

# Maine Shared Community Health Needs Assessment County Summary: 2015

## Cumberland County

November 2015

### Qualitative Stakeholder Input

A survey of 176 health professionals and community stakeholders in Cumberland County provided insight into the most critical health issues and determinants impacting the lives of those living in the area. According to these stakeholders, the following five health issues and health factors have the most impact on Cumberland County resulting in poor health outcomes for residents.

#### Top five health issues

- Mental health
- Drug and alcohol abuse
- Obesity
- Diabetes
- Depression

#### Top five health factors

- Access to behavioral care/mental health care
- Poverty
- Health care insurance
- Health literacy
- Access to oral health


Maine Shared CHNA Health Indicators	Year	Cumberland	Trend	Maine	U.S.
<b>Demographics</b>					
Total Population	2013	285,456		1,328,302	319 Mil
Population – % ages 0-17	2013	19.8%		19.7%	23.3%
Population – % ages 18-64	2013	64.3%		62.6%	62.6%
Population – % ages 65+	2013	15.9%		17.7%	14.1%
Population – % White	2013	92.9%		95.2%	77.7%
Population – % Black or African American	2013	2.8%		1.4%	13.2%
Population – % American Indian and Alaska Native	2013	0.4%		0.7%	1.2%
Population – % Asian	2013	2.2%		1.1%	5.3%
Population – % Hispanic	2013	1.9%		1.4%	17.1%
Population – % with a disability	2013	12.2%		15.9%	12.1%
Population density (per square mile)	2013	337.2		43.1	87.4
<b>Socioeconomic Status Measures</b>					
Individuals living in poverty	2009-2013	11.4%	NA	13.6%	15.4%
Children living in poverty	2009-2013	15.7%	NA	18.5%	21.6%
High school graduation rate	2013-2014	88.2%	NA	86.5%	81.0%
Median household income	2009-2013	\$57,461	NA	\$48,453	\$53,046
Percentage of people living in rural areas	2013	33.2%	NA	66.4%	NA
Single-parent families	2009-2013	31.2%	NA	34.0%	33.2%
Unemployment rate	2014	4.4%	NA	5.7%	6.2%
65+ living alone	2009-2013	43.1%	NA	41.2%	37.7%
<b>General Health Status</b>					
Adults who rate their health fair to poor	2011-2013	11.5%		15.6%	16.7%
Adults with 14+ days lost due to poor mental health	2011-2013	11.4%		12.4%	NA
Adults with 14+ days lost due to poor physical health	2011-2013	10.6%		13.1%	NA
Adults with three or more chronic conditions	2011, 2013	23.2%		27.6%	NA
<b>Mortality</b>					
Life expectancy (Female)	2012	82.3	NA	81.5	81.2
Life expectancy (Male)	2012	78.1	NA	76.7	76.4
Overall mortality rate per 100,000 population	2009-2013	687.2	NA	745.8	731.9
<b>Access</b>					
Adults with a usual primary care provider	2011-2013	89.5%		87.7%	76.6%
Individuals who are unable to obtain or delay obtaining necessary medical care due to cost	2011-2013	9.5%		11.0%	15.3%
MaineCare enrollment	2015	19.0%	NA	27.0%	23.0%

