

HEALTH IN MAINE: OLDER ADULTS

This table shows the percentage or rate of each indicator among older adults in Maine. For example, in 2017, 26.3% of Mainers ages 65-74 and 35.3% of those ages 75 or older 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 Age Group, 65 and Older

INDICATOR	OLDER ADULTS				MAINE
	65-74	75-84	75 or older	85 or older	
DEMOGRAPHICS					
Population (percent of total Maine population)	2019 12.6%	2019 6.1%	-	2019 2.6%	2019 100%
Veterans	2019 17.4%	-	2019 21.3%	-	2019 8.9%
Gay, lesbian and bisexual (adults)	2012-2015 & 2017 1.6%	-	2012-2015 & 2017 1.0%	-	2011-2015 & 2017 3.5%
Persons with a disability	2015-2019 23.8%	-	2015-2019 48.3%	-	2015-2019 16.0%
GENERAL HEALTH STATUS					
Fair or poor health (self-rated)	2017 16.9%	-	2017 24.2%	-	2017 16.1%
14 or more days lost due to poor physical health	2017 13.1%	-	2017 18.0%	-	2017 13.0%
14 or more days lost due to poor mental health	2017 6.6%	-	2017 5.3%	-	2017 12.9%
Three or more chronic conditions	2017 26.3%	-	2017 35.3%	-	2017 15.4%
OVERALL MORTALITY					
Overall death rate per 100,000 population	2019 1717.5	2019 4696.2	-	2019 14745.6	2019 760.0

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ACCESS					
Uninsured	2015-2019 0.2%	-	2015-2019 0.0%	-	2015-2019 7.9%
Usual primary care provider (adults)	2017 95.9%	-	2017 96.8%	-	2017 87.2%
Primary care visit to any primary care provider in the past year	2017 85.9%	-	2017 87.6%	-	2017 71.3%
Cost barriers to health care	2017 2.6%	-	2017 1.9%	-	2017 11.7%
HEALTH CARE QUALITY					
Ambulatory care-sensitive condition hospitalizations per 10,000 population	2018 124.0	2018 267.6	-	2018 572.7	2018 53.5
Ambulatory care-sensitive condition emergency department rate per 10,000 population	2018 411.8	2018 801.8	-	2018 1404.3	2018 273.7
CANCER					
All cancer deaths per 100,000 population	-	-	-	2019 1813.6	2019 163.7
Colorectal cancer deaths per 100,000 population	-	-	-	2019 201.2	2019 12.6
Female breast cancer deaths per 100,000 population	-	-	-	2019 188.3	2019 17.7
Lung cancer deaths per 100,000 population	-	-	-	2019 319.5	2019 42.0
Prostate cancer deaths per 100,000 population	-	-	-	2019 399.3	2019 17.8
Tobacco-related cancer deaths per 100,000 population	-	-	-	2019 597.6	2019 52.3
All cancer new cases per 100,000 population	-	-	-	2016-2018 2165.2	2016-2018 473.3
Bladder cancer new cases per 100,000 population	-	-	-	2016-2018 183.4	2016-2018 26.6
Colorectal cancer new cases per 100,000 population	-	-	-	2016-2018 256.6	2016-2018 36.3
Colorectal late-stage new cases per 100,000 population	-	-	-	2016-2018 143.3	2016-2018 20.3
Female breast cancer new cases per 100,000 population	-	-	-	2016-2018 314.3	2016-2018 126.5
Female breast cancer late-stage new cases per 100,000 population	-	-	-	2016-2018 89.4	2016-2018 38.9
Lung cancer new cases per 100,000 population	-	-	-	2016-2018 351.8	2016-2018 70.8
Lung cancer late-stage incidence per 100,000 population	-	-	-	2016-2018 208.5	2016-2018 48.3

