Health in Maine: Sex

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)
Female
700,783
Male
684,557
Transgender or non-binary*
14,515
(*BRFSS 2017-2021)

How to Read This Document

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

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

Health and Well-Being Indicators by Sex

Indicator	Sex		Maine
	Male	Female	
Demographics			
Population (percent of total Maine population)	2022 48.4%	2022 50.4%	2022 100.0%
Veterans	2018-2022 92.1%	2018-2022 7.9%	2018-2022 9.0%
Gay, lesbian and bisexual (high school students)	—	—	2023 16.7%
Gay, lesbian and bisexual (adults)	2017-2021 3.8%	2017-2021 6.4%	2017-2021 5.1%
Transgender youth (high school students)	—	—	2023 4.5%
Transgender adults	—	—	2017-2021 4.1%
Persons with a disability	2018-2022 16.3%	2018-2022 15.3%	2018-2022 15.8%
Foreign born	2018-2022 2.1%	2018-2022 1.7%	2018-2022 3.8%

Indicator	Sex		Maine
	Male	Female	
Social Drivers of Health			
Individuals living in poverty	2018-2022 9.8%	2018-2022 11.7%	2018-2022 10.9%
Unemployment	2023 2.9%	2023 3.2%	2023 3.1%
High school student graduation	2022-2023 86.0%	2022-2023 88.7%	2022-2023 87.3%
Associate's degree or higher among those age 25 and older	2018-2022 47.9%	2018-2022 40.7%	2018-2022 44.4%
Housing insecure (high school students)	2023 2.8%	2023 2.5%	2023 2.6%
No vehicle for the household	^	^	2018-2022 6.9%
Adverse childhood experiences (high school students)	2023 20.2%	2023 33.4%	2023 36.7%
General Health Status			
Fair or poor health	2021 15.3%	2021 14.4%	2021 14.8%
14 or more days lost due to poor physical health	2021 10.9%	2021 12.4%	2021 11.7%
14 or more days lost due to poor mental health	2021 12.1%	2021 18.2%	2021 15.2%
Three or more chronic conditions	2021 16.1%	2021 17.2%	2021 16.7%
Overall Mortality			
Life expectancy	2019 76.2	2019 80.6	2017-2019 78.7
Overall death rate per 100,000 population	2022 1,017.9	2022 694.3	2022 844.3
Access			
Uninsured	2018-2022 8.3%	2018-2022 6.0%	2018-2022 7.1%
MaineCare enrollment (all ages)	2023 26.2%	2023 28.3%	2023 27.3%
MaineCare enrollment (ages 0-19)	2023 49.0%	2023 48.9%	2023 49.0%
Usual primary care provider (adults)	2021 86.7%	2021 94.5%	2021 69.4%
Primary care visit to any primary care provider in the past year	2021 75.3%	2021 82.3%	2021 78.9%
Cost barriers to health care	2021 7.0%	2021 8.3%	2021 7.6%