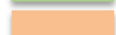
Maine Shared CHNA Health Indicators	Year	Cumberland	Trend	Maine	U.S.
Percent of children ages 0-19 enrolled in MaineCare	2015	30.0%	NA	41.8%	48.0%
Percent uninsured	2009-2013	8.9%	NA	10.4%	11.7%
<b>Health Care Quality</b>					
Ambulatory care-sensitive condition hospital admission rate per 100,000 population	2011	1,167.5		1,499.3	1457.5
Ambulatory care-sensitive condition emergency department rate per 100,000 population	2011	3,509.6	NA	4,258.8	NA
<b>Oral Health</b>					
Adults with visits to a dentist in the past 12 months	2012	72.8%	NA	65.3%	67.2%
MaineCare members under 18 with a visit to the dentist in the past year	2014	52.9%	NA	55.1%	NA
<b>Respiratory</b>					
Asthma emergency department visits per 10,000 population	2009-2011	57.3		67.3	NA
COPD diagnosed	2011-2013	5.1%		7.6%	6.5%
COPD hospitalizations per 100,000 population	2011	159.1	–	216.3	NA
Current asthma (Adults)	2011-2013	10.8%		11.7%	9.0%
Current asthma (Youth 0-17)	2011-2013	8.6%†	NA	9.1%	NA
Pneumonia emergency department rate per 100,000 population	2011	558.7	–	719.9	NA
Pneumonia hospitalizations per 100,000 population	2011	229.9	–	329.4	NA
<b>Cancer</b>					
Mortality – all cancers per 100,000 population	2007-2011	174.9	NA	185.5	168.7
Incidence – all cancers per 100,000 population	2007-2011	494.8	NA	500.1	453.4
Bladder cancer incidence per 100,000 population	2007-2011	27.6	NA	28.3	20.2
Female breast cancer mortality per 100,000 population	2007-2011	19.7	NA	20.0	21.5
Breast cancer late-stage incidence (females only) per 100,000 population	2007-2011	43.5	NA	41.6	43.7
Female breast cancer incidence per 100,000 population	2007-2011	136.4	NA	126.3	124.1
Mammograms females age 50+ in past two years	2012	83.1%	NA	82.1%	77.0%
Colorectal cancer mortality per 100,000 population	2007-2011	15.3	NA	16.1	15.1
Colorectal late-stage incidence per 100,000 population	2007-2011	23.0	NA	22.7	22.9
Colorectal cancer incidence per 100,000 population	2007-2011	41.2	NA	43.5	42.0
Colorectal screening	2012	72.5%	NA	72.2%	NA
Lung cancer mortality per 100,000 population	2007-2011	50.7	NA	54.3	46.0
Lung cancer incidence per 100,000 population	2007-2011	69.5	NA	75.5	58.6
Melanoma incidence per 100,000 population	2007-2011	27.9	NA	22.2	21.3
Pap smears females ages 21-65 in past three years	2012	91.6%	NA	88.0%	78.0%
Prostate cancer mortality per 100,000 population	2007-2011	23.2	NA	22.1	20.8
Prostate cancer incidence per 100,000 population	2007-2011	127.6	NA	133.8	140.8
Tobacco-related neoplasms, mortality per 100,000 population	2007-2011	35.4	NA	37.4	34.3
Tobacco-related neoplasms, incidence per 100,000 population	2007-2011	88.2	NA	91.9	81.7
<b>Cardiovascular Disease</b>					
Acute myocardial infarction hospitalizations per 10,000 population	2010-2012	14.8		23.5	NA
Acute myocardial infarction mortality per 100,000 population	2009-2013	22.4	NA	32.2	32.4
Cholesterol checked every five years	2011, 2013	83.3%		81.0%	76.4%
Coronary heart disease mortality per 100,000 population	2009-2013	68.0	NA	89.8	102.6
Heart failure hospitalizations per 10,000 population	2010-2012	19.0		21.9	NA
Hypertension prevalence	2011, 2013	29.5%		32.8%	31.4%
High cholesterol	2011, 2013	36.7%		40.3%	38.4%

