

# HEALTH IN MAINE: SEXUAL ORIENTATION

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.

Youth Population (Maine 2023)
Gay or Lesbian 1,510
Bisexual 5,270
Heterosexual 45,616

## 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 for Sexual Orientation

INDICATOR	Sexual Orientation					Maine
	Heterosexual	Gay or lesbian	Bisexual	Something Else	Not Sure	
<b>Demographics</b>						
Gay, lesbian and bisexual (adults)	^	^	^	^	^	2017-2021 5.1%
Gay, lesbian and bisexual (high school students)	2023 72.5%	2023 4.0%	2023 12.7%	2023 5.1%	2023 4.0%	2023 16.7%
Transgender adults	2017-2021 0.9%	2017-2021 7.5%	2017-2021 5.3%	2017-2021 21.4%	—	2017-2021 4.1%
Transgender youth (high school students)	—	—	—	—	2023 2.6%	2023 4.5%
<b>Social Drivers of Health</b>						
Housing insecure (high school students)	2023 1.7%	2023 7.2%	2023 3.1%	2023 3.1%	2023 3.6%	2023 36.7%
Adverse childhood experiences (high school students)	2023 20.8%	2023 45.6%	2023 45.0%	2023 46.9%	2023 33.5%	2023 15.7%
<b>General Health Status</b>						
Fair or poor health	2011-2015 & 2017-2021 15.6%	2011-2015 & 2017-2021 17.9%	2011-2015 & 2017-2021 19.3%	2011-2015 & 2017-2021 23.0%	—	2011-2015 & 2017-2021 15.8%
14 or more days lost due to poor physical health	2011-2015 & 2017-2021 12.4%	2011-2015 & 2017-2021 13.9%	2011-2015 & 2017-2021 15.8%	2011-2015 & 2017-2021 19.8%	—	2011-2015 & 2017-2021 12.5%
14 or more days lost due to poor mental health	2011-2015 & 2017-2021 12.2%	2011-2015 & 2017-2021 18.8%	2011-2015 & 2017-2021 34.0%	2011-2015 & 2017-2021 34.3%	—	2011-2015 & 2017-2021 13.0%
Three or more chronic conditions	2011-2015 & 2017-2021 15.6%	2011-2015 & 2017-2021 14.5%	2011-2015 & 2017-2021 12.8%	2011-2015 & 2017-2021 16.4%	—	2011-2015 & 2017-2021 15.3%

