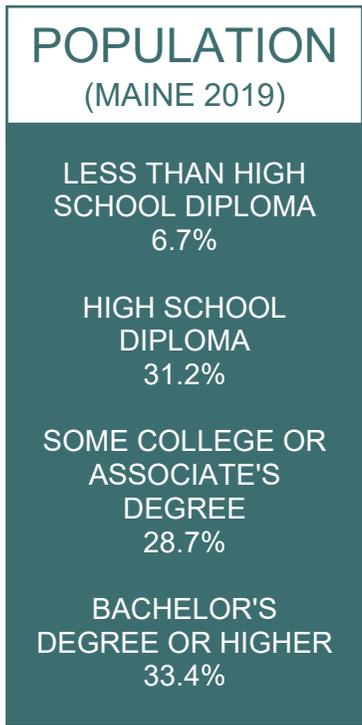


HEALTH IN MAINE: EDUCATION

This table shows the percentage or rate of each indicator among different educational levels in Maine. For example, in 2017, 27.5% of Mainers with less than a high school diploma and 9.3% of those with a bachelor's degree or higher lived with three or more chronic conditions.

The MSCHNA collects and analyzes data on health outcomes, health behaviors, social determinants of health, and demographics. Some sub-populations experiencing health disparities are small, resulting in data that is less reliable due to low numbers or unavailable due to privacy concerns. The data that is collected and available is included in these tables. Due to data collection and availability, the list of data in these tables may be shorter than what appears in the County Health Profiles.

The MSCHNA looks forward to supporting the efforts of Maine's Office of Population Health Equity to address these limitations and enhance data collection practices.



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)	2019 6.7%	2019 31.2%	2019 28.7%	2019 33.4%	2019 100%
Veterans	2015-2019 8.8%	2015-2019 11.5%	2015-2019 12.3%	2015-2019 8.6%	2015-2019 9.6%
Gay, lesbian and bisexual (adults)	2012-2015 & 2017 5.3%	2012-2015 & 2017 2.8%	2012-2015 & 2017 3.7%	2012-2015 & 2017 4.0%	2011-2015 & 2017 3.5%
Persons with a disability	2015-2019 15.9%	2015-2019 39.3%	2015-2019 27.2%	2015-2019 17.6%	2015-2019 16.0%
SOCIAL DETERMINANTS OF HEALTH					
Individuals living in poverty	2019 25.2%	2019 12.8%	2019 9.1%	2019 4.1%	2019 10.9%
GENERAL HEALTH STATUS					
Fair or poor health (self-rated)	2017 35.2%	2017 19.7%	2017 15.5%	2017 6.7%	2017 16.1%
14 or more days lost due to poor physical health	2017 22.7%	2017 13.8%	2017 14.4%	2017 7.7%	2017 13.0%
14 or more days lost due to poor mental health	2017 19.6%	2017 16.3%	2017 12.4%	2017 7.3%	2017 12.9%
Three or more chronic conditions	2017 27.5%	2017 18.0%	2017 15.0%	2017 9.3%	2017 15.4%

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	
ACCESS					
Uninsured	2015-2019 13.7%	2015-2019 11.6%	2015-2019 8.0%	2015-2019 3.3%	2015-2019 7.9%
Usual primary care provider (adults)	2017 79.9%	2017 83.9%	2017 89.5%	2017 91.0%	2017 87.2%
Primary care visit to any primary care provider in the past year	2017 70.5%	2017 69.6%	2017 72.2%	2017 72.6%	2017 71.3%
Cost barriers to health care	2017 18.4%	2017 13.5%	2017 11.6%	2017 7.5%	2017 11.7%
CANCER					
Breast cancer screening up-to-date	2016 -	2016 79.6%	2016 81.6%	2016 81.9%	2016 80.8%
Colorectal cancer screening up-to-date	2016 69.9%	2016 71.6%	2016 77.3%	2016 79.2%	2016 75.5%
Cervical cancer screening up-to-date	-	2016 78.9%	2016 82.3%	2016 85.1%	2016 81.6%
CARDIOVASCULAR DISEASE					
High Blood Pressure	2017 45.3%	2017 38.7%	2017 34.1%	2017 27.3%	2017 34.8%
High cholesterol	2017 44.9%	2017 40.3%	2017 37.2%	2017 32.7%	2017 37.4%
Cholesterol checked in past five years	2017 80.0%	2017 82.7%	2017 85.3%	2017 90.4%	2017 85.4%
DIABETES					
Diabetes	2017 15.4%	2017 12.9%	2017 10.1%	2017 7.1%	2017 10.7%
Prediabetes	2017 10.2%	2017 9.0%	2017 7.7%	2017 7.3%	2017 8.2%
A1c test at least twice/year (adults with diabetes)	2011-2017 68.1%	2011-2017 75.3%	2011-2017 81.0%	2011-2017 83.4%	2011-2017 77.5%
Formal diabetes education (adults with diabetes)	2011-2017 45.0%	2011-2017 57.9%	2011-2017 63.9%	2011-2017 64.8%	2011-2017 59.1%
Foot exam annually (adults with diabetes)	2011-2017 76.5%	2011-2017 83.6%	2011-2017 85.2%	2011-2017 88.2%	2011-2017 83.9%
Dilated eye exam annually (adults with diabetes)	2011-2017 64.4%	2011-2017 70.7%	2011-2017 70.9%	2011-2017 73.4%	2011-2017 70.4%
RESPIRATORY HEALTH					
Current asthma (adults)	2017 16.6%	2017 10.9%	2017 11.6%	2017 9.5%	2017 11.2%
Chronic obstructive pulmonary disease (COPD)	2017 19.2%	2017 9.3%	2017 7.0%	2017 3.0%	2017 7.8%