Maine Shared CHNA Health Indicators	Year	Cumberland	Trend	Maine	U.S.
Hypertension hospitalizations per 100,000 population	2011	23.2		28.0	NA
Stroke hospitalizations per 10,000 population	2010-2012	17.6		20.8	NA
Stroke mortality per 100,000 population	2009-2013	29.1	NA	35.0	36.2
<b>Diabetes</b>					
Diabetes prevalence (ever been told)	2011-2013	7.6%		9.6%	9.7%
Pre-diabetes prevalence	2011-2013	6.9%		6.9%	NA
Adults with diabetes who have eye exam annually	2011-2013	74.1%	NA	71.2%	NA
Adults with diabetes who have foot exam annually	2011-2013	90.2%	NA	83.3%	NA
Adults with diabetes who have had an A1C test twice per year	2011-2013	78.3%	NA	73.2%	NA
Adults with diabetes who have received formal diabetes education	2011-2013	62.9%	NA	60.0%	55.8%
Diabetes emergency department visits (principal diagnosis) per 100,000 population	2011	238.8	-	235.9	NA
Diabetes hospitalizations (principal diagnosis) per 10,000 population	2010-2012	9.3		11.7	NA
Diabetes long-term complication hospitalizations	2011	53.4		59.1	NA
Diabetes mortality (underlying cause) per 100,000 population	2009-2013	16.3	NA	20.8	21.2
<b>Environmental Health</b>					
Children with confirmed elevated blood lead levels (% among those screened)	2009-2013	3.2%	NA	2.5%	NA
Children with unconfirmed elevated blood lead levels (% among those screened)	2009-2013	2.5%	NA	4.2%	NA
Homes with private wells tested for arsenic	2009, 2012	53.1%	NA	43.3%	NA
Lead screening among children age 12-23 months	2009-2013	42.3%	NA	49.2%	NA
Lead screening among children age 24-35 months	2009-2013	17.6%	NA	27.6%	NA
<b>Immunization</b>					
Adults immunized annually for influenza	2011-2013	43.4%		41.5%	NA
Adults immunized for pneumococcal pneumonia (ages 65 and older)	2011-2013	73.2%		72.4%	69.5%
Immunization exemptions among kindergarteners for philosophical reasons	2015	4.7%	NA	3.7%	NA
Two-year-olds up to date with "Series of Seven Immunizations" 4-3-1-3-3-1-4	2015	NA	NA	75.0%	NA
<b>Infectious Disease</b>					
Hepatitis A (acute) incidence per 100,000 population	2014	0.7†	NA	0.6	0.4
Hepatitis B (acute) incidence per 100,000 population	2014	0.3†	NA	0.9	0.9
Hepatitis C (acute) incidence per 100,000 population	2014	1.4†	NA	2.3	0.7
Incidence of past or present hepatitis C virus (HCV) per 100,000 population	2014	99.4	NA	107.1	NA
Incidence of newly reported chronic hepatitis B virus (HBV) per 100,000 population	2014	19.5	NA	8.1	NA
Lyme disease incidence per 100,000 population	2014	117.4	NA	105.3	10.5
Pertussis incidence per 100,000 population	2014	10.4	NA	41.9	10.3
Tuberculosis incidence per 100,000 population	2014	1.7†	NA	1.1	3.0
<b>STD/HIV</b>					
AIDS incidence per 100,000 population	2014	4.2†	NA	2.1	8.4
Chlamydia incidence per 100,000 population	2014	287.4	NA	265.5	452.2
Gonorrhea incidence per 100,000 population	2014	20.8	NA	17.8	109.8
HIV incidence per 100,000 population	2014	11.1	NA	4.4	11.2
HIV/AIDS hospitalization rate per 100,000 population	2011	16.3		21.4	NA
Syphilis incidence per 100,000 population	2014	2.1†	NA	1.6	19.9
<b>Intentional Injury</b>					

Maine Shared CHNA Health Indicators	Year	Cumberland	Trend	Maine	U.S.
Domestic assaults reports to police per 100,000 population	2013	327.1	NA	413.0	NA
Firearm deaths per 100,000 population	2009-2013	6.3	NA	9.2	10.4
Intentional self-injury (Youth)	2013	NA	NA	17.9%	NA
Lifetime rape/non-consensual sex (among females)	2013	NA	NA	11.3%	NA
Nonfatal child maltreatment per 1,000 population	2013	NA	NA	14.6	9.1
Reported rape per 100,000 population	2013	21.3	NA	27.0	25.2
Suicide deaths per 100,000 population	2009-2013	13.4	NA	15.2	12.6
Violence by current or former intimate partners in past 12 months (among females)	2013	NA	NA	0.8%	NA
Violent crime rate per 100,000 population	2013	139.2	NA	125.0	368
<b>Unintentional Injury</b>					
Always wear seatbelt (Adults)	2013	89.7%		85.2%	NA
Always wear seatbelt (High School Students)	2013	67.3%		61.6%	54.7%
Traumatic brain injury related emergency department visits (all intents) per 10,000 population	2011	75.7	NA	81.4	NA
Unintentional and undetermined intent poisoning deaths per 100,000 population	2009-2013	11.7	NA	11.1	13.2
Unintentional fall related deaths per 100,000 population	2009-2013	6.9	NA	6.8	8.5
Unintentional fall related injury emergency department visits per 10,000 population	2011	306.0	NA	361.3	NA
Unintentional motor vehicle traffic crash related deaths per 100,000 population	2009-2013	6.4	NA	10.8	10.5
<b>Occupational Health</b>					
Deaths from work-related injuries (number)	2013	NA	NA	19	4,585
Nonfatal occupational injuries (number)	2013	3,750	NA	13,205	NA
<b>Mental Health</b>					
Adults who have ever had anxiety	2011-2013	18.8%		19.4%	NA
Adults who have ever had depression	2011-2013	23.1%		23.5%	18.7%
Adults with current symptoms of depression	2011-2013	8.4%		10.0%	NA
Adults currently receiving outpatient mental health treatment	2011-2013	18.3%		17.7%	NA
Co-morbidity for persons with mental illness	2011, 2013	29.2%		35.2%	NA
Mental health emergency department rates per 100,000 population	2011	2,152.3	-	1,972.1	NA
Sad/hopeless for two weeks in a row (High School Students)	2013	22.6%		24.3%	29.9%
Seriously considered suicide (High School Students)	2013	13.5%		14.6%	17.0%
<b>Physical Activity, Nutrition and Weight</b>					
Fewer than two hours combined screen time (High School Students)	2013	NA	NA	33.9%	NA
Fruit and vegetable consumption (High School Students)	2013	19.7%	NA	16.8%	NA
Fruit consumption among Adults 18+ (less than one serving per day)	2013	28.8%	NA	34.0%	39.2%
Met physical activity recommendations (Adults)	2013	57.8%		53.4%	50.8%
Physical activity for at least 60 minutes per day on five of the past seven days (High School Students)	2013	45.9%	NA	43.7%	47.3%
Sedentary lifestyle – no leisure-time physical activity in past month (Adults)	2011-2013	16.9%		22.4%	25.3%
Soda/sports drink consumption (High School Students)	2013	21.9%	NA	26.2%	27.0%
Vegetable consumption among Adults 18+ (less than one serving per day)	2013	17.1%	NA	17.9%	22.9%
Obesity (Adults)	2013	23.7%		28.9%	29.4%
Obesity (High School Students)	2013	9.3%		12.7%	13.7%
Overweight (Adults)	2013	35.1%		36.0%	35.4%
Overweight (High School Students)	2013	13.9%		16.0%	16.6%