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CANCER (continued)					
Melanoma skin cancer new cases per 100,000 population	-	-	-	2016-2018 122.3	2016-2018 27.3
Prostate cancer new cases per 100,000 population	-	-	-	2016-2018 341.5	2016-2018 93.8
Tobacco-related cancer (excluding lung cancer) new cases per 100,000 population	-	-	-	2016-2018 740.8	2016-2018 134.3
HPV-associated cancer new cases per 100,000 population	-	-	-	2016-2018 25.1	2016-2018 13.3
Obesity-associated cancer (excluding colon cancer) new cases per 100,000 population	-	-	-	2016-2018 500.2	2016-2018 132.5
CARDIOVASCULAR DISEASE					
High Blood Pressure	2017 55.2%	-	2017 65.8%	-	2017 34.8%
High cholesterol	2017 57.2%	-	2017 54.7%	-	2017 37.4%
Cardiovascular disease deaths per 100,000 population	2019 392.1	2019 1224.7	-	2019 4795.9	2019 186.8
Coronary heart disease deaths per 100,000 population	2019 186.3	2019 559.6	-	2019 1852.1	2019 77.6
Heart attack deaths per 100,000 population	2019 70.4	2019 179.6	-	2019 423.1	2019 23.4
Stroke deaths per 100,000 population	2019 55.0	2019 229.4	-	2019 860.9	2019 31.4
Heart attack hospitalizations per 10,000 population	2018 72.0	2018 117.3	-	2018 174.5	2018 21.9
Heart failure hospitalizations per 10,000 population	2018 16.1	2018 35.3	-	2018 83.8	2018 5.5
High blood pressure hospitalizations per 10,000 population	2018 62.4	2018 151.4	-	2018 310.6	2018 19.8
Stroke hospitalizations per 10,000 population	2018 69.4	2018 135.0	-	2018 228.0	2018 21.2
Cholesterol checked in past five years	2017 96.9%	-	2017 97.3%	-	2017 85.4%
DIABETES					
Diabetes	2017 19.1%	-	2017 19.5%	-	2017 10.7%
Prediabetes	2017 12.5%	-	2017 11.3%	-	2017 8.2%
Diabetes deaths (underlying cause) per 100,000 population	2019 75.1	2019 166.3	-	2019 245.6	2019 23.5
Diabetes hospitalizations (principal diagnosis) per 10,000 population	2018 22.8	2018 28.7	-	2018 22.7	2018 13.0
Diabetes emergency department rate (principal diagnosis) per 10,000 population	2018 51.7	2018 67.3	-	2018 61.6	2018 31.9

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DIABETES (continued)					
A1c test at least twice/year (adults with diabetes)	2011-2017 81.7%	-	2011-2017 77.5%	-	2011-2017 77.5%
Formal diabetes education (adults with diabetes)	2011-2017 61.6%	-	2011-2017 51.8%	-	2011-2017 59.1%
Foot exam annually (adults with diabetes)	2011-2017 87.8%	-	2011-2017 83.1%	-	2011-2017 83.9%
Dilated eye exam annually (adults with diabetes)	2011-2017 78.9%	-	2011-2017 82.4%	-	2011-2017 70.4%
RESPIRATORY HEALTH					
Current asthma (adults)	2017 10.3%	-	2017 11.0%	-	2017 11.2%
Chronic lower respiratory disease deaths per 100,000 population	2019 151.4	2019 395.7	-	2019 816.6	2019 48.3
Asthma emergency department rate per 10,000 population	2018 15.5	2018 14.8	-	2018 14.4	2018 39.6
Chronic obstructive pulmonary disease (COPD)	2017 10.5%	-	2017 16.4%	-	2017 7.8%
Chronic obstructive pulmonary disease hospitalizations per 10,000 population	2018 53.9	2018 81.4	-	2018 81.1	2018 14.4
Pneumonia hospitalizations per 10,000 population	2018 44.5	2018 101.8	-	2018 221.7	2018 18.2
PHYSICAL ACTIVITY, NUTRITION AND WEIGHT					
Obesity (adults)	2017 31.7%	-	2017 22.2%	-	2017 29.1%
Overweight (adults)	2017 38.2%	-	2017 41.5%	-	2017 35.9%
Sedentary lifestyle – no leisure-time physical activity in past month (adults)	2017 25.9%	-	2017 34.1%	-	2017 25.2%
Met aerobic physical activity recommendations (adults)	2017 58.7%	-	2017 54.1%	-	2017 52.8%
Fruit consumption (adults reporting less than one serving per day)	2017 28.8%	-	2017 22.1%	-	2017 31.4%
Vegetable consumption (adults reporting less than one serving per day)	2017 9.4%	-	2017 10.7%	-	2017 12.4%
COGNITIVE HEALTH					
Arthritis	2017 47.8%	-	2017 55.4%	-	2017 31.2%
Caregiving at least 20 hours per week	2015 & 2017 4.8%	-	2015 & 2017 2.6%	-	2015 & 2017 4.8%
IMMUNIZATIONS					
Influenza vaccination in the past year (adults)	2017 60.4%	-	2017 67.5%	-	2017 44.4%
Pneumococcal pneumonia vaccination (adults ages 65+)	2017 76.2%	-	2017 84.8%	-	2017 79.6%