Indicator	Sexual Orientation					Maine
	Heterosexual	Gay or lesbian	Bisexual	Something Else	Not Sure	
<b>Access</b>						
Usual primary care provider (adults)	2011-2015 & 2017-2021 <b>88.0%</b>	2011-2015 & 2017-2021 <b>89.0%</b>	2011-2015 & 2017-2021 <b>83.3%</b>	2011-2015 & 2017-2021 <b>80.1%</b>	—	2011-2015 & 2017-2021 <b>87.4%</b>
Primary care visit to any primary care provider in the past year	2011-2015 & 2017-2021 <b>74.5%</b>	2011-2015 & 2017-2021 <b>71.0%</b>	2011-2015 & 2017-2021 <b>69.1%</b>	2011-2015 & 2017-2021 <b>74.2%</b>	—	2011-2015 & 2017-2021 <b>74.1%</b>
Cost barrier to care	2011-2015 & 2017-2021 <b>9.9%</b>	2011-2015 & 2017-2021 <b>16.4%</b>	2011-2015 & 2017-2021 <b>23.3%</b>	2011-2015 & 2017-2021 <b>17.8%</b>	—	2011-2015 & 2017-2021 <b>10.6%</b>
<b>Cardiovascular Disease</b>						
High blood pressure	2011, 2013, 2015, 2017, 2019 & 2021 <b>35.0%</b>	2011, 2013, 2015, 2017, 2019 & 2021 <b>29.4%</b>	2011, 2013, 2015, 2017, 2019 & 2021 <b>17.0%</b>	2011, 2013, 2015, 2017, 2019 & 2021 <b>26.2%</b>	—	2011, 2013, 2015, 2017, 2019 & 2021 <b>34.1%</b>
<b>Diabetes</b>						
Diabetes	2011-2015 & 2017-2021 <b>10.3%</b>	2011-2015 & 2017-2021 <b>8.9%</b>	2011-2015 & 2017-2021 <b>6.4%</b>	2011-2015 & 2017-2021 <b>8.6%</b>	—	2011-2015 & 2017-2021 <b>10.1%</b>
A1c test at least twice/year (adults with diabetes)	2011-2015 & 2017-2021 <b>75.7%</b>	2011-2015 & 2017-2021 <b>81.1%</b>	—	2011-2015 & 2017-2021 <b>84.3%</b>	—	2011-2015 & 2017-2021 <b>75.7%</b>
<b>Respiratory Health</b>						
Current asthma (adults)	2011-2015 & 2017-2021 <b>11.4%</b>	2011-2015 & 2017-2021 <b>15.6%</b>	2011-2015 & 2017-2021 <b>19.5%</b>	2011-2015 & 2017-2021 <b>18.0%</b>	—	2011-2015 & 2017-2021 <b>11.6%</b>
Chronic obstructive pulmonary disease (COPD)	2011-2015 & 2017-2021 <b>8.2%</b>	2011-2015 & 2017-2021 <b>6.9%</b>	2011-2015 & 2017-2021 <b>9.2%</b>	2011-2015 & 2017-2021 <b>7.6%</b>	—	2011-2015 & 2017-2021 <b>8.1%</b>
<b>Physical Activity, Nutrition and Weight</b>						
Obesity (adults)	2011-2015 & 2017-2021 <b>29.9%</b>	2011-2015 & 2017-2021 <b>30.5%</b>	2011-2015 & 2017-2021 <b>31.6%</b>	2011-2015 & 2017-2021 <b>33.9%</b>	—	2011-2015 & 2017-2021 <b>29.7%</b>
Obesity (high school students)	2023 <b>13.9%</b>	2023 <b>22.0%</b>	2023 <b>20.6%</b>	2023 <b>23.1%</b>	2023 <b>18.2%</b>	2023 <b>15.7%</b>
Obesity (middle school students)	2023 <b>14.1%</b>	2023 <b>24.8%</b>	2023 <b>25.5%</b>	2023 <b>23.1%</b>	2023 <b>19.4%</b>	2023 <b>16.0%</b>
Overweight (adults)	2011-2015 & 2017-2021 <b>36.0%</b>	2011-2015 & 2017-2021 <b>30.6%</b>	2011-2015 & 2017-2021 <b>24.5%</b>	2011-2015 & 2017-2021 <b>25.6%</b>	—	2011-2015 & 2017-2021 <b>35.6%</b>
Overweight (high school students)	2023 <b>15.8%</b>	2023 <b>15.9%</b>	2023 <b>17.0%</b>	2023 <b>17.4%</b>	2023 <b>13.9%</b>	2023 <b>16.0%</b>
Overweight (middle school students)	2023 <b>16.1%</b>	2023 <b>14.8%</b>	2023 <b>17.3%</b>	2023 <b>16.3%</b>	2023 <b>18.0%</b>	2023 <b>16.3%</b>