Maine Shared CHNA Health Indicators	Year	Cumberland	Trend	Maine	U.S.
<b>Pregnancy and Birth Outcomes</b>					
Children with special health care needs	2009-2010	NA	NA	23.6%	19.8%
Infant deaths per 1,000 live births	2003-2012	5.7	NA	6.0	6.0
Live births for which the mother received early and adequate prenatal care	2010-2012	85.9%	NA	86.4%	84.8%
Live births to 15-19 year olds per 1,000 population	2010-2012	12.2	NA	20.5	26.5
Low birth weight (<2500 grams)	2010-2012	6.5%	NA	6.6%	8.0%
<b>Substance and Alcohol Abuse</b>					
Alcohol-induced mortality per 100,000 population	2009-2013	7.0	NA	8.0	8.2
Binge drinking of alcoholic beverages (High School Students)	2013	14.5%		14.8%	20.8%
Binge drinking of alcoholic beverages (Adults)	2011-2013	20.7%		17.4%	16.8%
Chronic heavy drinking (Adults)	2011-2013	9.0%		7.3%	6.2%
Drug-affected baby referrals received as a percentage of all live births	2014	3.9%	NA	7.8%	NA
Drug-induced mortality per 100,000 population	2009-2013	12.7	NA	12.4	14.6
Emergency medical service overdose response per 100,000 population	2014	467.0	NA	391.5	NA
Opiate poisoning (ED visits) per 100,000 population	2009-2011	35.3		25.1	NA
Opiate poisoning (hospitalizations) per 100,000 population	2009-2011	12.0		13.2	NA
Past-30-day alcohol use (High School Students)	2013	25.6%		26.0%	34.9%
Past-30-day inhalant use (High School Students)	2013	3.2%		3.2%	NA
Past-30-day marijuana use (Adults)	2011-2013	7.1%		8.2%	NA
Past-30-day marijuana use (High School Students)	2013	22.0%		21.6%	23.4%
Past-30-day nonmedical use of prescription drugs (Adult)	2011-2013	1.0%†		1.1%	NA
Past-30-day nonmedical use of prescription drugs (High School Students)	2013	5.5%		5.6%	NA
Prescription Monitoring Program opioid prescriptions (days supply/pop)	2014-2015	4.7	NA	6.8	NA
Substance-abuse hospital admissions per 100,000 population	2011	477.8		328.1	NA
<b>Tobacco Use</b>					
Current smoking (Adults)	2011-2013	17.0%		20.2%	19.0%
Current smoking (High School Students)	2013	10.8%		12.9%	15.7%
Current tobacco use (High School Students)	2013	16.4%	NA	18.2%	22.4%
Secondhand smoke exposure (Youth)	2013	30.6%		38.3%	NA

 Indicates county is significantly better than state average (using a 95% confidence level).

 Indicates county is significantly worse than state average (using a 95% confidence level).

+ Indicates an improvement in the indicator over time at the county level (using a 95% confidence level)

- Indicates a worsening in the indicator over time at the county level (using a 95% confidence level)

† Results may be statistically unreliable due to small numerator, use caution when interpreting.

NA = No data available