

Health in Maine: Education

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

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

- Not all data sources collect sufficient data elements for all populations of interest.
- Some populations and geographies in Maine are numerically small, resulting in data that is less reliable due to low numbers, unavailable due to suppression and/or privacy concerns, and/or missing entirely.
- Some health equity profiles may include fewer indicators than others and what appears in the County Data Profiles, given data availability, suppressed data rates, and what is and is not collected at the state and national level.
- Disparities are generally only analyzed at the state level for more reliable estimates with less suppression. However, this assumes disparities found at the state level have similar patterns for smaller geographical areas, which do not account for unique characteristics of population throughout the state.
- The data sets used by the Maine Share CHNA follow federal reporting guidelines for race, ethnicity, sexual orientation, and gender identity, which may not encompass nor resonate with everyone. Thus, some people may not see their identity in the health equity profiles.

To try to account for some of these gaps and complement the quantitative data, the Maine Shared CHNA engaged in an extensive community engagement process. That process and the results are outlined in the Community Engagement Overviews. Additional information on data commitments, how data is selected, data limitations, and data sources and definitions can be found in the data profiles for each County.

Population (Maine 2022)	
Less Than High School Diploma	3.7%
High School Diploma	30.2%
Some College Or Associate's Degree	28.5%
Bachelor's Degree Or Higher	36.1%

How to Read This Document

The following symbols are used in the tables to note when data may be too small for statistical reliability and suppressed due to a small number of responses and when data is pending (available at a later date) or unavailable.

Symbols	
*	means results may be statistically unreliable due to small numbers, use caution when interpreting.
~	means suppressed data due to a small number of respondents.
^	means data is pending.
—	means data is unavailable.

Health Indicators by Education

Indicator	Education				Maine
	Less than high school diploma or equivalent	High school diploma or equivalent	Some college or associate's degree	Bachelor's degree or higher	
Demographics					
Population (percent of total Maine population)	2022 3.7%	2022 30.2%	2022 28.5%	2022 36.1%	2022 100.0%
Veterans	2018-2022 4.1%	2018-2022 34.4%	2018-2022 33.9%	2018-2022 27.7%	2018-2022 9.0%
Gay, lesbian, and bisexual (adults)	2017-2021 6.6%	2017-2021 4.8%	2017-2021 5.5%	2017-2021 4.8%	2017-2021 5.1%
Transgender adults	2017-2021 2.4%	2017-2021 1.5%	2017-2021 1.3%	2017-2021 1.0%	2017-2021 4.1%
Persons with a disability	2018-2022 12.2%	2018-2022 39.4%	2018-2022 28.9%	2018-2022 19.6%	2018-2022 16.0%
Social Drivers of Health					
Individuals living in poverty	2018-2022 25.6%	2018-2022 13.5%	2018-2022 9.2%	2018-2022 4.4%	2018-2022 10.9%
General Health Status					
Fair or poor health	2021 35.9%	2021 17.7%	2021 14.2%	2021 7.4%	2021 14.8%
14 or more days lost due to poor physical health	2021 27.3%	2021 12.9%	2021 12.2%	2021 6.3%	2021 11.3%
14 or more days lost due to poor mental health	2021 28.8%	2021 16.2%	2021 16.5%	2021 9.8%	2021 16.0%
Three or more chronic conditions	2021 33.5%	2021 16.8%	2021 17.4%	2021 12.0%	2021 16.7%

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Access					
Uninsured	2018-2022 13.9%	2018-2022 10.3%	2018-2022 7.1%	2018-2022 3.4%	2018-2022 7.1%
Usual primary care provider (adults)	2021 86.3%	2021 86.9%	2021 92.7%	2021 93.9%	2021 69.4%
Primary care visit to any primary care provider in the past year	2021 78.7%	2021 76.3%	2021 80.1%	2021 80.6%	2021 78.9%
Cost barriers to health care	2021 11.4%	2021 8.3%	2021 8.9%	2021 4.7%	2021 7.6%
Cancer					
Breast cancer screening up-to-date	—	2020 78.7%	2020 83.1%	2020 85.8%	2020 78.2%
Colorectal cancer screening up-to-date	2020 74.8%	2020 77.0%	2020 82.5%	2020 84.9%	2020 76.8%
Cervical cancer screening up-to-date	—	2020 79.4%	2020 77.4%	2020 83.5%	2020 83.8%
Cardiovascular Disease					
High blood pressure	2021 42.6%	2021 35.8%	2021 33.6%	2021 29.7%	2021 31.7%
High cholesterol	2019 40.6%	2019 36.8%	2019 34.7%	2019 32.3%	2019 34.9%
Cholesterol checked in past five years	2019 78.3%	2019 86.3%	2019 91.2%	2019 92.8%	2019 89.0%
Diabetes					
Diabetes	2021 17.0%	2021 11.9%	2021 10.5%	2021 7.3%	2021 10.4%
A1c test at least twice/year (adults with diabetes)	2015-2021 66.8%	2015-2021 73.6%	2015-2021 78.6%	2015-2021 79.8%	2015-2021 75.5%
Formal diabetes education (adults with diabetes)	2015-2021 41.9%	2015-2021 53.7%	2015-2021 60.2%	2015-2021 59.5%	2015-2021 55.2%
Dilated eye exam annually (adults with diabetes)	2017-2021 62.5%	2017-2021 69.7%	2017-2021 75.2%	2017-2021 77.1%	2017-2021 71.9%
Respiratory Health					
Current asthma (adults)	2021 24.8%	2021 10.5%	2021 13.5%	2021 10.6%	2021 12.5%
Chronic obstructive pulmonary disease (COPD)	2021 28.5%	2021 10.4%	2021 8.1%	2021 3.7%	2021 9.0%

