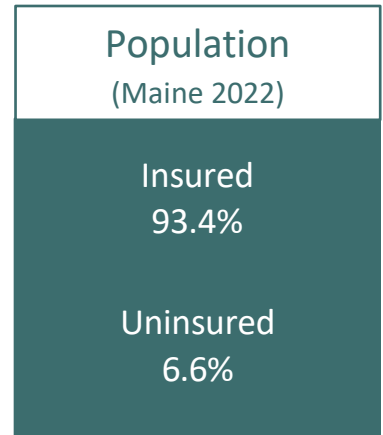# Health in Maine: Insurance Status

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)
Insured
93.4%
Uninsured
6.6%

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 Insurance Status

Indicator	Private	MaineCare	Medicare	Other	Insured	Uninsured	Maine
Demographics							
Population (percent of total Maine population)	—	—	—	—	2022 93.4%	2022 6.6%	2022 100.0%
Gay, lesbian and bisexual (adults)	2017-2021 5.2%	2017-2021 7.2%	2017-2021 3.4%	2017-2021 4.6%	—	2017-2021 7.1%	2017-2021 5.1%
Transgender (adults)	2017-2021 1.1%	2017-2021 2.2%	2017-2021 1.6%	2017-2021 1.1%	—	2017-2021 1.9%	2017-2021 1.4%
General Health Status							
Fair or poor health	2021 7.2%	2021 30.5%	2021 22.9%	2021 18.7%	—	2021 11.1%	2021 14.8%
14 or more days lost due to poor physical health	2021 6.0%	2021 24.1%	2021 17.6%	2021 14.8%	—	2021 10.5%	2021 11.7%
14 or more days lost due to poor mental health	2021 12.0%	2021 30.3%	2021 13.7%	2021 13.7%	—	2021 20.9%	2021 15.2%
Three or more chronic conditions	2021 8.0%	2021 27.1%	2021 30.0%	2021 21.2%	—	2021 5.6%	2021 16.7%
Access							
Ratio of population to primary care physicians	—	2024 1,437.0	—	—	—	—	2024 1,047.0
Usual primary care provider (adults)	2021 92.0%	2021 91.5%	2021 95.7%	2021 90.1%	—	2021 49.5%	2021 69.4%
Primary care visit to any primary care provider in the past year	2021 77.0%	2021 81.5%	2021 88.8%	2021 82.2%	—	2021 34.7%	2021 78.9%
Cost barriers to health care	2021 6.1%	2021 14.0%	2021 3.3%	2021 8.6%	—	2021 36.5%	2021 7.6%

Indicator	Insurance Status						Maine
	Private	MaineCare	Medicare	Other	Insured	Uninsured	
Cancer							
Breast cancer screening up-to-date	2020 86.9%	2020 75.1%	2020 84.4%	2020 83.5%	—	—	2020 82.9%
Colorectal cancer screening up-to-date	2020 81.9%	2020 73.4%	2020 86.6%	2020 86.1%	—	2020 40.5%	2020 81.2%
Cervical cancer screening up-to-date	2020 84.4%	2020 67.7%	2020 81.0%	—	—	2020 67.1%	2020 80.4%
Cardiovascular Disease							
High blood pressure	2021 25.0%	2021 38.2%	2021 25.0%	2021 39.0%	—	2021 17.3%	2021 31.7%
High cholesterol	2019 29.0%	2019 34.7%	2019 47.3%	2019 41.5%	—	2019 26.3%	2019 34.9%
Cholesterol checked in past five years	2019 89.5%	2019 86.6%	2019 96.9%	2019 92.0%	—	2019 67.8%	2019 89.0%
Diabetes							
Diabetes	2021 6.0%	2021 11.9%	2021 18.8%	2021 11.5%	—	2021 1.6%	2021 10.4%
Formal diabetes education (adults with diabetes)	2015-2021 58.8%	2015-2021 48.1%	2015-2021 56.0%	2015-2021 55.1%	—	2015-2021 45.5%	2015-2021 55.2%
Dilated eye exam annually (adults with diabetes)	2017-2021 71.4%	2017-2021 63.2%	2017-2021 76.6%	2017-2021 75.0%	—	2017-2021 48.7%	2017-2021 71.9%
Respiratory Health							
Current asthma (adults)	2021 10.1%	2021 26.6%	2021 13.1%	2021 14.4%	—	2021 6.7%	2021 12.5%
Chronic obstructive pulmonary disease (COPD)	2021 3.2%	2021 20.2%	2021 16.1%	2021 9.6%	—	2021 5.5%	2021 9.0%
Physical Activity, Nutrition and Weight							
Obesity (adults)	2021 31.5%	2021 37.8%	2021 30.5%	2021 32.9%	—	2021 30.4%	2021 31.9%
Overweight (adults)	2021 34.0%	2021 29.1%	2021 36.6%	2021 33.5%	—	2021 27.2%	2021 34.0%
Sedentary lifestyle – no leisure-time physical activity in past month (adults)	2021 20.1%	2021 34.5%	2021 35.2%	2021 29.0%	—	2021 23.0%	2021 26.5%
Met aerobic physical activity recommendations (adults)	2019 54.8%	2019 42.9%	2019 46.9%	2019 51.1%	—	2019 50.5%	2019 51.5%
Fruit consumption (adults reporting less than one serving per day)	2021 33.0%	2021 47.0%	2021 32.3%	2021 37.5%	—	2021 46.9%	2021 35.0%
Vegetable consumption (adults reporting less than one serving per day)	2021 10.4%	2021 16.2%	2021 14.7%	2021 15.9%	—	2021 17.0%	2021 13.1%

