		
Fair or poor health (self-rated)	<i>Behavioral Risk Factor Surveillance System</i>	Percentage of adults who rate their health as fair or poor (vs. excellent, very good, or good).
Three or more chronic conditions	<i>Behavioral Risk Factor Surveillance System</i>	Percentage of adults who have been diagnosed with three or more chronic health conditions (chronic conditions in skin cancer, other types of cancer, cardiovascular disease [such as stroke], coronary heart disease [such as heart attack], arthritis, 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 biannually whereas the other conditions are collected annually.
MORTALITY		
Overall death rate per 100,000 population	<i>Maine CDC Vital Records</i>	Rate per 100,000 people of deaths from any cause.
Years of potential life lost per 100,000 population	<i>County Health Rankings</i>	Rate per 100,000 people of the total number of years lost before the age of 75.
Leading causes of death	<i>National Center for Health Statistics, U.S. CDC</i>	List of the causes of death that are the most frequent in the population, sorted from highest to lowest frequency.
Years of potential life lost	<i>National Center for Health Statistics, U.S. CDC</i>	List of the causes of death with the highest values of years of potential life lost (YPLL), sorted from highest to lowest YPLL. 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	<i>U.S. Census Bureau, American Community Survey</i>	Percentage of people who do not currently have any form of health insurance (either privately, through their employer or through the government).
Ratio of primary care physicians to 100,000 population	<i>Health Resources and Services Administration</i>	Ratio of the number of primary care physicians practicing full-time to 100,000 population. For providers who work part-time, the number of hours worked are combined to estimate the number of full-time positions being filled.
MaineCare enrollment (all ages)	<i>MaineCare</i>	Percentage of individuals, of all ages, who were participating in MaineCare as of April 2015.
MaineCare enrollment (children ages 0-19)	<i>MaineCare</i>	Percentage of children, ages 0-19 years, who were participating in MaineCare as of April 2015.
Children with a medical home	<i>National Survey of Children's Health</i>	Percentage of children, ages 0-17 years, who have a medical home, measured annually, starting in 2014.
Usual primary care provider	<i>Behavioral Risk Factor Surveillance System</i>	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	<i>Behavioral Risk Factor Surveillance System</i>	Percentage of adults who had a regular physical exam (not for a specific injury, illness, or condition) within the last 12 months.
Cost barriers to health care	<i>Behavioral Risk Factor Surveillance System</i>	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	<i>Maine Health Data Organization Hospital Discharge Data</i>	Rate per 10,000 people of hospitalizations with a principal diagnosis of an ambulatory care-sensitive condition.
Ambulatory care-sensitive condition emergency department rate per 10,000 population	<i>Maine Health Data Organization Hospital Discharge Data</i>	Rate per 10,000 people of emergency department discharges with a principal diagnosis of an ambulatory care-sensitive condition.
Hospital readmissions within 30 days of discharge (medical)	<i>Dartmouth Atlas</i>	Percentage of patients hospitalized for a medical condition who were readmitted within 30 days of discharge.
Hospital readmissions within 30 days of discharge (surgical)	<i>Dartmouth Atlas</i>	Percentage of patients hospitalized for a surgery who were readmitted within 30 days of discharge.

INDICATOR	DATA SOURCE	DEFINITION
CANCER		
All cancer deaths per 100,000 population	<i>Maine CDC Vital Records</i>	Rate per 100,000 people of deaths from any type of cancer.
Colorectal cancer deaths per 100,000 population	<i>Maine CDC Vital Records</i>	Rate per 100,000 people of deaths from colon or rectum cancers.
Female breast cancer deaths per 100,000 population	<i>Maine CDC Vital Records</i>	Rate per 100,000 females of deaths from breast cancer.
Lung cancer deaths per 100,000 population	<i>Maine CDC Vital Records</i>	Rate per 100,000 people of deaths from lung or bronchus cancers.
Prostate cancer deaths per 100,000 population	<i>Maine CDC Vital Records</i>	Rate per 100,000 males of deaths from prostate cancer.