Indicator	Sex		Maine
	Male	Female	
Health Care Quality			
Ambulatory care-sensitive condition hospitalizations per 10,000 population	2021 40.9	2021 34.8	2021 37.6
Ambulatory care-sensitive condition emergency department rate per 10,000 population	^	^	^
Cancer			
All cancer deaths per 100,000 population	2022 182.6	2022 132.9	2022 153.8
Colorectal cancer deaths per 100,000 population	2022 12.0	2022 11.3	2022 11.6
Female breast cancer deaths per 100,000 population	—	2022 17.5	2022 17.5
Lung cancer deaths per 100,000 population	2022 40.0	2022 32.4	2022 35.7
Prostate cancer deaths per 100,000 population	2022 21.0	—	2022 21.0
Tobacco-related cancer deaths per 100,000 population	2022 72.7	2022 36.1	2022 52.5
All cancer new cases per 100,000 population	2021 505.0	2021 471.7	2021 483.2
Bladder cancer new cases per 100,000 population	2021 43.8	2021 11.4	2021 25.8
Colorectal cancer new cases per 100,000 population	2021 37.8	2021 32.9	2021 35.3
Female breast cancer new cases per 100,000 population	—	2021 145.9	2021 145.9
Lung cancer new cases per 100,000 population	2021 69.8	2021 57.0	2021 62.7
Melanoma skin cancer new cases per 100,000 population	2021 29.1	2021 25.3	2021 26.8
Prostate cancer new cases per 100,000 population	—	2021 111.6	2021 111.6
Tobacco-related cancer (excluding lung cancer) new cases per 100,000 population	2021 179.2	2021 99.0	2021 135.8
HPV-associated cancer new cases per 100,000 population	2021 12.9	2021 17.2	2021 15.0
Obesity-associated cancer (excluding colon cancer) new cases per 100,000 population	2021 75.4	2021 202.9	2021 141.9
Alcohol-associated new cancer cases per 100,000 population	2021 83.7	2021 194.2	2021 140.8
Colorectal late-stage new cases per 100,000 population	2021 21.6	2021 18.9	2021 20.2
Female breast cancer late-stage new cases per 100,000 population	—	2021 43.6	2021 43.6
Lung cancer late-stage incidence per 100,000 population	2021 43.2	2021 35.2	2021 38.8

| Indicator | Sex | | Maine |
	Male	Female	
Cancer (continued)			
Breast cancer screening up-to-date	—	2020 82.9%	2020 82.9%
Cervical cancer screening up-to-date	—	2020 80.4%	2020 80.4%
Colorectal cancer screening up-to-date	2020 80.5%	2020 81.8%	2020 81.2%
Lung cancer screening rate among eligible adults	2020-2021 19.9%	2020-2021 17.1%	2020-2021 18.7%
Cardiovascular Disease			
Cardiovascular disease deaths per 100,000 population	2022 261.1	2022 169.8	2022 211.1
Coronary heart disease deaths per 100,000 population	2022 121.2	2022 58.1	2022 85.9
Heart attack deaths per 100,000 population	2022 32.5	2022 16.2	2022 24.6
Stroke deaths per 100,000 population	2022 29.3	2022 29.1	2022 29.4
High blood pressure hospitalizations per 10,000 population	2021 23.3	2021 16.9	2021 19.8
Heart failure hospitalizations per 10,000 population	2021 5.1	2021 3.0	2021 3.9
Heart attack hospitalizations per 10,000 population	2021 24.9	2021 11.7	2021 18.0
Stroke hospitalizations per 10,000 population	2021 21.0	2021 15.6	2021 18.1
High blood pressure	2021 37.6%	2021 30.3%	2021 31.7%
High cholesterol	2019 37.2%	2019 32.8%	2019 34.9%
Cholesterol checked in past five years	2019 85.7%	2019 92.2%	2019 89.0%
Diabetes			
Diabetes	2021 12.4%	2021 8.6%	2021 10.4%
Diabetes deaths (underlying cause) per 100,000 population	2022 37.6	2022 20.1	2022 28.2
Diabetes hospitalizations (principal diagnosis) per 10,000 population	2021 15.3	2021 9.9	2021 12.5
A1c test at least twice/year (adults with diabetes)	2015-2021 74.8%	2015-2021 76.3%	2015-2021 75.5%
Formal diabetes education (adults with diabetes)	2015-2021 52.1%	2015-2021 58.9%	2015-2021 55.2%
Dilated eye exam annually (adults with diabetes)	2015-2021 71.1%	2015-2021 72.9%	2017-2021 71.9%
Respiratory Health			
Current asthma (adults)	2021 8.6%	2021 16.1%	2021 12.5%
Current asthma (youth ages 0-17)	2021 9.6%	2021 4.9%	2021 7.2%