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UNINTENTIONAL INJURY					
Injury deaths per 100,000 population	2019 88.7	2019 197.8	-	2019 662.7	2019 88.9
Fall-related deaths (unintentional) per 100,000 population	2019 30.2	2019 122.6	-	2019 568.0	2019 17.8
Poisoning deaths (unintentional and undetermined intent) per 100,000 population	2019 7.1	2019 1.2	-	2019 3.0	2019 29.6
Motor vehicle traffic crash (unintentional) deaths per 100,000 population	2019 14.8	2019 12.1	-	2019 20.7	2019 11.1
Fall-related injury (unintentional) emergency department rate per 10,000 population	2018 373.4	2018 732.7	-	2018 1571.0	2018 297.8
Traumatic brain injury emergency department rate per 10,000 population	2018 29.6	2018 44.4	-	2018 69.7	2018 39.3
INTENTIONAL INJURY					
Firearm deaths per 100,000 population	2019 15.4	2019 14.6	-	2019 20.7	2019 11.5
Suicide deaths per 100,000 population	2019 21.9	2019 24.3	-	2019 26.6	2019 19.4
Rape/non-consensual sex (among females, lifetime)	2014, 2016 & 2017 10.1%	-	2014, 2016 & 2017 4.4%	-	2014, 2016 & 2017 16.9%
Violence by current or former intimate partners in past 12 months (among females)	2011, 2012, 2014 & 2016 0.4%	-	2011, 2012, 2014 & 2016 0.0%	-	2011, 2012, 2014 & 2016 1.5%
MENTAL HEALTH					
Mental health emergency department rate per 10,000 population	2018 75.2	2018 96.8	-	2018 141.8	2018 170.6
Depression, current symptoms (adults)	2017 6.7%	-	2017 7.1%	-	2017 9.6%
Depression, lifetime	2017 20.7%	-	2017 13.2%	-	2017 26.0%
Anxiety, lifetime	2017 16.3%	-	2017 11.0%	-	2017 21.8%
Chronic disease among persons with depression	2013-2017 54.1%	-	2013-2017 50.9%	-	2013-2017 31.2%
Currently receiving outpatient mental health treatment (adults)	2017 17.1%	-	2017 10.4%	-	2017 18.6%
ORAL HEALTH					
Dentist visits in the past year (adults)	2016 68.7%	-	2016 65.5%	-	2016 63.6%
Adult tooth loss	2016 34.6%	-	2016 40.0%	-	2016 19.5%
Ambulatory care sensitive dental emergency department rates for adults per 10,000 population	2018 27.8	2018 24.4	-	2018 26.6	2018 126.5

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SUBSTANCE USE					
Drug-induced deaths per 100,000 population	2019 4.7	2019 6.1	-	2019 5.9	2019 31.3
Alcohol-induced deaths per 100,000 population	2019 25.4	2019 21.8	-	2019 8.9	2019 11.3
Chronic heavy drinking (adults)	2017 7.1%	-	2017 4.3%	-	2017 8.9%
Binge drinking (adults)	2017 6.3%	-	2017 3.0%	-	2017 17.9%
Past-30-day marijuana use (adults)	2017 5.2%	-	2017 1.9%	-	2017 16.3%
Past-30-day misuse of prescription drugs (adult)	2013-2017 0.5%	-	2013-2017 0.3%	-	2013-2017 1.0%
Opiate poisoning emergency department rate per 10,000 population	2018 2.5	2018 2.3	-	2018 2.1	2018 8.6
Opiate poisoning hospitalizations per 10,000 population	2018 1.8	2018 1.4	-	2018 0.6	2018 1.2
TOBACCO USE					
Current (every day or somedays) smoking (adults)	2017 10.4%	-	2017 3.8%	-	2017 17.3%
Current (every day or somedays) e-cigarette use (adults)	2015-2017 1.1%	-	2015-2017 0.2%	-	2015-2017 3.5%

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.