Tobacco-related cancer deaths per 100,000 population	<i>Maine CDC Vital Records</i>	Rate per 100,000 people of deaths from tobacco-related cancers, excluding lung and bronchus cancers.
All cancer new cases per 100,000 population	<i>Maine Cancer Registry</i>	Rate per 100,000 people of new cases of any type of cancer.
Bladder cancer new cases per 100,000 population	<i>Maine Cancer Registry</i>	Rate per 100,000 people of new cases of bladder cancer.
Colorectal cancer new cases per 100,000 population	<i>Maine Cancer Registry</i>	Rate per 100,000 people of new cases of colon or rectum cancers.
Female breast cancer new cases per 100,000 population	<i>Maine Cancer Registry</i>	Rate per 100,000 females of new cases of breast cancer.
Lung cancer new cases per 100,000 population	<i>Maine Cancer Registry</i>	Rate per 100,000 people of new cases of lung or bronchus cancers.
Prostate cancer new cases per 100,000 population	<i>Maine Cancer Registry</i>	Rate per 100,000 males of new cases of prostate cancer.
Tobacco-related cancer (excluding lung cancer) new cases per 100,000 population	<i>Maine Cancer Registry</i>	Rate per 100,000 people of new cases of tobacco-related cancers, excluding lung and bronchus cancers.
Colorectal late-stage new cases per 100,000 population	<i>Maine Cancer Registry</i>	Rate per 100,000 people of new cases of colon or rectum cancers diagnosed after the cancer has spread beyond the local site.
Melanoma skin cancer new cases per 100,000 population	<i>Maine Cancer Registry</i>	Rate per 100,000 people of new cases of melanoma of the skin.
Female breast cancer late-stage new cases per 100,000 population	<i>Maine Cancer Registry</i>	Rate per 100,000 females of new cases of breast cancer diagnosed after the cancer has spread beyond the local site.
Cervical cancer screening up-to-date	<i>Behavioral Risk Factor Surveillance System</i>	Percentage of females, ages 21-65, with an intact cervix, who have had a pap smear within the past three years. Data collected in even numbered years.
Breast cancer screening up-to-date	<i>Behavioral Risk Factor Surveillance System</i>	Percentage of females, ages 50 years and older, who had a mammogram within the past 2 years. Data collected in even numbered years.
Colorectal cancer screening up-to-date	<i>Behavioral Risk Factor Surveillance System</i>	Percentage of adults, ages 50 years and older, who had a screening for colorectal cancer within the time period recommended in the U.S. CDC guidelines. Data collected in even numbered years.
CARDIOVASCULAR DISEASE		
Cardiovascular disease deaths per 100,000 population	<i>Maine CDC Vital Records</i>	Rate per 100,000 people of deaths with cardiovascular disease as an underlying cause of death.
Coronary heart disease deaths per 100,000 population	<i>Maine CDC Vital Records</i>	Rate per 100,000 people of deaths with coronary heart disease as an underlying cause of death.
Heart attack deaths per 100,000 population	<i>Maine CDC Vital Records</i>	Rate per 100,000 people of deaths with heart attack as an underlying cause of death.

INDICATOR	DATA SOURCE	DEFINITION
CARDIOVASCULAR DISEASE (CONTINUED)		
Stroke deaths per 100,000 population	Maine CDC Vital Records	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 Hospital Discharge Data	Rate per 10,000 people of hospitalizations with a principal diagnosis of hypertension.
Heart failure hospitalizations per 10,000 population	Maine Health Data Organization Hospital Discharge Data	Rate per 10,000 people of hospitalizations with a principal diagnosis of heart failure.
Heart attack hospitalizations per 10,000 population	Maine Health Data Organization Hospital Discharge Data	Rate per 10,000 people of hospitalizations with a principal diagnosis of a heart attack.
Stroke hospitalizations per 10,000 population	Maine Health Data Organization Hospital Discharge Data	Rate per 10,000 people of hospitalizations with a principal diagnosis of stroke.
High cholesterol	Behavioral Risk Factor Surveillance System	Percentage of adults who have been told by a healthcare provider that their blood cholesterol is high. 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.
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.