Indicator	Sex		
	Male	Female	Maine
Respiratory Health (continued)			
Chronic pulmonary obstructive disease (COPD)	2021 8.1%	2021 9.8%	2021 9.0%
Chronic lower respiratory disease deaths per 100,000 population	2022 43.5	2022 37.2	2022 40.0
Asthma emergency department rate per 10,000 population	^	^	^
Chronic obstructive pulmonary disease hospitalizations per 10,000 population	2021 6.4	2021 5.6	2021 6.0
Pneumonia hospitalizations per 10,000 population	2021 9.3	2021 7.8	2021 8.4
Physical Activity, Nutrition and Weight			
Obesity (adults)	2021 31.6%	2021 32.2%	2021 31.9%
Obesity (high school students)	2023 18.7%	2023 12.3%	2023 15.7%
Obesity (middle school students)	2023 18.5%	2023 13.1%	2023 16.0%
Overweight (adults)	2021 39.0%	2021 28.8%	2021 34.0%
Overweight (high school students)	2023 16.7%	2023 15.1%	2023 16.0%
Overweight (middle school students)	2023 16.8%	2023 15.8%	2023 16.3%
Sedentary lifestyle – no leisure-time physical activity in past month (adults)	2021 25.5%	2021 27.4%	2021 26.5%
Met aerobic physical activity recommendations (adults)	2021 38.6%	2021 31.8%	2019 51.5%
Met physical activity recommendations (high school students)	2023 54.6%	2023 40.6%	2023 47.7%
Met physical activity recommendations (middle school students)	2023 56.9%	2023 43.3%	2023 50.2%
Fewer than two hours combined screen time (high school students)	2023 23.6%	2023 22.2%	2023 22.9%
Fewer than two hours combined screen time (middle school students)	2023 30.8%	2023 26.7%	2023 28.8%
Fruit consumption (adults reporting less than one serving per day)	2021 38.6%	2021 31.8%	2021 35.0%
Vegetable consumption (adults reporting less than one serving per day)	2021 5.4%	2021 11.0%	2021 13.1%
Fruit and vegetable consumption (high school students reporting 5 or more a day)	2023 15.0%	2023 13.4%	2023 14.2%
Fruit and vegetable consumption (middle school students reporting 5 or more a day)	2023 19.9%	2023 18.1%	2023 18.9%
Soda/sports drink consumption (high school students reporting 1 or more a day)	2023 28.3%	2023 22.3%	2023 25.3%
Soda/sports drink consumption (middle school students reporting 1 or more a day)	2023 25.7%	2023 20.8%	2023 23.3%

Indicator	Sex		Maine
	Male	Female	
Children with Special Health Care Needs			
Children with special health care needs	2018-2019 24.5%	2018-2019 21.5%	2018-2019 23.0%
Developmental screening for MaineCare members	2020 16.5%	2020 16.7%	2020 16.6%
Cognitive Health			
Cognitive decline	2020 8.2%	2020 7.5%	2020 7.9%
Caregiving at least 20 hours per week	2015, 2019 & 2021 3.6%	2015, 2019 & 2021 6.5%	2015, 2019 & 2021 5.1%
Arthritis			
Arthritis	2021 27.0%	2021 35.0%	2021 31.1%
Environmental Health			
Adults living in households with private wells tested for arsenic	2016-2019 & 2021 53.9%	2016-2019 & 2021 51.6%	2016-2019 & 2021 52.7%
Adults living in households tested for radon	2016-2019 & 2021 33.8%	2016-2019 & 2021 32.2%	2016-2019 & 2021 33.0%
Immunizations			
Influenza vaccination in the past year (adults)	2021 45.5%	2021 54.7%	2021 50.0%
Pneumococcal pneumonia vaccination (adults ages 65+)	2021 67.0%	2021 77.0%	2021 72.4%
Up-to-date COVID vaccinations	^	^	^
Infectious Disease			
Lyme disease new cases per 100,000 population	2022 220.9	2020 162.8	2020 191.4
Gastrointestinal disease new cases per 100,000 population	2022 30.2	2022 32.8	2022 31.5
Hepatitis A (acute) new cases per 100,000 population	2022 5.1	2022 4.1	2022 4.6
Hepatitis B (acute) new cases per 100,000 population	2022 1.8	—	2022 2.1
Hepatitis B (chronic) new cases per 100,000 population	2022 17.3	2022 11.0	2022 14.1
Hepatitis C (acute) new cases per 100,000 population	2022 11.4	2020 7.5	2022 9.5
Hepatitis C (chronic) new cases per 100,000 population	2022 106.4	2022 86.7	2022 96.4
Pertussis new cases per 100,000 population	2022 6.6	2022 4.8	2022 5.7
Tuberculosis new cases per 100,000 population	2022 1.5	2022 1.0	2022 1.3
Chlamydia new cases per 100,000 population	2022 165.4	2022 285.7	2022 226.4
Gonorrhea new cases per 100,000 population	2022 58.7	2022 31.3	2022 44.8