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	
PHYSICAL ACTIVITY, NUTRITION AND WEIGHT					
Obesity (adults)	2017 29.3%	2017 33.4%	2017 31.1%	2017 21.8%	2017 29.1%
Overweight (adults)	2017 37.8%	2017 34.2%	2017 34.2%	2017 39.5%	2017 35.9%
Sedentary lifestyle – no leisure-time physical activity in past month (adults)	2017 39.1%	2017 31.9%	2017 25.5%	2017 13.2%	2017 25.2%
Met aerobic physical activity recommendations (adults)	2017 40.9%	2017 47.8%	2017 51.6%	2017 63.3%	2017 52.8%
Fruit consumption (adults reporting less than one serving per day)	2017 45.1%	2017 38.0%	2017 29.3%	2017 22.5%	2017 31.4%
Vegetable consumption (adults reporting less than one serving per day)	2017 19.3%	2017 17.1%	2017 11.7%	2017 6.1%	2017 12.4%
COGNITIVE HEALTH					
Arthritis	2017 41.3%	2017 33.8%	2017 31.6%	2017 24.5%	2017 31.2%
Caregiving at least 20 hours per week	2015 & 2017 3.3%	2015 & 2017 4.9%	2015 & 2017 6.0%	2015 & 2017 3.7%	2015 & 2017 4.8%
IMMUNIZATIONS					
Influenza vaccination in the past year (adults)	2017 40.0%	2017 38.7%	2017 45.5%	2017 51.0%	2017 44.4%
Pneumococcal pneumonia vaccination (adults ages 65+)	2017 73.7%	2017 78.5%	2017 79.1%	2017 83.4%	2017 79.6%
INTENTIONAL INJURY					
Rape/non-consensual sex (among females, lifetime)	2014, 2016 & 2017 18.6%	2014, 2016 & 2017 15.1%	2014, 2016 & 2017 18.4%	2014, 2016 & 2017 16.4%	2014, 2016 & 2017 16.9%
Violence by current or former intimate partners in past 12 months (among females)	2011, 2012, 2014 & 2016 2.6%	2011, 2012, 2014 & 2016 1.8%	2011, 2012, 2014 & 2016 1.7%	2011, 2012, 2014 & 2016 0.7%	2011, 2012, 2014 & 2016 1.5%
MENTAL HEALTH					
Depression, current symptoms (adults)	2017 21.2%	2017 11.9%	2017 9.1%	2017 4.3%	2017 9.6%
Depression, lifetime	2017 34.6%	2017 28.0%	2017 26.2%	2017 20.3%	2017 26.0%
Anxiety, lifetime	2017 24.6%	2017 24.4%	2017 22.7%	2017 16.9%	2017 21.8%
Chronic disease among persons with depression	2013-2017 36.9%	2013-2017 31.8%	2013-2017 29.2%	2013-2017 24.1%	2013-2017 31.2%
Currently receiving outpatient mental health treatment (adults)	2017 24.0%	2017 17.6%	2017 21.1%	2017 15.4%	2017 18.6%

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	
ORAL HEALTH					
Dentist visits in the past year (adults)	2016 33.7%	2016 54.6%	2016 65.4%	2016 81.9%	2016 63.6%
Adult tooth loss	2016 45.7%	2016 27.2%	2016 15.4%	2016 6.6%	2016 19.5%
SUBSTANCE USE					
Chronic heavy drinking (adults)	2017 10.3%	2017 8.8%	2017 9.5%	2017 8.1%	2017 8.9%
Binge drinking (adults)	2017 18.0%	2017 18.4%	2017 17.9%	2017 17.3%	2017 17.9%
Past-30-day marijuana use (adults)	2017 24.0%	2017 19.1%	2017 18.0%	2017 8.9%	2017 16.3%
Past-30-day misuse of prescription drugs (adult)	2013-2017 1.5%	2013-2017 1.6%	2013-2017 0.9%	2013-2017 0.4%	2013-2017 1.0%
TOBACCO USE					
Current (every day or somedays) smoking (adults)	2017 35.2%	2017 24.8%	2017 15.1%	2017 5.7%	2017 17.3%
Current (every day or somedays) e-cigarette use (adults)	2015-2017 6.5%	2015-2017 4.7%	2015-2017 3.2%	2015-2017 1.6%	2015-2017 3.5%
Maine QuitLink users	2020 1.3%	2020 1.5%	2020 1.4%	2020 4.1%	2020 1.8%

The Maine Shared Community Health Needs Assessment (Maine Shared CHNA) is a collaboration between Central Maine Healthcare (CMHC), Maine Center for Disease Control and Prevention (Maine CDC), MaineGeneral Health (MGH), MaineHealth (MH), and Northern Light Health (NLH).

The vision of the Maine Shared CHNA is to turn health data into action so that Maine will become the healthiest state in the U.S. The mission of the Maine Shared CHNA is to:

- Create Shared CHNA Reports,
- Engage and activate communities, and
- Support data-driven health improvements for Maine people.

For more information on Maine Shared CHNA, including a list of data sources and definitions, please visit our web page: www.mainechna.org.