DIABETES		
Diabetes	Behavioral Risk Factor Surveillance System	Percentage of adults that have ever been told by a healthcare provider that they have diabetes.
Pre-diabetes	Behavioral Risk Factor Surveillance System	Percentage of adults that have ever been told by a healthcare provider that they have pre-diabetes or borderline diabetes.
Diabetes deaths (underlying cause) per 100,000 population	Maine CDC Vital Records	Rate per 100,000 people of deaths with diabetes as an underlying cause of death.
Diabetes emergency department rate (principal diagnosis) per 10,000 population	Maine Health Data Organization Hospital Discharge Data	Rate per 10,000 people of emergency department discharges with a principal diagnosis of diabetes.
Diabetes hospitalizations (principal diagnosis) per 10,000 population	Maine Health Data Organization Hospital Discharge Data	Rate per 10,000 people of hospitalizations with a principal diagnosis of diabetes.
A1c test at least twice/year (adults with diabetes)	Behavioral Risk Factor Surveillance System	Percentage of adults with diabetes who have had a healthcare provider checked them for "A1c" in the past 12 months.
Formal diabetes education (adults with diabetes)	Behavioral Risk Factor Surveillance System	Percentage of adults with diabetes who have ever taken a course or class in how to manage their diabetes themselves.
Foot exam annually (adults with diabetes)	Behavioral Risk Factor Surveillance System	Percentage of adults with diabetes who have had a healthcare provider check their feet for any sores or irritations within the past year.
Dilated eye exam annually (adults with diabetes)	Behavioral Risk Factor Surveillance System	Percentage of adults with diabetes who have had an eye exam in which the pupils were dilated within the past year.
RESPIRATORY		
Current asthma (youth ages 0-17)	Behavioral Risk Factor Surveillance System	Percentage of children, ages 0-17 years, whose parents have been told by a healthcare provider that they had asthma and that they still have asthma.
Current asthma (adults)	Behavioral Risk Factor Surveillance System	Percentage of adults who have been told by a healthcare provider that they had asthma and that they still have asthma.
Chronic lower respiratory disease deaths per 100,000 population	Maine CDC Vital Records	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 Hospital Discharge Data	Rate per 10,000 people of asthma emergency department visits.

INDICATOR	DATA SOURCE	DEFINITION
RESPIRATORY (CONTINUED)		
Pneumonia hospitalizations per 10,000 population	<i>Maine Health Data Organization Hospital Discharge Data</i>	Rate per 10,000 people of hospitalizations with a principal diagnosis of pneumonia.
Chronic obstructive pulmonary disease hospitalizations per 10,000 population	<i>Maine Health Data Organization Hospital Discharge Data</i>	Rate per 10,000 people of hospitalizations with a principal diagnosis of chronic obstructive pulmonary disease (COPD).
Chronic obstructive pulmonary disease (COPD)	<i>Behavioral Risk Factor Surveillance System</i>	Percentage of adults who have ever been told by a healthcare provider that they have chronic obstructive pulmonary disease (COPD), emphysema, or chronic bronchitis.
PHYSICAL ACTIVITY, NUTRITION, AND WEIGHT		
Obesity (adults)	<i>Behavioral Risk Factor Surveillance System</i>	Percentage of adults with a Body Mass Index of 30 or more, based on self-reported height and weight.
Obesity (high school students)	<i>Maine Integrated Youth Health Survey</i>	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)	<i>Maine Integrated Youth Health Survey</i>	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.
Sedentary lifestyle – no leisure-time physical activity in past month (adults)	<i>Behavioral Risk Factor Surveillance System</i>	Percentage of adults who did not participate in any physical activities or exercises during the past month, other than during their regular job.
Food insecurity	<i>Feeding America: Map the Meal</i>	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.
Overweight (adults)	<i>Behavioral Risk Factor Surveillance System</i>	Percentage of adults with a Body Mass Index between 25.0 and 29.9, based on self-reported height and weight.
Overweight (high school students)	<i>Maine Integrated Youth Health Survey</i>	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)	<i>Maine Integrated Youth Health Survey</i>	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.