Indicator	Sexual Orientation					
	Heterosexual	Gay or lesbian	Bisexual	Something Else	Not Sure	Maine
<b>Physical Activity, Nutrition and Weight (continued)</b>						
Sedentary lifestyle – no leisure-time physical activity in past month (adults)	2011-2015 & 2017-2021 <b>23.9%</b>	2011-2015 & 2017-2021 <b>23.9%</b>	2011-2015 & 2017-2021 <b>19.9%</b>	2011-2015 & 2017-2021 <b>28.2%</b>	—	2011-2015 & 2017-2021 <b>23.7%</b>
Met physical activity recommendations (high school students)	2023 <b>54.4%</b>	2023 <b>28.5%</b>	2023 <b>30.6%</b>	2023 <b>24.6%</b>	2023 <b>31.5%</b>	2023 <b>47.7%</b>
Met physical activity recommendations (middle school students)	2023 <b>56.0%</b>	2023 <b>32.9%</b>	2023 <b>32.7%</b>	2023 <b>31.1%</b>	2023 <b>31.0%</b>	2023 <b>22.9%</b>
Fewer than two hours combined screen time (high school students)	2023 <b>23.8%</b>	2023 <b>19.3%</b>	2023 <b>17.3%</b>	2023 <b>16.6%</b>	2023 <b>20.8%</b>	2023 <b>22.9%</b>
Fewer than two hours combined screen time (middle school students)	2023 <b>30.2%</b>	2023 <b>21.4%</b>	2023 <b>19.6%</b>	2023 <b>20.5%</b>	2023 <b>25.3%</b>	2023 <b>28.8%</b>
Fruit consumption (adults reporting less than one serving per day)	2013, 2015, 2017, 2019 & 2021 <b>33.7%</b>	2013, 2015, 2017, 2019 & 2021 <b>40.3%</b>	2013, 2015, 2017, 2019 & 2021 <b>40.6%</b>	2013, 2015, 2017, 2019 & 2021 <b>42.1%</b>	—	2013, 2015, 2017, 2019 & 2021 <b>34.2%</b>
Vegetable consumption (adults reporting less than one serving per day)	2013, 2015, 2017, 2019 & 2021 <b>14.7%</b>	2013, 2015, 2017, 2019 & 2021 <b>11.7%</b>	2013, 2015, 2017, 2019 & 2021 <b>13.4%</b>	2013, 2015, 2017, 2019 & 2021 <b>24.4%</b>	—	2013, 2015, 2017, 2019 & 2021 <b>14.8%</b>
Fruit and vegetable consumption (high school students reporting 5 or more a day)	2023 <b>15.0%</b>	2023 <b>11.9%</b>	2023 <b>11.4%</b>	2023 <b>10.9%</b>	2023 <b>14.3%</b>	2023 <b>14.2%</b>
Fruit and vegetable consumption (middle school students reporting 5 or more a day)	2023 <b>19.6%</b>	2023 <b>14.7%</b>	2023 <b>15.6%</b>	2023 <b>17.7%</b>	2023 <b>16.4%</b>	2023 <b>18.9%</b>
Soda/sports drink consumption (high school students reporting 1 or more a day)	2023 <b>24.8%</b>	2023 <b>27.4%</b>	2023 <b>26.9%</b>	2023 <b>27.6%</b>	2023 <b>21.3%</b>	2023 <b>25.3%</b>
Soda/sports drink consumption (middle school students reporting 1 or more a day)	2023 <b>22.7%</b>	2023 <b>25.1%</b>	2023 <b>26.8%</b>	2023 <b>26.8%</b>	2023 <b>21.3%</b>	2023 <b>23.3%</b>
<b>Cognitive Health</b>						
Caregiving at least 20 hours per week	2015, 2017, 2019 & 2021 <b>5.1%</b>	2015, 2017, 2019 & 2021 <b>3.4%</b>	2015, 2017, 2019 & 2021 <b>5.0%</b>	2015, 2017, 2019 & 2021 <b>0.8%</b>	—	2015, 2017, 2019 & 2021 <b>5.0%</b>
<b>Arthritis</b>						
Arthritis	2011-2015 & 2017-2021 <b>31.4%</b>	2011-2015 & 2017-2021 <b>30.7%</b>	2011-2015 & 2017-2021 <b>22.1%</b>	2011-2015 & 2017-2021 <b>27.0%</b>	—	2011-2015 & 2017-2021 <b>30.8%</b>
<b>Immunizations</b>						
Influenza vaccination in the past year (adults)	2011-2015 & 2017-2021 <b>43.8%</b>	2011-2015 & 2017-2021 <b>47.4%</b>	2011-2015 & 2017-2021 <b>36.5%</b>	2011-2015 & 2017-2021 <b>43.0%</b>	—	2011-2015 & 2017-2021 <b>43.7%</b>
Pneumococcal pneumonia vaccination (adults ages 65+)	2011-2015 & 2017-2021 <b>74.9%</b>	2011-2015 & 2017-2021 <b>71.0%</b>	2011-2015 & 2017-2021 <b>63.1%</b>	2011-2015 & 2017-2021 <b>58.9%</b>	—	2011-2015 & 2017-2021 <b>74.6%</b>