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Physical Activity, Nutrition and Weight					
Obesity (adults)	2021 38.1%	2021 33.1%	2021 35.1%	2021 25.5%	2021 31.9%
Overweight (adults)	2021 31.6%	2021 35.5%	2021 31.4%	2021 35.6%	2021 34.0%
Sedentary lifestyle – no leisure-time physical activity in past month (adults)	2021 43.3%	2021 34.2%	2021 26.1%	2021 14.6%	2021 26.5%
Met aerobic physical activity recommendations (adults)	2019 42.9%	2019 44.2%	2019 50.7%	2019 62.6%	2019 51.5%
Fruit consumption (adults reporting less than one serving per day)	2021 35.6%	2021 39.8%	2021 37.3%	2021 27.8%	2021 35.0%
Vegetable consumption (adults reporting less than one serving per day)	2021 17.9%	2021 16.7%	2021 13.3%	2021 8.2%	2021 13.1%
Cognitive Health					
Cognitive decline	2020 13.1%	2020 7.4%	2020 8.6%	2020 6.2%	2020 7.9%
Caregiving at least 20 hours per week	2017, 2019 & 2021 5.1%	2017, 2019 & 2021 4.9%	2017, 2019 & 2021 6.6%	2017, 2019 & 2021 3.7%	2017, 2019 & 2021 5.1%
Arthritis					
Arthritis	2021 39.9%	2021 31.0%	2021 33.0%	2021 27.3%	2021 31.1%
Immunizations					
Influenza vaccine in the past year (adults)	2021 42.5%	2021 42.3%	2021 48.7%	2021 61.6%	2021 50.0%
Pneumococcal pneumonia vaccination (adults ages 65+)	2021 67.1%	2021 67.7%	2021 73.1%	2021 77.5%	2021 72.4%
Environmental Health					
Adults living in households with private wells tested for arsenic	2016-2019 & 2021 43.2%	2016-2019 & 2021 47.9%	2016-2019 & 2021 54.5%	2016-2019 & 2021 59.4%	2016-2019 & 2021 52.7%
Adults living in households tested for radon	2016-2019 & 2021 23.3%	2016-2019 & 2021 26.3%	2016-2019 & 2021 31.8%	2016-2019 & 2021 44.4%	2016-2019 & 2021 33.0%

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Mental Health					
Depression, current symptoms (adults)	2021 20.5%	2021 13.3%	2021 10.7%	2021 6.1%	2021 10.8%
Depression, lifetime	2021 36.1%	2021 24.2%	2021 25.0%	2021 18.6%	2021 23.6%
Anxiety, lifetime	2021 33.1%	2021 24.5%	2021 25.0%	2021 18.6%	2021 23.8%
Currently receiving outpatient mental health treatment (adults)	2021 25.3%	2021 19.2%	2021 22.7%	2021 18.9%	2021 20.6%
Oral Health					
Tooth loss (adults)	2020 45.4%	2020 25.8%	2020 16.7%	2020 6.0%	2020 18.6%
Dentist visits in the past year (adults)	2020 32.7%	2020 58.3%	2020 68.4%	2020 81.8%	2020 66.7%
Substance Use					
Chronic heavy drinking (adults)	2021 7.9%	2021 8.8%	2021 7.6%	2021 8.5%	2021 8.2%
Binge drinking (adults)	2021 15.9%	2021 16.8%	2021 13.6%	2021 15.3%	2021 15.2%
Past-30-day marijuana use (adults)	2021 31.2%	2021 24.2%	2021 22.1%	2021 15.3%	2021 21.3%
Past-30-day misuse of prescription drugs (adult)	2011-2021 1.4%	2011-2021 1.3%	2011-2021 0.8%	2011-2021 0.3%	^
Tobacco Use					
Current cigarette smoking (adults)	2021 37.4%	2021 21.5%	2021 13.9%	2021 6.0%	2021 15.6%
Current E-cigarette use (adults)	2021 11.8%	2021 7.1%	2021 6.2%	2021 2.8%	2021 5.8%
Maine QuitLink users	2023 1.1%	2023 1.5%	2023 1.8%	2023 2.6%	2023 2.2%

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

The mission of the Maine Shared CHNA is to:

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

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