Indicator	Sex		Maine
	Male	Female	
Infectious Disease (continued)			
Syphilis new cases per 100,000 population	2022 12.7	2022 3.6	2022 8.1
HIV new cases per 100,000 population	2022 2.3	2022 3.7	2022 3.0
COVID deaths (any of multiple causes) per 100,000/year	^	^	^
COVID hospital admissions per 100,000/year	^	^	^
Unintentional Injury			
Injury deaths per 100,000 population	2022 163.6	2022 67.5	2022 115.4
Fall-related deaths (unintentional) per 100,000 population	2021 16.1	2021 15.8	2021 16.2
Motor vehicle traffic crash (unintentional) deaths per 100,000 population	2022 20.6	2022 5.5	2022 13.0
Poisoning deaths (unintentional and undetermined intent) per 100,000 population	2022 82.5	2022 28.7	2022 55.6
Work-related deaths (number)	2019 19	2019 0	2019 20
Fall-related injury (unintentional) emergency department rate per 10,000 population	2021 244.4	2021 274.6	2021 261.0
Traumatic brain injury emergency department rate per 10,000 population	2021 35.9	2021 33.6	2021 34.8
Always wear seatbelt (high school students)	2023 69.9%	2023 70.2%	2023 70.0%
Always wear seatbelt (middle school students)	2023 75.6%	2023 75.5%	2023 75.6%
Intentional Injury			
Suicide deaths per 100,000 population	2022 28.2	2022 8.1	2022 17.7
Firearm deaths per 100,000 population	2022 20.5	2022 3.7	2022 11.7
Intentional self-injury (high school students)	2023 13.7%	2023 32.4%	2023 22.9%
Intentional self-injury (middle school students)	2023 12.4%	2023 25.4%	2023 23.6%
Bullied on school property (high school students)	2023 17.4%	2023 26.5%	2023 21.9%
Bullied on school property (middle school students)	2023 41.4%	2023 55.7%	2023 48.6%
Electronic bullying (high school students)	2023 14.5%	2023 25.8%	2023 20.0%
Electronic bullying (middle school students)	2023 25.4%	2023 45.0%	2023 35.1%
Mental Health			
Depression, current symptoms (adults)	2021 10.1%	2021 9.2%	2021 10.8%
Depression, lifetime	2021 16.8%	2021 30.5%	2021 23.6%