Met aerobic physical activity recommendations (adults)	<i>Behavioral Risk Factor Surveillance System</i>	Percentage of adults who reported doing enough physical activity to meet the aerobic and strengthening recommendations. Data collected in odd numbered years.
Met physical activity recommendations (high school students)	<i>Maine Integrated Youth Health Survey</i>	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)	<i>Maine Integrated Youth Health Survey</i>	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)	<i>Maine Integrated Youth Health Survey</i>	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)	<i>Maine Integrated Youth Health Survey</i>	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.
Fruit and vegetable consumption (high school students reporting five or more a day)	<i>Maine Integrated Youth Health Survey</i>	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)	<i>Maine Integrated Youth Health Survey</i>	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.
Fruit consumption (adults reporting less than one serving per day)	<i>Behavioral Risk Factor Surveillance System</i>	Percentage of adults who consume less than one serving per day of fruits or fruit juice. Data collected in odd numbered years.

INDICATOR	DATA SOURCE	DEFINITION
PHYSICAL ACTIVITY, NUTRITION, AND WEIGHT (CONTINUED)		
Vegetable consumption (adults reporting less than one serving per day)	<i>Behavioral Risk Factor Surveillance System</i>	Percentage of adults who consume less than one serving per day of vegetables. Data collected in odd numbered years.
Soda/sports drink consumption (high school students reporting one or more a day)	<i>Maine Integrated Youth Health Survey</i>	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)	<i>Maine Integrated Youth Health Survey</i>	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.
PREGNANCY AND BIRTH OUTCOMES		
Infant deaths per 1,000 live births	<i>Maine CDC Vital Records</i>	Rate per 1,000 births of babies who died before their first birthday.
Low birth weight (<2500 grams)	<i>Maine CDC Vital Records</i>	Percentage of babies born with a weight less than 2,500 grams.
Pre-term live births	<i>Maine CDC Vital Records</i>	Percentage of babies born before 37 weeks of gestation.
Births for which the mother received more than 80% of expected prenatal visits	<i>Maine CDC Vital Records</i>	Percentage of new mothers who had more than 80% of the expected prenatal visits.
Infants who are ever breast fed	<i>Maine CDC Vital Records</i>	Percentage of babies who were ever fed breast milk.
Infants who are exclusively breast fed to 6 months	<i>National Immunization Survey</i>	Percentage of babies who were only fed breast milk from birth to six months of age.
Unintended births	<i>Pregnancy Risk Assessment Monitoring System</i>	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	<i>Maine CDC Vital Records</i>	Rate per 1,000 women, ages 15-19 years, who gave birth.
C-sections among low-risk births	<i>Maine CDC Vital Records</i>	Percentage of low-risk births for which a cesarean section was completed.
Smoked during pregnancy	<i>Maine CDC Vital Records</i>	Percentage of new mothers who smoked cigarettes during the last three months of pregnancy.
Drank alcohol during pregnancy	<i>Pregnancy Risk Assessment Monitoring System</i>	Percentage of new mothers who drank alcohol during the last three months of pregnancy.
CHILDREN WITH SPECIAL HEALTH CARE NEEDS		
Children with special health care needs	<i>National Survey of Children's Health</i>	Percentage of children, ages 0-17 years, whose parents report that they have a special health care need. Data collected in 2016.
Developmental screening for children	<i>National Survey of Children's Health</i>	Percentage of children, ages 9-35 months, who received developmental screening using a parent-completed screening tool. Data collected in 2016.
Developmental screening for children for MaineCare members	<i>MaineCare</i>	Percentage of MaineCare members at ages 1, 2 and 3 years who received developmental screening using a parent-completed evidence-based screening tool.
ELDER HEALTH		
Cognitive decline	<i>Behavioral Risk Factor Surveillance System</i>	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 2016.
Caregiving at least 20 hours per week	<i>Behavioral Risk Factor Surveillance System</i>	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.

INDICATOR	DATA SOURCE	DEFINITION
ELDER HEALTH (CONTINUED)		
Arthritis	<i>Behavioral Risk Factor Surveillance System</i>	Percentage of adults who have been told by a healthcare provider that they have arthritis.