Indicator	Insurance Status						Maine
	Private	MaineCare	Medicare	Other	Insured	Uninsured	
Pregnancy and Birth Outcomes							
Infant deaths per 1,000 live births	2018-2022 4.4	2018-2022 7.5	—	2018-2022 7.5	—	—	2018-2022 5.7
Low birth weight (<2500 grams)	2022 7.0%	2022 10.2%	—	2022 11.8%	—	—	2022 8.2%
Pre-term live births	2022 8.6%	2022 11.2%	—	2022 14.7%	—	—	2022 9.6%
Unintended births	—	2021-2022 28.1%	—	2021-2022 13.5%	2021-2022 13.5%	2021-2022 23.3%	2021-2022 18.5%
Adequate prenatal care	2022 90.0%	2022 78.0%	—	2022 81.9%	—	—	2022 84.0%
Smoked during pregnancy	2022 1.9%	2022 18.2%	—	2022 7.4%	—	—	2022 8.2%
Drank alcohol during pregnancy	—	2021-2022 8.3%	—	2021-2022 11.9%	—	2021-2022 8.9%	2021-2022 10.6%
Infants who are ever breast fed	2022 92.6%	2022 9.4%	—	2022 86.5%	—	—	2022 87.6%
C-sections among low-risk first births	2022 27.1%	2022 24.4%	—	2022 26.8%	—	—	2022 25.7%
Cognitive Health							
Cognitive decline	2020 4.1%	2020 13.6%	2020 10.3%	2020 11.5%	—	2020 7.5%	2020 7.9%
Caregiving at least 20 hours per week	2017, 2019 & 2021 4.3%	2017, 2019 & 2021 6.3%	2017, 2019 & 2021 5.4%	2017, 2019 & 2021 6.1%	—	2017, 2019 & 2021 7.3%	2017, 2019 & 2021 5.1%
Arthritis							
Arthritis	2021 21.8%	2021 38.5%	2021 49.4%	2021 28.3%	—	2021 13.4%	2021 31.1%
Environmental Health							
Lead screening among children (ages 12-23 months)	—	2022 60.8%	—	2022 75.8%	—	—	2022 68.5%
Lead screening among children (ages 24-35 months)	—	2022 43.9%	—	2022 4.9%	—	—	2022 46.4%
Immunizations							
Influenza vaccination in the past year (adults)	2021 49.2%	2021 41.0%	2021 64.0%	2017 46.4%	—	2021 14.8%	2021 50.0%
Pneumococcal pneumonia vaccination (adults ages 65+)	2021 67.0%	—	2021 73.6%	—	—	—	2021 72.4%
Up-to-date COVID vaccinations	^	^	^	^	^	^	^

Indicator	Insurance Status						Maine
	Private	MaineCare	Medicare	Other	Insured	Uninsured	
Mental Health							
Depression, current symptoms (adults)	2021 8.0%	2021 21.0%	2021 10.7%	2021 15.5%	—	2021 15.1%	2021 10.8%
Depression, lifetime	2021 20.0%	2021 42.3%	2021 22.6%	2021 28.8%	—	2021 20.2%	2021 23.6%
Anxiety, lifetime	2021 21.9%	2021 39.6%	2021 20.6%	2021 25.3%	—	2021 22.4%	2021 23.8%
Ratio of population to psychiatrists	—	2024 10,079.0	—	—	—	—	2024 8,380.0
Currently receiving outpatient mental health treatment (adults)	2021 19.3%	2021 29.4%	2021 20.1%	2021 21.9%	—	2021 11.6%	2021 20.6%
Oral Health							
Ratio of population to practicing dentists	—	2024 7,585.0	—	—	—	—	2024 2,375.0
Tooth loss (adults)	2020 7.6%	2020 33.2%	2020 35.8%	2020 24.7%	—	2020 17.4%	2020 18.6%
Dentist visits in the past year (adults)	2020 70.0%	2020 40.6%	2020 65.7%	2020 64.1%	—	2020 39.5%	2020 66.7%
Substance Use							
Chronic heavy drinking (adults)	2021 9.4%	2021 7.8%	2021 5.3%	2021 11.7%	—	2021 13.3%	2021 8.2%
Binge drinking (adults)	2021 20.0%	2021 12.8%	2021 6.4%	2021 11.7%	—	2021 26.8%	2021 15.2%
Past-30-day marijuana use (adults)	2021 20.7%	2021 32.8%	2021 14.2%	2021 29.8%	—	2021 44.0%	2021 21.3%
Past-30-day misuse of prescription drugs (adult)	2011-2021 0.6%	2011-2021 1.8%	2011-2021 0.4%	2011-2021 0.8%	—	2011-2021 2.6%	^
Tobacco Use							
Maine QuitLink users	2020 1.2%	2020 3.1%	2020 2.0%	—	—	2020 1.8%	2020 1.8%

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

The mission of the Maine Shared CHNA is to:

- Create shared CHNA reports,

- Engage and activate communities, and

- Support data-driven improvements in health and well-being for all people living in Maine.

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