Indicator	Sex		Maine
	Male	Female	
Mental Health (continued)			
Sad/hopeless for two weeks in a row (high school students)	2023 24.2%	2023 46.0%	2023 35.0%
Sad/hopeless for two weeks in a row (middle school students)	2023 20.7%	2023 44.9%	2023 32.7%
Anxiety, lifetime	2021 16.4%	2021 30.5%	2021 23.8%
Seriously considered suicide (high school students)	2023 13.0%	2023 22.6%	2023 17.8%
Seriously considered suicide (middle school students)	2023 14.3%	2023 29.0%	2023 21.8%
Mental health emergency department rate per 10,000 population	2021 142.8	2021 154.4	2021 148.5
Currently receiving outpatient mental health treatment (adults)	2021 13.9%	2021 26.7%	2021 20.6%
Oral Health			
Tooth loss (adults)	2020 18.9%	2020 18.3%	2020 18.6%
Ambulatory care sensitive dental emergency department rates for adults per 10,000 population	^	^	^
Ambulatory care sensitive dental emergency department rates for children per 10,000 population	^	^	^
Dentist visits in the past year (adults)	2020 64.3%	2020 66.5%	2020 66.7%
Substance Use			
Overdose deaths per 100,000 population	2020 54.2	2020 29.2	2020 37.3
Drug-induced deaths per 100,000 population	2022 79.7	2022 31.3	2022 55.6
Alcohol-induced deaths per 100,000 population	2022 11.8	2022 25.9	2022 18.6
Alcohol-impaired driving deaths per 100,000 population	2022 29.5	2022 9.4	2019 11.8
Drug-affected infant reports per 1,000 births	2019 70.1	2019 76.4	2019 72.9
Chronic heavy drinking (adults)	2021 8.4%	2021 8.1%	2021 8.2%
Past-30-day alcohol use (high school students)	2023 18.5%	2023 22.8%	2023 20.5%
Past-30-day alcohol use (middle school students)	2023 3.7%	2023 5.9%	2023 4.8%
Binge drinking (adults)	2021 20.4%	2021 10.5%	2021 15.3%
Binge drinking (high school students)	2023 44.2%	2023 28.6%	2023 36.1%
Binge drinking (middle school students)	2023 1.4%	2023 2.2%	2023 1.8%
Past-30-day marijuana use (adults)	2021 24.8%	2021 18.1%	2021 21.3%

Indicator	Sex		Maine
	Male	Female	
Substance Use (continued)			
Past-30-day marijuana use (high school students)	2023 17.5%	2023 20.0%	2023 18.7%
Past-30-day marijuana use (middle school students)	2023 3.8%	2023 6.2%	2023 5.0%
Past-30-day misuse of prescription drugs (adult)	2011-2021 1.1%	2011-2021 0.6%	^
Past-30-day misuse of prescription drugs (high school students)	2023 5.7%	2023 4.7%	2023 5.2%
Past-30-day misuse of prescription drugs (middle school students)	2023 4.5%	2023 5.3%	2023 4.9%
Lifetime illicit drug use (high school students)	^	^	2023 3.6%
Overdose emergency medical service responses per 10,000 population	2020 96.7	2020 56.6	2020 76.7
Opiate poisoning emergency department rate per 10,000 population	^	^	^
Opiate poisoning hospitalizations per 10,000 population	2021 1.5	2021 0.8	2021 1.1
Tobacco Use			
Current cigarette smoking (adults)	2021 15.9%	2021 15.4%	2021 15.6%
Past-30-day cigarette smoking (high school students)	2023 6.3%	2023 4.7%	2023 5.6%
Past-30-day cigarette smoking (middle school students)	2023 1.8%	2023 2.3%	2023 2.0%
Current E-cigarette use (adults)	2021 6.9%	2021 4.8%	2021 5.8%
Past-30-day use of vaping products (high school students)	2023 13.6%	2023 17.7%	2023 15.6%
Past-30-day use of vaping products (middle school students)	2023 3.9%	2023 7.6%	2023 5.7%
Past-30-day tobacco use (high school students)	2023 9.0%	2023 6.0%	2023 76.0%
Past-30-day tobacco use (middle school students)	2023 1.8%	2023 1.5%	2023 1.2%
Environmental tobacco smoke exposure (high school students)	2023 19.0%	2023 19.6%	2023 19.3%
Environmental tobacco smoke exposure (middle school students)	2023 18.2%	2023 21.7%	2023 19.9%
Maine QuitLink users	2023 1.7%	2023 1.9%	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 sixth 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.