ENVIRONMENTAL HEALTH		
Homes with private wells tested for arsenic	<i>Behavioral Risk Factor Surveillance System</i>	Percentage of households with a private well where the well water has been tested for arsenic.
Children with confirmed elevated blood lead levels (percentage among those screened)	<i>Maine CDC Childhood Lead Poisoning Prevention Unit</i>	Percentage of children, ages 0-36 months, among those screened, who had a confirmed blood lead level above 5 micrograms per deciliter.
Children with unconfirmed elevated blood lead levels (percentage among those screened)	<i>Maine CDC Childhood Lead Poisoning Prevention Unit</i>	Percentage of children, ages 0-36 months, among those screened, who had a finger stick blood lead test showing a blood lead level above 5 micrograms per deciliter.
Lead screening among children (ages 24-35 months)	<i>Maine CDC Childhood Lead Poisoning Prevention Unit</i>	Percentage of children, ages 24-35 months, who have had their blood tested for elevated blood lead levels.
Lead screening among children (ages 12-23 months)	<i>Maine CDC Childhood Lead Poisoning Prevention Unit</i>	Percentage of children, ages 12-23 months, who have had their blood tested for elevated blood lead levels.
IMMUNIZATION		
Two-year-olds up-to-date with recommended immunizations	<i>Maine Immunization Program</i>	Percentage of children, ages 24-35 months, who are up-to-date with all recommended immunizations, assessed on December 31 of each year.
Immunization exemptions among kindergarteners for philosophical reasons	<i>Maine Immunization Program</i>	Percentage of kindergarteners who were exempted from school immunization requirements due to philosophical reasons.
Influenza vaccination in the past year (children)	<i>National Immunization Survey</i>	Percentage of children, ages 6 months to 17 years, who received an immunization for influenza during the school year.
13-18-year-olds up-to-date with recommended immunizations	<i>Maine Immunization Program</i>	Percentage of children, ages 13-18 years, who are up-to-date with all recommended immunizations, assessed on December 31 of each year.
Influenza vaccination in the past year (adults)	<i>Behavioral Risk Factor Surveillance System</i>	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+)	<i>Behavioral Risk Factor Surveillance System</i>	Percentage of adults, ages 65 and older, who have ever had a pneumonia vaccine.
INFECTIOUS DISEASE		
Lyme disease new cases per 100,000 population	<i>Maine Infectious Disease Surveillance System</i>	Rate per 100,000 people of new cases of Lyme disease.
Chlamydia new cases per 100,000 population	<i>Maine Infectious Disease Surveillance System</i>	Rate per 100,000 people of new cases of chlamydia.
Gastrointestinal disease new cases per 100,000 population	<i>Maine Infectious Disease Surveillance System</i>	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	<i>Maine Infectious Disease Surveillance System</i>	Rate per 100,000 people of new cases of hepatitis A.
Hepatitis B (acute) new cases per 100,000 population	<i>Maine Infectious Disease Surveillance System</i>	Rate per 100,000 people of new cases of acute hepatitis B.
Hepatitis B (chronic) new cases per 100,000 population	<i>Maine Infectious Disease Surveillance System</i>	Rate per 100,000 people of newly reported cases of chronic hepatitis B.
Hepatitis C (acute) new cases per 100,000 population	<i>Maine Infectious Disease Surveillance System</i>	Rate per 100,000 people of new cases of acute hepatitis C.
Hepatitis C (chronic) new cases per 100,000 population	<i>Maine Infectious Disease Surveillance System</i>	Rate per 100,000 people of newly reported cases of chronic hepatitis C.

INDICATOR	DATA SOURCE	DEFINITION
INFECTIOUS DISEASE (CONTINUED)		
Pertussis new cases per 100,000 population	<i>Maine Infectious Disease Surveillance System</i>	Rate per 100,000 people of new cases of pertussis.
Tuberculosis new cases per 100,000 population	<i>Maine Infectious Disease Surveillance System</i>	Rate per 100,000 people of new cases of active acute tuberculosis.
Gonorrhea new cases per 100,000 population	<i>Maine Infectious Disease Surveillance System</i>	Rate per 100,000 people of new cases of gonorrhea.