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<b>Unintentional Injury</b>						
Always wear seatbelt (high school students)	2023 69.8%	2023 73.9%	2023 70.6%	2023 73.9%	2023 73.9%	2023 70.0%
Always wear seatbelt (middle school students)	2023 76.1%	2023 68.6%	2023 72.2%	2023 74.7%	2023 77.1%	2023 75.6%
<b>Immunizations</b>						
Influenza vaccination in the past year (adults)	2011-2015 & 2017-2021 43.8%	2011-2015 & 2017-2021 47.4%	2011-2015 & 2017-2021 36.5%	2011-2015 & 2017-2021 43.0%	—	2011-2015 & 2017-2021 43.7%
Pneumococcal pneumonia vaccination (adults ages 65+)	2011-2015 & 2017-2021 74.9%	2011-2015 & 2017-2021 71.0%	2011-2015 & 2017-2021 63.1%	2011-2015 & 2017-2021 58.9%	—	2011-2015 & 2017-2021 74.6%
<b>Intentional Injury</b>						
Bullying on school property (high school students)	2023 18.2%	2023 36.4%	2023 31.9%	2023 33.4%	2023 24.9%	2023 21.9%
Bullying on school property (middle school students)	2023 44.0%	2023 68.1%	2023 68.5%	2023 64.8%	2023 55.9%	2023 48.6%
Intentional self-injury (high school students)	2023 14.9%	2023 47.9%	2023 48.4%	2023 45.3%	2023 33.9%	2023 22.9%
Intentional self-injury (middle school students)	2023 16.4%	2023 57.6%	2023 54.0%	2023 56.5%	2023 37.6%	2023 23.6%
<b>Mental Health</b>						
Depression, current symptoms (adults)	2011-2015 & 2017-2021 9.5%	2011-2015 & 2017-2021 17.2%	2011-2015 & 2017-2021 23.6%	2011-2015 & 2017-2021 25.1%	—	2011-2015 & 2017-2021 10.1%
Depression, lifetime	2011-2015 & 2017-2021 22.6%	2011-2015 & 2017-2021 37.2%	2011-2015 & 2017-2021 54.3%	2011-2015 & 2017-2021 44.5%	—	2011-2015 & 2017-2021 23.6%
Sad/hopeless for two weeks in a row (high school students)	2023 26.2%	2023 59.2%	2023 62.8%	2023 63.1%	2023 48.4%	2023 35.0%
Sad/hopeless for two weeks in a row (middle school students)	2023 25.7%	2023 67.0%	2023 62.6%	2023 64.0%	2023 46.4%	2023 32.7%
Anxiety, lifetime	2011-2015 & 2017-2021 20.5%	2011-2015 & 2017-2021 32.3%	2011-2015 & 2017-2021 51.7%	2011-2015 & 2017-2021 36.4%	—	2011-2015 & 2017-2021 21.5%
Seriously considered suicide (high school students)	2023 11.5%	2023 35.9%	2023 37.8%	2023 38.7%	2023 25.4%	2023 17.8%
Seriously considered suicide (middle school students)	2023 15.0%	2023 52.2%	2023 52.0%	2023 50.4%	2023 33.9%	2023 21.8%
Currently receiving outpatient mental health treatment (adults)	2011-2015 & 2017-2021 17.8%	2011-2015 & 2017-2021 31.5%	2011-2015 & 2017-2021 38.0%	2011-2015 & 2017-2021 33.4%	—	2011-2015 & 2017-2021 18.6%