HIV new cases per 100,000 population	<i>Maine Infectious Disease Surveillance System</i>	Rate per 100,000 people of newly diagnosed cases of HIV.
Syphilis new cases per 100,000 population	<i>Maine Infectious Disease Surveillance System</i>	Rate per 100,000 people of new cases of syphilis.
UNINTENTIONAL INJURY		
Fall-related deaths (unintentional) per 100,000 population	<i>Maine CDC Vital Records</i>	Rate per 100,000 people of deaths due to unintentional falls.
Injury deaths per 100,000 population	<i>Maine CDC Vital Records</i>	Rate per 100,000 people of deaths due to injuries.
Poisoning deaths (unintentional and undetermined intent) per 100,000 population	<i>Maine CDC Vital Records</i>	Rate per 100,000 people of deaths due to poisonings of unintentional and undetermined intent.
Motor vehicle traffic crash (unintentional) deaths per 100,000 population	<i>Maine CDC Vital Records</i>	Rate per 100,000 people of deaths due to unintentional motor vehicle crashes.
Work-related deaths (number)	<i>Maine Dept. of Labor</i>	Number of deaths from work-related injuries.
Fall-related injury (unintentional) emergency department rate per 10,000 population	<i>Maine Health Data Organization Hospital Discharge Data</i>	Rate per 10,000 people of emergency department discharges with a diagnoses of a fall-related injury.
Traumatic brain injury emergency department rate per 10,000 population	<i>Maine Health Data Organization Hospital Discharge Data</i>	Rate per 10,000 people of emergency department discharges with a diagnoses of traumatic brain injury.
Always wear seatbelt (high school students)	<i>Maine Integrated Youth Health Survey</i>	Percentage of high school students who always wear a seatbelt when riding in a vehicle. Data collected in odd numbered years.
Always wear seatbelt (middle school students)	<i>Maine Integrated Youth Health Survey</i>	Percentage of seventh- and eighth-grade students who always wear a seatbelt when riding in a vehicle. Data collected in odd numbered years.
INTENTIONAL INJURY		
Suicide deaths per 100,000 population	<i>Maine CDC Vital Records</i>	Rate per 100,000 people of deaths due to suicide.
Rape/non-consensual sex (among females, lifetime)	<i>Behavioral Risk Factor Surveillance System</i>	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. Data collected in 2011 and even numbered years.
Violence by current or former intimate partners in past 12 months (among females)	<i>Behavioral Risk Factor Surveillance System</i>	Percentage of females who have experienced physical violence or had unwanted sex with a current or former intimate partner within the past 12 months. Data collected in even numbered years.
Firearm deaths per 100,000 population	<i>Maine CDC Vital Records</i>	Rate per 100,000 people of deaths due to firearms, all intents.
Violent crime rate per 100,000 population	<i>Maine Dept. of Public Safety</i>	Rate per 100,000 people of violent crime offenses.
Nonfatal child maltreatment per 1,000 population	<i>Child Maltreatment Report, U.S. Agency for Children Youth and Families</i>	Rate per 1,000 children, under age 18, of child maltreatment that is a threat to a child's health or welfare.

INDICATOR	DATA SOURCE	DEFINITION
INTENTIONAL INJURY (CONTINUED)		
Intentional self-injury (high school students)	<i>Maine Integrated Youth Health Survey</i>	Percentage of high school 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.
Intentional self-injury (middle school students)	<i>Maine Integrated Youth Health Survey</i>	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)	<i>Maine Integrated Youth Health Survey</i>	Percentage of high school students who have been bullied on school property. Data collected in odd numbered years.
Bullying on school property (middle school students)	<i>Maine Integrated Youth Health Survey</i>	Percentage of seventh- and eighth-grade students who have been bullied on school property. Data collected in odd numbered years.
MENTAL HEALTH		
Ratio of psychiatrists to 100,000 population	<i>Health Resources and Services Administration</i>	Ratio of the number of psychiatrists practicing full-time to 100,000 population. For psychiatrists who work part-time, the number of hours worked are combined to estimated the number of full-time positions being filled.
Mental health emergency department rate per 10,000 population	<i>Maine Health Data Organization Hospital Discharge Data</i>	Rate per 10,000 people of emergency department discharges with a principal diagnosis of mental health condition.
Sad/hopeless for two weeks in a row (high school students)	<i>Maine Integrated Youth Health Survey</i>	Percentage of high school students who 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.
Sad/hopeless for two weeks in a row (middle school students)	<i>Maine Integrated Youth Health Survey</i>	Percentage of seventh- and eighth-grade students who 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.
Seriously considered suicide (high school students)	<i>Maine Integrated Youth Health Survey</i>	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)	<i>Maine Integrated Youth Health Survey</i>	Percentage of seventh- and eighth-grade students who seriously considered attempting suicide during the past 12 months. Data collected in odd numbered years.
Depression, current symptoms (adults)	<i>Behavioral Risk Factor Surveillance System</i>	Percentage of adults who have reported current symptoms of depression.
Depression, lifetime	<i>Behavioral Risk Factor Surveillance System</i>	Percentage of adults who have ever been told by a healthcare provider that they have a depressive disorder.
Anxiety, lifetime	<i>Behavioral Risk Factor Surveillance System</i>	Percentage of adults who have ever been told by a healthcare provider that they have an anxiety disorder.
Chronic disease among persons with mental illness	<i>Behavioral Risk Factor Surveillance System</i>	Percentage of adults who have reported current symptoms of depression and have three or more chronic conditions.
Currently receiving outpatient mental health treatment (adults)	<i>Behavioral Risk Factor Surveillance System</i>	Percentage of adults who are currently taking medicine or receiving treatment from a doctor for any type of mental health condition or emotional problem.
Adults with mental health disorders who receive treatment	<i>National Survey on Drug Use and Health</i>	Percentage of adults with any mental illness who received mental health services in the past 12 months.
12-17-year-olds with major depressive episode who receive treatment	<i>National Survey on Drug Use and Health</i>	Percentage of adolescents, ages 12-17 years, with major depressive episode who received treatment for depression in the past 12 months.
Children with mental health disorders who receive treatment	<i>National Survey of Children's Health</i>	Percentage of children, ages 3-17 years, who have been diagnosed by a healthcare provider with a mental or behavioral condition.
Persons with co-occurring substance use and mental health disorders who receive treatment for both	<i>National Survey on Drug Use and Health</i>	Not available at the state level or county level (national only).

INDICATOR	DATA SOURCE	DEFINITION
ORAL HEALTH		
Ratio of practicing dentists to 100,000 population	<i>Health Resources and Services Administration</i>	Ratio of the number of dentists practicing full-time to 100,000 population. For dentists who work part-time, the number of hours worked are combined to estimated the number of full-time positions being filled.
Dentist visits in the past year (adults)	<i>Behavioral Risk Factor Surveillance System</i>	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.
Dentist visits in the past year (MaineCare members under age 18)	<i>MaineCare</i>	Percentage of MaineCare members, under age 18, who visited the dentist in the past 12 months.
SUBSTANCE AND ALCOHOL USE		
Overdose deaths per 100,000 population	<i>Vital Records</i>	Rate per 100,000 people of deaths of Maine residents due to a drug overdose. This rate does not include deaths of non-Maine residents that occur in the state of Maine.
Chronic heavy drinking (adults)	<i>Behavioral Risk Factor Surveillance System</i>	Percentage of adults who drink more than two drinks per day for men or more than one drink per day for women, among those who drink every day.
Past-30-day alcohol use (high school students)	<i>Maine Integrated Youth Health Survey</i>	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)	<i>Maine Integrated Youth Health Survey</i>	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.
Past-30-day marijuana use (high school students)	<i>Maine Integrated Youth Health Survey</i>	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)	<i>Maine Integrated Youth Health Survey</i>	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 (high school students)	<i>Maine Integrated Youth Health Survey</i>	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)	<i>Maine Integrated Youth Health Survey</i>	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.
Narcotic doses dispensed per capita	<i>Prescription Monitoring Program</i>	Rate per person of narcotic doses dispensed.