Indicator	Sexual Orientation					Maine
	Heterosexual	Gay Or Lesbian	Bisexual	Something Else	Not Sure	
<b>Substance Use</b>						
Chronic heavy drinking (adults)	2011-2015 & 2017-2021 7.7%	2011-2015 & 2017-2021 9.4%	2011-2015 & 2017-2021 10.9%	2011-2015 & 2017-2021 10.1%	—	2011-2015 & 2017-2021 7.9%
Past-30-day alcohol use (high school students)	2023 19.8%	2023 22.8%	2023 26.0%	2023 15.0%	2023 19.9%	2023 20.5%
Past-30-day alcohol use (middle school students)	2023 4.3%	2023 7.3%	2023 7.9%	2023 7.5%	2023 4.3%	2023 4.8%
Binge drinking (adults)	2011-2015 & 2017-2021 16.4%	2011-2015 & 2017-2021 18.4%	2011-2015 & 2017-2021 22.4%	2011-2015 & 2017-2021 19.0%	—	2011-2015 & 2017-2021 16.8%
Binge drinking (high school students)	2023 37.8%	2023 33.9%	2023 29.3%	2023 25.5%	2023 27.7%	2023 36.1%
Binge drinking (middle school students)	2023 1.6%	2023 4.3%	2023 2.5%	2023 3.9%	2023 1.7%	2023 1.8%
Past-30-day marijuana use (adults)	2011-2015 & 2017-2021 12.9%	2011-2015 & 2017-2021 25.7%	2011-2015 & 2017-2021 34.6%	2011-2015 & 2017-2021 23.4%	—	2011-2015 & 2017-2021 13.6%
Past-30-day marijuana use (high school students)	2023 16.3%	2023 25.5%	2023 28.9%	2023 19.7%	2023 19.9%	2023 18.7%
Past-30-day misuse of prescription drugs (adult)	2011-2015 & 2017-2021 1.7%	2011-2015 & 2017-2021 0.8%	2011-2015 & 2017-2021 1.7%	2011-2015 & 2017-2021 4.4%	—	^
Past-30-day misuse of prescription drugs (high school students)	2023 4.4%	2023 10.9%	2023 6.1%	2023 7.2%	2023 5.3%	2023 5.2%
<b>TOBACCO USE</b>						
Past-30-day cigarette smoking (high school students)	2023 4.6%	2023 8.6%	2023 8.3%	2023 5.1%	2023 5.8%	2023 5.6%
Past-30-day tobacco use (high school students)	2023 6.9%	2023 8.5%	2023 10.3%	2023 5.8%	2023 7.5%	2023 7.2%
Current E-cigarette use (adults)	2015 & 2017-2021 4.2%	2015 & 2017-2021 8.3%	2015 & 2017-2021 13.8%	2015 & 2017-2021 10.5%	—	2015 & 2017-2021 4.7%
Past-30-day tobacco use (high school students)	2023 6.9%	2023 8.5%	2023 10.3%	2023 5.8%	2023 7.5%	2023 7.2%
Past-30-day use of vaping products (high school students)	2023 14.2%	2023 18.7%	2023 22.9%	2023 14.3%	2023 13.4%	2023 15.6%
Past-30-day use of vaping products (middle school students)	2023 4.9%	2023 9.4%	2023 12.0%	2023 9.2%	2023 3.9%	2023 5.7%
Environmental tobacco smoke exposure (high school students)	2023 17.4%	2023 25.7%	2023 26.2%	2023 23.3%	2023 19.4%	2023 19.3%
Environmental tobacco smoke exposure (middle school students)	2023 18.1%	2023 28.1%	2023 30.9%	2023 31.3%	2023 19.2%	2023 19.9%

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](http://www.mainechna.org).