Drug-induced deaths per 100,000 population	<i>Maine CDC Vital Records</i>	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.
Alcohol-induced deaths per 100,000 population	<i>Maine CDC Vital Records</i>	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	<i>Maine Dept. of Transportation</i>	Rate per 100,000 population of alcohol-impaired driving fatalities (with a blood alcohol content of .08 or over).
Overdose emergency medical service responses per 10,000 population	<i>Maine Emergency Medical Services</i>	Rate per 10,000 population of overdose emergency medical service responses, including overdoses from drugs/medication, alcohol, and inhalants.
Opiate poisoning emergency department rate per 10,000 population	<i>Maine Health Data Organization Hospital Discharge Data</i>	Rate per 10,000 population of emergency department discharges with a principal diagnosis of opiate poisoning.
Opiate poisoning hospitalizations per 10,000 population	<i>Maine Health Data Organization Hospital Discharge Data</i>	Rate per 10,000 population of hospitalizations with a principal diagnosis of opiate poisoning.
Substance-use hospitalizations per 10,000 population	<i>Maine Health Data Organization Hospital Discharge Data</i>	Rate per 10,000 population of hospitalizations with a principal diagnosis of substance-use.

INDICATOR	DATA SOURCE	DEFINITION
SUBSTANCE AND ALCOHOL USE (CONTINUED)		
Drug-affected infant reports per 1,000 births	<i>Maine Automated Child Welfare Information System (Maine Office of Child and Family Services)</i>	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.
Binge drinking (high school students)	<i>Maine Integrated Youth Health Survey</i>	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)	<i>Maine Integrated Youth Health Survey</i>	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.
Binge drinking (adults)	<i>Behavioral Risk Factor Surveillance System</i>	Percentage of adults who had five or more drinks on at least one occasion for men and four or more drinks on at least one occasion for women in the past 30 days.
Past-30-day marijuana use (adults)	<i>Behavioral Risk Factor Surveillance System</i>	Percentage of adults who used marijuana during the past 30 days.
Past-30-day misuse of prescription drugs (adults)	<i>Behavioral Risk Factor Surveillance System</i>	Percentage of adults who used prescription drugs that were either not prescribed and/or not used as prescribed in order to get high at least once within the past 30 days.
Adults who needed and did not receive treatment for illicit drug use	<i>National Survey on Drug Use and Health</i>	Percentage of adults who needed but did not receive treatment for illicit drug use during the past 12 months.
Adults who needed and did not receive treatment for alcohol use	<i>National Survey on Drug Use and Health</i>	Percentage of adults who needed but did not receive treatment for alcohol use in the past 12 months during the past 12 months.
TOBACCO USE		
Current (every day or some days) smoking (adults)	<i>Behavioral Risk Factor Surveillance System</i>	Percentage of adults who have smoked at least 100 cigarettes in their lifetime and currently smoke.
Past-30-day cigarette smoking (high school students)	<i>Maine Integrated Youth Health Survey</i>	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)	<i>Maine Integrated Youth Health Survey</i>	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.
Maine Tobacco HelpLine users	<i>Center for Tobacco Independence</i>	Percentage of current adult smokers who are registered users of the Maine Tobacco HelpLine.
Past-30-day tobacco use (high school students)	<i>Maine Integrated Youth Health Survey</i>	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)	<i>Maine Integrated Youth Health Survey</i>	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.
Environmental tobacco smoke exposure (high school students)	<i>Maine Integrated Youth Health Survey</i>	Percentage of high school students who were in the same room with someone who was smoking cigarettes at least one day during the past seven days. Data collected in odd numbered years.
Environmental tobacco smoke exposure (middle school students)	<i>Maine Integrated Youth Health Survey</i>	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 seven days. Data collected in odd numbered years.
Current (every day or some days) E-cigarette use (adults)	<i>Behavioral Risk Factor Surveillance System</i>	Percentage of adults who used electronic “vaping” products every day or some days.
Past-30-day E-cigarette use (high school students)	<i>Maine Integrated Youth Health Survey</i>	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 E-cigarette use (middle school students)	<i>Maine Integrated Youth Health Survey</i>	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.

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